

A RECIPE BOOK FOR YOU  
MADE BY YOU



*Run the Kitchen*

IMERMAN  ANGELS  
*Brunch*  
= RUN  & WALK =



# KIND OF A BIG "DILL" PICKLE

## *Bloody Mary*

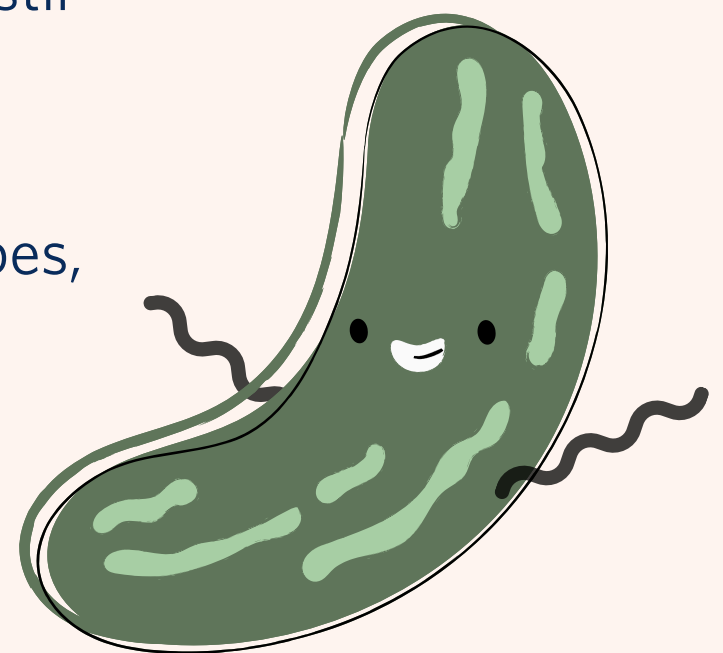
### ***INGREDIENTS:***

- 1.5 oz vodka (optional, this is still delicious without alcohol!)
- Spicy Bloody Mary mix (I like Mr. & Mrs. T) or spicy V8 tomato juice
- 3 tablespoons dill pickle juice
- Dash of Worcestershire sauce (to taste)
- Dash of freshly ground black pepper
- Dill pickle spear (optional, for garnish)
- Celery stick (optional, for garnish)
- Other snacks like cheese or pepperoni (optional, for garnish)



### ***DIRECTIONS:***

1. Combine vodka, Bloody Mary mix or tomato juice, dill pickle juice, Worcestershire sauce, and freshly ground black pepper in a glass and stir well. Add ice.
2. Add dill pickle spear and celery stick to glass for garnish (and snack!)
3. Optional step: Customize! You can add accoutrements like cheese cubes, pepperoni, pepperoncini, even mini-cheeseburgers!



*Made with love by:*

**JORDAN Z.**

Imerman Angels'  
Marketing Manager





# Hearty Breakfast

## INGREDIENTS:

Recipe from Equinox

- 1/4 cup plain Greek yogurt
- 1 teaspoon honey
- 1/2 lemon, zested
- 1/2 cup fresh berries
- 3 mint leaves, chopped
- 2 slices whole grain toast

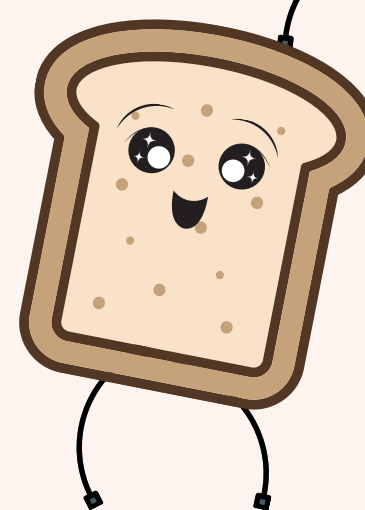
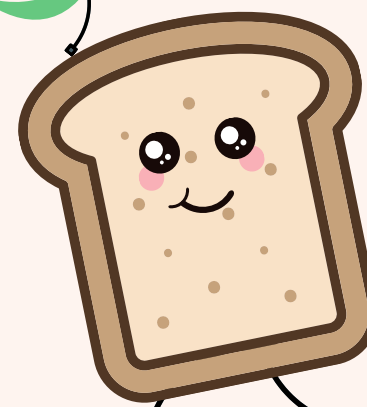
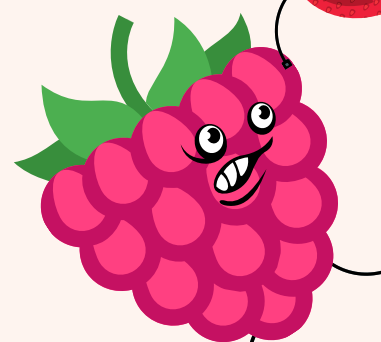
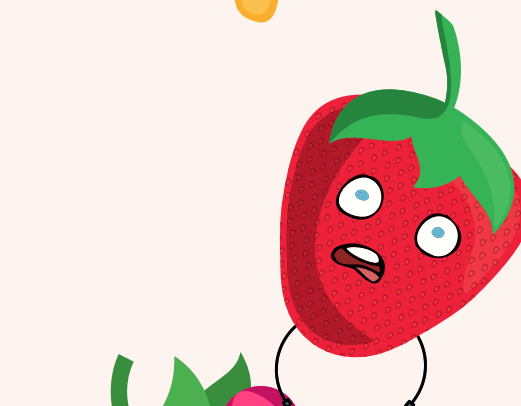
## DIRECTIONS:

1. In a small bowl, combine the yogurt, honey, and lemon zest. Whisk or stir together to combine.
2. In a separate small bowl, stir together the berries and mint leaves.
3. Spread yogurt thickly on toast and top with berry-mint mixture.

*Made with love by:*

**JANE I.**

Imerman Angels'  
Co-Founder, Jonny's Mom





# Mocha Chip Scones

## INGREDIENTS:

- 2 3/4 cups All-Purpose Flour
- 1/3 cup sugar
- 3/4 teaspoon salt
- 1 tbsp baking powder
- 1/2 cup cold butter
- 1 to 1-1/2 cup regular or mini chocolate chips
- 2 large eggs
- 2 tsp vanilla extract
- 2 1/2 tbsp instant espresso
- 1/2 cup to 2/3 cup half-and-half or milk
- For the topping
  - 2 tsp milk
  - 2 tbsp sparkling white, coarse, or demerara sugar

## DIRECTIONS:

1. In a large mixing bowl, whisk together the flour, sugar, salt, and baking powder.
2. Work in the butter just until the mixture is unevenly crumbly; it's OK for some larger chunks of butter to remain unincorporated.
3. Stir in the chocolate chips.
4. In a separate mixing bowl, whisk together the eggs, vanilla, espresso powder, and half and half or milk. You can dissolve the espresso in the vanilla before adding it into the bowl.
5. Add the liquid ingredients to the dry ingredients and stir until all is moistened and holds together.
6. Line a baking sheet with parchment, or use an ungreased baking sheet sprinkled with a little flour
7. Scrape the dough onto a lightly floured work surface and divide it in half. Round each half into a 6" circle. The circles should be about 3/4" thick.
8. Brush each circle with milk, and sprinkle with coarse white sparkling sugar
9. Using a knife or bench knife that you've run under cold water, slice each circle into 6 wedges.
10. Carefully pull the wedges away from the center to separate them just a bit; there should be about 1/2" space between them, at their outer edges.
11. For best texture and highest rise, place the pan of scones in the freezer for 30 minutes, uncovered. Chilling the scones relaxes the gluten in the flour, which makes the scones more tender and allows them to rise higher. It also chills the fat, which will make the scones a bit flakier. While the scones are chilling, preheat the oven to 425°F.
12. Bake the scones for 20 to 25 minutes, or until they're golden brown. When you pull one away from the others, it should look baked all the way through; the edge shouldn't look wet or unbaked.
13. Remove the scones from the oven, and cool briefly on the pan. Serve warm. They're delicious as is, but add butter, if you like.
14. When the scones are completely cool, wrap them in plastic and store at room temperature for up to several days. To reheat room-temperature scones, place on a baking sheet, tent lightly with foil, and warm in a preheated 350°F oven for about 10 minutes, or lightly wrapped with wax paper or paper towel in the microwave for 20-30 seconds.



*Made with love by:*

**HANNAH L.**

Imerman Angels'  
Cancer Support Specialist





*Grandma  
Imerman's*

**MACARONI  
& CHEESE**

## ***INGREDIENTS:***

- 1 3/4 cups elbow macaroni
- 2 cups small curd cream style cottage cheese (I use low fat)
- 1 cup dairy sour cream (I use plain yogurt)
- 1 slightly beaten egg
- 3/4 teaspoon salt
- Dash pepper
- 8 oz. ship American cheese (I use sharp cheddar)
- Dash of paprika on top



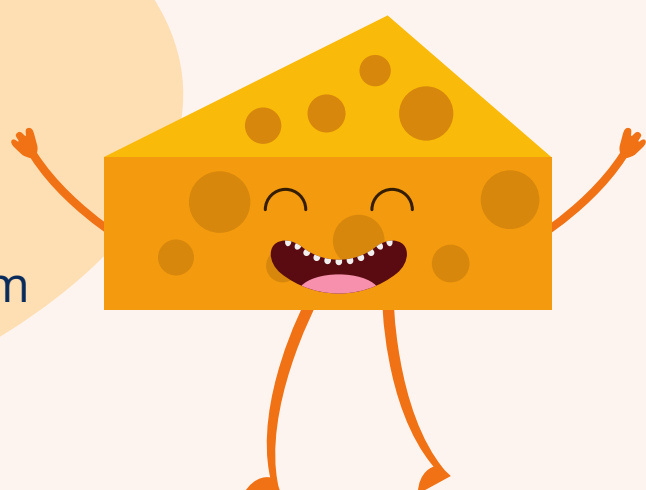
## ***DIRECTIONS:***

1. Cook macaroni according to package directions. Drain well.
2. Combine cottage cheese, sour cream, egg, salt and pepper. Add shredded cheese, mixing well. Stir in cooked macaroni.
3. Turn into a greased 9x9x2 inch baking dish. Sprinkle with paprika.
4. Bake in a moderate oven (350) for 45 minutes. Makes 6-8 servings.

*Made with love by:*

**JANE I.**

Imerman Angels'  
Co-Founder, Jonny's Mom





# Tofu Scramble

## INGREDIENTS:

- 1 block extra firm tofu
- 1 large bell pepper, cut in strips
- 1 medium sweet onion, diced
- 1 tsp turmeric
- 2 tablespoons nutritional yeast
- 2 tsp cumin
- 3 cloves finely chopped garlic
- 2 cups greens of choice (kale, spinach, etc)
- 2 tablespoons olive oil
- salt and pepper to taste



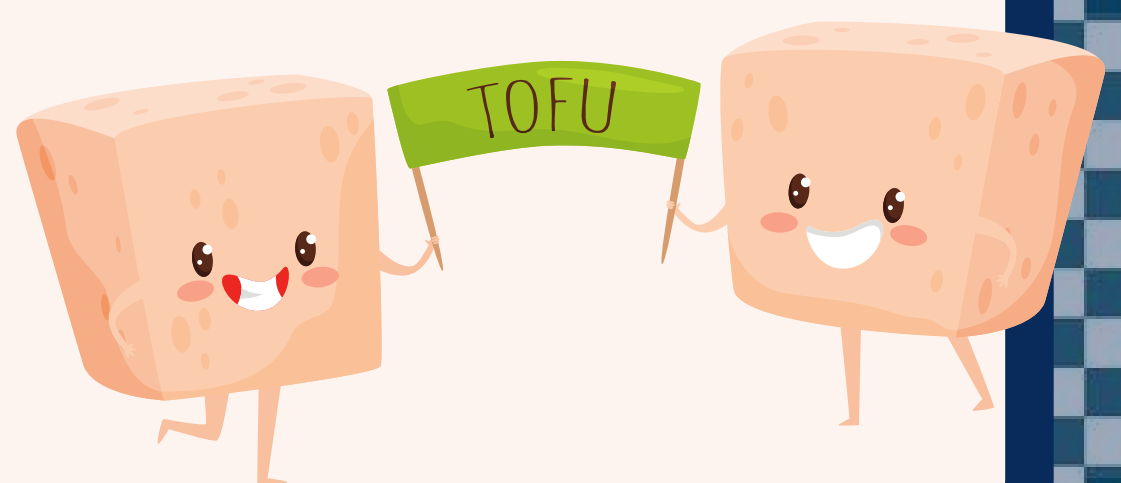
## DIRECTIONS:

1. Prepare a skillet over medium heat and add oil.
2. Once oil is hot, add diced onion and cook 2-3 minutes.
3. Add sliced bell pepper and cook another 2-3 minutes.
4. Make room in the middle of the pan, cook garlic until fragrant.
5. Rip tofu into bite sized pieces and add to the skillet.
6. Add turmeric, cumin, nutritional yeast, plus salt and pepper to taste.
7. Cook 4-5 minutes until tofu is slightly browned/crisped to your liking.
8. Add greens, in batches if needed, and cook until wilted.
9. Serve with avocado toast, breakfast potatoes, hot sauce, or whatever else floats your boat!

*Made with love by:*

**MEG W.**

Imerman Angels'  
Genetic Counseling Intern





# NONNIE VI'S Blueberry Cake

## INGREDIENTS:

- 1/2 stick butter
- 3/4 cup sugar
- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 1 egg
- 1 tsp vanilla
- 2 cups blueberries
- For the topping
  - 1/2 stick butter
  - 1/2 cup brown sugar
  - 1/3 cup flour
  - 1 tsp cinnamon

## DIRECTIONS:

1. Cream together the butter and sugar.
2. In a separate bowl, mix the flour, baking powder, and salt together.
3. In a separate bowl, mix together the milk, egg, and the vanilla.
4. Alternate mixing the dry ingredients with the wet ingredients into the butter and sugar, starting and ending with the dry mixture.
5. Hand mix in the blueberries. The batter will be very thick.
6. Pour into a buttered 10x10 pan (can be doubled and then you use a 10x13 pan)
7. Mix the topping ingredients together and crumble on top of cake.
8. Bake at 375° F for 40-45 minutes.

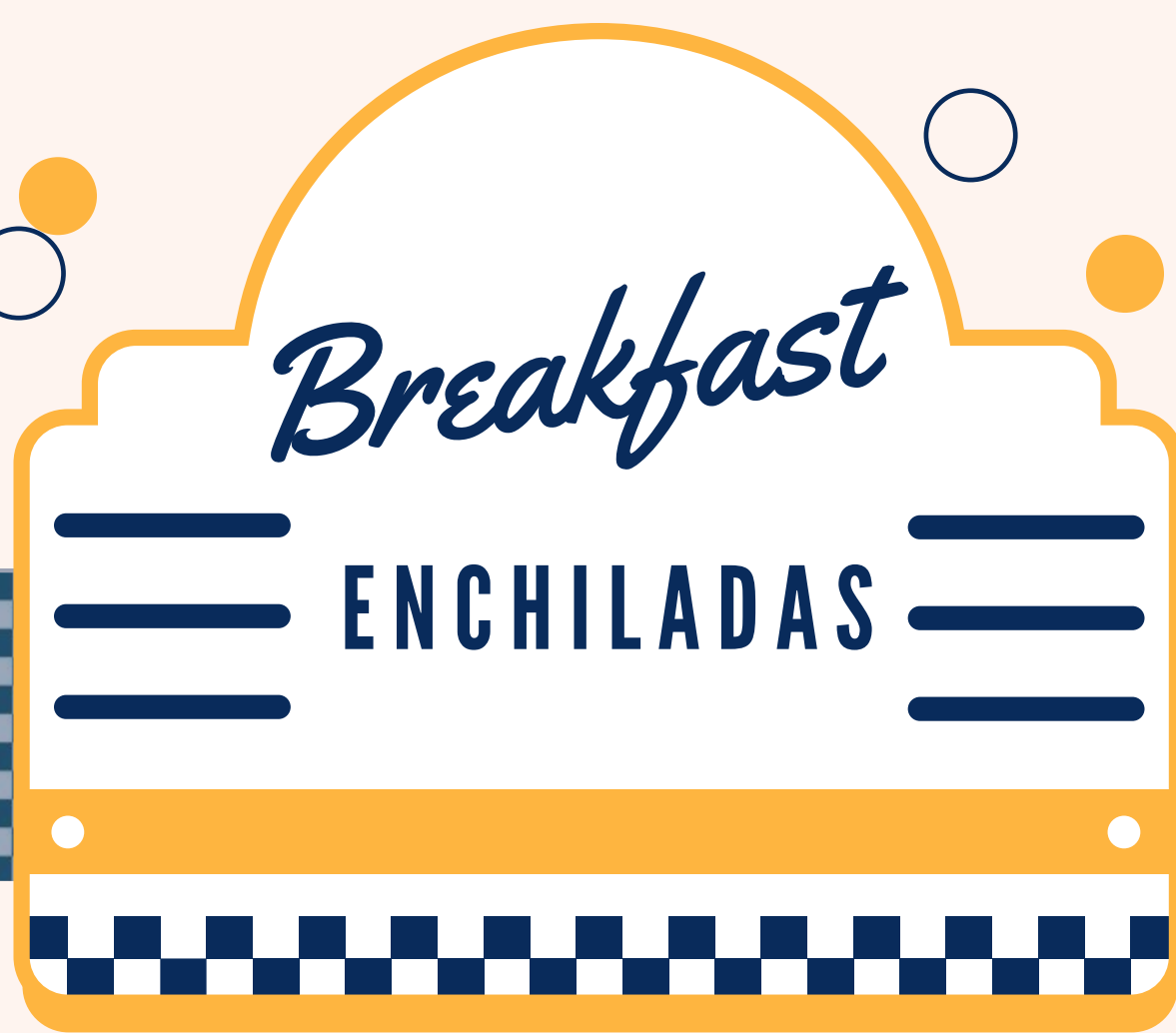
Note: This recipe can be made into cupcakes. Bake only for 20 minutes. Also mash 1/2 cup of blueberries with fork and add to batter.

*Made with love by:*

In memory of an Imerman  
Angels Family Member







## INGREDIENTS:

- 1 lb spicy or mild breakfast pork sausage
- 2 cups diced frozen hash browns thawed
- 1/3 cup diced red bell pepper
- 1/3 cup poblano or green bell pepper
- 6 green onion thinly sliced and divided
- 2 tsp garlic salt divided
- 10 large eggs beaten
- 3 cups shredded pepper jack cheese divided
- 8 8-inch flour tortillas plus additional as needed
- 1 tsp freshly ground black pepper
- 1 cup salsa verde
- 1/2 cup cream or half & half
- 1/2 tsp ground cumin
- 1/2 tsp oregano

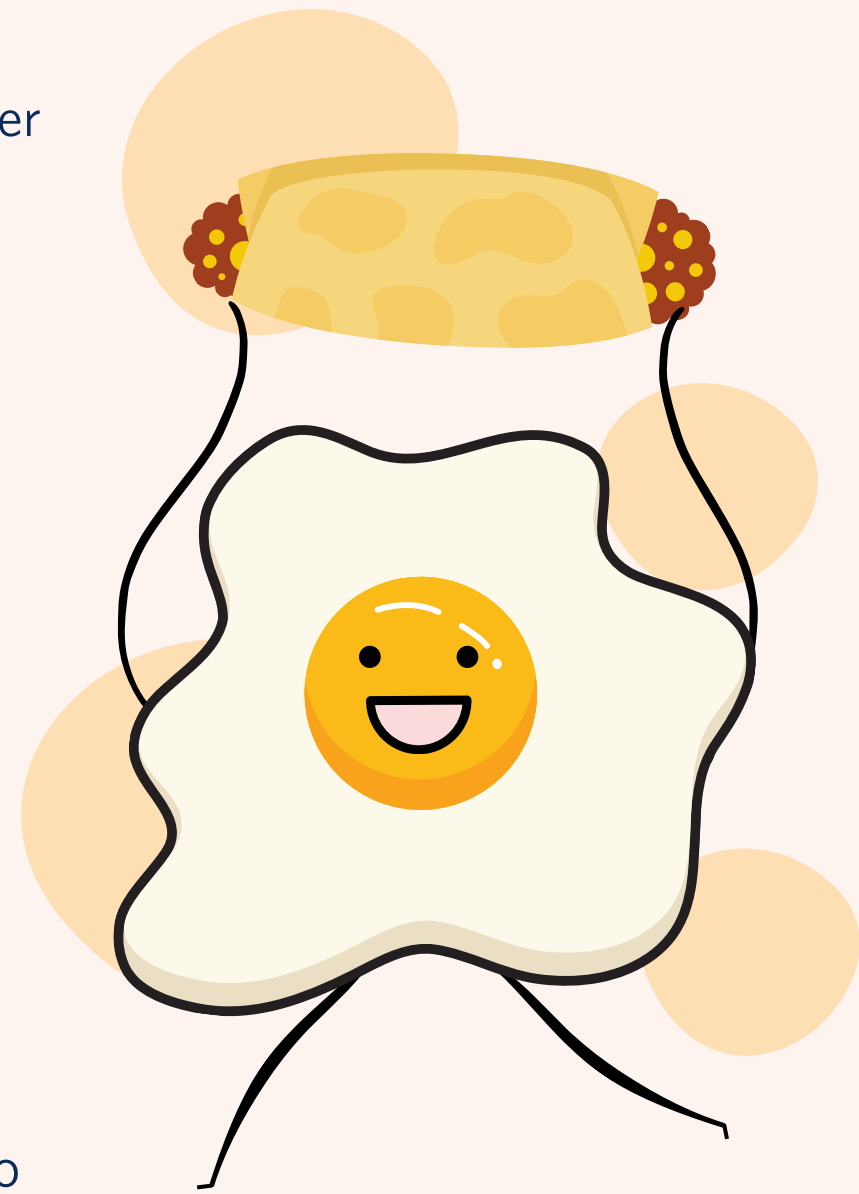
## DIRECTIONS:

1. Preheat the oven to 375°F. Spray a 13 x 9-inch baking dish lightly with cooking spray. Set aside.
2. In a medium size saucepan over medium high heat, cook the sausage until no pink remains around 5-7 minutes. Remove with a slotted spoon reserving drippings.
3. Add the potatoes, red pepper, green pepper and onion to the drippings in saucepan. Reserve 3 Tbsp onion for garnishing. Season with 1 tsp garlic salt. Continue to cook just until potatoes are fork tender around 5-7 minutes. Remove from the heat add cooked sausage. Mix well.
4. Meanwhile, whisk eggs with remaining garlic salt and black pepper. Cook over medium in skillet until soft scrambled. Remove from heat.
5. To assemble: Divide cheese using 2 cups for the enchilada filling. Sprinkle each tortilla down the middle with a small amount of shredded cheese. Top with potatoes and sausage then eggs and another sprinkle of cheese. Roll ending seam side down. Repeat placing side by side in baking dish.
6. Whisk together the salsa verde, half & half, cumin and oregano. Pour evenly over the enchiladas. Top with remaining 1 cup cheese.
7. Bake for 30 minute or until golden and bubbly. Serve with salsa, sour cream, queso fresco, garnished with green onion and cherry tomatoes, if desired.

*Made with love by:*

**MIA F. & JOSH K.**

Imerman Angels'  
Senior Operations Director





# Mini Vegetable Egg Quiches

## INGREDIENTS:

This recipe was created for the LivingWell Cancer Resource Center's "Quick Bites" virtual culinary class series by LivingWell dietitian, Nancy Zawicki, RN, LDN, MS

- Red pepper, diced & seeded, 1 medium
- Yellow onion, diced, 1 small
- Cauliflower, fresh, cut into tiny florets, 1 cup (may substitute broccoli, zucchini or mushrooms)
- Spinach, fresh, 3 cups (chopped up)
- Garlic, 2 cloves, minced
- Chives, fresh & chopped, 1/4 cup
- Eggs, whole eggs (4) & egg whites (4)
- Olive oil, 1 Tbsp.



## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Grease muffin pan (12 wells); set aside.
3. Prepare vegetables and add red pepper, onion, cauliflower & 1 Tbsp. olive oil to a large skillet and saute' for 5-7 minutes until softened.
4. Add the chopped fresh spinach & cook for 1 minute.
5. Add garlic and cook for 30 seconds.
6. In a large mixing bowl add vegetables and crack 4 whole eggs and then add 4 egg whites to the mixture. (Note: you can also just use the 8 whole eggs if desired). Using a whisk to stir mixture until well-combined.
7. Spoon mixture into each well of a muffin pan. Try not to over-fill.
8. Optional: may add shredded cheese if desired.
9. Bake for 15 minutes or until done. Cool for 5 minutes & enjoy. May store in refrigerator for 1 week or freeze individually.

*Made with love by:*

**SUE G.**

Partner at

**LivingWell Cancer Resource Center**





# Spinach Mushroom Strata

## INGREDIENTS:

Recipe & Photo from "The Modern Proper" website

- Day-old baguette or crusty bread, crust removed, cut into 1 inch cubes
- 2 tbs Butter
- 1 Small onion
- 2 tbsp Fresh thyme or rosemary (about 1 tbs)
- 8 oz Mushrooms, sliced
- 3 cups Fresh spinach, packed
- 2 cups Swiss cheese, grated
- 8 Eggs
- 2 cups Whole milk
- 1 cup Heavy cream
- 2 tsp Kosher salt
- 1/2 tsp Black pepper, freshly ground
- 1 tsp Dijon mustard
- 1/4 tsp Nutmeg, freshly grated

## DIRECTIONS:

1. Preheat oven to 400° F. Place the bread cubes on a baking sheet and toast in the oven until golden brown, about 10 minutes. Remove from the oven and set aside.
2. In a large saute pan over medium heat, cook the onions, mushrooms and herbs in the butter until vegetables are softened, about 7 minutes. Add the spinach to the pan and cook another 5 minutes until the spinach is wilted and completely cooked down. Pull the pan off the heat, and let cool.
3. In a 9 inch square or round casserole (or a 9 inch spring-form pan) measure out the toasted bread amount you need in your pan. Once you have measured this, place that amount of bread back into the empty mixing bowl. Add the onion mushroom mixture and 2 cups of Swiss cheese to the bread in the mixing bowl. Toss to combine.
4. Turn oven down to 350° F.
5. In a blender combine the eggs, milk, cream, salt, pepper, mustard and nutmeg. Blend for 10 seconds until combined.
6. Line your dish with parchment paper or lightly grease the dish. Add the bread and mushroom onion mixture to the pan. Carefully pour the egg mixture over the bread. Press the bread cubes down to make sure they are totally submerged. Note: this step can be made the night before.
7. Bake the strata uncovered until it has puffed slightly, is golden brown on top and does not shimmy with uncooked egg mixture when you shake the pan, about 1 hour and 15 minutes. If the strata gets too dark, cover with foil and continue cooking. Let the strata cool in the pan on a wire rack for 15
8. minutes. Serve strata warm or at room temp. MMM

*Made with love by:*

**JACKIE T.**

Imerman Angels'  
Professionals Board Member &  
Mentor Angel







## INGREDIENTS:

- 6 croissants
- 10-12 oz Cotswold cheese or sharp cheddar with 1 tsp of chives
- 1/2 cup grated Parmesan
- 6 extra large eggs
- 3 tbsp dijon mustard
- 4 cups whole milk
- freshly ground pepper

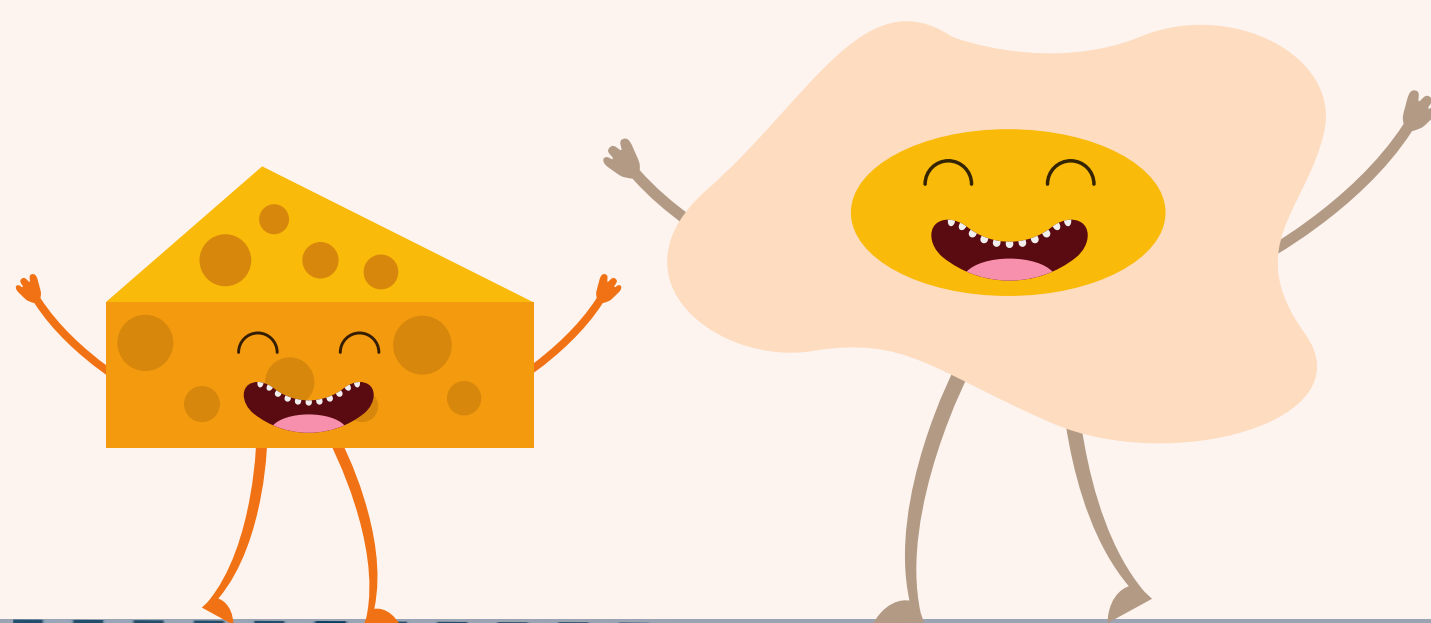


## DIRECTIONS:

1. Preheat oven to 350 degrees
2. Grease 9 by 10 inch baking dish with nonstick spray.
3. Break croissants into small pieces and line bottom of pan. Crumble Cotswold cheese over croissants and sprinkle Parmesan over top.
4. Beat eggs, milk, and mustard. Spread over mixture.
5. Grate pepper over top.
6. Bake for 35-45 minutes till top is brown. Tip: I use a glass pan so I can judge "doneness"

*Made with love by:*

**CHARLENE L.**  
Imerman Angels'  
Stephanie L's Mom

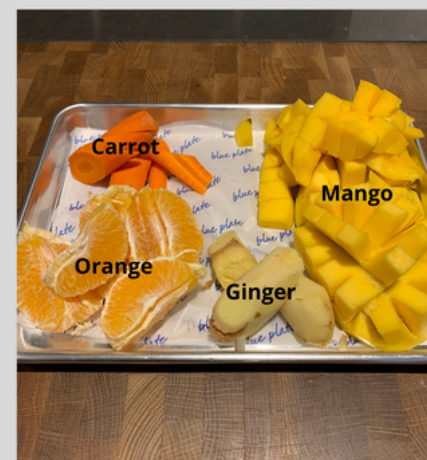
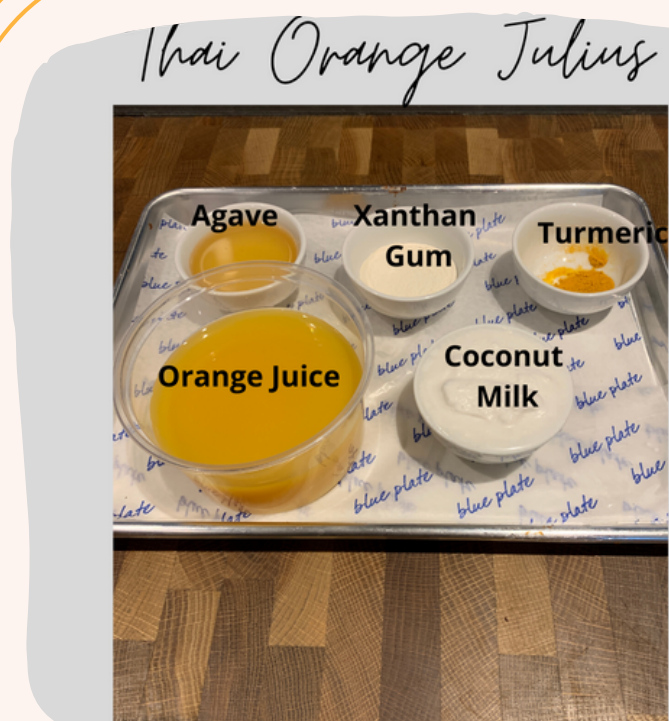




# Thai Orange Julius

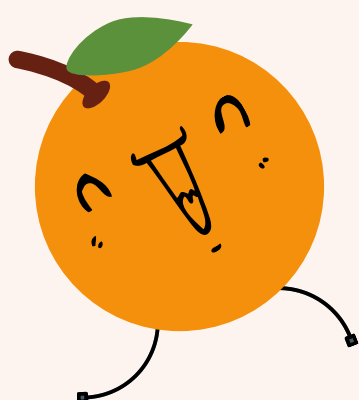
## INGREDIENTS:

- 1.5 tbsp agave
- 2 tsp xanthan gum
- 2 tsp turmeric
- 1/4 cup coconut milk
- 2 cups orange juice
- 1 peeled orange
- 1 peeled carrot
- 1 knob ginger
- 2 peeled mango



## DIRECTIONS:

1. Juice mango, orange, carrot, and ginger.
2. Combine all ingredients in blender.
3. Add 4 cups of ice. Blend until smooth.
4. Enjoy!



Made with love by:  
**BLUE PLATE CATERING**



*blue plate*



# French Spinach Quiche

## INGREDIENTS:

- 1 9-inch deep dish frozen pie crust
- 1 tablespoon butter
- 1/2 cup thinly sliced shallots
- 4 large eggs
- 1-1/4 cups heavy cream
- Pinch ground nutmeg
- 3/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 cup (4 oz) finely shredded Gruyère, packed
- 1 10-ounce package frozen chopped spinach, defrosted and wrung free of water

## DIRECTIONS:

1. Preheat the oven to 400°F and set a rack in the middle position. Remove the pie crust from freezer and thaw until just soft enough to easily prick with a fork, about 10 minutes. Prick the bottom and sides all over with a fork (pricking about an inch apart). Bake until fully cooked and lightly golden, 10 to 15 minutes. (Keep an eye on it...if it puffs up while cooking, gently prick it with a fork so it will deflate.) Don't worry if the crust cracks while baking; see my note below on how to fix it before proceeding. Set aside and turn oven down to 325°F.
2. Heat the butter in a small skillet over medium-low heat. Cook the shallots until soft and translucent, about 8 minutes. Do not brown. Set aside to cool.
3. In a medium bowl, whisk together eggs, heavy cream, nutmeg, salt and cayenne pepper.
4. Place the cooked pie crust on a baking sheet (this makes it easy to move in and out of oven). Spread the shallots over the bottom of the cooked crust, then sprinkle the shredded Gruyere over top. Scatter the spinach evenly over cheese, breaking up the clumps as best you can. Pour the egg and cream mixture over top.
5. Bake at 325°F degrees for 50 to 55 minutes until the custard is set and top is lightly golden. Serve hot or warm.

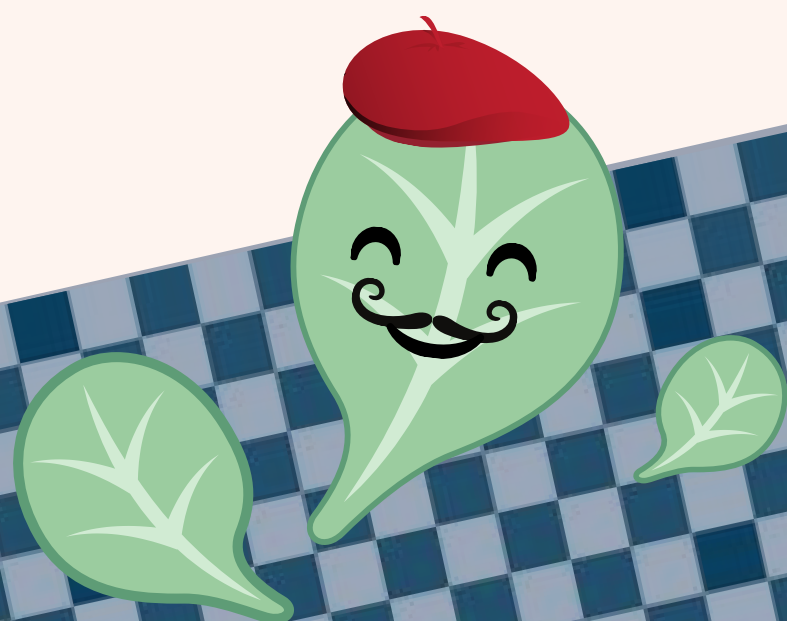
Note: I usually defrost the frozen spinach quickly by placing it in a fine mesh strainer and running hot water over it. I then gather the spinach into a ball and squeeze it dry. It takes a few minutes of squeezing and re-squeezing to get all the water out. Be patient...you need the spinach completely dry, otherwise your quiche will be watery.

Make ahead: This quiche can be made up to a day ahead of time and refrigerated. To reheat: Cover the quiche with aluminum foil and bake in a preheated 300°F oven for 35 to 45 minutes, or until hot in the center.

*Made with love by:*

**PAULA P.**

Imerman Angels'  
Anna P's Mom

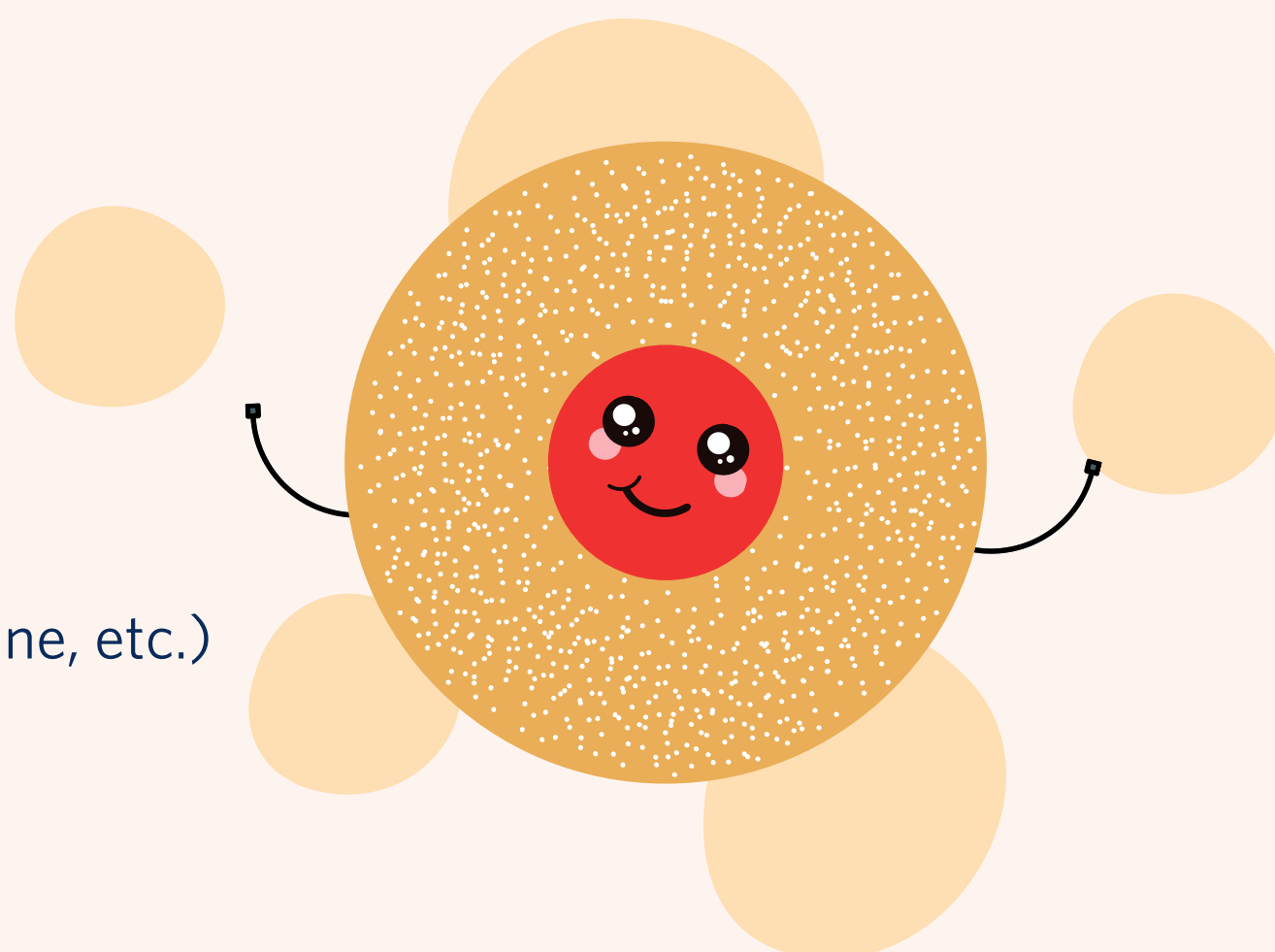






## INGREDIENTS:

- 2 packages Cream Cheese/small
- 1/2lb butter (2 sticks)
- 2 cups of Flour
- 4 Tablespoons of Sugar
- 2 Tsp Baking Powder
- 28 ounces of filling (raspberry, apricot, prune, etc.)
- Garnish: confectioners' sugar for dusting



## DIRECTIONS:

1. Mix all ingredients together.
2. Use rolling pin to make it flat.
3. Shape pieces with a glass or cookie cutter.
4. Place on cookie sheet.
5. Make an indent on the top (with finger or spoon) of the cookie to place prepared filling.
6. Bake 15 - 20 mins at 350 degrees.
7. While hot, sprinkle on the confectioners sugar. Enjoy!

*Made with love by:*

**JACKIE H.**

Imerman Angels'  
Director of Programs and Outreach,  
Mentee & Mentor Angel





# Coconut-Lime Bubbly Mocktail

## INGREDIENTS:

- 16 ounces coconut water
- 8 ounces lime sparkling water
- Handful of fresh raspberries
- Sprig of mint (optional)



## DIRECTIONS:

1. Mix coconut water and lime sparkling water
2. Add lots of ice
3. Top with raspberries and fresh mint. Enjoy!

*Made with love by:*

**CALY M.**

Partner at  
**Wellness House**

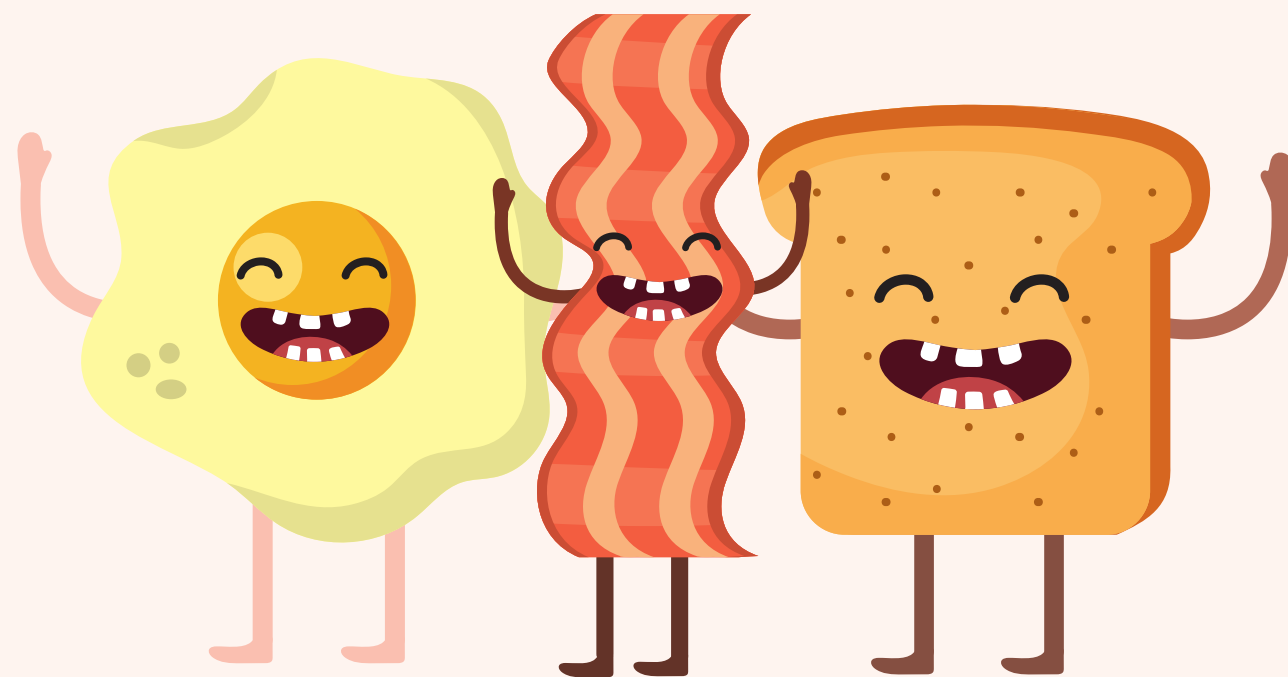




# Favorite Egg Casserole

## INGREDIENTS:

- 8 slices of white bread
- 3/4 cup melted butter
- 2 cups cooked turkey sausages (sliced into small pieces)
- 2 cups shredded sharp cheddar cheese
- 4 eggs
- 2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon pepper



## DIRECTIONS:

1. Cube bread. Add melted butter and toss well.
2. In buttered 9x13" casserole dish, layer the ingredients in the following order: half of the bread cubes, half of the shredded cheese, all of the sausage pieces, then remaining cheese, and remaining bread cubes.
3. Beat eggs and milk thoroughly with seasonings.
4. Pour over all layers.
5. Refrigerate overnight or at least 2 hours.
6. Bake at 350 degrees for approximately 1 hour or until puffy and nicely brown.

*Made with love by:*

**CARRIE C.**

Partner at  
**Leukemia Research Foundation**

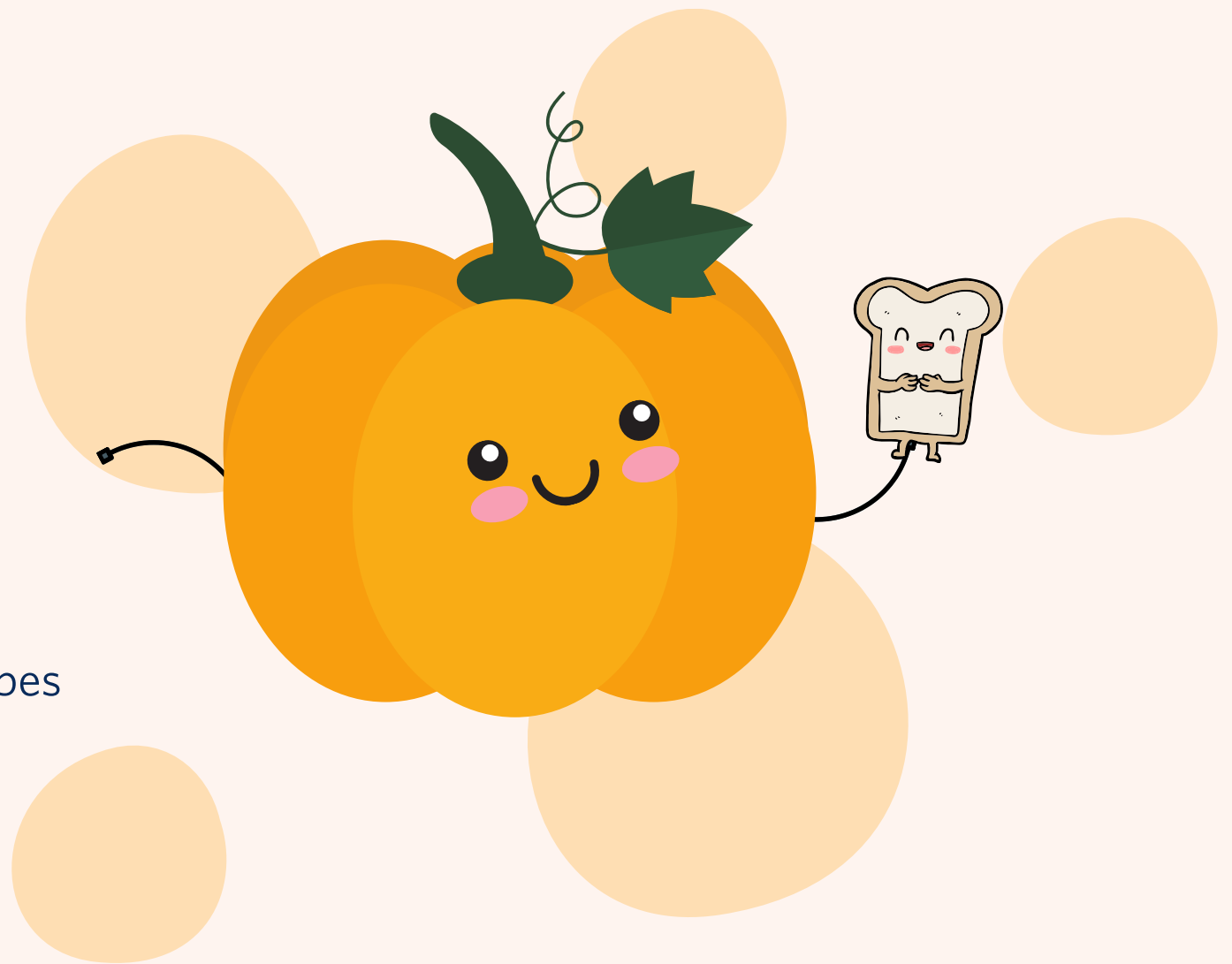






## INGREDIENTS:

- 8 eggs
- 1 tsp. vanilla extract
- 2 1/4 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/4 tsp. ground nutmeg
- 1 tbsp. white sugar
- 1 (15 oz.) can pumpkin puree
- 1 loaf of your favorite hearty bread, cut into 1-inch cubes
- 1/3 cup brown sugar
- 2 tbsp. all-purpose flour
- 1 tbsp. butter, softened



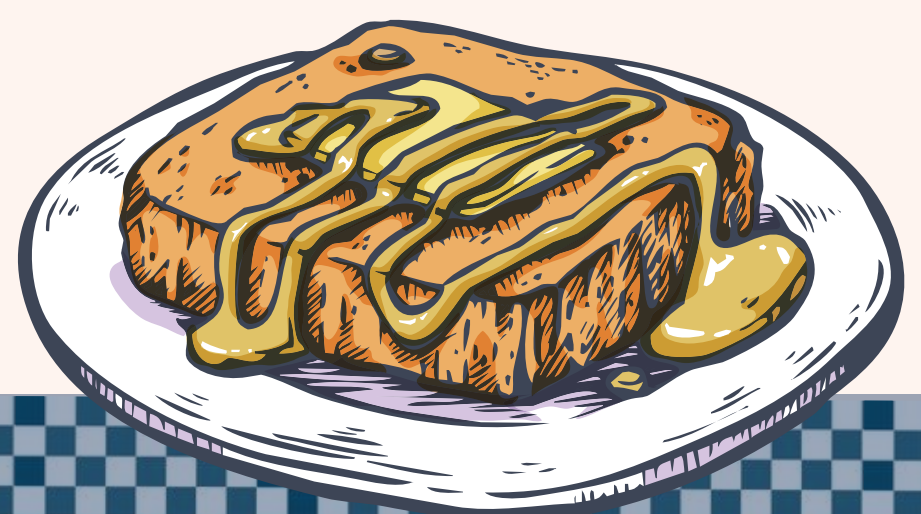
## DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 baking dish.
2. Whisk the eggs, vanilla extract, 2 teaspoons of cinnamon, cloves, nutmeg and white sugar together in a bowl; beat in the pumpkin until fully incorporated.
3. Arrange the bread cubes in a single layer in the prepared baking dish; pour the pumpkin mixture over the bread cubes, and gently toss to coat.
4. Stir brown sugar, 1/4 tsp cinnamon, flour and butter together with a fork in a small bowl until the mixture is crumbly; sprinkle over bread cubes.
5. Bake in preheated oven until golden brown on top, 30 - 40 minutes.

*Made with love by:*

**KELLI M.**

Partner at  
**Wellness House**





# Apple Pancake

## INGREDIENTS:

- 3 eggs
- 1/3 cup flour
- 1/3 cup milk
- 2 tbsp vegetable oil
- 1 granny smith apple
- For the topping:
  - 1 tsp cinnamon
  - 2 tbsp brown sugar
  - 2 tbsp sugar



## DIRECTIONS:

1. Heat an 8x8 glass baking dish to 375° F, add 2 tbsp of oil
2. Mix eggs, flour, and milk
3. After the pan is heated, pour in egg mix
4. Top with green apple slices
5. Mix the topping ingredients together
6. Top with the cinnamon mixture
7. Bake for 20 minutes

*Made with love by:*

**JACKIE T.**

Imerman Angels'  
Professionals Board Member &  
Mentor Angel





# Carajillo-

*Mexican After  
Dinner Cocktail*

## INGREDIENTS:

- Espresso
- Licor 43



## DIRECTIONS:

1. Prepare the Espresso (or strong coffee). You will need 2 oz of espresso (let cool).
2. Pour 2 oz Licor 43 in a cocktail shaker
3. Add the espresso and ice
4. Shake well and pour in an old fashioned glass over ice.

You can also make this recipe without it being shaken. Simply add the Licor 43 in a rocks glass over ice. Slowly pour in the espresso. To make the espresso stay a float you can slowly pour it over the back of a spoon.

*Made with love by:*

**VERONICA N.**

Mentor Angel







## INGREDIENTS:

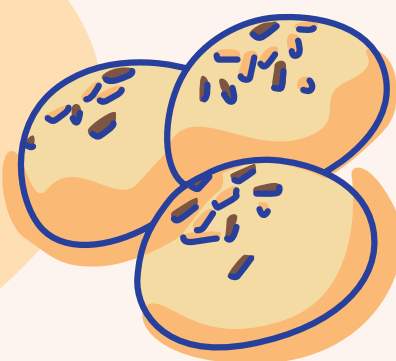
- 3 cups of all purpose flour
- 1 Tbs baking powder
- 1/2 pound (two sticks) unsalted butter at room temperature
- 1/4 cup + 2 Tbs of granulated sugar
- 3 large eggs
- 1/3 cup of buttermilk
- 1/2 cup semisweet chocolate chips

## DIRECTIONS:

1. Mix flour and baking powder in a bowl
2. In a large bowl of an electric mixer, beat butter on high speed until creamy.
3. Add sugar and beat three to five minutes until pale and fluffy
4. Add eggs, one at a time, beating after each egg.
5. Scrape sides of bowl, reduce speed to low and add flour mixture.
6. Mix only until blended.
7. Scrape sides and add buttermilk. Mix only until blended.
8. Remove the bowl from machine and sprinkle in chocolate chips.
9. Scoop 1/3 of cup of dough onto a cookie sheet placing mounds 2 inches apart.
10. Loosely cover dough with plastic wrap and refrigerate about 45 minutes (or freeze and when hard, remove to a plastic bag and you can freeze for up to six weeks).
11. Heat oven to 350. Uncover scones and bake 15 minutes. Turn heat down and bake 13 minutes more or until golden brown.
12. Enjoy!

*Made with love by:*

**STEPHANIE L.**  
Imerman Angels'  
Executive Director



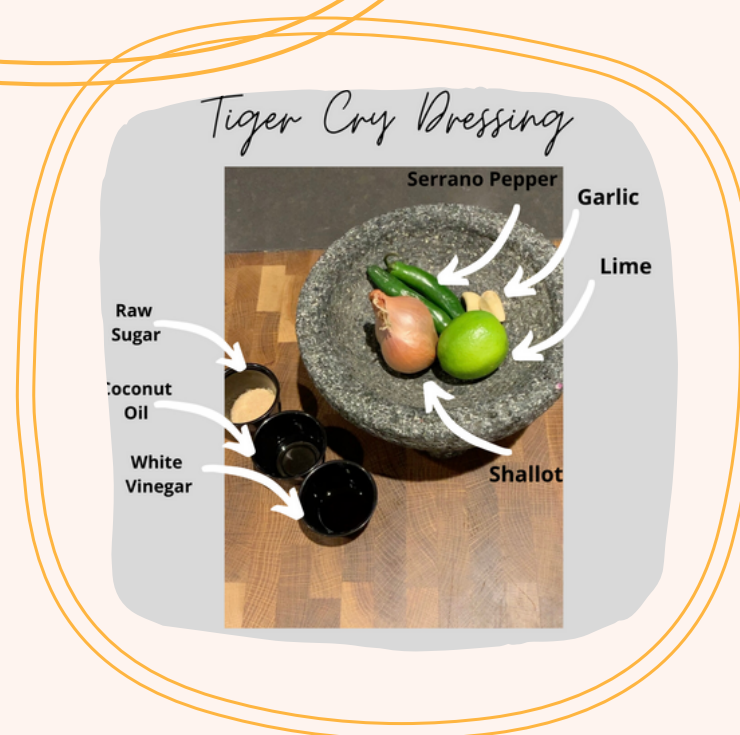


# Grain Bowl

WITH TIGER CRY DRESSING

## INGREDIENTS:

- 1/4 cup cooked quinoa
- 1/4 cup cooked wheatberries
- 1/4 cup spelt
- 1 cup jasmine rice
- 2 stalks celery, diced
- 1/2 cup red onion, diced
- 1/2 cup bell pepper, diced
- 1/4 cup scallion, thinly sliced
- 1/4 cup roasted peanuts
- 1 tbsp mint, minced
- 3 tbsp cilantro, minced



## DIRECTIONS:

1. Set aside ingredients to make Tiger Cry Dressing.
  - Tiger Cry Dressing: Mix all ingredients below together
  - 2 Serrano peppers, minced
  - 1 shallot, minced
  - 2 cloves garlic, minced
  - 1 lime, juiced
  - 2 tbsp white vinegar
  - 1 tbsp raw sugar
  - 2 tbsp coconut oil

2. Combine all grain bowl ingredients with Tiger Cry Dressing

Made with love by:  
**BLUE PLATE CATERING**

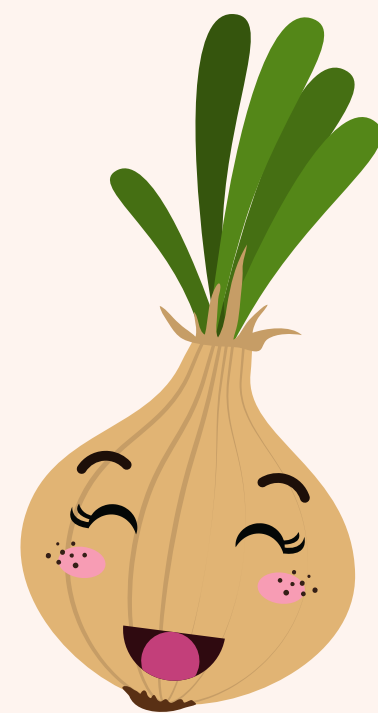


blue plate



DEVOUR THE WHOLE THING  
IN ONE SITTING

# Caramelized Onion Quiche



## INGREDIENTS:

Inspired by Jessica Seinfeld's recipe

- For the crust (either homemade or store bought)
  - 1 1/4 cups all purpose flour
  - 1/2 tsp kosher salt
  - 1/2 cup (1 stick) cold unsalted butter, cut into small pieces
- For the filling:
  - 1 yellow onion
  - 1Tbsp extra virgin olive oil
  - 2 Tbsp unsalted butter
  - 1 tsp kosher salt
  - 1 tsp ground marjoram
  - 1 tsp dried parsley (rubbed through hands to ignite flavor)
  - 5 eggs
  - 1 1/2 cups half-and-half
  - 1/8 ground black pepper
  - 1 cup grated Gruyere cheese (maybe a little extra if you're feeling wild!)

## DIRECTIONS:

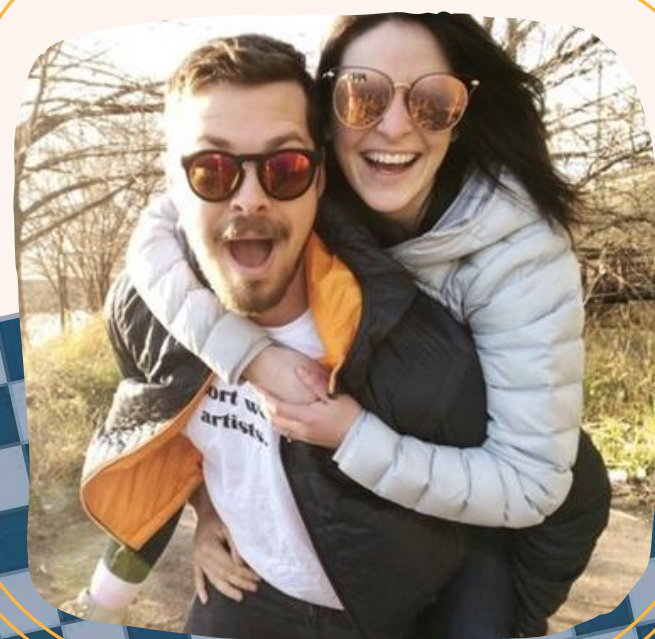
1. Heat the oven (with rack in the lowest position) to 375° F
2. For store bought crust, use a fork to pierce the bottom crust a few times. Pre-cook in oven for 8 minutes. For homemade crust, in a food processor, combine flour and salt. Add the butter and pulse several times. Add 3 Tbsp ice water and pulse until water is incorporated. Turn out the dough onto floured work surface and knead until the dough comes together. Shape into 1-inch-thick disk. Evenly press the dough into a large 1/4-inch thick circle. Shape into pie pan and refrigerate while making filling.
3. For the filling, thinly slice the onions. In a skillet over medium-high heat, heat the oil and butter. Add the onions and 1/2 tsp of salt. Cook until softened, about 5 minutes. Stir in marjoram and parsley. Stir and cook onions for another 15 minutes.
4. In a bowl, whisk eggs, half-and-half, pepper, and 1/2 tsp salt. Stir in the cheese and onions.
5. Pour in the filling and evenly distribute the onions and cheese. Back for 50 minutes or until the center is puffed and no longer jiggly.
6. Devour!

*Made with love by:*

**ANNA P.**

Imerman Angels'

Fundraising Events Coordinator





# Tealtini

SIMILAR TO A  
BLUE HAWAIIAN

## INGREDIENTS:

- 1 oz Light Rum
- 1 oz Blue Curaçao
- 2 oz Pineapple Juice
- 1 oz Cream of Coconut (optional)

## DIRECTIONS:

1. Can be served straight up, over ice, or blended.
2. Combine all ingredients in cocktail shaker with ice, shake well, and serve in a collins glass.

*Made with love by:*

**KAREN Y.**

Partner at  
**National Ovarian  
Cancer Coalition**



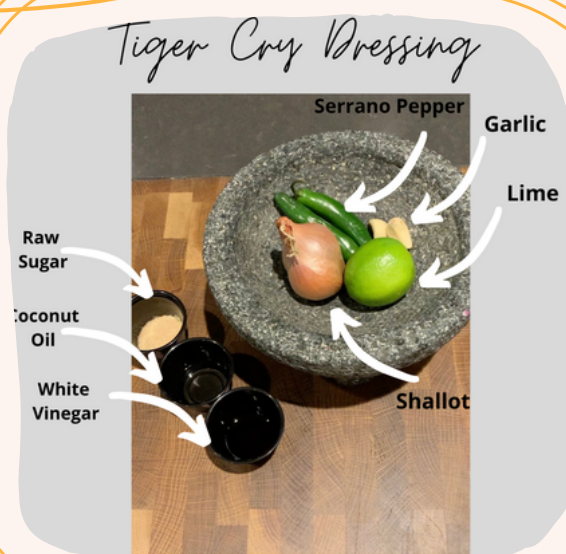
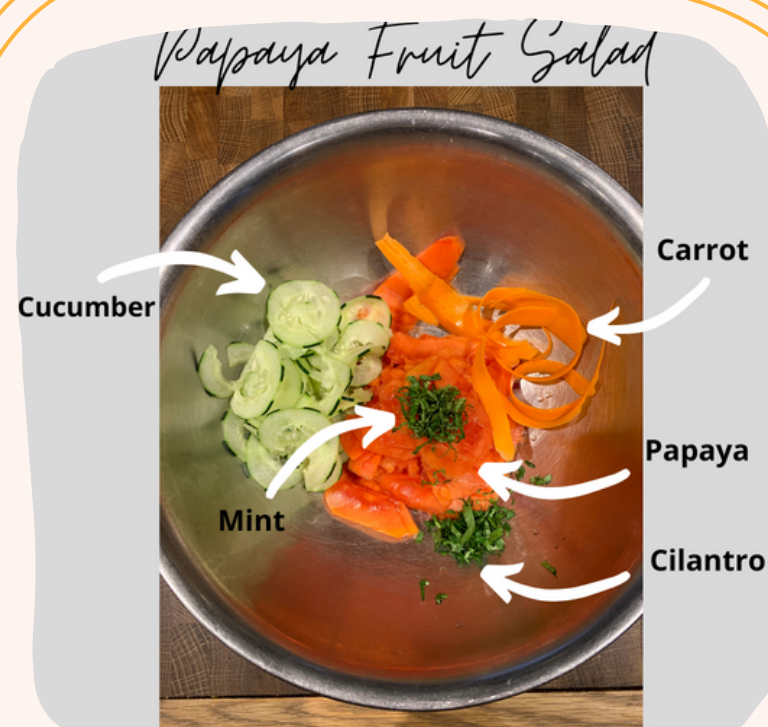


# Papaya Fruit Salad

WITH TIGER CRY DRESSING

## INGREDIENTS:

- 1 half shaved papaya
- 1 shaved carrot
- 1 half spiralized cucumber
- 1 tbsp cilantro, minced
- 1 tbsp mint, minced
- 1 tbsp Tiger Cry Dressing



## DIRECTIONS:

1. Set aside ingredients to make Tiger Cry Dressing.
  - Tiger Cry Dressing: Mix all ingredients below together
  - 2 Serrano peppers, minced
  - 1 shallot, minced
  - 2 cloves garlic, minced
  - 1 lime, juiced
  - 2 tbsp white vinegar
  - 1 tbsp raw sugar
  - 2 tbsp coconut oil

2. Combine all fruit salad ingredients with Tiger Cry Dressing

Made with love by:  
**BLUE PLATE CATERING**



blue plate



# Vegan Banana Pancakes

## INGREDIENTS:

- 1 cup non dairy milk (almond, oat, etc)
- 2 tablespoons and 1 tsp oil of choice
- 1 medium, RIPE banana!
- 1.5 cups and 2 tablespoons flour (whole wheat or regular)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 2 tsp cinnamon
  - toppings/mix ins of choice (I love blueberries)!



## DIRECTIONS:

1. Add all ingredients except toppings/mix ins to blender.
2. Blend until just smooth (careful not to overblend).
3. Rest the batter for at least 10 minutes.
4. Then, add mix ins of choice if desired.
5. Preheat skillet to medium and grease with oil of choice.
6. Add desired amount of batter to pan. When the surface is covered in bubbles, it's time to gently flip.
7. Cook another 2-3 minutes/until golden on the bottom.
8. Serve with other toppings of choice (I love peanut butter for extra protein)!

*Made with love by:*

**MEG W.**

Imerman Angels'  
Genetic Counseling Intern





# Tofu

## SCRAMBLE

### INGREDIENTS:

- 14 oz. extra firm tofu, pressed for approximately 10 - 15 minutes
- 1/2 yellow onion
- 1/4 cup shredded (or chopped) carrots
- 1/2 cup broccoli, chopped
- 2 cloves garlic, minced
- 8 ounces mushrooms, sliced
- 5 oz baby spinach
- 1 tablespoon avocado oil
- 10 oz. salsa Verde
- Juice of 1/2 lime, more or less to taste
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon dried turmeric
- Salt and pepper to taste



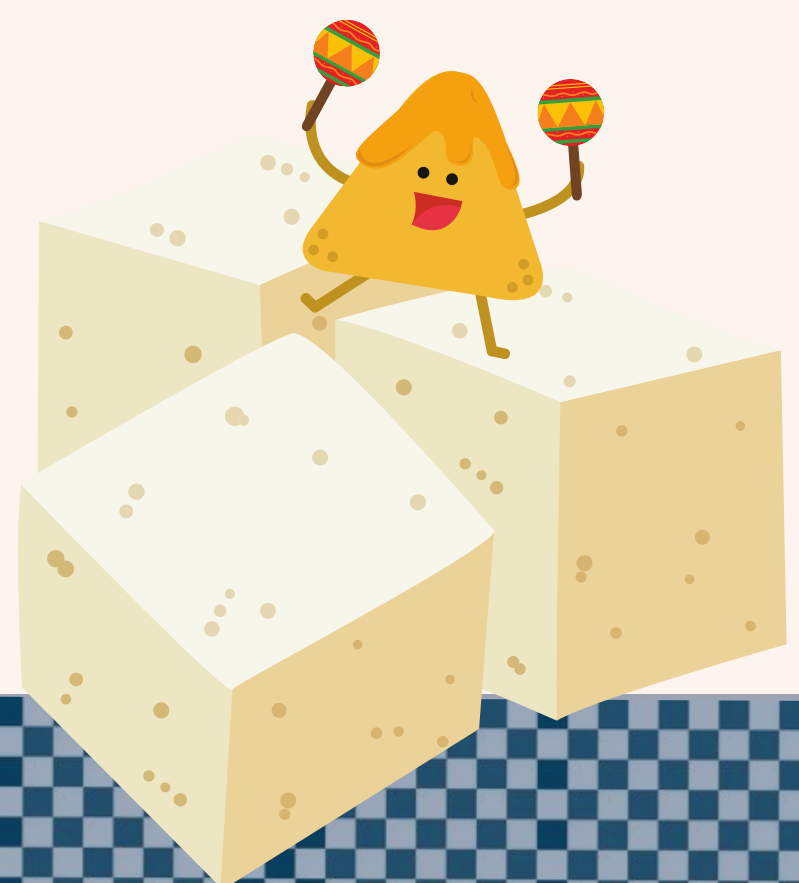
### DIRECTIONS:

1. Take tofu out of package, drain and press.
2. While tofu is pressing, sauté onions in avocado oil for about 3 minutes.
3. Add in carrots, broccoli, mushrooms, pinch of salt and pepper, smoked paprika, stir and continue to sauté for approximately 3 more minutes.
4. Crumble tofu with your hands and add into the pan along with the turmeric, garlic and spinach. Mix well.
5. Add salsa, allow to simmer for 10 minutes.
6. Take off heat, squeeze fresh lime juice, stir to coat, add another pinch of salt and pepper.
7. Enjoy!

*Made with love by:*

**ANGELA D.**

Partner at  
**Wellness House**





BRITISH-STYLE

# White Chocolate Cranberry Scones

## INGREDIENTS:

Adapted from British-Style Currant Scones in America's Test Kitchen:  
The New Essentials Cookbook

- 3 cups (15 oz) all-purpose flour
- 1/4 cup (1.76 oz) granulated sugar
- 2 tablespoons baking powder
- 1/2 tsp salt
- 8 tbsp unsalted butter, cut into 1/2 in pieces and slightly softened
- 1/2 cup dried cranberries
- 1/2 cup white chocolate chips
- 1 cup whole milk (or 1-2%; if you're using skim, add a little melted butter/buttermilk to make it richer)
- 2 large eggs

Note: if you own a food processor, you can save yourself some time by mixing the dry mixture in the processor (about 5 pulses to combine flour, sugar, baking powder, salt) and then incorporating your butter using the machine as well (about 20 pulses more). You should transfer the mixture in the processor to a bowl before you stir in the cranberries and white chocolate chips (do NOT try to mix them in the processor).



## DIRECTIONS:

1. Adjust oven rack to upper-middle position and heat oven to 450°F
2. Line a rimmed baking sheet with parchment paper
3. Whisk flour, sugar, baking powder, and salt together in a bowl
4. Cut butter into dry mixture until fully incorporated. Mixture should look like fine crumbs with no visible butter.
5. Mix in cranberries and white chocolate chips.
6. In a separate bowl, whisk eggs and milk together. Make sure to save about 2 tbsp of the milk/egg mixture so you can brush the scones later. Add the rest of the wet mixture to your dry mixture and gently fold together until almost no dry bits of flour remain.
7. Place your dough on a well-floured counter. Coat your hands in flour and then gather the mixture into a ball. Knead the dough together until it is smooth and free of cracks (about 25-30 times).
8. Gently press the dough into a disk. Use either a rolling pin or your hands to press the disk into a 9-inch round that is about 1 inch thick.
9. Dip a 2 1/2 in biscuit cutter into flour and then cut out 8 rounds in the dough. Gather the dough scraps, knead gently until surface is smooth and cut out 4 more scones. Form the leftover dough into additional scones. (If you don't have a biscuit cutter, feel free to use a round cookie cutter, or simply cut out the scones from the dough)
10. Place the scones on your baking sheet. Brush their tops with the saved milk mixture.
11. Reduce your oven temperature to 425°F and bake your scones until they are risen and golden brown. Set a timer for 5 minutes, then open the oven and rotate the sheet 180°, close the oven, and set another timer for 5 minutes. At that point, check again to see if the scones are done and add more time as needed. (Total time should be 10-12 minutes)
12. Transfer scones to a wire rack and let cool about 10 minutes. Serve warm or at room temperature.

*Made with love by:*

**VIRGINIA**

Partner at  
**Bright Pink!**





# Monkey Toast

## INGREDIENTS:

- 1 slice of bread
- 1/3 banana
- 1 Tbsp almond butter or peanut butter
- 1/2 tsp honey (optional)

## DIRECTIONS:

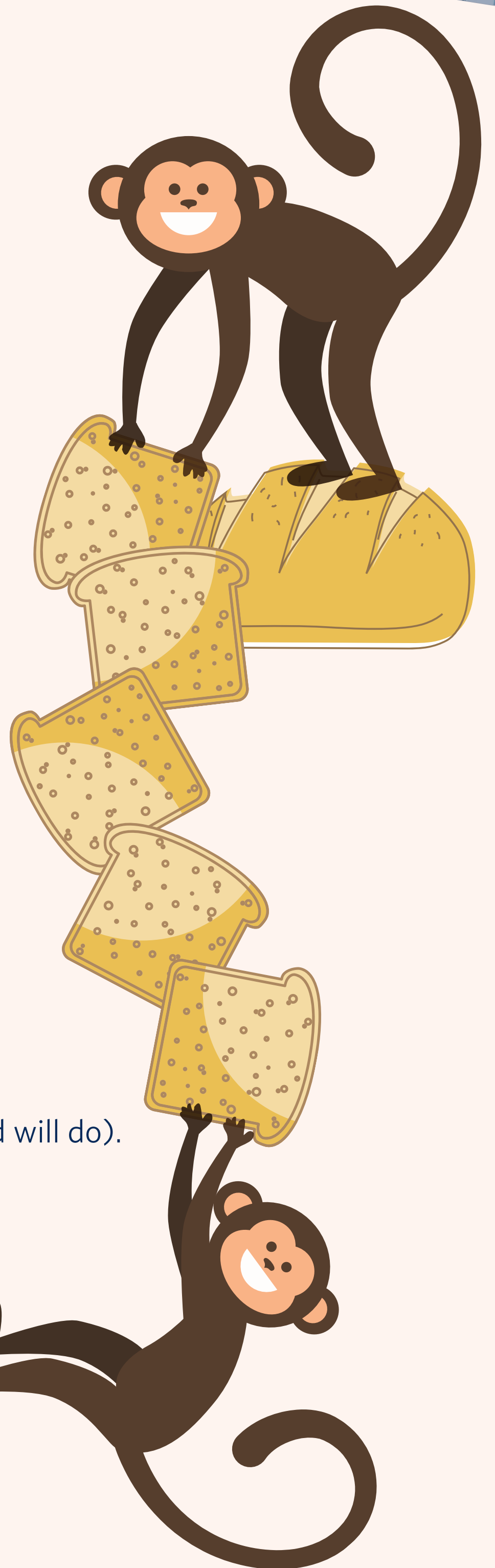
1. Toast bread (I use gluten free bread, but any sliced bread will do).
2. Smooth almond butter on bread.
3. Add slices of banana on top.
4. Drizzle with honey (optional).
5. Enjoy!

*Made with love by:*

**VINCE R.**

Partner at

**American Brain Tumor Association**



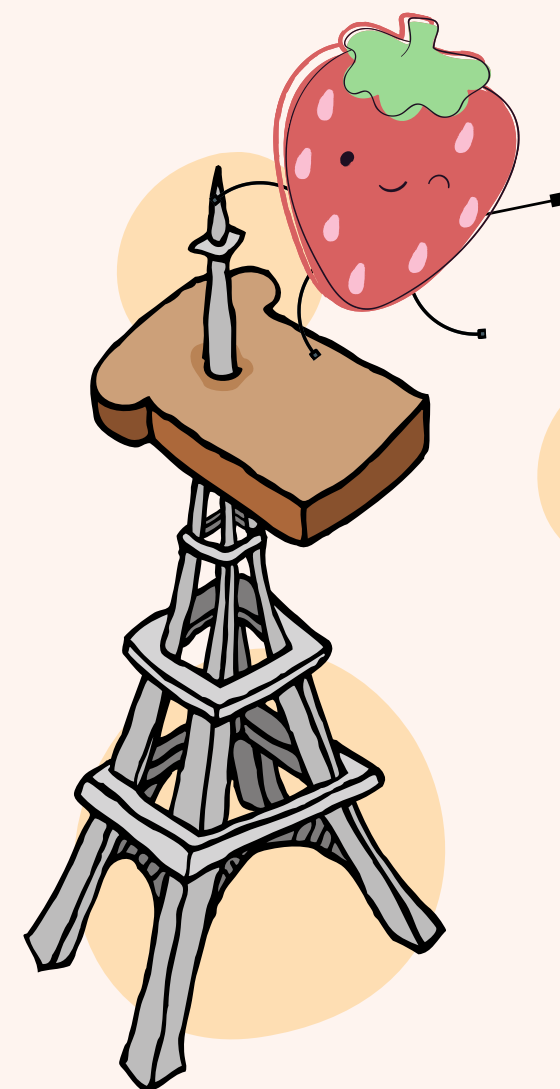


# Strawberry Cheesecake

## FRENCH TOAST BAKE

### INGREDIENTS:

- 1 lb. of Day-Old Bread (brioche and challah are my FAVORITES!)
- 1 1/2 cups of roughly chopped Fresh Strawberries (sometimes I'll add fresh raspberries as well)
- 8 Eggs
- 1/2 cup of Sugar
- 1 3/4 cups Whole Milk plus 2 Tbsp.
- 1 tsp. Vanilla Extract (for the egg mixture)
- 1/8 tsp. Salt
- 6 oz. Softened Cream Cheese
- 1/4 cup Powdered Sugar
- 1/2 tsp. Vanilla Extract (for the cream cheese mixture)



### DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit
2. Prepare a 9x13-inch baking dish by greasing it with butter or spraying it with non-stick cooking spray.
3. Cut the bread into 1-inch cubes and set aside.
4. In a large mixing bowl, whisk together the eggs, sugar, milk, vanilla extract, and salt until smooth. Add the bread and strawberries, and gently fold to coat the bread in the egg mixture.
5. In a separate bowl, use a mixer to beat together the cream cheese, powdered sugar, and vanilla extract until smooth.
6. Add half of the bread mixture to the baking dish. Spoon half of the cream cheese mixture over the bread cubes. Repeat with the remaining half of the bread and cream cheese mixtures.
7. Bake the Strawberry Cheesecake French Toast on the middle rack of your oven until it's golden brown on top and a toothpick inserted in the center comes out clean, 45-50 minutes (add time as needed)
8. Allow the Strawberry Cheesecake French Toast bake to cool in the baking dish for at least 10 minutes. Before serving, sift powdered sugar over the top. Refrigerate leftovers for up to 3 days.

*Made with love by:*

**VANESSA B.**

Imerman Angels'  
Volunteer Coordinator





# Nonna's Frittata

## INGREDIENTS:

- 2 T. olive oil
- 2 T. butter
- 1/2 cup chopped onion
- 2-3 links Italian sausage - sliced in 1/2 inch circles
- 1/2 cup chopped yellow pepper (or any desired type)
- 1 cup asparagus - blanched and cut into 1 inch pieces
- 6-8 eggs
- 1/2 tsp salt (more to taste)
- pepper (optional)
- Grated fresh Parmesan cheese

## DIRECTIONS:

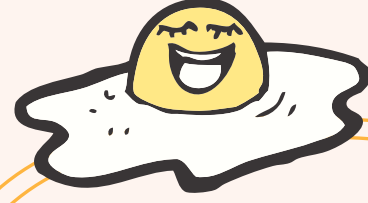
1. Bring 3-4 cups of water to a boil.
2. As water is warming up, remove woody stems from asparagus and cut into 1 inch pieces.
3. When water boils, blanch asparagus for about 3 minutes. Want the color to be bright green. Drain and toss in ice cold water to stop cooking process.
4. In a Teflon-type 8 or 10 inch frying pan, melt the butter and olive oil over medium-low heat. Add the onions and sauté until slightly translucent.
5. Add the peppers and sausages and continue to sauté. Add asparagus when sausages are about halfway cooked. Continue cooking at low heat for about 3-5 minutes.
6. In the meantime, whisk eggs and salt in a separate bowl.
7. Pour eggs over sausage mixture and let cook slowly. When edges start to firm up, gently run a rubber spatula around the rim.
8. Cover with a lid. (optional) (May help eggs cook faster.)
9. Run the spatula along the edges of the eggs at regular intervals.
10. Continue this until the eggs are jiggly, but firm.
11. Place a dinner plate upside down over the frittata and turn entire pan upside down so that the frittata is now face down on the plate. 12. Gently slide the frittata back into the frying pan and cook for about 2 minutes or so.
12. Slide onto serving plate and sprinkle fresh Parmesan cheese over frittata and serve. Can be served at room temperature too.

Buon Appetito!!

*Made with love by:*

**JACKIE T.**

Imerman Angels'  
Professionals Board Member &  
Mentor Angel



### NOTE:

1. This is Nonna's traditional method, but this recipe could also work in an oven. Cook the frittata until edges firm up, then bake in oven for about 20-25 minutes in a 350 degree oven.
2. Sausages can also be removed from casings and browned with vegetables.
3. Any vegetables can be substituted for those mentioned, especially zucchini, summer squash, spinach, thinly sliced potatoes, etc.
4. Leave out the sausages for a vegetarian version.
5. Cubed ham could also be substituted for the sausage

