

Home Sweet Home

Recipe Contest 2010

Thai-style Pork Stew

Original Recipe Provided By:

Denise Bogaty-Smith and Garrett Smith
Glenshaw, Pennsylvania

Ingredients:

2 lb. pork loin
2 c. red bell pepper, julienned
1/4 c. teriyaki sauce
2 T. rice vinegar
1 tsp. crushed red pepper
2 cloves minced garlic

1/4 c. peanut butter
4 c. basmati rice
1/2 c. green onion, sliced
2 T. peanuts, chopped
2 limes, quartered
fresh cilantro, chopped

Preparation Instructions:

1. Cut pork loin lengthwise into quarters. Place pork and next five ingredients into crock pot and cover with foil. Cook on low heat setting for 8 hours. Remove pork and chop coarsely.
2. Add peanut butter to crock pot and stir well. Stir in pork.
3. Cook rice using 1 1/2 cup water for every cup rice. Steam 20 minutes until tender.
4. Serve stew over rice and top each dish with onions, peanuts, and cilantro. Serve with lime wedges.

Home Sweet Home

Recipe Contest 2010

Orzo with Roasted Vegetables

Original Recipe Provided By:

Denise Bogaty-Smith and Garrett Smith
Glenshaw, Pennsylvania

Ingredients:

- | | |
|------------------------------------|----------------------------------|
| 1 small eggplant, peeled and diced | 1 tsp. fresh ground black pepper |
| 1 red bell pepper, chopped | 1/2 lb. orzo pasta |
| 1 yellow bell pepper, chopped | 1/3 c. lemon juice |
| 1 large yellow onion, chopped | 4 green onions, minced |
| 2 cloves garlic, minced | 3/4 lb. feta cheese, crumbled |
| 2/3 c. olive oil | 15 fresh basil leaves, sliced |
| 2 1/2 tsp. kosher salt | |

Preparation Instructions:

1. Preheat oven to 425°F. Cut eggplant into cubes and toss with bell peppers, onion, garlic, 1/3 cup olive oil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper on a large sheet pan.
2. Roast 40 minutes, or until browned, turning once with a spatula.
3. Meanwhile, cook orzo in boiling salted water for 7 to 9 minutes, until tender.
4. Drain orzo and transfer to large serving bowl. Add roasted vegetables, including liquid and seasoning from the pan.
5. For dressing, combine lemon juice with remaining olive oil, salt, and pepper and pour over vegetable-pasta mix. Let cool to room temperature and add green onions, feta, and basil.

Home Sweet Home

Recipe Contest 2010

French Lentil Salad

Original Recipe Provided By:

Cindy and Kirsten Kube
Virginia Beach, Virginia

Ingredients:

- | | |
|-------------------------------|------------------------------------|
| 1 c. French lentils | 5 green onions, chopped |
| 2 1/2 c. vegetable broth | 1 tsp. salt |
| 2 cloves minced garlic | 3 T. olive oil |
| 2 tsp. oregano | 1 T. red wine vinegar |
| 1 yellow onion, chopped | 3 T. orange juice |
| 1 red bell pepper, chopped | 1 pinch ground cloves |
| 1 stalk celery, thinly sliced | fresh ground black pepper to taste |

Preparation Instructions:

1. Rinse lentils and place in a soup pot with vegetable broth, water, garlic, oregano, and salt. Bring to a simmer, cover, and cook for 20 minutes. Remove lid and continue to simmer until lentils are soft, but still hold their form.
2. Drain liquid and refrigerate for 6 hours.
3. Place chilled lentils in a bowl and toss with remaining ingredients.



VirginiaTech
Division of Student Affairs

Home Sweet Home

Recipe Contest 2010

Grilled Citrus Salmon

Original Recipe Provided By:

Cathy Gross and Austin Cole
Marion, Virginia

Ingredients:

1/2 c. soy sauce
1/4 c. light brown sugar
2 cloves minced garlic
1/4 c. orange juice
2 T. lemon juice

fresh ground black pepper to taste
1/2 tsp. ground ginger
3 T. olive oil
4 6-oz. salmon filets

Preparation Instructions:

1. Combine all ingredients except salmon in a zip-top bag and mix thoroughly.
2. Add salmon and marinate 30 minutes in refrigerator.
3. Heat grill to medium-high. Grill marinated filets, skin side down, for 15-20 minutes.



VirginiaTech
Division of Student Affairs

Home Sweet Home

Recipe Contest 2010

Pineapple Chicken Enchiladas

Original Recipe Provided By:

Monique and Matthew Dean
Eldersburg, Maryland

Ingredients:

- | | |
|---------------------------------------|------------------------------------|
| 2 chicken breasts | 1/2 c. frozen corn kernels |
| 3/4 20-oz. can pineapple tidbits | 1 1/2 10-oz. cans enchilada sauce |
| 1 can black beans, drained and rinsed | 4 drops hot sauce |
| 1 small red onion, chopped | 1/3 c. fresh cilantro |
| 1 red bell pepper, chopped | 2 c. shredded Cheddar cheese |
| 2 tsp. vegetable oil | 1 c. shredded Monterey Jack cheese |
| 1 can chopped green chili peppers | 8 6-inch corn tortillas |

Preparation Instructions:

1. Grill chicken breasts. Cool slightly and shred meat.
2. Chop pineapple tidbits, reserving juice.
3. Heat oven to 350°F.
4. In large skillet, sauté onions and peppers in oil until soft. Stir in chicken, pineapple, black beans, green chilies, corn, 1/2 cup enchilada sauce, and hot sauce. Heat through, stirring occasionally. Remove skillet from heat and stir in cilantro and 2 cups combined cheeses.
5. Add 1/3 cup reserved pineapple juice to the remaining enchilada sauce. Spread 1 tablespoon enchilada sauce onto each tortilla, followed by 3/4 cup chicken mixture. Roll up and place seam side down in greased pan.
6. Pour remaining enchilada sauce over pan and sprinkle with remaining cheese. Cover with foil and bake 35 to 40 minutes, until cheese is melted and sauce is bubbly. Remove foil for last 5 to 10 minutes of baking.



VirginiaTech
Division of Student Affairs

Home Sweet Home

Recipe Contest 2010

Pumpkin Whoopie Pie

Original Recipe Provided By:

Dorothy and Tyler Engel
Davidsonville, Maryland

Ingredients:

1 c. granulated sugar	1 1/2 tsp. ground cinnamon
4 oz. cream cheese	1/2 tsp. ground ginger
1/2 c. plus 6 T. unsalted butter	2 tsp. baking soda
9 oz. canned or mashed pumpkin	2 tsp. baking powder
3 eggs	1 tsp. salt
1 1/2 tsp. vanilla flavoring	10 1/2 oz. confectioner's sugar
1/2 lb. flour	

Preparation Instructions:

1. Preheat oven to 350 °F and line baking pans with parchment paper.
2. Combine flour, baking powder, baking soda, cinnamon, ginger, and salt.
3. Using a mixer, cream together sugar and 1/2 cup butter, then add eggs one at a time. Add pumpkin and 1 teaspoon vanilla and beat until smooth.
4. Combine the flour and cream mixtures and scoop onto baking sheets. Bake 10 to 13 minutes and cool for 10 minutes.
5. For filling, beat cream cheese, 6 tablespoons butter, and 1/2 teaspoon vanilla and beat until fluffy. Gradually add confectioner's sugar and beat until smooth.
6. Spread 2 teaspoons full on flat side of half of the cookies. Top with remaining cookies, flat-side down. Store in a covered container in the refrigerator.



VirginiaTech
Division of Student Affairs

Home Sweet Home

Recipe Contest 2010

Peanut Butter Pie

Original Recipe Provided By:

Linda and Jordan Gibson
Jonesville, Virginia

Ingredients:

8 oz. cream cheese
vanilla flavoring
1/2 c. peanut butter
1 tsp. whipped topping

3 c. confectioner's sugar
2 chocolate pie shells
8 Reese's Peanut Butter Cups
3/4 c. Hershey's Chocolate Syrup

Preparation Instructions:

1. Mix cream cheese, vanilla, and peanut butter. Gradually add whipped topping and confectioner's sugar. Crumble 4 peanut butter cups into filling mixture and stir.
2. Pour 1/4 cup chocolate syrup into bottom of each pie crust. Divide filling mixture between pie shells and sprinkle with remaining peanut butter cups. Drizzle chocolate syrup on top of each pie.
3. Refrigerate at least 2 hours before cutting.

