


*The Mapleton Family*

Presents:



**Staff**  
**Recipe Book**

**“If you really want to make a friend,  
go to someone’s house and eat with him...  
the people who give you their food give you their heart.”**

- Cesar Chavez

Sprinkled into our mission statement, folded within our core values, and blended within our small-by-design philosophy, is the word ‘family.’ We consider ourselves the ‘Mapleton family’ because of our shared compassion and commitments as well as our tenacity, our resilience and our willingness to struggle and to celebrate together – like a family.

It’s often said that nothing has the power to bring families, or people, together quite like food. Food appeals to all five senses. Food has the power to evoke, as well as create memories, wrap us in feelings of comfort, or introduce us to the flavors, sights and smells of a brand-new world. Food is our legacy and can be our most important connection to our past, our present and our future.

In this time of air hugs, and distant socializing, we are drawing on the power of food to honor our past and nourish the present and future of our Mapleton family. We have invited all Mapleton employees to help us in creating the first Taste of Mapleton employee recipe-book.

In a recipe, it is the prescribed combination of ingredients that lends itself to the desired – and delicious – final product. Much like a recipe, it is with the valuable combination and contributions from every Mapleton employee that we ensure our mission of guaranteeing success for each and every Mapleton student.

We thank you for being a part of the Mapleton family's recipe for success, and we look forward to sharing this book with you.



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# Breakfast

**“I’ll eat some breakfast and  
then change the world.”**

- “Hairspray”

# Bushi's Egg Pancakes

**Dr. Mary Searing**

*High School Teacher*

*A part of the Mapleton family since 2018*

*“When I was young, my Bushia (grandma) used to make what she called egg pancakes. These were a very special occasional treat. The recipe was not written down because my Bushia, who immigrated from Poland, was never taught to write as she was one of a dozen children in her family raised in a rural part of the country that typically did not send their girls to school. I later found this crepe recipe which was pretty similar to my Bushia’s pancakes and made them for my own kids. My own kids, now all grown up, still love making and eating these pancakes.”*

## Ingredients

1 cup flour  
3 tsp sugar  
1/2 tsp baking powder  
1/2 tsp salt  
1 1/2 cups milk  
5 eggs  
2 Tbsp butter  
1/2 tsp vanilla  
(Additional butter for pan as needed)

## Directions

Mix flour, sugar, baking powder, and salt.

Add remaining ingredients and use an electric mixer to beat at medium speed until smooth-scrape bowl as needed.

Heat a medium nonstick pan with a small amount of butter until sizzling.

Scoop 1/4 cup of batter into hot pan then tilt / rotate pan around until batter evenly covers the bottom.

Heat until lightly browned on bottom (about 2 minutes) then flip it over.

Heat the second side of the crepe for another 2 minutes.

Use a spatula to gently remove - you can stack each crepe as it's completed between sheets of wax paper.

Fill each crepe with fruit or Nutella and roll up to serve.

# Whole Wheat Blender Pancakes

**Damon Brown**

*Deputy Superintendent, Organizational Systems and Community Engagement  
A part of the Mapleton family since 2002*



*“This is a Brown family favorite. I have sweet childhood memories of waking to the sound of a blender.*

*I remember that familiar space between awake and asleep as the music of the blender grinding the wheat berries was complimented by the smell of bacon. You could not be greeted by a more beautiful breakfast pairing.”*

## Ingredients

1 cup wheat berries/kernels  
1 cup buttermilk  
1/2 cup milk  
2 large eggs  
2 tsp sugar (or honey)  
1 tbsp baking powder  
5 tbsp butter, melted  
3/4 tsp salt

## Directions

Combine the wheat berries/kernels and the buttermilk in a blender and blend on high for 3 minutes, until the mixture is smooth and thick.

Add the 1/2 cup milk and continue to blend for 2 minutes.

Add the remaining ingredients and blend until the batter is smooth.

Cook the batter on a hot griddle or on a waffle iron for.

# Pumpkin Waffles

**Emily Branca**

Teacher

*A part of the Mapleton family since 2019*

*“Every year, for as long as I can remember, my mom has made these waffles on Christmas morning. They remind me of family, comfort and HOME! I’ve passed the tradition along to my family, and I hope it continues for many, many years to come.”*

## Ingredients

2 1/2 cups flour  
2 tsp cinnamon  
4 tsp baking powder  
1/2 tsp salt  
1 tsp allspice  
1 tsp ginger  
1/4 cup firmly packed brown sugar  
1 cup canned or cooked pumpkin  
2 cups milk  
4 eggs, separated  
1/4 cup melted butter or margarine

## Directions

Stir together dry ingredients.

Combine pumpkin, milk, egg yolks.

Add melted butter and flour mixture.  
Stir to blend.

Beat egg whites until they form soft peaks.

Fold into the batter cook waffles until crisp and richly browned.



# Sides, Snacks, and Shareables

**“I’m just someone who likes cooking and for whom sharing food is a form of expression.”**

- Maya Angelou



# Annie's Fruit Salsa and Cinnamon Chips



**Jenny Nelson**

*Instructional Guide  
A part of the Mapleton  
family since 2020*

*“It isn’t my recipe but what I discovered it for was an apple themed get together with some other teachers. We played Apples to Apples and everyone brought something to share that related to apples. It was a blast!”*

Prep: 15 m  
Cook: 10 m  
Ready in 45 m

## Ingredients

2 kiwis, peeled and diced  
2 Golden Delicious apples - peeled, cored and diced  
8 ounces raspberries, cut into quarters or diced  
1 lbs strawberries, diced  
2 tbsp white sugar  
1 tbsp brown sugar  
3 tbsp fruit preserves, any flavor  
10 (10 inch) flour tortillas  
Butter flavored cooking spray  
2 tbsp cinnamon  
Sugar

## Directions

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

Preheat oven to 350 degrees F.

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes.

Serve with chilled fruit mixture.

# Erickson Family Norwegian Lefse

**Rachel Rea**

MESA teacher

A part of the Mapleton family  
since 2014



*“My family is from Norway and my great grandmother used to make stacks of lefse for my grandfather and his siblings after working on the farm. Lefse became my family’s tradition as a way to use the leftover mashed potatoes from Christmas or Thanksgiving. We usually eat holiday meals in the early afternoon, so Lefse is the*

*perfect evening meal after eating a big meal earlier in the day! My mom, grandma and I would work together to mix, roll out and cook the Lefse so we had a big stack for everyone to eat! As I have gotten older, my husband and I have taken over the roll of making it for our family and I am passing this tradition on to my nieces and nephew!”*

## Ingredients

Leftover mashed potatoes  
(room temperature works best)

Equal parts all-purpose flour,  
butter, margarine or oil for  
cooking

### Note:

Do NOT use whole wheat flour in this recipe. The Lefse are stiff and dry. I wouldn’t recommend using an electric mixer, it can make the dough gummy. Hand mixing works great though!

You don’t have to use leftovers. You can boil potatoes and add butter and salt like you would for mashed potatoes. Let the mashed potatoes cool a bit before adding flour.

We have made it with and without the potato skins. The skins make the rolling out a little trickier, but it still works.

## Directions

**Step 1:** Place the leftover mashed potatoes in a mixing bowl.

**Step 2:** Add flour 1/2 cup at a time mixing with a wooden spoon until a non-sticky dough is formed.

**Step 3:** Taking about a golf-ball-size amount of dough, roll out on a floured surface to about 9 inches in diameter. The round should be thin, but not thin enough to see through.

**Step 4:** Meanwhile, heat a skillet to medium heat adding a small amount of oil or butter to prevent sticking. Once the skillet is hot, carefully place the lefse in the pan. Cook for a few minutes on each side until there are browned spots and it bubbles.

**Step 5:** The cooked lefse should be flexible enough to roll up. If it is not, roll out the next one thinner. Repeat until all of the dough is used! Keep warm in a warm oven.

**Step 6:** Enjoy with butter and cinnamon sugar (our traditional way), jam, peanut butter or anything else you can roll up!

# Holiday Snack Mix

**Dani Dickson**

*Assistant Director, York International School  
A part of the Mapleton family since 2009*

*This is a really old recipe that I adapted from the back of a cereal box when my kids were little. Everyone loves it so much we can't stop eating it so I only make it for Thanksgiving and Christmas get togethers and sometimes for the Halloween chili cook off!! It's a very fall recipe to me because of the warm cinnamon brown sugar flavors!!*

## Ingredients

8 cups Cinnamon Toast Crunch cereal  
8 cups Brown Sugar Cinnamon Quaker Squares cereal  
2 cups coarsely chopped pecans  
2/3 cup light corn syrup  
2/3 cup firmly packed brown sugar  
6 tbsp margarine or butter  
2 tsp vanilla  
1 tsp baking soda

## Directions

Heat oven to 250 degrees F.

Spray 13" x 9" baking pan with cooking spray.  
Combine cereal and pecans in pan; set aside.

In a large microwaveable bowl, combine sugar, corn syrup, and butter. Microwave on high for 1 minute 30 seconds or until boiling.

Stir vanilla and baking soda into mixture. Pour over cereal, stir to coat mixture evenly.

Bake 1 hour, stirring every 20 minutes.

Spread on baking sheet and cool completely.

Break into pieces. Store tightly covered.

# Goose Blind Hors d'oeuvre

**Cindy (Hicks) Lewis**

*Advisor*

*A part of the Mapleton family since 1999*

*“My dad was a goose hunter and would come home from the goose blind with different recipes that he had swapped with the other guys in the blind. We always laughed that they spent more time talking than hunting.”*

## Ingredients

1 14 ounce package smoked sausage (sliced)  
1 8 oz jar Cheez Whiz (any flavor)  
Mushrooms (sliced)

## Directions

Fry sliced sausage in pan until browned.

Add sliced mushrooms. Brown both together.

Add Cheez Whiz and melt until warm and melty.

Serve with crackers or bread.

# Mrs. Simanek's Potato Dumplings

**Cindy (Hicks) Lewis**

*Advisor*

*A part of the Mapleton family since 1999*

*"My family eats potato dumplings with sauerkraut especially around the winter holidays."*

## Ingredients

3 cups mashed potatoes

2 eggs

1/2 cup milk

Salt

Enough flour to make quite stiff

Finish working in the flour by hand

## Directions

Drop into boiling water or soup and cook until fluffy.

# Pan Pierogies

**Dr. Janice Phelps**

*Director, Clayton Partnership School  
A part of the Mapleton family since 2013*

*“This is a simplified Polish dish. Traditional Pierogies are similar to raviolis fill with potatoes and cheese. My Polish grandmother and mother would spend hours in the kitchen preparing this dish When I was little. Pan Pierogies have the same flavor in half the time for busy professionals! It’s a hit at family gatherings and parties.”*

## Ingredients

1 package of lasagna noodles  
5 lbs of potatoes  
1 lbs of Velveta  
1 stick margarine  
1 yellow onion  
A pinch of salt

## Directions

Preheat oven to 375 degrees.

**Step 1:** Boil water and make a package of lasagna noodles. Drain and place aside.

**Step 2:** Peel five pounds of potatoes. Dice and boil until soft. Drain potatoes.

**Step 3:** Add 1/2 stick margarine, a pinch of salt and a cube of Velveta cheese to the cooked potatoes. Once melted, mix it all up with a mix master.

**Step 4:** In a separate pan, sauté one yellow onion with the other 1/2 stick of margarine.

**Step 5:** In a Pyrex pan line the bottom with 1/2 of margarine onion mixture. Then line with a row of lasagna noodles. Next, put the potato/ cheese mixture on top of the noodles. Repeat this process again with a layer of noodles. Then onion mixture then potatoes and cheese mixture. Complete the process with onion margarine mixture on top with a sprinkle of parsley.  
**Step 6:** Bake for 30-45 minutes until the center of the dish is warm. Cut like a lasagna and serve the Square of pan Pierogies on a plate. Top it off on the plate with a dollop of sour cream. Enjoy.!

# Crab Salad

**JoAnn Martinez**

*Transportation*

*A part of the Mapleton family since 2013*

*“Back in the 80’s I worked in the deli at Cub Foods, and we made this salad in the deli . I liked it so much I made it for my family and friends. It is so quick and easy and we all have enjoyed it since. I hope you enjoy it, also!*

## Ingredients

1lb of imitation (flaked) crabmeat  
chopped  
1 (16oz) crushed pineapple, drained  
1 bunch of green onions, chopped  
1 green bell pepper, chopped  
1/2 stalk celery (approx.1 cup)  
8 to 12 oz. shredded Cheddar cheese,  
1cup (approx.) mayo or salad dressing  
1 tsp dill weed (sprinkling)

## Directions

Use large mixing bowl, combine all ingredients, adding the mayo or salad dressing last.

Sprinkle dill weed over the top .

Chill and serve with Ritz crackers or your favorite cracker.

# Corn Salad

**Melissa Pfaff**

*Science Teacher*

*A part of the Mapleton family since 2013*



*“I spent my summers traveling the country performing at rodeos. Almost every rodeo committee hosted a pot-luck. It is really hard to cook elaborate dishes out of a horse trailer. This was always my go to. It was always a winner. It even won a belt buckle for best dish at a rodeo in Strong City, Kansas!”*

## Ingredients

3 cans whole kernel corn, drained with little liquid, or you can use frozen corn  
5-6 green onions, chopped  
1/2 cup red pepper, finely chopped  
3/4 cup mayonnaise  
1 teaspoon seasoned salt (or as desired)  
1 bag of chili cheese flavor Frito’s crushed in the bag  
1 cup grated sharp cheddar cheese

## Directions

Mix the mayonnaise and seasoned salt with corn, onion, peppers, and seasoning and let sit in the refrigerator.

Add 1 cup grated cheese.

Crush one bag of chili cheese flavor Frito’s

Stir Frito’s into the salad at the last minute before serving.



# Corn Casserole

**Mary Jo Gonzales**

*Academy High School*

*A part of the Mapleton family since 2017*

*“This recipe has now been a family favorite for three generations. My mother got the recipe when she was first married in 1952. It started as a Thanksgiving holiday menu item, but has become a part of every holiday menu, and everyone including the children love it! My 18 year old son now requests corn casserole as part of his birthday meal every year, as well. It’s a keeper!”*

## Ingredients

1 can of cream corn  
1 can whole kernel corn, juice  
and all  
1 egg  
1 stick of butter, melted  
1 box of Jiffy corn muffin mix  
1 8 oz. container of sour cream  
Salt and pepper to taste

## Directions

Mix all ingredients together in a large bowl.

Grease a 1 quart casserole dish.

Spoon mixture into prepared casserole dish.

Bake at 350 degrees for 45 minutes, or until brown around the edges.

# Green Chili Dip

**Ryan Fiore**

*Director, Preschool on Poze*

*A part of the Mapleton family since 2013*

*“My grandmother learned this recipe from her neighbors in north Denver. My mother would make it for her girlfriends when she was in school. It has been passed down to us and now all the kids make it for parties, family gatherings, or get-togethers with friends. Granted my mom’s is still the best, but we try to make it as good as she does.”*

## Ingredients

4-5 cups of shredded cheese  
2 large cans of diced tomatoes (juice drained)  
2 cans green chilis (juice drained)  
- I like it spicy so I use two cans of medium/hot green chilies  
Garlic salt to taste

## Directions

**Stove top**  
Combine ingredients in pot or (crock pot low heat... way better!)  
Heat tomatoes and green chilies until they start to boil.  
Add cheese gradually and let it melt. Turn heat down to simmer.  
Add garlic salt to taste. Make sure to stir occasionally so cheese doesn’t stick.

**Crockpot**  
Pour all ingredients into crock pot and put on low.  
Let it cook for 4-6 hours. After 2-3 hours add garlic salt to taste.

# Skyline Dip

**Karli Shackelford**

*First Grade Teacher*

*A part of the Mapleton family since 2018*

*“Cincinnati-Style Chili: A staple from my hometown. Can be easily prepped for potlucks, tailgates, and parties! Skyline Chili can also be used to make 3-ways, Coneyes, chilitos, and more!”*

## Ingredients

8 oz cream cheese, softened  
8-12 oz Cincinnati-style chili,  
warmed slightly  
1 - 1 1/2 cups shredded cheddar  
cheese

## Directions

Preheat oven to 375 F degrees.

Spread cream cheese in an 8 or 9 - inch pan (pie pan) in an even layer.

Top with chili and bake 10 minutes.

Remove from oven and top with cheese.

Bake 5-8 minutes, until melted. Let stand for 5 minutes or so, then serve with tortilla chips or Frito's.

# Pepperoni Pizza Puffs

**Cassie Gallegos**

*School Social Worker/School Psychology Intern*

*A part of the Mapleton family since 2013*

*“A favorite snack-time comfort food! Homemade pizza rolls are so much better fresh than frozen ones, and these are so simple to make. Great for a pick-me-up when childhood favorites are just a bit more fun than mature adult food!”*

## Ingredients

3/4 cup flour  
3/4 tsp baking powder  
1/2 tsp dried oregano (optional)  
3/4 cup milk  
1 egg, lightly beaten  
1 cup shredded mozzarella cheese (add more to taste)  
1 cup diced or mini pepperoni (add more to taste)  
Pasta sauce for dipping, homemade or store-bought

## Directions

Preheat oven to 375 degrees F.  
Grease a mini muffin pan and set to the side.

Whisk together flour, baking powder, and oregano (if using).

Whisk in milk and egg, then stir in cheese and pepperoni. Let batter sit for about 5 minutes.

Stir the batter and divide among the mini muffin cups. Bake until puffed and golden, 20-25 minutes.

Heat pasta sauce for dipping, serve warm and enjoy!

# Bologna Cake

**Kevin Mason**

*Teacher*

*“This is a southern US recipe.  
I always found the recipe fascinating.”*

## Ingredients

1 lb sliced bologna  
2 tbsp grated onion  
1 8oz pkg cream cheese, softened  
1 tbsp Worcestershire sauce  
1 pkg Ritz crackers

## Directions

Mix softened cream cheese, onion and Worcestershire sauce. Beat well.

Place a slice of bologna on a plate, spread cheese mix on. Repeat process until all bologna is used. Ice like a cake with rest of cheese mixture.

Cool in refrigerator. Slice in thin slices and serve on crackers.

# Green Chile Salsa

**Lola Rangel**

*Transportation Secretary*

*A part of the Mapleton family since 2018*

*“This was my mother’s recipe. I sold this salsa at Whole Foods, Sprouts, and Vitamin Cottage. I used organic products. The name of my salsa business was called, ‘Lola’s.’”*

**Prep Time:** 1 hour

**Processing Time:** 45 minutes

**Yield:** 3 quarts

## Ingredients

1  $\frac{3}{4}$  cups peeled, roasted green chilies (organically grown), chopped

$\frac{1}{2}$  tbsp minced garlic

28 oz tomatoes, diced can

2 cups and 6 oz water

1 tbsp Sea Salt

## Directions

Peel green chilies and rinse with water. Let them drain.

Place chilies in bowl and add minced garlic. Marinate for 12 to 24 hours.

Place half of green chilies in blender with  $\frac{1}{2}$  cup water and chop (only hit 2 to 3 times).

Add  $\frac{1}{2}$  of crushed tomatoes and chop again (2 to 3 times). Place in bowl. Follow same process for 2nd half. Add sea salt and stir.

Hint: I use Pueblo Big Jim (medium) Pueblo Hot

# Caribe Salsa

**Lola Rangel**

*Transportation Secretary*

*A part of the Mapleton family since 2018*

*“This recipe was given to me by my grandmother Rivera. It was another salsa recipe I sold at Whole Foods, Sprouts, and Vitamin Cottage. This is a mild salsa. I am giving out my secret ingredient!”*

**Prep Time:** ½ hour

**Processing Time:** 45 minutes

**Yield:** 1 gallon

## Ingredients

16 cups diced can tomatoes  
2 cups Caribe Chile (Fernandez flaked)  
¼ cup diced white sweet onion (finely diced)  
1 tsp dried oregano  
1 tbsp Sea Salt

## Directions

Dice onion, use onion juice as well, and place in bowl.

Place ½ of tomatoes in blender and add 1 cup of Caribe Chile.

Add ½ of diced onion with ½ cup water and blend using the chop key (only hit 2 to 3 times). Place in bowl.

Follow same process for second half and be sure to add onion juice. Add oregano and Sea Salt and stir.

Chill from 12 to 24 hours

# Dill Pickles

**Amanda Logan**

*Special Education Teacher*

*A part of the Mapleton family since 2012*

*“My Ukrainian grandfather would make these pickles. He taught my parents how to make them and my dad has made them since my grandfather passed many years ago. As kids, my siblings and I would sit and wait for the jars to “pop” while they cooled on the dining table.”*

## Directions

Wash cucumbers and soak in cold water for about 3 hours.

To each quart jar add:

- 1 head fresh dill
- 2-3 cloves garlic
- 1/4 tsp allum

Pack cucumbers tightly into jars.

Bring to boil:

- 3 quarts water
- 1 quart distilled vinegar
- 1 cup non-iodized salt

Pour hot solution over cucumbers and seal jars. Jars should “pop” as they cool down. Pickles will be ready in 3-4 weeks, depending on the size of the cucumbers.





# Soups

**“As each person opened their heart to give, the next person gave even more...Sharing makes us all richer.”**

- Joh J. Muth, “Stone Soup”

# Pozole

**Sandra Herrera**

*Office Clerk*

*A part of the Mapleton family since 2005*

*“My mom used to make this every Sunday. It was the one plate that brought our family together. Now I make it for my family. This is one of their favorite dish. Easy to make and delicious.”*

## Ingredients

Pork roast meat with bone in  
Red California dry chilies (big bag)  
3-4 Bay leaves  
1 can Bushes Hominy  
Garlic  
I packet of Goya Sazón with saffron

## Directions

Crockpot the meat with 3 or 4 bay leaves, salt to taste. Cook for one hour or so depending on the meat, until you can pull it apart.

Soak the red chilies in hot water. Blend the chilies with the meat broth, garlic and one packet of Goya Sazón.

Pull the meat like your shredding it in big pieces in a pot with the bone and add the hominy.

Strain the blended chilies with the meat broth. Add all the meat broth through the strainer to the pot. Add more Goya Sazón and salt to taste. Boil to a simmer.

Enjoy with:

- Fine shredded cabbage
- Onion
- Limes
- Oregano
- Bread

# Chicken Chili Relleno Soup

**Tiffany Dragoo**

School Director

A part of the Mapleton family since 1995

*“I stumbled upon this recipe by accident and fell in love with it immediately. It is a low-carb soup, so it fits beautifully into a healthy dinner rotation. Warms up nicely for lunch as well!”*

Yield: 6 (as a full meal soup)

## Ingredients

5 poblano peppers  
2 tbsp butter  
1/4 cup chopped onion  
2 cloves garlic, minced  
1 tsp ground cumin  
4 cups chicken bone  
broth  
Salt and pepper to taste  
1 lb boneless, skinless  
chicken breast, cut into  
1/2 inch pieces  
8 ounces cream cheese,  
cut into cubes  
3 1/2 cups shredded  
cheddar cheese, divided

## Directions

**Step 1:** Roast poblano peppers until skin is charred and blistered. You can do this over the open flame on a gas stove, or by heating your broiler to high and placing poblanos within a few inches of the broiler (turning to get all sides charred).

**Step 2:** Place poblanos in a bowl and cover with plastic wrap. Let cool, then rub skin to remove as much as possible. Cut out seeds and then place in a food processor or blender to finely chop. Set aside.

**Step 3:** In a large saucepan over medium heat, melt butter. Add onion and cook, stirring frequently, until translucent, about 5 minutes. Add garlic, cumin, and poblanos and stir until fragrant, about 1 minute.

**Step 4:** Stir in chicken broth and season to taste with salt and pepper. Bring to a boil and then reduce heat to a simmer. Add chicken pieces and continue to cook until chicken is cooked through, about 10 minutes.

**Step 5:** Add cream cheese and two cups of the cheddar cheese and whisk until smooth.

To serve, divide into 6 bowls and sprinkle each with 1/4 cup shredded cheddar cheese. Sit briefly under the broiler until cheese is melted and browned (this step is optional but OH SO GOOD!).

A short cut is to use large can of roasted chilis instead of roasting your own.

# Chicken Parmesan Soup

**Caroline Siegel**

*Orchestra Teacher*

*A part of the Mapleton family since 2017*

*“I originally found this recipe on [www. dish.com](http://www.dish.com) by Lindsay Funston. It is the perfect meal for cold winter nights and for when you need a savory pick-me-up. It yields about 6 servings and is just as good reheated as it is fresh.”*

## Ingredients

1 Tbsp olive oil  
1 large onion, chopped  
3 cloves garlic, minced  
3 Tbsp tomato paste  
1 tsp crushed red pepper flakes  
1 15 oz. can crushed or diced tomatoes  
6 cups chicken broth  
8 oz. penne  
2 chicken breasts, cooked and chopped  
1 1/2 cups shredded mozzarella  
1 cup shredded parmesan  
1 Tbsp fresh chopped parsley  
salt and pepper to taste

## Directions

Heat oil in a large pot over medium heat.

Add onion and cook, stirring, until soft (about 5 minutes)

Add garlic and cook until fragrant (about 1 minute).

Stir in tomato paste and red pepper flakes  
Add tomatoes and broth. Bring to a simmer.

Add penne and Cook al dente (about 8-10 minutes)

Add chicken, mozzarella, Parmesan, parsley, and salt and pepper.

Let the cheese melt, and then enjoy!



# Main Dishes

**“The best memories are made around the table.”**

- Unknown

# Chicken Tetrazzini

**Meagan Ackerman**

*Teacher*

*A part of the Mapleton family since 2017*

*“My mom made this dish for my siblings and me growing up and it has become my favorite over the years. Whenever I travel back home to visit, my mom makes this dish for dinner on my last night in town before we settle in for board games as a family.”*

## Ingredients

1 package (16 oz) vermicelli  
1/2 cup chicken broth  
4 cups chopped cooked chicken  
1 can (10 3/4 oz) condensed cream of mushroom soup  
1 can (10 3/4 oz) condensed cream of chicken soup  
1 can (10 3/4 oz) condensed cream of celery soup  
1 container (8 oz) sour cream  
1 jar (6 oz) sliced mushrooms, drained  
1/2 cup shredded Parmesan cheese (2 oz)  
1 tsp pepper  
1/2 tsp salt  
2 cups shredded cheddar cheese (8 oz)

## Directions

Step 1: Heat oven to 350°F. Spray 2 (11x7-inch) glass baking dishes with cooking spray.

Step 2: Cook and drain vermicelli as directed on package, using minimum cook time. Return to saucepan; add broth and toss to coat.

Step 3: In large bowl, mix chicken, soups, sour cream, mushrooms, Parmesan cheese, pepper and salt. Add vermicelli; toss well. Divide mixture between baking dishes. Sprinkle with cheddar cheese.

Step 4: Cover; bake 30 minutes. Uncover; bake 5 minutes longer or until cheese is bubbly. You can enjoy one now and freeze the other for later!

# Roasted Chicken Tortilla Wraps

**Lola Rangel**

*Transportation Secretary*

*A part of the Mapleton family since 2018*

*“I had a catering business named, ‘Nueva Latina Cuisine’ and this was one of my customers’ favorite appetizers.”*

## Ingredients

2 cups roasted chicken, diced  
¼ cup green onions, diced  
2 oz black olives, diced  
¼ cup corn  
½ cup red or orange pepper, diced  
1 tbs olive oil  
1 cup Monterrey Jack or mild cheddar cheese, shredded  
1 pkg 13” tortillas (variety pkg)  
Salt to taste

## Directions

Heat olive oil and add green onions, olives, corn and peppers.

Sauté for a few minutes, then add diced chicken. Add salt to taste and continue sautéing until well mixed.

Place in bowl and add shredded cheese and mix. Place small portion on tortilla, then fold tortilla in half, then roll.

Bake in oven at 350 degrees for 15 to 20 minutes until tortilla is slightly browned. Let cool and slice. Place in casserole dish.

Yields: (13 Tortillas: 52 tortilla wraps)

# Enchiladas

**Nicki Shaner**

*Preschool Teacher*

*A part of the Mapleton family since 2012*

*“Quick and easy meal when everyone is working late.”*

## Ingredients

2 tbsp oil  
4 tbsp flour  
3 tbsp chili powder  
1/2 tsp garlic powder  
1/4 tsp oregano  
1/2 tsp salt  
1/2 tsp cumin  
2 cups chicken broth  
Corn tortillas  
Mexican cheese (any kind)

## Directions

Add oil to pot and heat on medium.

Pour in flour and whisk together and cook for 1-2 min. Add chili powder, garlic powder, cumin, salt, and oregano and mix until clumpy. Pour in chicken broth, whisking the entire time until there are no more clumps. Heat for 15 min or until thickened.

After you made your sauce, you will want to dip your corn tortilla in the sauce until they are soft and immediately put it into a greased 11x7 pan.

From there you will add cheese, roll it up and push it to the end of pan. Continue until your pan is full. Pour the rest of your sauce over your tortillas. Sprinkle the top with more cheese.

Bake at 350 degrees F for 20-30 minutes. Serve with Spanish rice and salad.



# Empanadas Argentinas San Isidro Style



## Ingredients

Dough for empanadas (I recommend the brand la Salteña)  
1 lbs ground beef or ground chicken  
1 or 2 onions - very well chopped  
Olive oil  
Salt and pepper to taste

**Vanesa Lopez**

*Spanish Teacher*

*A part of the Mapleton family since 2020*

*“My husband taught me this recipe. It was his mother’s back in Argentina.”*

## Directions

Cook the ground beef or ground chicken with all ingredients (around 30 minutes).

Fill empanadas dough with mixture.

Bake empanads at 400 degrees F for around 20-25 minutes.

You can also add raisins or potato if you want there are many varieties of these recipe.

# Principal Stan's World Famous Homemade Grilled Chicken Caesar Salad



## AJ Staniszewski

School Director

A part of the Mapleton family since 2014

*“This recipe goes back to the discovery of the Chicken Caesar Salad and all of its glory and the quest to create the perfect one. After many years, various contributing friends and family, and multiple variations, I now give you the most perfect version of a culinary classic that tests your skills and delivers an exceptionally delicious and healthy meal.*

*Bon Appetit!”*

## Ingredients and Directions

### Dressing

1/2 cup of fresh Asiago or Parmesan cheese  
1/2 cup of olive oil  
1/4 cup of lemon juice  
1-2 garlic cloves  
1 teaspoon of Worcestershire sauce  
1 teaspoon of Dijon or stone ground mustard  
1 or 2 anchovies.

Process until smooth. Season with salt and fresh black pepper. Cover and refrigerate. Can be prepared up to two days ahead just remember to take out and let it get to room temperature if you do this!

### Croutons

Rosemary sourdough sliced into chunks of your size preference, mix on a sheet pan with olive oil, salt, and pepper. Bake at 400 degrees for 8 minutes. I like to move the croutons around at the 4 minute mark.

### Chicken (1 chicken breast per person)

Boneless, skinless air chilled chicken breast marinated overnight using Primal Kitchen Dairy-Free Caesar Dressing with Avocado Oil. Grill chicken breast until they reach an internal temperature of 165 degrees.

### Lettuce (1 romaine heart per person)

Wash and dry lettuce. Cut into chunks of your size preference.

### Toppings

Sliced avocado and sliced cucumber of your size preference.

### Preparation

Put lettuce into a mixing/serving bowl, top with avocado, cucumber, croutons, and sliced chicken. Drizzle dressing on top and toss until you have reached your level of preferred dressing.

### Serving

Put into individual bowls and top with additional fresh cracked pepper and Asiago or Parmesan cheese and ENJOY!

# Molé Verde

**Lisa Aguado**

Teacher

*A part of the Mapleton family since 2015*

*“I learned this recipe from my husband’s aunt in Mexico. Every time I make this recipe I remember what a wonderful woman she was.”*

## Ingredients

Chicken (boiled, strain and reserve broth)  
Tomatillos 5-7 large or 8-10 small  
3 cloves garlic  
Cilantro/coriander 1 bunch  
Jalapeño/s 1-10 (to taste)  
Chicken broth  
Salt to taste  
Pepper to taste

## Directions

Boil chicken (I add an onion, garlic, thyme, marjoram, chicken base, and pepper to my water when I boil the chicken) strain the broth and cool the chicken to remove all bones and skin.

In a blender, add quartered tomatillos, roughly chopped cilantro, roughly chopped jalapeño/s, garlic, chicken broth as needed to blend ingredients and blend until smooth.

Pour molé sauce into a pan and bring up to a simmer, the molé will change color from a light green to a darker green, add broth if the molé is very thick. When molé is at a simmer add the chicken and cook until molé is thick, about 20 minutes. Add salt and pepper to taste.

Serve with Mexican rice or cilantro rice.

# Crawfish Monica



## Susan Gerhart

Director of Athletics and Student Activities  
A part of the Mapleton family since 2001

*“It’s my favorite New Orleans recipe. This is a very simple and elegant dish and will impress your guests in a big way. It’s also one of the most popular dishes served at the New Orleans Jazz and Heritage Festival. The line at the Crawfish Monica booth is one of the longest on the Fairgrounds to this day. It was created in the mid 1980’s by Pierre Hilzim and named after his wife, Monica. Chef Hilzim is well-known in New Orleans restaurant industry. If you don’t have crawfish available, it works well with shrimp, oysters, or crabmeat.”*

## Ingredients

1 lb. crawfish tails, boiled and peeled OR (available at most local seafood markets)  
1lb. shrimp, peeled OR 1lb. lump crabmeat OR 1lb. oyster, drained and quartered  
1 stick of butter (do not use margarine)  
1 pint of heavy whipping cream  
1 good-sized bunch of green onions, chopped (tops too, reserve some for garnish)  
3-10 cloves garlic, chopped (to your taste)  
Creole seasoning to taste, 1-2 tbsp (Tony Chachere’s is the best!)  
1lb cooked pasta. Linguini or Rotelli is preferred; use your favorite shape

## Directions

Cook pasta according to the directions on the package. Drain, then rinse under cool water.

Melt the butter in a large pot and sauté onions and garlic for minutes. Add the seafood and sauté for 3 minutes. Add the heavy whipping cream, then add several big pinches of Creole seasoning, tasting before the next pinch until you think it’s right.

Cook for 5-10 minutes over medium heat until the sauce thickens. Add pasta and toss well. Let it sit for 10 minutes or so over very low heat, stirring often.

Serve immediately, garnish with some fresh parsley or some of the green onion tops with lots of French bread. This dish pairs well with a Chardonnay or any type of white wine.

# Linguine with Clam Sauce

**Caroline Siegel**

*Orchestra Teacher*

*A part of the Mapleton family since 2017*

*“This was my mother’s recipe and one of my favorite requests growing up in New Jersey. When I moved across the country to Colorado, I asked her for the recipe so that I could make it when I was homesick. I often miss having access to fresh seafood, and this dish is a fine substitute even when the ocean is hundreds of miles away.”*

## Ingredients

1 tsp salt (for salt water)  
1/2 sweet onion, finely chopped  
1/3 cup olive oil  
1 lemon slice (to use for juice)  
1/8 tsp oregano  
1/8 tsp salt  
1/8 tsp pepper  
6.5 oz can chopped or minced clams  
(separate the sauce from the clams)  
1/4 package frozen, chopped  
spinach  
1/2 box linguine

## Directions

Thaw the spinach by running it under hot water.  
Drain and squeeze out the excess water.

Bring a large pot of salted water to boil  
Add linguine to the salt water. Cook to taste,  
stirring frequently.

In another pan, saute onion in oil over low heat,  
stirring occasionally, until soft.  
Add salt, pepper, and clam sauce. Cook for 3  
minutes.

Add oregano, clams, spinach, and lemon juice.  
Cook another 5 minutes.

Drain linguine and toss with the sauce.  
Serve and enjoy!

# Chili sans Carcass

**John Humphrey**

*Bullying Prevention Specialist*

*A part of the Mapleton family since 2007*

*“This recipe is as old as the Wyoming tumbleweeds and comes from the same badlands area that I grew up in. A nearby, uh, ‘town’, Chugwater chili is literally on the map for an annual chili cook-off that turns this tiny burg into a bustling metropolis (but Eastern Wyoming standards) for one weekend each summer. My family’s recipe has been adapted into the one above, which has warmed up many Mapletonians at potlucks, conference nights, Knowledge Bowl tournaments and Homecoming tailgate parties. This recipe famously came in second place (of two entries) at North Valley’s inaugural ‘Chugwater Chili Cook-off’ in February 2019. These directions call for one medium pan and cooks the chili in your mom’s old school, enormous crockpot. You can also opt for a Dutch Oven or InstantPot to cook it instead. This recipe is naturally gluten-free and vegan. Garnish with cheese, sour cream and/or chives and serve atop rice, corn chips, cornbread or other fixings of your choice.”*

Takes 3-4 hours in a Crockpot, 30 minutes active time. Serves 6-8.

## Ingredients

1 tbsp olive oil  
1 large yellow onion, diced  
3 bell peppers, diced (I use red/yellow/orange)  
3 cloves garlic, minced  
1 tbsp tomato paste  
1 28 oz can fire-roasted diced tomatoes  
2 14 oz cans chili beans (hot or mild)  
1 14 oz can kidney beans  
1 14 oz can black beans  
1/2 cup frozen corn (or canned)  
1 tsp salt  
1 tsp black pepper  
1/2 tsp cinnamon  
2 tsp cumin  
1 tbsp chili powder  
1 tsp Liquid Smoke  
1 tsp Worcestershire sauce (soy sauce or Tamari work, too)  
2 tsp hot sauce (I use Louisiana hot sauce)

## Directions

First, drain the cans of beans and corn (if using). Open the tomatoes but do not drain.  
In a medium pan, warm the oil and add the diced onions. Stir for 5 minutes until translucent.  
Next, add the diced peppers. Continue to stir for 2-3 minutes until softened.  
Finally, add the minced garlic and the spices (adjust to taste). Stir for a moment to incorporate flavors.  
Add the tomato paste and Liquid Smoke to the pan and turn the heat down to low, stirring occasionally. Give the pan a few minutes while you prepare the chili in the Crock-pot. If using a Dutch Oven or InstantPot, add directly to your pot. In the Crock-pot, pour together the canned tomatoes and drained beans. Give it a good stir. Then add the pepper-onion mixture from the pan and mix well for even distribution.  
Turn CrockPot (or other device) onto low. Add the Worcestershire and hot sauce. Taste for flavor, adding spice and sauces if necessary.  
Cooking times will vary, but I usually do 3-4 hours for a CrockPot, 40 minutes for a Dutch Oven, and ~10 minutes Manual setting for an InstantPot.  
Taste periodically for flavor. I add the corn toward the end of cooking to prevent it from watering down the chili. Use your best judgment.  
Enjoy a beverage and/or discuss the Wolverines’ season record with friends and coworkers while waiting for the chili to simmer down. Periodically taste for flavor and stir to incorporate ingredients. When the chili has reached desirable done-ness and spice level, garnish with cheese, sour cream and/or chives and serve atop rice, corn chips, cornbread or other fixings of your choice.

# Stuffed Peppers

**Kathleen Keelan**

*Director, Integrated Services, Health Services  
A part of the Mapleton family since 2019*

*“Just ask any Italian cook, it is important to use the correct ingredients. Never use the wrong peppers, always use the thin skinned green peppers for the best results.”*

## Ingredients

6 medium green peppers  
1 lbs ground beef  
1 onion  
1 (6 7/8 ounce) box Rice-a Roni Spanish Rice Mix  
1 (1oz) can tomato sauce  
1 (14 1/2 oz ) can tomatoes (for use in making the rice)  
1 cup cheddar cheese or American cheese, shredded

## Directions

Step 1: Remove tops and seeds from peppers; parboil peppers for 5 minutes and drain.

Place peppers in a baking dish.

Step 2: Combine ground beef and onion and cook together until done. Drain off the fat.

Step 3: Add the can of tomato sauce to the beef and onion mixture and simmer for five minutes.

Step 4: Prepare Rice-A-Roni according to package directions. When rice is done, combine it with the beef mixture.

Step 5: Fill peppers with the beef and rice mixture.

Step 6: Mix the 1 teaspoons sugar with the tomato sauce and pour this AROUND the peppers (not over). Cover the baking dish.

Step 7: Bake at 350 degrees F for 35 minutes and then uncover and top with the shredded cheese.

Bake uncovered for about five minutes more to melt cheese. Serve with the tomato sauce.

# Sunday Night Chana Masala

**John Humphrey**

*Bullying Prevention Specialist*

*A part of the Mapleton family since 2007*

*“This recipe is my go-to for Sunday nights when I don’t know what I want to eat for lunch at school the following week. It’s easy to make a big batch (I often double this recipe and freeze one batch for later), and it holds up well as leftovers. This is also my staple ‘Meal Train’ contribution; many new Mapleton moms and dads have received a heaping helping of this healing dish to welcome them into new parenthood.”*

This recipe is a flexible, forgiving and beginner-friendly Indian food dish. Adjust the spices to your preference (I like it hot, this recipe is medium spice). It is naturally vegan and gluten free.

Takes 30 minutes. Serves 4 adults.

## Ingredients

1 cup uncooked brown basmati rice, for serving  
2 tbsp coconut oil or extra-virgin olive oil  
1 medium yellow onion, chopped  
2 large sweet potatoes, chopped into 1/2” cubes  
1 medium serrano or jalapeño pepper\*, minced (remove ribs and seeds to control spice)  
½ tsp fine sea salt, to taste  
3 cloves garlic, pressed or minced (about 1/2 tablespoon)  
1 tbsp peeled and minced fresh ginger (about a 1-inch piece)  
1 ½ tsp garam masala mix\*\*  
1 ½ tsp ground coriander  
1 tsp ground cumin  
1 tsp ground turmeric  
Pinch of chili powder and/or cayenne pepper (remove for mild tastes)  
1 large can (28 ounces) fire-roasted crushed tomatoes or whole peeled tomatoes  
2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), rinsed and drained  
¾ cups full fat coconut milk, canned (find it in an Asian food market or Asian food aisle)  
2 tbsp tomato paste  
Lemon wedges and/or fresh cilantro, for garnish (optional)

## Directions

Cook the rice ahead of time per instructions.

Cook the chana masala: In a medium Dutch oven or large saucepan, warm the oil over medium-low heat. Add the onion, sautee until browned. Then add minced peppers and salt. Cook until the onion is tender and turning translucent, about 5 minutes.

Prep other ingredients while this simmers. Add the garlic and ginger, and cook until fragrant, about 30 seconds to 1 minute. Stir in the garam masala, coriander, cumin, turmeric, salt and cayenne (if using), and cook for another minute, while stirring constantly.

Stir in the tomato paste and mix with the onions and spices. Add the sweet potato cubes and turn up the heat to medium-high. Cook for 10 minutes, stirring occasionally. Add the tomatoes and coconut milk.

Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer. Cook, reducing the heat as necessary to maintain a gentle simmer, for 10-15 minutes (or longer) to allow the flavors to develop. Season to taste with additional salt, if desired. If it’s not spicy enough for your liking, add another pinch of cayenne or chili powder. When the liquid has reduced to a less saucy consistency, it’s ready to serve.

Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro leaves. I also serve mine with Naan bread, which you can find pre-packaged at most stores’ bakery sections.



# Cheesy Spaghetti

**Cassie Gallegos**

*School Social Worker/School Psychology Intern*

*A part of the Mapleton family since 2013*

*“My family doesn’t typically cook according to an official recipe, we tend to cook by eyeballing it. “This much looks good, \*tastes it\*, needs a little more (blank), \*tastes it again\*, that’s better!” Cheesy spaghetti has always been a staple in my house, and it just tastes like home. Yum!”*

## Ingredients

1 package (1lb) spaghetti  
1 15-oz can tomato sauce  
Shredded cheese (mild cheddar,  
Colby Jack, etc.)

## Directions

Cook spaghetti per package instructions (boil, soften, drain).

Heat tomato sauce and stir in shredded cheese to melt. No exact amount, just add cheese to taste. The cheese won’t melt to be completely smooth, but it will mix into the sauce. Stir spaghetti noodles back into the sauce.

Optional: serve topped with Parmesan cheese to taste.

# Turkey Taco Zucchini Boats

**Sara Kitchen**

*Teacher*

*A part of the Mapleton family since 2017*

*“I love to cook and experiment with new recipes, and this dish became a family favorite the first time I made it! It gets better every time, and it is so easy to whip up for a healthy family dinner.”*

## Ingredients

4-5 medium zucchinis  
1/2 cup your favorite salsa  
1 lb ground turkey  
1 small onion, minced  
1 small bell pepper, minced  
4 oz can tomato sauce  
1/4 cup water  
1/2 cup shredded Mexican Blend cheese  
1/4 cup green onion, minced  
1 tsp garlic powder  
1 tsp cumin  
1 tsp salt  
1 tsp chili powder  
1 tsp paprika  
1/2 tsp oregano  
Cayenne pepper to taste, optional

## Directions

Step 1. Preheat the oven to 400.  
Step 2. Spread 1/4 cup salsa in the bottom of a 9 x 13 baking dish.  
Step 3. Cut zucchinis in half, lengthwise. Use a spoon to hollow out the middle by removing the seeds/ flesh. Save 1 cup zucchini flesh, chop it up, and set aside.  
Step 4. In a large skillet, brown the turkey meat. When no longer pink, add the spices, mix well.  
Step 5. Add the onion, bell pepper, reserved zucchini, tomato sauce and water. Mix well. Cover and simmer for 20 minutes, stirring occasionally.  
Step 6. Line the baking dish with the hollowed out zucchini halves, hollow side facing up.  
Step 7. Fill the zucchini halves with the cooked turkey mixture. Gently press the mixture with a spoon to pack it into the zucchini.  
Step 8. Top with cheese.  
Step 9. Cover with foil and bake for 30 - 35 minutes, or until cheese is golden brown.  
Step 10. Garnish with green onion and extra salsa. Enjoy!

# Grandma's Sloppy Joe's

**David Janak**

Chief Financial Officer

A part of the Mapleton family since 2019

*"This was a snow day recipe in my house, or something that my mom threw together when the house was full of boys. This is stick to your ribs comfort food. You will find out quickly that you can adjust this recipe to you own liking very easily. Enjoy!"*

## Ingredients

1 medium white or yellow onion  
1 lb lean ground beef  
1 can tomato soup  
1/2 cup Ketchup  
2 Tbsp Worcestershire Sauce  
1 tsp liquid smoke  
4 oz of Velveeta cheese  
Salt and pepper to taste

## Directions

Brown ground beef and onion, add tomato soup, ketchup, Worcestershire sauce, liquid smoke and Velveeta cheese.

Simmer till cheese is melted.

Serve open face on hamburger rolls.

Add corn on the cob, or baked beans as a side.

# Pizza Burgers

**Erica Branscum**

*Deputy Superintendent, Talent Management  
A part of the Mapleton family since 1996*

*“Although this isn’t a fancy meal, it was always a tradition to have pizza burgers to celebrate birthdays. It always made a huge batch for family and friends. This was a Midwest meal that my family grew up on.”*

## Ingredients

2 cups shredded mozzarella  
2 lbs hamburger  
1 onion, chopped  
1 cup ketchup  
1 can tomato paste  
1 tsp brown sugar  
1 tsp sweet basil  
16 hamburger buns

## Directions

Brown the hamburger and onion.

Preheat oven to broil.

Mix hamburger and all other ingredients, except shredded cheese, in a large pan and simmer for 20 minutes.

Cool mixture and add 1 1/2 cups of shredded mozzarella.

Cover each side of a bun with hamburger mixture and top with small amount of shredded mozzarella. Broil in oven until cheese is melted.

Enjoy!

# Ginger Beef

**Kortnie Kelter**

*Math Teacher*

*A part of the Mapleton family since 2013*

## Ingredients

1lbs ground beef (or tofu)  
1 tbsp ginger (grated is best but ground works as well)  
1 tbsp minced garlic  
Donburi sauce  
Sesame seeds and green onions for garnish

### Donburi sauce:

1 cup water  
½ cup soy sauce or tamari  
½ cup sugar  
3 tsp mirin (optional)

## Directions

To make the Donburi Sauce heat all ingredients in a saucepan until boiling, set aside. You don't want to reduce this sauce.

Brown the ground beef in a pan. Once browned add in the ginger and minced garlic with the first ladle of sauce. Wait for the sauce to evaporate while stirring the beef. Continue adding ladles of sauce and then waiting for it to evaporate until you have added about half of the sauce and the beef is coated.

Serve over white rice and garnish with sesame seeds and green onions. Use the remainder of the sauce sauté broccoli or to pour of the rice.

# Chinese Vegetarian Dumplings

**Emily Chan**

*Science and History Teacher*

*A part of the Mapleton family since 2017*



*“In Chinese culture, the Lunar New Year (sometimes called “The Spring Festival”) is a fifteen day celebration that brings family together. It is the equivalent of celebrating one’s birthday, Thanksgiving, Christmas (or any gift-giving holiday of your choosing), and New Year’s, all wrapped into a single celebration.*

*During the Lunar New Year, families often gather together around the kitchen table to fold dumplings, which are a symbol of luck and prosperity for the coming year. From young to*

*old, the art of folding dumplings varies from family to family, but it is a precious tradition that ties me with my Chinese ancestors, and one I hope to pass on to my children some day.”*

## Ingredients

1 block firm tofu, drained and ground into small pieces  
1/2 - 1 cup finely chopped cabbage  
1/4 cup finely chopped green onion  
1/4 cup grated carrots  
1/4 cup shiitake mushrooms, finely chopped\*  
1/8 cup finely chopped red bell pepper  
2 Tbs ginger, grated  
2 Tbs cilantro, finely chopped  
1 lightly beaten egg  
1 Tbs soy sauce  
1 Tbs Hoisin sauce  
1 Tbs Shaosing (XiaoXing) Cooking Wine  
1-2 tsp sesame oil  
1/2 - 1 tsp salt  
1/4 tsp white pepper  
60 dumpling wrappers

### Dipping Sauce:

1-2 Tbs soy sauce  
1-2 Tbs black vinegar  
1-2 drops sesame oil  
Optional: 1-2 drops Chinese chili oil

## Directions

\*Shiitake mushrooms can be purchased fresh or in dried form. To use the dried mushrooms, soak them in hot water for 15-30 minutes, until tender. Discard stems before chopping.

Method: Mix all ingredients together in large bowl. Spoon one tsp dumpling filling into each wrapper and seal. Cook using preferred method below. Dip your dumplings into your sauce and enjoy!

Boil: Bring a pot of water to a rolling boil and add dumplings. When water boils again, add 1 cup cold water, or broth, and stir. When water boils a third time, dumplings are ready.

Steam: Place parchment paper on the bottom of steamer. Add dumplings but leave space between so they do not stick. Cover with lid, then place steamer over boiling water for about 10 minutes.

Pan Fry (the “Pot Sticker” method): Add 1-2 Tbs vegetable oil to a large frying pan. Arrange dumplings in pan, and allow to cook for about 3 minutes. Add 1/4 cup water, then cover with lid until water has evaporated.

Yields about 8 dozen dumplings.



# Sweets, Breads, and Goodies

**“A party without cake is just a meeting”**

- Julia Child

# Easy Caramel Popcorn

**Cheryl Miller**

*Payroll*

*A part of the Mapleton family since 2002*

*“Tried this for a road trip and it was a success with everyone!  
I make it for my grand kids when I see them!”*

Makes about 4 quarts

## Ingredients

3 quarts popped popcorn  
3 cups mixed nuts  
1 cup packed brown sugar  
½ light or dark corn syrup  
½ cup margarine or butter (I use butter)  
½ tsp salt  
½ tsp vanilla  
½ tsp baking soda

## Directions

Spray large shallow roasting pan with cooking spray. Combine popcorn and nuts in pan; place in 250 degree oven while preparing glaze.

In heavy 2-quart saucepan combine brown sugar, corn syrup, butter, and salt. Stirring constantly, bring to a boil over medium heat. Without stirring, boil 5 minutes. Remove from heat; stir in vanilla and baking soda. Pour syrup mixture over warm popcorn and nuts, stirring to coat.

Bake in 250 degree for 60 minutes, stirring occasionally. Remove from oven. Cool; break apart. Store in tightly covered container.



# Gingerbread Cupcakes

**Celeste Bock**

Preschool Teacher

A part of the Mapleton family since 2006

*“When my kids were really little we started making gingerbread houses using a gingerbread cookie recipe during Christmas time. We would have extended family over to decorate and eat and make a whole evening of it. As time went on and I was baking for more people, it was faster and easier to use cupcake molds to make the houses and now that is what the whole family prefers. We still do it every year, and when family members aren’t able to join us, I hear about it.”*

## Ingredients

1 1/2 cups all-purpose flour  
3/4 tsp ground cinnamon  
3/4 tsp ground ginger  
1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 cup shortening (I use butter flavored Crisco)  
1/4 cup packed brown sugar  
1 egg  
1/2 cup molasses

## Directions

Step 1: Line cupcake pan with cupcake liners/grease cupcake molds (I use shaped cupcake molds); set pan aside. In a bowl combine flour, cinnamon, ginger, baking powder, and baking soda; set aside.

Step 2: In a large mixing bowl beat shortening with an electric mixer on medium speed for 30 seconds. Add brown sugar; beat till fluffy. Add egg and molasses; beat 1 minute.

Step 3: Add dry mixture and 1/2 cup water alternately to beaten mixture, beating on low speed after each addition till combined. Pour batter in liners/molds.

Step 4: Bake in a 350 degree oven for 15-20 minutes or till a wooden toothpick comes out clean. Cool for 30 minutes in pan on wire rack.

# World's Best Chocolate Cake

**Erica Wernsmann-Loppnow**

Teacher

A part of the Mapleton family since 2006



## Ingredients

### Cake

1 cup all-purpose flour  
1 cup granulated sugar  
1/2 cup unsweetened cocoa powder  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1/2 tsp espresso powder  
1/2 cup buttermilk, whole milk, or coconut milk  
1/4 cup vegetable oil  
1 large egg  
1/2 tsp vanilla extract  
1/2 cup boiling water

### Chocolate butter cream frosting

1/2 cup unsweetened cocoa  
3/4 cup butter softened  
2 1/2 cups confectioner's sugar  
1/4 cup milk  
1 tsp vanilla extract  
1/4 tsp espresso powder

*"Chocolate cake what is not to like? But, this cake is just on another level. I've always enjoyed chocolate cake but after I had my first child my appreciation for it grew ten fold. I had been trying to find the perfect chocolate cake recipe for years and tested dozens of recipes; not too sweet, not too much frosting, not too dense, not too complicated, because I love baking cakes for others to celebrate those special life moments. Six years ago I found The World's Best Chocolate Cake. Enjoy!"*

## Directions

Preheat oven to 350 degrees F.

Prepare one 9x13 baking dish by spraying with baking spray or buttering and lightly flouring.

### For the cake:

Whisk together flour, sugar, cocoa, baking powder, baking soda, salt and espresso powder to a large mixing bowl.

Add milk, vegetable oil, eggs, and vanilla to flour mixture and mix together until well combined. Carefully stir the boiling water into the cake batter and pour into the prepared 9x13 dish. Bake for 20-25 minutes, until a toothpick or cake tester inserted in the center comes out clean. Remove from the oven and allow to cool completely.

### Chocolate butter cream frosting:

Add cocoa to a large bowl or bowl of stand mixer. Whisk through to remove any lumps. Add the butter and cream to the cocoa and combine well.

Add sugar and milk to cocoa mixture by adding 1 cup of sugar followed by about a tablespoon of milk. After each addition has been combined, turn mixer onto a high speed for about a minute. Repeat until all sugar and milk have been added. Add vanilla extract and espresso powder and combine well.

If frosting appears too dry, add more milk, a tablespoon at a time until it reaches the right consistency. If it appears to wet and does not hold its form, add more confectioner's sugar, a tablespoon at a time until it reaches the right consistency. Spread the frosting on top of the cooled cake. Cover and keep on the counter for up to three days for best taste.

\*This cake is NOT dense like a flourless cake, it is light and fluffy, but, it's on the thinner side once it's baked. You won't see a tall thick cake come out of the oven. However, don't be alarmed, the thinner proportion of cake to frosting is spot on. Also, you can double the recipe if you'd like to make a stacked cake in 9" round pans, just cut the baking time to 15-20 min.

# Baptized in Fire and Frosting 'Metalcakes'

**John Humphrey**

*Bullying Prevention Specialist, District Heavy Metal Consultant (honorary)*

*A part of the Mapleton family since 2007*

*"Around the same time I started working full-time at MESA, I discovered the amazing, delicious, totally 'true' baking blog, Metalcakes! I had never even made a Duncan Heinz cake before finding this hesh-approved blog. Since then, I've experimented with many of the blog's metal-inspired baked goods, testing out recipes on Crew students, fellow teachers and even my own district baby shower in February 2020. This recipe, unrepentantly stolen from <http://metalcakes.blogspot.com/>, is easily my favorite. It's a tribute to Swedish viking metal progenitors, Bathory, whom we also named our Corgi after. If that wasn't bonafide enough, they combine real deal blood oranges and chocolate to make an alliance that is tasty treats incarnate. I used to make them in winter, when blood oranges are in season, but now they're all trendy, so like all things spoiled by mainstream popularity, you can access them whenever you want at Target. Regardless of the season, you will want this flavor combination on your side, calories and all, when you crash the gates of Valhalla. Hail Bathory, and all hail Metalcakes!"*

Active time: 1 hour. Makes three dozen metalcakes.

## Ingredients

2 sticks butter, room temperature  
2 cups sugar  
4 large eggs, room temperature  
1/4 cup grated blood orange zest (about 4 blood oranges)  
3 cups+ 2 tbsp all-purpose flour, separated  
1/2 tsp baking powder  
1/2 tsp baking soda  
1 tsp salt  
1/4 cup fresh-squeezed blood orange juice  
3/4 cup buttermilk, room temperature  
1 tsp vanilla extract  
2 cups semi-sweet chocolate chips (I use Ghiradelli, hail)

### Frosting:

8oz cream cheese, room temperature  
1 stick butter, room temperature  
1/2 cup unsweetened cocoa powder  
1 tsp vanilla extract  
4 cups confectioners' sugar  
Zest of 1 blood orange  
Juice of 1 blood orange

## Directions

Preheat oven to 350 degrees, line a cupcake tin with 36 baking cups. Spray the cups briefly with Baker's Joy so they release smoothly. Crank Bathory's 1990 classic, Hammerheart, loud enough to wake your neighbors. Cream the butter and sugar together using an electric mixer, takes 2-3 minutes at high speed. Stir on low as you add the following ingredients: Add eggs, one at a time. Add blood orange zest. Make metal horns and point them at the sky while you proceed with ingredient sacrifice. While mixing, sift together 3 cups flour, baking powder, baking soda, and salt in a large bowl. In another bowl or large measuring cup, combine orange juice, buttermilk, and vanilla. Add the flour and buttermilk mixtures alternately to the butter and sugar mixture, beginning and ending with the flour. I do three parts dry, two parts wet ingredients. Toss the chocolate chips with the 2 tablespoons of flour (this will ensure that they remain evenly distributed throughout the batter). Fold the chocolate chips into the batter. Mix slowly or by hand for another 1-2 minutes. Scoop batter into baking cups. I use a large ice cream scoop, which fills the cups 2/3rds full. Spray the scoop with Baker's Joy to preserve batter and make it easier to clean. Don't waste a drop of blood orange batter! Insert pans in pre-heated oven. Bake for 20-25 minutes, or until a toothpick inserted into the center of a cupcake comes out clean. Allow cakes to cool in pan for 10 minutes, before removing them to a wire rack to cool completely.

### To make the frosting:

Flip over Hammerheart to side C (if using). Beat the cream cheese and butter until light and fluffy (about 2 minutes) Add the cocoa, vanilla, and powdered sugar. Beat until well combined, starting on low and moving to high speed so the sugar incorporates. Bang your head as you raise the intensity. Add zest and continue beating one minute more at high speed, whipping the nightmares to a froth. \m/ Add blood orange juice one teaspoon at a time until blasphemous desired consistency is reached. Baptize completely cooled cakes, using ~1/8th cup frosting per cake. I use a knife, but feel free to break out that frosting bag with the nice tips if it's Panelo's birthday or whatever.

# Great Grandma's Chocolate Birthday Cake

**Susie Panozzo**

*Early Childhood Education*

*A part of the Mapleton family since 1995*

*“When I met my husband Paul, 28 years ago, his Grandmother (Millie Shrum) would make this cake for his birthday every year. When she passed away 8 years ago the family was given the recipe. This recipe was given to her from her Grandmother and was just called chocolate cake. Over the years there has been one change to the recipe and that was a box cake mix instead of a made from a scratch cake mix (Millie said it was just easier) and I will take her word for it. It is the birthday cake I have made for all 3 of my children and continues to be the cake of choice for all birthdays in our household.”*

## Ingredients

1 box of yellow or Devils food cake mix  
4 eggs  
8 oz sour cream  
1 (4oz/small box) instant chocolate pudding  
1/4 cup water  
1 cup of vegetable oil  
1 tbsp vanilla  
6 oz semi-sweet chocolate chips  
(put this in last)

## Directions

Mix all ingredients together with a mixer until moist.

Add chocolate chips and fold into mixture.

Pour into a well-greased bunt pan.

Bake 1 hour in a 325-degree oven.

Let sit for 10 minutes and then turn out onto a plate.

*Optional: Add frosting and decorate with candles, or just leave it plain. Either way a super moist and yummy cake!*

# Decadent Chocolate Cake

**Cheryl Fye**

SPED Record Clerk

*A part of the Mapleton family since 2019*



*“My husband’s Mom would make this cake for him and his brother’s birthdays every year. She passed away in 2002 from breast cancer and since then, myself and my sister in-laws have carried on the tradition for each birthday. This cake is referred to by the family as Page 72 (the page in the recipe book where it was found). I never had the privilege of meeting her but I can say with certainty that this world is a better place because of her.”*

## Ingredients

2 boxes chocolate cake mix  
1 tub Cool Whip  
Cherry pie filling

## Directions

**Step 1:** Preheat oven to 350 degrees. Spray two 8-inch round cake pans with baking spray.

**Step 2:** Prepare, bake and cool cake according to package directions for 8-inch cakes.

**Step 3:** Layer Cool Whip and cherry pie filling in between and on top of each cake.

It’s simple and delicious.

# Pumpkin Bars

**Lt. Col. William Arrington**

*Air Force JROTC Senior Aerospace Science Instructor*

*A part of the Mapleton family since 2010*

*“When I first met my wife I knew I found the right one because she is the daughter of a Master Baker and has been cooking and baking in the kitchen since she was a young child. By the time she was 12 years old she could prepare her families entire meal including dessert. In our house we look forward to the fall with all the apple and pumpkin desserts.”*

## Ingredients

### Bars

1 (15 oz) can pumpkin  
4 eggs, room temperature  
½ cup corn oil  
6 Tbsp applesauce  
2 tsp vanilla  
2 cups flour  
2 cups sugar  
1 Tbsp pumpkin pie spice  
2 tsp cinnamon  
2 tsp baking powder  
1 tsp baking soda  
½ tsp salt

### Frosting

6 Tbsp butter, softened  
1 (3 oz) package cream cheese, softened  
1 tsp vanilla  
1/8 tsp salt (if using unsalted butter)  
1½ -2 cups confectioners sugar  
1 tsp milk

## Directions

### Bars

In a mixing bowl, beat pumpkin, eggs, oil, applesauce and vanilla until well mixed.

Combine dry ingredients in a separate bowl; stir into pumpkin mixture and mix well.

Pour into a greased 15x10x1 baking pan and bake at 350 degrees for 20-25 minutes or until it tests done. Cool and frost.

### Frosting

In a small mixing bowl, beat the butter, cream cheese, vanilla, milk and salt (if using) until smooth. Add confectioners sugar, mix well. Frost bars.

# Chocolate-Zucchini Brownies

**Mavis Johnson**

*School Secretary*

*A part of the Mapleton family since 2001*

*“I received this recipe from a postal carrier I was talking to about having WAY too much zucchini. It is a very easy recipe and everyone seems to like the fact that it has no dairy or eggs.”*

## Ingredients

2 cups grated zucchini  
1 1/2 tsp baking soda  
2 cups flour  
2 tsp vanilla  
1 tsp salt  
1tsp peppermint extract (optional)  
1/2 cup cocoa  
1/2 cup chopped nuts  
1/2 cup oil  
1 1/2 cups sugar

## Directions

Preheat oven to 350 degrees. Grease and flour 9 x 13 inch pan.

With mixer, blend zucchini and sugar. Add the rest of the ingredients and mix until well-blended, up to 2 minutes.

Put in pan and bake 40 minutes.

You may need to add up to 1/4 cup water to make it smooth (depending on your zucchini).

# Gold Rush Brownies



**Rick Shaw**

*Transportation*

*A part of the Mapleton family  
since 2016*

*“This was originally taken from an Eagle Brand Sweetened Condensed Milk recipe found in a magazine ad. My mom used to make these with my sister and me. Once finished, they never last very long.”*

Makes about 1 1/2 dozen.

## Ingredients

2 cups firmly packed Coarsely  
Crushed Graham Cracker Crumbs  
(about 18 crackers)  
1 6-ounce package semi-sweet  
chocolate chips  
1/2 cup coarsely chopped nuts  
(pecans, walnuts...)  
14-ounce can sweetened condensed  
milk

## Directions

**Step 1.** Mix together dry ingredients.

**Step 2.** Blend in sweetened condensed milk.

**Step 3.** Pour mixture into a 8”x8”x2” square pan, greased and bottom lined with parchment paper or waxed paper and greased again.

**Step 4.** Bake at 350 degrees F until top is golden brown, about 40 minutes. Do not over bake.

**Step 5.** Remove from oven, allow to remain in pan 10 minutes. Turn out, remove parchment paper, and while still warm cut into squares or bars.

Cool.



# Caramel Chocolate Brownies

**Laura Nelson**

*School Director*

*A part of the Mapleton family since 2003*

*“I come from a long line of amazing Italian cooks, but I did not inherit that ability. However, I love to bake. Mostly because I love to eat treats. Whenever we have a family gathering, I am in charge of dessert because no one wants to eat anything else I cook. Caramel brownies are super easy and are what people request the most because they are so amazingly delicious.”*

## Ingredients

14 ounces caramels  
1/2 cup evaporated milk  
1 (18.25 ounce) package  
German chocolate cake mix  
1/2 cup evaporated milk  
3/4 cup butter, melted  
2 cups milk chocolate chips

## Directions

**Step 1:** Peel caramels and place in a microwave-safe bowl. Stir in 1/2 cup evaporated milk. Heat and stir until all caramels are melted.

**Step 2:** Preheat oven to 350 degrees F Grease a 9x13 inch pan.

**Step 3:** In a large mixing bowl, mix together cake mix, 1/3 cup evaporated milk, melted butter. Place 1/2 of the batter in prepared baking pan.

**Step 4:** Bake for 8 minutes.

**Step 5:** Place the remaining batter into the fridge. Remove brownies from oven and sprinkle chocolate chips on top. Drizzle caramel sauce over chocolate chips. Remove brownie mix from refrigerator. Using a teaspoon, make small balls with the batter and smash flat. Very carefully, place on top of the caramel sauce until the top is completely covered.

**Step 6:** Bake for an additional 20 minutes. Remove and let cool. Sprinkle powdered sugar over the top!

# No Bake Cookies

**Janelle Pepple**

*Assistant Director*

*A part of the Mapleton family since 2010*

*“These are my favorite cookies my mom made when I was growing up. She always let me help her and even sneak a bite along the way (there’s just something so good about melted chocolate and peanut butter!). Now I make these at home, but I swear, they never come out as good as my mom’s version.”*

## Ingredients

2 cups sugar  
4 Tbsp cocoa  
1/2 cup milk  
1/2 butter  
1/2 cup peanut butter  
1 tsp vanilla  
2 1/2 - 3 cups oats

## Directions

In a medium saucepan mix together sugar, cocoa, milk, and butter.

Bring to a boil over medium heat for one minute.

Remove from heat and stir in peanut butter, vanilla, and oats. Scoop out a spoonful and drop on foil or wax paper to cool.

# Almond Butter Cookies

Devon Harger

Speech-Language Pathologist

A part of the Mapleton family since 2017

*“I discovered this recipe during quarantine when I was baking a lot! I liked that it was only three ingredients and you could make it without flour, which was hard to find in the store at the time. It’s a nice recipe to make if you want something quick for your sweet tooth. Hope you enjoy it as much as I have!”*

## Ingredients

1 cup almond butter  
6 Tbsp sugar  
1 egg

## Directions

Preheat the oven to 350 degrees F. Spray baking sheet with cooking spray.

In a bowl, mix the almond butter, sugar, and egg together.

Put spoonfuls of about 1 tablespoon of the mixture about 1 inch apart onto the baking sheet. Flatten with a fork.

Bake 10 minutes.

Enjoy!

# Chocolate Chip Cookies

**Kat Abu-Jaber**

Speech Language Pathologist

*“This is the first baking recipe I perfected. I built it from an online recipe, slowly making it work for high altitude and my family’s preferences.”*

## Ingredients

1 cup butter, softened  
1 cup white sugar  
1 cup dark brown sugar  
2 eggs  
2 tsp vanilla  
1 tsp baking soda  
2 tsp hot water  
½ tsp salt  
2 cups dark chocolate chips  
3 cups unbleached flour

## Directions

Preheat oven to 375 degrees F.

Step 1: Cream together the butter, white sugar, and brown sugar until smooth

Step 2: Beat in the eggs one at a time.

Step 3: Stir in the vanilla

Step 4: Dissolve baking soda in hot water, then add to batter along with salt

Step 5: Stir in flour and chocolate chips

Step 6: Grease or put parchment paper on a pan

Step 7: Weigh out a 20-25 gram ball of dough; place on pan then flatten with the bottom of a cup or your palm – repeat this with the rest of the dough

Bake 5-8 minutes, depending on when they begin to brown around edges.

Chill or freeze then thaw before baking for best results.

# Grandma's Easter Donuts

## Todd Pugliese

*Director of Information and Technology  
A part of the Mapleton family since 2020*

*“This recipe has been in my grandma’s side of the family for many generations. Her family originates from the town of Montenero Val Cocchiara in Italy and she moved to Colorado in 1920. This particular recipe is a staple for us at Easter time and the donuts are best dunked in coffee. It is a dry donut (almost more like a scone) very different from the American donut.”*



## Ingredients

2 cups of butter  
6 large eggs  
1 1/4 cups of sugar  
4 tsp of baking powder  
1 tsp of imitation vanilla  
3 1/2 cups of flour

## Directions

In a large bowl, put in all ingredients except the flour. Add about 1/2 of the flour and mix well.

On a mixing board put the remaining flour off to the side, place the dough from the bowl onto the board and mix with the flour adding a little at a time until the dough has a somewhat spongy consistency.

Cut the dough into sections, roll into a cylinder-type shape, and then form into a circular donut shape. Preheat oven to 400 degrees. Place the donuts on a baking sheet and bake for 15 - 20 minutes.

# Kolaches



## Ingredients

2 packages active dry yeast  
1/2 cup sugar, divided  
2 cups warm milk  
5-3/4 to 6-1/2 cups all-purpose flour  
4 large egg yolks, room temperature  
1 tsp salt  
1/4 cup butter, softened  
2 cups pie filling or jam of your choice  
1 large egg white, beaten

**Linda Washa**

*School Secretary*

*A part of the Mapleton family since 1998*

*“This was passed down from great, great grandparents on my dad’s side. Part of the bohemian heritage.”*

## Directions

In a small bowl, dissolve yeast and 1 tablespoon sugar in warm milk; let stand 10 minutes.

In large bowl, combine 2 cups flour, remaining sugar, egg yolks, salt, butter and yeast/milk mixture. Mix until smooth. Add enough remaining flour to make a stiff dough.

Turn out onto a floured surface and knead until smooth and elastic, 6-8 minutes. Add additional flour, if necessary.

Place dough in greased bowl, turning once to grease top. Cover; let rise in a warm place until doubled in bulk, about 1 hour.

Punch dough down and allow to rise again. Roll out on floured surface to 1/2-in. thickness. Cut with large glass or 2-1/2-in. cutter. Place on greased baking sheets; let rise until doubled, about 45 minutes.

Firmly press indentation in center and fill each roll with a heaping tablespoon of filling. Brush dough with egg white. Bake at 350° for 10-15 minutes or until rolls are light golden brown.

# Kolaches



**Lisa Hollingsworth**

*Science Teacher*

*A part of the Mapleton family since 2014*

*“Kolaches represent my family. We are Czech and this is the one food item that is from our heritage. We have them at every family gathering and my mother has taught all of the grandchildren to make them.”*

## Ingredients

1 1/4 cup buttermilk  
2 eggs  
1/2 cup sugar  
1/2 tsp salt  
2 tsp baking powder  
1/2 cup butter  
2 packages or 5 tsp yeast  
4 1/2 to 5 1/2 cups flour

## Directions

Beat the first six ingredients together well.

Dissolve 2 packages or 5 tsp yeast in 1/2 cup warm water

After beating first mixture, add 1/2 the flour and beat until smooth. Add yeast and beat until well blended. Add the rest of the flour and knead.

Let rise one time until doubled (Note: I like them better if I let them rise twice.)

For the filling, I like to use cherry, raspberry, prune, or pie filling of your choice.

Roll your dough out on a floured surface with a rolling pin to about a 1/2 inch thickness and cut 2 to 2 1/2 inch rounds.

Place the rounds on a greased baking sheet. Make indentations for filling by spreading the center of each round with your fingers. Note: the middle needs to be thin. Add filling to the well and bake.

Cook at 375 degrees F for 12-15 or until bread is brown. Brush with melted butter and serve.

# Homemade Pie Crusts

**Karen Brofft**

*Leadership Coach*

*A part of the Mapleton family since 2019*

*“More than any other dessert, I love pie, but generally only if it has a homemade crust. I found this recipe over 20 years ago in a Martha Stewart cookbook dedicated to pies and tarts.”*

Makes 2 crusts

## Ingredients

2 ½ cups flour  
1 tsp salt  
1 tsp sugar  
1 cup butter  
1/4 -1/2 cup ice water

## Directions

Mix flour, salt and sugar together.

Cut in butter until fine.

Slowly add water to desired consistency.

Roll out and place in pie pan.



# Pumpkin Pie Filling

**Karen Brofft**

Leadership Coach

A part of the Mapleton family since 2019

*“This recipe accompanies my recipe for homemade pie crust. I have been making this particular filing for more than 35 years and always get complements on the texture and the taste. The secret is the molasses and the homemade crust (see other recipe).”*

## Ingredients

1 15oz can mashed pumpkin  
¼ cup granulated sugar  
2 eggs, slightly beaten  
½ tsp cinnamon  
1 tsp ginger  
½ tsp nutmeg  
¼ tsp cloves  
1 tbsp molasses  
1 ½ cups evaporated milk (1 regular sized can)

## Directions

Combine eggs, sugars, salt and spices.

Add pumpkin and beat well.

Add milk and beat well.

Turn into 9 inch pie pan lined with uncooked crust. Bake at 450 degrees for 10 minutes then turn down to 350 degrees for 40 more minutes or until firm at center and knife comes out clean.

Additional recommendation: Cut out pieces of extra dough with a leaf shaped cookie cutter and bake them on foil for a few minutes will the pie is backing. Once the pie cools, place them on top of the pie. Add whipped cream on the top of slices when you serve.

# Mom's Apple Pie

**Connie Io**

Director

*A part of the Mapleton family since 2013*

*“As a child, I remember my mom’s homemade apple pie. It would always fill our home with smell of fresh cinnamon and sugar. Every time my mom would bake her apple pie my whole family would gather around the kitchen table to enjoy each other’s stories and our homemade apple pie. It is still a household favorite and something we enjoy often together as a family.”*

**Prep time:** 1 hr

**Total time:** 2 hrs 15 min

**Servings:** 8

## Ingredients

### Crust

2 1/2 cups all-purpose flour

1 tsp sugar

1/2 tsp salt

1/2 tsp ground cinnamon

1/4 tsp ground nutmeg

3/4 cut cold butter into chunks

6 to 9 Tbps cold water

### Filling

1/2 cup sugar

1/4 cup firmly packed brown sugar

1/4 cup all-purpose flour

1/2 tsp ground cinnamon

1/2 tsp ground nutmeg

6 medium (6 cups) tart cooking apples, peeled, cored, sliced 1/4 inch

1 Tbls butter

1 tsp sugar

## Directions

**STEP 1:** Combine 2 1/2 cups flour, 1 tsp sugar, salt, 1/2 tsp cinnamon and 1/4 tsp nutmeg in bowl. Cut in 3/4 cup butter with pastry blender or fork until mixture resembles coarse crumbs. Stir in enough water with fork just until flour is moistened.

**STEP 2:** Divide dough in half; shape each half into ball. Flatten slightly. Wrap each ball of dough in plastic food wrap; refrigerate 30 minutes.

**STEP 3:** Heat oven to 400 degrees F.

**STEP 4:** Roll out one ball of dough on lightly floured surface into 12-inch circle. Fold into quarters. Place dough into ungreased 9-inch pie plate; unfold dough, pressing firmly against bottom and sides. Trim crust to 1/2 inch from edge of pie plate; set aside.

**STEP 5:** Combine all filling ingredients except apples, 1 Tbls butter and 1 tsp sugar in bowl. Add apples; toss lightly to coat. Spoon apple mixture into prepared crust.

**STEP 6:** Roll remaining ball of dough into 12-inch circle. Fold into quarters. Place dough over filling; unfold. Trim, seal and crimp or flute edge. Cut 5 or 6 large slits in crust. Brush with melted 1 Tbsp butter; sprinkle with 1 tsp sugar. Cover edge of crust with 2-inch strip aluminum foil.

**STEP 7:** Bake 35 minutes; remove foil. Continue baking 10-20 minutes or until crust is lightly browned and juice begins to bubble through slits in crust. Cool pie 30 minutes; serve warm. Store refrigerated.

# Grandma Allen's Apple Crisp

**Karla Allenbach**

*Deputy Superintendent, School Improvement & Leadership Development*

*A part of the Mapleton family since 1998*



*“My grandparents were farmers in Nebraska, and my grandmother was an amazing baker. I grew up going to the farm almost every weekend and eating the most fresh and delicious meals thanks to my grandmother. This recipe is in her honor.”*

## Ingredients

4 cups sliced tart apples  
3/4 cup packed brown sugar  
1/2 cup flour  
1/2 cup oats  
1/3 cup softened butter  
3/4 tsp cinnamon  
3/4 tsp nutmeg

## Directions

Heat oven to 375 degrees.

Grease a square 8 x 8 x 2 inch pan.

Arrange apples in pan. Mix remaining ingredients, and sprinkle over the apples.

Bake for approximately 30 minutes or until topping is golden brown and apples are tender.

Serve warm and top with vanilla ice cream or whipped cream.

# Pistachio Ambrosia

**Pamala Stewart**

*Transportation*

*A part of the Mapleton family since 2014*

*“We serve this at all our family dinners or picnics.”*

## Ingredients

2 Packages Pistachio pudding  
2 cans fruit cocktail  
1 can pineapple  
1 tub of Cool Whip  
1 cup sour cream

## Directions

Drain fruit and save 1 1/2 cups of juice.

Mix pudding with the reserved juice, add sour cream, add cool whip. Fold in fruit.

Chill.

When serving you can garnish with chopped pecans, if desired.

# Coconut Dream

**Jayna Burtner**

*Executive Admin Assistant*

*A part of the Mapleton family since 2010*

*“This recipe was shared with me years ago by a co-worker at our elementary school but originally featured chocolate. After dealing with a medical issue, my sister was no longer able to eat chocolate but still wished that she could have this dessert. I modified the recipe to feature coconut and surprised her with this version at a family get-together. It is now a favorite dessert and can be modified easily to make a banana, chocolate or pistachio version just by changing the pudding mix and topping. Enjoy!”*

## Ingredients

### **Crust:**

1 cup chopped pecans  
1 cup all-purpose flour  
½ cup softened butter

### **First Layer:**

1 8 oz pkg cream cheese softened  
1 cup of sugar  
8 oz. Cool Whip, thawed

### **Second Layer:**

3 cups Milk  
4 (3.5 oz) pkg. instant coconut cream  
pudding mix

### **Third Layer:**

8 oz. Cool Whip thawed  
1 tsp coconut extract  
½ cup coconut flakes toasted

## Directions

Mix Crust ingredients. Press mixture into a 13 x 9 inch baking dish. Bake at 350 degrees for 15 – 20 minutes or until lightly browned. (Depends on oven) Cool.

Beat cream cheese and sugar in large bowl until mixed; fold in 1 container of Cool Whip. Spread over cooled crust.

Combine pudding mixes and milk in a large bowl. Beat until thickened. Spread pudding mixture over the cream cheese layer.

Fold 1 container of Cool Whip with the Coconut Extract. Spread over pudding layer. Sprinkle with toasted coconut. Refrigerate at least 1 hour. Yield: serves 16 Yield: serves 16

Notes: If you like Coconut Cream pie, you are going to love this layered dessert. It is easy to assemble and oh, so yummy!

# Oreo Ice Cream Dessert

**Holly Bannister**

*ECSE*

*A part of the Mapleton family since 2016*

*“This recipe doesn’t really have a story - it was just something I made for a Fourth of July one year for a family get together and it just became a favorite each year!”*

## Ingredients

1 package Oreo cookies  
Half gallon ice cream (any flavor of your choosing)  
1 jar caramel topping  
1 container of Cool Whip

## Directions

Crush a package of Oreo cookies and spread the cookies on the bottom of a 9x13 pan.

Spread a half gallon of ice cream over the top of the cookies.

Pour a small jar of caramel topping over ice cream.

Spread cool whip over the caramel topping.

Freeze.

# Amish Friendship Bread

**Mavis Johnson**

*School Secretary*

*A part of the Mapleton family since 2001*

*“I was given my starter by a friend. I have been making this for over 10 years. The bread just keeps getting better the longer you keep your starter going. I change up the flavor of puddings and I add all sorts of different chips and add-ins. I usually end up keeping one starter for myself and bake up the rest. Then I hand out the breads to my friends. My friends seem to love it and anticipate getting ‘Mavis Bread.’”*

## Directions

Do not use any type of metal spoon, bowl or pan (glass or plastic only).

Do not refrigerate. If air gets in the bag, let it out. It is normal for the batter to rise, bubble and ferment.

Day 1- Do nothing. This is the day you receive your batter.

Day 2- Mush bag

Day 3- Mush bag

Day 4- Mush bag

Day 5- Mush bag

Day 6- Add to bag- 1 cup flour, 1 cup sugar, and 1 cup milk. Mush bag

Day 7- Mush bag

Day 8- Mush bag

Day 9- Mush bag

Day 10- Follow directions below

Pour entire contents of bag into large non-metal bowl.

Add 1 1/2 cups flour, 1 1/2 cups sugar, and 1 1/2 cups milk. Mix well

Label 4 - 1 gallon bags with “day 1” and date. Fill each bag with 1 cup batter. These are the starters for you to give away. If you would, you can keep one for yourself and you will be baking bread every 10 days.

Preheat oven to 325 degrees.

To remaining batter add:

- 3 eggs
- 1 cup oil
- 1 cup milk
- 1 cup sugar
- 2 tsp cinnamon
- 2 tsp vanilla
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt, 2 cups flour
- 1 large box vanilla instant pudding mix

Grease bottom and sides of two large loaf pans. Mix 1/2 cup sugar and 1 1/2 tsp. cinnamon in a small bowl. Dust the bottom and sides of each pan with the mixture, making sure to cover the bottom and sides well.

Pour batter evenly into 2 pans and sprinkle remaining sugar mixture over the top.

Bake approximately 1 hour until toothpick comes out clean.

# Chocolate Chip Pumpkin Bread

**Kate Jackson**

*Technology Supervisor*

*A part of the Mapleton family since 2017*

*“After I delivered my second child, a friend brought me a loaf of this pumpkin bread to the hospital. My daughter is now almost 15 years old and I have been making it for my family ever since.”*

## Ingredients

4 eggs  
1 can of pumpkin  
1 cup of veggie oil  
Mix all wet ingredients together and set aside

2 ½ cups of all-purpose flour  
3 cups of sugar  
2 tsp of baking soda  
1 tsp salt  
2 tsp cinnamon  
1 tsp allspice  
½ tsp nutmeg  
½ tsp cloves  
Sift all dry ingredients together

## Directions

Pour wet ingredients into dry ingredients and mixed thoroughly.

Add semi-sweet chocolate chips – ½ bag – 1 bag.

Add 1 tsp of vanilla.

Mix well.

Bake large loaves at 325 degrees for 45-55 minutes.  
Bake small loaves at 325 degrees for 35-45 minutes.



# Banana Bread

**Pamela DiPasquale**

*Occupational Therapist*

*A part of the Mapleton family since 2007*

*“This is a great recipe because it is simple, tastes great and I did get it from one of my staff at UCH when I was there working as an OT Manager.”*

## Ingredients

½ cup margarine or butter  
1 cup sugar  
2 eggs  
2 tbsp sour cream  
3 large ripe bananas  
1 ¾ cup flour  
1 tsp baking soda

## Directions

Preheat oven to 350 degrees F.

Combine margarine/butter, sugar, eggs, sour cream, and bananas in a bowl.

In a separate bowl, mix the flour and baking soda.

Mix the dry ingredients with above mixture.

Grease and flour a bread pan.

Bake 1 hour and 5 minutes.



# Drinks

**“Food is our common ground,  
a universal experience.”**

- James Beard

# Mangonada



## Ingredients

1 large mango roughly chopped (it should be a little more than 1 cup of mango) or frozen mango chunks  
½ cup cold water  
Ice cubes (I use 8 large cubes, but use as many as you'd like)  
1 tbs freshly squeezed lime juice  
Chamoy sauce (as much as you'd like)  
Tajin (as much as you'd like)  
Extra chopped mango  
Tamarind stick (optional)

**Tasha Klein**

*ELL/Spanish Teacher*

*A part of the Mapleton family since 1999*

*“This recipe is from my students. We share recipes as a way to learn English and learn from each other. The kitchen is the heart of the family household and sharing about our families is a great way to learn and build relationships. We delve into how we cook; who cooks, roles in cooking; how households are organized; and how we savor food and gather with family and friends.”*

## Directions

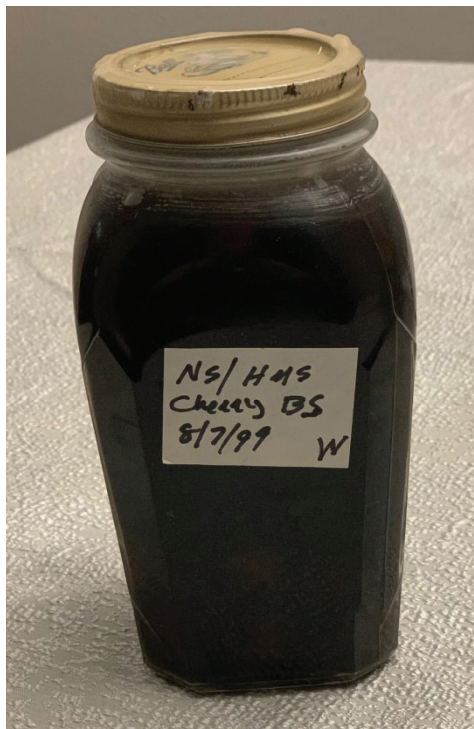
Inside a clear glass/cup pour some chamoy sauce near the top and swirl it around to coat around the glass and down to the bottom. If you want you can add a little bit of the extra chopped mango to the bottom of the glass.

Next, place the mango pieces, ice cubes, water, and lime juice in a blender and blend until you have a slushy consistency. Pour some of this into the glass (on top of the chopped mango if using or just pour it all into the glass).

If you'd like you can alternate layers of mango, slushy, chamoy then mango again and slushy and chamoy until you reach the top. I like to coat the glass with the chamoy, then just pour in the slushy into the glass then top with chopped mango, chamoy and sprinkle the Tajin over the top. This is all up to you!

Serve with a reusable straw and enjoy!

# Mama's Cherry Brandy



## Ingredients

3 quarts water  
3 cups sugar  
1 quart spirits (Everclear)  
6 cups fruit (cherries,  
raspberries, or  
blackberries)

## Janna Scarpella-Straub

*Instructional Guide*

*A part of the Mapleton family since 2009*

*“Mama refers to my great-grandmother, Clara Ciancio, as this is her recipe. Brandy is one of my family’s holiday traditions, going back long before I was born. My papa and my aunts and uncles (and their aunts and uncles before them) used to have a contest for who could make the best brandy. On Christmas they would sample the brandy they had each made that year (or if they had some leftover from previous years, that was even better). My Uncle Charlie said that once they tried a 30-year brandy (made by Mama herself, of course!)”*

## Directions

Wash cherries, but do not pit.

Mix the water and sugar together and bring to a boil to make a simple syrup. Remove from heat and let cool to room temperature. To speed up this step you can set the container in cold water.

As soon as the simple syrup is cool, mix in the spirits.

Place 1 cup of fruit into each quart jar. If you want, you can add a few extra cherries to each jar!

Pour the liquid mix (simple syrup and spirits) over the cherries to fill the jar.

Heat the lids and caps to a boil for a good seal. Place the lid and cap tightly onto each jar. For an extra secure seal, turn the closed jars over and dip the lid in melted paraffin wax.

Let stand in a cool, dark place for 3 to 6 months or longer. The older the brandy, the better the flavor.

Tip: July 4th is a good time of year to make this brandy. Cherries are usually ripe by then, and you can use the brandy by Thanksgiving.

# Mountain Man Margarita

**Amy Moore**

*Interventionist*

*A part of the Mapleton family since 2001*

*“This recipe was a college mainstay and was brought out again for COVID relief.”*

## Ingredients

1 small can frozen limeade  
Your favorite tequila  
1 can of your favorite beer

## Directions

Empty the frozen limeade and beer into blender.

Fill the empty limeade can with tequila and pour into blender

Fill with ice and blend to desired consistency.

# Gingerbread Martini

**Nicki Shaner**

*Preschool Teachers*

*A part of the Mapleton family since 2012*

*“Our family traditional holiday drink.”*

## Ingredients

1 ounce vanilla vodka  
1 ounce Baileys Irish Cream Liqueur  
1/2 ounce Gingerbread Kahlua  
liqueur  
1/2 ounce gingerbread syrup, 1 full  
scoop of Tillamook vanilla bean ice  
cream, semi melted

## Directions

Combine all ingredients in a shaker until smooth.

Rim glass with honey and crushed gingerbread  
cookies.

Pour mixed ingredients into glass.

Top with whipping cream and a gingerbread man  
cookie.



**Add your recipe to the next issue of the  
Mapleton Family Recipe Book!**

Email your recipe, a photo (if available), and any additional information you would like to share about your recipe to:

**[Communications@mapleton.us](mailto:Communications@mapleton.us)**

*“It’s fun to get together and have something good to eat at least once a day. That’s what human life is all about - enjoying things.”*

*– Julia Child*



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