

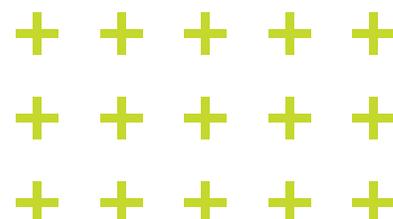


STAY HOMECOMING & FAMILY WEEKEND 2020

RECIPE BOOK

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Submitted by: Jessica Wright ('04)

Snacks and Appetizers

Sweet and Spicy Sriracha Bacon Chicken Bites



Ingredients:

- 4 boneless, skinless chicken breast fillets
- 1/2 cup canola oil
- 2 tablespoons lime juice
- 2 tablespoons Sriracha sauce
- 1 lb bacon
- 1 cup brown sugar

Directions:

1. Whisk together canola oil, lime juice and Sriracha sauce and pour into a gallon sized plastic bag.
2. Cut the chicken into 1 inch cubes and add it to the bag. Once all of the chicken pieces are in the bag, turn the bag to coat the chicken with the marinade and place in the fridge for about 1 hour, turning after half an hour.

3. Take 1 pound of bacon and cut each slice into three pieces. Wrap the bacon around the chicken pieces and secure with a wooden toothpick.

4. Coat the bacon wrapped chicken in brown sugar and place on a greased broiler rack and pan. For extra heat, brush bacon with Sriracha before coating it with brown sugar.

5. Bake at 350 degrees for 30-35 minutes rack in the middle position. Then, open the oven door slightly and broil for the bacon chicken bites until the bacon is crispy, turning the chicken every couple of minutes to prevent burning. I broiled these bacon chicken bites on high, rack in the middle position, for a total of 9 minutes and turned the chicken 3 times. Be sure to watch carefully because ovens vary and food can burn quickly while broiling.

Submitted by: Bryan Thomas ('94)

Chicken Dip

Ingredients:

- 1 can condensed cream of chicken soup
- 2 blocks cream cheese
- (1) 4 oz. can chopped chiles
- (1) 4 oz. can diced jalapenos
- 1 can chicken

Directions:

1. Drain chicken and shred.
2. Add all ingredients to crock pot and cook on low.





Submitted by: Megan Price

Snacks and Appetizers

Kale Salad with Farro

VEGETARIAN

Ingredients:

1 cup farro, rinsed and drained
1 large bunch kale, finely chopped,
stems removed
1 cup grated Parmesan cheese
1 cup chopped toasted walnuts

LEMON DRESSING

1/2 cup extra virgin olive oil
1/3 cup lemon juice
2 or 3 cloves garlic, minced
1/2 TSP fine sea salt
1/4 TSP black pepper

Note from the Chef: From "Run Fast, Eat Slow" Cookbook by Shalane Flanagan and Elyse Kopecky

Directions:

1. In a large pot, place the farro with enough water to cover by a couple of inches and bring to a boil over high heat. Reduce the heat to low and simmer, covered, until the farro is tender but still chewy, about 30 minutes. Drain the farro and set aside to cool.
2. Toss the kale with three-quarters of the dressing in a large salad bowl. With clean hands, gently massage the kale with the dressing to soften the leaves. Add the Parmesan, walnuts, and farro to the kale and toss again. Taste and add the remaining dressing, if needed.
3. This salad can be made in advance. It tastes even better the second day. Cover and refrigerate leftovers for up to 5 days.

Submitted by: Denise Juliana ('91)

Easy Artichoke/Green Chile Dip

VEGETARIAN

Ingredients:

14 oz can artichoke bottoms, drained
4 oz can diced green chiles, drained
1 cup mayo (not reduced fat)
1 cup grated parmesan
Tostitos

Directions:

1. Preheat oven to 350 degrees. Dice the artichoke bottoms. Mix artichoke, green chiles, mayo, parmesan.
2. Bake mixture for 30 minutes or until it starts to bubble.
3. Serve with Tostitos or your favorite corn chip.



Submitted by: Claire Dauwe ('17)

Snacks and Appetizers

VEGETARIAN

Watermelon Salad

Ingredients:

- 3 Cups Watermelon, cubed or balled
- 1 Cup peeled, sliced cucumber
- 2 T fresh mint leaves
- 1/2 cup crumbled feta cheese
- 3 T Olive Oil
- 1 T Lime Juice

Directions:

1. Combine watermelon and cucumber and toss in a bowl. Top with mint leaves and feta.
2. Combine olive oil and lemon juice in separate bowl and drizzle over watermelon mixture.
3. Enjoy with friends!

Submitted by: Janet Meine ('13)

Janet's Chili Chicken Cheese Dip

Ingredients:

- 3 Skinless Cooked Chicken Breasts
- 2 10.5 oz Cans of Cream of Mushroom Soup
(use 3 cans if you want to extend the recipe)
- 2 8 oz Blocks of Cream Cheese
- 1 4 oz Can of Diced Jalapenos*
- 1 4 oz Can of Diced Green Chili*
- *You can substitute the Jalapenos and Green Chili with your own roasted green chili added to taste. (I use about 1 cup of diced roasted Hatch green chili - Hot.)*

Directions:

1. Dice or shred cooked chicken breasts.
2. Dice the green chili if you are roasting your own.
3. Mix all ingredients together in a crock pot set on HIGH until all is melted and blended thoroughly (mix occasionally). This can take up to one hour.
4. Set crock pot to LOW and serve dip warm. Provide tortilla chips, crackers, and/or vegetables for dipping. Serves 10-15 *(double recipe for larger parties)*





Submitted by: Pam Gross ('92)

Snacks and Appetizers

Cauliflower Hummus



Ingredients:

Florets from 1 medium head cauliflower
3 T extra virgin olive oil
1 clove garlic, minced
1/3 cup tahini Juice from 1/2 - 1 whole
lemon (to taste)
salt + pepper to taste
Mary's Gone Crackers and cucumber rounds for
serving

Directions:

1. Preheat oven to 400°F, convection if you have it. Line baking sheet with parchment paper. Toss florets with 1T extra virgin olive oil, sprinkle with Kosher salt and spread evenly on baking sheet.
2. Roast for 40 minutes, tossing a couple times. Remove from oven and cool.
3. Combine cauliflower, garlic, tahini, lemon juice, 2 T olive oil, salt and pepper in Vitamix or high speed blender. Blend until smooth. Add water and/or lemon juice to thin consistency if necessary.
4. Garnish with chopped parsley and serve.

Note from the cook: Perfect for Homecoming weekend, this cauliflower, carbfree dip is a major crowd pleaser for everyone.



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Submitted by: Donna Reiser

Entrees

Easy Beef Brisket



Ingredients:

4-5 lb. beef brisket
1 cup of your favorite BBQ sauce + more to serve

Directions:

Line 9 x 13 pan with foil. Place brisket in pan and cover with 1 cup BBQ sauce. Seal tightly with foil and bake for 10 hours in 250 degree oven. Slice and serve with BBQ sauce.

Submitted by: Kevin Wixson ('06)

Honey Jalapeno Chicken



Ingredients:

2 chicken breasts
Salt and Pepper (to taste)
2 tbsp AP Flour
2 tsp Garlic and Herb Seasoning
(salt-free recommended)
1-2 tbsp olive oil
1 cup beef broth
1/2 cup chopped pickled jalapenos
1/4 cup honey

Directions:

1. Place chicken breasts between 2 pieces of plastic wrap and pound until about 3/4-inch thick, if needed. Season both sides with salt and black pepper.
2. In a shallow dish, combine flour and garlic and herb seasoning. Mix well. Add chicken to flour mixture and turn to coat both sides.

3. Heat oil in a large skillet over med-high heat. Add chicken and cook 3-4 minutes per side, until golden brown.

4. Meanwhile, in a small bowl, combine beef broth, jalapenos and honey. Mix until blended. Add broth-jalapeno mixture to the chicken and bring to a simmer.

5. Simmer 8-10 minutes, until chicken is cooked through and sauce thickens.

This recipe can easily be doubled and/or adjusted to your personal tastes. You can thicken sauce by adding a slurry of (flour or cornstarch) mixed in water, if needed. You can add more or less jalapenos to your liking. As well as including fresh jalapenos.



Submitted by: Carol Cochran

Entrees

Thanksgiving Game Tailgate Parfait

Ingredients:

Bread stuffing for poultry (we use a sausage & sage version)
Cooked turkey
Mashed potatoes
Gravy
Cooked green beans or green bean casserole
One insulated 16-oz coffee cup per person at tailgate

Directions:

1. Pre-game, cook all these food items. You can refrigerate as needed depending on how your week's going, but warm it all up the morning of the game, covered, in a 350°F oven until it's all piping hot.
2. Layer spoonfuls of it in the order listed above in 16 oz. insulated cups, then do another layer of all of it.
3. Put a lid on each cup, put cups in a "cooler", cover the cups with a beach towel if there's extra room in the cooler so that they don't fall around while you're hauling. Something in here is highly insulating (mashed potatoes?) so these'll stay piping hot for a good while. Serve with a napkin, a fork, and a beer to anyone >21.

Submitted by: Megan Price

Greek Bison Burger

Ingredients:

1 egg
1/2 cup crumbled feta cheese
1/4 cup almond flour or almond meal
1 TBSP minced fresh oregano leaves or 1 TSP dried oregano
2 cloves garlic, minced
1/4 TSP sea salt
1/4 TSP black pepper
1 pound ground bison or ground beef or turkey
4 whole wheat pitas or hamburger buns

Topping: guacamole

Directions:

1. Preheat the grill to medium-high.
2. In a large mixing bowl, combine the egg, feta, almond flour/meal, oregano, garlic, salt, and pepper. Add the meat and use your hands to combine, being careful not to overwork the meat. Form into 4 equal-size patties about 1 inch thick.
3. Grill the burgers, flipping once, until meat is no longer pink, 3 or 4 minutes per side. In the last minute, warm the pitas or buns on the grill.
4. Split the pitas or buns open, stuff each with a burger, and top with a spoonful of guacamole.

Note from the Chef: From "Run Fast, Eat Slow" Cookbook by Shalane Flanagan and Elyse Kopecky



Submitted by: Carol Cochran

Entrees

Quick & Easy Tailgate Chili



Ingredients:

- 1 lb ground beef
- 1 medium white onion, diced
- 3 T ancho chili powder
- 1 t cayenne pepper
- 3-4 cans diced tomatoes
- 2 small cans diced green chilis – mild or hot
- 1 can beer (And 1-2 cans beans, if you like! See below in “other notes”. Can use kidney beans, garbanzo beans, or both. Or whatever turns your fancy.)

Any toppings you like to add (sour cream, diced green onions, cheese, etc. Grandmother’s recipe didn’t have toppings to add but at your tailgate in the 21st century you gotta.)

Directions:

1. Brown the ground beef in a large saucepan with a lid.
2. When it’s close to all browned, add the chopped onion and dry spices. Cook all that, stirring, over medium heat until the onions are translucent and the spices are aromatic (8-10 mins?).

3. Add the tomatoes & green chilis & beer (and beans, if using). Bring to a boil, then lower heat and simmer for as long as you like (30 minutes, or for a few hours (add more beer if it gets too dry)). If it starts to get thick and you don’t want to thin it with more beer, put the lid on to avoid splattering and save some of the evaporating liquid. Taste and add salt if needed, but generally there’s plenty of salt in most canned goods options.

Note from the cook: I received a large file of handwritten recipes from my grandmother’s home after she passed away. Her husband worked for CSU for 20 years and she attended many a tailgate both while he was at CSU and for years afterward. That recipe file originally included this recipe that I originally thought said, “1 can of beans.” I was shocked, as I had heard Grandmother opine more than once that beans shouldn’t be considered a real food. (Perhaps in rebellion, I love all sorts of beans.) At any rate, I made this recipe probably 10 times before I realized she had written, “1 can of beer.” Yeah, Grandmother!! And go Rams! [NB: unfortunately, I have used this recipe enough that at some point I lost the card, so the instructions are approximate, not precise (as hers would have been). In a pinch, if you’re short of time, almost everything can be pulled out of your cupboards or freezer and thrown in to make some yumminess, either the night before the game or the morning of.]



Submitted by: Robyn Hutchison ('94)

Entrees

Beat the 'Bo's Hawaiian BBQ Ribs



Ingredients:

- 2 lbs meaty country style spareribs
- 1 small clove garlic, minced
- 1 can (8oz) tomato sauce
- 2/3 cup catsup
- 1/2 cup vinegar
- 1 cup pineapple juice
- 1/3 cup brown sugar
- 1 teaspoon dry mustard
- 2 tablespoons Worcestershire sauce

Cook's note: We love lots of sauce - so we double the sauce recipe.

Directions:

1. Put ribs in a single layer in a pan. Broil on all sides until well browned. Drain off grease. (Alternate option: grill ribs)
2. Combine garlic, tomato sauce, catsup, vinegar, pineapple juice, brown sugar, mustard and Worcestershire sauce in saucepan. Bring mixture to boiling point, stirring occasionally. Pour over ribs.
3. Bake, uncovered, at 325°F about 1 1/2 hours or until sauce has thickened and most of it has been absorbed by meat. Spoon sauce over meat frequently during baking. (Alternate option: put grilled ribs and sauce in a crock pot, cook for 4-6 hours on low, 2-4 hours on high)

Submitted by: Great Harvest Bread Co.

French Toast Casserole

VEGETARIAN

Ingredients:

- 1 Loaf Great Harvest bread, cut into 1 inch cubes (enough to make 10 cups)
- Suggested breads: Honey Whole Wheat, Cinnamon Burst or Swirl, or Challah 8 Eggs 3 Cups*
- Milk
- 4 Teaspoons Sugar
- 1 Teaspoon Vanilla
- 3/4 Teaspoon Salt

TOPPING (Optional)

- 2 Tablespoons Butter (cubed)
- 2 Tablespoons Sugar
- 2 Teaspoons Ground Cinnamon

Directions:

1. Place bread cubes in a greased 13x9x2 inch baking dish. In a mixing bowl, beat eggs, milk, sugar, vanilla and salt. Pour over bread. Cover and refrigerate for 8 hours or overnight.
2. Remove from the refrigerator 30 minutes before baking. Dot with butter. Combine sugar and cinnamon; sprinkle over the top.
3. Cover and bake at 350 for 45-50 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes. Serve with maple syrup.

Can also serve with fresh fruit, yogurt, any variety of Great Harvest Fruited Syrups. Enjoy!



Submitted by: Lanita Hanson Legan ('86)

Entrees

The Best Chili



Ingredients:

- 2 lbs. chili meat or ground beef
- 2 cans chili beans
- 2 cans diced tomatoes-chili or Mexican style
- 1 can diced green chilis (Hatch if possible)
- 2 cans hot Rotel diced tomatoes
- 1 32 oz. bottle Zing Zang Bloody Mary mix
- 1 medium onion, diced
- 1 jalapeno, chopped
- 1 box Two Alarm Chili seasoning mix

Directions:

1. Brown meat with chili powder from the Two Alarm Chili mix, drain. Add onion and jalapeno about half way through brownin.

2. In large soup pot, combine all canned ingredients. Add spices from 2 Alarm kit. Don't use the masa unless you want it really thick.

3. Add browned meat, onion and jalepeno. Cook over medium heat until bubbling, then let simmer until ready to eat.

Note from the cook: Serve with grated cheddar cheese, sour cream, chopped green onions, crackers or tortillas Can be made into Frito pie, baked potato topping and other yummy things as leftovers

Serves 6 hungry people

Submitted by: Brenna Olwine ('92)

Baked Tomatoes



Ingredients:

- Small or medium tomatoes
- Olive oil or infused olive oil
- Dried basil
- Salt and pepper

Directions:

1. Slice of the tops of the tomatoes, just enough to get all the stem out. Brush the top open part of the tomoatoes with the oil. Sprinkle with basil, salt, and pepper.

2. Place open-side up on a greased cookie sheet or casserole dish in a 350°F oven for approx. 25 minutes. Remove them when they are splattering and just starting to wrinkle.

Note from the cook: The spices and flavors can be played with quite a bit



Submitted by: Libby Rea ('20) & Family

Entrees

Colorado Big Game Chili



Ingredients: (Serves 12)

- 3 lbs Colorado elk, deer, antelope meat
(combination of stew & ground meat works best)
- 2 large yellow onion, diced
- 3 10 oz cans tomato sauce
- 2 14.5 oz cans dices Italian-style tomato, undrained
- 2 15 oz cans legumes (kidney/black/pinto)
- 2 4 oz cans diced green chilies
- 2 teaspoons Worcestershire sauce
- 1/2 cup chopped celery
- 1/2 cup chopped red pepper
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoon dried oregano
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1/4 cup brown sugar

Directions:

1. In a large dutch oven cooking-pot, brown meat with onion. Drain excess grease.
2. Pour in tomato sauce, diced tomato, legumes/beans and green chilis into pot with meat mixture. Stir to blend. Add remaining ingredients, cover and simmer over low heat for at least 1 hour.
3. Great for Crock Pot as well. Follow directions using 6 quart crock pot and cook on low for 5 to 7 hours, on high for 4 hours.

Note from the cook: Before serving add desired toppings (sour cream, shredded cheese, salsa, etc). Serve with corn chips, tortilla chips and/or corn bread.





Submitted by: Abby Tillinghast ('17)

Entrees

Abby's Crazy Good Carnitas



Ingredients:

2 lbs boneless pork loin or shoulder
1 yellow onion, diced
3 cloves crushed garlic
1 jalapeno, seeded and diced
2 tsp salt
2 tsp lime juice
1 tbsp oregano
2 tsp cumin
1 tbsp olive oil
1 tsp chipotle chili powder
1 cup water if using a pressure cooker, 3 cups water if using a crock pot

Directions:

1. Heat olive oil in a large pan and sear pork for 2-3 minutes on each side, or until evenly brown.
2. Transfer the pork to your crock pot or pressure cooker and cover evenly with spices. Add remaining ingredients to the pot and cover or seal.
3. Cook the roast in your crock pot on low for 6-8 hours, or high for 5-6 hours. If using a pressure cooker, cook on high pressure for 35-40 minutes.

4. Check on your roast after the allotted time; it should shred easily with a fork and knife. If it seems dry or doesn't shred, it's not done.

5. Once fully cooked, turn on the broiler of your oven and shred the pork.

6. Place your shredded meat on a cookie sheet or baking tray and drizzle with juices from the pot. Broil for 10-15 minutes, mixing halfway and adding additional juices over the meat. This will create the traditional "crispy ends" that carnitas lovers know and love!

7. Serve on tacos, in salads, over nachos, or in a burrito! Leftovers make great taquitos as well when mixed with cream cheese, cheddar, and jalapenos. Enjoy!

Note from the cook: This recipe was developed when my significant other and I were college students on a budget who needed to find a delicious way to make use of discounted pork shoulder from the local King Soopers! It remains one of our absolute favorites and is perfect for feeding a crowd of hungry football fans!



Submitted by: Michael Rowe ('93)

Entrees



Espresso Brined Chuck Roast Burnt Ends

Ingredients:

BRINE

- 4-5 cups of cold coffee
- 1/4 cup Kosher salt
- 2 TBS cocoa powder
- 1 TBS red pepper flakes

MEAT

- 2 Chuck Roasts, 3+ pounds each
- Beef Base (bouillon paste)
- BBQ Rub
- BBQ Sauce

Directions:

1. Place Chuck Roasts in marinating dish.
2. Combine all ingredients for brine. Mix well. Pour brine over meat. Refrigerate for at least 4 hours.
3. One hour before cooking, remove Roasts from brine, place on a serving tray, and allow them to reach room temperature.

5. 30 minutes before cooking, apply beef base to both sides of Roasts, then season with BBQ rub to taste.
6. During this time bring smoker/grill to 240°F.
7. When ready, place Roasts on a grill pan or rack. Smoke meat for 7-8 hours, or until a meat thermometer reads 190°F when inserted into the thickest part. Chuck Roast should have a dark mahogany crust.
8. Remove from smoker and cut both roasts into bite sized cubes. Place cubes in foil pan and toss in favorite BBQ Sauce (add more BBQ Rub if desired).
9. Return pan to smoker to allow sauce to caramelize.
10. Remove from heat and enjoy!

Note from the cook: I use Traeger Blackened Saskatchewan Rub and Sweet Baby Rays BBQ Sauce. Perfect as sliders in Hawaiian Sweet Rolls or street tacos with tortillas.



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Submitted by: Jessica Wright ('04)

Sweet Treats

White Bean Blondies

VEGETARIAN

Ingredients:

1 15-ounce can Great Northern Beans, drained and rinsed well
2 eggs, at room temperature
3/4 cup packed light brown sugar
1/4 cup + 1 tablespoon nonfat dry milk
3 tablespoons cornstarch
3/4 teaspoon baking powder
1/4 teaspoon kosher salt
6 tablespoons unsalted butter, at room temperature
2 teaspoons pure vanilla extract
4 ounces semi-sweet chocolate chips

Directions:

1. Preheat your oven to 325°F.
2. Line an 8-inch square baking pan with unbleached parchment paper or nonstick aluminum foil, and set it aside.
3. In a blender or food processor, place the drained and rinsed beans and eggs, and blend until very smooth. Set the mixture aside.
4. In a large bowl, place the brown sugar, nonfat dry milk, cornstarch, baking powder, and salt, and whisk to combine, breaking up any lumps in the brown sugar. To the large bowl, add the beans mixture, butter, and vanilla, and mix until very well-combined. If necessary, whisk vigorously to smooth the mixture, which will be relatively thin.

5. Transfer the mixture to the prepared pan and scatter about half of the chocolate chips gently on top of the batter. They will sink a bit during baking, but shouldn't fall all the way to the bottom.
6. Place the baking pan in the center of the oven and bake for 15 minutes.
7. Scatter the remaining chocolate chips evenly on top. Continue baking for another 15 to 20 minutes, or until the top is lightly golden brown all over and the blondies spring back when pressed gently in the center.
8. Remove the pan from the oven and allow to cool for at least 10 minutes before transferring the blondies, still in the paper or foil, to a wire rack to cool completely. Slice into 9 to 12 equal pieces, and serve.
9. Store any leftovers in a tightly sealed container in the refrigerator for up to 1 week, or in the freezer for longer storage.





Submitted by: Megan Price

Sweet Treats



Pecan Butter Chocolate Truffles with Sea Salt

Ingredients:

PECAN BUTTER

2 cups pecans
10 Deglet dates, pitted
1/2 TSP ground
cinnamon

COATING

2 TBSP virgin coconut oil
3 TBSP maple syrup
3 TBSP unsweetened
cocoa powder
1 TSP sea salt

Directions:

1. Preheat the oven to 350F. Line a baking sheet with foil or parchment paper.
2. To make the pecan butter: Spread the pecans out on a baking sheet and roast in the center of the oven for 8 minutes, stirring after 4 minutes. Allow the pecans to cool completely.
3. In a food processor or high-speed blender, combine the pecans, dates, and cinnamon. Pulse or blend on high until smooth, stopping as

needed to scrape underneath the blade. Do not overprocess - you want the pecan butter to be thick. Transfer to a small bowl.

4. Use your hands to roll the pecan butter into bite-sized balls. If the nut butter is warm or liquid-y, chill in the fridge to make it easier to handle. Place the balls on the baking sheet.
5. To make the coating: Place the oil in a small microwaveable bowl and microwave in increments of 10 seconds, stirring in between, until almost completely melted. Stir in the maple syrup and cocoa powder until smooth.
6. Drop one ball at a time in the chocolate coating, use a fork to lift out, and return to the baking sheet. Continue with the remaining balls. Top each truffle with a small pinch of salt.
7. Place the baking sheet in the fridge for 10-15 minutes or until ready to serve. Use a spatula to transfer to a serving plate.
8. Store leftovers in an airtight container, lined with parchment paper, in the fridge for up to 1 week or the freezer for up to 3 months.

Note from the Chef: From "Run Fast, Eat Slow" Cookbook by Shalane Flanagan and Elyse Kopecky



Submitted by: Will Herdrick

Sweet Treats

VEGETARIAN

Beer & Sauerkraut Chocolate Fudge Cake

Ingredients:

2/3 C butter
1 1/2 C granulated sugar
3 eggs
1 tsp vanilla extract
1/2 C cocoa
1/4 C all-purpose flour
1 tsp baking soda
1 tsp baking powder
1/4 tsp salt
1 C Intersect Brewing Conscience Compass (Milk Chocolate Stout)
2/3 C sauerkraut, rinsed and drained

Directions:

1. Cream together the butter and sugar, beating until light and fluffy. Beat in the eggs, one at a time. Add in vanilla. Combine the dry ingredients in a separate bowl. Add some of the dry mix into the egg mixture, and stir.
2. Then add half the beer, and stir. Continue alternating dry ingredients and beer into the bowl, ending with the dry ingredients. Stir in sauerkraut.
3. Pour batter into greased and floured cake pans. Bake at 350°F for about 40 minutes, or until cake tests done. Cool for 10 minutes, then turn out of pan(s).
4. Cool completely and frost with your favorite fudge icing.

Submitted by: Kristi Bohlender ('93) ('95)

Oven Caramel Corn

GF

VEGAN

Ingredients:

8 quarts popped corn
2 cups light brown sugar
1 cup butter
1 teaspoon salt (if popcorn is unsalted)
1/2 cup white (corn) syrup
1 teaspoon vanilla
1/2 teaspoon baking soda

Directions:

1. Preheat oven to 250 degrees.
2. Boil the brown sugar, butter, salt, syrup and vanilla for five minutes. Add 1/2 teaspoon baking soda and stir.
3. Pour the mixture over the popped corn, and mix well (I bake mine in a roasting pan).
4. Bake for one hour, stirring several times.
5. Enjoy!



Submitted by: Kendall Reagan Nutrition Center

Sweet Treats

Chocolate Gingerbread Brownies

**Ingredients:**

1/3 cup canola oil
1 large egg
1/2 cup molasses
1 teaspoon vanilla
1/2 package (scant 2 cups) chocolate cake mix
(Gluten Free mixes work great too!)
1 teaspoon ground ginger
1 teaspoon cinnamon
1/4 teaspoon ground cloves
1/2 cup buttermilk (or Homemade buttermilk*)

***HOMEMADE BUTTERMILK**

Pour 1 1/2 teaspoons apple cider vinegar into a measuring cup, fill with milk of choice (cow's, rice, soy, almond) to equal 1/2 cup. Let stand about 10 minutes to thicken. Not all alternative "milks" will thicken, but still work.

Directions:

1. Preheat oven to 350F. Grease an 8 inch square baking pan.
2. Beat the oil, egg, molasses, and vanilla in a medium bowl, using a whisk or electric mixer.
3. Combine the cake mix and spices in a small bowl, add alternately with buttermilk to the liquid mixture. Pour into greased pan.
4. Bake 28-32 minutes, or until toothpick comes out clean. Serve warm.

Submitted by: Lisa Hansen ('02)



Apple Pie Dip

Ingredients:

2 cups peeled, cored, and diced apple
2 tablespoons fresh lemon juice
3 tablespoons brown sugar
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1 teaspoon cornstarch dissolved in 1 teaspoon water

Directions:

1. Combine the apples, lemon juice, brown sugar, cinnamon and nutmeg together in a microwave-safe bowl; stir to combine.
2. Microwave on high for 5 minutes or until mixture is bubbling and juice comes out of the apples.
3. Remove from microwave, stir in the cornstarch slurry.
4. Microwave on high for 2 more minutes until the sauce thickens. Can be served warm or cold.
5. Use graham crackers to enjoy!





Submitted by: Lisa Hansen ('02)

Sweet Treats

Brownie's Brownies

VEGETARIAN

Ingredients:

BROWNIES

- 1 cup water
- 1 cup butter (2 sticks)
- 3 Tablespoons unsweetened cocoa powder
- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream
- 2 large eggs
- 1 teaspoon vanilla extract

FROSTING

- 6 Tablespoons milk
- 3 Tablespoons unsweetened cocoa powder
- 1/2 cup butter (1 stick)
- 3 3/4 cups powdered sugar

Directions:

BROWNIES

1. Preheat oven to 350 degrees F and grease a 18x13" pan.
2. Add water butter cocoa powder to a medium saucepan over medium heat. Bring mixture to a boil.
3. Meanwhile, in a separate bowl mix together the flour, sugar baking soda and salt.
4. In another small bowl mix together the sour cream, eggs and vanilla.

5. Add sour cream/egg mixture to the flour mixture and mix until combined.
6. Once the chocolate mixture in the saucepan in boiling, remove it from heat and pour it into the batter. Mix until combined and no lumps remain.
7. Pour mixture into prepared pan and smooth with a spatula to make sure it is dispersed in an even layer.
8. Bake in preheated oven for 15-20 minutes or until set (mine is usually done around 15 minutes).
9. When the cake is about half-way through cooking, prepare the frosting.

FROSTING

1. Add milk, cocoa and butter to a saucepan. Bring mixture to a boil.
2. Once boiling, remove it from the heat and stir in powdered sugar. I like to beat the mixture with my hand-held mixer to get rid of any lumps.
3. Pour hot icing over hot cake. Use a spatula to spread it evenly over the cake. Allow frosting to set for about 10 minutes before eating.



Submitted by: Archetype Distillery

Drinks

Kitty Galore



Ingredients:

Archangel Vodka
Fresh Lime Juice
Ginger Beer
Palm Sugar Simple Syrup

Directions:

1-1 1/2 oz. of Archangel Vodka 1 oz. of fresh lime juice 4-6oz. of ginger beer (*Q or Fever Tree recommended*)

Splash up to 1 oz. of palm sugar simple syrup (*flavor to your likeness of sweetness*)

If you'd like to indulge in the Kitty Galore (and find out where it's name comes from), please visit us at Archetype Distillery, 119 S. Broadway, Denver CO 80209.

Please visit our website for additional information, archetypedistillery.com. Thank You!

Submitted by: Kay Cackowski Keaney ('98)

Ram Blackberry Smash



Ingredients:

1 1/2 ounces spiced rum
1 ounce lime juice
1 ounce simple syrup
5 blackberries
3 sage leaves

Directions:

1. Muddle berries and sage in a cocktail shaker, add remaining ingredients with ice and shake.
2. Double strain into a glass with ice. Garnish with small sage leaf.

Submitted by: Spring44 Distilling

Rammed



Ingredients:

2 oz. Spring44 Honey Vodka lemonade or citrus sparkling water
lime wedge

Directions:

Add vodka and lemonade to rocks glass, over ice. Garnish with lime wedge.

Please visit our website for additional information, spring44.com. Thank You!





Submitted by: Alexandra Schweigert ('17)

Drinks

Ram Refresher



Ingredients:

- 1 kiwi
- 3 teaspoons pineapple juice
- 1 teaspoon (or more if you'd like it sweet) raw honey
- 1 can La Croix sparkling lemon water

Directions:

1. Peel and slice the kiwi and place into a small food processor or blender.
2. Add the pineapple juice and raw honey. *(Honey should be warmed a few seconds in the microwave so it's in a liquid state.)*
3. Pulse or blend to make a thin, well-blended puree.
4. Pour over ice and serve.

Submitted by: Old Elk Distillery

The Bourbon-Ramarita



Ingredients:

FOR ONE SERVING

- 2 ounce Old Elk Blended Bourbon
- 1 ounce fresh squeezed lime juice or the juice from a whole lime
- 1/2 ounce blue agave syrup
- 1 dash of Horsetooth Hot Sauce Naughty #4

FOR A PITCHER OF COCKTAIL

- 16 ounces Old Elk Blended Bourbon
- 8 ounces of fresh lime juice
- 4 ounce of blue agave syrup
- 4 dashes of Horsetooth Hot Sauce Naughty #4

Directions:

FOR ONE SERVING

1. Place all ingredients in a shaker tin, add ice and shake till frothy.
2. Pour drink and ice into a salt rimmed glass and serve with a slice of lime

FOR A PITCHER OF DRINKS

1. Place ingredients into blender, add a small scoop of ice, blend enough to chill and make drink frothy, transfer ingredients into a pitcher.

Please visit our website for additional information, oldelk.com. Thank You!



Submitted by: NOCO Distillery

Drinks

NOCO Saffron Gin & Tonic



Ingredients:

- 1 fl.oz of NOCO Distillery's Elderberry Tonic
- 2 fl.oz of NOCO Distillery's Saffron Gin
- 3 fl.oz of Perrier or Sparkling Water

Directions:

1. Fill a glass with ice and pour all liquid ingredients over the ice.
2. Stir and garnish with a slice of lime.

NOCO Distillery produces over 30 different spirits, right here in Fort Collins. Its speakeasy tasting room and lounge offer a unique experience. Please visit nocodistillery.com to book your appointment.



Show us your plates!

Snap a shot of your kitchen masterpiece this Homecoming, and share it on social using [#CSUHomecoming](https://www.instagram.com/CSUHomecoming) and tagging the Alumni Association



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