Recipes submitted by AIT co-workers
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Black Bean Corn Salsa
Sue Scully, AIT-Hartford

This recipe (from my sister, Kirsten) is GREAT to bring to a party or picnic - there is NEVER any left over. It can also be served as a side dish with any grilled fish or meat.

INGREDIENTS
1 can Goya black beans, rinsed
1 package frozen shoepeg corn, thawed
1 fresh jalapeño pepper, diced (with seeds if you like it hot)
2 scallions, tops only, sliced
1 purple onion, diced
2 to 3 garlic cloves, minced

1 container grape tomatoes, diced
1 packet Good Seasons Zesty Italian salad dressing mix (made with extra virgin olive oil and cider vinegar)
Chopped cilantro to taste
Tortilla chips

DIRECTIONS
1. Mix all ingredients in a serving bowl.
2. Add dressing and let flavors meld before serving with tortilla chips.
Buffalo Chicken Dip
Darlene Parke, AIT-Pittsburgh

SERVES 10 to 12

I received this recipe from a friend quite a few years ago. She was more than willing to share the recipe with me, however, if we were ever at the same party, I was not allowed to bring this, as it was “her” recipe! Whenever we have a party or picnic, my family always requests that I make this.

INGREDIENTS:
1 large can chicken breast meat, drained
2 (8 ounce) packages cream cheese, softened
½ – 1 cup Frank’s Red Hot Sauce
2 tablespoons ranch dressing
2 bags Fritos Scoops

DIRECTIONS:
1. Combine all ingredients except Fritos Scoops in a mixing bowl.
2. Mix with electric mixer until all ingredients are combined.
3. Refrigerate until ready to serve.
4. Serve with Frito Scoops.

Cheese and Chicken Dip
Debi Akin, AIT-Atlanta

This recipe goes well with the Hot Crackers found on page 8!

INGREDIENTS:
2 (8 ounce) packages cream cheese, softened
1 package powdered ranch dressing mix
1 (5 ounce) can of chicken in water
Minced chives (optional)

DIRECTIONS:
1. Drain the chicken and mash it up.
2. Mix all ingredients together really well.
Cowboy Caviar
Lily Mueller, AIT-Chicago Perishables

SERVES 8

Serve with scoop shaped tortilla chips. I tend to add extra cilantro, because there can never be too much.

INGREDIENTS

‘Caviar’
1 (17 ounce) can whole kernel corn, drained
2 (15 ounce) cans chickpeas, rinsed and drained
2 to 3 roma tomatoes, diced
1 red pepper, diced
1 English cucumber, diced (do not peel)
¼ cup fresh cilantro, chopped
½ red onion, chopped
½ jalapeño, seeds removed and chopped (optional)

Dressing
1 tablespoon red wine vinegar
2 tablespoons olive oil
1 teaspoon salt
1 teaspoon ground pepper

DIRECTIONS
1. Mix all dressing ingredients together and set aside.
2. Mix all veggies in a large bowl, add dressing.
3. Give the mixture an hour or so for the flavors to really come out. The longer it sits, the better it tastes!
Ensalada de Aguacate aka “Guacamole”
Sandra Armas, AIT-Chicago

SERVES 4 to 8

If your skin gets irritated from touching the jalapeño peppers, soak the affected area in cold milk. Keep doing this until the irritation decreases. Once, I disregarded using gloves and chopped the jalapeños with my bare hands. I paid the price later; the burning sensation in my fingers was very intense. Inadvertently, I touched my eyes with my hands and then I was seeing stars. I cried for a few minutes and then I remembered the cold milk treatment from my grandma. I soaked my hands in a bowl with milk and I continuously applied a cotton ball soaked in milk to relieve my eyes. When I started feeling better after a few hours, all of the sudden, I noticed that my skin was soft and shiny, but I do not recommend this beauty treatment to anyone!

INGREDIENTS

2 medium to large avocados 2 jalapeño peppers
1 to 2 limes (add to taste) 1 garlic clove
½ medium onion (use the entire onion if desired) 1 medium tomato
½ cilantro bunch Pinch of salt
Tortilla chips

DIRECTIONS

1. Spoon out the avocados into a glass bowl, removing the skin and the pit. Mash the avocados using a fork or other utensil.
2. Finely chop the cilantro, onions and garlic and add to bowl. Cut the tomatoes in small squares and add to bowl. Mix well.
3. Roll the jalapeño peppers against the cutting board before chopping (rolling the peppers will release the spice on them). Make sure to wear plastic gloves when chopping to avoid skin irritation. Add the jalapeños to the bowl and add salt and lime juice to taste. Mix well.
4. Cover the bowl and let it rest in the refrigerator for a few minutes before serving.
5. Serve the “ensalada de aguacate” in a festive bowl along with tortilla chips. You can use a few tortilla chips, slices of jalapeños and cilantro leaves as garnishes.
Hot Crackers
Debbie Akin, AIT-Atlanta

These are usually better after a day or so and they go great with the Cheese and Chicken Dip found on page 5!

INGREDIENTS
1 whole box (4 sleeves) of saltine crackers
1 package powdered ranch dressing mix
1 tablespoon red pepper flakes
1 ½ cups canola oil
1 gallon size baggie (must be leakproof)

DIRECTIONS
1. Empty all four sleeves of crackers into the gallon size baggie.
2. In a bowl, mix canola oil, powdered ranch dressing mix and red pepper flakes and pour over the crackers.
3. Seal and continuously turn the bag so that the oil mixture completely coats the crackers.
The Rat B’s Hot Balls
Patrick Mueller, AIT-Chicago

This recipe made an appearance on superstation WGN-TV’s morning news program. Patrick starred in a segment featuring viewers’ favorite Superbowl snacks in advance of the big game.

INGREDIENTS
1 package Jiffy Corn Muffin Mix 1½ teaspoon salt
1 to 1½ pounds ground beef Dash of pepper
2 eggs 2 tablespoons diced onion
½ cup milk 1 teaspoon garlic powder
2 (10 ounce) cans enchilada sauce 2½ cups shredded Monterey Jack cheese

DIRECTIONS
1. Preheat oven to 400 degrees and grease an 8- by 8-inch pan.
2. Mix corn muffin mix, 1 egg and milk until well blended.
3. Pour into pan and bake 20 minutes.
4. Remove, cool and crumble. Reduce oven to 350 degrees.
5. Combine crumbled cornbread, 1 egg, ½ cup enchilada sauce, salt, diced onion, pepper, garlic powder and ground beef – mix well.
6. Shape into 1-inch balls and place in a large baking pan (13- by 9-inch works well).
7. Bake uncovered for 35 minutes.
8. In a sauce pan, heat the remaining enchilada sauce.
9. Pour sauce over baked hot balls and sprinkle with cheese.
10. Bake until the cheese melts.
Security Breach Wieners
Kathy Urbanus, AIT-Chicago

MAKES 60 PIECES

The hardest part of the recipe is getting the bacon and hot dogs to come out evenly; you may have to adjust the bacon pieces. When I worked at United Airlines, a coworker made this appetizer for a party on a day when there was a possible security breach at O’Hare, causing much commotion and unplanned activity. They have have been known as the “Security Breach Wieners” ever since.

INGREDIENTS
2 packages Oscar Mayer cheese hot dogs (do not substitute)
1 pound bacon
¾ to 1 pound brown sugar (I use dark brown sugar)

DIRECTIONS
2. Wrap bacon around hot dogs and secure with a toothpick.
3. Place in a 13- by 9-inch baking pan and cover with brown sugar.
4. Bake at 350 degrees for 1 hour; turn after 30 minutes.
Stuffed Mushrooms
Alice Buday, AIT-Chicago

In lieu of the oven, the mushrooms can easily be heated on a grill.

INGREDIENTS
1 pound regular sized mushrooms
½ pound Italian sausage (mild or hot depending on your taste buds)
Fresh grated parmesan cheese
Olive oil
Cooking spray

DIRECTIONS
1. Preheat oven to 350 degrees.
2. Lightly spray a rimmed baking sheet with cooking spray.
3. Remove and discard mushrooms stems.
4. Place mushrooms on baking sheet.
5. Brown Italian sausage in skillet and add parmesan cheese at the last minute (or until melted).
6. Spoon cooked sausage-cheese mixture into mushrooms and top with a dusting of grated cheese.
7. Place in oven for approximately 15-20 minutes or until mushrooms are tender.
Salads
**5 Minute Low-Fat Chicken Salad**

Ryan Lehman, AIT-Harrisburg

*SERVES 2*

This is a very healthy alternative to regular chicken salad.

Per serving: 267 calories, 28g protein, 31g carbohydrates, 5.5g total fat, 0g saturated fat, 11g fiber, 410mg sodium.

**INGREDIENTS**

- 1 celery rib, chopped fine
- 1 tablespoon onion, chopped fine
- 1 tablespoon pine nuts
- 1 heaping teaspoon spicy brown mustard

**DIRECTIONS**

1. Mix together the celery, onion, pine nuts, mustard, sour cream, yogurt and pepper in a large bowl.
2. Add the chicken and gently toss with the veggie mixture so it doesn’t break apart too much.

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**Fruit Salad**

Jennifer Culbertson, AIT-Dallas

**INGREDIENTS**

- 2 pints (32 ounces) sour cream
- Large bag of mini marshmallows
- 2 cans mixed fruit cocktail (regular kind), drained
- 2 to 3 ripe bananas

**DIRECTIONS**

1. Mix sour cream and mini marshmallows together. Chill overnight.
2. Mix sour cream/marshmallow mixture well and add fruit cocktail.
3. Slice up bananas and add just before serving.
Gringo Taco Salad
Cherry Dowling, AIT-Los Angeles

SERVES 10

I have made this for the LAX station several times and everyone always comes back for more. This makes a lot of salad and it is very filling. You can omit or add anything you like; it is delicious!

INGREDIENTS

1 pound ground beef 1 large bag shredded cheddar cheese
1 large head of lettuce 1 small red onion
1 (15 ounce) can red kidney beans, drained and rinsed 1 large bottle Catalina salad dressing
1 bag plain tortilla chips

DIRECTIONS

1. Brown the ground beef and set aside to cool.
2. Cut up lettuce into bite size pieces.
3. Dice the onion.
4. Once the ground beef has cooled, toss together all ingredients except the tortilla chips.
5. Break tortilla chips into bite size pieces and toss into the salad.
Roasted Corn & Tomato Salad
Crystal Millikan, AIT-Dallas

SERVES 4

This recipe can easily be doubled or tripled. Great for home get-togethers and let me just tell you it is healthy and tastes fantastic! Goes great with brisket tacos!

INGREDIENTS

1 pint grape tomatoes
1 ripe avocado
20 ears fresh sweet corn
2 tablespoons fresh cilantro, chopped
1 lime, juiced
3 tablespoons extra virgin olive oil
1 tablespoon honey
1 clove garlic, minced
¼ cup minced red onion
Sea salt and black pepper to taste
Dash of cayenne pepper

DIRECTIONS

1. Remove husks from corn and grill over medium heat for 10 minutes. Corn should have brown spots and be tender, but not mushy. Remove corn from cob, set aside & let cool.
2. Slice tomatoes in half and dice the avocado. Add tomatoes, avocado, corn and cilantro to a large bowl.
3. Add lime juice, olive oil, honey, garlic and cayenne to a small bowl and whisk together. Season to taste with salt and pepper.
4. Pour dressing over veggie mixture and toss to combine, being careful not to smash the avocado. Let stand 10 to 15 minutes and serve!
Summer Harvest Salad
Jackie Rollizo, AIT-Atlanta

The recipe can be easily adjusted to accommodate serving as a starter or a main meal for any size dinner party. It makes a wonderful fresh main course or starter salad on a warm summer evening. Adults and children love this salad as it is light and sweet. Spruce it up as a main course by adding grilled chicken, salmon or even ahi tuna. This salad pairs well with a light white wine such as Riesling or Pinot Grigio.

INGREDIENTS

Greens
Romaine hearts
Baby arugula
Radicchio

Toppings
Red and yellow grape tomatoes, halved
Red onion
Radish

Dressings
Euro cucumber, diced
Crumbled feta, gorgonzola or other cheese of your choice
Dried mixed berries such as craisins or blueberries
Candied or roasted pecans or walnuts

Dressing
Pomegranate Vinaigrette

DIRECTIONS

1. Cut romaine to size and add with greens in a bowl.
2. Add tomatoes, onion, radish, cucumber and pomegranate dressing. Toss well.
3. Top with cheese, dried berries and nuts.
4. If not eating immediately, add dressing just before serving.
Tuna Salad
Jennifer Culbertson, AIT-Dallas

Tastes best if refrigerated overnight. Very easy and great for working moms!

INGREDIENTS
1 small package large shell macaroni
1 large can of tuna
Chopped celery
Chopped green onions
Salt
Pepper
Mayonnaise
1 package frozen peas, thawed

DIRECTIONS
1. Cook shell macaroni according to package directions and rinse.
2. In a large bowl, combine all ingredients (celery, green onion, mayo, salt and pepper to taste).
Angel Hair Pasta with No-Cook Tomato, Basil and Morel Sauce

Judi Davis-Johnson, AIT-Detroit

Fresh morels are preferred, but you can substituted dried morels if necessary. One ounce of dried morels yields approximately 8 ounces when rehydrated. Serve with a simple green salad and Italian vinaigrette. For meat eaters, add a link of grilled Italian sausage on the side.

INGREDIENTS

1 medium fresh garden tomato per person
1 small handful fresh basil leaves per person
4 – 5 fresh morel mushrooms per person

Extra virgin olive oil (quantity depends on servings)
2 ounces angel hair pasta per person
Salt and Pepper
Garlic salt
Freshly grated parmesan cheese

DIRECTIONS

1. For the morels: If you’re lucky enough to find fresh morels, simply soak them in salt water to remove any insects or dirt, then pat dry, slice and fry in butter.

2. If fresh aren’t available, use dried morels. In a bowl, cover dried mushrooms with boiling water. Add a pinch of sea salt and a splash of Madeira wine. Cover and allow to soak for 15-20 minutes. Remove morels with slotted spoon. Drain mushroom broth through fine mesh to remove grit. Reserve liquid.

3. Slice larger morels in half; leave tiny ones whole. Sauté in butter until tender – 10 minutes or more. As pan juices begin to dry out, keep adding small amounts of the reserved broth to keep mushrooms moist and allow them to cook thoroughly. While cooking, sprinkle with garlic salt.

4. For the pasta: Cook angel hair pasta in rapidly boiling salted water – just until al dente.

5. For the sauce: In a large serving bowl, cut up fresh garden tomatoes. Using kitchen scissors, cut fine shreds of fresh basil leaves. Toss tomatoes and basil shreds with ¼ cup of cold pressed, extra virgin olive oil (use more if cooking for a crowd – the tomatoes and basil should be thoroughly moistened). Add salt and pepper to taste.

6. To assemble: When pasta and morels are ready, drain pasta, but do not rinse. Add to bowl with fresh tomatoes and basil. Drizzle with additional olive oil; just enough to moisten the pasta. Add cooked morels and salt and pepper to taste. Toss well and serve with freshly grated parmesan cheese.
Chicken ‘n Stuff
Teri Britnell, AIT-Cleveland

SERVES 8 to 10

This is a recipe I got from my older sister when I was just a new wife and first starting to cook. It took a few tries to get the tempering of the eggs right, but the dish comes out either way and always gets rave reviews. Great for crowds, too, since you can easily double/triple/quadruple – just be sure to use a bigger pan!

INGREDIENTS
2 cups cooked chicken, cubed
(leaveovers work well)
Small bag Pepperidge Farm stuffing
3 eggs
¼ cup butter

Flour
1 cup chicken broth or bouillion
1 can cream of mushroom soup
½ cup sour cream
¾ cup milk

DIRECTIONS
1. Spray a 13- by 9-inch baking pan with Pam or coat with butter. Preheat oven to 350 degrees.
2. Prep the stuffing according to directions on package (or make your own from scratch).
3. Place the stuffing in the pan, spread it out evenly and pat it down level. Cover with cubed chicken.
4. In a sauce pan, melt butter and add enough flour to make a smooth roux – bring to a light brown stage.
5. Add chicken broth or bouillon plus salt and pepper to taste.
6. In a separate bowl, whisk eggs. Temper the eggs with the gravy mixture until well blended. Pour over the chicken and stuffing. Poke with a fork to make sure the egg mixture gets down into the stuffing.
7. Bake for 30 minutes or until lightly browned on top and the egg mixture is well set. Let this sit while you prep the topping sauce.
8. In a separate sauce pan, mix cream of mushroom soup, sour cream and milk to make a topping sauce.
9. Cut the Chicken n’ Stuff into squares, top with the sauce and serve with a salad and/or vegetable. Dinner is served!
Leek, Bacon and Feta Quiche
Submitted Anonymously

SERVES 4 to 8

INGREDIENTS
3 to 4 leeks
4 to 5 slices thick-cut bacon or pork belly
5 eggs
Salt and pepper
4 ounces feta cheese
1 cup sour cream
Puff pastry crust
Parmesan cheese

DIRECTIONS
1. Heat oven to 350 degrees.
2. Cut bacon or pork belly into chunks and fry in a large skillet over medium heat while cleaning and chopping the leeks.
3. Cut the leeks in half lengthwise, keeping the halves held together, then cut into rounds.
4. Drain off excess fat from bacon pan, then add leeks to pan to cook.
5. Beat the eggs in a large bowl, add pepper and a dash of salt (you don't need too much as the bacon and feta are usually salty), then beat in the sour cream.
6. Put your pastry in a greased pie or quiche dish and use a fork to prick the bottom of the pastry. Bake in the hot oven for a few minutes to get the bottom cooking.
7. Dice up or crumble feta into the egg mixture, then add the bacon and leeks once they have cooked down.
8. Remove crust from oven and add quiche mixture. Grate a thin layer of fresh parmesan over the top and return to oven for 40-50 minutes or until golden brown on top.
Maple Dijon Chicken
Hannah Pripps, AIT-Chicago

SERVES 3 to 4

It may seem like a strange combination, but this is absolutely the most delicious and juicy chicken I’ve made. My family has a small maple syrup farm, so I love any recipes with maple syrup or maple sugar!

INGREDIENTS
1½ to 2 pounds boneless, skinless chicken thighs 2 teaspoons rice or rice wine vinegar
⅔ cup Dijon mustard Salt and pepper
½ cup pure maple syrup 1 teaspoon minced fresh rosemary

DIRECTIONS
1. Preheat oven to 450 degrees.
2. Line a 9- by 9-inch baking pan with heavy-duty foil. Place chicken in bottom of pan and season with salt and pepper.
3. Whisk together Dijon mustard, maple syrup, vinegar and rosemary. Pour over chicken. Turn chicken to coat.
4. Bake for 40 minutes.
Pesto Pasta with Asparagus
Diane Carlson, AIT-Chicago

This is delicious and healthy! Al la salute (to your health)!

INGREDIENTS
1 pound dry spinach pasta, any type (rotini, penne, fettuccine, etc.)
2 cups packed basil (green and fresh, not brown)
½ cup freshly grated parmesan cheese plus extra for serving
2 garlic cloves
Fresh asparagus
Salt and pepper
Cream or milk (optional)

DIRECTIONS
1. Bring a large pot of water to a boil, add 2 tablespoons salt and add the pasta. Cook pasta until al dente, about 10 minutes.
2. Cook asparagus and shock with cold water to stop cooking, keeping it green. Drain and cut into 1-inch pieces on the bias.
3. Add basil, pine nuts, garlic with salt and pepper to taste in a food processor and process until very creamy and smooth. It will be a bright beautiful green color.
4. Drain pasta and transfer to a large bowl.
5. Add the parmesan cheese and optional cream or milk (not necessary, but it adds to the richness) to the pesto mix.
6. Mix the pesto with the pasta a little at a time until fully incorporated.
7. Toss in the asparagus and serve, passing with grated parmesan cheese.
Grilling
Start with the right piece of meat: The most common cuts for grilling are rib eyes, strips and filets. Rib eyes and strips have more marbling (and therefore, more flavor), but filets will be more tender. Never buy non-graded meat and avoid meat graded ‘Select’. Most supermarkets and buying clubs (such as Sam’s or Costco) carry steaks graded ‘Choice’ and sometimes you can even find ‘Prime’, which is the highest grade. Look for cuts that are 1¼- to 1½-inches thick.

Use a charcoal chimney: Charcoal gives the best smoky grilled flavor, but you don’t want your steak to taste like kerosene. Skip the lighter fluid and invest in a charcoal chimney (Weber makes a simple, well-built model that holds 6 quarts of briquettes). Your charcoal goes in the top chamber and a few wads of newspaper go in the bottom. Light the newspaper and before long your coals will be fired up. Make sure to give them 20 or so minutes in the chimney to rise to temperature – the top coals should be partially covered with ash before dumping them into the grill.
Build a two-level fire: Stack most of the coals from a full chimney on one side of the grill. Arrange the remaining coals on the other side in a single layer. If using a gas grill, simply set one primary burner on high and turn down the others to medium.

Scrape and oil the grate: After giving your grill’s grate a few minutes to heat up, scrape off any gunk with a long-handled grill scraper (we like the Tool Wizard BBQ Brush). Give the grate a slick, non-stick surface by wiping it down with wad of paper towels lightly dipped in vegetable oil.

Dry it off and season it: Just before they go on the grill, be sure to pat your steaks dry. Removing moisture from the surface will promote a good, quick sear. Season both sides of the steaks liberally with kosher salt (table salt will do if you don’t have kosher salt on hand) and freshly ground black pepper.

Sear, then finish: Place your steaks over the hot side of the fire and grill, uncovered, until nicely browned, about 2 to 3 minutes. Turn the steaks and grill, uncovered, until the second side is also nicely browned, another 2 to 3 minutes. Slide the steaks to the cooler side of the fire and grill until reaching the desired level of doneness (see below), another 5 to 9 minutes. Note: use tongs when turning and moving your steaks; never use a fork, otherwise you’ll lose the flavorful juices inside.

Let it rest: Once the steaks are cooked, let them rest tented under foil for 5 minutes before serving. This important step allows the juices to redistribute, resulting in a more tender, juicier steak.

How to gauge doneness: The best method is to use an accurate instant-read digital thermometer (we highly recommend the Thermoworks Waterproof Digital Thermometer). Your steak is rare at 120 degrees, medium-rare at 125-130 degrees, medium at 135-140 degrees and medium-well to well at 145-155 degrees. Another method relies on guesstimating by using the fleshy part of your palm as a rough measure. When you touch your index finger to your thumb, the flesh has a lot of give and feels spongy. This is what a steak cooked to rare will feel like when prodded. Touch your middle finger to your thumb and the flesh will give a similar amount of resistance as a steak done to medium-rare. Use your ring finger to test for medium doneness and your pinky to determine when a steak is well done (very little resistance).
BBQ Salmon & Snap Pea Slaw
Stacy Newell, AIT-Montana

SERVES 4

My husband wrinkled his nose at the pea slaw until he tasted it. The rice vinegar gives it a nice bite. I also didn’t tell him about the radishes until after he ate it. (He’s color-blind so he didn’t notice the red!)

INGREDIENTS
2 tablespoons dark sesame oil, divided
3 garlic cloves, crushed
½ inch piece fresh ginger, peeled
2 tablespoons fresh lime juice
2 tablespoons soy sauce
1½ tablespoons ketchup
2 teaspoons brown sugar
1 teaspoon chile paste (I use garlic chile sauce)

4 (6 ounce) salmon filets
Cooking spray
2 cups sugar snap peas, thinly sliced crosswise
½ cup grated radishes
¼ cup sweet onion, thinly sliced
2 tablespoons rice vinegar (or more to your taste)
Salt

DIRECTIONS
1. For the fish: Preheat grill to high heat.
2. Combine 1 tablespoon oil, garlic and ginger in mini food processor; pulse until finely chopped. Add lime juice, soy sauce, ketchup, brown sugar and chile paste; pulse to combine.
3. Place salmon on grill rack coated with cooking spray; brush tops of salmon with half of the sauce.
4. Grill 10 minutes; brush with remaining sauce.
5. Grill an additional 10 minutes or until desired degree of doneness.
6. For the slaw: Combine peas, radishes and onions. Combine vinegar and remaining tablespoon oil, stirring well; drizzle over pea mixture.
7. Sprinkle with salt; toss and serve with salmon.
DoSo’s Bacon Burgers
Matt Sanders, AIT-Chicago

SERVES 4

My all-time favorite burgers are from Kuma’s Corner in Chicago, but these (modified from Cook’s Illustrated recipe) rate a close second. In this recipe, the bread and milk mixture creates a panade which keeps the meat moist, even if the burgers are cooked to well done. I do not recommend omitting the bacon fat; it adds a ton of flavor. For best results, be sure to look for ground chuck, not ground beef (which tends to be gristly and less flavorful). Creating an indentation in the hamburger patties is a trick that keeps them from ‘doming’ while on the grill.

I prefer a charcoal grill, but a gas grill will work nicely. When it’s too cold or rainy to grill, heat 2 teaspoons of vegetable oil in a 12-inch skillet (preferably cast iron) over medium heat on the stovetop. Once the oil is just starting to smoke, add the patties and cook for about 5 minutes per side.

INGREDIENTS

- 8 strips of bacon
- 1 large slice of high-quality white sandwich bread, crust removed
- 2 tablespoons whole milk
- ¾ teaspoon table salt
- ¾ teaspoon ground black pepper
- 1 medium clove garlic, minced or pressed through a garlic press
- 2 teaspoons A-1 steak sauce
- 1 ½ pounds 80 percent lean ground chuck
- Vegetable oil for cooking grate
- Sliced cheese
- Hamburger buns

DIRECTIONS

1. Cook the bacon in a medium skillet over medium heat until crisp, about 7 to 9 minutes. Transfer the bacon to a paper towel-lined plate to drain; set aside. Measure 2 tablespoons of bacon fat into a small heatproof bowl and refrigerate or set aside until just warm.

2a. For a charcoal grill: Use a large chimney starter and ignite 6 quarts of charcoal (about 100 briquettes). Burn until covered with a thin coating of light gray ash, about 20 minutes. Empty coals into the grill and using tongs, arrange so that the coals only cover half the grill. Place cooking grate over coals, cover and heat the grate up for 5 minutes.
2b. **For a gas grill:** Turn all burners to high, close lid and heat until very hot, about 15 minutes.

3. Scrape the grill grate clean with a grill brush. Dip a wad of paper towels in vegetable oil and using tongs, wipe the cooking grate to create a non-stick surface. For gas grills, leave the primary burner on high and turn all others down to low.

4. Slice up the bread into 1/4-inch cubes. Place in a large bowl, add milk and smash with a fork to break down the bread. Stir in the salt, pepper, garlic, steak sauce and reserved bacon fat. Mix well.

5. Break up the ground chuck into small pieces over the bread mixture. Lightly mix together to form a cohesive mass. Divide into four equal portions. With each portion, use gentle hands to form a ball and flatten it to a 3/4” thick patty. Press down in the center of the patty with fingertips to create a slight indentation.

6. Place burgers directly over the coals on the hot side of the grill and cook uncovered (without moving) until well seared, about 2 to 4 minutes. Flip and cook for another 3 to 4 minutes, placing cheese on patties during the last 2 minutes. Buns can be toasted on the cool side of the grill, if desired. Serve with two strips of bacon per burger.
Grilling

Feta Kalamata Stuffed Chicken
Aaron Schweitzer, AIT-HubPharm

SERVES 3 to 4

This recipe is fun (i.e. – messy!), really easy and most importantly, extremely tasty. If grilling isn’t an option, try stove top cooking in a non-stick frying pan (which is just as good). Serve with steamed broccoli or your favorite green veggie.

INGREDIENTS

3 or 4 chicken breasts
1 cup crumbled feta cheese
1 cup chopped kalamata olives (or tapenade)
3 tablespoons ground thyme
Toothpicks
Salt
Pepper

DIRECTIONS

1. Preheat grill to medium high heat.
2. Clean and dry chicken breasts. Lay each breast down and make an incision at one side of the breast. Gently slide your knife through the chicken creating a pocket to stuff additional ingredients. Don’t let the knife leave the inside of the breast when creating the pocket.
3. In a large bowl, combine crumbled feta cheese and kalamata olives (or tapenade). Mix ground thyme into the feta-kalamata mixture with your hands.
4. Stuff chicken breasts with the mixture; again, fingers are best here.
5. Seal the incision in the chicken breasts with toothpicks. Sprinkle chicken evenly with salt and pepper to taste.
6. Grill until the internal temperature reaches 160 degrees.
Mushroom Blue Cheese Turkey Burgers
Diane Klotz, AIT-Minneapolis

SERVES 4

INGREDIENTS
1 pound ground turkey
8 ounces fresh mushrooms, finely chopped
1 onion, finely chopped
2 tablespoons soy sauce
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup crumbled blue cheese

DIRECTIONS
1. Preheat grill for high heat.
2. In a medium bowl, mix together the ground turkey, mushrooms, onion, soy sauce and crumbled blue cheese. Season with salt and pepper. Form into 4 burger patties.
3. Lightly oil the grill grate. Place patties on the prepared grill and cook for 10 minutes per side or until well done. Serve on bun of choice.
Napa Valley Burgers
Diane Klotz, AIT-Minneapolis

You can mix 2 tablespoons of pesto with ⅔ cup light mayonnaise to spread on the rolls before adding the burgers.

INGREDIENTS
2 pounds lean ground beef or ground sirloin
¼ cup red wine (Zinfandel or Cabernet Sauvignon)
¼ cup packed minced fresh basil
¼ cup minced red onion
¼ cup Italian style bread crumbs
8 sun-dried tomatoes packed in oil, drained and finely chopped
1 to 2 teaspoons garlic salt
6 large sandwich rolls
6 large tomato slices
6 slices Monterey Jack cheese

DIRECTIONS
1. Prepare grill for medium-hot fire.
2. In a large bowl, combine the beef, wine, minced basil, minced onion, bread crumbs, sun dried tomatoes and garlic salt to taste. Mix well, handling the meat as little as possible to avoid compacting it. Divide the meat mixture into 6 portions and form the portions into patties.
3. When the grill is ready, brush the grill with vegetable oil to prevent burgers from sticking. Place patties on grill, cover and cook until browned on the bottom, about 4 minutes. With a wide spatula, turn the patties and cook until done to preference. During the last minute of cooking, top each patty with cheese to melt.
4. Serve burger on roll, add tomato slice and enjoy!
Steak and Blue Cheese Grilled Pizza
Sandy Gregory, AIT-Chicago

You can use a store-bought pizza dough to save some time; I buy mine in a frozen ball at Valli Produce. Trader Joe’s carries pizza dough ready to roll out in the fresh section. My daughter loves very small pizzas, so I cut the dough into smaller pieces. Don’t be afraid to just throw that raw pizza dough on the grill. Trust me, it will cook so quickly it won’t have time to fall between the grates. This is a recipe where you can get creative. Instead of making a steak and blue cheese pizza, you can add any type of topping you like. Just remember, this pizza cooks very quickly so don’t use raw ingredients.

INGREDIENTS

Dough
3½ to 4 cups bread flour (I like this better than all-purpose flour because it gets crispier)
1½ cups lukewarm water
1 envelope active dry yeast
1 teaspoon sugar
2 tablespoons olive oil (you may need a bit more to oil the bowl)
2 teaspoons coarse salt (kosher is the kind I like to use)

Pizza
Balsamic glaze (available at most grocery stores in the vinegar aisle)
1 (10 ounce) steak grilled as you like it then thinly sliced
Blue cheese (Castello Danish blue works well)
¼ cup watercress leaves
Parmigiano-Reggiano (shaved into thin slices works best)

DIRECTIONS

1. For the dough: In a bowl, combine flour, sugar, yeast and salt. If using a mixer, add the water and olive oil and beat until the dough forms into a ball.

2. If not using a mixer, then put the mixed ingredients on the counter (don’t forget to flour the counter first) and create a well in the middle (kind of like a volcano). Add the water into the well, then mix by hand. Don’t overwork the dough because that’s what makes it tough to work with. Just mix it all together in a solid ball, adding water as needed.
3. Lightly grease a large bowl with olive oil, add the dough ball, cover with plastic wrap (be sure no air holes exist) and keep in a warm area for about 1 hour until doubled in size.

4. Cut the dough into 2 equal pieces to make 2 pizzas or you can make them smaller if you want. Roll out the dough (or throw in the air if you are brave enough) until its thin enough.

5. **For the pizza:** Heat the grill to high. Brush both sides of the pizza dough with oil and season with salt and pepper. Grill until golden brown on both sides and remove.

6. Add the blue cheese and put back on the grill for up to 3 minutes with the lid closed. Once the blue cheese is melted a bit, remove the pizza. Top with sliced steak and watercress leaves. Drizzle with balsamic glaze and finish with shaved Parmigiano-Reggiano.
Sides
Cole Slaw for a Crowd
Diane Klotz, AIT-Minneapolis

Serves 10 to 12

This can be made a day in advance; add craisins for additional color.

INGREDIENTS

Slaw
1 bag pre-cut cole slaw
1 green pepper, diced
1 red pepper, diced
1 cucumber, peeled, seeded and diced
1 (7 ounce) box macaroni rings, cooked and drained
1 can water chestnuts, cut up

Dressing
1 ½ cup mayonnaise
2 teaspoon salt
½ teaspoon pepper
1 cup white sugar
¼ cup vinegar

DIRECTIONS

1. Mix together all slaw ingredients. Mix together all dressing ingredients. Stir dressing into slaw and refrigerate until ready to serve.

Eliu Garcia Rice
Eliu Garcia, AIT-San Juan

INGREDIENTS

1 (16 ounce) package of bacon
3 cups of rice
2 cans beef consommé
1 can chicken broth
1 cup fresh mushrooms
1 onion, julienned

DIRECTIONS

1. Fry bacon in large skillet until crisp. Drain excess fat and add mushrooms, cooking for 3 minutes.
2. Add beef consommé, chicken broth, onion and rice. Cook until liquid is absorbed, stirring once.
3. Reduce heat to very low and cook for an additional 30 minutes.
Make-Ahead Potato Salad for a Crowd  
Matt Sanders, AIT-Chicago

Serves 10 to 12

I like this particular potato salad recipe from Cook’s Illustrated because it’s not soupy; the mayonnaise truly dresses the potatoes rather than drowning them. Substitute celery salt if you don’t have celery seed available, but then omit the ½ teaspoon table salt in the mayonnaise mixture. The potatoes will crumble a bit when mixed, which gives the dish a rustic quality, but be careful to avoid overcooking the potatoes or they will break apart.

INGREDIENTS

5 pounds russet potatoes (about 9 medium), peeled and cut into ¾-inch cubes  
½ cup minced red onion  
¼ cup minced fresh parsley leaves  
1 ½ teaspoons celery seed  
1 teaspoon powdered mustard  
Ground black pepper  
4 large hard-cooked eggs, peeled and cut into ¼-inch cubes (optional)

Table salt  
¼ cup distilled white vinegar  
2 cups mayonnaise (see note)  
2 medium ribs celery, chopped fine (about 1 cup)  
¾ cup sweet pickle relish

DIRECTIONS

1. Place the potatoes in a large Dutch oven and fill with water until the water level is 1 inch above the potatoes. Bring to a boil over medium-high heat. Add 1 tablespoon salt, reduce the heat to medium and simmer, stirring occasionally, until the potatoes are tender (a paring knife can be slipped into and out of the center of the potatoes with very little resistance), about 8 minutes.

2. Drain the potatoes in a colander and transfer them to a large bowl. Gently stir in the vinegar and let stand until the potatoes are just warm, about 20 minutes.
3. Meanwhile, stir together 1 cup of the mayonnaise with the celery, pickle relish, onion, parsley, celery seed, dry mustard, ¼ teaspoon pepper, and ½ teaspoon salt in a small bowl.

4. Using rubber spatula, gently fold the mayonnaise mixture and eggs (if using) into the potatoes.

To store: Cover tightly with plastic wrap and refrigerate for up to 2 days.

When ready to serve: Let the salad stand at room temperature about 1 hour. Gently fold in the remaining 1 cup mayonnaise and season with salt and pepper to taste.

**Strawberry Pretzel Jell-O Mold**

Jackie Cyranek, AIT-Chicago

**INGREDIENTS**

| 12 ounces (1½ sticks) butter, melted | 1 (8 ounce) package cream cheese, softened |
| 1 cup plus 3 tablespoons sugar | 2 (16 ounce) boxes frozen strawberries, thawed |
| 1 box salted pretzel sticks | 2 small boxes strawberry Jell-O |
| 8 ounces Cool Whip |

**DIRECTIONS**

1. Melt butter in frying pan. Remove from heat and stir in 3 tablespoons sugar.

2. Crush 1½ cups pretzels and add to 13- by 9-inch baking pan.

3. Pour butter and sugar mixture over crushed pretzels and press down in pan.

4. Bake at 350 degrees for 15 minutes. Remove and cool thoroughly.

5. Cream 1 cup sugar, Cool Whip and cream cheese with electric mixer. Spread over cooled crust.

6. Drain thawed strawberries in a bowl and reserve the strawberry syrup.

7. Dissolve the 2 small strawberry Jell-O packets in 2 cups boiling water.

8. Add strawberries and 1 cup reserved strawberry syrup to Jell-O mixture.

9. Place strawberry mixture in refrigerator for 15 to 20 minutes.

10. Spoon strawberry mixture over cream cheese layer and place in refrigerator until well set.

Make the day before.
Desserts & Drinks
Chocolate Covered Strawberry Shot Glasses
Paula Frazier, AIT-Orlando

For a non-alcoholic version, fill the strawberries with chocolate pudding or jello and chill.

INGREDIENTS
2 pounds large fresh strawberries
16 ounces melting chocolate
Vanilla vodka
Godiva liqueur
Chocolate syrup

DIRECTIONS
1. Wash and dry strawberries. Hull each strawberry with a paring knife and grapefruit spoon so there is a relatively large cavity left in the strawberry, being careful not to break the sides.

2. Melt chocolate in a small bowl and dip the bottoms of each strawberry in the chocolate. Set on a baking sheet lined with aluminum foil and freeze.

3. Combine vanilla vodka, Godiva liqueur and chocolate syrup in equal parts and fill each strawberry when you’re ready to serve. Allow strawberries to thaw for a few minutes before serving.
Chocolate Hazelnut Cupcakes
Danielle Pettigrew, AIT-Chicago

**INGREDIENTS**
- 1¾ cups flour
- 1½ teaspoon baking powder
- ½ teaspoon salt
- ⅔ cup plus 1⅓ cup chocolate hazelnut spread
- ⅓ cup (⅔ stick) butter, softened
- ¾ cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1¼ cup milk
- Chopped hazelnuts (optional)

**DIRECTIONS**
1. Preheat oven to 350 degrees and put 18 standard muffin cups with paper in cupcake tins.
2. Whisk flour, baking powder and salt in bowl.
4. Add flour mix, alternating with milk, beginning and ending with flour until well blended.
5. Spoon batter into cups about ⅔ full. Bake 20 minutes or until toothpick inserted in center comes out clean.
6. Cool 10 minutes and frost with remaining chocolate hazelnut spread. Sprinkle with chopped hazelnuts, if desired.

**MAKES 18 CUPCAKES**

This is one of my favorite cupcakes to make – it brings a simple chocolate cupcake recipe and takes it to the max. Great for those chocolate lovers.
Cookie Fruit Cups
Paula Frazier, AIT-Orlando

**INGREDIENTS**

- 1 package refrigerated sugar cookie dough
- Fresh blueberries
- Fresh raspberries
- Fresh strawberries
- 1 (8 ounce) package cream cheese, softened
- ¼ cup sugar
- 1 teaspoon vanilla extract

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. Cut ½-inch slices from cookie roll and place slices in mini muffin tin.
3. Bake for 7 minutes or until slightly golden brown.
4. Remove from oven and immediately push the very center of each muffin cookie down to create small bowl.
5. While cookies cool, cream sugar, cream cheese and vanilla with an electric mixer until smooth.
6. Place 1 teaspoon cream cheese mixture into each cookie cup and top with fresh fruit.
Cream Cheese Tarts
Jackie Cyranek, AIT-Chicago

INGREDIENTS
- 2 (8 ounce) packages cream cheese
- 2 eggs
- ¾ cup sugar
- ½ teaspoon vanilla extract
- 1 box vanilla wafer cookies
- 2 cans blueberry or strawberry pie filling

DIRECTIONS
1. Line 24 foil or paper baking cups on a cookie sheet.
2. Place 1 vanilla wafer cookie upside down in each baking cup.
3. Mix cream cheese, eggs, sugar and vanilla together.
4. Fill baking cups halfway with cream cheese mixture.
5. Bake at 350 degrees for 18 to 20 minutes.
6. Place in refrigerator to cool.
7. Top each cup with pie filling just before serving.
Lemon Ice Pick Cake
Lori Hilbig, AIT-Greenville/Spartanburg

SERVES 8
This recipe also works in a bundt pan.

INGREDIENTS
Cake
1 package white or lemon cake mix
4 large eggs
¾ cup vegetable oil
1 package instant lemon pudding

Glaze
2 cups powdered sugar
2 tablespoons butter, melted
1 tablespoon water
½ cup lemon juice

DIRECTIONS
1. Heat oven to 350 degrees.
2. Grease and flour a square, tube or 13- by 9-inch baking pan.
3. Mix all cake ingredients together and beat well.
4. Pour cake batter into pan and bake 45 minutes for a tube pan or 30 minutes for a 13- by 9-inch baking pan.
5. Meanwhile, mix all glaze ingredients together.
6. When cake is done, remove from oven and while still hot, poke full of holes with an ice pick or large fork.
7. Pour glaze over cake and let it seep into the holes.
8. Serve with ice cream or whipped cream.
Limoncello
Sue Scully, AIT-Hartford

Limoncello is usually sipped at the end of a meal or used to make a spritzer with club soda. Use the leftover lemons to make lemonade or reserve for another use.

INGREDIENTS
10 lemons
1 (750 milliliter) bottle of vodka
3½ cups water
2½ cups sugar

DIRECTIONS
1. Using a vegetable peeler, remove the peel from the lemons in long strips. Trim away any white pith. Place the peels in a 2 quart pitcher and pour vodka over the peels. Cover and steep the lemon peels in the vodka for 4 days at room temperature.
2. Stir water and sugar in a saucepan over medium heat until sugar dissolves. Cool completely. Pour sugar syrup into the vodka mixture, cover and let stand at room temperature overnight.
3. Strain the limoncello and discard the peels. Refrigerate until cold; will keep for up to one month.
Mud Pie
Robin Guthrie, ALT-Dallas

This is one of our favorite desserts during the 100 degree days in Texas. Don’t worry about the calories – just enjoy!

INGREDIENTS

Crust
24 Oreo cookies (I remove the icing from the middle)
4 tablespoons butter, melted

Filling
2 pints chocolate ice cream (I use Häagen-Dazs)
2 pints coffee ice cream (I use Häagen-Dazs)
12 Oreo cookies
1 cup hot fudge (I use the entire small jar of Smuckers Hot Fudge)
½ cup plus 2 tablespoons toasted sliced almonds
2 cups Cool Whip

DIRECTIONS

1. For the crust: Crush cookies with food processor or place in a large gallon baggie and beat with large spoon until finely crushed.
2. Heat oven to 350 degrees. In a medium bowl, stir melted butter into cookie crumbs until moistened. Press into the bottom and up the sides of a 9-inch deep-dish pie plate. Use a spoon to press the crust evenly.
3. Bake for 15 minutes. Transfer to wire rack and cool completely (at least 1 hour).
4. For the filling: Remove ice creams from freezer and let soften for 5 minutes. Transfer chocolate ice cream to a bowl and stir until it is a good spreading consistency. Repeat in a separate bowl with coffee ice cream.
5. Spread chocolate ice cream into an even layer in the cooled crust. It will seem to be too much ice cream, but it is a perfect measurement. Sprinkle with coarsely crushed cookie crumbs from the additional 12 Oreo cookies. Spread coffee ice cream over the top in an even layer. Freeze for 2 hours.

6. Carefully spread fudge sauce over the top of the pie and sprinkle with ½ cup of toasted sliced almonds. Cover with plastic wrap and freeze overnight.

7. Remove pie from freezer. Let stand at room temperature for about 20 minutes before serving. Spread Cool Whip over pie and sprinkle with remaining almonds.

Pineapple Angel Cake
Paula Frazier, AIT-Orlando

Let cool before serving. Alternately, you can still have it slightly warm and put vanilla ice cream on top.

INGREDIENTS
1 box angel food cake mix
1 can crushed pineapple

DIRECTIONS
1. Preheat oven to 350 degrees.
2. Grease 13- by 9-inch baking pan.
3. Mix cake mix and pineapple (it will get frothy) and pour into greased pan.
4. Bake for 25 to 30 minutes or until toothpick comes out clean.
Pineapple Pretzel Fluff
Jennifer Schober, AIT-Chicago

SERVES 6

This can be made a day in advance. Be sure to add the pretzel mixture right before serving to keep it crispy.

INGREDIENTS
1 cup coarsely crushed pretzels
½ cup butter, melted
1 cup sugar, divided
1 (8 ounce) package cream cheese, softened
1 (20 ounce) can crushed pineapple, drained
1 (12 ounce) carton Cool Whip (do not use fat free)

DIRECTIONS
1. In a bowl, combine pretzels, butter and ½ cup sugar.
2. Press mixture into a 13- by 9-inch pan. Bake at 400 degrees for 7 minutes. Remove from oven and let cool.
3. Meanwhile, in a separate mixing bowl, beat cream cheese and remaining sugar until creamy. Fold in pineapple and Cool Whip; chill until serving.
4. Break cooled pretzel mixture into small pieces; stir into pineapple mixture.

Summer’s Delight
Denise Jordan, AIT-Orlando

SERVES 10 to 12

This dish never lasts too long! It’s a cool, yummy treat.

INGREDIENTS
1 cup mandarin oranges, drained
1 cup pineapple chunks, drained
1 cup maraschino cherries, drained
1 cup sweetened flaked coconut
1 cup miniature marshmallows
1 cup sour cream

DIRECTIONS
1. Blend all ingredients together.
2. Chill for 4 hours.
White Sangria
Kim Smigiel, AIT-Chicago

SERVES 12 to 14

INGREDIENTS
3 oranges, finely sliced (keep peels on) 1 1/2 cups sugar
4 lemons, finely sliced (keep peels on) 1/2 cup tequila
4 limes, finely sliced (keep peels on) 1 bottle dry white wine, chilled
3 peaches, cubed (optional – remove skin) 1 bottle champagne, chilled
3 apples, cubed (optional – keep skin on) 2 cups club soda
1 bag of ice (may not use all the ice)

DIRECTIONS
1. Place fruit in large bowl, serving pitcher or jug.
2. Pour the sugar over the fruit.
3. Add the tequila to the mixture and gently combine.
4. Let fruit combination soak overnight, if possible, or at least 5 hours.
5. Add ice to the bowl, serving pitcher or jug with the fruit.
6. Pour in white wine.
7. Add champagne and club soda just before serving.
About This Cookbook
When they aren’t busy delivering best-in-class customer service at the office, many of AIT’s global logistics experts enjoy practicing their culinary skills at home. In this collection, co-workers from all across our vast worldwide network have contributed their favorite summer recipes, many featuring cooking tips, history and family stories. We invite you to sample some of our warm weather dishes at your next barbecue or outdoor gathering and we thank you for being part of the extended AIT family.

About AIT Worldwide Logistics
Founded in 1979, Itasca, Illinois-based AIT Worldwide Logistics is a full service transportation management provider. AIT’s 40 offices join 190 global service centers to form a vast partner network spanning six continents. By coupling a flexible non-asset based business model with robust technology that presents end-to-end shipment visibility, AIT delivers precisely tailored supply chain enhancements for almost every industry imaginable. With creative, competitively priced multimodal solutions, AIT removes the complexity from global logistics puzzles, helping companies thrive by regaining focus on the core goals of their business.

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