CRAWFORD COUNTY
MEMORIAL HOSPITAL

THE CCMH
Community Cookbook

Recipes shared by the people who make our community special.



CRAWFORD COUNTY
MEMORIAL HOSPITAL

A Note From CCMH

Good food has a way of bringing people together, and we believe healthy eating should be both nourishing and enjoyable.

Crawford County Memorial Hospital is proud to share this collection of recipes contributed by our very own employees.

From family favorites to everyday meals, this cookbook celebrates the importance of balanced eating and the role nutrition plays in supporting our overall health and well-being.

Our hope is that these recipes inspire you to try something new, enjoy time around the table and discover simple ways to incorporate balance and variety into your meals.

Thank you to the CCMH employees who generously shared their recipes to make this collection possible.

With care,

Crawford County Memorial Hospital

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Breakfast Casserole

INGREDIENTS

- 2 bags cheese and garlic croutons
- 1 lb. cooked, crumbled meat (bacon, sausage, or ham)
- Onions, peppers, or mushrooms (optional, cooked with meat)
- 8 eggs
- 2½ cups milk
- 1 can cream of mushroom or celery soup
- 1 cup shredded cheddar cheese, plus 1 cup for topping

DIRECTIONS

1. In a well-greased 9 × 13-inch pan, layer croutons, then cooked meat and optional vegetables.

2. Mix eggs, milk, and soup until well blended. Pour over crouton and meat layer.

3. Sprinkle with 1 cup shredded cheddar cheese. Cover with foil and bake at 350°F for 30 minutes.

4. Remove foil and bake another 20 minutes. Sprinkle with 1 cup additional cheddar cheese and bake 10 minutes longer.



Banana Chocolate Chip Muffins

INGREDIENTS

- 1½ cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- ⅔ cup sugar
- 1 cup mini chocolate chips
- 3 medium ripe bananas (about 1 cup mashed)
- ⅓ cup butter, softened
- 1 egg
- 1 tsp. vanilla

DIRECTIONS

1. Combine flour, salt, baking soda, and sugar in a bowl; whisk together.
2. In a large bowl, mix butter, egg, vanilla, and bananas well.
3. Stir dry mixture into wet mixture until blended. Fold in chocolate chips.
4. Divide batter evenly between 12 muffin tins lined with paper liners.
5. Bake at 375°F for 17–20 minutes.



High Protein Egg Bites

INGREDIENTS

- 8 large eggs
- 1 cup cottage cheese
- 1/2 tsp fine sea salt
- 8 oz sun-dried tomatoes in oil, drained and roughly chopped
- 1 large handful fresh baby spinach, roughly chopped
- 1/3 cup fresh basil leaves, chopped
- Crumbled feta and black pepper, for topping

DIRECTIONS

1. Heat oven to 350°F. Mist a 12-cup muffin pan very thoroughly with cooking spray.

2. Combine eggs, cottage cheese and salt in a blender. Pulse a few times until smooth. Add in sun-dried tomatoes, spinach, basil and stir by hand until evenly combined.

3. Pour (or use a cookie scoop) the mixture evenly into the 12 muffin cups. Top each cup with a sprinkle of feta and a twist of black pepper, if desired.

4. Bake for 20-22 minutes or until the egg bites are puffy and slightly firm to the touch in the center.

5. Transfer the pan to a wire baking rack to cool for at least 5 minutes.

6.



Chili Lime Avocado and Corn Toast

INGREDIENTS

- 2 slices sourdough bread
- Olive oil
- 3 tbsp Greek yogurt (or mayo)
- Juice of a lime
- 2 tsp Stonewall Kitchen: Urban Accents Chili Lime Corn on the Cob seasoning
- 1 avocado
- Cotija cheese
- Cilantro
- Sea salt and pepper
- 1 ear Corn
- 3 tbsp Butter



DIRECTIONS

1. Preheat oven to 375°F. Slice corn off the cob and add to a cocotte or small baking dish.

2. Melt butter and add to the dish along with lime juice and Chili Lime Corn on the Cob seasoning. Bake for about 10 minutes.

3. In a small bowl, combine Greek yogurt, lime juice and Chili Lime Corn on the Cob seasoning. Mix until creamy.

4. Coat bread in olive oil and cook on medium heat for about 2-3 min per side. Slice avocado.

5. Add yogurt mixture to toast and top with buttery corn. Add sliced avocado and more corn. Finish with a little cilantro and cotija cheese.

Caramel Rolls

INGREDIENTS

- 1 package frozen dinner rolls
- ¼ cup oleo or butter
- ½ cup brown sugar
- 1 tbsp milk
- ½ tsp cinnamon
- 1 package non-instant butterscotch pudding

DIRECTIONS

1. In a large bowl, mix oleo/butter, brown sugar, milk, cinnamon, and pudding.

2. Place frozen rolls in a pan. Pour mixture over rolls. Cover and leave out overnight.

3. Bake at 350°F for 20-30 minutes.



Julie Chase's Cucumber Sandwiches

INGREDIENTS

• 8 oz package cream cheese, softened
• 1 package dry Italian dressing/seasoning mix
• 1 package cocktail caraway rye bread
• 1 cucumber, thinly sliced

DIRECTIONS

1. Mix the softened cream cheese with the dry Italian seasoning mix until well combined.

2. Spread the cream cheese mixture onto each slice of cocktail rye bread.

3. Top each piece with a thin slice of cucumber. Refrigerate until ready to serve.



Cowboy Caviar

INGREDIENTS

- 15 oz can black eyed peas, drained and rinsed
- 15 oz can black beans, drained and rinsed
- 11 oz can sweet corn, drained
- 4 roma tomatoes, seeded and diced
- ½ cup diced red pepper
- 1 jalapeno, seeded and diced
- ½ red onion, diced
- 2 cloves garlic, minced
- 1 bunch cilantro, chopped
- ¼ tsp black pepper
- ¼ tsp salt
- 2 tsp sugar
- 2 tbsp olive oil
- 3 tbsp apple cider vinegar

DIRECTIONS

1. Combine all ingredients in a large mixing bowl. Taste and adjust seasoning if needed.

2. Refrigerate at least one hour, preferably overnight to allow the flavors to mingle.

3. Serve with assorted crackers or tortilla chips.



Crab Rangoon Dip

INGREDIENTS

• 8 oz cream cheese, room temperature
• 2 (6 oz) cans white crab meat, drained or imitation crab sticks
• ½ cup sour cream
• ¼ cup Mayo
• 1 cup shredded mozzarella cheese
• 1 tsp garlic paste
• 2 green onions, finely chopped
• 2 tsp Worcestershire sauce
• splash of hot sauce
• splash of soy sauce
• salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 350°F.

2. In a large bowl, mix together all the ingredients, testing for seasoning and adding salt and pepper as necessary.

3. Transfer the mixture to a small baking dish and bake in a preheated oven for 20-25 minutes.

4. Can add mozzarella cheese on top. Cover with foil and bake until the cheese is melted.

5. Serve warm, with low-carb tortilla chips, homemade chips, or crackers.



Whipped Ricotta Crostini

INGREDIENTS

- 24 oz cherry tomatoes
- 3 tbsp honey
- 3 tbsp red wine vinegar
- 5 cloves fresh garlic, peeled and chopped
- 1 tsp salt
- 1/2 tsp pepper
- 1 baguette
- 3-4 tbsp olive oil
- 1 tsp garlic salt
- 1 1/2 cups whole milk ricotta
- 2 tbsp lemon zest
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- Fresh basil, for garnishing



DIRECTIONS

1. Preheat oven to 350°F.
2. In a 9×9-inch baking dish, add cherry tomatoes, honey, red wine vinegar, chopped garlic, olive oil and salt and pepper. Toss to coat.
3. Bake the tomatoes for 35-40 minutes or until the tomatoes have burst and released liquid.
4. While the tomatoes are roasting, slice the baguette into 1/2 inch slices and arrange them in a single layer on a parchment-lined baking sheet.
5. Drizzle the slices of bread with olive oil, sprinkle with garlic salt and add them to the oven with the tomatoes for 15 minutes or until golden brown.
6. In the bowl of a food processor, combine ricotta with lemon zest, olive oil and salt. Whip until the mixture is creamy.
7. Let the tomatoes and bread cool to room temperature for 10 minutes before assembling.
8. Transfer the ricotta mixture to a pastry bag and pipe, or use the back of a spoon to spread the whipped ricotta on each piece of crunchy crostini.
9. Place the tomatoes on top of the ricotta. Spoon on some of the juices from the baking dish. Garnish with fresh basil and an extra sprinkle of salt.

Dill Pickle Wrap Dip

INGREDIENTS

• 2- 8 oz cream cheese, soften
• 8 oz sour cream
• 1 jar pickles, refrigerated, chopped
• 2 lbs sliced ham, chopped

DIRECTIONS

1. Mix all ingredients together.
2. Refrigerate for up to 2 hours.
3. Serve with tortilla chips, homemade chips, crackers or cucumber slices.



Creamy Green Chile Chicken Enchilada Soup

INGREDIENTS

- 2.5 lbs boneless skinless chicken breasts or thighs
- 28 oz can green enchilada sauce
- 24 oz chicken broth
- 1 cup half and half or heavy cream
- 2 cups shredded monterey jack cheese
- 4 oz cream cheese, cubed and softened - warm in the microwave if needed
- 4 oz salsa verde
- Salt and pepper to taste



DIRECTIONS

Slow Cooker Instructions:

1. In a 6-quart slow cooker, add chicken breast or thighs, green enchilada sauce, and chicken broth.
2. Cook on Low for 6 to 8 hours or until the chicken is tender and easily shreds. Remove chicken and shred.
3. Add the shredded chicken back to the pot along with Monterey Jack cheese, very soft cream cheese, half and half, and green salsa to the slow cooker. Turn the slow cooker to warm and stir until the cheeses are melted.
4. Adjust seasoning with salt and pepper. Add hot sauce or additional salsa to taste.

Stovetop Instructions:

1. In a large stockpot, add chicken and broth. Simmer until chicken is done and can easily be pulled apart. Remove chicken and shred.
2. Add shredded chicken, enchilada sauce, half and half, jack cheese, cream cheese, and green salsa to the pot. Stir and heat soup until it is warm and the cheese is melted.
3. Adjust seasoning with salt and pepper. Add hot sauce or additional salsa to taste.

Chicken Gnocchi Soup

INGREDIENTS

- 1 tbsp olive oil
- 1 stalk celery, chopped
- 2 tsp minced garlic
- ½ cup shredded carrots
- 2 cups cooked, shredded chicken breast
- 4 cups chicken broth
- 1 tsp thyme
- 16 oz potato gnocchi
- 2 cups heavy cream
- 1 cup fresh spinach, chopped
- Salt and pepper, to taste



DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add celery, garlic, and carrots. Sauté for 2–3 minutes, until the vegetables begin to soften.

2. Add shredded chicken, chicken broth, and thyme. Bring to a boil, then gently stir in the gnocchi.

3. Continue boiling for 3–4 minutes. Reduce heat to low and simmer for 10 minutes.

4. Stir in heavy cream and spinach. Cook for an additional 1–2 minutes, or until the spinach is tender and the soup is heated through.

5. Season with salt and pepper to taste. Serve warm.

CONTRIBUTOR NOTES
Lighter Option: Substitute half-and-half for heavy cream and use low-sodium chicken broth. For a lower- carbohydrate version, reduce the gnocchi to 12 ounces and add extra spinach.

Zuppa Soup

INGREDIENTS

- 1 lb ground Italian Sausage
- ¼ cup butter
- ½ white onion, diced
- 1 tbsp minced garlic
- 6 cups chicken broth
- 1 cup water
- 5 yellow potatoes, diced
- 1 tsp salt
- ½ tsp black pepper
- 1 cup heavy cream
- 4 oz chopped kale



DIRECTIONS

1. In a pan, brown sausage. Drain grease & rinse well with water.

2. While the sausage is browning sauté the onions in butter over medium heat until translucent. Add garlic and sauté for another minute until fragrant.

3. In a pot, mix chicken broth, water, potatoes, sautéed onions/garlic, sausage, salt, and pepper and bring to a boil. Turn heat down & simmer until potatoes are tender.

4. Stir in kale & heavy cream.

5. Add in salt & pepper to taste.

6. Let soup simmer until kale is tender, about 3-5 minutes.

CONTRIBUTOR NOTES
Alternate larger-batch ingredient amounts: 5 pounds Ground Italian Sausage; 1 ¼ cups Butter; 2 ½ (whole onions) White Onion, diced; ⅓ cup Minced Garlic; 30 cups (5 cans) Chicken Broth; 5 cups Water; 25 each Yellow Potatoes, diced; 2 tbsp. Salt; 1 tbsp. Black Pepper; 5 cups Heavy Cream; 2-10 oz. bags Chopped Kale

Taco Vegetable Soup

INGREDIENTS

• 1 lb ground beef
• ¼ of an onion, diced
• 15 oz can corn
(Do NOT drain)
• 15 oz can no salt added black beans, drained
• 2-15 oz cans no salt added diced tomatoes (Do NOT drain)
• 15 oz can green beans (Do NOT drain)
• 1 package reduced sodium taco seasoning
• 1 package dry ranch salad dressing mix

DIRECTIONS

1. Brown the ground beef and onions in a large skillet. Rinse with water & drain well.

2. Transfer the browned beef and onions to a large pot.

3. Add the beans, corn, tomatoes, green beans, taco seasoning, and ranch dressing mix.

4. If soup needs more liquid add water or tomato juice to taste.

5. Heat soup to boiling. Let simmer for 15-20 minutes.

6. Serve with corn chips, sour cream, or cheese if desired.



Cheesy Potato Soup

INGREDIENTS

- 2 tbsp butter
- ⅓ cup celery, chopped
- ⅓ cup onion, chopped
- 4 cups potatoes, peeled and diced
- 3 cups chicken broth
- 2 cups milk
- 1 tsp salt
- ¼ tsp pepper
- 8 oz shredded cheddar cheese

DIRECTIONS

1. In a Dutch oven, melt butter. Sauté celery and onion until tender.

2. Add potatoes and chicken broth. Cover and simmer until potatoes are tender, approximately 12 minutes.

3. Purée the potato mixture. Stir in milk and seasonings.

4. Add cheese and heat until melted. Serve with croutons or crackers.



Slow Cooker Cheeseburger Soup

INGREDIENTS

• 1½ lb ground beef, cooked and drained
• 5 potatoes, peeled and cubed into ½-inch pieces
• 3 carrots, peeled and sliced
• 4 stalks celery, sliced
• 1 small onion, diced
• Salt and pepper, to taste
• 1½ tsp dried basil
• 1½ tsp garlic powder (specified in directions)
• 5 cups chicken broth
• 2 cups (1 lb.) Velveeta cheese, cubed
• 8 oz cream cheese, cubed

DIRECTIONS

1. Place ground beef in the bottom of a slow cooker.

2. Add vegetables and season with salt, pepper, basil, and garlic powder. Cover with chicken broth.

3. Cover and cook on LOW for 7 hours.

4. Stir in both cheeses. Cover and cook for 1 more hour, until melted. Stir together and serve.



Creamy Marry Me Chicken Soup

INGREDIENTS

- 1 tbsp olive oil
- ½ onion, diced
- 4 cloves garlic, minced
- ½ cup sun-dried tomatoes in oil, drained and chopped
- 2 tbsp tomato paste
- 7 cups chicken broth
- 2 tsp salt, plus more to taste
- ½ tsp black pepper
- 2 tsp Italian seasoning
- ½ tsp crushed red pepper
- 12 oz gluten-free shell pasta (or pasta of choice)
- 2 cups shredded cooked chicken
- 3 cups fresh baby spinach, chopped
- ¾ cup half-and-half (or dairy-free alternative)
- 1 package Boursin cheese (or 4 oz cream cheese)
- ½ cup Parmesan, divided

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Sauté onion and garlic 3–4 minutes.

2. Stir in sun-dried tomatoes and tomato paste; cook 1–2 minutes.

3. Add broth, salt, pepper, Italian seasoning and crushed red pepper. Bring to a boil.

4. Add uncooked pasta and cook until nearly al dente.

5. Reduce heat to medium-low. Stir in chicken, spinach, half-and-half, Boursin and ¼ cup Parmesan for 2–3 minutes, until creamy and heated through.

6. Serve with remaining Parmesan; garnish with fresh parsley and red pepper if desired.



Lemon-Dill White Bean and Potato Soup

INGREDIENTS

• Olive oil or avocado oil, as needed
• 1 yellow onion, diced (or 2 leeks, white parts)
• 1 medium carrot, diced
• 2 celery stalks, diced
• Sea salt and black pepper, to taste
• 4 cloves garlic, minced
• Pinch of red pepper flakes, to taste
• 1½ tsp ground coriander
• 4 medium yellow potatoes (about 1 lb.), cubed
• 2 cups cooked white beans (or one 15-oz can)
• 6 cups vegetable broth
• 1 tbsp white or mild miso
• Several handfuls baby spinach (optional)
• Zest of 2 lemons
• Scant ¼ cup lemon juice
• 1 small bunch dill (about ⅓ cup packed), chopped

DIRECTIONS

1. Heat oil in a soup pot. Add onion or leeks, carrot, celery and a pinch of salt. Sauté over medium-low heat about 15 minutes, until softened.

2. Add garlic, black pepper, red pepper flakes and coriander; cook about 30 seconds.

3. Stir in potatoes and a pinch of salt. Add beans and broth. Cover and simmer about 20 minutes, until potatoes are tender.

4. Blend about half the soup with miso until smooth; return to the pot. Alternatively, blend partway with an immersion blender.

5. Adjust seasoning. Turn off heat; stir in spinach if using, lemon zest, lemon juice and dill.

6. Serve warm with extra dill, lemon wedges and red pepper flakes.



Cucumber and Tomato Chopped Salad

INGREDIENTS

• 2 cups cherry or grape tomatoes, halved or quartered
• 6 cups cucumber – sliced thick and quartered
• ½ medium red onion, sliced thin
• ¼ – ½ cup feta cheese
• ½ cup Wishbone Garden Herb Vinaigrette Dressing
• Pepper, to taste

DIRECTIONS

1. Mix all ingredients and chill before serving. Also delicious with pasta and avocado.



Roasted Brussels Sprouts

INGREDIENTS

- 1 lb Brussels sprouts
- 3 cloves garlic (peeled and sliced)
- ¼ cup parmesan cheese
- 3 tbsp olive oil
- Salt
- Pepper



DIRECTIONS

1. Preheat oven to 400°F.

2. Clean, trim, and cut Brussels sprouts in half, dry well, and place in a medium-sized bowl.

3. Add garlic, parmesan cheese, salt, pepper, and olive oil to bowl; toss to coat.

4. Dump contents of bowl onto foil-lined baking sheet (pro tip: Lightly crumple the piece of foil, stretch it back out, then place on baking pan; this will ensure your brussels sprouts cook evenly and aren't sitting in oil. Also, place your brussels sprouts flat-side up to soak in more flavor while cooking.)

5. Top with additional olive oil, garlic, parmesan, salt and pepper to your preference.

6. Roast in the oven uncovered for 20-25 minutes. Serve with more parmesan.

Savory Roasted Carrots

INGREDIENTS

- 2 lbs baby carrots
- 2 tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp paprika
- ½ tsp garlic powder
- 1 ½ tsp parsley flakes

DIRECTIONS

1. Preheat oven to 425°F.
2. In a bowl, toss carrots with olive oil, salt, pepper, paprika, and garlic powder.
3. Place carrots on a large sheet pan & spread in a single layer.
4. Roast for 12 minutes, then toss and continue roasting for another 8–15 minutes until caramelized and tender (time may vary based on oven and carrot spacing).
5. Toss with parsley before serving.



Oven Roasted Asparagus

INGREDIENTS

- 2 lbs fresh asparagus
- 3 tbsp olive oil
- ½ tsp paprika
- 2 tsp garlic powder
- To taste salt
- To taste pepper



DIRECTIONS

1. Preheat oven to 375°F. Roast asparagus in the oven until it's crisp-tender (Check after 10mins).

2. Remove the tough, woody ends of the asparagus.

3. Mix the olive oil, paprika, garlic powder in a small mixing bowl.

4. On a sheet pan, place asparagus in a single layer. Drizzle or spoon oil mixture over the asparagus.

CONTRIBUTOR NOTES
Alternate larger-batch ingredient amounts: 11 lb. fresh asparagus; 1 cup olive oil; 1 tbsp. paprika; 3 tbsp. garlic powder; To taste salt; To taste pepper

Seven Layer Lettuce Salad

INGREDIENTS

- 1 head lettuce, washed and cut
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 1 cup celery, chopped
- 1 package frozen peas, do not thaw
- 2 cups mayonnaise
- 2 tbsp sugar
- 1 cup shredded cheese
- 8 slices bacon, crumbled (or bag of bacon pieces)

DIRECTIONS

1. Layer the first five ingredients in a 9 × 13-inch pan.

2. Spread mayonnaise over top and sprinkle with sugar.

3. Top with shredded cheese and crumbled bacon pieces.

4. Cover and refrigerate overnight before serving.



Creamy Grape Salad

INGREDIENTS

- 3 lbs seedless red grapes, washed and dried
- 16 oz cream cheese, softened
- 1 cup powdered sugar
- 1 cup sour cream

DIRECTIONS

1. In a large bowl, blend cream cheese and powdered sugar until well mixed.
2. Stir in sour cream until blended. Add grapes.
3. Garnish with brown sugar and chopped walnuts or pecans.



Lemon and Garlic Shrimp Pasta

INGREDIENTS
for 4 servings

- 8 oz linguine or spaghetti
- 2 tbsp olive oil + 3 tbsp. olive oil (divided)
- 4 cloves garlic, minced
- 1 tsp. red pepper flakes
- 1 ¼ lb large shrimp, cleaned, peeled, and deveined
- salt, to taste
- pepper, to taste
- 1 tsp Italian seasoning
- 6 cups baby spinach
- ½ cup parmesan cheese, grated
- ¼ cup fresh parsley, chopped
- 1 tbsp lemon juice



DIRECTIONS

1. In a large pot, boil water and add pasta. Cook (stirring frequently) until al dente.
2. Drain and set pasta aside.
3. In a large pan, heat olive oil. Add garlic and cook until fragrant.
4. Toss in shrimp, and stir until shrimp start to turn pink, but are not fully cooked.
5. Add red pepper flakes, Italian seasoning, and spinach, cook until wilted, 1-3 minutes.
6. Return cooked pasta to the pot, add remaining olive oil, parmesan, and parsley. Stir until well mixed.
7. When the shrimp are cooked, add lemon juice, season to taste. Serve while hot.

Chicken Burrito Bowls (Meal Prep)

INGREDIENTS

• 2 boneless, skinless chicken breasts
• 3 bell peppers, any color, sliced
• 1 large red onion, sliced
• 2 tbsp. olive oil
• 1 tbsp. taco seasoning
• Salt and pepper, to taste
• 1 jar salsa
• 3 cups brown rice, cooked
• 1 can black beans, drained and rinsed
• 1 can corn
• 1 cup shredded cheddar cheese
• 1 lime, sliced into wedges
• 2 tbsp fresh cilantro, to garnish



DIRECTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with foil.
3. Place the chicken, peppers, and onions onto the baking sheet and drizzle with oil.
4. Sprinkle the taco seasoning evenly over both sides of the chicken breasts.
5. Sprinkle salt and pepper on the bell peppers and onions, tossing to coat.
6. Top each chicken breast with a generous pour of salsa. Bake in a preheated oven for 25 minutes. Rest chicken for 10 minutes, before slicing into strips.
7. Add a base of brown rice to 4 food storage containers. Top each with a scoop of black beans, corn, additional salsa, cheddar cheese, cooked bell peppers, and onions, and sliced chicken. Garnish with fresh cilantro and a lime wedge.

CONTRIBUTOR NOTES
Note: Can substitute cauliflower rice for brown rice or mix 50/50.

Big Mac Casserole

INGREDIENTS

• 1 lb lean ground beef
• 1 lb peeled potatoes, chopped into bite-size cubes
• ½ white onion, chopped
• ¼ cup water
• 1 tsp olive oil
• 2 tsp yellow mustard
• ½ tsp garlic powder
• ½ tsp onion powder
• 1 cup shredded cheddar cheese

Big Mac Sauce:
• ¼ cup mayonnaise
• ¼ cup ketchup
• ¼ cup dill pickle chips, chopped
• 1 tbsp dill pickle juice

Toppings:
• 1 tomato, chopped
• Handful white onions, chopped



DIRECTIONS

1. Preheat oven to 375°F. Wash and chop potatoes, leaving the skin on, into small bite-size pieces. Put potatoes in a glass dish and cover with saran wrap – poke a few holes in the saran wrap to vent and microwave for about 5 minutes, until partially cooked/soft.

2. Heat a pan over medium heat on the stove and add olive oil. Add potatoes to the hot oil and add ¼ cup of water. Season the potatoes generously with salt and pepper and cook until they are cooked/soft, stirring often to not burn the bottoms. This could take about 5 to 10 minutes depending on the size of your potato chunks. Once the potatoes have softened, place them in the baking dish.

3. In the same pan, add the ground beef and onions. Cook until the ground beef is mostly cooked through and the onions have softened. Season with salt, pepper, garlic powder, onion powder and mustard. Stir to combine well. Add cooked beef mixture to the potatoes in the baking dish and mix together.

4. Top the potato and beef mixture with shredded cheddar cheese and cover with foil. Place in oven for 15 minutes until cheese has melted.

5. While the casserole bakes, make your Big Mac sauce. Combine mayonnaise, ketchup, chopped pickles and pickle juice and stir to combine. Place in fridge.

6. When casserole is done baking, remove from oven and remove the foil. Top with big mac sauce, shredded lettuce, chopped white onion, chopped tomatoes and dill pickle chips.

Zucchini Casserole

INGREDIENTS

- 1 lb ground beef, pork or turkey
- 1 small onion, chopped
- 1 zucchini, sliced ⅛ inch thick
- 6 slices American cheese
- 1 can cream of celery soup
- 1 cup saltines, crushed
- ¼ cup butter, melted

DIRECTIONS

1. Preheat oven to 350°F.
2. Brown meat and onions, drain. Put in a 9x13-inch baking dish.
3. Add a layer of zucchini, layer of cheese and layer of zucchini. Top with cream of celery soup.
4. Mix crackers with butter and spread on top.
5. Bake at 350°F for 40 minutes or until bubbly. Do not add salt.

Makes 8-10 servings.



Roasted Fall Veggies With Sausage

INGREDIENTS

• 1 bag frozen sweet potato cubes, thawed
• ½ each red onion, diced
• 1 bag frozen butternut squash, thawed
• 1 bag frozen broccoli, thawed
• ¼ - ½ bag frozen kale, thawed
• 3 tbsp olive oil
• 1 tbsp balsamic vinegar or glaze
• 1 tsp garlic powder
• ½ tsp black pepper
• 1 lb pre-cooked Polish sausage sliced ¾" thick
• ½ tsp salt



DIRECTIONS

1. Preheat oven to 425°F. Spray sheet pan with non-stick spray.

2. Whisk together the olive oil, balsamic vinegar, garlic powder, and black pepper.

3. Put sweet potatoes, onion, squash, & broccoli into a bowl and toss with the oil-balsamic mixture.

4. Spread veggies out on a sheet pan, roast for 15 minutes.

5. Slice sausage into slices about ¾ inch thick.

6. When veggies have roasted 15 minutes, add sausage pieces to the sheet pan and roast 10 minutes more.

7. Add kale for the last 5-7 minutes of roasting.

8. Sprinkle with salt and pepper to taste and serve hot.

Lemon Baked Cod Fish

INGREDIENTS

- 4 each cod fillets
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup butter
- ⅛ cup parmesan cheese (grated)
- ⅔ cup all-purpose flour
- 1 tsp minced garlic
- ¼ tsp dried basil
- ½ tsp onion powder
- 1 tsp Dijon mustard
- 2 tbsp lemon juice



DIRECTIONS

1. Preheat oven to 400°F. Spray sheet pan with non-stick spray.

2. In a small bowl, stir together the butter, parmesan, flour, garlic, basil, onion powder, Dijon mustard, and lemon juice to make the lemon topping.

3. Lay cod fillets out in the prepared pan. Season fish with salt and pepper.

4. Top each fillet with a large spoonful of the butter mixture and spread out to cover.

5. Bake in the preheated oven for about 12-15 minutes, until the cod is opaque & flakes easily with a fork. Minimum internal temperature of 145°F should be reached. (Actual cooking time will depend on the thickness of your fish.)

Bang Bang Chicken Bowls

INGREDIENTS

• 2 lb chicken breast, cooked & chopped
• 1 tbsp olive oil
• 1 tsp paprika
• 1 tsp garlic powder
• 1 tsp salt
• ½ tsp pepper
• 3 cups rice, cooked

Bang Bang Sauce:
• ½ cup mayonnaise
• ¼ cup sweet chili sauce
• ¼ cup sriracha sauce
• 2 tsp lime juice

Toppings:
• 2 cups red cabbage, thinly sliced
• 1 cup shredded carrots
• 1 each cucumber quartered & sliced
• 2 large avocado halves, peeled & chopped

DIRECTIONS

1. Mix oil and seasonings into chopped chicken. Let it marinate in fridge overnight.

2. Make the bang bang sauce by mixing all ingredients well. Taste the sauce and add salt and pepper as desired.

3. When ready, heat the chicken/marinade in a skillet over low-medium heat until heated through.

4. Serve chicken over rice and add bang bang sauce and toppings as desired.



Baked Salsa Chicken

INGREDIENTS

- 4 chicken breasts (about 6 oz.)
- 1 packet taco seasoning
- 1 ½ cups salsa
- 1 cup shredded Colby-jack cheese
- ½ bunch cilantro, chopped

DIRECTIONS

1. Preheat oven to 400°F.

2. Spray sheet pan with cooking spray. Rub chicken breasts with taco seasoning on both sides and place on the pan in a single layer; cover with salsa.

3. Bake, uncovered, for 35-40 minutes, or until chicken is done and juices run clear.

4. Sprinkle with cheese and return to oven for 5-10 minutes, or until cheese is melted. Remove from oven and garnish with the chopped cilantro.



Baked Feta & Tomato Spaghetti Squash

INGREDIENTS

• 1 medium spaghetti squash, halved lengthwise and seeded (3– 3½ lb.)
• 3 tbsp extra-virgin olive oil, divided
• ¼ tsp crushed red pepper
• ¼ tsp ground pepper
• ⅛ tsp salt
• 4 oz block feta cheese, halved
• 8 oz cherry tomatoes (about 1½ cups)
• 3 tbsp chopped fresh basil, plus more for garnish
• 1 tbsp minced garlic
• 1½ tsp fresh oregano, chopped
• 1 tbsp balsamic glaze



DIRECTIONS

1. Position rack in middle of oven; preheat to 400°F. Line a large rimmed baking sheet with parchment paper or foil.

2. Place squash halves, cut-sides up, on the prepared baking sheet. Drizzle with 1 tbsp oil; sprinkle with ¼ tsp. crushed red pepper, ¼ tsp. pepper and ⅛ tsp salt. Place 1 feta piece, ¾ cup tomatoes, 1½ tbsp. basil, 1½ tsp garlic and ¾ tsp oregano in each squash half. Drizzle each with 1½ tsp oil. Bake until the squash flesh is tender and the tomatoes burst, 50 to 55 minutes.

3. Remove from oven. Using a fork and tongs, scrape the squash contents and the long strands of squash flesh into a medium bowl. Drizzle in the remaining 1 tbsp. oil; stir to combine. Return the mixture to the squash shells; cut each in half widthwise. Transfer each to a plate; drizzle evenly with balsamic glaze and serve.

Easy Chicken Alfredo

INGREDIENTS

- 2 tbsp butter, melted (for chicken)
- 1½ lb chicken breast, cubed
- ½ tsp salt
- ½ tsp pepper
- ½ tsp oregano
- 2 tbsp butter (for sauce)
- 2 cloves garlic, minced
- 3 tbsp flour
- 2 cups milk
- 16 oz penne pasta, cooked and drained
- ½ cup Parmesan cheese

DIRECTIONS

1. Cook chicken over medium heat in melted butter, seasoned as desired. Transfer to a plate when done.

2. In the same pan, melt remaining butter. Add garlic, then stir in flour, salt, pepper, and oregano.

3. Slowly add milk and stir until thickened.

4. Add Parmesan cheese, pasta, and chicken; mix until blended. Garnish with more cheese and parsley flakes. Serve with garlic bread.

CONTRIBUTOR NOTES
In a hurry, use store-bought rotisserie chicken.



Rotisserie Chicken in a Crockpot

INGREDIENTS

- 2 tbsp brown sugar
- 1 tbsp chili powder
- 1 tbsp smoked paprika
- 1 tsp chopped thyme leaves
- Salt and pepper, to taste
- 1 whole chicken, giblets removed, washed and wiped dry



DIRECTIONS

1. Spray bottom of slow cooker with cooking spray. Roll three sheets of foil into strips and place in the bottom as a rack.

2. Mix spices together and use as a rub for the chicken. Place chicken breast-side up in slow cooker.

3. Cover and cook on HIGH for 2½–3½ hours.

4. For crispy skin, place cooked chicken under the broiler on a sheet pan for about 5 minutes.

CONTRIBUTOR NOTES
Usually cooks two chickens in large roasters at 350°F for 2½–3 hours, using a double batch of spice mixture. Verify safe internal temperature of 165°F before serving.

Parmesan Potato Roll

INGREDIENTS

- 2 cups shredded Parmesan cheese
- 6–8 potatoes, peeled and sliced thin
- 1 lb ground beef, browned and drained
- 14.5 oz can petite diced tomatoes with green chilies
- 15 oz ricotta cheese
- 2 cups mozzarella cheese

DIRECTIONS

1. Preheat oven to 350°F.
2. Line a large cookie sheet with parchment paper; spray with cooking spray.
3. Sprinkle with Parmesan cheese and layer thin potato slices on top. Sprinkle with additional Parmesan and salt.
4. Bake at 350°F for 30 minutes.
5. Meanwhile, combine browned ground beef, tomatoes, and ricotta cheese. Spread over potato layer and sprinkle with mozzarella.
6. Using the parchment, roll up like a jelly roll (mixture will be hot). Return to oven and bake at 350°F for 15 minutes.



Runza Casserole

INGREDIENTS

- 2 lbS ground beef
- 2 tubes crescent rolls
- 6 cups shredded cabbage
- ½ medium onion, chopped
- 10½ oz can cream of mushroom soup
- 16 slices Velveeta or Kraft American cheese

DIRECTIONS

1. Preheat oven to 350°F.
2. Brown ground beef, onion, and cabbage. Season as desired; drain.
3. Add soup and heat thoroughly. Bake at 350°F for 30 minutes.
4. Press one tube of crescent rolls into the bottom of a greased 9 × 13-inch pan, pressing dough to meet edges.
5. Spoon half the meat mixture over dough and place 8 slices cheese on top. Repeat with remaining meat and cheese.
6. Cover with remaining tube of crescent dough and seal edges. Bake at 350°F for 25 minutes.



Slow Cooker Tacos

INGREDIENTS

- 2 lbs pork roast
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Juice of 1 lime
- 2 tbsp vinegar
- ½ cup chicken broth

DIRECTIONS

1. Mix spices, broth, and oil.

2. Season half of the roast and place in bottom of slow cooker. Season remaining portion and add to slow cooker.

3. Cover and cook on LOW for 10–12 hours.

4. Shred meat. Serve with your favorite taco sides.



Loaded Chicken & Potatoes

INGREDIENTS

• 1½ lb chicken breast, cubed
• 9 medium red potatoes, skin on, cut into ½-inch cubes
• ⅓ cup olive oil
• 1½ tsp salt
• 1 tsp pepper
• 1 tbsp paprika
• 2 tbsp garlic powder

TOPPING:
• 2 cups shredded Colby Jack cheese
• 1 cup cooked, crumbled bacon
• 1 cup diced green onion

DIRECTIONS

1. Preheat oven to 400°F.

2. In a gallon bag, mix oil and seasonings. Add chicken and potatoes; coat well.

3. Transfer to a greased 9 × 13-inch pan. Bake at 400°F for 1 hour, stirring every 20 minutes.

4. Mix toppings and spread over baked chicken and potatoes.

5. Return to oven at 400°F for 5 more minutes, or until cheese melts.

CONTRIBUTOR NOTES
For food safety, check that the chicken reaches 165°F.



Sheet Pan Chicken Fajitas

INGREDIENTS

• Boneless, skinless chicken breasts
• Bell peppers, sliced
• Onion, sliced
• Olive oil
• White wine vinegar
• Chili powder, cumin, garlic powder, onion powder and smoked paprika
• Salt and black pepper, to taste
• Fresh lime juice
• Cilantro, optional
• Avocado, optional
• Sour cream or Greek yogurt, optional

DIRECTIONS

1. Preheat oven to 425°F. Lightly grease a large baking sheet with olive oil or nonstick cooking spray.

2. Combine chicken, bell peppers, onion, olive oil, vinegar and seasonings in a large bowl.

3. Toss to coat evenly. Spread in a single layer on the baking sheet.

4. Bake for 20–25 minutes, or until chicken is fully cooked. 5. Remove from oven and mix in lime juice and cilantro.

5. Serve in warm corn or flour tortillas, or with Mexican sides.



Sheet Pan Chicken Sausage Dinner

INGREDIENTS

- 4 fully cooked chicken sausage links (about 12 oz.)
- 1 red bell pepper
- 1 small red onion
- 1 head broccoli
- 1 sweet potato (about ½ lb.)
- 3 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 1½ tsp dried oregano
- 1 tbsp chopped parsley (optional)
- Feta cheese (optional)

DIRECTIONS

1. Preheat oven to 425°F. Slice sausage diagonally. Cut bell pepper into 1-inch pieces, onion into ½-inch slices, broccoli into florets and sweet potato into ¾-inch cubes.

2. Toss sausage and vegetables with olive oil, salt, pepper, garlic powder and oregano.

3. Arrange in a single layer on a parchment-lined baking sheet.

4. Roast for 15 minutes, stir, then roast for another 15 minutes, until edges are browned.

5. Garnish with parsley and optional feta. Serve hot.



Sweet Potato Street Corn Bowls with Hot Honey

INGREDIENTS

• 10 oz steamed sweet potatoes
• 1 tbsp olive oil
• ½ tsp chili powder, plus additional seasoning for beef
• Salt and black pepper, to taste
• 1 lb ground beef
• 1 yellow onion, diced
• 1 can corn, drained
• 3 tbsp mayonnaise
• 3 tbsp sour cream
• ½ cup queso fresco
• Juice of ½ lime
• ½ tsp chili powder (for corn)
• Diced jalapeño, to finish
• ¼ cup chopped cilantro, to finish
• Hot honey, for drizzling

DIRECTIONS

1. Preheat air fryer to 400°F. Toss sweet potatoes with olive oil, ½ tsp. chili powder, salt and black pepper. Air fry 8–10 minutes, shaking halfway through.

2. Cook beef and diced onion in a skillet over medium heat for 5–7 minutes until browned. Season with chili powder, salt and black pepper.

3. Mix drained corn with mayonnaise, sour cream, queso fresco, lime juice and ½ tsp. chili powder.

4. Divide sweet potatoes into bowls. Top with seasoned beef and street corn mixture.

5. Finish with jalapeño, cilantro, hot honey and lime wedges, if desired.



Protein Balls

INGREDIENTS

- 3 cups quick-cook oatmeal
- 1 cup peanut butter
- ½ cup honey
- Mini M&M's and chocolate chips, optional

DIRECTIONS

1. Mix all ingredients well.
2. Shape into small balls and place in freezer to chill.
3. Store in an airtight container.



Cottage Cheese Dip with Cucumber Spears

INGREDIENTS

- 1 medium cucumber
- ½ cup cottage cheese
- 1–2 tsp everything bagel seasoning

DIRECTIONS

1. Wash the cucumber and slice lengthwise into spears.
2. Spoon the cottage cheese onto a small plate or into a bowl.
3. Sprinkle everything bagel seasoning generously over the cottage cheese.
4. Arrange cucumber spears alongside the cottage cheese and serve as a dip.



Chocolate Peanut Butter Apple Rings

INGREDIENTS

- 1 large apple
- 2 tsp creamy peanut butter
- 2 tsp chopped dark chocolate

DIRECTIONS

1. Wash the apple and remove the core.
2. Slice the apple horizontally into ¼-inch-thick rings.
3. Spread a thin layer of peanut butter over each apple ring.
4. Sprinkle chopped dark chocolate evenly over the peanut butter.



Yogurt Covered Blueberries

INGREDIENTS

- 1 cup fresh blueberries
- 1/2 cup yogurt of choice

DIRECTIONS

1. Line a baking sheet with parchment paper, set aside.

2. Gently mix your blueberries and yogurt together in a bowl.

3. Spread berries in a single layer onto your prepared tray. Place in your freezer for 60 minutes, or until the yogurt coating is frozen.

4. Take your blueberries off the parchment paper and transfer them to an airtight container or freezer baggie.



Peanut Butterscotch Bites

INGREDIENTS

- 1 cup butterscotch chips
- 1/2 cup peanut butter
- 3 cups Rice Krispies

DIRECTIONS

1. Melt butterscotch chips and peanut butter together.
2. Stir in Rice Krispies.
3. Press into 9 x 9-inch pan coated with cooking spray. Chill until firm.
4. Cut into squares. Store in airtight container in refrigerator.



Monster Bars

INGREDIENTS

- ½ cup butter, melted
- 1 cup brown sugar
- 1 cup sugar
- 3 eggs
- 2 tsp baking soda
- 1 tsp vanilla
- 1½ cups peanut butter
- 4½ cups quick-cook oatmeal
- 1 bag chocolate chips
- ½ cup M&M's

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix butter, sugars, and eggs together. Add baking soda, vanilla, and peanut butter, mixing well.
3. Slowly stir in oatmeal, chocolate chips, and M&M's.
4. Spread in a greased 15 × 10 × 1-inch baking sheet.
5. Bake at 350°F for 15 minutes.



Butter Cake

INGREDIENTS

Cake:
• 18¼ oz. package yellow cake mix
• 1 egg
• 2 tbsp melted butter
Filling
• 8 oz cream cheese, softened
• 2 eggs
• 1 tsp vanilla
• ½ cup butter, melted
• 16 oz powdered sugar

DIRECTIONS

1. Preheat oven to 350°F.

2. Combine cake mix, egg, and butter until crumbly. Pat into bottom of greased 9 × 13-inch pan.

3. In a large bowl, beat cream cheese until smooth. Add eggs, vanilla, and butter.

4. Slowly beat in powdered sugar until smooth and creamy. Spread evenly over cake layer.

5. Bake at 350°F for 40–50 minutes. Do not overbake; the center should be gooey.



Jell-O Jigglers

INGREDIENTS

- 4- 3 oz boxes Jell-O
- 2½ cups boiling water

DIRECTIONS

1. Mix boiling water with Jell-O, stirring until completely dissolved.

2. Pour into a 9 × 13-inch pan.

3. Refrigerate at least 3 hours, until firm. Cut into squares or fun shapes with cookie cutters.



Strawberry Earthquake Cake

INGREDIENTS

- 1 package white cake mix, plus ingredients listed on package
- 1 cup fresh strawberries, chopped
- 8 oz cream cheese, softened
- ½ cup butter, melted
- 4 cups powdered sugar
- 1 tsp vanilla
- ½ cup shredded coconut flakes
- ½ cup white chocolate chips

DIRECTIONS

1. Preheat oven to 350°F.
2. Prepare cake mix according to package directions. Fold in strawberries. Spread into a greased 9 × 13-inch pan.
3. In a medium bowl, beat cream cheese, butter, powdered sugar, and vanilla until smooth.
4. Drop cream cheese mixture by spoonfuls over the cake batter.
5. Sprinkle coconut and white chocolate chips evenly on top.
6. Bake at 350°F for 40–45 minutes, or until cake is set and edges are golden.



Chewy Sugar Cookie Bars with Vanilla Buttercream

INGREDIENTS

- 1 ¼ cup salted butter, softened
- 2 oz cream cheese, softened
- 1 tsp vanilla extract
- 1 large egg
- 1 cup granulated sugar
- 2 cups all-purpose flour
- 1 tsp baking powder
- 2 tsp vanilla extract
- 1 ½ cups powdered sugar
- 1 tbsp milk
- Festive sprinkles or food coloring



DIRECTIONS

1. Preheat oven to 350°F and line a 9x9-inch baking pan with parchment paper.
2. In a large mixing bowl, beat the butter, cream cheese, and vanilla until light and fluffy.
3. Add the egg and sugar, mix until fully combined.
4. Gradually mix in the flour and baking powder until just incorporated. Avoid overmixing.
5. Lightly butter your hands or a spatula, then evenly press the dough into the prepared pan.
6. Bake for 20-25 minutes until the edges are starting to turn light golden brown. Inserted toothpick in the middle will have a moist crumbs. (Do not overbake! The bars should be very moist, and almost slightly underbaked in the middle.)
7. Let the bars cool in the pan for 10 minutes before transferring them to a wire rack.
8. For the Frosting: In a medium bowl, beat the butter and vanilla until light and fluffy.
9. Add the powdered sugar and milk, then mix until smooth and creamy.
10. Spread the frosting over the cooled cookie bars, using the back of a spoon to create soft swirls.
11. Add sprinkles or decorate as desired. Cut and serve.

CRAWFORD COUNTY
MEMORIAL HOSPITAL

Thank You!

A community cookbook is about more than recipes.
It's about the memories, traditions, and people
who bring us together around the table.

Thank you to everyone who shared a favorite recipe,
helped bring this cookbook together, or printed a copy, or
created a meal from these recipes.
Your contributions celebrate the people and
traditions that make our community special.

From our CCMH family to yours, happy cooking!