

Roasted Beet and Goat Cheese Salad

FROM THE KITCHEN OF: Chef Robert Lewis, The Happy Diabetic®, Chef Instructor, Scott Community College

Ingredients

Serving Size: 2

8 medium-size beets,
tops removed and
scrubbed, red or yellow
1/2 cup balsamic vinegar
1/2 cup good olive oil
2 tsps Dijon mustard, such
as Grey Poupon
Kosher salt and freshly
ground black pepper

6 ounces baby arugula,
spinach, greens mixture
1 small red onion sliced
thin
1/3 cup toasted
pistachios
4 ounces soft goat
cheese, such as
Montrachet, crumbled

Directions

Preheat the oven to 400 degrees.

Wrap the beets individually in aluminum foil and place them on a sheet pan. Roast them for 50 minutes to 1 hour, depending on their size, until a small sharp knife inserted in the middle indicates that they are tender. Unwrap each beet and set aside for 10 minutes, until cool enough to handle. Peel the beets with a small, sharp knife over a piece of parchment paper to prevent staining your cutting board.

Meanwhile, whisk together the vinegar, olive oil, mustard, salt and pepper to taste and set aside. While the beets are still warm, cut each one in half and then each half into 4 to 6 wedges and place them in a large mixing bowl. As you're cutting the beets, toss them with half of the vinaigrette (warm beets absorb more vinaigrette). Salt and pepper to taste.

(continued on reverse)



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DIRECTIONS CONTINUED

Place the greens in a separate bowl and toss it with enough vinaigrette to moisten. Put the greens on a serving platter and then arrange the beets, nuts, red onions and goat cheese on top. Drizzle with additional vinaigrette, if desired, sprinkle with salt and pepper, and serve warm or at room temperature.

Show Your Support!

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Megan VenHorst

SCC Foundation Scholarship Recipient



Megan has always had a caring heart. So, when she lost her job as a recreational therapist when the local healthcare company she was working for decided to make cuts, she knew she wanted to enroll in Scott Community College's Nursing Program.

"I have always been in the healthcare setting," she said. "After I lost my job, I knew nursing was what I wanted to continue to grow and develop."

However, the idea of going back to school and incurring more student loans was a little scary. Receiving scholarship support alleviated those fears.

"It's huge," she said. "It's helpful knowing in the future I won't have such a big amount of student loans looming over my head."

Now she can focus on her studies and work toward not only achieving her personal goals, but also filling a void in a field where caring, compassionate and skilled workers are really needed.

Chef Robert's Mediterranean Chicken of Love

FROM THE KITCHEN OF: Chef Robert Lewis, The Happy Diabetic®, Chef Instructor, Scott Community College

Ingredients

Serving Size: 4

1 T extra-virgin olive oil	1 tsp oregano
2 large white button mushrooms sliced	1 tsp rosemary
Half a red bell pepper sliced, and green bell pepper sliced	1 tsp basil
1 Roma tomato diced	1 T fresh garlic
½ red onion sliced	8 ounce skinless sliced, precooked chicken
1/4 cup vegetable broth or white wine	10 black pitted olives
5-6 stalks of asparagus	1 can 15 oz. white Italian beans drained
	Black pepper, to taste
	½ fresh lime

Directions

Heat oil in a large skillet over medium heat. Add the mushrooms, bell peppers and onions and asparagus and sauté for 3 minutes.

Add the cooked chicken and garlic.

Lower heat, add vegetable stock, oregano, rosemary, and basil. Add the diced tomatoes and beans and olives. Simmer for about 5 minutes. Cook over low heat until chicken is nice and hot.

Season with pepper to taste and a squeeze of lime.

Find more recipes at www.happydiabetic.com



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Tamara Cooper

SCC Foundation Scholarship Recipient

Tamara, a business management student at Scott Community College, enrolled in classes after her job search was leading her nowhere.

"I was a hairdresser by trade, but when my husband was injured I took on full-time caregiving for him and I was caregiving for my parents," she said. "I was putting out applications, but because I am older I was having a hard time getting jobs. I am willing to learn anything, and I got tired of being turned down."

Determined to build her resume, she put her energy and focus into her classwork. She was excited to start something new, but the cost of college weighed heavily on her mind. A key to her success and ability to pursue her education has been scholarships.

"Scholarships helped me make my dreams possible," she said.

"Every dollar I receive through others is an unexpected blessing."



Make a Difference Today!

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Rosemary Focaccia Bread

FROM THE KITCHEN OF: Chef Reese McRae, CCC, CWPC, PC1, Executive Chef–Instructor, Scott Community College

Ingredients Serving Size: 4–6

½ cup extra virgin olive oil
2 garlic cloves, finely minced
1 T chopped fresh thyme or 1 tsp dried
1 T chopped fresh rosemary or 1 tsp dried
¼ tsp black pepper
1 cup warm water
2 ¼ tsp dry yeast (1 packet)
¼ tsp honey
2 ½ cups all-purpose flour
½ tsp fine sea salt

Directions

Make the Infused Garlic–Olive Oil

In a cold medium skillet, combine olive oil, garlic, thyme, rosemary and pepper. Place the pan over low heat and cook, stirring occasionally for 5–10 minutes or until aromatic, but before garlic browns. Set aside.

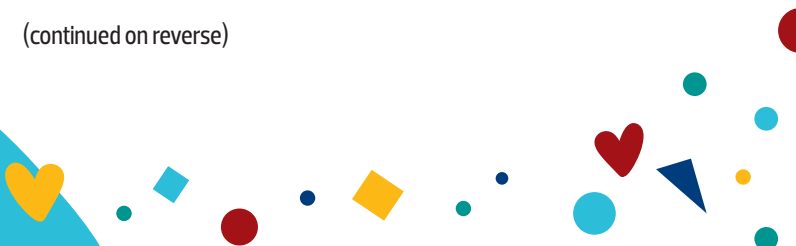
Make the Dough

In a large bowl, combine the warm water, yeast and honey. Stir a few times then let sit for 5 minutes. Add 1 cup of the flour and ¼ cup of the infused garlic–olive oil mixture to the bowl with the yeast and honey. Stir 3 to 4 times until the flour has moistened. Let sit for another 5 minutes. Stir in the remaining 1 ½ cups of flour and the salt. When the dough comes together, transfer to a floured board and knead 10 to 15 times until smooth.

(continued on reverse)



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DIRECTIONS CONTINUED

Transfer the dough to a large oiled bowl, cover with a warm, damp towel and let rise for 1 hour.

Bake Bread

After 1 hour, heat the oven to 450 degrees.

Transfer the dough to the 9x13 oiled baking sheet then press it down into the pan. Use your fingers to dimple the dough then drizzle the top with the remaining garlic olive oil mixture. Let the dough rise 20 minutes.

Bake 15–20 minutes until golden brown.

Cool bread on wire rack.

Donate!

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Charles Thomas, Sr.

SCC Foundation Scholarship Recipient



Following life-threatening health issues, Charles went back to college to obtain his degree in Business Management. During his illness, he lost some physical ability, but he never lost his knowledge. With support from scholarships and a never-wavering passion to succeed, he graduated from Scott Community College.

Before graduating, Charles created the Charlie's Gift of Knowledge Scholarship within the SCC Foundation to encourage others with a documented disability to achieve their educational dreams.

“I want to show others they too can do anything they set their minds to,” he said.

“If my scholarship can inspire someone, like it did for me when I received mine, I will be blessed.”

“I am a stranger to you, but you are all so much more to me”

SCC Foundation Student Assistance Recipient

On March 16th my entire world came crashing down. I was waking up in a continuous loop that is called “quarantine.” I was already juggling children, work, school, and my new diagnosis of seizures. I thought it was as bad as it could get, but just like saying “at least it isn’t raining” on a horrible day, life looked me up and down and said “Buckle up sweetie, I am just getting started.”

I was at my job when I found out that the nation was basically on lock down because of COVID-19 and I would be out of work until further notice because I am not “essential.” I am a bartender and all though it is not the most glamorous job, I work extremely hard and earn every single tip I receive. How can I not be essential?

Who decided that a single mother of two going to school full time in order to follow her dreams and make a better life for her children was “**nonessential?**”

(continued on reverse)



Thank you!



My phone rings, and I do not recognize the number, but I answer to an unfamiliar voice on the other end. Apprehensive I respond, “yes this is she.” The voice on the other end rings like angels as she says, “Well I have good news, you are going to receive the student assistance support, from the SCC Foundation, you asked for to help you with your emergency needs.” After the explanation of how it works and what the grant pays for, she says goodbye. Shaking, I end the call, and emotions overcome me and I drop to my knees sobbing. My daughter rushes to my side and asks what is wrong. I look to her and said “Oh Little Foot, these aren’t sad tears, these are happy tears, tears from a blessing. Blessings are so rare and when one comes to you, you become overjoyed.” I stroke her hair and smile.

This blessing comes from the supporters like you guys. I am a stranger to you, but you are all so much more to me. My father always told me growing up “Talk about your blessings more than you talk about your problems.”

So, although I do not know each and everyone’s name, I can assure you that, to anyone who will listen, I make sure they know about the blessing that this has been for me. I wish I could do more to show my gratitude, but a thank you letter is all I have. I hope each and everyone knows that they not only changed my life drastically, but also gave my children something that, in this moment, I just could not. I will spend the rest of my life trying to anonymously do for someone else what you all have done for me.

Ensure a Student's Success!

Donate as together we can make a difference for students.

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