Seasoned with Gratitude

RECIPES FROM THE LAKER COMMUNITY

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This recipe collection is our way of saying thank you for your generous support during Giving Tuesday at Grand Valley State University. Your generosity nourishes student success and strengthens the Laker community.

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FANCY LETTUCE SALAD

6 – 8 SERVINGS **15 MINUTES**

FOR THE DRESSING

½ CUP	SUGAR
½ CUP	CANOLA OIL
⅓ CUP	APPLE CIDER VINEGAR
1½ TSP	POPPY SEEDS
¼ TSP	ONION (MINCED)
1 TSP	DRIED MUSTARD

FOR THE SALAD

2 BAGS	ROMAINE LETTUCE
1 PINT	SLICED STRAWBERRIES
TO TASTE	SLICED ALMONDS
TO TASTE	CUBES OF BRIE CHEESE

INSTRUCTIONS

Mix dressing and pour over the salad.

SUBMITTED BY: BARB HOOPER; BSN PROGRAM DIRECTOR

ABC SALAD (AVOCADO, BEAN & CORN)

4 – 6 SERVINGS **15 MINUTES**

FOR THE SALAD

2 CANS	CORN (DRAINED)
2 CANS	BLACK BEANS (DRAINED)
2	FIRM TOMATOES (DICED)
4	AVOCADOS (DICED)
1	RED ONION (DICED)

FOR THE DRESSING

1 CUP	VEGETABLE OIL
½ CUP	APPLE CIDER VINEGAR
2 PKGS	GOOD SEASONS ITALIAN DRESSING MIX

INSTRUCTIONS

1. Mix all the vegetables together in a large bowl.
2. In a separate container, whisk together the oil, vinegar, and dressing mix.
3. Pour dressing over the vegetables, and stir until well combined.
4. Refrigerate until ready to serve.

Serving suggestion: Can be enjoyed as a salad or as a salsa with chips.

SUBMITTED BY: LEAANN TIBBE; RETIRED STAFF

SAUSAGE BREAD

10 SERVINGS **60 MINUTES**

1 BOX	PILLSBURY HOT ROLL MIX
1 TUBE	SPICY SAUSAGE (160Z, BOB EVANS RECOMMENDED)
3 – 4 CUPS	SHREDDED MOZZARELLA CHEESE

INSTRUCTIONS

1. Cook the sausage and chop it up.
2. Make Hot Roll Mix as it states on the box. Separate the dough in half, knead the dough, and let rise for five minutes.
3. Roll out one half of the dough in a circle. Sprinkle half the sausage all around the circle followed by the shredded cheese.
4. Roll dough (one side to the other) to make a long loaf of bread.
5. Repeat with the other half of the dough.
6. Cook at 350 degrees for about 35–40 minutes until lightly brown.
7. Let sit, slice on a slight angle, and enjoy!

SUBMITTED BY: KIM SCHMIDT; DIRECTOR OF ATHLETIC GIVING

LOUIE THE LAKER'S THIN CRUST PIZZA

4 – 6 SERVINGS **45 MINUTES**

PIZZA DOUGH (YIELD 2 PIZZAS)

2 ½ CUPS	ALL-PURPOSE FLOUR
1 TBSP	GRANULATED SUGAR
1 TSP	SALT
1 PACK	ACTIVE DRY YEAST
3 TBSP	OLIVE/VEGETABLE OIL
1 CUP	WATER (WARM)

FOR THE TOPPINGS

1 CAN/JAR	FAVORITE PIZZA/PASTA SAUCE
	LOW MOISTURE MOZZARELLA CHEESE
	SLICED PEPPERONI (OR YOUR FAVORITE PIZZA TOPPINGS)
	DRIED OREGANO
	RED CHILI FLAKES
	FRESH BASIL (THIN SLICED)

INSTRUCTIONS

1. Preheat oven to 425 degrees. Grease 2 sheet trays with cooking spray. Set it aside.
2. In a mixing bowl, combine the warm water, granulated sugar, and yeast. Stir until yeast is dissolved in warm water. Let sit for 5 minutes until mixture is foamy.
3. Stir in all-purpose flour, salt, and oil. Mix with a fork until dough forms a soft ball, about 2–3 minutes. Rub dough with oil, cover, and let rest for 25–30 minutes until dough has risen slightly. Divide the dough in half.
4. Gently spread dough with hands into desired shape (round, square, heart) covering most of the sheet tray. Dough should be only ¼ inch thick.
5. Partially bake dough for 5–7 minutes without toppings. Remove from oven, layer pizza sauce, mozzarella cheese, and your favorite pizza toppings on pre-baked crust. Season with dried oregano and chili flakes.
6. Bake for another 10–12 minutes, until cheese is browning and crust is cooked through. Check for doneness by lifting crust with spatula, if the bottom of crust is golden, pizza is cooked.
7. Remove from oven, let rest for 2–3 minutes, top with fresh basil, cut and enjoy!

SUBMITTED BY: LOUIE THE LAKER; GVSU MASCOT

BEEF STROGANOFF

4 SERVINGS **45 MINUTES**

1 CUP	BUTTER
1½ LB	SLICED MUSHROOMS
6 TBSP	FLOUR
1½ TSP	SALT
2 TSP	WORCESTERSHIRE SAUCE
1½ CUPS	HEAVY CREAM
1½ CUPS	ONION (CHOPPED)
3 LBS	LEAN TOP ROUND STEAK
3 CUPS	BEEF BOUILLON
6 TBSP	TOMATO PASTE
¾ CUP	SOUR CREAM
1 PKG	EGG NOODLES

INSTRUCTIONS

1. Sauté onions in ⅓ cup butter, set aside.
2. Sauté mushrooms in 1 tbsp butter, set aside.
3. Slice round steak into ¼-inch strips and roll in flour.
4. Sauté beef strips in ⅓ cup butter until brown and cooked.
5. Add beef bouillon, salt, and sautéed onion.
6. Cover and simmer until beef is tender, approx. 20–30 minutes.
7. Add tomato paste, Worcestershire sauce, sour cream, heavy cream, and sautéed mushrooms. Heat thoroughly.
8. Serve over egg noodles.

SUBMITTED BY: BARB HOOPER; BSN PROGRAM DIRECTOR

SAUSAGE-STUFFED MUSHROOMS

6 – 8 SERVINGS **50 MINUTES**

16	EXTRA-LARGE WHITE MUSHROOMS (CAPS AND STEMS SEPARATED)
5 TBSP	OLIVE OIL
2½ TBSP	MARSALA WINE OR DRY SHERRY
¾ LB	SWEET ITALIAN SAUSAGE (CASING REMOVED)
6	SCALLIONS, WHITE AND GREEN PARTS FINELY CHOPPED
2	CLOVES GARLIC (MINCED)
1 TSP	KOSHER SALT
½ TSP	GROUND BLACK PEPPER
⅔ CUP	PANKO CRUMBS (JAPANESE BREAD CRUMBS)
5 OZ	MASCARPONE CHEESE
⅓ CUP	GRATED PARMESAN CHEESE
2½ TSP	FLAT-LEAF PARSLEY (MINCED)

INSTRUCTIONS

1. Heat oven to 325 degrees.
2. Trim mushroom stems and finely chop, set aside. Place mushroom caps in a shallow bowl and toss with 3 tbsp olive oil and Marsala, set aside.
3. Heat the remaining 2 tbsp of olive oil in a medium skillet over medium heat.
4. Add sausage and crumble into small pieces. Cook until browned, 8–10 minutes.
5. Add the mushroom stems, and cook for 3 more minutes. Stir in the scallions, garlic, salt and pepper, and cook for 2–3 minutes.
6. Stir in the panko crumbs and mascarpone and continue cooking until the mascarpone has melted and made the mixture creamy.
7. Remove from heat, add the parmesan and parsley and season to taste. Cool slightly.
8. Fill each mushroom cap generously with the sausage mixture. Arrange in a snug single layer in a large baking dish. Bake until the stuffing is browned and crusty, 50 minutes.

SUBMITTED BY: BARB HOOPER; BSN PROGRAM DIRECTOR

BLACKENED SALMON WITH MANGO SALSA

4 SERVINGS **50 MINUTES**

FOR THE SALMON

4	SALMON FILLETS (4-6OZ)
1 TBSP	PAPRIKA
PINCH	SUGAR
2 TSP	COARSE KOSHER SALT
1 TSP	GARLIC POWDER
½ TSP	CAYENNE PEPPER (OR LESS, FOR LESS HEAT)
½ TBSP	ITALIAN SEASONING
2 TBSP	BUTTER
FRESH	THYME (OPTIONAL)
FRESH	GARLIC (MEASURE WITH YOUR HEART)

FOR THE MANGO SALSA

¼ CUP	RED ONION (DICED SMALL)
¼ CUP	RED BELL PEPPER (DICED SMALL)
1 CUP	PINEAPPLE (DICED SMALL OR CANNED CRUSHED PINEAPPLE)
¼ CUP	CILANTRO
1	JALAPENO, DEPENDING ON YOUR SPICE TOLERANCE (SEEDED AND
2	DICED SMALL)MANGOS (PEELED AND DICED)
1	AVOCADO
1	JUICE OF A LIME
TO TASTE	SALT AND PEPPER

INSTRUCTIONS

1. Prepare the mango salsa so flavors can marry! Combine onion, bell pepper, pineapple, cilantro, and jalapeño in a bowl with a pinch of salt and pepper.
2. Once thoroughly mixed, add in mango, avocado, and lime juice. Toss gently to combine and set aside.
   Tip: by adding in the "softer" ingredients of mango and avocado after you've done most of your mixing, you prevent your salsa from turning mushy.
3. In a wide, shallow bowl, mix dry spices to create the blackened seasoning.
4. Dredge your salmon fillets in the seasoning, using your fingers to gently press the dry spice mix onto the fish.
5. In a cast iron skillet, melt your butter. Be careful not to burn it! Before the butter has browned, add garlic and sprigs of fresh thyme, followed by salmon fillets.
6. Cook the fillets for 3–4 minutes per side. While cooking, spoon butter, garlic, and herbs over the fillets to baste them. The salmon is done when it flakes easily with a fork.

Serve salmon with mango salsa on top. We often have ours over a bed of fresh greens, like arugula, or with a side of cilantro lime rice. Mango salsa gets better with time, so feel free to double that portion of the recipe so you have a snack for later!

SUBMITTED BY: MIMI SPERL; ASSISTANT DIRECTOR FOR THE CENTER FOR WOMEN AND GENDER EQUITY

CHICKEN SPECTACULAR

5 – 6 SERVINGS **90 MINUTES**

3 CUPS	COOKED, BONE-IN, AND CUT-UP CHICKEN
2 CUPS	CHICKEN BROTH
1 BOX	UNCLE BEN'S ORIGINAL LONG GRAIN AND WILD RICE (6 OZ)
1 CAN	FRENCH STYLE GREEN BEANS (13-16 OZ)
1 CAN	SLICED WATER CHESTNUTS (8 OZ)
1 CAN	MUSHROOM STEMS AND PIECES (4 OZ)
1 CAN	CREAM OF CELERY SOUP (10.5 OZ)
2 TBSP	ONION
½ CUP	MAYONNAISE
1 JAR	CHOPPED PIMENTOS (OPTIONAL, 2 OZ)

INSTRUCTIONS

1. To prepare chicken, place chicken in 2½ cups water and add ½ tsp salt and 2 tbsp onion. Cover and boil.
2. Lower heat and simmer 40 minutes or longer, until meat is fork tender.
3. Reserve broth. Remove chicken from bones.
4. Cook rice in 2 cups reserved broth according to directions on package.
5. Drain green beans, water chestnuts, mushrooms, and pimentos.
6. In large mixing bowl, combine chicken, rice, and vegetables with undiluted soup and mayonnaise.
7. Place the mixture in a 2½-quart casserole dish. Bake 25–30 minutes at 350 degrees.

SUBMITTED BY: BARB HOOPER; BSN PROGRAM DIRECTOR

POP'S ITALIAN MEATBALLS

5 – 6 SERVINGS **90 MINUTES**

2 LBS	GROUND BEEF (80/20 FOR FLAVOR)
1 LB	HOT ITALIAN GROUND SAUSAGE (CASINGS REMOVED IF USING LINKS)
2 CUPS	ITALIAN-STYLE BREADCRUMBS
3	LARGE EGGS
¾ CUP	ROMANO CHEESE (FINELY GRATED)
½	MEDIUM ONION (FINELY DICED)
1 TSP	RED PEPPER FLAKES
4	CLOVES FRESH GARLIC (MINCED)
1 TSP	GARLIC SALT
1 TSP	KOSHER SALT (ADJUST IF SAUSAGE IS VERY SALTY)
1 TSP	FRESHLY GROUND BLACK PEPPER
2 TSP	DRIED OREGANO
2 TBSP	FRESH BASIL FINELY CHOPPED
¼ CUP	FRESH PARSLEY, FINELY CHOPPED

INSTRUCTIONS

1. Preheat oven to 400 degrees. Lightly oil two baking sheets.
2. Mix aromatics and dry ingredients: In a large bowl, combine breadcrumbs, Romano cheese, onion, garlic, parsley, oregano, basil, garlic salt, salt, and peppers.
3. Add meats and eggs: Add beef, sausage, and eggs to the breadcrumb mixture. Gently mix with clean hands or a fork until just combined. Do not over mix or the meatballs will be tough. If the batter is too stiff, add one more egg.
4. Shape meatballs: Form into golf ball-sized rounds (about 1½ inches), placing them on the baking sheets. This should make 24–30 meatballs.
5. Bake: Place trays in preheated oven and bake 18–22 minutes, until browned and internal temperature reaches 160 degrees. Turn them 3 times during baking.
6. Drop in sauce: Simmer in marinara sauce for 20–30 minutes for richer flavor.

Note: I often make-ahead. Meatballs can be baked, cooled, and frozen in airtight containers.

SUBMITTED BY: PHILOMENA MANTELLA; PRESIDENT OF GVSU
("POP" IS HER DAD, ROCCO JOHN MANTELLA)

WISCONSIN MID-CENTURY MODERN CASSEROLE

5 – 6 SERVINGS **90 MINUTES**

1.5 LBS	GROUND BEEF (OR TURKEY)
3 TBSP	DICED ONION
1 CAN	LOW-SODIUM CREAM OF MUSHROOM SOUP
1 CAN	LOW-SODIUM CREAM OF CHICKEN SOUP
1 CAN	LACHOY STIR FRY VEGETABLES (28 OZ) (TRADITIONAL OR CHOP SUEY)
1¼ CUPS	DICED CELERY
2 TBSP	LOW-SODIUM SOY SAUCE
1½ CUPS	WATER
1 CUP	BROWN MINUTE RICE (OR THE WHITE INSTANT RICE)
1 BAG	CHOW MEIN NOODLES (MEIJER BRAND OR GET LACHOY BRAND)

INSTRUCTIONS

Note: you can prepare this a day ahead, put in the casserole pan, and then bake the next day.

1. Pre-heat the oven to 375 degrees.
2. Brown the meat, along with the diced onion.
3. Drain the fat, if any.
4. Mix everything—except the crunchy noodles—in the casserole.
5. Bake 45–50 minutes, until excitedly bubbling.
6. Take casserole out, layer the top with about 1" of the crunchy noodles, and put back in oven to bake another 15 minutes.

SUBMITTED BY: MARK SCHAUB; DEAN OF BROOKS COLLEGE OF INTERDISCIPLINARY STUDIES &
GAYLE SCHAUB; STUDENT SUCCESS LIBRARIAN

BLUEBERRY STREUSEL MUFFINS

12 SERVINGS **60 MINUTES**

FOR THE MUFFINS

½ CUP	UNSALTED BUTTER
1 CUP	GRANULATED SUGAR
2	EGGS
1 TSP	VANILLA EXTRACT
6 TBSP	GREEK YOGURT
6 TBSP	BUTTERMILK
1 TBSP	BAKING POWDER
½ TSP	SALT
2 CUPS	ALL-PURPOSE FLOUR
2 CUPS	FROZEN BLUEBERRIES

FOR THE STREUSEL TOPPING

¼ CUP	UNSALTED BUTTER
⅓ CUP	GRANULATED SUGAR
⅔ CUP	ALL-PURPOSE FLOUR

INSTRUCTIONS

1. Preheat oven to 425 degrees. Grease or line standard size muffin tin. Set it aside.
2. In a small mixing bowl, combine the ingredients for the streusel, using a fork. Stir together until the mixture resembles wet sand.
3. In a large mixing bowl, combine melted butter, granulated sugar, eggs, and vanilla extract. Whisk until combined. Add Greek yogurt, buttermilk and stir.
4. Add the flour, baking powder, and salt. Mix until the batter comes together. Don't overmix. Add frozen blueberries, fold to combine. The batter will be thick.
5. Scoop batter into prepared muffin tin, filling each about ¾ of the way full. Sprinkle the tops of each muffin with streusel mixture, gently pressing down to make it stick.
6. Bake for 5 minutes at 425 degrees. Turn oven down to 375 degrees and bake for an additional 20–25 minutes until a toothpick inserted in the center comes out clean.
7. Remove from oven and cool.

SUBMITTED BY: ALEXIS BROWN; LAKER FOOD CO. CHEF

TRES LECHES (MILK CAKE)

4 – 6 SERVINGS **45 MINUTES**

MILK MIXTURE

2 CUPS	WHOLE MILK
1 CAN	SWEETENED CONDENSED MILK (14 OZ)
1 CAN	EVAPORATED MILK (12 OZ)
1½ CUPS	HEAVY WHIPPING CREAM
1 CUP	WHITE SUGAR
1 TSP	VANILLA EXTRACT

CAKE

1½ CUPS	ALL-PURPOSE FLOUR
1 TSP	BAKING POWDER
½ CUP	UNSALTED BUTTER
1 CUP	WHITE SUGAR
5	LARGE EGGS
½ TSP	VANILLA EXTRACT

INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease and flour a 9x13-inch baking pan.
2. Sift flour and baking powder together, set aside.
3. Beat butter and 1 cup sugar together in a large bowl with an electric mixer until lighter in color and fluffy.
4. Add eggs and ½ tsp vanilla, beat well.
5. Add the flour mixture gradually, about ½ cup at a time, mixing until well blended.
6. Pour batter into the prepared pan. Bake until a toothpick inserted into the center comes out clean, about 30 minutes.
7. Pierce cake all over with a fork, let cool to room temperature.
8. Mix whole milk, condensed milk, and evaporated milk together. Pour over the cooled cake and allow it to soak in.
9. Whip heavy cream, remaining 1 cup sugar, and 1 tsp vanilla in a chilled bowl with an electric mixer until thick.
10. Spread whipped cream on top of the soaked cake.

SUBMITTED BY: LEAANN TIBBE; RETIRED STAFF

BEST PEACH COBBLER

8 SERVINGS **70 MINUTES**

6 CUPS	PEELED, SLICED FRESH PEACHES
½ CUP	BUTTER OR MARGARINE, SOFTENED
¾ CUP	SUGAR
1 CUP	ALL-PURPOSE FLOUR
1 TSP	BAKING POWDER
½ TSP	SALT
½ CUP	MILK
½ TSP	VANILLA EXTRACT
¾ CUP	SUGAR
2 TSP	CORNSTARCH
1 CUP	BOILING WATER
	WHIPPED CREAM, FOR SERVING

Note: You can use less sugar if the peaches are really sweet

INSTRUCTIONS

1. Place peaches in a lightly greased 12 x 8 x 2-inch baking dish. Set aside.
2. Cream butter; gradually add ¾ cup sugar, beating well at medium speed of an electric mixer.
3. Combine flour, baking powder, and salt; add to creamed mixture, mixing well.
4. Stir in milk and vanilla. Pour batter over peaches.
5. Combine remaining ¾ cup sugar and cornstarch; stir in boiling water. Pour mixture over batter.
6. Bake at 375°F for 45 to 50 minutes, or until golden brown and bubbly.
7. Serve warm with whipped cream.

SUBMITTED BY: DON LUBBERS; PRESIDENT EMERITUS & NANCY LUBBERS

THE CORNHOLE

1 SERVINGS **5 MINUTES**

1 OZ	MELLOW CORN (CORN WHISKEY, BUT MC IS THE BEST)
1 OZ	RABBIT HOLE BOURBON (OR ANY BOURBON)
¾ OZ	FRESH LEMON JUICE
¾ OZ	ST. GERMAIN OR SIMILAR ELDERFLOWER LIQUOUR
1-3 DASHES	ANGOSTURA BITTERS

INSTRUCTIONS

1. Fill your shaker with a few cubes of ice and the above shots.
2. Shake well.
3. Strain into a coupe glass or rocks glass with ice, depending on your preference.
4. Garnish with your favorite garnish: Luxardo cherry, dried citrus, etc.

Enjoy this cocktail year-round. The fresh lemon provides summery refreshment, balanced by the Elderflower. But it's also great while tailgating (cornholing!) at a fancy cocktail party, or in front of crackling holiday fire. There's dichotomy between the lowbrow corn whiskey (a Schaub family favorite) and smooth bourbon.

SUBMITTED BY: MARK SCHAUB; DEAN OF THE BROOKS COLLEGE OF INTERDISCIPLINARY STUDIES