



The Honors College Kitchen

A collection of yummy recipes from Honors College students, alumni, faculty, staff, friends, and family.

○ HONORS COLLEGE ○

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Appetizers



Holiday Cheese Ball

Recipe courtesy of Karen Newcomer

Friend of Honors College

Ingredients

12 oz cream cheese
6 oz blue cheese
6 oz cheddar cheese spread
2 tablespoons dry onion soup mix
1 teaspoon Worcestershire sauce
1/2 cup dry parsley flakes
finely chopped walnuts



Directions

1. Mix everything except walnuts. Shape into two balls. Roll in walnuts.
2. Refrigerate. Serve with crackers.

2

Sugar 'n' Spice Nuts

Recipe courtesy of Beth Chenault

Honors College Data Entry Specialist

JMU class of '75

Ingredients

1/4 c packed brown sugar
1/2 tsp ground cinnamon
1/4 tsp cayenne pepper
1 egg white
1 c salted cashews
1 c pecan halves
1 c dry roasted peanuts
1/2 c dried cranberries

Directions

1. In a small bowl, combine brown sugar, cinnamon and cayenne; set aside. In a large bowl, whisk egg white; add nuts and cranberries. Sprinkle with sugar mixture and toss to coat. Spread in a single layer on a greased baking sheet.

2. Bake at 300 degrees for 18-20 minutes or until golden brown, stirring once. Cool. (If you wish you can drizzle dark chocolate over the mixture, it's an added treat).

Store in an airtight container



3

Fried Pickles

Recipe courtesy of Karen Newcomer

Friend of Honors College

Ingredients

1 jar sandwich cut (long ovals)
pickle slices - use pickles kept
in the refrigerator section at
grocery store
1/2 cup pickle juice
1/2 cup flour
2 1/4 teaspoons cajun season-
ing
1/2 teaspoon italian seasoning
1/4 teaspoon cayenne
salt
peanut oil



Directions

1. Heat 1 inch of oil over medium-high heat on the stove to 375 degrees.
2. Mix flour, seasonings, and pickle juice to form a batter.
3. Place sliced pickles on paper towels and pat to dry.
4. Add half the pickles to the batter and coat. Remove with a slotted spoon to let excess drip off.
5. Add one at a time to hot oil. Fry about 2 minutes, until golden brown. Remove and drain on baking rack.
6. Return oil to 375 degrees and fry remaining pickles.

These are best eaten immediately.

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Buffalo Chicken Dip

Recipe courtesy of Karen Newcomer

Friend of Honors College

Ingredients

3 (or 4 if small) boneless
skinless chicken breasts,
cooked and chopped
1 cup hot wing sauce
2 8oz packages cream
cheese, cubed and
softened
1/2 cup shredded ched-
dar cheese
1/4 cup blue cheese
salad dressing
corn chips; celery sticks

Directions

1. In a crock pot mix together all ingredients except chips and celery. Cover and cook on low setting for 3 hours, stirring several times.
2. Serve warm with corn chips and celery sticks.



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IT

Recipe courtesy of Didi Elder

Honors Class of '22

Ingredients

- 1 packages of Fritos
- 1 package of pretzels
- 1 package of Cheez-its
- 1 quart of popcorn
- 1 can/jar of peanuts
- 3 sticks of butter
- 3 drops of Tabasco
- 3 teaspoons of curry powder
- 3 tablespoons of Worcestershire sauce
- a pinch of salt
- 3 teaspoons of minced garlic



Directions

1. Mix all chip types together
2. Combine all sauce ingredients and coat chips in it
3. Put mix in a large pans/baking sheets
4. Bake mix at 275° for an hour and stir every 20 minutes
5. If not ready and crunchy after hour put in for longer until brown and crunchy

Chicken Dip

Recipe courtesy of Saleem Aboite

Honors Class of '19

Ingredients

- Canned Chicken Meat (2 Cans)
- Cream Cheese (1 Bar)
- Mayonnaise (1 cup)

Directions

1. Just mix it and that's it! I recommend mashing the chicken into smaller pieces and refrigerating the dish before serving. Mixing will be easier if you heat the cream cheese for about ten seconds.

Best enjoyed with some Chicken Biscuit Crackers!!



Tailgate Sandwiches

Recipe courtesy of Didi Elder

Honors Class of '22

Ingredients

2 pkg Hawaiian Sweet Rolls
1 lb ham, sliced thin
1 lb gruyere cheese, sliced thin
8 oz tub cheese spread (I use Boursin)
½ C butter, melted
¼ C parm cheese – shaved or grated
1 Tbs Worcestershire sauce
1 ½ Tsp minced onion



Directions

1. Don't separate the rolls but slice the tops from the bottoms.
2. Grease 19/x13 baking dish.
3. Arrange roll bottoms in dish
4. Layer with ham and cheese
5. Spread the bottom of roll tops with cheese spread, place over top layer of ham/cheese on bottoms
6. In a small bowl with a spout, combine butter, parm, Worcestershire sauce, and onion.
7. Pour over sandwiches and let stand for 20 minutes (it's OK to skip the let stand part if you are running late).
8. Preheat oven to 350°.
9. Cover with tin foil and bake for 20 minutes.

8

Pop's Oyster Crackers

Recipe courtesy of Didi Elder

Honors Class of '22

Ingredients

¾ cup of vegetable oil
1 envelope of Ranch Dressing seasoning
½ teaspoon dill
¼ teaspoon lemon pepper
¼ teaspoon garlic powder
16 ounce package of oyster crackers

Directions

1. Whisk together ingredients and pour over crackers
2. Put mix in baking pan
3. Bake on 275° for 15-20 minutes or until brown and crispy



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Main Course



Enchiladas

Recipe courtesy of Elizabeth Stanley

Honors Class of '24

Ingredients

2 pounds skinless, boneless chicken breast meat - cut into chunks
1 (10.75 ounce) can condensed cream of chicken soup
1 ¼ cups sour cream
¼ teaspoon chili powder
1 tablespoon butter
1 small onion, chopped
1 (4 ounce) can chopped green chilies, drained
1 (1.25 ounce) package mild taco seasoning mix
1 bunch green onions, chopped, divided
1 cup water
1 teaspoon lime juice
½ teaspoon onion powder
½ teaspoon garlic powder
5 (12 inch) flour tortillas
3 cups Cheddar cheese, shredded, divided
1 (10 ounce) can enchilada sauce
1 (6 ounce) can sliced black olives

Directions

1. Place the chicken in a large pot and add water to cover. Bring to a boil then reduce the heat, cover, and simmer until the chicken pieces are no longer pink. Shred chicken with two forks. Set aside. Meanwhile, combine the cream of chicken soup, sour cream, and chili powder in a saucepan. Bring to a simmer over low heat, stirring occasionally, then turn off the heat and cover to keep warm.
2. Heat the butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has turned translucent, about 5 minutes. Add the chicken, chopped green chilies, taco seasoning, half of the chopped green onion, and water. Allow to simmer for 10 minutes. Stir in the lime juice, onion powder, and garlic powder; simmer for an additional 10 minutes.
3. Preheat an oven to 350 degrees. Stir 1 cup of the soup mixture into the skillet with the chicken mixture. Spread the remaining soup mixture on the bottom of a baking dish.
4. Fill each tortilla with chicken mixture. Sprinkle cheese over the chicken filling before folding the tortillas, reserve half of the shredded cheese for the end. Fold tortillas over the filling and place seam-side down in the prepared pan.
5. Pour enchilada sauce evenly over the enchiladas. Cover with the remaining 1 ½ cups of cheese. Sprinkle the reserved chopped green onions and the sliced olives on top of the cheese. Bake in the preheated oven until filling is heated through and the cheese is melted and bubbling, about 25 minutes.

Butter Chicken

Recipe courtesy of Ali Carl

Honors Class of '24

Ingredients

For the chicken:

1 lb of Boneless Skinless Chicken Thighs, cut into bite size pieces
1/2 cup of Yogurt
4 Cloves of Garlic, minced
1 Tbsp of Ginger, grated
1 tsp of Chili Powder
Plenty of Salt and Pepper, to taste

For the sauce:

1 Small Yellow Onion, finely chopped or Pureed in a food processor
3 Cloves of Garlic, minced
1 Tbsp of Ginger, grated
1 tsp of Garam Masala or more according to taste
1 tsp of Chili Powder
1 tsp of Coriander Seeds
1 tsp of Cumin Seeds
1-1/2 cups of Tomato Puree
1/2 cup of Water
1/4 cup of Heavy Cream
1 Tbsp of Ghee or Vegetable Oil
2 Tbsp of Unsalted Butter
Salt and Pepper to taste
1/4 tsp of Fenugreek Leaves
Fresh Chopped Cilantro

Directions

1. In a bowl, mix together the chicken with the yogurt, garlic, ginger, chili powder, salt and pepper, cover and allow to marinate for about 30 minutes or overnight.
2. Preheat the oven to 475 degrees, place the chicken on a baking sheet and pop it in the oven for 10 minutes, turn the broiler on high and char the top of the chicken, then remove from the oven.
3. In a large skillet with high sides add the oil and butter and allow the butter to melt, then add the coriander seeds and cumin seeds and allow them to cook for about 30 seconds. Add the onion, garlic and ginger and cook over medium heat until the onion softens quite a bit, add the garam masala and chili powder and cook for about 30 seconds.
4. Add the tomato puree, bring to a simmer and add the partially cooked chicken, partially cover with a lid and simmer for about 20 minutes.
5. Stir in the cream and fenugreek leaves, season with a touch of salt and pepper to taste, stir in the cilantro and allow everything to cook gently for just a few minutes. Serve over some spiced rice and enjoy!

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Homemade Hamburger Helper

Recipe courtesy of Tammy Steele

Honors College Executive Assistant

Ingredients

1 box (16 oz) Rotini Noodles
1 lb burger
2 cans (14 oz) Tomato Soup
1 bag (8 oz) shredded Cheddar Cheese
Minced onion
Salt and Pepper to taste

Directions

1. Boil noodles as packaging indicates, while boiling brown burger with minced onion
 3. Drain noodles after cooking to desired texture
 4. Mix noodles, burger and soup in large pot
 5. Keep on warm
 6. Add 3/4 cheese stir
 7. Sprinkle remaining cheese (1/4) on top
 8. Cover and simmer until cheese is melted
 9. Salt and pepper to taste, A warm, hearty meal that is easy, cheap and filling!
- P.S. I sometimes add a little more cheese... my family are cheese lovers so add cheese according to your palette!



13

Spaghetti for the Tomato Sauce Hater

Recipe courtesy of Lily Parker

Honors Class of '24

Ingredients

Angel hair spaghetti
cherry tomatoes,
basil or spring mix lettuce,
shredded Parmesan, olive oil,
balsamic vinegar.

Directions

1. Cook spaghetti as normal, slice tomatoes in half, tear lettuce into smaller pieces.
2. Add all ingredients together in personal bowl (as much as desired). Enjoy!



Caprese Chicken

Recipe courtesy of Dana Klatt

Friend of Honors College

JMU class of '23

Ingredients

4 5-7 oz chicken breasts,
pounded to even
thickness
2 tsp italian seasoning
2 tsp sea or kosher salt
1 tsp garlic powder
1 tsp onion powder
1 tsp cracked black
pepper
1 tbsp olive oil
8 oz fresh mozzarella,
sliced into 8 even pieces
2 vine ripened tomatoes,
sliced into 1/2" slices
fresh basil, to taste
aged balsamic or bal-
samic glaze, to taste

Directions

1. Place one chicken breast onto a sheet of parchment paper and fold the paper over the chicken. Using a rolling pin, pound the chicken breast to even thickness of 1". Set aside and repeat with the remaining chicken breasts.
2. Combine the italian seasoning, sea salt, garlic powder, onion powder, and pepper in a small bowl. Stir to combine.
3. Brush the chicken with olive oil, then sprinkle with the seasoning blend. Flip the chicken oven, then repeat.
4. Heat a grill or grill pan over high heat. Place the chicken breasts onto the grill and cook 5-6 minutes per side, or until the internal temperature reads 155°F using a thermometer (the chicken will come to proper temperature in the next step).
5. Top each chicken breast with 2 slices fresh mozzarella. Continue grilling 3 minutes, or until the cheese is melted and the internal temperature reads 165°F.
6. Place the chicken breasts onto a platter or individual plates. Top each chicken breast with 2-3 slices of fresh tomatoes, then sprinkle with fresh basil and salt and pepper to taste. Just before serving, drizzle with aged balsamic vinegar or balsamic reduction. Serve immediately



Butter Chicken

Recipe courtesy of Meghan Lankford

Honors Class of '23

Ingredients

1 1/2 lbs (675 g) skinless, boneless chicken thighs, cut into pieces
3 tbsp butter
1 tbsp curry powder
1/2 tsp garlic powder
1 can (10 oz/284 ml) condensed tomato soup
10 oz (284 ml) milk (measured in the soup can)

Directions

1. In a large non-stick skillet over high heat, brown the chicken thighs in the butter with the curry powder and garlic powder. Add the tomato soup and milk.
2. Bring to a boil and simmer gently for 8 to 10 minutes or until the sauce thickens. Add pepper to taste. Serve with rice and naan bread, if desired.



Super Nacho Melt

Recipe courtesy of Brad Newcomer

Dean of Honors College

Ingredients

1 pound ground beef
2 tablespoons minced onion
1/4 teaspoon black pepper
1 16 ounce can refried beans with chilies
1 package dry taco seasoning
3 cups shredded cheddar, divided
6 ounces thick taco sauce
1 4 ounce can chopped green chilies
dash each of garlic powder and cayenne
Tabasco sauce
Corn tortilla chips or Doritos

Directions

1. Brown beef and onion. Drain. Add garlic powder, black pepper, taco sauce, chilies, and several dashes Tabasco (more or less, to your taste). Stir in one cup cheddar and set aside.
2. Spread beans in the bottom of a 8 1/2 x 11 casserole dish. Sprinkle on taco seasoning. Top with meat mixture. Top with remaining 2 cups of cheddar. Cover and bake at 350 degrees for 20 minutes. Serve with chips to scoop up bites of the casserole.



Burrito Pie

Recipe courtesy of Karen Newcomer

Friend of Honors College

Ingredients

1/4 cup oil
4 8inch flour tortillas
1 lb ground beef
1 medium onion, diced
2 cloves garlic, diced
1 4oz can chopped jalapenos
1 8oz can refried beans
1/3 cup hot taco sauce
1 cup shredded lettuce
1 medium tomato, diced
dash each of chili powder and cayenne



Directions

1. Fry ground beef, onion, garlic. Drain. Add chili powder, cayenne, jalapenos, taco sauce, and beans.
2. Fry tortillas in hot oil for about 30 seconds each side - until light brown. Drain.
3. In a 9 inch pie plate place 1 tortilla; top with 1/4 of the beef mix; top beef mix with 1/4 of the cheese. Repeat using all of the tortillas, meat, and cheese.
4. Bake at 350 degrees for 30 minutes. Serve topped with lettuce and tomato.

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Moroccan Chickpea Grain Bowl

Recipe courtesy of Ashlyn Campbell

Student office assistant

Honors Class of '23

Ingredients

1 cup of quinoa
1/2 can of chickpeas
1 clove of garlic, minced
1/4 of an onion, sliced
1/2 tbsp of tomato paste
1/4 tsp turmeric
1/4 tsp ground ginger
1/4 tsp cumin
Dash of cayenne
1 cucumber, cut into chunks
1 pint grape tomatoes, cut in half
Extra virgin olive oil
Red wine vinegar
Hummus
Feta cheese



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Directions

1. Cook the quinoa according to the package directions
2. While the quinoa is cooking, put a pan on medium heat and add extra virgin olive oil, garlic and onion. Cook until fragrant
3. Add chickpeas and tomato paste to the pan. Mix them together to evenly break up the tomato paste.
4. Add the spices. Mix and cook until everything is warm, and onions are translucent. Set aside.
5. Mix together the cucumber, tomato, olive oil and red wine vinegar, however much you would like
6. Assemble and place the quinoa in a bowl, add the chick peas, cucumber tomato salad, hummus, and feta.
7. Enjoy!

Cullen Skink

Recipe courtesy of Jared Diener

Director of Honors Advising and Global Initiatives

Ingredients

1 lb smoked white fish (haddock or trout)
Bay leaf
2-3 tbsps butter
1 onion finely chopped
1 leek finely chopped
Some thyme
Some rosemary
2 potatoes, unpeeled and cut in chunks
2 cups whole milk
Chives



Directions

1. Put fish into a large pan and cover with a cup and a half of cold water. Add the bay leaf, bring gently to a boil. When it starts boiling, the fish should be just cooked – if not, give it another minute or so. Remove the fish and water from the pan, and set aside to cool. (Don't throw out the water!)
2. Melt butter in another pan on a medium-low heat, add the onion and leek. Cover and allow to sweat for about 10 minutes until softened. Season with black pepper, rosemary, and thyme.
3. Add the potato and stir to coat with butter. Pour in the fish-infused water and bay leaf, and bring to a simmer. Cook until the potato is tender.
4. Meanwhile, remove the skin, and any bones from the haddock, and break into flakes. I usually use a fork for this.
5. Lift out a generous slotted spoonful of potatoes and leeks, and set aside. Discard the bay leaf. Add the milk, and half the haddock to the pan, and either mash roughly or blend until smoothish. (This is where my immersion blender comes in handy.)
6. Season to taste, and serve with a generous spoonful of the potato, leek and haddock mixture in each bowl, and a sprinkling of chives.

Tortilla Soup

Recipe courtesy of Karen Wheatley

Principal Relationship Development, Associate Director

Ingredients

1 cup of quinoa
1/2 can of chickpeas
1 clove of garlic, minced
1/4 of an onion, sliced
1/2 tsp of tomato paste
1/4 tsp turmeric
1/4 tsp ground ginger
1/4 tsp cumin
Dash of cayenne
1 cucumber, cut into chunks
1 pint grape tomatoes, cut in half
Extra virgin olive oil
Red wine vinegar
Hummus
Feta cheese



Directions

1. Cook the quinoa according to the package directions
2. While the quinoa is cooking, put a pan on medium heat and add extra virgin olive oil, garlic and onion. Cook until fragrant
3. Add chickpeas and tomato paste to the pan. Mix them together to evenly break up the tomato paste.
4. Add the spices. Mix and cook until everything is warm, and onions are translucent. Set aside.
5. Mix together the cucumber, tomato, olive oil and red wine vinegar, however much you would like
6. Assemble and place the quinoa in a bowl, add the chick peas, cucumber tomato salad, hummus, and feta.
7. Enjoy!

Brown Sugar Challah French Toast

Recipe courtesy of Tracey Harris

Family of Honors Student

Ingredients

1 loaf challah bread
1 stick of butter
1/2 cup brown sugar
8 eggs
1 cup milk
1 tsp cinnamon

Directions

1. Preheat oven to 350. Slice the challah into 1/2 inch thick slices. Prepare a large rimmed baking sheet with a sheet of baking parchment paper, or use one or more 9x12 glass pans sprayed with Pam or olive oil.

2. Mix the eggs, cinnamon and milk together in a shallow pan or bowl. Melt the stick of butter in separate small bowl, and mix the brown sugar with the melted butter.

3. Pour the butter and brown sugar mixture onto the baking sheet and spread with a spoon or spatula so it forms a thin layer. Dip each piece of bread into the egg and milk mixture, flip it over, and then lay it on top of the brown sugar/butter mixture. Repeat with the rest of the bread. Bake in the oven for 25 minutes or until golden brown.



Sides



Greek Potatoes

Recipe courtesy of Brad Newcomer

Dean of Honors College

Ingredients

6 medium baking potatoes (3 pounds), cubed
1/2 cup lemon juice
1/3 cup vegetable oil
1 tablespoon olive oil
2 teaspoons salt
1/2 teaspoon black pepper
1 1/2 teaspoons italian seasoning
2 garlic cloves, minced or pressed (use fresh garlic, not bottled)
3 cups hot water

Directions

1. Toss the potatoes with all ingredients except the hot water. Put into a shallow, flat pan about 8 x 12 inches. Add hot water. Stir carefully.

2. Bake uncovered for about an hour to an hour and a half at 475 degrees. Stir every 20 minutes and add more hot water if necessary to prevent sticking. During the final 15-20 minutes allow the water to evaporate until only the oil is left.



Broccolislaw

Recipe courtesy of Trish Ravenburg

Family of Honors Student

Ingredients

1/4 cup Oil
1/3 cup Cider Vinegar
1 bag Broccolislaw
1 Onion, chopped
1 package Chicken-flavored Ramen noodles broken up + flavor packet

Directions

1. Mix oil, vinegar, sugar and flavor packet until sugar dissolves.

2. Toss together the Broccolislaw, onion and broken-up Ramen noodles in a large bowl.

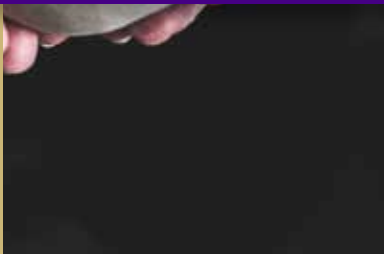
3. Add dressing and mix well. Refrigerate overnight.

4. Toss occasionally. Can add sunflower and cashews and/or grilled chicken or shrimp. Recipe can be doubled.





Bread



Banana Bread

Recipe courtesy of Elizabeth Stanley

Honors Class of '24

Ingredients

- 1 1/3 cup sugar
- 1/2 cup canola oil
- 2 eggs
- 2 cups sifted flour
- 1 tsp baking soda
- 1 tsp salt
- 5 tbsp milk
- 1 cup crushed bananas (3)
- 2 tsp vanilla

Directions

1. Mix all ingredients and let stand in greased loaf pan with wax paper in the bottom for 20 minutes
2. Bake for 1 hr and 15 min. at 300 degrees F
3. Remove from pan and take off paper immediately
4. Let cool on rack



Italian Sausage Bread

Recipe courtesy of Grant Johnson

Honors Class of '24

Ingredients

1 pkg Italian Bread Dough or
Pizza Dough
3 large Italian sausage links,
casings removed
2 eggs, lightly beaten
1/4th cup Parmesan & Romano
cheese, grated
1/2 tsp Italian seasoning



Directions

1. Preheat oven to 375
2. Roll out the dough and place in a greased loaf pan. The edges of the dough should generously cover the sides of the pan.
3. In a sauté pan, fry the Italian sausage and separate into small pieces. Save the grease in the pan.
4. Evenly spread the sausage on top of the dough in the loaf pan.
5. Add eggs on top of the sausage and sprinkle the cheese and seasoning over the egg mix.
6. Pinch the seams of the dough and salt the mixture inside the dough.
7. Bake for 45 mins or until golden brown on the top.
8. Brush the sausage grease of the fully-cooked, hot bread.
9. Let cool for at least 10 mins before slicing. This is also great toasted!



Desserts



Lemon Bars Cockaigne

Recipe courtesy of Fawn-Amber Montoya

Honors College Associate Dean

Ingredients

For the crust:

2 3/4 cups flour
1/4 cup plus 2 tablespoons powdered sugar
1/4 tsp salt
18 Tbsp. cold unsalted butter, cut into small pieces (2 sticks and 2 tablespoons)- I always use salted butter because that is usually what I have and it will store better anyway. I just usually half the salt.

For the filling:

6 large eggs
3 cups sugar
zest of 1 lemon
1 cup plus 2 Tbsp. lemon juice (about 5 lemons) – Fresh Squeezed!!!
1/2 cup all-purpose flour
Confectioner's sugar, for dusting



Directions

1. Sift the flour, sugar, and salt into a large bowl. Using two knives or your fingertips (recommended) cut in the butter until the mixture is the size of small peas. Press the mixture into the bottom of a 9" by 13" baking pan, and about 3/4" up the sides of the pan to keep the filling from leaking during baking.
2. Bake at 325 degrees for about 20 to 30 minutes, until golden brown. Set aside to cool.
3. To make the filling (you can do this as you are baking the crust), whisk eggs and sugar together until well combined. Add the zest and juice; whisk well. Sift the flour over the top and stir until well blended. Pour filling over the cooled crust. Bake until set, about 30 to 35 minutes. (They should be slightly jiggly.) Let the pan cool completely before cutting into bars. Dust with confectioner's sugar, if desired.

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Red Velvet Cake

Recipe courtesy of Ali Carl

Honors Class of '24

Ingredients

2 1/2 cups of All Purpose Flour
1/4 cup of Cocoa Powder
1 1/2 cups of Granulated Sugar
2 tsp of Baking Powder
1 tsp of Baking Soda
1/2 tsp of Salt
1/2 cup of Unsalted Butter, softened at room temperature
1/4 cup of Vegetable Oil
3 Eggs
2 tsp of White Distilled Vinegar
1 Cup of Buttermilk
Red Food Coloring
2 tsp of Vanilla Extract
Cream Cheese Frosting:
4 Cups of Powdered Sugar
8 oz of Cream Cheese, softened at room temperature
4 Tbsp of Unsalted Butter, softened at room temperature
2 Tbsp of Milk
1 tsp of Vanilla Extract

Directions

1. Preheat your oven to 350 degrees. Grease 2 9" cake pans and line them with parchment paper.
2. In a large bowl, sift together the flour, cocoa powder, baking powder, baking soda and salt, set aside.
3. Cream together the butter, sugar and vegetable oil, add the Eggs and vanilla and cream them together until combined.
5. Mix together the buttermilk, vinegar and enough food coloring to get a deep red color, add the buttermilk mixture with the dry ingredients and mix together until you get a smooth batter.
7. Divide the batter evenly among the two baking pans, pop them in the oven and bake them for about 25 minutes or until cooked through.
8. Allow the cakes to cool for about 15 minutes in the pans, take them out of the baking pans and allow them to cool completely on wire racks.
9. To make the frosting, in a large bowl, cream together the butter, cream cheese, sugar, vanilla and salt, add enough milk (1Tbsp at a time) until the frosting is nice and creamy.
11. Place one of the cakes on a cake stand, carefully slice off a very thin slice off the top and add a couple of dollops of the frosting and spread it evenly.
12. Place the other cake on top, rounded side down, and frost all over the top and sides of the cake.
13. Finish off with chopped pecans all over the sides of the cake.

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Pumpkin Pie

Recipe courtesy of Michael Russo

Honors Class of '24

Ingredients

1 15 oz. can Libby's 100% Pure Pumpkin

1 12 oz. can evaporated milk

$\frac{3}{4}$ cup granulated sugar

$\frac{1}{2}$ teaspoon salt

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon ground ginger

2 large eggs

1 unbaked 9-inch pie shell



Directions

1. Mix the dry ingredients in a small bowl.
2. Beat the eggs in a large bowl, then add the pumpkin, then the dry ingredient mixture.
3. Gradually stir in milk. Once the batter is complete, pour it into the pie shell. Bake in a preheated oven at 425 degrees for 15 minutes.
4. Reduce temperature to 350 degrees, then bake for 30-40 minutes or until a knife inserted near the center comes out clean.
5. Cool on a wire rack for two hours. Serve immediately or refrigerate.

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Pumpkin Pie Milkshake

Recipe courtesy of Michael Russo

Honors Class of '24

Ingredients

For the milkshake:

1 slice pumpkin pie

1 $\frac{1}{2}$ cups vanilla ice cream

1 tablespoon maple syrup

For the optional whipped cream:

$\frac{1}{2}$ cup heavy cream

1 tablespoon powdered sugar

$\frac{1}{2}$ teaspoon pumpkin pie spice

1 teaspoon maple syrup

Directions

1. In a blender, combine the pumpkin pie, tablespoon of maple syrup, and the ice cream. Blend until smooth, which may require manually stirring the ingredients. Pour the milkshake into a glass and top with whipped cream.
2. If one desires, they can make their own whipped cream at home. To do so, combine the heavy cream, powdered sugar, pumpkin pie spice, and 1 teaspoon maple syrup in a medium bowl. Whip with an electric hand mixer until medium peaks form.



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Pumpkin Pasties

Recipe courtesy of Michael Russo

Honors Class of '24

Ingredients

- 1 cup canned pumpkin
- ¼ cup granulated sugar
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cinnamon
- 1 unbaked 9-inch pie shell

Directions

1. Preheat the oven to 400 degrees. While it heats up, combine the pumpkin, sugar, nutmeg and cinnamon in a bowl and mix well.
2. Roll out the dough ⅛-inch thick, then cut out 3-inch circles.
3. Put about 1 tablespoon of filling in the center of each circle of dough.
4. Moisten the edges with water, fold the dough over the filling, and crump with a fork to seal the edges. Cut slits to make vents.
5. Bake on an ungreased cookie sheet for 20 minutes or until browned.



Pumpkin Bread

Recipe courtesy of Michael Russo

Honors Class of '24

Ingredients

- 1½ cups all-purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- 1 stick of butter at room temperature
- 1 cup granulated sugar
- 2 large eggs
- ¾ cup canned pumpkin
- ⅓ cup whole milk

Directions

1. Preheat the oven to 350 degrees. Meanwhile, grease and flour an 8 ½" x 4 ½" loaf pan. In a bowl, whisk together the flour, salt, baking powder, cinnamon and nutmeg and set aside.
2. In a separate bowl, beat the butter and sugar with an electric mixer until light and fluffy, scraping down the sides of the bowl as needed. Add the eggs one at a time, beating after each until incorporated. Add the pumpkin and beat until combined. Add the milk and again beat until combined. Add the flour mixture and mix on the lowest speed until combined. Scrape and fold with a spatula to finish.
3. Fill the prepared pan with the batter and bake for 1 hour, rotating halfway through baking, until the top is golden and the loaf is well risen. Remove from the oven and cool in the pan. To serve, remove from the pan and cut into thick slices. Top with powdered sugar if desired.



Pumpkin Cheesecake

Recipe courtesy Michael Russo

Honors Class of '24

Ingredients

1/3 cup butter
1/3 cup sugar
1 1/4 cup flour
1 egg for dough
2 8 oz. packages of cream cheese
3/4 cup sugar
1 15 oz. can of canned pumpkin
1 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon nutmeg
2 eggs for cheesecake batter

Directions

1. Cream butter and sugar until light and fluffy; blend in one egg. Add flour and mix well to create the dough. Next, press the dough on the bottom and 2 inches high around the sides of a 9-inch springform pan. Bake at 400 degrees for five minutes, then remove from the oven. Reduce oven temperature to 350 degrees.

2. Combine softened cream cheese and sugar, mixing at medium speed on an electric mixer until blended. Blend in pumpkin and spices and mix well. Add the remaining eggs, one at a time, mixing well after each addition. Pour mixture into the pastry lined pan; smooth surface to the edge of the crust. Bake at 350 degrees for 50 minutes.

3. When complete, loosen the cake from the rim of the pan. Cool the cake before removing the rim of the pan, then let it chill in the refrigerator. Top the cake with whipped cream if desired.



36

Easy Fudge

Recipe courtesy of Dianne Fulk

Honors College Administrative Assistant

Ingredients

3 cups semi-sweet chocolate chips (1-1/2 bags)
1 can sweetened condensed milk 12 oz.
1/2 cup chopped walnuts (optional)

Directions

1. Line a 9" by 9" pan with foil and spray with non-stick cooking spray.
2. Place chocolate chips in microwave safe bowl. Pour sweetened condensed milk over the chocolate chips.
3. Microwave on high for 60 seconds. Stir well.
4. Microwave on high for 60 more seconds. Stir well again.
5. If the chocolate chips are not completely melted, continue to microwave at 30 second intervals until chocolate is completely melted.
6. Add chopped walnuts (if using) and stir completely.
7. Pour fudge into prepared pan.
8. Refrigerated for an hour or until completely hardened.
9. Lift foil out of pan and cut into cubes.



37

Ice cream Sandwich Cake

Recipe courtesy of Claire Ravenburg

Honors Class of '21

Ingredients

Store-bought ice cream sandwiches
Cool whip
Magic shell.

Directions

1. Line the bottom of a pan with ice cream sandwiches, cover with cool whip, and drizzle magic shell on top. Freeze for at least one hour.



38

East End Bars

Recipe courtesy of Tracey Harris

Family of Honors Student

Ingredients

Main recipe:
1/2 cup butter
1/2 cup sugar
5 tbsp cocoa
1 tsp vanilla
1 egg, beaten
2 cups graham cracker crumbs

Topping:
1/2 cup butter
3 tbsp milk
3 tbsp vanilla instant pudding mix
2 cups powdered sugar
1 6oz package chocolate chips

Directions

1. Preheat oven to 300 degrees. Mix all ingredients for main recipe except for the graham cracker crumbs. Then mix in graham cracker crumbs. Pat into a 9x13 pan, and bake for 10 minutes. Cool.
2. Beat butter, milk, pudding mix and powdered sugar. Spread the mixture on the cooled layer in the 9x13 pan. Refrigerate about 20 minutes.
3. Melt chocolate chips, and spread over the top of the refrigerated mixture. Refrigerate again, and cut into bars when cold. These can be kept in either the refrigerator or freezer.



39

DA's Pretzels

Recipe courtesy of Didi Elder

Honors Class of '22

Ingredients

1 bag pretzel "O's"
1 cup butter
1 cup brown sugar

Directions

1. Melt sugar and butter. Stir in pretzels until coated well.
2. Spread on cookie sheet and bake at 250 degrees for 1 hour stirring every 15 minutes.



Blueberry Crumb Pie

Recipe courtesy of Elizabeth Stanley

Honors Class of '24

Ingredients

1 (9 inch) unbaked pie crust
 $\frac{3}{4}$ cup white sugar
 $\frac{1}{3}$ cup all-purpose flour
2 teaspoons grated lemon zest
1 tablespoon lemon juice
5 cups fresh or frozen blueberries
 $\frac{2}{3}$ cup packed brown sugar
 $\frac{3}{4}$ cup rolled oats
 $\frac{1}{2}$ cup all-purpose flour
 $\frac{1}{2}$ teaspoon ground cinnamon
6 tablespoons butter

Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Press the pie crust into the bottom and up the sides of a 9 inch pie plate. In a large bowl, stir together the sugar and flour. Mix in the lemon zest and lemon juice. Gently stir in the blueberries. Pour into the pie crust.
3. In a medium bowl, stir together the brown sugar, oats, flour and cinnamon. Mix in butter using a fork until crumbly. Spread the crumb topping evenly over the pie filling.
4. Bake for 40 minutes in the preheated oven, or until browned on top. Cool over a wire rack.



Seed Brittle

Recipe courtesy Alysia Davis

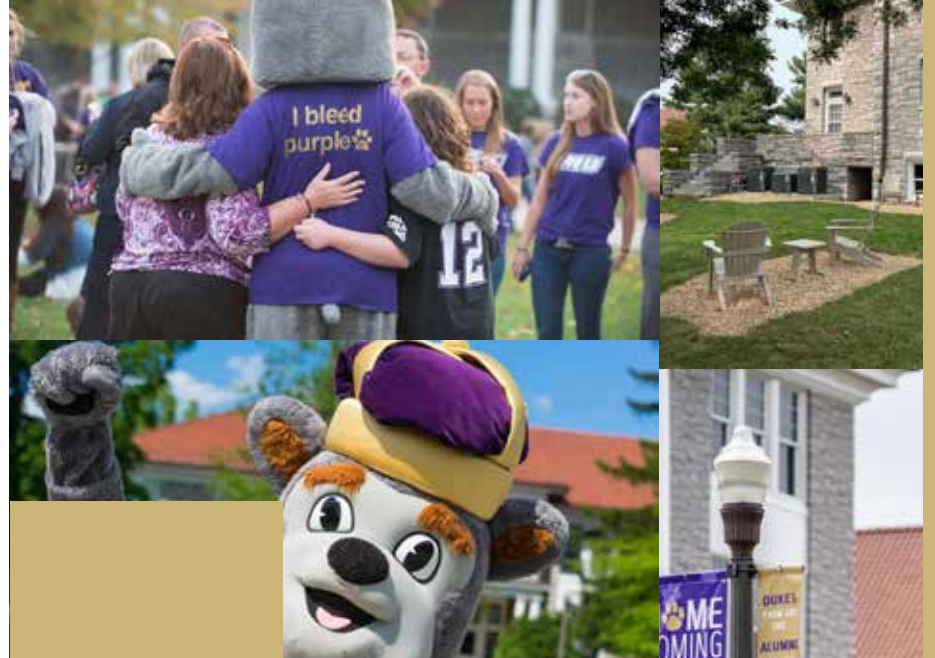
Director of Student Engagement

Ingredients

- ¾ cup flax seeds
- ½ cup unsalted sunflower seeds
- ¼ cup sesame seeds
- ½ cup slivered almonds
- 1 ½ cups sugar
- ½ cup corn syrup
- 8 Tbsp (1 stick) salted butter
- ½ cup water

Directions

1. Toast the seeds and almonds in a 350 degree oven for 8 to 10 minutes, shaking the pan once during the process.
2. Line a baking sheet with parchment.
3. Heat the sugar, corn syrup, butter and water in a large saucepan over medium-high heat. Stir gently with a wooden spoon until the sugar has melted. Stop stirring and allow the sugar to cook until it reaches 300 degrees F on a candy thermometer -- swirl the pan occasionally to ensure it cooks evenly, about 10 minutes.
4. Carefully, but moving quickly, stir in the toasted seeds and nuts until everything is coated. Pour onto the prepared baking sheet, trying to disperse it as evenly as possible and using the back of a spoon as needed. Sprinkle over the sea salt and allow to cool completely, 1 ½ hours.
5. Break the brittle into shards of desired size and store in an airtight container.



If you use any of these recipes, tag us on social media!



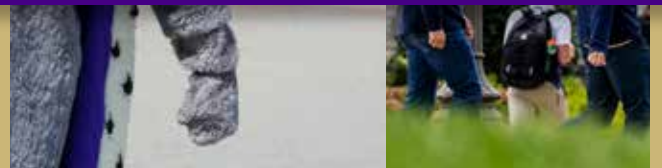
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