

Side Dishes, Casseroles, & Vegetables

Cauliflower Risotto with Brie & Almonds

Margie Sunn

- 6 cup chicken broth, heated
- 3 ea Thyme sprigs
- 2 Tbl butter
- 2 Tbl olive oil
- 1 ea head of cauliflower
- 1½ cup Arborio rice
- ¾ cup white wine
- 6 oz Brie, rind discarded and cut into small pieces
- 1/3 cup sliced almonds or pine nuts toasted, (optional)



Directions: Bring the broth and thyme sprigs to a bare simmer in a medium saucepan. Heat the 2 Tablespoons of oil in a 4 quart heavy saucepan over medium-high heat just smoking. Sauté the cauliflower in a skillet with ¼ tsp salt until the cauliflower is crisp tender and golden brown. Add the thyme leaves and sauté 1 minute. Transfer to a bowl and set aside. Add the 2 Tbl of butter to the pan and allow it to melt and then add the rice and cook stirring constantly for 1 minute. Add the wine and simmer briskly stirring until wine has been completely absorbed. Continue to add the hot broth ½ cup at a time and continue cooking until rice is just tender and looks creamy (about 14-16 minutes). Stir in the cauliflower and cook for 2 minutes. Add the Brie off of the flame and then add the salt and pepper to taste. Garnish with toasted almonds or pine nuts if desired.



Dad didn't yell; yet people freely responded to the honesty in his words. Ma, on the other hand was a "Momster" after she counted to three. She was also the disciplinarian; I think we all had a bout with a belt or switch. Although I think Ma harbored some initial resistance to accepting racially different people, she cautiously sought the good in others. Her protectionist approach might well have been her arms protecting us, it may have developed out of her lack of formal education, or it might have been experiential. Nonetheless, I believe we have become the multi-generational loving family we are because of the honor, honesty, devotion, love, and care daily depicted by Cecile and Albert Sunn Sr.

Sweet Potato Casserole

- 4 cup Sweet potatoes, mashed
- $\frac{1}{3}$ cup White sugar
- 2 lg Eggs, beaten
- $\frac{1}{2}$ cup Milk (add a little at a time until achieved consistency)
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{3}$ cup Butter, melted
- 1 tsp Vanilla extract

Topping Ingredients:

- 1 cup Brown sugar, packed
- $\frac{1}{2}$ cup All-purpose flour
- $\frac{1}{3}$ cup Butter, melted
- 1 cup Pecans, chopped

Directions: In a mixing bowl, combine the sweet potatoes, sugar, eggs, milk, salt, $\frac{1}{3}$ cup butter and vanilla. Mix together and pour into a greased 13" x 9" inch baking dish. To prepare the topping, combine in a separate bowl the brown sugar, flour, $\frac{1}{3}$ cup melted butter and pecans. Mix together and crumble over sweet potato mixture. Bake uncovered at 350° for 35 to 45 minutes.



Caudette "Caudie" Payton
daughter of Julie Stover

Orbit gum began production during WWII when Wrigley sent all of its Juicy Fruit gum to soldiers overseas. As a result, Wrigley started selling Orbit in the U.S. The gum was discontinued after the war but brought back 30 years later in the '70s.

Vegetable Combo

- 2 pkg California Blend Vegetables (16 oz), thawed
- 8 oz Velveeta Cheese, cubed
- 6 tsp Butter, divided
- 1 cup Ritz crackers, crushed

Directions: Grease a 9" x 13" baking dish and add veggies. Melt Velveeta with 3 tbsp. butter, pour over veggies. Sprinkle crushed Ritz crackers over the top. Melt the remaining butter and drizzle over crackers. Bake uncovered at 350° for 30 minutes or until vegetables are tender.



Carol Chirempes
friend of Caudette "Caudie" Payton, daughter of Julie Stover

Cooking is an important part of food preparation that involves applying heat. In most cases this transforms the chemical make-up of food, altering its texture, flavor, nutritional properties and appearance.

El Torito Sweet Corn Cakes

Sebastien Sunn

- ¼ cup Butter, unsalted
- 2 Tbl Shortening
- ½ cup Masa harina
- 3 Tbl Water, cold
- 1 pkg Corn kernels, frozen (10 oz)
- 3 Tbl Cornmeal
- ¼ cup Sugar
- 2 Tbl Whipping cream
- ¼ tsp Baking powder
- ¼ tsp alt



Directions: Whip butter and shortening in mixing bowl until fluffy and creamy. Add masa harina gradually and mix thoroughly. Add water gradually, mixing thoroughly. Blend corn kernels until coarsely chopped. Stir into masa mixture. Mix cornmeal, sugar, whipping cream, baking powder, and salt in large bowl. Add butter-masa mixture; mix until blended. Pour masa mixture into 8" greased baking pan. Cover with foil and bake at 350° until corn cake is firm, 40 to 50 minutes. Allow to stand at room temperature 15 minutes before cutting into squares. Or use ice cream scoop to serve.

The potato disease "Late Blight" was the principal cause of the Irish Potato Famine, which killed a half million people.

Sweet Onion Shepherd's Pie

Margie Sunn

- 1½ lb Ground beef
- 2 cup Frozen mixed vegetables, thawed
- 1 cn Campbell's Sweet Onion Soup (14.5 oz)
- 4 cup Hot mashed potatoes



Directions: Cook the beef in a 12-inch broiler-safe skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Stir the vegetables and soup in the skillet and heat to a boil. Reduce the heat to medium. Cook for 5 minutes or until the vegetables are tender-crisp, stirring occasionally. Season to taste. Spread the mashed potatoes over the beef mixture. Heat the broiler. Broil 2 inches from the heat for 3 minutes or until the potatoes are lightly browned.

In Japan, the most popular topping for pizza at Domino's Pizza is Squid.

Hash Brown Casserole

Larry Sunn

Cheesy and delicious, this hash brown casserole has a crunchy topping. I like this recipe because it reminds me of the great hash brown casserole served at Cracker Barrel restaurants.

- 1 pkg (2 lb) frozen hash browns, thawed
- ½ cup butter, melted
- 1 can cream of chicken soup
- 8 oz sour cream
- ½ cup onion, finely chopped
- 2 cup Cheddar cheese, shredded
- 1 tsp salt
- ¼ tsp ground black pepper
- 2 cup Cornflakes, crushed
- ¼ cup butter, melted



Directions: Preheat oven to 350°. In a large bowl, combine hash browns, ½



cup melted butter, cream of chicken soup, sour cream, chopped onion, Cheddar cheese, salt and pepper. Place mixture in a 3 quart casserole dish. In a medium saucepan over medium heat, sauté cornflakes in ¼ cup melted butter and sprinkle the mixture over the top of the

casserole. Bake covered in preheated oven for 45 minutes.

The pound cake's name actually came from the first recipe, which called for a pound each of butter, sugar, eggs, and flour.



This picture of Al Sunn Sr. was probably taken around 1921 in Detroit, Michigan. As I (Larry) write this, many wonderful times with my dad come to mind—playing catch with old, unpadded baseball gloves; hauling chemical wood from our “back 40” wooded area; watching him eat red-dyed pistachio nuts as he drove the truck; him putting some liquid pain killer on a tooth because he could not afford a trip to the dentist. Most



memorable was a comment made after my dad “gave his word” that something or another would get done. The man told those in earshot that if Al Sunn gave his word, a man needed no other guarantee. I have always held my father in especially high esteem because he was honest and sought good in others; he was patient, and he worked hard to support his family; he was an honorable man.

Humans use many different methods for gathering food which include farming, hunting, gardening, foraging, and fishing.

Baked Sweet Potato Fries

Jill Price

2 lb Sweet potatoes
 2 Tbl Olive oil
 1/8 tsp Salt
 1/8 tsp Pepper
 1/8 tsp Garlic Powder
 1/8 tsp Paprika

Directions: Preheat oven to 450°. Line a baking sheet with parchment paper. In a shallow dish, combine oil & spices. If leaving the skin on, scrub your sweet potatoes really well. If not, peel your potatoes. Cut sweet potatoes into 1/4" fries. Toss fries in olive oil to coat. Spread fries out on a prepared baking sheet. Bake for 20 minutes, turning occasionally or until fries are browned.



The proper name for the marshmallows in Lucky Charms cereal is 'Marbits'.



As told by Ma Sunn. "In the summer of 1954 Al was building a chicken coop and he was putting little square windows along one side of the building. Julie, Larry, Russ, and Al Jr. were all playing and, as kids will do, they got mad about something or another, and Larry threw a hammer. Fortunately, it missed all the kids but, it went through every one of the little square windows. At the time, window glass was expensive but, Al, keeping his cool, didn't say a word; he just got up and went into the house. At the time, he was having trouble with the pickup truck, and I told him that I had had trouble with it the night before. So, while he was cooling off about the windows, he thought he would take it into town to the gas station but, before he left, he thought he would check the carburetor. When he took the carburetor off he got a hand full of sand and he realized that the kids had put sand in the gas tank. He was now a little bit madder, but not too bad . . . yet; Al had the patience of a saint. I had forgotten to take down the clothes line and when he came around the corner, the cord hooked him around the neck and he about hung himself. I happened to be looking out the window; I saw him coming, and he was fuming! So, I said to the kids, 'You better go and hide because if your father gets hold of you, he'll kill ya.' Away they went. Al went to get a beer at the Clubhouse in Sagola. After Al and the kids had been gone for a while, a car came in the driveway. I thought it was Al coming home, but it was a neighbor lady who had come over to talk about chickens. I was facing her and talking to her so I was unable to see what was happening behind me. She glanced past me and her eyes kept getting bigger, and bigger, and bigger; I said, "What's wrong?" She said, "Did you see...?" She's looking and pointing over at the dog house. I turned around and looked at the dog house; out came Julie, out came Larry, out came Russell, out came Al Jr. and out came the dog! I don't know how they all fit in that tiny dog house! By the time Al got home, the beer had pretty well calmed him down. However, he didn't come home too early!

Addicted to Cauliflower!

2nd daughter of Rene' Sunn Williams, granddaughter of Larry & Margie Sunn

- 1 med head cauliflower
(about 2-1/4 pounds),
trimmed and cut into florets
- 3 lg cloves garlic,
thinly sliced
- 1/4 cup olive oil
- 2 Tbl lemon juice
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 TBL grated
Parmesan cheese



Directions: Heat oven to 450°. Combine cauliflower and garlic in a large bowl. Drizzle with olive oil, lemon juice, salt and pepper. Transfer, in a single layer, to a large rimmed baking sheet. Roast at 450° for about 25 minutes, stirring once. Sprinkle with cheese. Serve immediately: 6 servings.

Beans have historically been a symbol of the embryo and of growth in most societies. The ancient Egyptians called the place in which the Ka, the souls of the dead, awaited reincarnation "the bean field."

Texas Country Green Beans

- 1/4 lb sliced bacon
- 3 cn whole green beans
3 (14½ oz cans)
- 1/4 ea yellow onion
- 1 tsp granulated sugar
- 1/2 tsp salt
- 1/2 tsp black pepper,
freshly-ground

Direction: In a 2-quart saucepan over medium heat, cook bacon until lightly brown but not crisp. When bacon has browned, add green beans with liquid. Add salt, sugar, and pepper and mix well. Place onion on top of green beans. Cover saucepan with a lid and bring to a light boil. Turn heat down to low and simmer beans for 45 minutes.



Margie Sunn

Avocados are native to Central and South America, where they have been cultivated for over 10,000 years. Another name for the avocado is the "alligator pear," so-called because of its alligator skin texture and pear shape. The Aztec word for avocado was ahuacatl, which means "testicle tree". Did you know that avocados are actually a fruit?

Poem a la Queen



Take four walls; add a floor that's been waxed and sprinkle lightly with children's tracks. Set a corner aside for a rocking chair that you and the yellow cat can share. Place an old stone jar on a window sill, for daisies or bittersweet to fill. Arrange antiques on shelves, in nooks; leave room for dishes and recipe books. Season with essence of new baked bread; add hungry youngsters, keep well fed. Mix cookies and milk as the need arises. Have hot dogs ready for club day crisis. Sift and discard unessential chores. Put worries to soak while you step out doors. As a final touch for a perfect blend, garnish your kitchen with loving friends.

from the Sunn boys



Potatoes first appeared in Europe in 1586; they made it to North America in 1719.

Chicken Broccoli Divan

- 4 cup Broccoli florets, cooked
- 2 cups Chicken, cooked, cubed
- 1 can Cream of Chicken Soup
- 1/3 cup Milk
- 1/2 cup Cheddar cheese, shredded
- 2 Tbl Dry bread crumbs
- 1 Tbl Butter, melted

Stacy Sunn



Directions: Place the broccoli and chicken into a 9" pie plate. Stir the soup and milk in a small bowl. Pour the soup mixture over the broccoli and chicken. Sprinkle with the cheese. Stir the bread crumbs and butter in a small bowl. Sprinkle the bread crumb mixture over the cheese. Bake at 450° for 20 minutes or until the chicken mixture is hot and bubbling.

As bell peppers mature, their color changes from green to red and they become sweeter.

Sopa Seca De Fideo

Sebastien Sunn

- 8 oz Coiled vermicelli
- 2 Tbl Butter
- 3 Tbl Salad oil
- 1 med Onion, chopped
- 2 Garlic cloves, minced
- 4 oz Diced canned chilies
- 8 oz Tomatoes, chopped
- 2 tsp Oregano leaves, dry, crumbled
- 1 cup frozen peas
- 2½ cup Chicken broth
- 1 bnch Fresh cilantro, chopped
- ¼ cup Parmesan cheese, freshly grated



Directions: Place noodles in a plastic bag, arranging in one layer. With a rolling pin, break into small pieces, set aside. Heat butter and oil in a large pot or frying pan (with a lid). When butter is melted, add onion, garlic and chilies and cook, stirring until soft (about 5 minutes). Add noodles and stir well continue to cook, stirring constantly, for 2 more minutes. Add tomatoes, tomato sauce, oregano, peas and 2 cups of broth and bring to a boil. Reduce heat to low, cover and simmer until liquid is absorbed (about 15 minutes). Check occasionally to see if you need to add more broth. (Think risotto). When the fideo is tender and the liquid is absorbed, add in the cilantro and season with salt and pepper. Top with cheese.

Yams and sweet potatoes are not the same thing!

Ham & Noodle Casserole

Tami Sunn

- 1 Tbl Vegetable oil
- 2 cup Ham, cooked, cubed
- 1 med Onion, chopped
- 1 can Cream of mushroom soup
- 2 cup Cheddar cheese, shredded extra sharp (about 8 oz)
- 1 pkg Extra wide egg noodles, cooked, drained



Directions: Heat the oil in a 4-quart saucepan over medium-high heat. Add the ham and onion and cook until the onion is tender. Stir the soup in the saucepan and heat to a boil. Reduce the heat to low. Add the cheese and stir until the cheese is melted. Add the noodles and cook until the mixture is hot and bubbling.

It is recommended that you eat five servings of fruit or vegetables a day. A serving equals one-half cup.

Loaded Cauliflower

Caudette "Caudie" Payton
daughter of Julie Stover

- 1 lg Head of cauliflower cut into bite size pieces (6 cups)
- 8 ea Bacon strips, cooked, crumbled (cook in oven at 400° for 20 min.)
- 6 Tbl Chives, chopped
- ½ cup Mayonnaise
- ½ cup Sour Cream
- 2 cup Colby jack cheese
- 1 cn Sliced mushrooms (8 oz)



Directions: Preheat oven to 425°. Steam cauliflower for 8 - 10 minutes until soft. In a large bowl combine sour cream, mayonnaise, ½ of crumbled bacon, 3 tbsp. chives, 1 cup of cheese, mushrooms, and cauliflower and mix well, place in baking dish and cover with remaining 1 cup of cheese and rest of bacon crumbles. Bake for 15-20 minutes until cheese is melted. Top with remaining 3 Tbl chives.

Apples, pears and plums are all members of the rose family.

Luby's Macaroni & Cheese

Russ Sunn

- 2 cup Elbow macaroni, dry
- 4 Tbl Nonfat dry milk
- 2 Tbl Flour
- 1 Tbl Butter, melted
- 1¼ cup Water, boiling
- 3 cup American cheese, shredded
- ¼ tsp Kosher salt



Directions: Heat oven to 350°. Cook macaroni 1 to 2 minutes longer than package directions so pasta is soft but not mushy. Drain. In a large mixing bowl, combine dry milk, flour, and butter. Whisking constantly, gradually add boiling water. Add 1 cup of cheese and continue whisking and creamy. About 2-3 minutes. Fold in macaroni, 1 more cup of cheese, and salt. Transfer into a lightly greased 11" x 17" inch casserole dish and cover with foil or lid. Bake 25-30 minutes or until sauce in center of casserole is thick and creamy. Remove lid (or foil) and sprinkle remaining 1 cup of cheese evenly over the top. Return to oven until cheese melts. Serve.

It is almost impossible to find out what all the ingredients are that Papa John's uses in its pizzas.

Zucchini Crescent Pie

Margie Sunn

- 4 Cup Zucchini, sliced thin
- 1 Cup Onion, sliced thin
- ¼ Cup Butter
- 2 Tbl Parsley flakes
- ½ tsp Pepper
- ¼ tsp Garlic powder
- ¼ tsp Oregano
- 2 lg Eggs, beaten
- 1 cn Pillsbury crescent rolls (8 oz.)
- 8 oz Swiss cheese, grated



Directions: Sauté onion and zucchini in butter for about 10 minutes. Add seasonings. In a bowl, blend eggs and cheese. Add the vegetables to the egg mixture. Unroll crescent rolls and separate into triangles. Press the crescent rolls into an ungreased pie plate or 11" pan to form a crust. Pour in the egg-vegetable mixture. Bake in preheated 375° oven for 20 minutes. Let cool for 10 minutes. Cut into pie wedges to serve.

Blueberries are first picked by hand to gather the best of the early fruit. Later, if the fruit is to be mechanically harvested, a harvesting machine goes through the field and gently shakes each bush so only the ripe blueberries drop off.

Scalloped Corn

Margie Sunn

- 1 cn Creamed corn (15 oz)
- 1 cn Whole kernel corn (15 oz)
- 1 cn Sour cream (8 oz)
- 2 lg Eggs
- ½ cup Butter
- 2 Tbl White sugar
- 1 pkg Corn muffin mix (8.5 oz)



Directions: Preheat oven to 350°. Grease a 9" x 13" baking dish. Mix together corn, sour cream, eggs, melted butter or margarine, and sugar. Mix in muffin mix. Pour into prepared baking dish. Bake for 35 to 40 minutes, or until a knife inserted midway into pan comes out clean.

Pasta made its way to the New World through the English who found it while traveling through Italy. The English made pasta by cooking it for about a half an hour and then smothering it with cream sauce and cheese. This was the beginning of Macaroni and Cheese!

Company Potatoes

Pam Payton

Pam is Caudie Payton's sister-in-law, Ron's brother Glyn's wife

- ½ cup Onion, chopped
- ¼ cup Butter
- 2 lb Hash brown potatoes, frozen
- 1 cn Cream of Chicken soup (or Cream of Potato or Cream of Celery may be substituted)
- 2 cup Sour cream
- 2 cup Cheddar cheese, shredded
- 1 cup Corn Flakes, crushed



Directions: Sauté onion in butter. In a large bowl, mix hash browns, soup, sour cream, and sautéed onion. Grease a 9" x 13" pan and add mixture. Evenly sprinkle cheese then corn flakes on top. Bake at 350° for 45 minutes.

The egg shell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors. Storing them in their cartons helps keep them fresh!

Garden Harvest

- Plant three rows of peas
 - peas of mind
 - peas of heart
 - peas of soul

- Plant four rows of squash
 - squash gossip
 - squash indifference
 - squash grumbling
 - squash selfishness

- Plant five rows of lettuce
 - lettuce be faithful
 - lettuce be kind

Water freely with patience and cultivate with love



from the Sunn families to yours; a bounty tested

- lettuce be patient
- lettuce love one another
- lettuce pray for one another
- Three of turnip
 - turnip for meeting
 - turnip for service
 - turnip to help one another
 - turnip for our Lord
- And three of thyme
 - thyme for each other
 - thyme for family
 - thyme for friends

- at left, Brittany 'Tana' (Payton) and Ryan Kerekes' wedding September 6, 2014, with Tana's grandmother, Julie Stover, and Ryan's Grandparents Mr. & Mrs. Kerekes. Below, the bride and groom pose with their



respective parents, Ron and Caudie Payton; Jeff, and Brenda Rouleau Kerekes, as well as daughter Brielle.

Albaloo Polo - Sour Cherry Rice

Sebastien Sunn

- ½ lb Sour Cherry
- 1/3 cup Sugar
- 2 cup Rice
- 2 Tbl Salt
- 4 Tbl Vegetable Oil



Directions: Remove the cherry seeds if necessary. Soak rice with four cups of water and 2 tablespoons of salt for 2 hours. (Sebastien says he usually uses a rice cooker and skip this step). Place pitted cherries in a bowl. Add sugar and allow the cherries to rest for about an hour. Transfer the cherries and sugar onto a pan and simmer the pot for 30 minutes over low heat. Meanwhile, drain the soaked rice. Pour water into a large pot and bring the water to a boil. Add the rice and simmer until tender. Drain the rice in a colander. Rinse the rice with cold water and drain, repeat this step two times. Remove the cooked cherries from the pot, using a strainer spoon. Take a large pot, add 2 tablespoons of vegetable oil. Pour half of the cherry juice (remained in the pot) into the large pot. Cover the surface with a layer of rice (half of the rice). Add cherries and spread across the pot. Cover the cherry layer with the remaining rice. Add 2 tablespoons of vegetable oil to the small cherry pot; stir, and pour the mixture over the rice. Cover the pot with a napkin and a lid. Simmer for 20 minutes over medium heat. Remove the napkin. Stir well and cover the pot with the lid. Continue simmering for 5 to 10 minutes more over medium heat. Add saffron to the rice, as preferred.

Pizza boxes usually can't be recycled because of the grease and cheese left by pizza that soil the cardboard.

Quick Chicken Pot Pie

Tami Sunn

- 1 cn Campbell's Creamy Herb & Garlic Chicken Stock Soup
- 2 cup Chicken, cooked, cubed
- 2½ cup Frozen mixed vegetables
- ¼ cup Milk
- 1 lg Egg
- ½ cup Biscuit baking mix



Directions: Heat the oven to 400°. Stir the soup, chicken, and vegetables in a 9" deep-dish pie plate. Stir the milk, egg, and baking mix in a small bowl. Spread the batter over the chicken mixture. Bake for 25 minutes or until the topping is golden brown.

Strawberries are the first fruit to ripen in the spring.

Sweet Potato Chips

Jill Price

2 med Sweet potatoes, scrubbed
clean and sliced into 1/8" slices
2 Tbl Vegetable oil
1/2 tsp Salt
1/4 tsp Pepper
1/4 tsp Garlic powder
1/4 tsp Cumin
1/4 tsp Cayenne pepper
1/4 tsp Nutmeg
1/4 tsp Paprika [+]



Directions: Preheat oven to 400°.

Place sweet potato slices and oil in a re-sealable bag and shake to coat. In a small dish, combine the seasonings and add to the sweet potatoes. Shake again to evenly coat. Lay potato slices on a foil-lined baking sheet, and bake for 12-14 minutes. Remove the potatoes from the oven and flip. Cook for an additional 10 minutes until crisp. Place potatoes on a wire cooling rack to cool (they crisp up more while cooling).

Russia did not consider beer to be alcohol until 2011. It was previously classified as a soft drink.

Another Ma Sunn story. "Russ was taking Drivers Education at Pulaski High School and was about due to take his driver's license test. I was working at the Southgate W.T. Grant's and he was working at Kroger's. I was working the grill; Russ came in and said, 'Ma can I have the keys to the car?' It was the Christmas season and he wanted to put some stuff in the car. I said, 'Okay, but don't move the car!' He only had his learner's permit not his driver's license. Not only did he move the car, he drove it off the Southgate lot and around the corner, by Howard Johnsons. There was a policeman standing on the corner and said, 'Hey buddy, you forgot to turn your lights on.' Then he noticed how young Russ looked so he asked for his driver's license. Oops. So Russ is told to park his car and the policeman follows him in to the W.T. Grants cafeteria counter to see me. I saw him coming and joked, 'Hey, you've got a policeman following you,' and he said, 'Yea, I know, he's with me!' He told me what he had done and on the way home, he asked me, 'Do I have to tell Daddy?' And I said, yes, but I'm not telling him, you have to tell him. When got to the house, Russ kept looking at me and he was just about to tell dad when the phone rang. It was the police Sergeant. After listening attentively, Dad turned to Russ and said, 'Everyone is entitled to a mistake in life, as long as they don't make the same mistake again.' When we went to court the judge said, 'I'm taking your license for three months, how do you feel about that?' Russ replied, 'You're better than my dad; he took it away for 6 months.' The upshot of the story is that dad's statement became a lesson in life that Russ boasts he has used over and over in his managerial career. At right - Russ' 1963 Pulaski High School graduation picture.



Margie's Mexican Rice

Margie Sunn

- 1 cn Tomatoes, (28 oz)
diced, including juice
- 1 cup Onion diced
- 1 med Serrano chili,
stemmed,
seeded and chopped
- 2 cup Chicken stock
- 1 cup Corn frozen
- 1 cup Peas frozen
- 1 cup Carrots, fresh
or frozen, diced
- 1 tsp Salt
- ½ tsp Garlic powder
- 1 cup Brown Rice,
long grain uncooked
- 3 Tbl Vegetable Oil



Minced Cilantro for garnish

Directions: In a large sauce pan, sauté' the rice in hot oil, stirring constantly until rice turns opaque (5-7 minutes). Add onions and cook for an additional 3 minutes or until onions begin to soften. Add remaining vegetables and seasonings except for the peas. Pour stock in, cover and bring to a boil. Turn down heat and simmer for 5 minutes. Add peas & continue cooking until liquid is absorbed & rice is tender. Add additional water if necessary. Garnish with cilantro.

The people who built the Egyptian pyramids were paid in bread and beer.

Macaroni & Tomato Juice

Ashley Stover's favorite

2nd daughter of Steven Stover – granddaughter of Julie Stover

- 1 bx Little elbow pasta (16 oz)
- 3 cn Tomato juice (12 oz)



Optional: Mozzarella cheese to serve

Directions: Cook and drain the pasta; put back in the pot along with tomato juice and heat on the stove until hot. Pour into a bowl and top with cheese which will get all gooey and delicious, and then, dig in. Prepare to be comforted!



Michigan and New Jersey produce 66% of all the blueberries in the United States, followed by North Carolina, Oregon, and Washington.

Green Beans in Garlic Aioli

Margie Sunn

For the Garlic Aioli Sauce:

- 1 lg Egg, room temperature
- 2 tsp Fresh squeezed lemon juice
- ¾ cup Olive oil
- 2 sm Cloves garlic, finely minced
- Pinch of sea salt, to taste

For the Green Beans:

- 1 lb Green beans, washed and trimmed
- 1 tsp Olive oil



Directions for the Garlic Aioli: The aioli is best prepared a few hours in advance and left to sit in the fridge, covered, so the flavors can develop. Separate the room temperature egg and place the egg yolk in a small bowl with high sides. Discard the egg white for another purpose. Whisk in the fresh squeezed lemon juice. Slowly, a few drops at a time, whisk in the oil. Once the aioli starts to thicken you can begin to pour the oil in a little faster. If the oil starts to build up at all stop pouring and whisk briskly to incorporate it. Continue until all the oil has been incorporated and the aioli is nice and thick. Add the finely minced garlic and stir together well. Season to taste with sea salt.

Directions for the Green Beans: Set the oven to broil at 420° and place the oven rack on the top shelf. Line a baking tray with parchment paper. Place the green beans on the prepared baking tray and drizzle them with the olive oil. Broil in the preheated oven for 10 minutes, or until they just start to brown. There's no need to turn them as they're best when they brown only on one side. Serve the beans with the garlic aioli on the side or drizzled over top.

The reason why peppers taste hot is because of a chemical compound called capsaicin, which bonds to your sensory nerves and tricks them into thinking your mouth is actually being burned.



Mike, always the smart-alek, would often pick on Drew and Michelle. Kevin was known to step in and try to help Drew and Michelle, so one day he took Drew aside and told him how to get back at Mike, "Go out to the yard and gather up some dog poop and put it into his baseball glove." Kevin was thinking that Drew would pick up a dried piece of dog poop and stick it in the catch pocket of Mike's glove. Nope. Drew picked out a nice, fresh, soft pile and stuffed it into the inside finger hole area of the glove. After Mike went out onto the field, he puts his hand into his glove and 'discovers' what Drew had done . . . Russ & Sandy had to buy a new baseball glove.

There are 7,500 varieties of apples grown throughout the world, and if you tried a new variety each day, it would take you 20 years to try them all.

Carrots with Dill & Sour Cream

Sebastien Sunn

- ¼ stk Butter
- 2 lb Carrots, julienned
- 1 tsp Dill weed, dried
- ½ cup Chicken broth
- 1 tsp Sugar
- 2 Tbl Sour cream

Directions: Melt butter in heavy large saucepan over low heat. Add carrots and dill and cook for 5 minutes. Stir in chicken



broth and sugar and cook until carrots are crisp-tender. Transfer carrots to serving dish using a slotted spoon. Keep warm. Boil broth mixture over high heat until reduced to several tablespoons. Pour over carrots. Gently blend in sour cream and serve immediately.

Green Bean Casserole

Caudette "Caudie" Payton

- 4 can Cut green beans, drained
- 2 can Cream of mushroom soup (10¾ oz)
- ¼ tsp Black pepper
- 1 can Durkee French Fried Onions
- Velveeta cheese, sliced



Directions: In a 9" x 13" casserole dish, layer 2 cans of green beans, 1 can cream of mushroom soup, half the black pepper, Velveeta cheese slices, and half the can of Durkee onions. Repeat all layers. Bake at 350° for 30 minutes.

The term 'soft drink' was first used to describe drinks without alcohol.

20-Minute Turkey & Rice

Lindsey Spinning

- 1 can Cream of Chicken Soup
- 1 cup Water
- ¼ tsp Paprika
- ¼ tsp Black pepper
- 2 cup Instant white rice
- 2 cup Turkey, cooked, cubed
- 2 cup Cooked mixed vegetables



Directions: Heat the soup, water, paprika, and black pepper in a 10" skillet over medium-high heat to a boil. Stir in the rice, turkey, and vegetables. Reduce the heat to low. Cook for 5 minutes or until the rice is tender.

In the beginning, chewing gums were made only by hand, but today almost all chewing gum is prepared by machine.

Long Beans in Ginger Sauce

Sebastien Sunn

½ lb	Green beans
2 Tbl	Butter, unsalted
2 Tbl	Green onions, sliced
1 Tbl	Ginger, fresh, minced
1 Tbl	Garlic cloves, minced
⅛ tsp	Red pepper flakes
½ cup	Chicken broth
2 tsp	Honey
1 Tbl	Soy sauce
1 Tbl	Sesame oil
½ tsp	Salt
¼ tsp	Black pepper, ground
2 Tbl	Sesame seeds, toasted



Directions: In a large pot of boiling water add long green beans. Cook green beans for 2 minutes until slightly tender. Allow to cool. In a large pan over medium-high heat; add unsalted butter. When butter melts, add sliced green onions, fresh minced ginger, minced garlic cloves, and red pepper flakes. Mix together and stir in long beans. Cook for 3 minutes and stir in chicken broth, honey, soy sauce, and sesame oil. Season with salt and ground black pepper. Add toasted sesame seeds. Transfer to a serving dish and serve.

Coffee, if taken black with no additives, is naturally a zero calorie beverage.

Chicken Fusilli with Spinach & Asiago Cheese C.J. Spinning

2½ cup	Uncooked fusilli corkscrew pasta
7 oz	Baby spinach
2 Tbl	Olive oil
1¼ lb	Chicken breast, skinless, boneless, cut into 1½" pieces
3 ea	Cloves garlic, minced
¾ cup	Sun-dried tomatoes
1 can	Cream of chicken soup
½ tsp	Crushed red pepper
1 cup	Asiago cheese, shredded



Directions: Prepare the fusilli according to the package directions in a 6-quart saucepot. Add the spinach during the last minute of the cooking time. Drain the fusilli mixture well in a colander, reserving 1 cup cooking liquid. Heat the oil in a 12" skillet over medium-high heat. Add the chicken and cook until well browned, stirring occasionally. Add the garlic to the skillet and cook and stir for 1 minute. Stir in the tomatoes, soup, ½ cup cooking liquid and red pepper and heat to a boil. Reduce the heat to low. Cook until the chicken is cooked through, stirring occasionally. Stir in the fusilli mixture and cook until the mixture is hot and bubbling. Stir in the remaining cooking liquid as needed until desired consistency. Sprinkle with the cheese.

The banana tree is actually not a tree, but a giant herb and the banana is actually its berry.

Three Bean Casserole

Chuck Sunn

- 1 cn Kidney beans (15 oz), drained
- 1 cn Favorite baked beans (16 oz)
- 1 cn Navy beans (15 oz), drained
- 1 cn Green beans (15 oz)
- ¼ cup Tomato sauce
- ¼ cup Favorite BBQ sauce
- 2 tsp White vinegar
- 1 Tbl Dry mustard
- ½ cup Brown sugar, packed



- 2 Tbl Molasses
- 1 lb Ground beef, lean
- 4 oz Bacon, chopped
- 1 cup Chopped onion
- Salt and pepper to taste

Optional: ½ cup Green pepper, diced

Directions: In a large skillet over medium heat, fry the ground beef, bacon, and onion together until ground beef is no longer pink. Drain fat. To meat mixture in skillet, add: beans, tomato sauce, BBQ sauce, white vinegar, dry mustard, brown sugar, and Molasses. Mix thoroughly, adding salt and pepper to taste. Cover and heat over med-low heat for 20-30 minutes, stirring occasionally. Option: BAKE in large casserole dish, at 350°, covered, for 30 minutes.

Radishes are members of the same family as cabbages.

Easy Baked Potato Slices

Nikki Sunn

- 6 med Red Potatoes
- 4 Tbl Butter
- Seasonings as desired



Directions: Wash and scrub potatoes well. Slice into ¼ inch slices. Turn oven on to 425. Put butter pats on cookie sheet and place in oven until melted. Place potato slices on cookie sheet then turn over to get butter on both sides. Season as desired (salt, pepper, Lawry's seasoning, garlic salt, or any other desired seasoning). Bake for 30 minutes or until desired tenderness is reached. Turn the potatoes once while baking. Serves 4-6 people.

Three plates of food at a Chinese buffet will net you about 3,000 calories.

English Peas

Larry Sunn

husband of Margie Sunn, one heckuva guy; Uno player extraordinaire

- ¼ cup Butter (½ stick)
- 2 bg Peas, frozen (about 14 oz)

Directions: Melt the butter in small pot and add the peas. Cook over medium heat until peas are warm.



Parchment Paper Cookie Tips: 1) Parchment paper for cooking can replace greasing. Your local grocery stores should carry parchment paper. It will be near the aluminum foil or in the baking ingredient aisle. When using parchment paper for cooking, just tear off the length of paper you need to cover your cookie sheet and place it curled side down on the cookie sheet. 2) If you are in a hurry, just slide the baked cookies along with the parchment paper off the cookie sheet onto the cooling rack. In no time, you'll have a cooled cookie sheet ready for the next batch.

Baked Egg Casserole

Caudette "Caudie" Payton

- 1 lb Jimmy Dean sausage
- 1 tsp Mustard powder
- 9 lg Eggs, beaten
- 1½ cup Milk
- 10 ea Slices white or wheat bread, cut into cubes
- 8 oz Velveeta cheese, sliced

Directions: Crumble sausage into a medium skillet. Cook over medium heat



until evenly browned; drain. Grease a 9" x 13" baking dish. Cut bread into cubes and place them in the baking dish. Evenly sprinkle the sausage over the bread. In a medium bowl, mix together mustard powder, eggs, and milk. Pour mixture over the sausage and bread, soak as much of the bread as possible; cover with Velveeta slices. Cover the dish; chill in the refrigerator for 8 hours or overnight. Preheat oven to 350°. Bake covered dish for 45 minutes; reduce temperature to 325°, uncover the dish and bake for an additional 30 minutes, or until set.

How come when you mix water and flour together you get glue . . . and then you add eggs and sugar . . . you get cake? Where did the glue go? You know darned well where it went!

That's what makes the cake stick to your butt.

Sabzi Polo - Persian Herbed Rice

Sebastien Sunn

- 3 cup Basmati rice
- 16 cup Water
- 1¼ tsp Salt
- 1 Tbl Hot water
- 3 Tbl Butter, unsalted, melted
- ½ tsp Saffron, crushed
- 1½ cup Dill, fresh, chopped
- 1 cup Parsley, chopped
- ½ cup Green onions, chopped
- ¾ cup Cilantro, fresh, chopped
- 2 Tbl Extra virgin olive oil
- 8 oz Russet potatoes, peeled and sliced into ¼" rounds



Directions: In a medium-sized bowl soak basmati rice water. Gently wash rice by stirring it in the water with your hand. This helps wash the starch and grit out. Pour out water and repeat two more times. After washing rice a third time, let the rice soak in 8 cups of water, and ½ teaspoon salt. In a small bowl mix a tablespoon of hot water, butter, and saffron. In another bowl combine the dill, parsley, green onions, and cilantro. In a 5-quart non-stick pot bring to boil 8 cups water and ½ teaspoon of salt. When water in pot has come to boil, drain the rice. Add the drained rice to the boiling water. When the water returns to a boil and the rice floats to the top (approximately 6 minutes), strain the contents of the pot through a fine colander. You know your rice is ready to strain if you bite a rice kernel and the center is uncooked. Return pot to burner, set heat to medium and add olive oil. Line the bottom of the pot in one layer with sliced russet potatoes; sprinkle with ¼ teaspoon of salt. Using a spatula, gently scoop drained rice from the colander and scatter throughout the pot, over the potatoes, forming one layer. Make sure you do not push the rice in together as this will result in mushy rice. Over the scattered rice use a spatula to scatter a spatula-full of herb-mixture forming another layer. Continue alternating layers of white rice and herbs, until finished. Your pot should not be filled to the very top as you need 3 inches of empty space for the steam. Pour the saffron mixture over the top of rice. Cover the lid of your pot with a clean towel or several paper towels, and set firmly over your pot to prevent steam from escaping. The towel will keep the condensation from dropping back into your rice and turning the rice into mush. After 10 minutes, set heat to low and let rice finish cooking for another 45 minutes. Using a spatula, gently scoop rice out and onto serving platter. On the bottom you will find the crust (called "ta-dig"). Place the crust pieces along the platter. If the crust won't come out of the pot, stick the bottom of the pot in a sink filled with a couple inches of cold water. This will help the crust release.



Cap'n Crunch is not, in fact, a Captain; he's a Commander.

Corn Casserole Dish

Jennifer Payton

1st daughter of Ron and Caudie Payton, granddaughter of Julie Stover
"This is one of my favorite side dishes at Thanksgiving and a perfect pairing for fall chili recipes"

- 1 cn Sweet corn
- 1 cn Cream corn
- 1 bx Jiffy corn muffin mix
- 1 lg Egg
- ½ ea Stick of butter
- 1 med Onion



Directions: Sauté onion in butter until softened. Mix all ingredients with sautéed onion and butter in a mixing bowl. Pour into an 8" x 8" or 9" x 9" glass baking dish and bake for 40-45 minutes at 350° until golden brown. Check baking times as this has varied with dish and oven. Baking times are an estimate (check with a toothpick as you would brownies). You may also double the ingredients and bake in a 9" x 13". The doubled recipe will bake for approx. 55 minutes.

Many astronauts crave Tabasco sauce in space.

Johnny Marzetti Casserole

(Johnny Marzetti - see Common Cooking Terms)

Caudette "Caudie" Payton
daughter of Julie Stover

- 1½ lb Ground beef or ground turkey
- ½ cup Onion, chopped
- 1 cn Condensed tomato soup
- 1 cn Tomato sauce
- 1¼ cup Corn niblets (frozen or canned)
- 1 pkg Macaroni (8 oz) (or, go wild with rotini, farfalle, or fiori!)
- Salt and pepper to taste
- 1 cup Cheddar cheese, shredded (optional)



Directions: Heat salted water for pasta; cook pasta per package directions. Brown ground beef/turkey with onion and drain. In a large bowl, add meat, tomato soup, tomato sauce, and corn; mix. Gently stir in pasta. Grease a casserole dish and add mixture. Bake at 350° for 30 minutes. Add shredded cheese (option); bake 10 min.

Apples, pears, and plums are all members of the rose family.

Loobia Polow - Rice with Green Beans

Sebastien Sann

- 2 cup Basmati rice, long grain
- 1½ lb Lamb or beef, cut into small pieces
- 1 lb Fresh string beans, washed, cut into 1-inch lengths,
- 1 lg Onion, finely chopped
- 1 lg Tomato, diced
- 1 can Tomato sauce (16 oz)
- ½ tsp Turmeric
- ½ tsp Cinnamon
- Juice of a lime/lemon
- Salt and pepper to taste
- Vegetable oil
- Water



Directions: In a large bowl wash the rice thoroughly, rinse with cold water and drain. Soak the rice in 6 cups of water, add 2 tablespoons of salt and set aside for a couple of hours. In a pan, sauté chopped onions in 3 tablespoons of oil over medium heat for 5-7 minutes or until transparent. Add turmeric powder and stir well. Add the meat and cook until it's browned. Add tomatoes and the green beans to the pan and cook for another 5-7 minutes. Add tomato sauce, juice of a lime/lemon, cinnamon, salt and paper to taste. Cook for another 15-20 minutes on low heat. In a large saucepan, bring 6 cups of water to a rapid boil. Drain the rice and pour into boiling water. Bring the water back to a boil, cook for about 7-10 minutes on medium-high heat or until the grains are long, soft on the outside and firm in the center. Test to see if the rice is ready. Drain the rice in a colander and rinse it well with cool water. Add 3 tablespoons of oil to the bottom of a non-stick pot. Add a layer of rice and the mixture of meat and bean sauce, building it up to a pyramid shape away from the sides of the pot. Make 4-5 holes in the rice with the bottom of the spatula. Cook for about 7- 10 minutes on the medium-high heat until rice is steaming. You may cover the lid with a kitchen towel to prevent the moisture from building up in the pot. Cover, reduce heat to low and cook for 50 minutes to an hour. Don't overcook this rice. You don't want it to become too mushy.

There are over 87,000 different drink combinations at Starbucks.

By Sandy Sann: "The kids were old enough to drive and Russ and I were coming back from a weekend vacation. When we came back my car was spotlessly clean; I'm thinking, my kids are so thoughtful. The next day, I leave for work, I pull out of the driveway, and I hear thump, thump, thump... I get out and find that my wheel is coming off and mud is falling from the undercarriage! Kevin had taken my car out to go mudding . . . mudding . . . with my Chrysler Lebaron!"

Cheddar Quiche Potato Skins

Margie Sunn

For baked potatoes:

5 med Russet potatoes (7.5 oz ea)

½ tsp Salt

½ tsp Pepper

Olive oil or butter for rubbing

For the cheddar quiche:

4 med Slices bacon,
cooked and chopped

4 lg Eggs

¼ cup Ricotta

1 can Ortega chilies, chopped (4.5 oz)

1 cup Shredded cheddar cheese

Salt and pepper to taste



Directions: Preheat oven to 400°. Wash the potatoes well, and dry completely. Then, rub the potatoes with a bit of olive oil or melted butter and sprinkle with salt and pepper. Wrap in aluminum foil and bake for one hour. Remove potatoes from oven and let cool until they are easy to handle. Remove the insides of the potatoes (leave a bit of potato around the skin or it will not hold). Reduce heat to 375° and bake the potato skins open side down for 12 minutes. Beat the eggs and ricotta, set aside. Fill the bottom of the potato skins with a spoonful of green chilies. Pour in the egg mixture, fill the potato skins ¾ full and top with bacon and cheese. Bake for 15-18 minutes or until the quiche filling is set.

In general after a meal, carbohydrates can make you sleepy while protein makes you more alert.

Chicken Tetrazzini

Stacy Sunn

mother of Larry and Margie's grandsons, Zack and Sean

1 can Cream of mushroom soup

¾ cup Water

½ cup Parmesan cheese, grated

2 tsp Dried parsley flakes

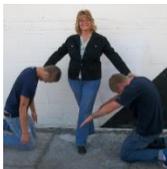
¼ cup Red bell pepper, chopped

½ lb Dry spaghetti, cook and drain

1 can Chicken Breast in Water, drained (12.5 oz)

Directions: Heat the soup, water, cheese, parsley, red pepper, if desired, spaghetti, and chicken in a 2-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.

At left, I to r, Sean, Stacy, & Zack



Chicken soup was once considered an aphrodisiac in the Middle Ages.

Barley in a Rice Cooker

You can use your rice cooker for other grains besides rice. Barley is a whole grain that will contribute to the four servings of whole grains you should be getting daily. You'll need a rice cooker.

- Pearled Barley in a Rice Cooker

- 1 cup Pearled barley
- 2 cup Water

Pearled Barley Directions: If you are using pearled barley, add the 1 cup of pearled barley, 2 cups of cold water and a pinch of salt to your rice cooker. Cook through one rice cooking cycle, let the barley rest for 15 minutes; Fluff the barley with a fork and serve

- Brown Barley in a Rice Cooker

- 1 cup Brown barley, soaked overnight in
- 2½ cup Water
- Pinch of salt

Brown Barley Directions: If you are using brown barley, soak the cup of brown barley overnight in 2½ cups of water and a pinch of salt. This step can be done inside of the rice cooker.

For both types, cook through one rice cooking cycle (Some of the sites say use porridge setting. After the cycle is finished, let the barley rest for 15 minutes. Fluff barley with a fork and serve.

Baskin-Robbins once made ketchup flavored ice cream.



Dad and Ma Sunn worked hard at many different jobs, however, once dad hurt his back logging, and since neither had graduated high school, their employment was frequently at unskilled, lower-paying jobs. Because the family did not have much disposable income, a special treat when we were young was stopping at the A & W in Iron Mountain or going to see a movie. Once, while Ma was getting the last of the kids ready to go to see a movie, the older kids were outside playing ball—the ball was an old baseball that had the cover ripped off and it was covered with black cloth “friction” tape. Friction tape was the “duct tape” of the time. Anyway, Larry batted a high fly ball and Russ went to catch it and when he did, the ball came through his hands and hit him in square on the nose—it broke his nose. No movie for us that day—we all trooped off to the hospital to take him to the doctor. The doctor pulled on Russ’ nose and re-set it—he had broken both the upper and lower lateral cartilage. But, he was fine—he just had to stay in bed for a few days. Later that same week, Charlie and Russ were fighting about something and Charlie threw a pair of pliers in Russ’ direction and they hit Russ right in the nose! Off we go, back to the doctor again to have his nose reset.

Sebastien Sunn



Margie Sunn

Green Chile Corn Casserole

- ¼ cup butter
 ½ cup onion, finely chopped
 Pinch of salt
 2 ea Cloves garlic, minced
 1 cup Sour cream
 1 lg Egg, beaten
 1 can White corn, drained (11 oz)
 1 can Mexi-corn, drained, (11 oz)
 1 can Cream corn
 3 an Ortega green chilies (4 oz) diced
 1 cup Cheddar cheese, shredded sharp, divided
 1 cup shredded pepper jack cheese, divided
 1 pkg Corn muffin mix, (9 oz)
 Salt and fresh-ground black pepper to taste



Directions: Melt butter in saucepan over medium-low heat. Add onion & sauté until soft and translucent, but not browned. Add garlic and cook for another 2-3 minutes. Set aside and let cool to room temperature. Preheat oven to 350°. In a large bowl, combine the onion mixture, sour cream, egg, corn, Ortega green chilies, and ½ cup of each cheese. Add the corn muffin mix and stir until

moistened. Add salt and pepper to taste. Pour mixture into greased 2½ quart round casserole dish. Bake for 45 minutes. Remove from oven, top with remaining cheese, then return to oven for another 15 minutes, or until top is well browned.



- at left, Ron Payton and daughters Tana, Jenny, Kayla, and Kimmy. Our daughters grow too fast! I (Larry) am thinking of my one daughter, Rene', and about the way life with her was so slippery; the way that my twelve-year-old girl looked into the mirror to count freckles, reached out toward herself and her reflection had turned into that of a woman on her wedding day, righting her veil. And how, when she blinked, she reopened her eyes to see a frazzled young mother trying to get lipstick on straight for the parent/teacher conference that starts in three minutes. And how after that young woman bent down to retrieve the wild-haired doll her 2nd daughter had left on the bathroom floor, she arose to see a forty-seven-year-old, looking into the mirror to count age spots. Ron will see it 4 times—a brave man, he!

Laugh Out Loud

Love One Another

KEEP YOUR PROMISES

help others

^s_a^yPLEASE ^a_n^d THANK YOU

Don't Whine

Work Hard

SAY I LOVE YOU

SHARE

Be **G R A T E F U L**

use kind words

always tell the **TRUTH**

Do Your Best