



THE ASSOCIATION
FOR INDIVIDUAL
DEVELOPMENT

HEALTH &
WELLNESS
COMMITTEE

COOKBOOK

Vol. 1, Fall 2025



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FOOD RECIPES

The table of

CONTENTS

INTRODUCTION 3

From our kitchen to yours, here's how this flavorful adventure began.

APPETIZERS 5

The perfect way to kick things off – small bites with big flavor.

SOUPS, SALADS & SAUCES 12

Fresh, comforting, and full of flavor – these recipes bring warmth and zest to your table.

MAIN DISHES 23

The heart of the meal – a showcase of the richness of our staff's culinary traditions.

DESSERTS 49

Sweet endings and special treats to share with family and friends.

THANK YOU 56

A big thank you to everyone who added their recipes, stories, and flavor to this cookbook!



At AID, we strive to support individuals living with disabilities and mental health challenges. Our mission is rooted in care, connection, and community. That same spirit is found in these pages, where each recipe is a reflection of the person who shared it.

We hope this collection brings smiles to your table, sparks conversations, and adds a little extra flavor to your mealtime.

The Health & Wellness Committee



ABOUT THE HEALTH & WELLNESS COMMITTEE

Cookbook Project Leads:

Amira Vivrette, Creative Director
Angela Febles, Project Manager
Christine Conover, Project Coordinator

Committee Members:

Andrea Consolatti
Cathy Montgomery
Frances Hung
Marie Wallace
Nieta Gates
Sierra Ramey
Toya Wilbon

The AID Health & Wellness Committee is dedicated to promoting the physical, mental, and emotional well-being of our staff and the individuals we serve.

Through creative projects, engaging activities, and educational initiatives, we aim to build a workplace culture that celebrates health, connection, and community.

The idea for this cookbook came from our belief that food is a universal language — one that nourishes, connects, and tells the story of who we are.

Every recipe collected here is a reflection of the talent, creativity, and diversity that make AID such a special place.



A collage of various appetizers including cheese, meats, bread, and vegetables. The central focus is a large platter with prosciutto, olives, cheese, and a breaded appetizer. Surrounding it are other dishes like a wheel of cheese, bread, nuts, and a bowl of cubed cheese.

APPETIZERS



Slow Cooker Mozzarella Meatballs

By Kayleigh Aleck | Resource Development

SERVING
8

TIME
180
mins

INGREDIENTS

- 1 lb. ground beef
- 1 lb. hot Italian sausage
- 1 c. breadcrumbs
- $\frac{1}{2}$ c. onion, chopped
- $\frac{1}{4}$ c. parmesan cheese
- 1 tsp. garlic powder
- 2 tsp. salt
- 1 tsp. pepper
- 2 eggs
- Low moisture mozzarella, cubed
- $\frac{1}{2}$ c. milk
- $\frac{1}{2}$ c. parsley, chopped
- 1 jar tomato sauce

DIRECTION

1. Combine all ingredients except the mozzarella in a large bowl. Using your hands, mix until fully combined.
2. Take a golf ball sized piece of ground beef meatball mixture and place a piece of mozzarella in the middle. Press meat around the mozzarella, fully enclosing it.
3. Repeat until all meat is used.
4. Arrange meatballs in slow cooker and submerge in tomato sauce.
5. Cover and cook on high 2-2 $\frac{1}{2}$ hours, or until meat is fully cooked.



SLOW COOKER MOZARELLA MEATBALLS



"This recipe is from my Grammy, who passed away in 2023. She was always able to make the most homey and delicious food. This recipe can be made Gluten Free by using GF bread crumbs, which is great because both my mom and uncle have celiac."

- Kayleigh Aleck



Thai Chicken Lettuce Wraps

By Ashley Heinekamp | AVP, Crisis & Outreach Services

DIRECTION

Make the garlic, ginger, pan sauce. Heat pan to medium high heat and add oil. Once hot, add in onions. Cook for 2-3 minutes until onions are translucent. Add in garlic and ginger. Cook for 2 minutes.

Cook the chicken. Add ground chicken to pan, tossing it in the sauce while breaking it up. Season with salt and pepper. Cook until golden brown, about 3-4 minutes.

Make the Thai chili sauce. Add soy sauce, chili sauce, lime juice, and honey to a bowl and mix to combine.

Add the sauce to the chicken. Sprinkle the chopped cashews over the chicken in the pan and pour in sauce. Toss together, reduce heat to low and cook for 2 more minutes. Remove pan from the heat and let it cool for a few minutes, then stir in the carrots, chopped scallions and cilantro.

Assemble the lettuce wraps. Open one of the lettuce leaves and add a large spoonful of the chicken mixture into the wrap and top it with the pan sauce and sesame seeds. Enjoy!



These Thai chicken lettuce wraps make a delicious appetizer or lighter main dish that you can make at home. They are full of flavor!

SERVING

6

TIME

15
mins



INGREDIENTS

- 1 tbsp. sesame oil
- ¼ c. onion, diced
- 2 cloves garlic
- 1 tbsp. minced ginger
- 10 oz ground chicken
- ¼ cup Tamari or soy sauce
- 2 tbsp. Thai sweet red chili sauce
- 1 lime, juiced
- 1 tsp. maple syrup or honey
- ½ c. cashews, chopped
- ¼ c. scallions, chopped
- ¼ c. cilantro, chopped
- ¼-½ c. carrots, shredded
- Sesame seeds for topping
- 1 head butter lettuce



Spicy Black Bean Salsa

By Lore Baker | President & CEO

SERVING

12

TIME

15

mins

INGREDIENTS

- 1 (15 oz.) can Black Eyed Peas
- 1 (15 oz.) can Black Beans
- 1 (15 oz.) can Whole Kernel Corn
- 4-5 Roma tomatoes, diced
- ¼ c. Cilantro, finely chopped
- 2-3 Avocados, diced
- 1 Red onion, finely chopped
- 1 Bell Pepper, chopped
- ½ c. Chopped Jalapeños
- ½ bunch Fresh Cilantro, chopped
- 3 Tbsp Lime juice
- 2 Tbsp Olive oil
- 1 Tbsp Red wine vinegar
- 1 tsp. Garlic Salt

DIRECTION

1. Drain and rinse beans.
2. Combine the Black-Eyed Peas, Black Beans, Diced Tomatoes, Rotel Tomatoes, Corn, Onion, Bell Pepper, and Jalapeños in a large mixing bowl.
3. Add the chopped Cilantro, Garlic Salt, and Italian Dressing.
4. Mix thoroughly until all ingredients are well combined.
5. Cover the bowl and refrigerate for several hours or overnight for the best flavor.
6. Serve chilled with chips or as a topping.

"[Black Bean Salsa] is a family favorite recipe that I like to make in the summer."

*- Katie Stearns
Lead Outpatient Specialist*



"I got the recipe years ago after eating it at a potluck in Southern Illinois. It's a snack, but I often eat it for lunch or dinner with whole wheat baked tortilla chips or add pasta to make it into a pasta salad."

Lore Baker

LORE BAKE, PRESIDENT & CEO



A collage of four bowls of soup. The top-left bowl contains a light-colored soup with sliced mushrooms and croutons. The top-right bowl is a vibrant yellow corn soup topped with clams and a sage leaf. The bottom-left bowl is a green pea soup garnished with whole peas. The bottom-right bowl is a red tomato soup with a few green garnishes. The text 'SOUPS, SALADS & SAUCES' is centered over the image in a white serif font, with a horizontal line underlining the word 'SAUCES'.

SOUPS, SALADS & SAUCES

Spanish Gazpacho

TIME
15
mins

SERVING
4



"I'm a huge fan of learning about different cultures, and food is one of the best ways to do it! Gazpacho is a bit of work on the front end, but a nice cool and filling meal when it's all said and done.

It's a fun way to eat vegetables and uses a lot of color—which psychologists say is the most effective way to eat a meal because it is pleasing to the eyes.

This is a recipe I've combined from several different recipes I've found over the years. Some add a bit of day-old bread for a heartier, stew consistency. However, the traditional way to eat this soup is to drink it from a glass on a hot summer day as an appetizer. Once you make this, you'll want to eat it for a whole meal."

Aisha Payne
Manager, DD Residential





INGREDIENTS

- 7 Roma tomatoes
- $\frac{1}{2}$ green bell pepper
- 1 cucumber
- 1 large clove of garlic
- $\frac{1}{2}$ red onion
- $\frac{1}{4}$ c. olive oil
- $\frac{3}{4}$ c. water
- Splash of sherry vinegar
- Pinch of salt
- Optional garnish
 - Diced green peppers
 - Croutons
 - Hard boiled eggs
 - Onions



DIRECTION

1. Wash and dry the vegetables.
2. Cut tomatoes into even pieces.
3. Cut bell pepper into large chunks.
4. Peel and dice cucumber.
5. Cut garlic into 4 pieces.
6. Add tomatoes, bell pepper, cucumber, and garlic to blender.
7. Add sherry vinegar, olive oil, water, and salt.
8. Blend for 5 minutes.
9. Transfer soup to glass container and refrigerate for at least 2 hours.
10. Mix with a spoon before serving. Top with a garnish of choice and enjoy!





Thai Coconut Soup

By Meghan Irby | Program Nurse

SERVING
8

TIME
60
mins

INGREDIENTS

- 1 tbsp. vegetable oil
- 2 tbsp. grated fresh ginger
- 2 tsp. red curry paste
- 1 stalk lemon grass, minced
- 4 c. chicken broth
- 3 tbsp. fish sauce
- 1 tbsp. light brown sugar
- 3 (13.5 ounce) cans coconut milk
- ½ lb. shiitake mushrooms, sliced
- 1 lb. medium shrimp, peeled and deveined
- 2 tbsp. fresh lime juice
- salt to taste
- ¼ c. chopped fresh cilantro

DIRECTION

1. Heat oil in a large pot over medium heat. Add ginger, curry paste, and lemongrass; cook and stir in the hot oil for 1 minute.
2. Gradually stir in chicken broth, then stir in fish sauce and brown sugar; reduce heat to low and simmer for 15 minutes.
3. Add coconut milk and mushrooms; cook and stir until mushrooms are soft, about 5 minutes.
4. Add shrimp; cook until no longer translucent, about 5 minutes. Stir in lime juice; season with salt and garnish with cilantro.



Unstuffed Pepper Soup

By Bryan Brusven | Manager, DD Residential

SERVING
8

TIME
60

INGREDIENTS

- 1-2 lbs. Lean Ground Beef
- 4-5 Bell Peppers, chopped
- 1 large Onion, chopped
- 4 c. Beef Broth
- 2 cans Condensed Tomato Soup
- 1 can (28 oz) Diced Tomatoes
- Rice

DIRECTION

1. Prepare rice. (1/4 c dry rice per person)
2. Brown meat, onions and peppers in a pot.
3. Add the rest of ingredients, bring to a boil, reduce to simmer for 1 hour.
4. Serve over prepared rice.
5. For added heat add Red Hot or your favorite hot sauce!



White Bean, Kale & Sweet Potato Stew

By Sue Hamlin | Training Specialist

SERVING
8

TIME
60
mins

INGREDIENTS

- 1 large onion, diced
- 2 cans of white beans
- 2 medium sweet potatoes, diced
- 2 carrots, diced
- 1 bunch kale, chopped
- ½ tsp. thyme
- 1 bay leaf
- 2 c. chicken or vegetable broth
- Salt
- Pepper
- Optional: 8 oz. cooked turkey sausage, diced

DIRECTION

1. Sauté onions until translucent.
2. Add bay leaf, thyme, carrots, beans, broth, salt and pepper.
3. Add turkey sausage (optional).
4. Simmer for half an hour.
5. Add kale and cook for an additional 15 minutes.

Greek Quinoa Salad

*By Maria Lopez-Iftikhar |
Director, Behavioral Health*

Passed down from my college roommate—Her and her mom immigrated to the United States from French-speaking Canada and knew how to eat well and deliciously while being vegetarians.

SERVING
6

TIME
15
mins



INGREDIENTS

Yogurt Dill Dressing:

- plain yogurt
- 2 tbsp. mustard
- 2 tbsp. honey
- dry dill
- pepper and vinegar

Salad:

- 2 c. quinoa grain
- 3 ½ c. water
- ½ tbsp. salt
- 1 lemon
- 1 bunch parsley
- 1 large red onion
- 2 fresh ripe tomatoes
- 1 can black olives
- ½ lb. feta cheese
- Cucumber

DIRECTION

1. Combine quinoa, water, and salt in a large pot of water. Simmer for 10-15 minutes until water is absorbed.
2. Chop vegetables and cube cheese. Add quinoa once cooled. Add yogurt dill dressing and lemon juice.
3. Stir and serve.



High-Protein Chicken Salad

By Patricia Finner | Director, Community Living

SERVING
X

TIME
X

INGREDIENTS

- 1 roasted chicken
- 1 package egg noodles
- 2 c. cottage cheese
- 1 c. Greek yogurt
- 2 tbsp. mayo
- 1 tbsp. Dijon mustard
- 1 lemon, zested and juiced
- 1 bell pepper, finely chopped
- 3 stalks celery, chopped
- ½ red onion, finely chopped
- ¼ c. cilantro
- ¼ c. parsley
- 1 c. cheddar cheese
- Salt and pepper to taste

DIRECTION

1. Shred roasted chicken and let cool.
2. Boil egg noodles until cooked, about 10-12 minutes.
Drain and rinse with cold water.
3. In a separate bowl, add cottage cheese, Greek yogurt, mayo, Dijon mustard, and lemon. Mix together to make sauce.
4. Add bell pepper, celery, red onion, cilantro, parsley, cheddar cheese, salt, and pepper to sauce mixture.
5. Add shredded chicken, egg noodles, and chopped vegetables to the sauce and mix.



Southwest Protein Salad

By Stephanie Norwood | Vice President, IDD

SERVING
X

TIME
X

INGREDIENTS

- 2 c. mixed salad greens
- ½ c. low-fat cottage cheese
- ½ c. canned black beans, drained and rinsed
- ¼ c. corn kernels
- 2 oz. mashed avocado
- ½ c. salsa
- Salt and pepper to taste

DIRECTION

1. Combine cottage cheese, black beans, and corn.
2. Chop lettuce and top with mixture.
3. Add avocado, salsa, salt, and pepper.



Texas Caviar

By Patricia Hinman | DSP

SERVING
X

TIME
X
mins

INGREDIENTS

- Pinto Beans
- Chickpeas
- Hominy
- White (yellow) sweet corn
- black eyed peas
- diced tomatoes
- diced peppers All colors
- Red onion
- 1/2 bottle Red wine vinaigrette
- ¼ c. Olive oil
- 1 Tbsp Garlic powder
- Tortilla Chips

DIRECTION

1. Drain and rinse beans.
2. Add beans to a large bowl and mix in olive oil, garlic powder, and vinaigrette.
3. Sit in fridge for a few hours.
4. Serve with tortilla chips.

Cherry BBQ Sauce

By Nieta Gates | Director, Human Resources

INGREDIENTS

- 2 cups pitted cherries (fresh or frozen; sweet or tart)
- 2 cups ketchup
- ¼ cup apple cider vinegar
- ½–¾ cup brown sugar
- 2 tbsp honey
- ½ cup Worcestershire sauce
- Liquid Smoke, to taste
- 1 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp cayenne pepper (optional)
- Salt & pepper, to taste

DIRECTION

1. Simmer cherries in a saucepan over medium heat for 10 minutes until softened.
2. Blend cherries for a smooth texture and strain through a mesh sieve.
3. Stir in ketchup, vinegar, brown sugar, honey, Worcestershire sauce, liquid smoke, tomato paste, and all spices.
4. Simmer uncovered for 20–25 minutes, stirring occasionally, until thickened.
5. Taste and adjust:
 - a. Add more vinegar for tang.
 - b. Add sugar or honey for sweetness.
 - c. Add cayenne for extra heat.
6. Let the sauce cool. Store in an airtight jar in the refrigerator for up to 2 weeks.



A collage of various grilled and roasted meats, including ribs, skewers, and chicken, with a central text overlay. The image features a variety of dishes: a whole roasted chicken on the left, a bowl of ribs in the center, a small bowl of red sauce, a skewer of grilled meat with a lemon slice, and a large piece of grilled meat on the right. The background is a light, textured surface, possibly a tablecloth or parchment paper. The text "MAIN DISHES" is centered in a white, serif font, with a thin white line underneath the word "DISHES".

MAIN DISHES



Chicken Machaca

By Sonia Richardson | Manager, Behavioral Health

SERVING

4

TIME

30

mins

INGREDIENTS

- 2 boneless chicken breast
- 7 sweet peppers, diced
- 1 c. pickled cactus, diced
- 1 yellow onion, diced
- 4 eggs, beaten
- Goya saffron seasoning
- Garlic salt to taste
- Pepper to taste
- 2 tbsp. butter
- 8 corn tortillas or tortilla chips
- Optional: salsa or hot sauce

DIRECTION

1. In a large pot boil chicken with seasoning. Shred once tender.
2. In a large skillet over medium heat melt the butter. Add chicken, sweet peppers, pickled cactus, and onion and sauté until softened.
3. Add beaten eggs to the skillet. Stir slowly until eggs are cooked and firm.
4. Season to taste with garlic salt and pepper.
5. Serve with warm tortillas or tortilla chips and sauce of choice.

CHICKEN MACHACA



"My grandparents on my father's side are from Chihuahua and Durango Mexico and made several dishes with cactus.

Machaca, which is popular in my hometown of San Diego, is usually made with shredded beef, but I use chicken to make my options healthier.

I put cactus in a lot of my meals as it adds a certain flavor not found in most vegetables. It also reminds me of when I would help my grandparents pick cactus in their backyard and prepare it for cooking."

Sonia Richardson
Manager, Behavioral Health

Carnitas Breakfast Hash

TIME
15
mins

SERVING
2 - 4



"I discovered this recipe at a farmer's market food truck in North Carolina. The sweet and tangy pulled pork wasn't barbecue – it had a unique flavor that caught my attention. It quickly became a favorite because it met my three essential rules for cooking:

1. It's something I can prepare in under 15 minutes.

2. It's flexible enough to adapt to any cultural flavors.

3. It always includes fresh vegetables.

In my home, Saturdays are for Carnitas pork tacos with just salt and lemon. On Sundays, I take the leftovers and transform them into this hearty and colorful new dish."

*Angela Febles
Director, Behavioral Health*





INGREDIENTS

- 1 lb. ready-made Carnitas
- 3 slices of bacon, diced
- 2 eggs per person
- 2 yellow or red potatoes, cubed
- 1 sweet potato, cubed
- 2 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. salt
- Black pepper to taste
- Seasonal vegetables (e.g., spinach, red cabbage)
- Optional:
 - 1 jalapeño, sliced
 - Feta cheese for topping



DIRECTION

1. In a large pan, cook the bacon pieces.
2. Add the cubed yellow/red and sweet potatoes to the pan. Season with salt and pepper. Cover and cook for 10 minutes.
3. If using frozen vegetables, add an extra 10 minutes for the potatoes.
4. While potatoes cook, chop seasonal vegetables.
5. After 10 minutes, mix in vegetables, cooked carnitas, balsamic vinegar, olive oil, and jalapeño if using. Stir and cover for 5 minutes.
6. Add eggs on top of the mixture. Poach to desired doneness.
7. Top with feta cheese if desired and serve warm.





Alkaline Spelt Flatbread

By Kierra Miller | Therapist MHP

"I was going through an illness and decided to change my lifestyle by eating only alkaline, vegan foods. Doing this, my body fought off the sickness, and I was healed."

SERVING
3

TIME
X
mins

INGREDIENTS

- 2 c spelt flour
- $\frac{1}{2}$ c carbonated spring water
- $\frac{1}{2}$ tsp grapeseed oil
- 2 avocados
- 1 small purple onion, chopped
- Juice of 1 lime
- Sea salt, to taste
- Black pepper, to taste

DIRECTION

1. In a mixing bowl, combine 2 cups of spelt flour, $\frac{1}{2}$ cup of carbonated spring water, and $\frac{1}{2}$ teaspoon of grapeseed oil. Mix until the dough forms a ball.
2. Heat a small amount of oil in a pan over medium heat.
3. Divide the dough into 3 portions and shape into flat tortillas. Toast each tortilla for 2 minutes on each side until firm. Remove and let cool.
4. In a separate bowl, mash 2 avocados. Add lime juice, purple onion, sea salt, and black pepper. Mix well.
5. Top each flatbread with avocado mixture and serve.



Tortilla Roll-Ups

By Angela Torres | DSP

SERVING

4

TIME

10

mins

INGREDIENTS

- 2 low carb flour tortillas
- 3 oz. cream cheese, softened
- 8 slices deli turkey breast
- 1 cup romaine lettuce leaves

DIRECTION

1. Spread cream cheese over the tortillas.
2. Place slices of turkey breast on top of the cream cheese. Then, place lettuce on top of the turkey breast.
3. Roll up the tortilla tightly.
4. Repeat for other tortillas.
5. Slice rolls into 1-inch pieces and serve.

Lithuanian Kugelis

By Katie Cozzi | QIDP

"I'm part Lithuanian and I grew up eating kugelis when my Lithuanian Grandma Loretta would make it for family dinners. I have carried on making it myself! One of my favorite dishes"

SERVING
12

TIME
X
mins



INGREDIENTS

- 1 lb. bacon, diced
- 2 large onions, diced
- ½ c. unsalted butter
- 5 lbs. russet potatoes, peeled and shredded
- 1 (12 fluid ounce) can evaporated milk
- 6 large eggs, beaten

DIRECTION

1. Preheat oven to 350 degrees F.
2. Place bacon in a Dutch oven over medium heat. Cover and cook until bacon begins to soften and render grease. Add onion and cook until soft and translucent. Remove the cover, and continue cooking until mixture caramelizes and turns a deep, golden brown.
3. Remove from heat and stir in butter until melted. Stir shredded potatoes into onion mixture. Add evaporated milk and eggs, and stir until well combined. Pour into a 9x13-inch baking dish.
4. Bake in until bubbly and golden on top, about 1 hour. If top browns too quickly, cover with foil. Remove and let stand for 10 minutes before slicing into 3x3-inch squares. Serve hot.



Potatoes Au Gratin

By Tonya Doby | Associate Manager

SERVING
X

TIME
X
mins

INGREDIENTS

- 3 lbs Yukon gold potatoes, peeled and sliced
- Fresh ground black pepper (to taste)
- Garlic powder (to taste)
- Salt (to taste)
- 4 tbsp salted butter
- $\frac{1}{4}$ c all-purpose flour
- 2 c milk
- 1 c Gruyere cheese
- 1 c cheddar cheese

DIRECTION

1. Heat oven to 350 degrees.
2. On the stovetop, add thinly sliced potatoes to salted water. Once water comes to a boil, reduce the heat and cook potatoes for 8 to 10 minutes. Once tender, remove potatoes from the pot.
3. In a greased baking dish, layer potatoes in a spiral or stacked formation and sprinkle with pepper.
4. In a skillet, add butter and melt. Add in the all-purpose flour and stir until well combined for about 2 minutes. Once bubbly and well combined, stir in 2 cups of milk slowly. Continue to stir the mixture slowly until sauce thickens. Add garlic powder, black pepper, and salt to taste. Slowly add in cheese and continue to stir until well combined.
5. Pour cheese sauce over potatoes, covering all the potatoes. Sprinkle shredded cheddar and gruyere cheese on top of potatoes and place in heated oven.
6. Bake for 45 to 60 minutes or until cheese is golden brown and bubbly on top.



No-Peek Chicken & Rice Casserole

By Becky Good | Case Manager

SERVING
8

TIME
60
mins

INGREDIENTS

- 1 ½ c. long grain white rice
- 1 can low sodium cream of chicken soup
- 1 can low sodium cream of mushroom soup
- 1 can low sodium chicken broth
- 2 lbs. chicken tenders
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. cracked black pepper
- Everything bagel topping
- 1 package dry onion soup mix

DIRECTION

1. Preheat oven to 350 degrees
2. Spray a 9x13 pan
3. Mix rice, 3 cans of soup.
4. Pour mixture into pan.
5. Place chicken on top.
6. Combine spices in a small bowl and sprinkle on top.
7. Cover with onion soup mix.
8. Cover with foil tightly and bake 1 hour. No peeking!
9. Chicken should be at 165 degrees. Fluff rice with fork and serve.



Rigatoni Casserole

By Joy Ping | DSP

"An old recipe from my grandma—hearty, nostalgic, and perfect for sharing."

SERVING
8-10

TIME
X
mins

INGREDIENTS

- 1 lb rigatoni
- 1 ½ lb ground beef
- 1 onion, chopped
- 1 tsp. salt
- 1 tbsp. chili powder
- 1 ½ c. Velveeta cheese, cubed
- 1 qt. tomato juice
- 1 can cream of mushroom soup
- Green pepper, to taste
- Oil or butter, for greasing

DIRECTION

1. Preheat oven to 375°F.
2. Cook macaroni; drain and set aside.
3. In a skillet, combine ground beef, onion, salt, and chili powder. Cook until the meat is browned and the onion is tender.
4. Grease a large baking dish with oil or butter.
5. Layer macaroni and Velveeta cheese.
6. Add tomato juice, cream of mushroom soup, and green pepper to the beef and mix well.
7. Pour the beef mixture over the macaroni and cheese, then stir to combine.
8. Bake uncovered for 1 hour.

Grandma's Enchiladas

SERVING 6
TIME X
minutes



"My grandmother grew up with depression casserole that was beans and potatoes and 1lb of hamburger for 7 children, as she was married, she always used soups to "stretch" meals and lived the same as she did when a child.

This dish included variations of vegetables and slowly grew to include more proteins. The soup was a standard in her life as you could make it go far.

She showed me how to make money go far for many meals and still have money left at the end of the week. I live that way today as a valuable lesson learned from her, so this dish is a great reminder of my past, present and future."

Debra Schulz
Therapist QMHP





INGREDIENTS

- 1 package of tortillas
- 3 cups Chicken Breast shredded or chunked
- Grilled Onions
- Grilled Mushrooms
- Grilled Jalapeno
- 1 can Enchilada Sauce
- 1 large can Cream of Chicken Soup
- 1 container Sour Cream
- Monterey Jack Cheese



DIRECTION

1. Cook chicken fully and shred or cut into chunks, grill onions, mushrooms and jalapeno.
2. Add into large tortilla and drizzle with enchilada sauce.
3. Roll and place in casserole dish.
4. Repeat until casserole is full.
5. Mix together in bowl the sour cream and cream of chicken soup.
6. Pour over all tortillas in dish completely.
7. Sprinkle Monterey jack cheese over.
8. Bake in over covered with foil at 350 degrees for 1 hour.





Chicken Enchiladas Verdes

By Becky Good | Case Manager

SERVING
4

TIME
X
mins

INGREDIENTS

- 4 lbs bone-in chicken breasts
- 2 jars (16 oz) mild salsa verde
- 1 bunch fresh cilantro
- 16 oz sour cream
- 16 oz frozen corn, thawed
- 1 lb monterey jack cheese, grated
- 16 6-inch flour tortillas
- Kosher salt and black pepper, to taste

DIRECTION

1. In a large pot, boil chicken until cooked through, about 25 to 35 minutes.
2. Shred chicken, discarding skin and bones.
3. In a blender, puree the salsa, cilantro, and 2 cups of sour cream until smooth. Simmer the sauce until slightly thickened, 15 to 20 minutes. Stir in the remaining sour cream.
4. Add corn, 1 cup sauce, 2 cups of cheese and 1 tsp. of salt and pepper to chicken and mix well.
5. Spread the remaining sauce in a 9x13 baking dish.
6. Roll the chicken mixture (about $\frac{1}{2}$ cup) into each tortilla and place seam side down. Top each pan with the remaining sauce and cheese.
7. Bake at 400 degrees until bubbling. 15-20 minutes.



Mexican Lasagna

By Carmelita Leifheit | Case Manager

SERVING
X

TIME
X
mins

INGREDIENTS

- 1 can (12.5 oz) chicken breast
- 1 can (10 oz) mild red enchilada sauce
- 2 pouches Uncle Ben's Spanish Rice
- 1 bag (12 count) corn tortillas
- 8 oz shredded Mexican Style cheese (i.e., Chihuahua, or Mexican)

DIRECTION

1. In a bowl, pour half the enchilada sauce.
2. Dunk the tortillas in the sauce and put in the casserole dish to cover the bottom.
3. Add a layer of Spanish Rice, then a layer of chicken. Be sure to break up the large pieces with your hands.
4. Add a layer of cheese. (You can add more sauce to your bowl as it lessens.)
5. Repeat process.
6. Any leftover sauce can be put on top before sprinkling on the final layer if cheese.
7. Bake at 350 degrees for 25-30 minutes.
8. Serve with sour cream, salsa, or your favorite topping.



“The Stuff”

By Tonya Doby | Associate Manager

SERVING
X

TIME
X
mins

INGREDIENTS

- 2 c. rotisserie chicken, shredded
- 2 boxes Jiffy corn muffin mix
- 2 eggs
- Milk
- 1 packet taco seasoning
- Taco Sauce
- Chunky Salsa
- Black olives
- 1 can whole sweet corn, drained
- Shredded Lettuce
- Shredded Colby Jack Cheese
- Shredded Cheddar Cheese
- Sour Cream
- Jalapenos, chopped

DIRECTION

1. Preheat oven to 400 degrees.
2. Prepare Jiffy corn muffin mix per package instructions.
3. Shred chicken. Mix in taco seasoning and water. Heat on stove and set aside.
4. Remove cornbread from oven once baked. Then, lower oven temperature to 350 degrees.
5. Assemble the casserole like a lasagna. Spread taco sauce over cornbread. Layer cheese, chicken, corn, black olives, jalapenos, and salsa.
6. Top with shredded cheese and bake additional 20-25 minutes until browned and bubbly.
7. Serve topped with shredded lettuce, salsa, sour cream olives and jalapenos.

Butter Chicken

By Shivani Chirumamilla | Psychiatry Intern

DIRECTION

Marinate the chicken. Toss chicken with lemon juice, chili powder, and salt. Let sit for 20 minutes. Add yogurt, ginger-garlic paste, turmeric, coriander, cumin, garam masala, oil, and kasuri methi. Mix well, cover, and marinate for at least 30 minutes (overnight for best results). Refrigerate.

Prepare the Sauce. Sauté chopped onions in 1 tbsp oil until golden, about 7 minutes (optional). Cool. Blend tomatoes, sautéed onions (if used), cashews, and $\frac{1}{2}$ cup water into a smooth puree.

Cook the Sauce. Melt butter in a pan. Add cinnamon, cardamom, and cloves. Sauté until fragrant. Add ginger-garlic paste and green chilies. Cook on low heat for 1–2 minutes. Turn off the heat. Stir in chili powder, garam masala, cumin, and coriander.

Add the tomato-cashew puree. Strain for a smoother texture. Bring to a boil, reduce heat, cover partially, and simmer until thick, about 10–12 minutes, stirring occasionally. Add $1\frac{1}{2}$ cups hot water and simmer another 10 minutes until oil/fat separates. Discard whole spices.

Cook the Chicken. Heat 1 tbsp butter or ghee in a pan. Grill or pan-fry chicken pieces on medium heat until browned on both sides.

Combine & Finish. Add cooked chicken to the sauce. Simmer for 5–7 minutes until tender. Stir in salt, sugar, and kasuri methi. Taste and adjust spices. Turn off the heat. Stir in heavy cream and garnish with coriander leaves and a swirl of cream if desired.



"My go-to dish when people want to try Indian food!"

SERVING

4

TIME

X

mins



INGREDIENTS

Marinade 1:

- 1 lb boneless, skinless chicken thighs
- $\frac{1}{4}$ tsp Kashmiri chili powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tbsp lemon juice

Marinade 2:

- $\frac{1}{2}$ c Greek yogurt
- $\frac{1}{4}$ tbsp ginger-garlic paste
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{4}$ tsp garam masala
- $\frac{1}{2}$ tsp cumin
- 1 tsp coriander
- 1 tbsp vegetable oil

Sauce:

- 3 tbsp butter
- 1 cinnamon stick
- 2–4 green cardamoms
- 2–4 cloves
- 1 $\frac{1}{2}$ c onion, chopped (optional)
- 1 14-oz can whole peeled tomatoes
- $\frac{1}{4}$ tbsp ginger-garlic paste
- 2 green chilies
- 28 whole raw cashews
- $\frac{1}{2}$ c water (for blending)
- 2 tsp Kashmiri chili powder
- 1 $\frac{1}{2}$ tsp garam masala
- 1 $\frac{1}{2}$ tsp coriander
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{4}$ tsp salt
- 1 tsp sugar
- $\frac{1}{2}$ tbsp dried fenugreek leaves (kasuri methi)
- 1 $\frac{1}{2}$ cups hot water (for simmering)
- $\frac{1}{2}$ cup heavy cream
- 2 tbsp chopped coriander leaves



Shrimp Creole

By Sue Hamlin | Training Specialist

SERVING
6

TIME
X
mins

INGREDIENTS

- 2 tbsp butter
- 2 tbsp olive oil
- 1 large onion, diced
- 3 stalks celery, diced
- 1 green or red pepper, diced
- 3 cloves garlic, minced
- 115 oz. can diced tomatoes
- 1 c chicken or vegetable broth
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp cayenne pepper
- 2 tsp Worcestershire sauce
- 1 ½ lbs shrimp, peeled
- 6 c rice, cooked
- Optional: Extra vegetables (i.e. spinach or zucchini)

DIRECTION

1. In a large skillet, heat butter and olive oil over medium heat. Saute onion, celery, and green pepper for 5 minutes or until tender.
2. Add garlic, broth, tomatoes, and seasoning. Then, bring to a boil.
3. Add optional vegetables.
4. Lower heat and simmer for 20 minutes.
5. Add shrimp and simmer for 5 minutes. If using cooked shrimp, simmer 2 minutes until heated through.
6. Serve over rice.



Angel Hair Garlic Shrimp

By Luis Alcantar | Manager, CDS

SERVING
2

TIME
X
mins

INGREDIENTS

- ½ box angel hair pasta
- 4 nobs of unsalted butter
- ½ onion, diced
- 2 tsp. minced garlic
- 1 tomato, diced
- 1 bunch of 1 inch cleaned and trimmed asparagus
- 1 16 oz package of frozen peeled and deveined shrimp
- Sea salt
- Parmesan cheese
- Lemon zest
- And lemon wedges

DIRECTION

1. Cook pasta; drain and set aside, saving 1 cup of pasta water.
2. Melt butter in a pan and sauté shrimp until cooked fully, about 5 minutes.
3. Remove shrimp and add onion and garlic to the pan. Sauté for 5 minutes.
4. Add tomato and cook another 5 minutes.
5. Stir and add asparagus. Add in cup of pasta water and bring to a simmer. Cook until softened.
6. Add shrimp and pasta. Cook until shrimp is opaque. Add salt, parmesan, lemon zest and juice.



Chicken Alfredo

By Kameron Thompson | DSP

SERVING

4

TIME

30

mins

INGREDIENTS

- 8 oz uncooked fettuccini
- 1 ½ lb chicken tenderloins, cubed
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. low-sodium seasoning salt
- 4 cloves fresh garlic, minced
- 2 tbsp. olive oil
- ½ c. mushrooms, sliced
- ½ c. green peppers, diced
- ½ c. red peppers, diced
- ½ c. spinach
- ¼ c. yellow onion, diced
- 1 jar (15 oz) alfredo sauce
- Splash of heavy cream (optional)
- ¼ c. parmesan cheese, grated
- Parsley, to taste
- Salt and pepper, to taste

DIRECTION

1. Heat oil in a large pan, then add garlic cloves.
2. Season chicken with garlic powder, onion powder, and low-sodium seasoning salt. Add chicken to the pan and cook fully. Remove chicken and slice, then return to the pan.
3. Add mushrooms, green peppers, red peppers, spinach, and onion to the pan.
4. Stir in alfredo sauce with a splash of heavy whipping cream, if preferred. Season with salt and pepper. Cover and cook on low heat.
5. In a separate pot, cook fettuccine noodles; drain and return to the pot.
6. Mix with 1 tsp butter, parsley, and Parmesan cheese.
7. Taste your sauce and adjust seasonings as needed.
8. Serve chicken Alfredo over the seasoned noodles.

Korean Corn Dogs

TIME
X
mins

SERVING
4



"I had Korean corn dogs for the first time with my sister from a restaurant near her house. We ordered the half cheese/half hot dog variety. When they arrived they were half/half lengthwise so some bites were all cheese and some were all hot dog! Has to be the goofiest way to split a hot dog in half."

I learned to make them at home and now I always get a bite with cheese and hot dog! It isn't a healthy every day meal but its good for the soul

Also, I like to get frozen diced potatoes and use those to cut out the potato prep!"

*Meghan Irby
Registered Nurse*





Korean Corn Dogs

By Meghan Irby | Registered Nurse

INGREDIENTS

Batter:

- 1 ½ c all-purpose flour
- 1 c warm water (240 ml)
- 1 packet active dry yeast (2 tsp)
- 2 tbsp sugar
- ½ tsp salt

Condiments:

- Ketchup
- Mustard
- Sugar

- 4 beef franks, rice cake, fish cake, cheese
- 4-8 slices cheese
- 1 russet potato
- 1 tsp salt
- 3 c water
- 2 tbsp corn starch
- ½ c panko bread crumbs
- Vegetable or canola oil for frying

DIRECTION

Make the batter. Add sugar and yeast to warm water and let it sit until the yeast has dissolved and becomes slightly foamy. In a large, shallow container, mix 1 ½ cups flour and ½ tsp salt. Mix in the yeast and water mixture until smooth. I recommend allowing this to rise overnight in the refrigerator, but you can also just let it rise at room temperature for 1 hour.

Skewer the hot dogs on wooden chopsticks, then wrap the cheese around and place it seam side down on a tray. Place in the freezer for 20-30 minutes to harden so it holds its shape.

Take the batter out of the fridge, so it can rise while the hot dogs are in the freezer.

If using potatoes, dice a potato into small cubes, then boil in 3 cups of water and 1 tsp coarse salt for 3-4 minutes. The potatoes need to be small enough that they will cook through when fried for about 5 minutes.

Rinse the potatoes in an ice bath, then dry them with paper towels. Add 1 tbsp corn starch and toss until well coated.

Dip the partially frozen skewers into the batter using a twisting motion to wrap around the skewer. You may need to use your fingers to spread it more evenly.

You don't want the batter to be too thick or thin. You need enough for the potatoes to stick, but you also don't want too much breading.

Roll the battered skewer into the potatoes, then pack in panko bread crumbs. You will need to use your hands to firmly press everything together.

Carefully drop the corn dog into oil at 350 degrees Fahrenheit and fry for about 5 minutes in vegetable or canola oil.

Remove from the oil when it is golden brown and rest on a cooling rack. Add your choice of condiments.



Korean Bulgogi Chicken

By Kelly O'Neil | Director, Crisis and Outreach

SERVING
4

TIME
35
mins

INGREDIENTS

- 1 lb boneless, skinless chicken breast
- 2 tbsp cornstarch or all-purpose flour
- 3 tbsp sesame oil,
- ½ c soy sauce
- 4 tbsp gochujang (Korean chili paste)
- 1 tbsp ketchup
- 1-inch fresh ginger, grated
- 5 cloves garlic, minced
- 3 green onions, chopped
- 3 tbsp salted butter
- 4 ears of corn, kernels removed
- 2 medium shallots, chopped
- 1 jalapeño, chopped
- ¼ cup fresh cilantro, chopped
- Salt and pepper, to taste
- 3 c steamed white or brown rice

DIRECTION

1. In a large bowl, toss sliced chicken with cornstarch (or flour) and 1 tbsp sesame oil until evenly coated.
2. Whisk together soy sauce, gochujang, ketchup, grated ginger, 2 cloves garlic, and ¼ cup water. Set aside.
3. Heat the remaining sesame oil in a large skillet over medium heat. Add chicken and cook until browned and slightly crispy, about 5 minutes. Pour in the sauce. Stir and bring to a boil. Simmer 5 minutes, until the sauce thickens and coats the chicken. Stir in green onions. Remove from heat.
4. In another skillet over medium heat, melt butter. Add corn, shallots, 3 cloves garlic, and jalapeño. Season with salt and pepper. Sauté for 5 minutes until corn is golden. Stir in cilantro and remove from heat.
5. Spoon rice into bowls. Top with chicken and corn. Garnish with green onions, cilantro, or sauce.



Homestyle Tofu

By Frances Hung | Dietician

"This is a recipe my mom taught me for college survival. It is easily adaptable to ingredients on hand and is considered 'comfort food' in our family. We liken it to an Asian version of Sloppy Joe with tofu."

SERVING

4

TIME

X

mins

INGREDIENTS

- 1 lb ground turkey
- 2 cloves garlic, minced
- 1 tsp ginger, minced
- $\frac{1}{2}$ c water
- 1 block (14-16 oz) firm tofu, cubed
- $\frac{1}{2}$ c chicken broth
- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- 2 tsp sesame oil
- 2 c frozen peas and carrots, thawed
- Cornstarch slurry
 - 1 tbsp cornstarch
 - 2 tbsp water

DIRECTION

1. In a large bowl, mix chicken broth, oyster sauce, soy sauce, and sesame oil. Set aside.
2. In a large saucepan, brown ground turkey. Add in minced garlic and ginger and saute until fragrant. Add $\frac{1}{2}$ cup of water, then add tofu and cook until cooked.
3. Stir sauce into tofu mixture and heat until bubbling.
4. Stir in peas and carrots. Swirl in cornstarch slurry and cook another minute until thickened.
5. Serve over brown rice. Add a bit of chili oil or sriracha sauce for some "heat" if desired.



Teriyaki Chicken

By Ashley Heinekamp | AVP, Crisis and Outreach

SERVING

4

TIME

30
mins

INGREDIENTS

- 2 lbs boneless, skinless chicken thighs
- ½ c coconut aminos
- 3 tbsp honey
- 4 cloves fresh garlic, minced
- 1 ½ tsp fresh ginger, minced
- 1 tsp sea salt
- 1 tbsp toasted sesame seeds (optional)

DIRECTION

1. Place the coconut aminos, honey, garlic, ginger and salt into a slow cooker. Stir to combine. Dice chicken thighs and stir in, coating with sauce. Cook on low for 4 to 5 hours.
2. Remove the chicken from the slow cooker and set aside. Pour the sauce from the slow cooker into a pan, and whisk occasionally over medium heat on your stove, until the sauce is reduced and has the consistency of thick syrup.
3. Add the chicken to the pan with the sauce and stir well to combine.



DESSERTS



Chocolate Chaud

By Sonia Richardson | Manager, Behavioral Health

SERVING
X

TIME
X
mins

INGREDIENTS

The chocolate base

- 9 oz 70% – 80% dark chocolate (chopped)
- 1 ½ cup whole milk
- ½ cup heavy cream
- 1 ½ tbsp granulated sugar
- Pinch of salt

The Vanilla crème:

- 2 cups cream
- 1 – 2 vanilla beans or 2 tsp vanilla extract
- 2 tbsp granulated sugar

DIRECTION

1. Heat a medium pot over medium – low heat and add whole milk, heavy cream, and sugar. Whisk well and heat until steaming hot then remove from the heat. Add in chopped chocolate and salt. Whisk until the chocolate melts. Keep warm.
2. When ready to serve, pour hot chocolate into a cup of your choosing and pipe on the prepared vanilla crème to taste.
3. Serve with croissant, pain au chocolate, or other pastry of your choice. Bon Appetite!

CHOCOLATE CHAUD

“FRENCH HOT
CHOCOLATE”



“I’ve been thinking of the recipes I’ve learned over the years, and which ones have had the greatest impact in my life. After a lot of thought, I’ve decided that the comforting recipe, Chocolate Chaud (French hot chocolate), I learned and perfected while I was in France it is the best candidate for sharing for use in the cookbook. Nothing is better than the nostalgic and warm feeling of fresh hot chocolate on cold and windy days. ”

*Chris Longoria
Training Specialist*



Blueberry Muffins

By Sue Hamlin | Training Specialist

"These blueberry muffins have minimal sugar, but are very satisfying for breakfast. I have changed many recipes to make them gluten-free and healthy, and all of us have lost a little weight as an added bonus!"

SERVING
12

TIME
X
mins

INGREDIENTS

- $\frac{3}{4}$ c. coconut oil, melted
- 2 eggs
- 2 tsp. vanilla extract
- 1 tbsp. honey
- 1 c. almond flour
- 1 c. gluten-free flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- 1 c. blueberries
- $\frac{1}{2}$ tsp. cinnamon

DIRECTION

1. Preheat oven to 350 degrees.
2. Grease or line a muffin pan.
3. Whisk coconut oil, eggs, vanilla and honey.
4. Mix almond flour, gluten-free flour, baking powder, baking soda, salt, and cinnamon in separate bowl.
5. Mix dry ingredients into wet ingredients.
6. Stir in blueberries.
7. Scoop batter into muffin pan.
8. Bake for 20-25 minutes or until fully baked.
9. Let cool for 5 min. and remove from pan.



Pineapple Surprise Cake

By Cathy Montgomery | Director, Nursing

"This was a recipe my aunt taught me how to make when I was younger. I submitted this recipe in a contest at the age of 10. I was at the mall when I heard on the radio my name announced as the winner for the dessert category. This was my dad's favorite cake, and I would always make this cake for my dad on holidays and special occasions."

SERVING
15

TIME
X
mins

INGREDIENTS

- 1 (15.25 ounce) package yellow cake mix
- 1 (11 ounce) can mandarin orange segments
- 4 large eggs
- 1 cup vegetable oil
- 1 (20 ounce) can crushed pineapple with juice
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (3.5 ounce) package instant vanilla pudding mix

DIRECTION

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking pan.
2. Combine cake mix, mandarin oranges with juice, eggs, and oil in a large bowl; beat with an electric mixer until smooth. Pour batter into the prepared pan.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35 to 40 minutes. Set aside to cool for at least 30 minutes.
4. Beat pineapple with juice, whipped topping, and dry pudding mix together in a large bowl until blended. Spread on cooled cake.

Apple Pie Crumle

By Kyle Montgomery | Community Member

DIRECTION

Roll out the pie crust and place it in a 9" pie plate. Refrigerate until ready to use.

Peel and core apples, then thinly slice.

In a large pot, add 1 inch of water. Add apples and cook, stirring occasionally, until apples start to turn opaque.

While apples are cooking, add the crumb ingredients to a large bowl. Using a fork or pastry cutter, cut the ingredients together until they form coarse crumbs, about the size of a pea.

Drain apples very well. Let them sit in the strainer for a few minutes to cool, then place them in the pie crust.

Sprinkle $\frac{1}{2}$ cup sugar and cinnamon over apples. Add your crumb mixture evenly on top. Place the pie on a cookie sheet and cover the outer edge of the crust with thin strips of foil.

Bake at 425° for 10 minutes, then lower the oven temperature to 350°F for 30-40 minutes. Remove the foil during the last 15 minutes of baking to ensure that the crust browns.

Pie may be made a day in advance. Refrigerate overnight.

Serve with whipped cream or ice cream. Baked pie can be frozen up to a month.



"I love making apple pie with my girlfriend, it's a fun recipe to cook together, and it tastes great with a cold glass of milk! Although not the healthiest, it's great to have it every once and a while as a sweet, delicious treat!"



INGREDIENTS

Filling:

- 1 all butter pie crust OR refrigerated pie crust
- 3 lbs. granny smith apples
- $\frac{1}{4}$ cup (50g) sugar
- 1 tsp. ground cinnamon

Crumble:

- $\frac{3}{4}$ cup (133g) sugar
- 1 $\frac{1}{2}$ cups (186g) flour
- $\frac{1}{4}$ teaspoon salt
- 12 tbsp. (170g) unsalted butter, slightly softened



Until the Next Bite...

This cookbook is more than a collection of recipes — it's a celebration of the people who make AID a vibrant, caring, and connected community.

We are deeply grateful to every staff member who opened their kitchen, their traditions, and their hearts to share a piece of themselves in these pages. Your stories and flavors are what make this collection truly special.

May these recipes continue to inspire conversations, nourish friendships, and bring joy to your table for years to come.

With appreciation,

The Health & Wellness Committee

