



# Traditions to Table

A SOLSTICE COMMUNITIES  
**RECIPE BOOK**



**SOLSTICE**  
SENIOR LIVING



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# SIDES & STARTERS

## POTATO PANCAKES

Carolyn Snyed

*Community: Solstice Senior Living at Austin*

**2 large eggs**

**½ cup of flour**

**½ tsp of pepper**

**½ tsp of salt**

**6 potatoes peeled and shredded**

**Oil for frying**

Mix all ingredients together. Spoon mixture into hot oil and turn when brown. Fry until crispy. Serve with sour cream and applesauce. Or layer the pancakes with ground beef and cheese in a casserole dish to make a main course, the way Carolyn's mother used to make it for her family.



## FRENCH BREAKFAST PUFFS

*Community: Solstice Senior Living at Groton*

Kevin Gill

Recipe History: This recipe originated from my Memere, Donalda Dugas Tetreault. She was born and raised in Trois Riviere, Quebec, Canada. She and her husband, Alpherie, emigrated to the U.S. at the start of the 20th century. The recipe was handed down to my mother, Georgette Tertreault Gill, and then to me and my siblings. This was a traditional Sunday evening meal as well as a holiday special treat for our family, with my mother usually making a triple batch.

**1/3 cup shortening**

**1 cup sugar**

**1 egg**

**1 ½ cups all-purpose flour**

**1 ½ tsp baking powder**

**½ tsp salt**

**¼ tsp ground nutmeg**

**½ cup milk**

**1 tsp cinnamon**

**6 tbsp butter**

Add the shortening, sugar and egg into a bowl. Mix thoroughly. Sift the flour, baking powder, salt and nutmeg together. Stir all ingredients together and add milk. Fill greased muffin tins 2/3 full. Bake at 350°F for 20-25 minutes or until golden brown. Mix rest of sugar with cinnamon. Melt butter. Dip the top of the muffins in the melted butter and roll into the cinnamon sugar mixture. Enjoy!

## BUTTERMILK BISCUITS

Delia Reeder

*Community: Solstice Senior Living at Grand Valley*

Recipe History: Delia made these biscuits with her family for many years.

**1 1/3 cup sifted flour**  
**1/2 tsp salt**  
**2 tsp baking powder**  
**1 tsp sugar**

**1/2 tsp baking soda**  
**1/4 cup lard (cut) OR 5 tbsp butter**  
**1 cup buttermilk**

Preheat oven to 450°F. Sift dry ingredients together. Cut in wet ingredients. Turn the dough into a floured board. Knead it gently for 1/2 minute. Pat the dough to 1/4-inch thickness. Cut with a biscuit cutter. Bake for 10-12 minutes. Serve with jelly or country gravy.

## PASTA SALAD

Betty Cox

*Community: Solstice Senior Living at Auburn*

Recipe History: This is Betty's niece's favorite recipe.

**1 bag colored pasta swirls (cooked and drained well)**  
**1 large, grated carrot**  
**1/2 bell pepper, chopped**  
**1/4 - 1/2 red onion, chopped**  
**1 bottle of Bernstein's garlic cheese Italian dressing**  
**2 small cans of sliced black olives**  
**1 small jar marinated artichokes**  
**1/2 ball mozzarella, sliced/slivered**  
**1 package of salami, sliced and diced**  
**1 cup broccoli**  
**1 cup cauliflower**  
**1 zucchini, sliced/slivered**

Combine all ingredients and mix.



# MAIN COURSES

## CHICKEN AND GREEN BEAN CASSEROLE

Jane Sisler

*Community: Solstice Senior Living at Corpus Christi*

Recipe History: This is Jane's mother-in-law's famous recipe.

- |  |   |
|--|---|
| <b>1-3 lbs. chicken breast or 2 whole chickens</b> | <b>1 small jar of chopped pimentos, drained</b> |
| <b>2 cans whole Blue Lake green beans</b>          | <b>1 can sliced water chestnuts</b>             |
| <b>2 cans of cream of chicken soup</b>             | <b>1-2 cans of French fried onions</b>          |
| <b>½ cup mayonnaise</b>                            | <b>1 tsp curry powder</b>                       |
|  | <b>1-2 tsp lemon juice</b>                      |
|  | <b>Salt and pepper to taste</b>                 |

Boil chicken until tender. Tear into bite-sized pieces. Add salt and pepper. Set aside. Mix soup, mayonnaise, curry powder and lemon juice. Add chicken, water chestnuts and pimentos. Fold in green beans (being careful not to break them). Bake in a 9x13-inch oven-safe pan for 30-40 minutes. Sprinkle French fried onions after 30 minutes or until French fried onions are brown.

## CHICKEN MARSALA

Joanne Barenco

*Community: Solstice Senior Living at El Cajon*

Recipe History: This was our former Executive Director's favorite dish. We prepare this dish for our residents in his honor since his retirement.

- |  |                                    |
|--|------------------------------------|
| <b>6 oz. boneless, skinless chicken breast</b> | <b>Eggs</b>                        |
| <b>2 cups of butter</b>                        | <b>Seasoned flour for dredging</b> |
| <b>6 cups of fresh parsley</b>                 | <b>4 cups of chicken broth</b>     |
| <b>Mushrooms</b>                               | <b>4 tbsp fresh garlic</b>         |
| <b>Marsala wine</b>                            | <b>Seasoning to taste</b>          |

Dredge chicken breasts in seasoned flour. Dip in beaten egg, then back in seasoned flour. Fry chicken in butter and oil until golden brown. Deglaze pan with Marsala. Add mushrooms, chicken broth, fresh parsley and garlic (to taste). Pour mushroom mixture over cooked chicken. Season to taste. Enjoy!



## COCONUT SHRIMP CURRY

Ginger Via

Community: Solstice Senior Living at Fenton

### *Shrimp marinade:*

**¼ tsp salt**  
**¼ tsp freshly ground pepper**  
**⅛ tsp cayenne pepper**

**2 tbsp lemon juice**  
**1 lb. extra-large shrimp, peeled and deveined**

### *Sauce:*

**1 tbsp vegetable oil**  
**1 medium onion, chopped**  
**3 garlic cloves, minced**  
**1 tbsp minced fresh ginger**  
**½ tsp freshly ground black pepper**  
**1 tsp salt or to taste**  
**½ tsp turmeric**  
**2 tsp ground coriander**

**1 tsp curry powder**  
**1 (14.5 oz.) can diced tomatoes, undrained**  
**1 can (5.5 oz.) unsweetened coconut milk**  
**Fresh cilantro or parsley for garnish**  
**Cooked rice for serving**

In a small bowl, toss the shrimp with the marinade ingredients. Cover with plastic wrap and refrigerate for 15 minutes.

While the shrimp is marinating, heat the oil in a medium size pot. To it add the onion, and cook for 2 or 3 minutes. Stir in the ginger, garlic, pepper, salt, coriander, turmeric and curry powder.

Continue to cook over medium heat until the onion is translucent, another 2 minutes. Add the tomatoes with juices and all, stir well and cook for about a minute, after which add the coconut milk, stir and bring to a boil. Cook for 5 minutes. Add shrimp with the accumulated juices from the marinade and cook for another 5 minutes or until the shrimp is pink and cooked through.

Serve over hot rice and garnish with cilantro or parsley.

*“If you aren’t chewing, you aren’t cooking.”*

**– Amy Robinson**

*National Vice President of Culinary Services*



## HAMBURGER GOULASH

Gloria Neal

*Community: Solstice Senior Living at Joliet*

Recipe History: This was a quick go-to recipe that is great for weeknights.

**1 lb. ground beef**  
**1 lb. elbow macaroni**  
**1 can diced tomatoes**  
**½ cup chopped onions**  
**2 small cans of tomato sauce**  
**1 tbsp chopped garlic**  
**1 tsp chili powder**  
**1 tsp seasoned salt**  
**Salt and pepper to taste**



Brown the ground beef with onion, garlic, salt and pepper (to taste). Boil elbow macaroni according to the package. Combine ground beef, macaroni, diced tomatoes, tomato sauce and seasonings in a stockpot until flavors meld. Stir regularly. Serve with dinner rolls or bread. Enjoy!

## CHEESY BEEF CASSEROLE

Wanda Schaller

*Community: Solstice Senior Living at Las Cruces*

Recipe History: Found recipe on a milk carton while I was traveling and decided to make it for my family. It has been a favorite ever since!

<b>1 chopped onion</b>	<b>1 (4 oz.) can of sliced olives</b>
<b>1 lb. ground beef</b>	<b>2 tsp salt</b>
<b>2 tbsp butter</b>	<b>1 tbsp chili powder</b>
<b>1 (16 oz.) can of whole corn, drained</b>	<b>1 tbsp cumin</b>
<b>1 cup sour cream</b>	<b>2 cups shredded Monterey Jack cheese</b>
<b>1 cup corn meal</b>	<b>Hatch New Mexico peppers</b>

Heat butter in skillet, add onions and meat. Cook until lightly browned. Add tomatoes, corn, sour cream, corn meal, olives and seasonings. Stir until thoroughly mixed. Sprinkle the shredded cheese on top. Simmer for 20 minutes.

## CABBAGE BEEF SOUP

Alice Cooley

Community: Solstice Senior Living at Lee's Summit

Recipe History: This recipe was one of our family's favorites!

<b>2 lbs. ground beef</b>	<b>1 onion, diced</b>
<b>1 head of cabbage, diced</b>	<b>2 large cans of tomato juice</b>
<b>3 cans of red kidney beans</b>	<b>3 or 4 bay leaves</b>
<b>1 large green bell pepper, diced</b>	<b>1 tsp chili powder</b>

Brown ground beef in a skillet. Drain grease and transfer beef to a stockpot. Add cabbage, beans, bell peppers and onions. Pour in tomato juice. Add water to cover the ingredients. Stir together well and bring to a boil. Reduce heat to low. Add salt and pepper to taste. Simmer until cabbage is tender, stirring occasionally and adding more water as needed.

## COUNTRY CHICKEN CASSEROLE

Faye Hess

Community: Solstice Senior Living at Plano

<b>1 can of cream of celery soup</b>	<b>2 cups cooked, cubed chicken or turkey</b>
<b>1 can of cream of potato soup</b>	<b>4 cups herb seasoned stuffing</b>
<b>1 can of milk</b>	<b>1 ½ cups water</b>
<b>¼ tsp thyme</b>	<b>4 tbsp butter</b>
<b>1/8 tsp black pepper</b>	<b>¼ tsp garlic powder</b>
<b>4 cups cooked, cut-up veggies</b>	<b>¼ tsp onion powder</b>

Stir soup, milk, pepper, veggies, thyme and chicken. Add to 13x9-inch baking dish. Add garlic powder and onion powder. Prepare stuffing using water and butter according to the package. Spoon over chicken mixture. Bake at 400°F for 25 minutes or until hot and bubbly. Enjoy!

*"Always read the entire recipe directions before starting!  
My mother accidentally cooked her first turkey with all the  
bagged turkey parts in the turkey and did not remove them!"*

**– Nancy L.**

*Resident of SSL at Grapevine*

## GRANDPA'S GERMAN POT ROAST

Raye Dunn

*Community: Solstice Senior Living at Clovis*

Recipe History: Our family loved this pot roast and our Grandpa!

**4 thick-sliced bacon strips**  
**1 lb. baby Yukon golden potatoes**  
**4 medium carrots**  
**1 can sauerkraut, drained and rinsed**  
**¾ cup chopped dill pickles**  
**1 tsp smoked paprika**  
**½ tsp ground allspice**  
**½ tsp kosher salt**  
**½ tsp pepper**

**1 boneless beef chuck roast (3 lbs.)**  
**2 packages of pickled red onions or pearl onions**  
**4 garlic cloves, minced**  
**½ cup stout beer or beef broth**  
**⅓ cup Dusseldorf mustard**  
**½ cup sour cream**  
**½ tbsp fresh parsley, minced**

In a large skillet, cook the bacon over medium heat until crisp. Remove to paper towel to drain. Place potatoes, carrots, sauerkraut and pickles in a pan. Add onions and garlic. Cook and stir in beer and mustard. Pour over meat and put in slow cooker. Crumble bacon and add to slow cooker. Cover and cook on low for 6 to 8 hours, or until meat and vegetables are tender. Remove roast and let stand for 10 minutes before slicing. Strain cooking reserve vegetables and juice to stovetop cooker. Stir in sour cream. Serve with roast and sprinkle with parsley.

## LEMON GARLIC CHICKEN THIGHS

Gerald Poe

*Community: Solstice Senior Living at Sandy*

Recipe History: This is a family recipe that's been handed down for years.

**8 skinless chicken thighs**  
**½ cup of lemon juice**  
**2 tbsp molasses**  
**2 tbsp Worcestershire sauce**  
**4 cloves of garlic, chopped**

**Cooking spray**  
**¼ tsp salt**  
**¼ tsp pepper**  
**Lemon wedges (optional)**  
**Parsley, chopped (optional)**

Combine lemon juice, molasses, Worcestershire sauce and garlic. Place chicken in Ziploc bags and pour marinade over chicken. Marinate for one hour, turning occasionally. Preheat oven to 425°F. Spray shallow baking dish (9x13-inch pan) with cooking spray. Place chicken in dish and pour marinade over. Sprinkle salt and pepper. Bake for 20 minutes, then baste with marinade. Bake for another 20 minutes or until chicken is done. Serve with lemon wedges and parsley (optional).

## GRANDMA'S CHILI

Mary Law

*Community: Solstice Senior Living at Sun City West*

Recipe Description: Made a huge pot every month for her family who would come over on Sundays and share their week while eating the best chili ever.

<b>1 lb. ground beef</b>	<b>Fresh cilantro, chopped (optional)</b>
<b>1 can beef broth</b>	<b>Green onions, sliced (optional)</b>
<b>1 can diced tomatoes</b>	<b>Shredded cheddar cheese (optional)</b>
<b>1 can diced green chiles</b>	<b>Avocado, sliced (optional)</b>
<b>1 can of black beans</b>	
<b>1 can of red beans</b>	
<b>Sour cream (optional)</b>	

Heat large, nonstick skillet over medium heat. Add ground beef and cook for 8 to 10 minutes, breaking into  $\frac{3}{4}$ -inch crumbles and stirring occasionally. Drain. Stir in beans, broth, tomatoes, green chiles and chili powder. Bring to a boil. Reduce heat, cover and let simmer for 20 minutes to develop flavors. Stir occasionally. Garnish with toppings as desired.

## BROCCOLI AND CHEESE CASSEROLE

Judy Thomas

*Community: Solstice Senior Living at Kennewick*

Recipe History: This casserole is our family's Christmas tradition.

<b><math>\frac{1}{2}</math> cup diced onions</b>	<b>1 package chopped broccoli</b>
<b>1 cup diced celery</b>	<b>1 cup instant rice</b>
<b>2 tbsp margarine</b>	<b><math>\frac{1}{2}</math> tsp salt</b>
<b>1 can cream of chicken soup</b>	<b><math>\frac{1}{2}</math> tsp black pepper</b>
<b>1 can milk</b>	<b>Can of water chestnuts</b>
<b>1 can Cheez Whiz</b>	

Thaw out broccoli. Sauté onions and celery in margarine. Add soup, cheese and milk. Stir until smooth. Warm on the stove. Add broccoli, rice, salt and pepper. Add everything into casserole dish and place in over at 350°F for 45 minutes.

## COTTAGE PIE

Annabelle Pinkham

*Community: Solstice Senior Living at Bangor*

Recipe History: Annabelle is an amazing cook who owned a restaurant in Maine several years ago. She has developed many original delicious recipes that she shares with other residents at Solstice.

**1 ½ lb. hamburger**  
**1 medium onion, chopped**  
**1 can green beans, drained**  
**1 tsp salt**  
**½ tsp pepper**

**Mashed potatoes to cover 2”  
thick**  
**1 can tomato soup, undiluted**  
**Worcestershire to taste**

Sauté hamburger and onion with salt, pepper and garlic to taste. Drain off grease. Mix French-style green beans, tomato soup and Worcestershire to taste. Top with mashed potatoes and dot with butter or margarine. Bake in the oven for 30 minutes at 350°F or until mashed potatoes are golden brown.

## SYLVIA'S PAPRIKA CHICKEN

Sylvia Silverman

*Community: Solstice Senior Living at Santa Rosa*

Recipe History: A dinner favorite at Solstice at Santa Rosa!

**Chicken thighs (with skin and  
bone in)**  
**Paprika**  
**Salt**

**Pepper**  
**Garlic powder**  
**Water**

Make a paste from the paprika and water, adding salt, pepper and garlic powder to taste. Marinate chicken in the paste for at least 4 to 6 hours or overnight. Place on baking pan and bake for 20 minutes at 350°F. (Optional) Finish by placing chicken under a broiler for 2 to 3 minutes for extra crispiness!

*“I love cooking with wine, and sometimes  
I even add a little bit to the food.”*

**– Camille F.**

*Associate at SSL at Austin*

## CHICKEN TETRAZZINI

Betty Anthony

*Community: Solstice Senior Living at Columbia*

Recipe History: This is an easy recipe that tastes amazing!

**8 oz. of noodles – cooked in chicken broth**  
**4 oz. can of sliced mushrooms**  
**4 tbsp of butter**  
**3 tbsp of chopped onions**  
**½ tsp of celery salt**  
**2 cups of cubed chicken (1 chicken cooked and boned)**  
**¼ cup of mayo**  
**1 can of cream of chicken soup**  
**1 large can of evaporated milk**  
**2 tbsp of chopped pimentos**  
**½ cup of shredded sharp cheddar cheese**  
**¼ cup of grated Parmesan cheese**

Cook noodles in chicken broth. Drain the mushrooms but leave a little juice. Sauté the mushrooms and onions in butter, add seasonings and leftover mushroom juice. Blend in the cream of chicken soup and gradually add the evaporated milk. Stir until smooth and thick. Mix in noodles and other ingredients into the sauce. Pour mixture into a baking dish. Top with the cheese and bake at 350°F for 30 minutes.

*“Garlic makes every recipe better!”*

**– Brenda Richy**

*National Director of Resident Programming*

# DESSERTS

## APPLE CAKE

Joy Anderson

*Community: Solstice Senior Living at Normandy Park*

**3 eggs**  
**1 ¾ cup sugar**  
**1 tsp cinnamon**  
**A pinch of salt**  
**2 cups flour**  
**7 oz. cooking oil**  
**1 tsp baking soda**  
**3 cups diced raw apples**  
**1 tsp vanilla**  
**1 cup chopped nuts (optional)**



Mix the eggs, sugar, cinnamon and salt. Add the flour, oil and baking soda. Mix together. Add the rest of the ingredients and mix. Bake in a 9x13-inch pan at 350°F for 35-50 minutes.

## DUMP-IT CAKE

Sandi Souza

*Community: Solstice Senior Living at Bakersfield*

**21 oz. cherry pie filling**  
**2 sticks of butter**  
**15 oz. can of crushed pineapple**  
**15.25 oz. of yellow cake mix**  
**8 oz. of chopped walnuts**  
**1 cup of coconut (optional)**



Mix cherries and pineapple in a 9x13-inch pan. Sprinkle dry cake mix over pineapple and cherry mixture; stir until combined. Sprinkle walnuts over the top and drizzle with melted butter. Bake in oven at 375°F for 35 to 40 minutes, until golden brown on top.

## MOMMA'S BLACKBERRY PIE

In memory of Ted Waterhouse

*Community: Solstice Senior Living at Bellingham*

Recipe History: This was a pie Ted's mother made for him every summer when blackberries were available.

**1 pie dough recipe for top and bottom crust**  
**5 to 6 cups of blackberries, rinsed, picked clean, patted dry (if you use frozen berries, defrost and drain them)**  
**1 box of instant tapioca**

**½ to ¾ cups of sugar (depending on how sweet your berries are)**  
**1 tsp lemon juice (use 2 tsp if using store-bought berries)**  
**1 tsp lemon zest**  
**½ tsp ground cinnamon**  
**¼ tsp almond extract**

Preheat oven to 400°F. Place the rack in the middle of the oven.

Place blackberries, sugar, lemon zest, lemon juice, cinnamon, almond extract, and cornstarch/flour/ground instant tapioca in a large bowl. Gently fold the berries until they are all well coated in sugar. Let sit for 30 minutes.

You should have two balls of pie dough, one for the bottom crust, one for the top crust.

Roll out one of the balls of pie dough on a lightly floured surface to 12-inch diameter if you are using a 9-inch pie pan, or 13-inch diameter if you are using a 10-inch pie pan.

Line the bottom of your pie pans with the dough. Chill in refrigerator while you roll out the top crust.

Roll out the second ball of pie dough for the top crust. You can keep the top crust as one solid disk or cut the dough into strips for a lattice crust.

Pour the fruit mixture over the chilled bottom pie crust. Add the top crust or lattice over the mixture. Place the pie on the middle rack of the oven. Put a baking sheet on the lower rack to catch any juices that might seep out of the pie while it's cooking.

Bake the pie in two stages. First bake it at 400°F for 30 minutes.

Then place a sheet of aluminum foil over the pie to protect the edges and tops from getting too burnt. (A pie protector is quite useful here.) Reduce the heat to 350°F and bake for an additional 30 minutes, or until the crust has browned and the filling is bubbly.

Remove from the oven and let it cool on a rack to room temperature.



## FROG EYE SALAD

Carole Blais

Community: Solstice Senior Living at Lodi

Recipe History: Old recipe but a tasty and fun one for any occasion!  
2-step process. Serves 25 people.

**1 ¾ cups of pineapple juice  
(pure juice from pineapple and  
oranges)**

**1 cup of sugar**

**2 eggs, beaten**

**2 tbsp flour**

**2 ½ tsp salt (½ tsp for step 1;  
2 tsp for step 2)**

**1 tbsp lemon juice**

**1 tbsp vegetable oil**

**1 package of acini di pepe or  
couscous**

**3 cans of mandarin oranges,  
drained**

**2 (20 oz.) cans pineapple tidbits**

**1 (20 oz.) can of crushed pineapple**

**1 (8 oz.) tub of Cool Whip**

**1 cup of mini marshmallows**

**1 cup of shredded coconut**

### Step 1:

Combine pineapple juice, sugar, eggs, flour and ½ tsp of salt in a saucepan. Stir and cook over medium heat until thickened. Remove from heat and stir in lemon juice. Cool at room temperature for about one hour.

### Step 2:

Bring large pot of water to a boil; add oil and 2 tsp of salt. Add pasta and cook for five to seven minutes. Drain and rinse under cold water. Combine the pasta and cooked egg mixture together. It will appear soupy but the pasta will absorb the pudding mixture. Combine pasta, oranges, pineapple, coconut, Cool Whip and marshmallows; toss and serve.

*"Mom, what's that burning smell?"  
'Oops! Better call Me-n-Ed's for dinner!"*

**– Carolyn H.**

*Resident at SSL at Clovis*

## JEAN'S PIG PICK-IN CAKE

Jean Licht

*Community: Solstice Senior Living at East Amherst*

Recipe History: Family recipe passed down to enjoy with her loved ones for many years!

- 1 box of yellow cake mix**  
(ingredients according to mix)
- 1 large tub of Cool Whip**
- 1 can of crushed pineapple**  
(drained)
- 1 can of mandarin oranges**  
(drained)



Bake one yellow cake mix according to directions and set aside to cool.

For frosting: Drain crushed pineapple and mandarin oranges well, set aside. Mix Cool Whip and crushed pineapple together. Frost first layer of cake and place mandarin oranges on top. Add second layer of cake and repeat this process. Decorate with mandarin oranges if desired. Enjoy!

## BROWNIE PUDDING

*Community: Solstice Senior Living at Grapevine*

Nancy Luzius

Recipe History: Made for her four boys, who would eat them all up right out of the oven!

- |                            |                                 |
|----------------------------|---------------------------------|
| <b>1 cup of flour</b>      | <b>½ cup milk</b>               |
| <b>2 tsp baking powder</b> | <b>1 egg</b>                    |
| <b>¾ cup brown sugar</b>   | <b>2 tbsp melted shortening</b> |
| <b>¼ cup cocoa</b>         | <b>1 tsp vanilla</b>            |
| <b>½ tsp salt</b>          | <b>Chopped nuts</b>             |

Add liquid ingredients and mix well. Pour into greased 8x8x2-inch pan. Add 1 cup chopped nuts, ¾ cup brown sugar mixed with ¼ cup cocoa. Sprinkle on batter. Add ¾ cup hot water to mixture. Do not stir. Bake at 350°F for 45 minutes. The cake will be on top, and the pudding will be on the bottom.

## OATMEAL CAKE

Shamarose Kelsey

Community: Solstice Senior Living at Grapevine

Recipe History: This is a childhood recipe that went to all family holidays and Sunday school to share.

### **Cake:**

<b>1 ¼ cups boiling water</b>	<b>2 eggs</b>
<b>1 cup quick cooking oats</b>	<b>1 ½ cups flour</b>
<b>½ cup shortening</b>	<b>1 tsp baking soda</b>
<b>1 cup brown sugar</b>	<b>1 tsp cinnamon</b>
<b>1 cup white sugar</b>	<b>½ tsp salt</b>

Pour 1 ¼ cups of boiling water over 1 cup quick cooking oats. Let stand for 20 minutes. Cream together ½ cup shortening, 1 cup brown sugar, and 1 cup white sugar. Add 2 eggs and mix well. Add oats and water and mix. Add 1 ½ cups of flour, 1 tsp cinnamon, 1 tsp soda and ½ tsp salt. Bake for 35 minutes at 350°F in 13x9-inch pan.

### **Topping:**

<b>1 stick of butter</b>	<b>1 cup coconut flakes</b>
<b>¾ cup brown sugar</b>	<b>1 cup ground nuts</b>
<b>¼ cup evaporated milk</b>	<b>1 tsp vanilla</b>

Mix and spread on top of cake while hot.

*“Butter makes everything taste better,  
even when overcooked.”*

**– Patti W.**

*Resident at SSL at Clovis*

## PERFECT PINEAPPLE CAKE

Eileen Hollibaugh

*Community: Solstice Senior Living at Mesa View*

### **Cake**

- 2 ¼ cups of all-purpose flour**
- 1 ¼ cups of granulated sugar**
- 2 tsp baking soda**
- 1 tsp vanilla**
- 1 (20 oz.) can of crushed pineapple (do not drain)**
- 2 eggs**



Grease and flour 9x13-inch pan. Whisk together flour, baking soda and sugar. Mix in vanilla, eggs, and pineapple until well combined. Pour into baking dish. Bake at 375°F for 25-30 minutes or until toothpick comes out clean. Cool completely.

### **Frosting**

- 1 (3.5 oz.) package of vanilla pudding mix**
- 1 (20 oz.) can crushed pineapple (do not drain)**
- 1 (12 oz.) tub of Cool Whip or 1 cup of heavy whipped cream**

Whip pineapple and pudding mix together. Gently fold in Cool Whip or cream until blended. Spread on cake. Refrigerate for 30 minutes before serving.

## DUMP CAKE

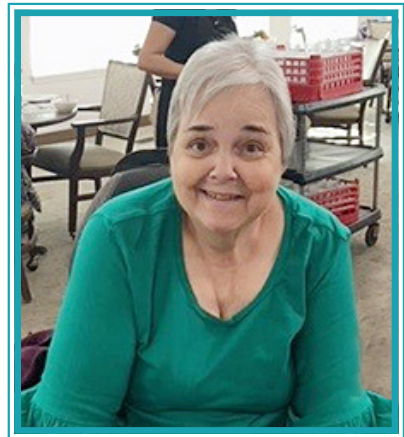
Colleen Cabnillas

*Community: Solstice Senior Living at Rio Norte*

- 1 box of yellow cake mix**
- 1 can of cherry pie filling**
- 1 can of crushed pineapples**
- 1 stick of butter**

Spray 9x13-inch pan with PAM or cooking spray. Dump both cans of fruit into bottom of pan and spread over bottom (don't drain cans). Dump dry cake mix over top of fruit and spread with a fork. Cut butter into thin slices and place over the top of

cake mix. Heat oven to 350°F and bake the cake for 45 minutes or until top of the cake turns a medium to dark brown. Let the cake rest for at least 30 minutes. Can be served with vanilla ice cream.



## COWBOY COOKIES

Mary Gaylord

*Community: Solstice Senior Living at Palatine*

Recipe History: Mary is a resident ambassador. These cookies are a favorite of our community by both residents and staff alike.

**3 cups all-purpose flour**  
**1 tbsp baking soda**  
**1 tbsp baking powder**  
**1 tbsp cinnamon**  
**1 tsp salt**  
**1 ½ cups (3 sticks) room temperature butter**  
**1 ½ cups packed light brown sugar**  
**3 eggs**  
**1 tbsp vanilla**  
**2 cups semisweet chocolate chips**  
**3 cups old fashioned rolled oats**  
**2 cups unsweetened coconut flakes**  
**2 cups (8 oz.) chopped pecans**

Preheat oven to 350°F. Mix flour, baking soda, baking powder, cinnamon and salt. In a large bowl, beat butter with an electric mixer on medium speed until smooth and creamy. Gradually beat in brown sugar and combine thoroughly. Add eggs, one a time, and beat in vanilla. Stir in flour mixture just until combined. Stir in chocolate chips, oats, coconut and pecans. For each cookie, drop ½ cup of dough onto an ungreased cookie sheet, spacing 3" apart. Bake for 15 to 16 minutes until edges are lightly browned. Rotate sheets halfway through. Remove from rack to cool at room temperature.



## EASY STRAWBERRY DELIGHT

Margaret Haskins

*Community: Solstice Senior Living at Point Defiance*

**Angel food cake**  
**Instant vanilla pudding**  
**Cool Whip**  
**Berries**

Cube cake and lay at the bottom of a 9x11-inch pan. Slice berries and sprinkle over cake. Make pudding and let sit. Fold in Cool Whip into pudding. Pour over cake and berries. May use raspberries, blueberries, strawberries, peaches or pineapple.

## ÉCLAIR CAKE

Lou Stine

*Community: Solstice Senior Living at Apple Valley*

Recipe History: This cake is a long-time family recipe.

**1 box of graham crackers**  
**2 packages of instant vanilla pudding**  
**1 large tub of Cool Whip**  
**1 can of chocolate frosting**

Grease 13x9-inch pan. Layer graham crackers on the bottom. Layer instant pudding as for a pie with a little less milk. Add thawed Cool Whip, put ½ on layer of crackers. Add another layer of crackers. Add the rest of the pudding mix. Put a layer of crackers on top and frost. Keep refrigerated for at least 24 hours.



*“The secret ingredient  
is always love.”*

**– Lou S.**

*Resident at SSL at Apple Valley*





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