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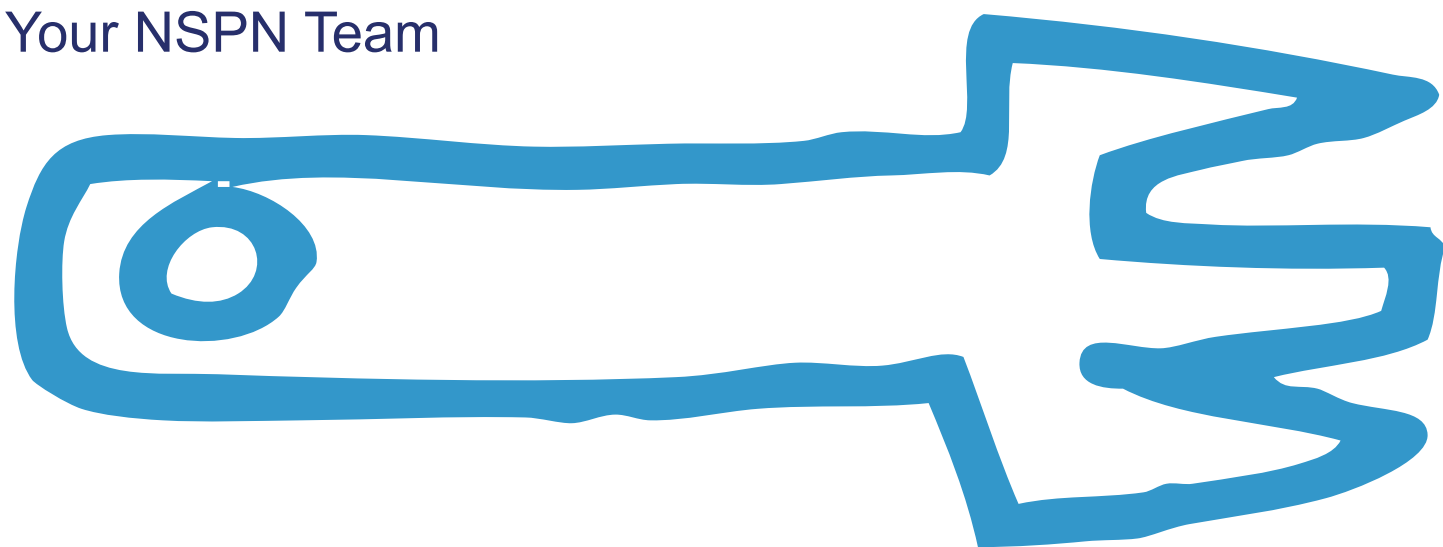
What is one of the things the NSPN staff have in common?

FOOD!

Whether we are eating it, cooking it, or just admiring it on television... We LOVE food! We think you might love it too, so we pulled together some of our favorite recipes for your enjoyment. Happy cooking and remember... Together We Can... EAT!

Enjoy,

Your NSPN Team



Watch for this recipe book to grow throughout the seasons!





Summer Menu

Beverages

Tella's Bananaberry Freeze

Snacks / Starters

Beth's BCT

Hillary's Bourbon Meatballs

Entrées

TC's Dry Rub & BBQ Sauce (for 3 lbs of meat)

Susan's Oven Fried Lemon Chicken

Sides

Tammy's The Let Us Skip the Lettuce Salad

TC's Curried Potato Salad

Katie's Smoked Gouda Pasta Salad

Shauna's Chopped Greek-Style Salad

Desserts

April's Cool-Aid Pie

Laurie's Crinkle Cookies

Appetizers



Tella's Bananaberry Freeze



Ingredients:

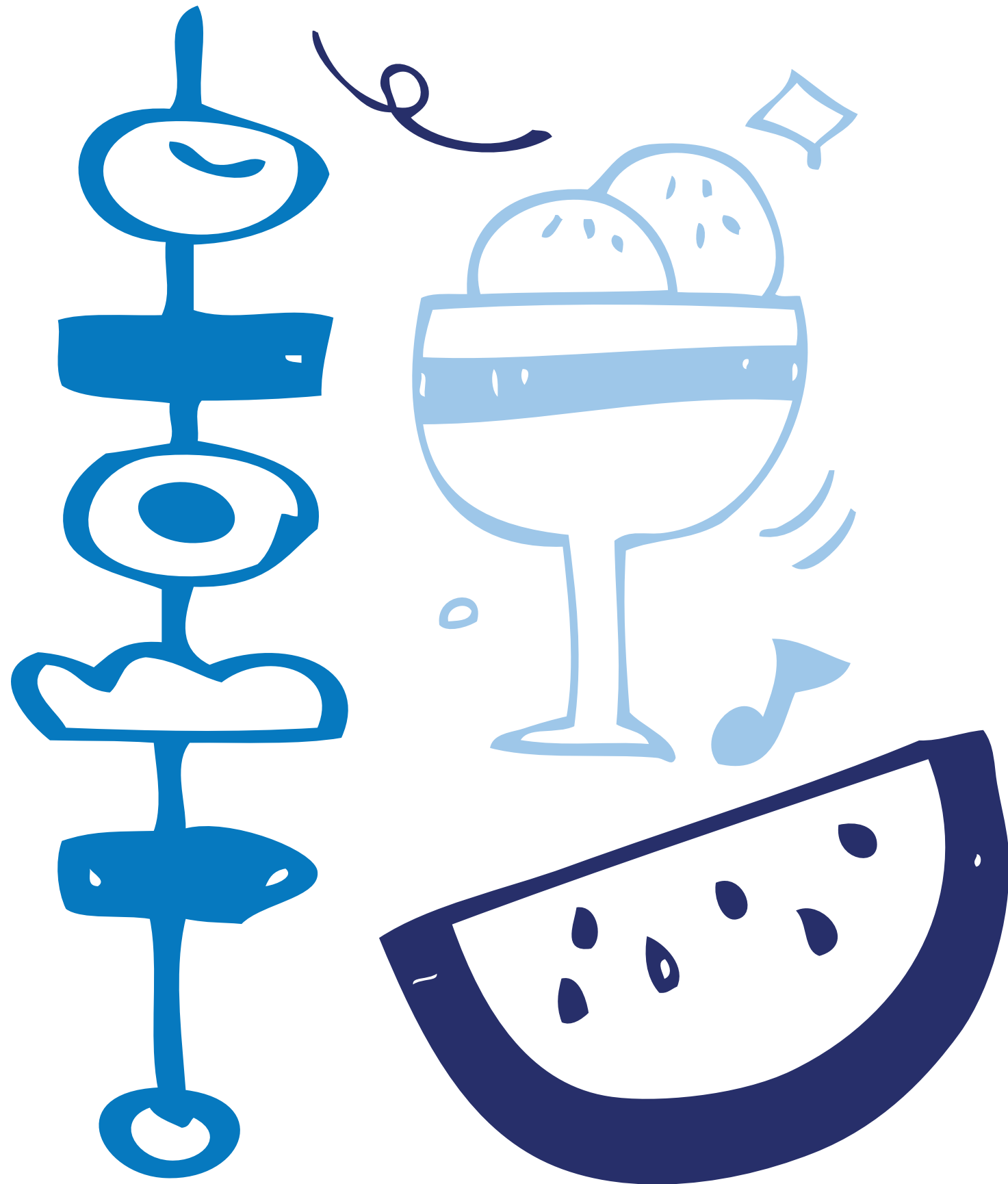
- 2 c. crushed ice
- 1 x ripe banana
- 3/4 c. strawberry puree (drink mixer)
- 1/4 c. pina colada mix
- whipped cream
- 2 fresh strawberries (garnish)
- 2 banana slices (garnish)

Directions:

- Combine all ingredients in a blender on high speed. Mix for 10 to 15 seconds, or possibly till smooth. Pour into two wine glasses. Swirl whipped cream on top of each glass.
- Slice each strawberry halfway up through the middle and add in one to the rim of each glass. Cut a banana slice halfway through the middle and add in one to the rim of each glass next to the strawberry. Serve with a straw.
- This recipe yields 2 servings.
- NOTES: Tidbits - For the strawberry puree, grab the bottled drink mixer used for strawberry margaritas and daiquiris. And be sure your banana is soft and ripe. This is a detail the gods will not ignore.

Recipe credit: <http://cookeatshare.com/recipes/applebee-s-bananaberry-freeze-68208>

Snacks / Starters



Beth's BCT

Ingredients:

- 2 slices of toasted bread of choice
- mayo
- bacon (turkey or pork)
- cucumber slices
- tomato slices

Directions:

- spread mayo on each side of toast
- layer bacon, cucumber slices, and tomato slices and enjoy

Photo credit: <http://www.tablespoon.com/>



Hillary's Bourbon Meatballs

Ingredients:

- 1 lb bag of frozen meatballs
- 1/2 C ketchup
- 1/2 C brown sugar, packed
- 1/4 C bourbon whiskey
- 1 tsp fresh lemon juice
- 1 tsp Worcestershire sauce

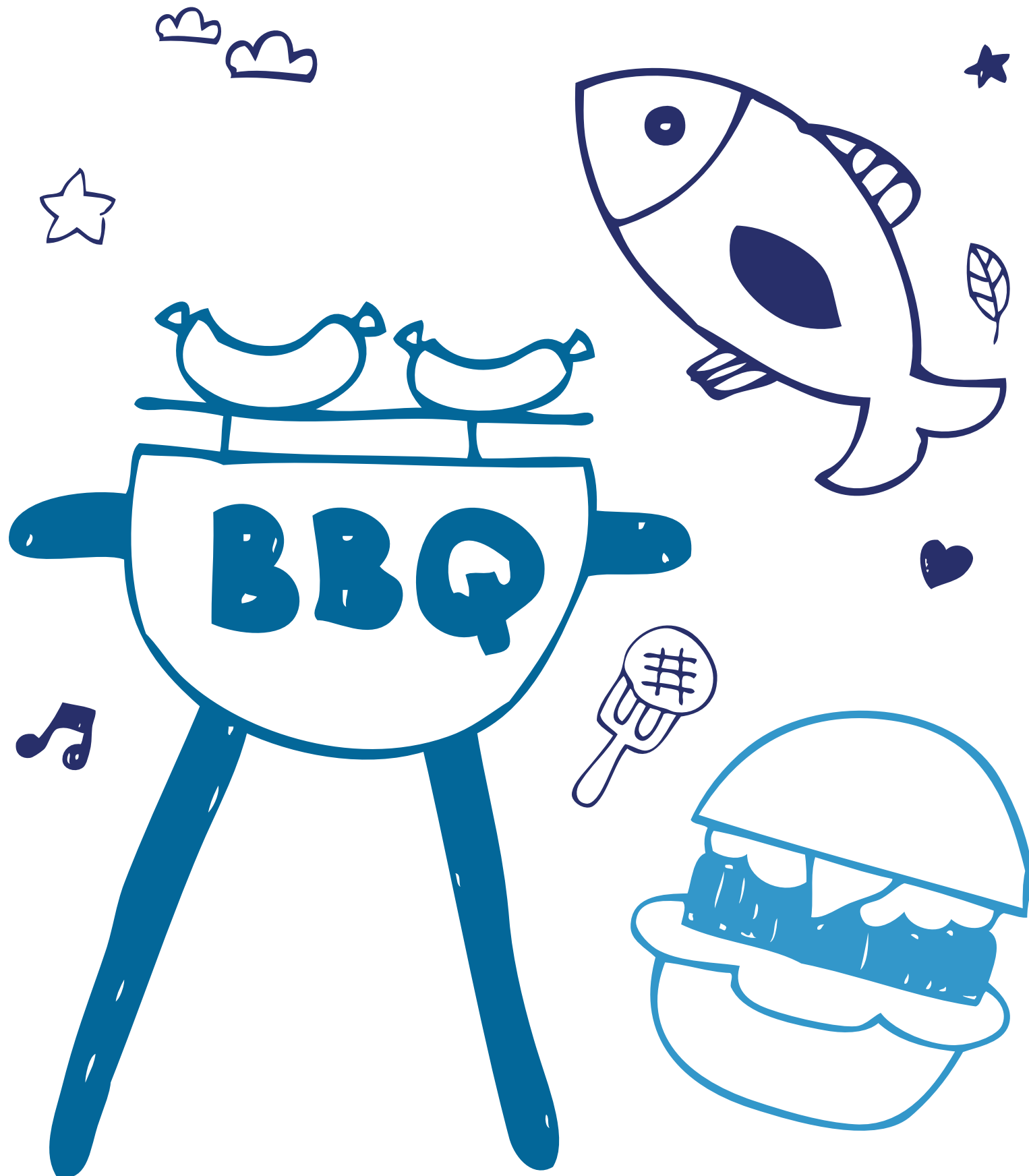
Directions:

- Place frozen meatballs in the crock pot
- Mix remaining ingredients and pour over meatballs, stirring to coat.
- Turn heat up to high for about an hour, stir 2-3 times. Then, once the meatballs have somewhat thawed, kick the heat down to low and let it go until they're all cooked and thoroughly warmed (another hour or two), then keep on warm throughout the party.

Recipe credit: <http://pamperedjes.blogspot.com/2012/09/bourbon-meatballs.html?m=1>



Entrees



TC's Dry Rub & BBQ Sauce

Dry Rub Ingredients:

- 2 Tablespoons Brown Sugar
- 2 Tablespoons Sweet Paprika
- 2 Tablespoons Sea Salt
- 1 Tablespoon Cumin
- 1 Tablespoon Basil
- 1 Tablespoon Chili Powder
- 1/2 Teaspoon Black Pepper

Note: For 3 lbs of meat.

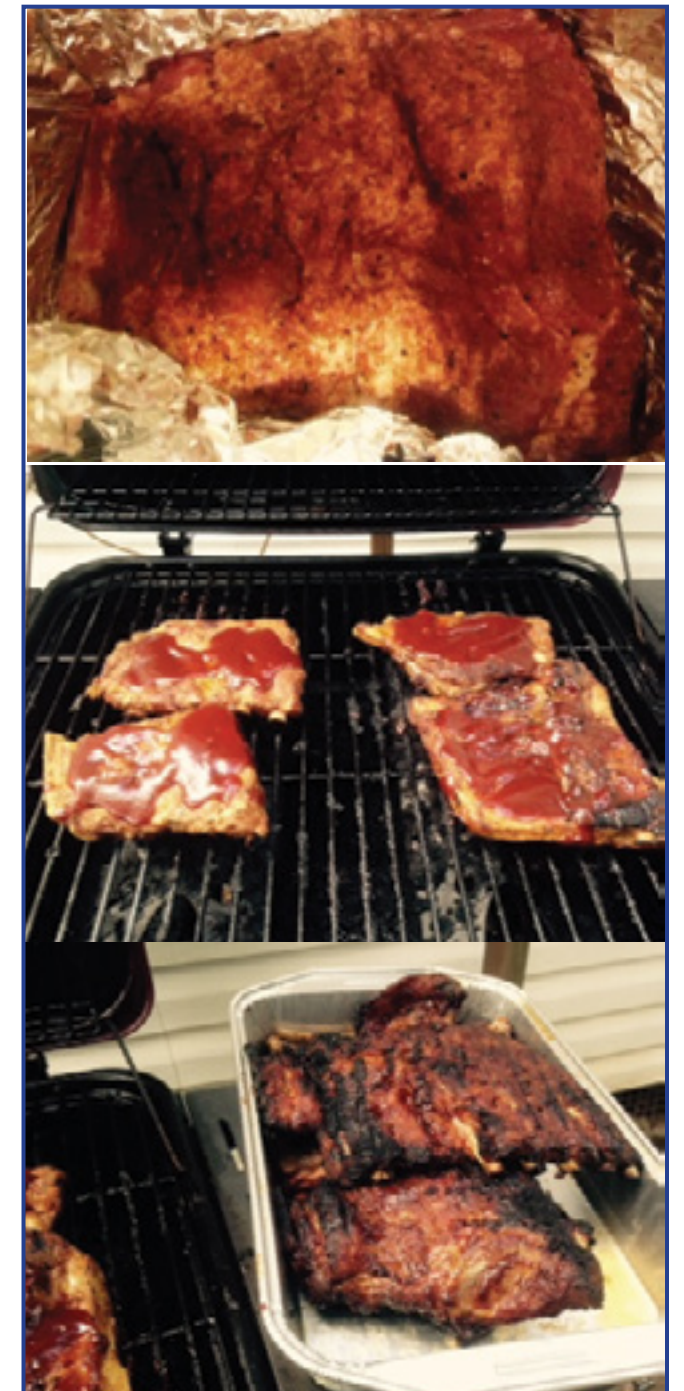
BBQ Sauce Ingredients:

- 1 1/2 C ketchup
- 1/2 C water
- 1/3 C brown sugar
- 1/4 C dark molasses
- 2 Tablespoons vinegar
(I use white wine vinegar)
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons chili powder
- 2 Teaspoons Paprika
- 2 Teaspoons Garlic Powder
- 2 Tablespoons Hot Sauce
(optional for more spice)

Directions:

- mix all ingredients
- place in saucepan and simmer over low heat for about 30 minutes
the sauce will thicken and make about 2 cups
- when ready make sure ribs are on grill meaty side up
- baste with sauce
- let cook at about 350 degrees on grill for 5 minutes
- flip and baste - repeat this 2 times so each portion of ribs is basted 2x on each side (cooking about 20 minutes)

Note: For 3 lbs of meat.



Susan's Oven Fried Lemon Chicken

Ingredients:

- 1/4 cup butter
- flour
- salt, pepper, paprika
- 3 chicken breasts, split and deboned (6 half breasts)
- 2 T chopped onions
- 1/4 c salad oil
- 1/4 tsp garlic powder
- 1/2 c lemon juice
- salt and pepper
- 1/2 tsp thyme

Directions:

- melt butter in shallow dish in oven.
- flour chicken
- turn in butter and place in dish
- sprinkle with salt, pepper and paprika
- bake at 400 for 30 minutes
- turn the chicken
- combine the remaining ingredients with salt and pepper to taste.
- Pour over chicken and bake 30 additional minutes

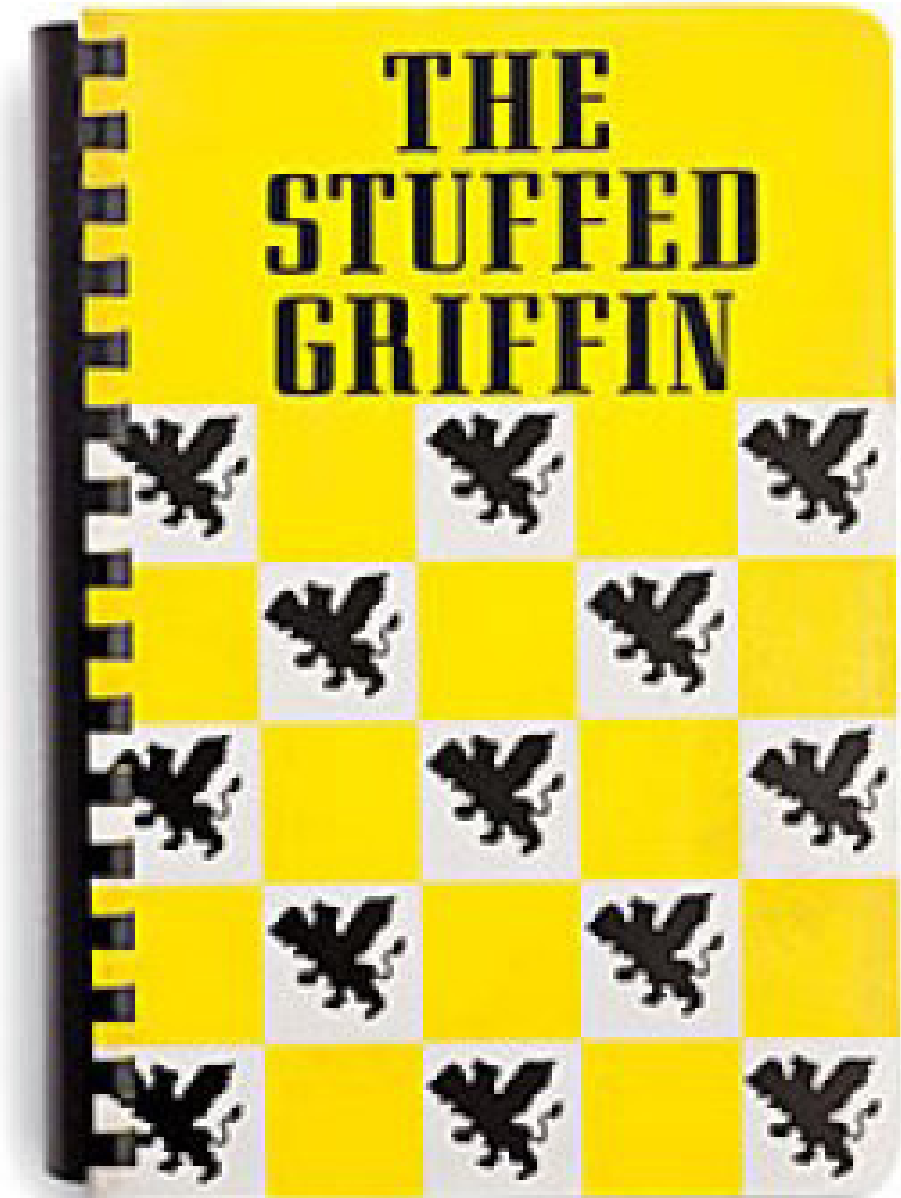
This has a wonderful flavor and the chicken is super tender.

Photo credit:

<http://www.foodandwine.com/>



Her fav from her hometown cookbook:





Tammy's Let us Skip the Lettuce Salad

Ingredients:

- cucumber
- grape / sliced tomatoes
- shredded Carrots
- dried Cranberries
- pecans
- ranch dressing
- shredded cheese (optional)

Directions:

- combine ingredients to taste and enjoy

Photo credit: <http://trimarnirecipes.blogspot.com/>



TC's Curried Potato Salad

Ingredients:

- 3 lbs new red potatoes
- 1/2 C plain yogurt (can use mayo if preferred)
- 4 tablespoons curry powder
(I use Jamaican Curry Powder but you can use whatever you have/prefer)
- 1 teaspoon sea salt
- 2 Tablespoons of white wine vinegar
- 1/2 C of fresh cilantro chopped
(can use less but we like the flavor)

Directions:

- boil potatoes until soft
- while potatoes are boiling, stir together other ingredients
- when potatoes are cooked and drained - slice while warm and gently toss in the curry mix chill overnight for best flavor

Photo credit: <http://www.mccormick.com/>



Katie's Smoked Gouda Pasta Salad

Ingredients:

For the dressing:

- 1/2 cup mayonnaise or plain Greek yogurt
- 1/4 cup olive oil
- 2 large garlic cloves, pressed
- 2 tablespoon white wine vinegar
- 1 heaping tablespoon adobo sauce from canned chipotles
- 2 teaspoons honey
- 1 teaspoon kosher salt
- Freshly ground black pepper



For the pasta salad:

- 1 pound (16 ounces) gigli or penne pasta, cooked al dente (See Recipe Notes)
- 1 (12-ounce) jar fire-roasted red peppers, rinsed and chopped (1 heaping cup)
- 1 (6-ounce) jar artichoke hearts, rinsed and chopped (heaping 1/2 cup)
- 3/4 pound (12 ounces) smoked gouda, cubed (See Recipe Notes)
- Fresh herbs, such as basil or Italian parsley, roughly chopped

Directions:

For the dressing:

- combine mayonnaise, olive oil, garlic, vinegar, adobo sauce, honey, and salt in a small bowl, and whisk thoroughly
- season generously with black pepper

For the pasta salad:

- toss the cooked noodles, peppers, artichokes, and gouda together in a large bowl
- pour the dressing over the top and mix to combine
- allow to rest at room temperature for 30 minutes before serving, or cover and refrigerate overnight (allow 30 minutes to warm to room temperature before serving)
- taste and adjust any seasonings, if necessary

Recipe credit: <http://www.thekitchn.com/recipe-sinful-pasta-salad-with-smoked-gouda-roasted-red-peppers-and-artichoke-hearts-recipes-from-the-kitchn-189237>

Shauna's Chopped Greek-Style Salad

Ingredients:

For the dressing:

- 1/2 cup Newman's Own Olive Oil and Vinegar Dressing (or your favorite dressing, for South Beach Diet use dressing with less than 3 grams sugar per serving)
- 1 tsp. dried oregano

For the salad:

- 1 cup grape tomatoes, cut in half lengthwise (or use diced fresh garden tomatoes)
- 1 European cucumber (or 2-3 small)
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1/2 orange bell pepper
- 1/2 cup kalamata olives, cut in half
- 1/4 cup chopped red onion
- 1/2 cup diced Feta cheese



Directions:

- mix oregano into salad dressing, set aside
- cut tomatoes in half lengthwise, or dice garden tomatoes. Peel cucumber in strips, leaving some green stripes lengthwise. (For small garden cucumbers or Persian cucumbers you may not need to peel.) Cut cucumbers in half lengthwise, then in slices. Remove seeds from peppers and dice peppers in 3/4 inch square pieces
- dice red onion or cut green onion into 1 inch long pieces. Drain olives and cut in half lengthwise - cut Feta into cubes about 1/2 inch square.
- combine tomatoes, cucumbers, peppers, onions, and olives and toss with desired amount of salad dressing. (You may not need all the dressing.) Stir feta cubes into salad and season with fresh-ground black pepper. The salad can be served immediately, but I like it best when the ingredients marinate for an hour or two.

Recipe credit: <http://www.kalynskitchen.com/2006/03/many-peppers-greek-sal-adarf5-day.html>



Desserts

Laurie's Crinkle Cookies

Ingredients:

- 1 lemon or strawberry cake mix
- 1 8 oz package of cool whip
- 1 egg
- 1/3 cup powdered sugar

Directions:

- mix cake mix, egg, and cool whip
- drop teaspoonfuls of dough into powdered sugar and roll around until lightly covered
- once sugared, put them on a lightly greased cookie sheet and bake for 10 minutes or until edges are slightly brown on 350
- let set on cookie sheet for 1 minute then remove



Photo credit: <http://www.allrecipes.com/>

April's Cool-Aid Pie

Ingredients:

- 1 pack of cool-aid (any flavor)
- 8 oz bowl of semi-frozen cool-whip
- 1/2 can of condensed milk
- graham cracker crust
- fruit topping of your choice
(I like to add fruit related to the flavor.)

Directions:

- in a medium bowl, mix the cool whip, cool-aid packet and condensed milk for 30 seconds then stir with a spoon to ensure all of the cool aid from the bottom of the bowl is used
- pour the mix into the graham cracker crust and spread
- add desired fruit decoration on top
- cover with the pie crust lid and refrigerate for up to 4 hours or freeze for an hour
- serve from the refrigerator vs freezer - It's great cooled or at room temperature!



Photo credit: <http://www.myhoneysplace.com/>



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