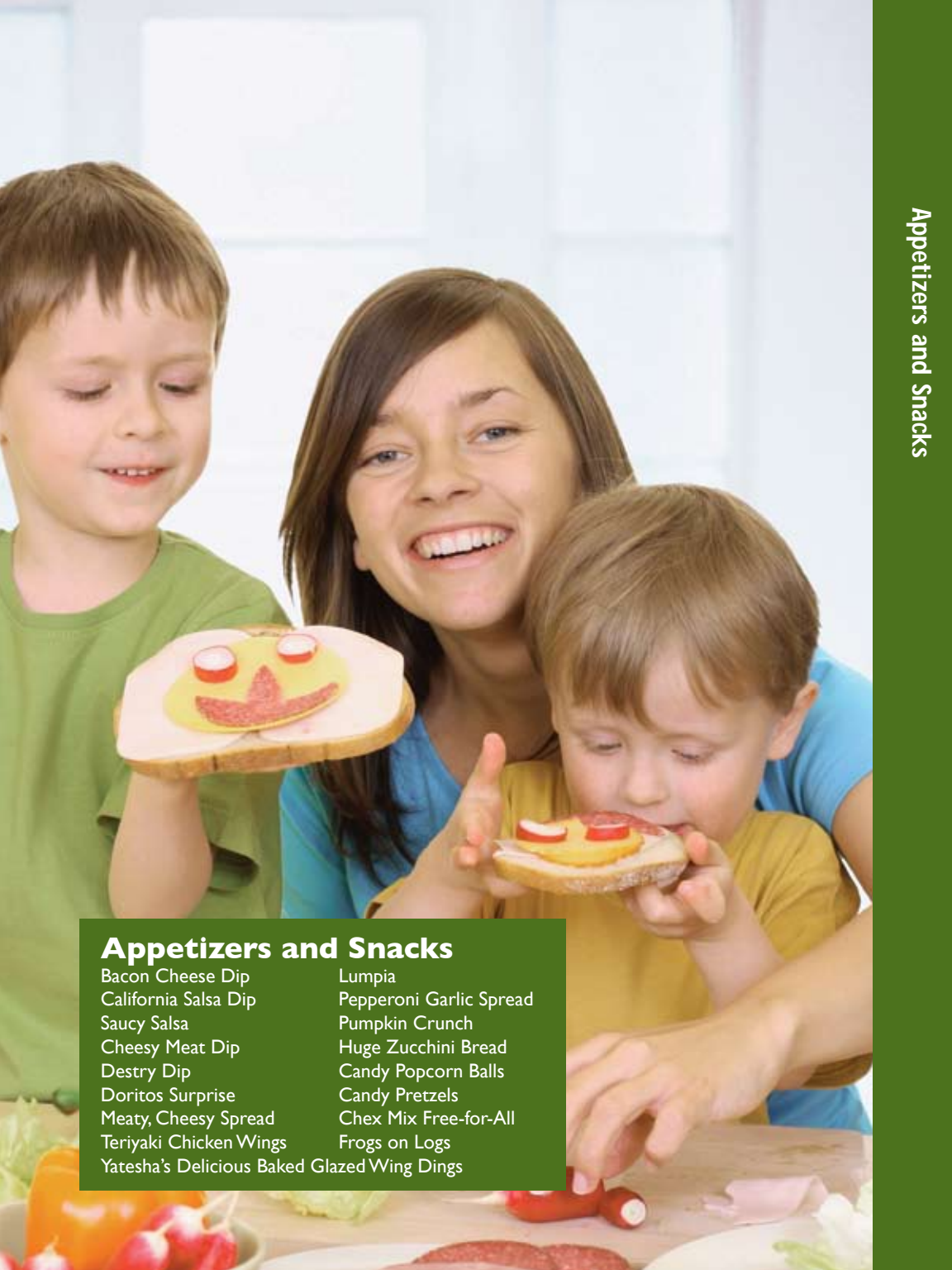




Just Add Family: Delicious Recipes for the Entire Family

- More than 100 great meals to bring you and your family together
- Cooking tips from real families
- Special recipe from Ruben Studdard's mother and our 2007-08 Youth of the Year Demetrice Tuttle





Appetizers and Snacks

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California Salsa Dip

Saucy Salsa

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Chex Mix Free-for-All

Frogs on Logs

Bacon Cheese Dip

Contributed by: Andrew and Lauren B. and Family
Boys & Girls Club of Livingston County – Pontiac, Ill.

This recipe from Andrew and Lauren is their traditional, family get-together snack. They say, “When we have this dish, it reminds us of being with family and all of our shared, happy memories.”

Ingredients:

1 round loaf of bread
1 pound of bacon (cooked and crumbled)
2 cups of Colby-Jack cheese
1/2 small onion, finely chopped
1 clove garlic, minced
1 cup parmesan cheese
1 cup real mayonnaise

Preheat oven to 350 degrees.

Instructions:

Cut round top from bread loaf and hollow out leaving 1 inch shell. Mix remaining ingredients together and spoon into shell. Put top of bread back on then place on baking sheet. Bake for 1 hour. Serve with crackers.



California Salsa Dip

Contributed by: Jazmine A. and Family
Boys & Girls Clubs of Collin County – McKinney, Texas

This is an all-time favorite from Jazmine's family. She says, "Everyone loves it and it's easy to make for any occasion."

Ingredients:

- 1 pound of ground beef or ground turkey
- 1/2 pound of Velveeta cheese (regular) cubed
- 1 10-3/4 ounce can cream of mushroom soup (condensed)
- 1 small onion chopped
- 1 cup of prepared salsa (any kind)
- 1 4-1/2 ounce can chopped green chilies (Old El Paso or other)
- 1 Jalapeño pepper (optional), chopped for extra heat
- 1 bag of tortilla chips or corn chips of any kind

Instructions:

Place ground beef or turkey and chopped onions in medium skillet on medium heat and cook until meat is brown. Pour off excess oil and water and add the cubed cheese to skillet. Cook until cheese is melted and then add the cream of mushroom soup and chopped chilies (not drained) to the skillet. Cook on low heat for approximately 10-15 minutes and serve hot with chips and enjoy!

Saucy Salsa

Contributed by: José C. and Family
Valley of the Moon Boys & Girls Club – Sonoma, Calif.

This recipe is a family favorite from José.

Ingredients:

(This recipe calls for a blender)

- 2 large tomatoes
- 2 jalapeno chiles
- 4 eggs, well beaten
- 2 tablespoons corn oil
- 2 dashes salt (to taste)
- 2 dashes pepper (to taste)

Instructions:

Char tomatoes and chilies over an open fire to remove skin. Add tomatoes, chilies and salt to blender and blend for 30 seconds. Heat oil in a sauté pan over medium-high heat. When hot, pour in salsa from blender and fry for 1 minute. Add eggs, salt and pepper to salsa and cook until eggs are set. Serve with beans and tortillas.



Cheesy Meat Dip

Contributed by: K.C. and Michael S. and Family

Salvation Army Boys & Girls Club of Shreveport – Shreveport, La.

Everyone in our family has their own special version of this recipe, but all the core ingredients are the same. It's fun to compare recipes at family gatherings.

Ingredients:

1 can diced, green chilies

1 can Rotel tomatoes

1 can of cream of mushroom soup

1 small bar of Velveeta cheese

1 bag assorted shredded cheese (Any assortment will do: cheddar, Swiss, etc.)

1 pound of ground meat or sausage (or a combination of the two)

1 dash salt (to taste)

1 dash pepper (to taste)

1 dash Cayenne (to taste)

Instructions:

In a pan, brown meat and drain off excess oil. Add other ingredients to the meat mixture. Stir until melted then serve. This can be used as a snack for dipping or as a topping on an entrée.

Family Tips for Spending Quality Time Together

Get Involved

Becoming involved with your teenager's activities gives you the opportunity to share quality time with your child.

Volunteer to be a coach for your teen's sport team or participate in school PTA activities or plan to chaperon a field trip. It also provides excellent mealtime conversations!

Destry Dip

Contributed by: Christine D. and Family
Boys & Girls Clubs of Whatcom County – Bellingham, Wash.

This family favorite from Christine has evolved over time, “But that’s what makes it fun,” she says. “Talking about different spices, flavors and mixtures is fun. We learned from where the spices came. But most importantly, this recipe brought us together, playing, talking and enjoying each other’s company.”

Ingredients:

(This recipe calls for a blender or a food processor)

- 3 large, red bell peppers
- 1 large handful of cashews (chopped)
- 1 small can of black olives (chopped)
- 1 clove of garlic
- 2 tablespoons of fresh basil
- 1 dash of salt (to taste)
- 1 dash of pepper (to taste)

Preheat oven to 300 degrees.

Instructions:

Wrap peppers in foil. Roast peppers in oven for about 3 hours, or until completely soft. When soft, place in brown paper bag (still in foil). Leave set until completely cool.

Unwrap peppers from foil and remove skin. Place peppers and other ingredients in a blender or food processor and blend until well mixed. Place mixture in a medium-sized bowl and serve with pita bread, fresh veggies or crackers.



Doritos Surprise

Contributed by: Michael, Jaslyn and Jasper B. and Family
Boys & Girls Clubs of Southeast Louisiana – New Orleans, La.

Michael, Jaslyn and Jasper make this recipe together and it is a family favorite. They love to make it when they have sleepovers.

Ingredients:

- 1/2 cup onions (chopped)
- 1 pound of ground meat
- 2 cans of cream of mushroom soup
- 1-1/2 cups cheddar cheese (shredded)
- 1 family size bag of regular Doritos
- 1 dash salt (to taste)
- 1 dash pepper (to taste)

Preheat oven to 350 degrees.

Instructions:

In a saucepan, brown ground meat, onions and salt and pepper. When meat is brown, drain meat and add both cans of cream of mushroom soup. Stir together until all the ground meat is covered with cream of mushroom.

In a 13x9 inch baking pan, place about 1 to 2 cups of Doritos in the bottom of pan. Spread evenly. Pour your meat over the Doritos. Cover with cheese. Bake for 25 minutes. Top with fresh Doritos and enjoy!

Meaty, Cheesy Spread

Contributed by: Kim B. and Family
Boys & Girls Clubs of Central Iowa – Des Moines, Iowa

This is a family favorite for Kim and her family. She says, “Everybody looks forward to this appetizer that tends to be a holiday tradition and favorite snack.”

Ingredients:

- 1 pound sausage
- 1 pound ground beef
- 1 pound processed cheese such as Velveeta
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic salt
- 1 teaspoon seasoned salt
- 1 loaf of party rye bread

Preheat oven to 400 degrees.

Instructions:

Brown ground beef and sausage, drain excess grease. Add Worcestershire sauce and seasonings. Add cheese and stir until melted and well blended. To serve, spread a tablespoon on the individual slices of bread. Broil until brown and bubbly.



Teriyaki Chicken Wings

Contributed by: Malik J and Family
New River Youth Activities – Jacksonville, N.C.

This recipe from Malik J. is a family favorite.

Ingredients:

2 pounds chicken wings
1 cups teriyaki sauce
1/4 cup of honey
1/4 cup brown sugar
2 tablespoons minced garlic or 1 teaspoon garlic powder

Preheat oven to 375 degrees.

Instructions:

Clean wings, pat them dry and place in baking pan. Mix all other ingredients in a bowl together. Pour over chicken and cover with foil. Let marinate for about 1-2 hours in the refrigerator. Remove chicken from the refrigerator for 10 minutes before placing in the oven. Place in oven and bake with foil for 15 minutes. Remove foil and continue to bake for 30 minutes, basting every 10 minutes.

Serves 8-10 people

Yatesha's Delicious Baked Glazed Wing Dings

Contributed by: Yatesha and Savannah W. and Family
Boys & Girls Clubs of Greater Kalamazoo – Kalamazoo, Mich.

Here's another simply delicious recipe from Yatesha and Savannah. They always feel a sense of accomplishment when they help make such delicious meals.

Ingredients:

1 bag of wing dings or 1 pack of chicken wings
1 cup brown sugar
3/4 cup soy sauce
1 cup of Seven Seas Italian Dressing
1 dash of Mrs. Dash Seasoning (to taste)
1-1/2 cup water

Instructions:

Season chicken with Mrs. Dash seasoning. Place chicken in a baking pan or casserole dish. Sprinkle chicken with brown sugar and pour soy sauce, Italian dressing and water over the chicken. Note: The chicken should be partially covered with the liquid. Bake at 375 to 400 degrees for about 35 minutes and serve. The sauce from the chicken is great over prepared rice!

Serves 6-8 people



Lumpia

Contributed by: Malik J and Family
New River Youth Activities – Jacksonville, N.C.

This is a family favorite recipe from Malik. Lumpia is a traditional dish from the Philippines. It is the Filipino version of an egg roll and can be served as a side dish or as an appetizer.

Ingredients:

1 pound ground turkey
1/3 cup finely chopped carrots
1/3 cup celery
1/3 cup onion
1/3 cup salt
1 teaspoon salt
1 teaspoon pepper
1 package Lumpia Wraps (found in your supermarket's frozen foods section)
2 cups canola oil

Instructions:

Mix together ground turkey, onions, celery, carrots, salt and pepper. Heat 2 cups of oil in a medium to large saucepan. Add more oil if needed, but do not fill past half of your pan. Scoop about 1 teaspoon of mixture on a wrap length wise about the size of a large crayon. Fold like a small burrito. Seal the top with a fork so the mixture doesn't escape. Deep fry until golden brown.

Serves 8-10 people

Pepperoni Garlic Spread

Contributed by: Pauline I. and Family
Boys and Girls Club of Carson, Rancho Dominguez, Calif.

This is a favorite family recipe from Pauline I. She says, “I love spending the summertime with my five brothers and sisters helping my mom prepare this recipe. The best part is that my mom lets us eat all left over Pepperoni Garlic Spread...that is, if there is any left over!”

Ingredients:

- 1 Baggett bread,
- 1 pound of cooked, Italian sausage
- 1 bag pepperoni sausage
- 1 marinara sauce
- 1 cup grated Monterey Jack cheese
- 3 dashes of Italian seasoning (substitute onion salt, garlic powder, oregano, pepper)
- 1 dash oregano

Preheat oven to 350 degrees.

Instructions:

Cut warm Baggett long ways down the middle, be careful not to cut it all the way apart. You fill your bread with the marinara sauce then add the Italian Sausage and pepperoni. Add a sprinkle of oregano down the middle and then the Italian seasoning. Add your cheese inside and put on a cookie sheet. Place in oven for about 5 minutes to melt your cheese.

Once you take it out, spread your melted garlic spread over the top of your bread. Cut into slices and enjoy!

Pumpkin Crunch

Contributed by: Devan K. and Family

Pacific Missile Range Facility Youth Center – Kekaha, Hawaii

Devan's family loves coming together to help make this dish. Devan says, "We look forward to helping my mom make Pumpkin Crunch, but our favorite part is eating it!"

Ingredients:

1 large can puree pumpkin

3/4 cup sugar

1 teaspoon cinnamon

3 eggs

1 can Carnation condensed milk (unsweetened)

1 box yellow cake mix (any brand)

1 block butter (softened)

1/2 cup macadamia nuts (may substitute for any type of nut)

1 tub of Cool Whip

Preheat oven to 350 degrees.

Instructions:

Mix pumpkin with sugar, cinnamon, eggs, Carnation and cream in large bowl. Lay wax paper in a 9x13 inch baking pan and pour pumpkin mixture evenly. Sprinkle 1 box of dry yellow cake mix and nuts on pumpkin in pan. Spoon butter on cake mix. Bake for 1 hour. Cool for 30 minutes and flip over onto flat serving dish. Please note that the top of the dessert will be the crust of the pie. Serve with Cool Whip.



Dinnertime Tip:

Plan and allow children to contribute to the next day's menu, preparation and cleanup.

Huge Zucchini Bread

Contributed by: Seth H. and Family
Boys and Girls Club of South Park – Fairplay, Colo.

Seth's grandmother grows huge zucchini in her beautiful garden, and every year she lets Seth and his cousins pick one zucchini. Seth and his cousins take turns in the garden hoping to find the biggest one. This recipe is a family favorite.

Ingredients:

2 cup sugar
1 cup oil
3 large eggs
2 teaspoons vanilla
3 cups flour
3/4 teaspoon baking powder
2 tablespoons baking soda
1-1/2 teaspoons salt
2 -1/2 teaspoons cinnamon
2 cups shredded zucchini
1 tablespoon cinnamon sugar to sprinkle on top of bread before baking

Before baking, you can also mix 4 tablespoons brown sugar, 4 tablespoons quick-cooking oatmeal, 1/4 cup chopped walnuts and 2 tablespoons softened butter to sprinkle on top for a crunch topping.

Preheat oven to 350 degrees.

Instructions:

Mix eggs, oil, sugar and vanilla. Fold in shredded zucchini. In separate bowl, mix cinnamon, salt, soda, powder and flour. Add wet ingredients to the dry and stir until blended. Note: You may also add walnuts, fresh strawberries, blueberries or chocolate chips to the batter. Batter will easily pour into two greased and floured pans. Sprinkle with cinnamon sugar mixture. Bake for 55 minutes. Insert toothpick to check when done.

Remove from oven, let cool on rack for 5 minutes. Run knife along edges and tip out of pan onto side to cool.

Eat warm with butter!



Candy Popcorn Balls

Contributed by: Jaci M. and Family
Boys & Girls Clubs of South Valley – Murray, Utah

This recipe spans multiple generations and is a favorite in Jaci's family. She says that it makes great gifts as well!

Ingredients:

Popped popcorn (2 angel food pans full)
2 bags of marshmallows
1 stick butter
2 cups broken candy canes
2 cups salted peanuts (unsalted if necessary)

Instructions:

Fill bowl with popcorn. Add crushed nuts and candy canes.
Melt butter in saucepan and add marshmallows and heat until melted. Add food color to mixture for effect (any color will do).
Mix into popcorn and stir until all the popcorn is covered. Press popcorn into an angel food pan and pack around center. Let cool.
Push out onto a plate and slice.

Candy Pretzels

Contributed by: Grace H. and Family
Boys & Girls Clubs of Central Texas, Inc. – Copperas Cove, Texas

Grace makes this candy with her brothers and sisters at Easter time. “It’s a lot of fun and easy to do!” She says.

Ingredients:

- 1 bag of pretzel sticks
- White almond bark (vanilla-flavored candy coating)
- 1 handful yellow M&M’s

Note: White almond bark can be found where candy-making supplies are sold.

Instructions:

Place two pretzel sticks side by side and pour a spoonful of white almond bark on top (egg white). Then put a yellow M&M on top to make the yoke part of the egg.



Chex Mix Free-for-All

Contributed by: Malmstrom Youth Program Staff
Malmstrom Youth Programs – Malmstrom AFB, Mont.

Children love to create and add to this special recipe. Each child can make it his or her own. Each time we make it, the children discover a new favorite.

Ingredients:

Taco Chex Mix

2 tablespoons butter

2 tablespoons dry taco seasoning mix

8 cups Corn Chex cereal

1 cup grated Parmesan cheese

Optional ingredients: Pretzels, raisins, rice Chex, peanuts, Gold Fish crackers, or anything you wish to add

Preheat oven to 350 degrees.

Instructions:

Melt butter and seasoning together in a small bowl then set aside.

In a large bowl, mix all the dry ingredients. Take melted butter and taco seasoning, pour over the dry ingredients and mix all together until well coated. Pour mixture on a large cookie sheet. Spread out evenly on the cookie sheet. Sprinkle on the cheese and heat in oven until melted. Mix while still warm. Let the mix cool off and enjoy!

Frogs on Logs

Contributed by: Dalyce L. and Family
Minot Air Force Base Youth Activities Center – Minot AFB, N.D.

When Dalyce's mom visited Dalyce's preschool class, she made "Frogs on Logs" and it was a big hit.

Ingredients:

Bananas, as many as you need
1 or 2 tablespoons peanut butter (per banana)
5 chocolate-covered raisins per banana (You may substitute raisins with chocolate chips or peanuts)

Instructions:

Peel the bananas and discard the peelings. Lay bananas on a plate. Spread peanut butter on one side of the bananas. Arrange chocolate-covered raisins on top of the peanut butter. You now have "Frogs on Logs," a healthy snack that even the youngest children can help make without using a hot stove!



Just Add Family

For more information about Boys & Girls Clubs of America and the Family PLUS initiative, visit us at <http://familyplus.bgca.org>.



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