



Apple Crisp
2C. flour
1/2 tabley. salt
3C. fat & less
3C. butter
Method -
cut and
laminated

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



A woman with long dark hair is smiling in the background. In the foreground, a young boy in an orange hoodie and a young girl in a beige sweater are sitting at a table, eating from bowls. The boy is holding a spoon and looking at the girl, who is also holding a spoon and looking at him. They appear to be enjoying their meal together.

Salads, Soups and Sides

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Broccoli Salad

Contributed by: Jazmyn and Asziah M. and Family
Boys and Girls Club at Cahuilla School – Palm Springs, Calif.

Jazmyn and Asziah's family wanted to contribute a recipe and put their heads together to come up with this tasty dish.

Ingredients:

- 1 pound broccoli
- 1 bag of dried cranberries
- 1 cup almonds (chopped)
- 1 cup of cheddar cheese
- 1 cup Miracle Whip

Instructions:

Wash and cut small broccoli crowns. Add cranberries, cheddar cheese (grated) and almonds. Mix and fold in Miracle Whip. Chill and serve.

Serves 6-8 people

Family Tips for Spending Quality Time Together

Involve Children

As a parent, your busy schedule may often take you away from your family for a period of time. If you are scheduled for a business conference out of town, and your budget will allow it, make plans to bring your teenager. Visiting and learning about other cities with your teen is a valuable experience.



Chicken Noodle Salad

Contributed by: Yawa L. and Family
Mary Ryan Boys & Girls Club – Milwaukee, Wis.

Yawa says, “This chicken pasta salad was created by Grandma Vikki (whom we call Nani). It started out as an appetizer for a family party and has grown to be a favorite! It is requested at all family events. Friends of the family even ask for her to make it!”

Ingredients:

- 3 boneless, skinless chicken breasts
- 1 box (16 ounces) spiral noodles (or other type of noodle if you prefer)
- 1 can (15 ounces) young, small early peas, drained
- 1 cup chopped onion
- 1-1/4 cups celery, diced or bite-sized
- 2/3 cup mayonnaise
- 2/3 cup Miracle Whip
- 1 teaspoon onion salt
- 1 teaspoon celery salt
- 1 teaspoon seasoned pepper

Instructions:

Boil chicken breasts in water until done. Remove from water and let cool. Chop into bite-sized pieces. Boil noodles until done. Drain in colander. Run cold water over noodles to stop from cooking. Set aside to drain. Dice onions and chop celery and mix together in a bowl; add chopped chicken and noodles. In a separate bowl, stir together the mayonnaise, Miracle Whip and seasonings. Stir mayonnaise mixture into the chicken/noodle mixture until well blended. Stir in drained peas. Add extra seasoning if desired. Chill at least one hour before serving.

Serves 6-8 people

Crazy Chicken Salad

Contributed by: Pamela S. and Family
Boys & Girls Club of Stanton – Stanton, Calif.

Even though her children are grown, Ms. Schoonover thought this recipe was just too good to pass up! Her family came up with this recipe one day using only ingredients they had in their pantry. It is a one-dish meal that can be eaten for lunch or dinner. She says that it is a popular favorite at every family gathering!

Ingredients:

- 4 or more boneless chicken pieces
- 1 box of small elbow macaroni
- 5 stalks of celery chopped
- 4 carrots chopped
- 1/4 finely chopped onion (red or white)
- 1 package of Hidden Valley Ranch Dressing (made with Miracle Whip)
- 1 dash of salt (to taste)
- 1 dash of pepper (to taste)

Optional ingredients:

- Sliced black olives sweet or dill pickles

Instructions:

Cook chicken in the microwave in a microwave safe dish until done (with a dash of salt and pepper). While chicken is cooking, prepare macaroni as directed on box. Make the Hidden Valley Ranch Dressing using Miracle Whip Salad Dressing. Once the macaroni is cooked and drained, place in a large bowl and refrigerate. After chicken is cooked and has cooled, cut up into bite-sized pieces, then mix all the ingredients together (does not matter about the order since this is Crazy Chicken Salad). Keep refrigerated until serving.

Serves 6-8 people

Old Vermont Cole Slaw

Contributed by: Kitty G. and Family
Boys & Girls Club of the Redwoods – Eureka, Calif.

This recipe was handed down from my Mom's great grandma who always used a wooden bowl to mix it in. It is an old, traditional Vermont recipe.

Ingredients:

- 1 head cabbage (shredded)
- 3 dashes salt (to taste)
- 3 dashes pepper (to taste)
- 2 dashes garlic powder (to taste)
- 1/4 cup oil (approximately)
- 4 tablespoons vinegar (approximately)
- 1 cup mayonnaise (approximately)
- 3 carrots, grated (optional)

Instructions:

Trim and core the cabbage. Cut into quarters lengthwise. Using a chef's knife, shred the cabbage into slivers. Then chop across, diagonally, until the pieces are bite sized. Pile into a wooden bowl. Generously drizzle the oil across the top, toss and season. Toss again thoroughly. Then add a light dose of vinegar to help cut the oil. Toss again and check for seasoning. Add about a cup of mayonnaise to taste, mix again thoroughly and if necessary add a few more drops of vinegar. Mix again and serve immediately.

Serves 8-10 people



Dinnertime Tip:

Exchange memories about your favorite family pastimes.

Anything Goes Homemade Soup

Contributed by: Jessica C. and Family
Boys & Girls Clubs of Metro Atlanta, Ga.

Anything goes with this homemade soup recipe from Jessica because you can use anything in your pantry. She says, "This recipe tends to change every so often based upon what is available. There's nothing better than homemade soup on a cold evening!"

Ingredients:

- 3 pounds red potatoes (diced with skin)
- 3 large boneless chicken breasts (cubed)
- 3-4 quarts water
- 1/2 red onion (chopped fine)
- 30 ounces chicken broth
- 10 ounce package frozen mixed vegetables (corn, limas, green beans)
- 1/2 cup carrots (optional) (chopped into small pieces)
- 1/3 cup condensed milk (unsweetened)
- 1 can cream of mushroom soup
- 1/2 teaspoon fennel seed
- 1/2 teaspoon crushed red pepper
- 1 teaspoon rosemary
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon chives
- 1 teaspoon thyme
- 3 dashes salt (to taste)
- 3 dashes pepper (to taste)

Instructions:

Put potatoes and chicken broth into large soup pot and cover with water as needed to cover by about 1 inch. Bring to a boil and then simmer till fork tender. In a frying pan, sauté chicken in pan until brown, then add to potatoes. Add salt and pepper to taste. Once potatoes are almost done, add frozen vegetables. Add remaining spices. Allow to simmer adding cream of mushroom soup and condensed milk approximately 10 minutes prior to serving. Taste and re-season with salt and pepper to taste.

Serves 8-12 people



Heartwarming Potato Soup

Contributed by: Jakob D. and Family
Boys & Girls Clubs of Martin County— Hobe Sound, Fla.

Our family closes the business just to have lunch together. It is the largest meal of the day and every family member gathers to share in conversation.

Ingredients:

(You will need a food processor or food mill)

5 pound bag potatoes

1 bunch carrots (chopped)

2-3 stalks of celery (chopped)

1-2 tomatoes (chopped)

1 large onion (chopped)

heavy cream (amount varies as this is served on the side)

water (to cover potatoes)

1 dash nutmeg (to taste)

1 dash salt (to taste)

1 dash pepper (to taste)

Maggi Seasoning (to taste)

Instructions:

Peel potatoes and carrots, cube into smaller pieces (the smaller the pieces, the faster it will cook). Slice celery, slice tomato. Add potatoes, carrots, celery and tomatoes to pot, fill with water. Boil until soft. Dice onion, sauté to light brown. Puree vegetables from pot (in a food mill or food processor). Add onions, season with nutmeg, Maggi Seasoning, salt and pepper to taste. Simmer 30 minutes. Serve with heavy cream (on the side).

Grandma's Collard Greens

Contributed by: Wendell M. and Family
Fort Sill School Age Services – Fort Sill, Okla.

This is a family recipe from Wendell that was taught to him by his grandmother. Every holiday his grandmother would make this collard greens entrée and it has become a family favorite. They think about her every time they make this dish.

Ingredients:

5 bushels of fresh collard greens
4 smoked ham hocks
1 teaspoon salt
1/2 cup of bacon fat
water (to cover greens)

Instructions:

In a large pot, cover ham hocks with water. Boil ham hocks, salt, and bacon fat for four hours over medium heat. Wash collard greens in sink. Pull leaves away from stems and discard. Roll up collard greens and slice them with a sharp knife until they resemble long rectangles. Add collard greens to pot with ham hocks. Cook for another three hours stirring every 30 minutes.

Serves 8-10 people



Hot Baked Beans

Contributed by: Tristen B. and Family
Limestone Girls Club - Bedford, Ind.

Tristen's grandmother used to make this family favorite—and she made them hot! Now, Tristen's family makes this dish for family get-togethers and holidays in her honor.

Ingredients:

- 2 pounds ground beef
- 1 medium bottle catsup
- 1 extra large can pork and beans
- 1 cup brown sugar
- 1 tablespoon crushed red pepper
- 1 tablespoon Tabasco sauce
- 1 tablespoon hickory smoke liquid

Preheat oven to 350 degrees.

Instructions:

Brown ground beef and drain. In large baking pan or dish, mix the ground beef and all the other ingredients. Optional: Add crushed red pepper and hot sauce for added heat! Bake for 45-60 minutes.

Bean Casserole

Contributed by: Justin F. and Family
Boys & Girls Clubs of Volusia/Flagler Counties

This family favorite recipe from Justin F. is a great dish for any occasion.

Ingredients:

1 large can (31 ounces) baked beans
1 can (15 ounces) light red kidney beans
1 can (15 ounces) butter beans
1 can (15 ounces) great northern beans
1 pound ground beef
1 pound bacon
1/3 cup sugar
1/3 cup brown sugar
1/4 ketchup
1/2 teaspoon dry mustard
1 tablespoon molasses

Instructions:

Brown ground beef and bacon, drain excess oil. Open cans of beans and drain. Combine all ingredients in a medium-sized casserole dish and bake uncovered at 350 for 1 hour. Then serve and enjoy!

Serves 6-8 people



Broccoli Casserole

Contributed by: Jazmine C. and Family
Fort Detrick Youth Services Sky Dome – Frederick, Md.

Jazmine says this is a favorite family recipe and her mom likes to share it with everyone!

Ingredients:

2 whole potatoes (diced)
4 eggs
5 strips of bacon (cooked)
3 broccoli
1 bag of cheddar cheese
1 pinch of salt
1 pinch of pepper
1/2 salted onion
1/2 stick butter
1/2 Spanish onion
1/2 cup of cream

Preheat oven to 350 degrees.

Instructions:

Mix together the diced potatoes, eggs and broccoli. Sprinkle with cheddar cheese, salt and pepper, then add the salted onion, butter, Spanish onion and cream. Put in an oven-proof casserole dish (9x13 inches) and bake for 25-30 minutes.

Cheesy Taters

Contributed by: Alyssa D. and Family
Limestone Girls Club – Bedford, Ind.

This easy recipe from Alyssa is a family favorite. Everyone in her family loves cheesy taters and makes them often!

Ingredients:

- 1 bag of frozen hash browns (cubed potatoes)
- 1 can cream of chicken soup
- 1 small tub of sour cream
- 4 tablespoons butter
- 1 bag shredded cheese
- A sprinkling of bread crumbs

Preheat oven to 350 degrees.

Instructions:

Put taters (can be thawed), soup, sour cream and cheese in bowl and mix thoroughly until taters are well coated. Put in a 9x13 inch, lightly greased pan. Place the butter on top of the taters in different places. Bake for about 1 hour (it may take longer if hash browns are frozen). The last 20 minutes, remove from oven and sprinkle the bread crumbs on top. Place back in oven and continue to bake for 20 minutes. Take out and serve.



Sweet Potatoes

Contributed by: Ben, Bret and Arika T. and Family
Boys & Girls Club of Tomah – Tomah, Wisc.

This is a family favorite from Ben, Bret and Arika. They say that their family's Sweet Potato Casserole is great for holiday dinners

Ingredients:

2 cans sweet potatoes (16 ounces each)
1/2 stick margarine
3/4 cup sugar
1/2 cup evaporated milk
2 eggs
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 teaspoon vanilla
1/4 teaspoon salt

Topping:

3/4 cup crushed cornflakes
1/2 cup light brown sugar
1/2 stick butter (melted)
1/2 cup walnuts (chopped)

Preheat oven to 350 degrees.

Instructions:

Combine topping ingredients and set aside. Place balance of ingredients in a bowl and mix well with beater. Spread in a flat, two-quart casserole dish (9x13 inches). Sprinkle with topping. Bake for 25 minutes.

Applesauce

Contributed by: Deymarie M. and Family
Fort Detrick Youth Services Sky Dome – Frederick, Md.

Deymarie's family and friends enjoy this delicious applesauce her mom makes. Deymarie says, "My mom is a great cook!"

Ingredients:

- 2 crushed apples
- 1 pinch of cinnamon
- 1 cup of water
- 1 pinch of sugar

Instructions:

In a large pot, add the crushed apples and simmer on low heat until melted. Once the mixture has melted, add the other ingredients and enjoy.

Family Tips for Spending Quality Time Together

Plan Outings

Family time does not necessarily have to be spent in or around the home. Pack a backpack and visit your local park. Set aside a weekend to go camping. Plan to schedule exciting outings that include attractions in your hometown or neighboring cities such as amusement parks, museums, etc.



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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