



TOUCHSTONE HEALTH SERVICES PREVENTION DEPARTMENT HOLIDAY COOKBOOK

A collection of holiday-inspired recipes from our family to yours!

Our Touchstone Health Services
Prevention Department family
presents to you, a collection of
holiday-inspired recipes that are
must-haves on our plates.

From our family to you and yours,
HAPPY HOLIDAYS!



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MAIN DISHES/SIDES

For the main course or a tasty addition!



PARTY FAVORITE POZOLE VERDE

Recommended by:
Yesenia Botello,
Community Liaison



Ingredients

- 1 whole chicken
- 20 tomatillos
- 8 serrano peppers (use less for a milder spice)
- 5 jalapeno peppers
- 1 onion
- 1 large can of hominy
- 5 garlic cloves
- 1 bunch of cilantro
- chicken bouillon to taste
- salt to taste

Toppings

- onion
- cabbage
- radishes
- avocado
- limes
- chips or tostados

Directions

- 1 Clean chicken and place in a large pot. Cover with water and add salt to taste, add in half an onion and three peeled garlic cloves. Boil until chicken falls off the bone.
- 2 Peel and wash tomatillos. Remove stems from peppers and wash. Place all tomatillos, peppers, two garlic cloves, and a quarter of an onion in a pot to boil on medium. Boil until tomatillos change color and peppers are soft. Let cool, add three tablespoons of chicken bouillon, and blend thoroughly.
- 3 Open and drain hominy, wash thoroughly until water runs completely clear. Add to pot with chicken once it has fully cooked. Boil harmony and chicken together until the harmony has visibly split.
- 4 Add salsa mix and add more water depending on desired consistency, let boil for 10 minutes. Taste for flavor, add salt or chicken bouillon if necessary. Chop cilantro, half limes, thinly slice radishes and cabbage, diced onion, and slice avocado.
- 5 Serve and top with desired toppings, eat with chips or tostadas. Enjoy!

This recipe...

This recipe is something my whole family asks me to make during the holidays when there is large family gatherings. It is especially great when it is cooler out because it is a nice warm meal. I love it because it is a little spicy and a great comfort food that makes me feel like I am home no matter where I may be.



IRISH STEW

Recommended by: Cicely L Gonzalez, Community Coordinator

Ingredients

- 2 tablespoons olive oil
- 3 pounds beef stew meat
- 1 cup onion coarsely chopped
- 1 tablespoon minced garlic
- 1/4 cup all-purpose flour
- 1 cup Irish Stout
- 4 cups beef broth
- 1/4 cup tomato paste
- 2 pounds small yellow potatoes halved
- 1/2 teaspoon dried thyme leaves
- 2 cups carrots peeled, halved, and cut into 1-inch pieces
- salt and pepper to taste
- 2 tablespoons chopped parsley

Directions

- 1 Preheat the oven to 350 degrees F. Heat the olive oil in a large pot over medium-high heat. Season the beef generously with salt and pepper to taste.
- 2 Add half the beef cubes to the pot in a single layer. Cook for 3-4 minutes per side or until browned. Remove the beef from the pot and repeat with the remaining meat. Remove all the browned meat from the pot.
- 3 Add the onions to the pot and cook for 5-6 minutes or until tender. Add the garlic and cook for 30 seconds.
- 4 Return the meat to the pot. Add the flour and stir to coat the meat and onions. Add the Irish stout, beef broth, tomato paste, potatoes, thyme, and carrots to the pot. Season with salt and pepper to taste. Stir to combine and bring the pot to a simmer.
- 5 Cover the pot. Place it in the oven and bake for 2 1/2 - 3 hours or until meat and vegetables are tender. Optional, sprinkle with parsley and a dollop of sour cream, then serve with a crusty bread.

This recipe...

Growing up in a multicultural household, we held traditions high. When the holidays would come, we would cook and gather around. Irish Stew was always my favorite. My father was a wonderful cook, and he passed the skill of taking pride in the kitchen to me. Every time he made Irish Stew; I felt a bit of our home country wherever we celebrated the winter season!

BAKED ZITI

Recommended by:
Jacquelyn Ortega, Health Educator

Ingredients

- ½ lb. lean ground beef cooked and drained
- 1 lb. Penne noodles cooked and strained
- 1 qt. jar of your favorite pasta sauce
- 1 egg
- 2 cups ricotta cheese OR low-fat cottage cheese
- 16 oz. grated mozzarella cheese
- 10 oz. spinach cooked and drained
- 1 tbsp. fresh parsley chopped OR dried parsley flakes

Directions

- 1 Cook and prepare penne noodles and then set aside. Brown/cook ground beef and combine with the noodles in a 2 ½ quart oven-safe casserole dish.
- 2 In a small bowl, add the egg, parsley, and ricotta cheese and mix all together. Add mixture into the casserole dish. Mix well with the noodles and ground beef.
- 3 Mix in your pasta sauce, cooked spinach, and mozzarella cheese.
- 4 Bake uncovered at 350 for 30 minutes.
- 5 Enjoy!

This recipe...

Baked ziti is a must-have in my family for the holidays. Growing up, my mom used to make this dish, and it was my FAVORITE! We would only eat it on special occasions, but I loved it so much that my mom taught me how to make it so I could have it whenever I want. It brings me comfort, it's super filling, and my mouth waters just thinking about it!



CORNFLAKE TOP POTATOES (HEART ATTACK POTATOES)

Recommended by: Kim Egan, Senior Clinical Director



Ingredients

- 1/2 cup melted butter
- 1 medium onion, chopped
- 1 can (10.75-ounce size) creamed soup (e.g., cream of celery, onion, or chicken)
- 8 ounces shredded sharp cheddar
- 1 container (8-ounce size) sour cream
- 1 package (32-ounce size) shredded frozen hash brown potatoes
- 1/2 cup butter, melted
- 2 cups crushed corn flakes

Directions

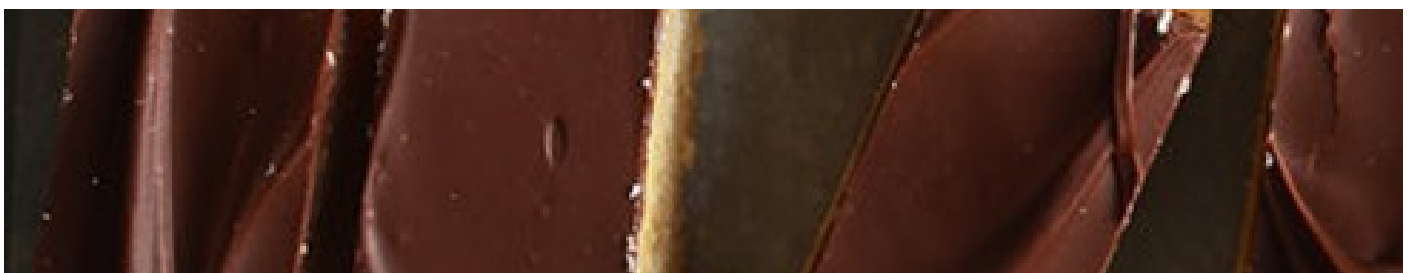
- 1 Preheat oven to 350 degrees. Generously butter a 9 x 13-inch baking pan.
- 2 In a large pan, melt one stick of butter and sauté the onions in it for 5 to 10 minutes, until onions are softened. Take the pan off the burner. Add soup, cheese, and sour cream, mix well. Add frozen hash browns and mix well.
- 3 Place mixture into a greased 9 x 13-inch baking dish. Mix the crushed corn flakes with the second stick of butter. Sprinkle the corn flake butter mixture over the hash brown mixture in the pan.
- 4 Bake, uncovered, at 350 degrees F for 1 hour.
- 5 Serving Size is 6 so if you know how many guests you are having you can double, triple, etc,

This recipe...

I inherited this recipe when I got married as my husband's family always made this. We have had this in our household now for 17 years for either Christmas Eve or Christmas we make it. We even brought this out Friend's Holiday party, and it was a big hit! Comforting and Yummy!



SWEETS & TREATS



BANANA BREAD/MUFFINS

Recommended by: Hannah Segatto, Health Educator



Ingredients

- 3 ripened, browned bananas
- 1 teaspoon of vinegar
- 1 teaspoon of vanilla
- 2 eggs
- 4 oz of room temp. cream cheese
- 1 box of yellow cake mix
- 1/4 cup brown sugar (and some left over to sprinkle on top)



Directions

- 1 Peel the bananas and mash them in a bowl with a fork until they are somewhat smooth.
- 2 Add in the rest of the wet ingredients (vanilla, vinegar, eggs, and cream cheese) and mix together until most of the lumps are out. If it is still slightly chunky, that's okay.
- 3 In a separate bowl, mix together your dry ingredients (yellow cake mix and brown sugar). Once the dry ingredients are well mixed, slowly add and stir them into the wet ingredients until well blended.
- 4 Grease your pan(s) with either butter or cooking spray. Then pour in your batter, making sure not to overfill it.
- 5 Take some of your remaining brown sugar and sprinkle it on top to lightly coat it.
- 6 For baking purposes, follow the instructions and time on the box of cake that you choose.
**Since you are following what it says on your cake mix box, also follow the suggestions for pan type. However, I have used dark nonstick pans, disposable tin pans, muffin pans, and glass Pyrex pans with no issues.

This recipe...

This is my mom's recipe. She has a mega sweet tooth and kind of came up with it all on her own (which explains the cake mix). She has made this every year around the holidays since before I can even remember. When the holidays do come around, she even makes mini loafs for all of our friends and family. She would make a loaf for each one of mine and my brother's teachers too. She got the disposable baking tin, baked the mini loafs, wrapped them in red saranwrap, topped it with a green bow or ribbon, then we attached personalized notes to each. This was always something I enjoyed doing around the holidays. We never had enough money to buy big gifts for everyone, but that's not what mattered. Our thoughtful words, written on each personalized note, is what warmed everyone's hearts. This simple task and recipe taught me a lot about what the holidays are all about. I have now taken on this tradition and last year I personally baked and delivered over 45 mini loafs of banana bread. Just like my mom used to do!

MILLIONAIRE SHORTBREAD (PART 1)

Recommended by:

Rimsha Naseer,
Health Educator



Ingredients

Shortbread

- 1 cup unsalted butter, softened (226g)
- $\frac{1}{3}$ cup sugar (70g)
- $\frac{1}{3}$ cup light brown sugar, packed (70g)
- 1 large egg yolk
- $\frac{3}{4}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon salt
- 2 $\frac{1}{4}$ cups all-purpose flour (260g)

Caramel

- 2 14-OZ cans sweetened condensed milk (792g)
- 14 Tablespoons butter cut into Tablespoon-sized pieces (198g)
- 1 cup light brown sugar packed (200g)
- $\frac{1}{3}$ cup light corn syrup (80ml)
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon salt

Chocolate

- 2 cups semisweet chocolate chips (340g)
- $\frac{1}{2}$ cup heavy cream (120ml)
- $\frac{1}{2}$ teaspoon vanilla extract (5ml)
- Sea salt for sprinkling

This recipe...

I made this dessert for the first time a couple of years ago for Thanksgiving dinner and ever since then, it has become a staple for the holidays! It is the perfect not-too-sweet dessert for everyone no matter their age. It is somewhat of a lengthy process, but the first bite in all of the delicious layers makes it all worth it.



MILLIONAIRE SHORTBREAD (PART 2)

Recommended by: Rimsha Naseer, Health Educator

Directions

Preheat oven to 350F (177C) and line a 13x9 baking pan with parchment paper.

1 Using an electric mixer, beat butter until well creamed, add the sugars and beat until light and fluffy, about 30 seconds. Add egg yolk and vanilla extract and stir well, pausing to scrape down the sides and mixing until ingredients are well-combined.

2 Add flour, gradually (about ½ cup at a time), pausing to scrape down sides of bowl. Halfway through the addition of the flour, sprinkle in the salt with the beater still running. Drop dough over prepared pan and gently, firmly, evenly, press dough into the bottom of the pan. Bake on 350F (177C) for 20-25 minutes -- edges should be lightly golden brown.

3 While you let the bread cool, combine condensed milk, butter, brown sugar, and corn syrup in a medium-sized saucepan over medium heat. Stir frequently until butter is melted and ingredients are well-combined. Continue to stir constantly until mixture begins to boil (this could take several minutes, but you don't need to increase the heat).

4 Once mixture comes to a boil, reduce heat to a simmer (slowly bubbling), still stirring constantly. Continue to stir 10-15 minutes until mixture turns a rich caramel color and has thickened. Remove from heat and immediately stir in the vanilla extract and salt.

5 Pour evenly over prepared shortbread, use a knife to spread evenly if needed. Allow to cool at room temperature for several hours or in the refrigerator for 1 hour.

6 For the chocolate topping, combine chocolate chips and heavy cream in a small saucepan over medium heat. Stir frequently until chocolate is melted and mixture is smooth. Remove from heat and stir in vanilla extract. Allow chocolate to cool just slightly for about 5 minutes, and then evenly spread over prepared caramel layer. Wait several minutes and then sprinkle with sea salt.

7 Allow chocolate to harden before cutting and serving. Enjoy your delicious millionaire's shortbread!





HOLIDAY OREO TRUFFLES

Recommended by:

Kaitlyn Mack, Health Educator

Ingredients

- One package of Oreos
- 1 block of cream cheese
- 1 bag of white chocolate melts (or whichever flavor of chocolate you prefer)

Directions

- 1 Set aside 3 Oreos, they will be used later. Remove Oreos from the package and crush, either using a food processor or by putting cookies in a Ziploc bag and crushing in the bag. Do not separate Oreo fillings from cookies. Crush cookies to fine crumbs.
- 2 Add cream cheese to crushed cookies and mix, either with a food processor or in a bowl using a mixer. Mix until well blended.
- 3 Prepare a cookie sheet lined with wax paper to place the truffles.
- 4 Shape cookie and cream cheese mixture into 1 inch balls. Once the cookie sheet is full, place it in the freezer for about 15 minutes. Meanwhile, crush the remaining 3 Oreos set aside from earlier.
- 5 Melt chocolate melts according to directions on the packaging. Remove frozen Oreo balls from the freezer and dip them into melted chocolate. It may help to use two spoons to cover each ball.
- 6 Return each dipped truffle back to the lined baking sheet, and immediately sprinkle the tops with remaining crushed Oreos. Allow chocolate to set.
- 7 To add a nice look to the truffles, you can also drizzle melted chocolate over the tops! I like to use white chocolate when covering the truffles and then dye some chocolate red and green for the drizzle.

Freeze truffles again and enjoy!

This recipe...

When I think of the holidays, the first thing that comes to mind are the desserts. If my family shares anything in common, it's having a major sweet tooth! There are always so many different cookies, candies, and tasty treats, it's hard to resist trying every single one. However, Oreo truffles have always been one of my favorites and I hope you enjoy them as well!



"TASTY" CHOCOLATE CHIP COOKIES (PART 1)

Recommended by:
Alexis McKinley, Prevention Supervisor

Ingredients (for 18 cookies)

- 1 cup bread flour
- $\frac{3}{4}$ cup all-purpose flour
- 2 teaspoons kosher salt, or $1\frac{1}{2}$ teaspoons table salt
- 1 teaspoon baking soda
- 1 cup unsalted butter, 2 sticks
- 2 tablespoons water, room temperature
- 1 cup dark brown sugar
- $\frac{1}{2}$ cup white sugar
- 2 teaspoons vanilla extract
- 1 teaspoon espresso powder
- 1 large egg
- 1 large egg yolk
- $\frac{1}{2}$ cup semi-sweet chocolate chips
- 5 oz Hersey's dark chocolate, chopped
- 1 teaspoon powdered sugar (optional)

This recipe...

Chocolate Chip Cookies are always our family's go-to, especially because Santa loves them! We have always done break and bake cookies but wanted to do something new one year. We found this recipe online by Tasty (hence the name), loved how it turned out and found ways to make it our own! To add a little more holiday fun and sweetness, I add a few extra drops of vanilla extract or chocolate chips in the batter and top the cookies with powdered sugar to make it look like snow. They pair well with a cup of Dutch Bros Hot Chocolate, a warm blanket, and a holiday movie! 😊

"TASTY" CHOCOLATE CHIP COOKIES (PART 2)



Recommended by:

Alexis McKinley, Prevention Supervisor

Directions

- In a medium bowl, sift together the flours, salt, and baking soda. Set aside.

1 In a medium or large saucepan, add the butter and melt over medium heat. The larger the pan you use, the quicker the process will be!
- Bring the butter to a boil, stirring frequently. As the water begins to boil out of the butter, the milk solids in the butter will separate, sink to the bottom, and begin to toast and brown. As this begins to happen, make sure to stir constantly so the butter browns evenly. It may become quite foamy, splatter a bit, and be difficult to see, so keep a close eye on it, removing it from heat and continuing to stir if it starts to foam over.

2
- Once the butter has turned a nice nutty brown, remove from the heat and pour into a large liquid measuring cup to stop the cooking. Allow it to cool down for a minute or two, give it a stir, and carefully add 2-3 tablespoons of water to the butter to bring it back up to 1 cup (240 ml) of liquid.

3
- Set aside to cool to room temperature. To help speed this process up, you can place in the fridge for 10-15 minutes. You want to make sure the butter is still liquid when you're adding it to the dough later on, so make sure to remove after 15 minutes.

4
- In a large bowl, add the sugars, vanilla, espresso powder, and cooled brown butter. Cream together with an electric hand mixer until light and fluffy, 1-2 minutes.

5

Add the egg and yolk and beat until incorporated.
- Add the dry ingredients, about $\frac{1}{3}$ of the mixture at a time, and beat between additions until just incorporated. It's okay for there to be a bit of unmixed flour on the edge of the bowl, this will be incorporated in the next step.

6
- Using a wooden spoon, fold the chocolate chips and chunks into the dough

7

Scoop the cookies onto a parchment paper-lined baking sheet in 3-tablespoon-sized mounds. For optimal flavor, cover and refrigerate for 1 hour or, even better, overnight.
- Preheat the oven to 350°F (180°C). Evenly space the dough 3 inches (8 cm) apart from one another on a parchment paper-lined baking sheet. Bake in a preheated oven for 12-14 minutes.

8

Let the cookies cool on the baking sheet for 2-3 minutes before transferring to a cooling rack to cool completely.
- Optional: Sprinkle powdered sugar on top of the cookies like snow.

9

Enjoy!



CHEESECAKE

Recommended by:

Lydia Cossio, Prevention and Health Promotion Assistant Director

Ingredients

- 2 packages cream cheese
- ½ cup of sugar
- ¼ teaspoons vanilla
- 2 eggs
- 1 package of your favorite store-bought crust
- 1 can of cherry topping (if desired)

This recipe...

This is a cheesecake that my mom has made all my life for both thanksgiving and Christmas. Holidays are not the same without it. It always brings back memories from when we would go visit my nana (her mom) every year, as well as my other grandparents (dads). It always makes the family happy to be able and end the night with something sweet.

Directions

- 1 Mix together the cream cheese, sugar, vanilla and eggs and well blended. Easiest to use a food processor but if mixing by hand, mix until smooth.
- 2 Pour the blended mixture into your crust.
- 3 Preheat oven to 350 degree. Bake uncovered for 40 minutes.
- 4 Check the cheesecake using a toothpick. Poke in the center, and if nothing sticks when it comes out, you know it's done! If there is anything stuck to the toothpick, put it back in the oven for 10 minutes. Enjoy!



QUE RICO FLAN (PART 1)

Recommended by: Neida Paez, Community Liaison

Ingredients

Flan Mixture:

- 1 can of condensed milk
- 1 can of evaporated milk
- 6 eggs
- 2 teaspoons of vanilla extract
- 8oz package of cream cheese

Caramel:

- 1 cup of sugar
- 2 tablespoons of water

This recipe...

This recipe is my godmother's specialty. I remember eating it whenever I visited her during school breaks. To this day, it remains my favorite dessert to eat when I need the comfort of a sweet treat.

Directions on next page...



QUE RICO FLAN (PART 2)

Recommended by: Neida Paez, Community Liaison

Directions

- 1 *Getting started.* Begin by preheating your baking pan. This will make it easier to swirl the caramel sauce since it hardens very quickly.
- 2 *Let's make some caramel!* Place a pot over medium-high heat, pour in half the sugar and half of the water. Keep the sugar moving around your pan as it melts. Be careful not to burn the sugar, if it is melting quickly, turn down the heat. Once the first half of the sugar has melted, add the other half of sugar and water, and continue stirring until smooth. The color will begin shifting into an amber shade.
- 3 Continue to keep the caramel on heat so that it does not harden, be careful not to let it turn too dark in color. Pour the caramel into your pan and swirl the caramel around the pan to allow it to coat it evenly. Allow to cool.
- 4 *Making the flan mix.* Make sure to preheat your oven to 365°. Place the rest of your ingredients into a blender. Blend until smooth. Add the mixture into the pan with cooled caramel, cover with aluminum foil. I recommend crimping the edges to make sure it is nicely sealed.
- 5 *Time for a bath!* Place the pan inside a large baking pan, add about 1 inch of hot water around the flan pan.
- 6 *Bake!* Carefully place the baking pan with water and flan pan inside the oven. Bake for about 1 hour or until a knife can be inserted into the center and come out clean.
- 7 *Let it cool.* Allow to cool to room temperature and then refrigerate overnight.
- 8 *Get ready to eat!* Loosen the flan from the pan by using a knife around the edges. Place a serving plate over the top of the pan and quickly flip it so that the flan pan is upside down on the plate. You may need to jiggle the flan pan just a bit, but you should be able to see the caramel sauce spill onto the plate.
- 9 You can garnish using fruit, such as berries or you can eat it just as is! When serving, cut pieces of flan as you would a cake and make sure to scoop some of the caramel sauce onto your slice!
- 10 *Eat it all up! Provecho!*

PUMPKIN CHOCOLATE CHIP COOKIES

Recommended by:

Karina Herrera, Prevention Supervisor

This recipe...

These pumpkin chocolate chip cookies are my new tradition to the holiday gatherings. When I had my two babies, I wanted to start a tradition for my children's memories. Pumpkin chocolate chip cookies are delicious and unique to our traditional family plates.

Directions

- 1 Pre-heat oven to 350 F. Line a baking sheet with parchment paper.
- 2 Combine pumpkin, sugar, vegetable oil, vanilla and egg in a large bowl. Mix until smooth.
- 3 In a separate bowl, stir together flour, baking powder, cinnamon, pumpkin spice and salt. Dissolve the baking soda with the milk and stir into the wet ingredients. Add flour mixture to pumpkin mixture and mix well. Stir until combined.
- 4 Add chocolate chips and stir until combined.
- 5 Drop cookies onto baking sheet. Bake for about 10-11 minutes or until a toothpick comes out clean.

Ingredients

- 1 cup of Pumpkin canned
- 1 cup of white sugar
- ½ cup vegetable oil
- 1 egg
- 1 tbs vanilla
- 2 cups of flour
- 2 tsp baking powder
- 1 tsp cinnamon
- ½ tsp pumpkin spice
- ½ tsp salt
- 1 tsp baking soda
- 1 tsp milk
- 2 cups of chocolate chips (or the whole bag 😊)

