

**Menu**

*Cold Melon Soup, Speedy Black Bean Soup, Tortilla Soup  
Parmesan-Baked Salmon, Corn Tomato & Basil Salad  
Parmesan-Baked Salmon, Mahi-Mahi Burgers  
Turkey Pot Pie, West African Peanut Stew, Diane's Skillet Quesadillas  
Roasted Broccoli, Cabbage Casserole, Carrots Elegante  
Blue Cheese Popovers, Chester Mill's Whole Wheat Bread  
Grandma Ceil's Mandelbread, Cookies and Cream Trifle, Oatmeal-Craisin Cookies*

**“Cold Melon Soup**

1 large ripe cantaloupe  
1 large honeydew melon  
1/2 c light rum  
1/3 lime juice (fresh if possible, else bottled)  
3 T granulated sugar  
1 tsp grated lime  
1/2 tsp salt  
pinch dry ginger  
garnish: sprigs of fresh mint or lemon balm  
Cut melons in half and scoop out seeds  
With melon ball scooper, scoop out one-quarter of the flesh of both melons and set aside  
Peel and cut our rest of the flesh into chunks  
Place in blender with remaining ingredients and blend in batches until really smooth  
Transfer to a large container and fold in reserved melon balls.  
Cover and refrigerated until very cold (at least 4 hours) or overnight  
Serve in chilled bowls or wine goblets. Garnish each serving with a sprig of mint or lemon balm.

Learned to make this when I lived in Canada. Great recipe. Easy to make, holds well in the fridge. Makes a classy entree for a summer meal or, any time of year, for a brunch (with cold baked ham, corn muffins, fruit slaw, etc.) Serve in a wide mouthed "champagne glass" for fun and let your guests walk about while you prepare the rest of the meal.”

---Sara Weissman, Reference Services, Morris County Library [2008]

**“Speedy Black Bean Soup**

Start to finish, 20 minutes/ 1 tsp. olive oil  
1 medium onion (for about ½ cup chopped)  
2 (15-ounce) cans black beans  
1 (14 ½ ounce) fan fat-free chicken broth  
1 cup frozen corn kernels  
1 (14 ½ ounce) can Mexican-style stewed tomatoes, or diced tomatoes seasoned with jalapeno peppers  
3 bay leaves, 1 tsp. bottled minced garlic  
1 tsp. dried thyme, 1 tsp. balsamic vinegar  
½ tsp. ground cumin  
Reduced-fat sour cream, optional topping  
Already-shredded Cheddar cheese, optional topping  
Heat the oil in a 4 ½-quart Dutch oven or soup pot over medium-high heat. Peel and coarsely chop the onions, adding them to the pot as you chop. Stir well. With the back of a spoon, smash some of the beans against the side of the pot to break them up. Stir well. Add the corn, tomatoes, (with their juice), bay leaves, garlic, thyme, vinegar and cumin. Cover the pot, and bring the soup to a boil. Reduce the heat to low, and simmer to let the flavors blend, about 8 minutes, stirring often to prevent sticking. Remove the soup from the heat. Remove the bay leaves, and serve. Serves 6.”

---“Add Speedy Black Bean Soup to Your Recipe List,” *Daily Record*, September 17, 2003 (p. F2)

### **“Tortilla Soup**

Serves 8, Cook time: 1 hour

2 T. butter

¼ C. diced onions

¼ C. diced carrots

¼ C. diced celery

¼ C. diced red or green bell pepper

6 C. chicken stock

1 6-oz can stewed tomatoes

4 oz picante sauce

3 oz taco seasoning

4 oz corn tortillas-shredded

4 oz chicken breast-poached & diced

4 oz grated cheddar cheese

5 oz milk

Melt butter in a large soup pot. Saute the onion, carrots, celery and pepper in butter until tender. Add the chicken stock and bring to a boil. Add tomato, picante sauce, taco seasoning, tortillas and chicken. Let combined ingredients boil until tortillas are incorporated into the soup. Reduce heat and add the cheese. Simmer for 20 minutes or until cheese is melted and mixed well into the soup. Add the milk and simmer for an additional 15 minutes. If thicker soup is desired, add more tortillas.’

---*Food for Thought: Favorite Recipes of Morristown-Beard School*, Parents’ Association of Morristown-Beard School, Morristown, New Jersey [2004] (p. 85)

### **“Summer Pasta Salad**

1 pound bow tie pasta

1 tablespoon olive oil

1 teaspoon salt

25 cherry tomatoes

½ of a 6-ounce can of large black olives

½ cup chopped basil

¼ pound feta cheese

1 cup chopped red onion

Salt and pepper to taste

Double recipe for Balsamic Vinaigrette

Add olive oil and salt to cooking water, cook pasta to al dente, drain and cool to room temperature. Slice cherry tomatoes in halves or quarters, depending upon size. Drain black olives reserving liquid. Slice olives. Combine pasta, tomatoes, black olives, basil, red onion, feta cheese, and 2 tablespoons of black olive liquid. Add salad dressing, but you might not need quite all of it. Add salt and pepper to taste.—Karen Diets.”

---*Cooking From the Hearts of Chester: A collection of our finest*, Chester Historical Society, Chester, New Jersey [2002] (p. 44)

### **“Balsamic Vinaigrette Dressing**

1 tablespoon minced shallot onion

1 teaspoon honey

1 teaspoon Dijon mustard

½ teaspoon salt

1/8 teaspoon pepper

2 tablespoons balsamic vinegar

6 tablespoons olive oil

This recipe is as much about technique as it is about ingredients. In order to meld the flavors, this dressing needs to be made in a wooden salad bowl. Slightly mash the shallot/onion inside the wooden bowl to release its juice. Add the honey, Dijon mustard, salt and pepper to the onion and blend with a wooden spoon, then add the balsamic vinegar and blend. With a wire whisk, whisk in the olive oil until well combined. Add more salt and pepper if you like. ---Karen Diets.”

---*Cooking From the Hearts of Chester: A collection of our finest*, Chester Historical Society, Chester, New Jersey [2002] (p. 33)

**“Corn, Tomato & Basil Salad** (serves 4 to 6)

2 ears fresh corn  
2 ripe tomatoes-chopped  
¼ sm. red onion-chopped  
1/8 C extra-virgin olive oil  
1-2 T red white vinegar  
½ C chopped fresh basil leaves  
Salt & pepper to taste

Cook corn on the cob. Steam about 8 minutes or microwave ears in the husk on high for 2 minutes. Cool, then cut kernels from the cobs. Combine corn with tomatoes, onion, olive oil, vinegar, basil and salt and pepper. Mix well and serve. A great way to use leftover corn on the cob.”

---*Food for Thought: Favorite Recipes of Morristown-Beard School*, Parents' Association of Morristown-Beard School, Morristown, New Jersey [2004] (p. 117)

**“Parmesan-Baked Salmon**

¼ cup mayonnaise (can use light mayo)  
2 Tbsp. Kraft (or other) grated parmesan cheese  
1/8 tsp. ground red cayenne pepper  
4 salmon fillets (at least 1 lb.), skin removed  
2 tsp. lemon juice

Dried bread crumbs. Can use ground matzo meal if made during Passover.

Preheat oven to 400 degrees F. Mix mayo, parmesan cheese, and cayenne pepper until well blended; set aside. Place salmon on either foil lined or Pam-sprayed baking pan/dish. Drizzle evenly with lemon juice. Top with the cheese mixture, spreading it evenly to cover the top of the salmon. Sprinkle top with bread crumbs.

Bake 12-15 minutes or until salmon flakes easily with a fork. “

---Jane G. Van Wiemokly, Reference Services, Morris County Library [2008]

**“Mahi-Mahi Burgers**

1 lb mahi-mahi or ahi tuna, chopped  
2 shallots, finely chopped  
1 tsp. prepared wasabi  
2 tsps. Low-sodium soy sauce  
1 T. minced ginger root  
1 egg, beaten  
¼ cup dry bread crumbs  
1 tsp. Johnny Ciao's Rockin' Poultry (commercial spice mix)  
1 T. corn oil

Hot mustard to serve

French rolls to serve

Preheat grill or broiler. Mix fish, shallots, wasabi, soy sauce, ginger root, egg, bread crumbs and Johnny Ciao's Rockin' Poultry together in a large bowl. Form mixture into 6 patties. Brush a grill rack or broiler pan with oil and arrange patties on grill or pan. Grill or broil 5 minutes, turning once, or until cooked through. Serve with mustard on French rolls. (Makes 4 burgers). Morris shoppers can catch Ciao as soon as Sunday at Kings in Morristown. He'll have a table featuring an easy-to-make dip—sour cream, cream cheese or yogurt and, of course, Johnny Ciao's Seasonings, on crackers.”

---“Ciao,” Lorraine Ash, *Daily Record*, July 19, 2000 (p. E2)

## **“Turkey Pot Pie**

### Pot Pie Filling

2-4 cups cooked diced turkey

2-3 cups peas and carrots and/or string beans (blanched or frozen)

2-3 cups turkey gravy or cream sauce

(optional) leftover stuffing

Salt and pepper to taste

### Pot Pie Topping

Non-sweet pastry of biscuit dough or mashed potatoes

Combine diced turkey, peas, carrots and/or string beans into turkey gravy or cream sauce. Spoon into 9- or 10-inch casserole. Spread with optional stuffing. Top with pastry, biscuit dough or mashed potatoes. Bake at 375 degrees for 45 minutes or till bubbling and top has browned. Yields 1 pie. Editors note: This recipe was adapted from the high-yield Turkey Pot Pie recipe of Larison’s by Chester’s own Cordon Bleu-trained Norma Periera.--- Larison’s [Turkey Farm restaurant].”

---*Cooking From the Hearts of Chester: A collection of our finest*, Chester Historical Society, Chester, New Jersey [2002] (p. 74)

## **“West African Peanut Stew**

3 tbs. oil

1-2 c. chopped onion

1-2 c. green peppers

1-2 c. chopped celery

1-2 15 oz. cans stewed tomatoes [petit cut/diced with jalapenos, if you like hot]

1 6 oz. can tomato paste

1 pound cooked chicken, chopped

1-2 c. crunchy peanut butter

1 c. chopped salted [dry roasted] peanuts

1 Tbs. vinegar

Cayenne pepper to taste [or paprika for a milder bit]

Ground cumin to taste [I never measured, but 2 tbs. at least]

1 c. chicken broth [if needed; add if too thick or it dries out in cooking]

Chop the green peppers, onions, and celery into little bits in a food processor. It becomes a slurry of texture.

Note: Proportions of different vegetables and chicken are **HIGHLY** variable...or add apples or raisins...Chop the chicken...Heroic cooks get cumin seed from an Indian grocery and grind the seeds to cumin powder in a

coffee grinder...Sensible or lazy cooks get cumin powder from the grocery store. Heat oil in a big skillet. Add

onion, celery, and green peppers. Cook over moderate heat slowly until sorta soft [5-10 minutes]. Don’t let the

veggies get too soft; you want a crunch for chewing. When the veggies are cooked, dump them and everything

else into a big Dutch oven, 6 quart pt, or...best of all, a Crockpot...Put hot veggies in first, then peanut butter.

Consistency should be like a thick stew; if necessary, add broth a bit at a time until you get a good texture—not

very fluid—plenty gooey...Cook forever—2-3 hours in Crockpot. Stir occasionally. The Crockpot low setting

is perfect...Serve with baked sweet potatoes and nice bread [for shoveling stew]. Beer goes great. It tastes real

good as leftovers, though the texture of the chopped peanuts tends to fade.—Got this from a friend...Yup! Also

goes great with brown rice.”

---Joanne Herb, Readers Services, Morris County Library [2008]

[NOTE: ingredients listed 1-2 c. means one to two cups. This is a recipe with lots of latitude.]

### **“Diane’s Skillet Quesadillas**

Star to finish: 7 minutes. Cook’s note: You can use roasted, grilled, sautéed or even poached chicken breast. (Turkey breast could also be used.) We tested this recipe with fully cooked chicken breast met, which is now available from several national brands, found in most supermarkets’ refrigerated cases.

½ cup fully-cooked skinless chicken breast pieces, defrosted

1 tsp. vegetable oil

2 large (10-inch) flour tortillas (burrito size)

1/3 cup already-shredded Mexican-blend or cheddar cheese, or more to taste

Condiments of choice, such as salsa, diced tomatoes, diced olives, sour cream, shredded lettuce, guacamole, etc.

Coarsely chop the chicken, and set it aside. Heat the oil in a 12-inch non-stick skillet over medium-high heat until the oil is hot, about 45 seconds to 1 minute. Place 1 tortilla in the skillet, and scatter the chicken evenly over it. Sprinkle the cheese evenly on the top of the chicken. Place another tortilla on top of the chicken-cheese mixture, and press it down with a spatula. Cook, pressing down with the a spatula form time to time, until the cheese melts and the tortilla begins to brown on the bottom, about 2 to 3 minus more. (Lower the heat to medium if the quesadilla starts browning too fast.) Press down on the quesadilla with the spatula from time to time to make sure it’s alls ticking together. Remove the quesadilla form the skillet, and cut it into 4 triangles. Serve at once with condiments of choice...makes 4 pieces.”

---“Easy Cheesy Skillet Quesadillas With Chicken are Fun and Tasty,” Beverly Mills and Alicia Ross, *Daily Record*, march 17, 2004 (p. F2)

### **“Blue Cheese Popovers (serves 6)**

2 lg. eggs

1 C. whole milk

2 T. butter-melted

1 C. flour

¼ tsp salt

1/8 tsp pepper

1 ¼ oz crumbled blue cheese

1 T. chopped fresh thyme

Preheat oven to 425 degrees F. Grease muffin or popover tins (mini or full-sized). In a mixing bowl, whisk eggs and milk together. Add butter, flour, salt and pepper and continue to whisk. Add the blue cheese and thyme and whisk just long enough to blend. Chill batter at least 2 hours or overnight (very important). Remove form refrigerator and whisk just a few seconds. Fill greased mini or full-sized muffin or popover tins to the top. Bake for 20 minutes until golden and puffy. Serve piping hot.”

---*Food for Thought: Favorite Recipes of Morristown-Beard School*, Parents’ Association of Morristown-Beard School, Morristown, New Jersey [2004] (p. 57)

### **“Chester Mill’s Whole Wheat Bread**

1 3/8 cups water at luke-warm temperature

4 cups whole wheat bread flour

½ cup gluten

¼ cup molasses

1 ¾ teaspoon salt

2 tablespoons butter

1 packet active dry yeast

Directions may vary according to bread machine. This recipe is to make a 2-lound loaf. Mix water and molasses in the machine. Put all dry ingredients in. make a little indentation in the middle of top. Pour yeast in. Place butter on top. Follow operating directions of bread machine. This bread goes with Strawberry jam. ‘Every year our friends...come visit us in June to go strawberry picking at Alstede farm. We gather our hats & buckets and go down the road to pick...After we make homemade jam & bread with flour from the Chester Grist Mill. Yum!’ ---Bridget and Harris Hoke.”

---*Cooking From the Hearts of Chester: A collection of our finest*, Chester Historical Society, Chester, New Jersey [2002] (p. 116)

### **“Roasted Broccoli (or Cauliflower)**

1 or more heads of broccoli or cauliflower

Olive oil

Kosher salt

Pepper

Preheat oven to 400 degrees. Break broccoli and/or cauliflower into florets. Place the vegetable florets on a cookie sheet or shallow roasting pan. Drizzle with olive oil and sprinkle with salt and pepper. Mix the florets so that each piece gets coated by some of the olive oil. Arrange into a single layer and roast for approximately 15-20 minutes, or until starting to brown. Can be roasted longer if desired. If use other vegetables, adjust time. Asparagus will take much less time, for example.”

---Jane G. Van Wiemokly, Reference Services, Morris County Library [2008]

### **“Cabbage Casserole (Stuffed Cabbage Without the Hassle)**

1 package (approx. 12 oz.) ground veggie meat, such as Lightlife Smart Ground taco/burrito flavored or plain

1 medium green cabbage, raw, with core trimmed away and leaves separated. Cut through the tough part of each leaf so it will lie flatter

2 cups, approx., already cooked brown rice

1 or more garlic cloves

1 medium onion, any color

28 oz. can of tomatoes, whole or chunks

Mix the veggie meat with the rice, chopped up garlic and onions, and whole can of tomatoes. Oil bottom of a large Dutch oven or large casserole pan. Distribute a generous layer of cabbage leaves. Add a layer of filling.

Make two or three more layers, ending with cabbage. At this point I also added two unpeeled sweet potatoes cut into thick slices all over the top of the last cabbage layer, as I had them around and needed to cook them. Then I added about ½ cup water, covered the casserole, and placed it in the oven at 375 for a couple of hours. About halfway through I added more water, about ½ cup. Makes a lot.”

---Miriam Kornblatt, Reference Services, Morris County Library [2008]

### **“Carrots Elegante**

½ pound carrots

4 T Butter (1/2 stick)

1 Tb Sugar

1 teasp. Salt

¼ teasp. Pepper

2 Tb. Water

Coarsely shred one pound (about 10 medium size) scraped carrots into a buttered 6-cup baking dish. Mix in the sugar, salt, and pepper. Dot with the butter, and sprinkle with the water. Cover and bake at 350 for one hour, or until tender. Makes 4 to 6 servings. I can't be too definite about the source, but I'm pretty sure it is from either *Woman's Day* or *Family Circle* from sometime in the 1970s. The name is a little hokey, but what can I say.

Hope you like them.”

---Sue Rowe, Reference Services, Morris County Library [2008]

### **“Green Beans Parmesan**

Our directions suggest you boil green beans, but if you're comfortable steaming or microwaving them, feel free to do that. Drying the green beans on toweling allows them to pick up more of the dressing flavors.

1 pound green beans

1 tsp salt

2 Ts. Olive oil

Juice of ½ lemon

½ tsp. or so (freshly ground) black pepper

½ cup grated Parmesan cheese, or to taste

Trim green beans, and cut in shorter lengths if desired. Bring a pot of water to boil, and add salt. Add beans and boil five minutes or until just tender. Drain, and set aside on absorbent toweling. In the same pot, heat the olive oil over medium heat. Add lemon juice, beans, pepper and cheese. Stir to warm through.”

---“Try Another Way to savor Green Beans,” Sarah Fritschner, *Daily Record*, August 16, 2006 (p. F3)

### **“Grandma Ceil’s Mandelbread**

Preheat oven to 350 degrees F.

Prepare 3/4 cup chopped nuts (large pieces). Use walnuts, almonds, pecans, hazelnuts—all of one kind or a mixture.

Measure 3 cups sifted flour. Sift together 3 times the flour, 1/4-1/2 tsp. salt (to taste) and 2 tsp. baking powder. Cream together 1/4 pound butter (1 stick) and 1 cup sugar. Add 3 eggs and cream thoroughly. Add 1 tsp. vanilla extract (and 1 tsp. almond extract if desired). Mix in the nuts. Add flour mixture to egg mixture and combine thoroughly. Dough should be somewhat stiff. Form into 2 long, thin loaves or 1 larger loaf on large greased cookie sheet. Bake for 30 minutes. Cool slightly (10-15 minutes). Slice (for large loaf, also slice each piece in half), turn each piece flat, and toast on one side only for 12 minutes at 350 degrees F. You may need two cookie sheets for this last part. \*Cookies will harden nicely after about a week in the cookie jar. Or freeze and eat straight from freezer.”

---Miriam Kornblatt, Reference Services, Morris County Library [2008]

### **“Cookies and Cream Trifle**

Start to finish: 20 minutes preparation, plus 6 hours unattended chilling time in the refrigerator. Cook’s notes” Be sure to buy “instant” pudding (the no-cook variety). If you can’t find devils’ food chocolate pudding, plain chocolate makes a perfectly fine substitute, but is milder tasting...

2 packages (3.9 ounce each) “Instant” devils food chocolate pudding mix

4 cups skim or lowfat milk

1 package (8 ounces) light cream cheese (or Neufchatel), at room temperature

24 lady fingers (two 3-ounce packages)

32 Oreo cookies, with additional for garnish

1 carton (12 ounces) reduced-fat nondairy whipped topping, such as Cool Whip

Place the pudding mix, 3 cups of the milk (reserve remaining cup for later) and the cream cheese in the large bowl of an electric mixer. Mix on low speed until well blended. (There will be small pieces of the cream cheese. This is OK.) Set aside. Split the lady fingers in half lengthwise. Place half of a package, cut-side up, to line the bottom of a trifle bowl with a 16-cup capacity. (They may overlap a bit. This is fine.) Drizzle 1/4 cup of the remaining milk, 1 Tablespoon at a time, over the lady fingers, thoroughly moistening them. Spread about 1/4 of the pudding mixture over the lady fingers. Spread 1/4 of the whipped topping over the pudding. Coarsely chop 8 of the Oreo cookies, and sprinkle them over the topping. Repeat these layers 3 more times, ending with cookie pieces. Cover with plastic wrap, and refrigerate at least 6 hours \*(or up to 24 hours) to let the flavors blend. Serve in dessert bowls. Garnish with additional cookies if desired. Makes 15 servings.”

---Cookies and Cream Trifle Makes a Cool, Sweet Treat,” Beverly Mills and Alicia Ross, *Daily Record*, August 13, 2003(p. F3)

### **“Oatmeal-Craisin Cookies**

1 stick butter or margarine

3/4 cup light brown sugar

1 egg

1/2 tsp. vanilla

3/4 cup flour (any kind)

1/2 tsp. baking soda

1 tsp. cinnamon

1 1/2 cups Quaker (quick) oats

1 pkg. (6 oz) Craisins (dried cranberries)

Cream butter and sugar. Add egg & vanilla. Add flour, baking soda, cinnamon, mix well. Add oats and craisins. Mix well. Drop by rounded tablespoonfuls on ungreased cookie sheet. Bake 350 degrees F. 10-12 minutes. Cool a few minutes on cookie sheet before removing to wire rack. Makes about 2 dozen. Store in airtight plastic container with a slice of bread to keep them moist. Easy to make decidedly delicious, & not completely unhealthy. Okay to omit cinnamon if someone you know is allergic. Recipe adapted from the inside top cover found every canister of Quaker Instant Oats.”

---Lynne Olver, Reference Services, Morris County Library [2008]

## *Food news & notes*

“Now that the year 2000 is routinely under way, a lot of people around the country are wondering what to do with stockpiles of blankets, battery-powered heaters, bottled water and, of course, canned foods...’with Y2K passing glitch-free, families should look at their pantry as a source of inspiration for any number of mealtime solutions...”

---“A Glitch-free Meal: Turn Y2K food supplies into a tasty dinner,” *Daily Record*, January 19, 2000 (p. E1)

“The Super Bowl is in Atlanta Sunday, but it will be foremost in many Americans homes, where friends will be hungry for the action on TV as well as plenty of food. That means snacks for station breaks, a buffet for half-time and post-game desserts. If you’ve invited enough guests to fill...taxi squads, maybe you should call the deli and order a 6-foot hero, or plan to pile several large pizzas into the sport ute and haul them back at half-time. Otherwise, pull out the big stew pot and start simmering some chili con carne.”

---“Try Special Meal for Super Bowl Fans,” *Daily Record*, January 26, 2000 (p. B2)

“Lo-carbohydrate diets seem to be the meal plans earning the most popularity and creating the most controversy. Low-carbohydrate diets are based on the theory that many people cannot consume large amounts of carbohydrate food without having their bodies create and store large amounts of fat...Are low-carbohydrate diets the answer to weight loss?...Despite the seduction of the low carbohydrate diets for weight control there is no evidence that it is effective as a long-term weight management technique.”

---“Low Carbohydrate Diets Can Tax Proper Sugar Levels,” Hollie W. Best, *Daily Record*, May 1, 2002 (p. D1)

“A Taiwanese man who once sold hot dogs on the Green offered samplings of sushi. The only Irish barkeep at the Dublin Pub passed out corned beef. And a man who chose culinary school instead of law school served up a dish that he developed on a whim. These men and their cuisine were part of the scene Monday night when more than 500 people hobnobbed and munched delicacies at the taste of Morristown at the Rotary Club’s \$50 per ticket event at the Westin Hotel. More than \$25,000 was raised for Morristown Rotary Club charities. But the main attraction was the gathering of 26 of Morristown’s finest eateries under one tent. Chefs tasted each other’s wares and whispered business concepts, and in interviews they told of the varied ways they found their way to Morristown...”

---“Chowing Down for Charity, *Daily Record*, November 19, 2002 (p. A11)

“The students of Chef Stephen Remillard at Morris County School of Technology had quite an assignment: to create a Thanksgiving feast using the ingredients of the first Thanksgiving. They displayed their creative cooking for area senior citizens at a recent luncheon...Remillard, on a visit to Cape Cod over the summer, did quite a bit of research himself, using the local library...The final menu included appetizers of mini crab cakes, herbed venison, roasted wild mushrooms, onion cider soup, corn and red pepper soup and mixed greens with a pumpkin vinaigrette. The main event included maple glazed turkey, pineapple glazed ham and lobster in champagne sauce. Sides included garlic mashed potatoes, fruit and rum stuffed acorn squash, grilled asparagus, and cranberry sauce. Assorted rolls and muffins rounded out the meal. And, for a sweet ending, desserts included apple pie with cheddar cheese crust, brownie pie, Indian pudding, pound cake and pumpkin swirl cheesecake. For the students, a great time was had doing the research, choosing their menu items, cooking and presenting their meal.”

---“Traditional Thanksgiving Meal: Morris County School of Technology student chefs treat senior citizens to historical dinner,” Christine E. Nunn, *Daily Record*, November 20, 2002 (p. D1)

“Gingerbread Wonderland will return to the Frelinghuysen Arboretum on Friday...This imaginative exhibit features a fantastic display of yummy structures made of gingerbread, cookies, crackers, and candies of all types. Past entries have included a confectionery Harry Potter’s Hogwarts, Santa with eight tiny reindeer, Yankee Stadium...Fro more than a decade, this fun-filled family affair has inspired and delighted visitors during the holiday season.”

---“Delicious Treats in Gingerbread Wonderland,” *Pathways*, Morris County Park Commission, fall 2003 (p. 8)

“It could be said that cuisine follows culture. With Hispanics comprising the nation’s largest minority group, it is no wonder that Americans are opening their eyes and mouths to cross-cultural cuisine... This culinary confusion may also extend to ethnic restaurants in Dover, home to more than 10,000 persons of Hispanic or Latino origin...”

---“The New Accent is on Spanish,” Ellen S. Wilkove, *Daily Record*, march 15, 2004 (p. F1)

“As the low-carb sensation has made the covers of national magazines and generally grabbed headline everywhere, a lot of our friends have started to think what they’re eating on a nightly basis. One of the biggest questions we’ve gotten is: How on earth can you fill up a hungry family... without mounds of pasta, rice, potatoes or bread every night? One approach is vegetables—and lots of them.”

---“Test! A Low-Carb Dish That’s tasty and Filling,” Beverly Mills and Alicia Ross, *Daily Record*, March 24, 2004 (p. F2)

“Every parent knows it can be a challenge to get kids to eat healthy meals and snacks. After all, children are surrounded by fast food restaurants and commercials touting sugary, fattening treats. Even school cafeterias have begun to sell soda and junk food... While you may not be able to control what your kids eat when they’re at school or with friends, you can offer them healthy, tasty options at home. Whole grains, combined with fresh fruit and vegetables are an important part of a healthy diet... For a quick meal on the way to dance class or soccer, simply put a school of tuna or egg salad on a half sprouted whole grain English muffin. In addition to being healthy, fruits, vegetables and whole grains are very hearty and filling, just what kids need after a long day.”

---“Healthy Food They’ll Actually Enjoy,” Back to School advertising supplement, *Daily Record*, August 17, 2006 (p. 8)

**Reference Services, Morris County Library, Whippany NJ [www.mclib.info](http://www.mclib.info)**