



COOKBOOK

2020

From the Clark Family

- Swimmer Deanna**
- Alumni Swimmer Calista**

Taco bake

Ingredients:

1 pound hamburger
1 onion
1 package taco seasoning
2 packages crescent rolls
Shredded cheese
1 can refried beans

Preheat oven according to crescent rolls directions.
Brown hamburger and diced onions.
Add taco seasoning.
Place a layer of crescent rolls on bottom of casserole dish.
Spread refried beans on top.
Add taco meat.
Add layer of cheese.
Add layer of crescent roll.
Add layer of cheese.
Bake until crescent layer is golden brown (30 mins or so).
Serve with lettuce, sour cream, guacamole, taco sauce ect.

From the Crosier Family

- Swimmers Emily and Eli

Easy Cheesy Broccoli Skillet

- **Servings:** 4-6
- **Time:** 25 min
- **Difficulty:** easy
- [Print](#)

- 2 tablespoons oil
- 1 large head of broccoli, stems cut thinly on the diagonal and set aside and florets cut about 1 to 1 1/2 inches and set aside
- 1 clove garlic, minced
- salt and pepper to taste
- 1 cup cream
- 1/2 cup shredded mozzarella
- 1/2 cup shredded Cheddar
- 1/4 cup grated Parmesan

Preheat oven to 375° degrees F.

In a large oven-proof skillet, heat oil over medium heat. Add the broccoli stems and cook for two to three minutes, stirring now and then. Add florets and cook for another three or four minutes, stirring as necessary until tender/crisp but still bright green. Add garlic and cook for a minute longer. Season with salt and pepper, keeping in mind the cheese will add a bit of saltiness.

Remove skillet from heat and pour heavy cream over broccoli. Do not stir. Top first the Cheddar and Mozzarella, then top those with the parmesan. Bake until cheese is bubbly and broccoli is tender about 10 minutes. If the cheese hasn't properly browned, place under broiler for a minute or two.

From the Wesselman Family

- Swimmer Matthew

Sausage Balls

INGREDIENTS

- 1 pound breakfast sausage
- 1 cup almond flour
- 1 large egg
- 1/2 cup shredded cheddar cheese
- 4 oz cream cheese

1. Preheat your oven to 400*. Spray a baking sheet with cooking spray and set aside.
2. Mix all the ingredients together. I use the paddle attachment on my kitchenaid stand mixer, but my sister-in-law does it with her hands!
3. Use a cookie scooper or spoon to drop tablespoon sized portions on your cookie sheet.
4. Roll each sausage ball with your hands to smooth them out.
5. Bake 400* for 20 minutes.

Recipe makes 28 sausage balls and come out to a little under 1 net carb per serving based on the specific brand/ingredients I used.



From the Smith Family

- Swimmer Kaiden

Parmesan Chicken

Ingredients:


3 pounds boneless skinless chicken breasts

Black pepper to season

Mayonnaise

Grated parmesan cheese

Take boneless, skinless chicken breasts & dry with paper towels. Put in single layer in greased baking dish. Smother/cover with mayonnaise. Season with black pepper. Then top with grated parmesan cheese. Bake at 350 degrees for 24-35 minutes until chicken is at 165 degrees internal temperature.



From the Donovan Family

- Swimmers Liam and Isabel

Crisp skinned chicken with rosemary potatoes

6 whole russet potatoes, peeled and cut into chunks

1 1/2 tsp salt

1/2 tsp cornstarch

1 whole chicken (4 1/2 lbs)

1 T butter softened

1 bunch fresh rosemary

Olive oil

Heat oven to 450. Cook potatoes in salted boiling water until tender. 11-13 minutes. Drain, return to the pot and shake over low heat to dry and fluff. Coat with olive oil, season with salt.

Mix salt and cornstarch. Pat chicken dry. Rub skin with butter and season with salt mixture. Stuff some rosemary into the cavity of the chicken. Pile remaining rosemary on a rimmed baking sheet. Place chicken on top of the rosemary breast side up. Tuck wings under and tie legs together with kitchen twine. Scatter potatoes around the chicken. Roast 30 minutes. Flip potatoes over and rotate the pan. Roast another 30 minutes more until juices run clear and the thigh reaches 165. Let rest 10 minutes before cutting. If potatoes are not golden, toss with rosemary and return to oven until golden brown.

From the Wesselman Family

- Swimmer Matthew

Easy Ground Beef Casserole

Prep Time 15 mins Cook Time 25 mins Total Time 40 mins

Ingredients

- 1 pound ground beef
- 3 ounces cream cheese
- 1/2 cup beef broth
- 1/2 cup heavy whipping cream
- 2 tsp [Bragg's Aminos](#)
- 1 teaspoon [garlic powder](#)
- 2 cans green beans, drained
- 3/4 cup cheddar cheese
- 3/4 cup mozzarella cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Preheat oven to 350 degrees.
2. Brown ground beef in a cast-iron skillet then drain the excess grease.
3. Add cream cheese and stir until melted then add beef broth, heavy whipping cream, Bragg's Aminos, garlic powder, and salt/pepper.
4. Bring to a boil and cook on medium heat until mixture begins to thicken then reduce heat and simmer.
5. Once the ground beef mixture thickens add the two cans of green beans that have been drained on top then sprinkle cheese on top of green beans.
6. Bake for 25 minutes.

From the Eaton Family

– Swimmer David

Black Bean and Salsa

- 2 cans Black Beans (drain & rinse)
- 1 can White shoe peg corn (drain & rinse)
- 2 cans Rotel (drain)
- 5 T. Lemon juice
- 5 T. Olive oil
- ½ t. salt
- ½ t. cumin
- ¼ cup cilantro (freshly chopped or dried)
- 1 Red onion (diced)

Mix above ingredients together and serve with tortilla chips

From the Drury Family

- Alumni & Head Coach Jason

Crawfish Boil

INGREDIENTS

- ½ cup Old Bay Seasoning
- 4 quarts [water](#)
- 8 medium red potatoes, cut in quarters
- 2 large vidalia onions, cut in wedges
- 2 lbs [smoked sausage](#), cut in 2 inch lengths
- 8 ears frozen corn on the cob, thawed
- 4 lbs [crawfish](#), in shells

Cooking instructions

- In an 8-quart stock pot, bring Old Bay, salt, water and beer to a boil.
- Add potatoes and onions; cook over high heat for 8 minutes.
- Add smoked sausage; continue to cook on high for 5 minutes.
- Add corn to pot; continue to boil for 7 minutes.
- Add Crawfish in shells, cook for 5 minutes.
- Drain cooking liquid; pour contents of pot into several large bowl or shallow pails.
- Sprinkle with additional Old Bay.

From the Erixon Family – Swimmers Mackenzie and Aiden Alumni Swimmer Jessica

Hawaiian Ham and Cheese sandwiches

Ingredients

- 3/4 cup melted Butter
- 1 tbsp Dijon Mustard
- 1 tsp Worcestershire Sauce
- 1 tsp Brown Sugar
- 1 tbsp Poppy Seeds
- 2 tsp Dried Minced Onion
- 12 King's Hawaiian Dinner Rolls
- 9 oz thin sliced Deli Ham
- 8 oz thin sliced Swiss Cheese or any kind of cheese

Instructions

1. Preheat oven to 350.
2. Grease a 9x13-inch baking dish.
3. Combine butter, mustard, Worcestershire sauce, brown sugar, poppy seeds, and dried onion
4. Slice the rolls to make sandwiches. Remove tops and set aside.
5. Place the bottom pieces into the prepared baking dish.
6. Layer the ham onto the rolls. Top the ham with the Swiss cheese.
7. Place the tops of the rolls onto the sandwiches. Brush or pour the liquid mixture evenly over the rolls.
8. Bake 20 minutes or until the rolls are lightly browned and cheese has melted.
9. Separate into individual sandwiches to serve.

From the Eaton Family

– Swimmer David

Sloppy Joe

6 lb. ground beef

3 cup ketchup

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

2 med onions

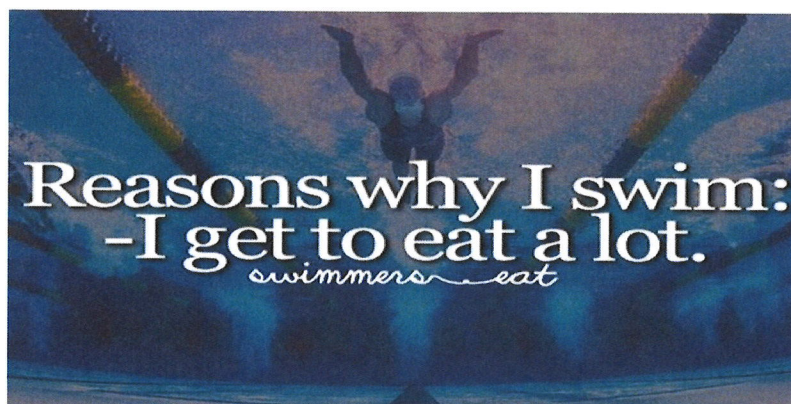
3 cup water

3 teaspoon chilli powder

3 Tablespoons worchestershire sauce

3 Tablespoons mustard

Brown ground beef with onions. Add all other ingredients and simmer. Good in a crock pot.



From the Erixon Family – Swimmers Mackenzie and Aiden Alumni Swimmer Jessica

Cheesy Hash brown Casserole

Ingredients

- 1/3 cup butter, melted
- 2 cups sour cream
- 1 can cream of chicken soup
- 1 teaspoon salt
- 1 teaspoon onion powder
- 2 cups shredded cheddar cheese
- 24 ounces frozen hash browns, thawed
- ½ cup butter (1 stick), melted
- 3 cups corn flakes, slightly crushed

Instructions

1. Preheat the oven to 350F degrees.
2. In a large mixing bowl, combine the melted butter, sour cream, cream of chicken soup, salt, and onion powder.
3. Stir in the shredded cheddar cheese and thawed diced hash browns.
4. Pour the mixture into a 9×13 inch glass baking dish greased with non-stick cooking spray.
5. In a medium mixing bowl, combine the ½ cup of melted butter and crushed corn flakes. Stir until the corn flakes are coated in the butter.
6. Spoon the corn flake mixture over the casserole.
7. Bake the casserole uncovered for 45 minutes until it is bubbly and golden brown around the edges.
8. Cool for 5-10 minutes before serving.

From the Smith Family

- Swimmer Kaiden

WHITE CASTLE CASSEROLE

Note: We triple this recipe because it's such a hit.

INGREDIENTS

1 lb ground beef
1 (1 ounce) envelope onion soup mix
2 eggs
1/2 cup mayonnaise
1/4 cup heavy cream
8 ounces cheddar cheese, shredded
salt and pepper, to taste
dill pickle slices, for topping
mustard, for topping

DIRECTIONS

- Brown the hamburger with half of the onion soup mix; drain fat and season to taste with salt and pepper.
- Stir in the remaining soup mix and put meat in a greased 9-10 inch pie plate.
- Stir in half the cheese, then top with remaining cheese.
- Beat eggs, mayonnaise, cream, salt and pepper together then pour evenly over the meat.
- Bake at 350°F for 30-35 minutes.
- Let stand 10 minutes before serving.



From the Drury Family
- Alumni Swimmer & Asst Coach
Natalie Drury

Southern Cornbread Chicken Casserole (my revamped version)

3 cups cubed (1 inch) cooked chicken breast
2 peppers chopped (use two different colors)
1 onion chopped
1 jar of diced pimentos (I use the larger jar)
Cook first 4 ingredients together until chicken is done and peppers tender

ADD to the chicken mixture
1 ½ cups sour cream
1 cup milk

Pour mixture in a 13 x 9 pan

Cornbread Topping

Mix one box of Jiffy Cornbread mix
With 1 can cream style corn and 1 egg

Spread on top of mixture

Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
Bake about 30 minutes or until toothpick inserted in center of topping comes out clean.

From the Guyot Family

- **Alumni and Coach Brett**
- **Swimmer Charles**

Blueberry Coffee Cake

Ingredients

- ¼ cup butter
- ¾ cup white sugar
- 1 egg
- ½ cup milk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups blueberries
- ½ cup brown sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- ½ cup chopped pecans
- 3 tablespoons butter

Directions

Instructions Checklist

- Step 1 Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9 inch springform pan. Sift together the flour, baking powder and salt. Set aside.
- Step 2 In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg. Beat in the flour mixture alternately with the milk, mixing just until incorporated. Stir in the blueberries. Pour batter into prepared pan. In a small bowl, combine brown sugar, 3 tablespoons flour, cinnamon and chopped pecans. Cut in butter until crumbly. Sprinkle over the batter.
- Step 3 Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Food to "Muggles" vs. Food to Swimmers

A Snack



Crumbs

6 Pieces =
Appetizer



Whole thing = A
Snack



Dinner/Lunch



Appetizer.

Thanksgiving



Dinner/Lunch

A Fantasy



Thanksgiving

@iSwimWithMs

From the Crosier Family

- Swimmers Emily and Eli

Our kids are loving Banana Smoothies.

- 1 ripe banana
- 2 cups almond milk
- Blended. That's all folks!
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- Optional additions: All natural peanut butter, sweetener of choice, dark chocolate chip topping, heavy whipping cream to make it thicker, yogurt, other fruit.



From the Zindel Family

- Alumni and Coach Megan

Peanut Butter Energy Bites

2/3 cup creamy peanut butter
1/2 cup semi-sweet chocolate chips
1 cup old fashioned oats
1/2 ground flax seeds
2 tablespoons honey
1 teaspoon vanilla

Combine all ingredients in a bowl. Stir to combine. Place in fridge for 15-30 minutes so they are easier to roll.
Roll into 12 bites and store in fridge.

From the Graham Family - Swimmers Lilly and Linnea

No-Bake Energy Bites

This is a healthy take on the traditional no bake cookies. So good and good for you! I am always asked for this recipe every time I make them. They are a hit with the kids and the adults, and always go quick! I store them in the freezer because I think they taste best frozen, but not necessary.

Ingredients

Quantity 24

Original recipe yields 24 servings

Ingredient Checklist

- ☐ 1 cup rolled oats
- ☐ ½ cup mini semi-sweet chocolate chips
- ☐ ½ cup ground flax seed (we don't use the flax seed)
- ☐ ½ cup crunchy peanut butter
- ☐ ⅓ cup honey
- ☐ 1 teaspoon vanilla extract



Directions

- ☐ Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

From the Erixon Family – Swimmers Mackenzie and Aiden Alumni Swimmer Jessica

SNICKERS CARAMEL APPLE SALAD

INGREDIENTS

6 small apples, cored and chopped (I like to use a blend of Granny Smith and Red Delicious)

6 (1.86-ounce) Snickers Bars, cut into bite-sized pieces

1 (5.1-ounce) box instant vanilla pudding mix,

1/2 cup milk

1 (12-ounce) container Cool Whip

1/2 cup caramel sauce

INSTRUCTIONS

Whisk together pudding mix and milk in a large bowl. Fold in Cool Whip.

Fold in apples and chopped Snickers

Drizzle caramel sauce on top.

Refrigerate until ready to serve

From the Graham Family - Swimmers Lilly and Linnea Alumni Swimmer Addison

Healthy No-Bake Snack Bars

- Yield: 20

Description

These **Easy Homemade Snack Bars** are healthy and taste amazing! They taste like Almond Joy bars and are perfect for school lunches or afternoon snacking.

Ingredients

- 2 cups pitted dates
- 3/4 cup raw cashews
- 1/4 cup nut butter (I used natural peanut butter)
- 1/2 cup unsweetened shredded coconut
- 2 tablespoons cocoa powder
- 1 pinch salt

Instructions

1. Toss everything into a food processor and process until the mixture starts to go smooth and clump into a ball. The dates will be all chopped up but you'll still have bits of nut.
2. Turn the mixture out into an 8 or 9 inch square dish lined with parchment paper. Use your hands to firmly press the mixture into the bottom of the dish. Cover and refrigerate for 30 minutes.
3. Remove the bars from the pan and cut into pieces using a sharp knife. Enjoy these bars cold or frozen. Store in an air-tight container in the fridge or freezer.

From the Hendry Family

- Coach Nichole**
- Swimmers Asher and Addy**

Mamaw's Peanut Butter Balls

1/4 C softened butter
2 tsp vanilla
1 tsp salt
4 C Confectioners Sugar
1 1/2 C creamy peanut butter
2 C rice crispies
For chocolate coating
1 package semi sweet chocolate chips
1 T crisco

Mix butter, vanilla, salt, and peanut butter. Slowly add powdered sugar. Stir in rice crispies. Roll into 1" sized balls. Refrigerate.

Melt a bowl of chocolate chips for 30 seconds at a time in microwave until melted. Then stir in a spoon of crisco. Drop a peanut butter ball into the chocolate and roll with a spoon. Drop onto parchment paper. Refrigerate! Enjoy!



From the Drury Family

- Alumni & Head Coach Jason**
- Alumni Swimmer Natalie**

Strawberry Rhubarb Upside Down Cake

Ingredients

1/4 cup butter or margarine Save \$

1 cup packed brown sugar

2 cups sliced fresh strawberries Save \$

2 cups chopped fresh rhubarb

1 box Betty Crocker™ Super Moist™ yellow or French vanilla cake mix

1 cup water

1/3 cup vegetable oil

3 eggs

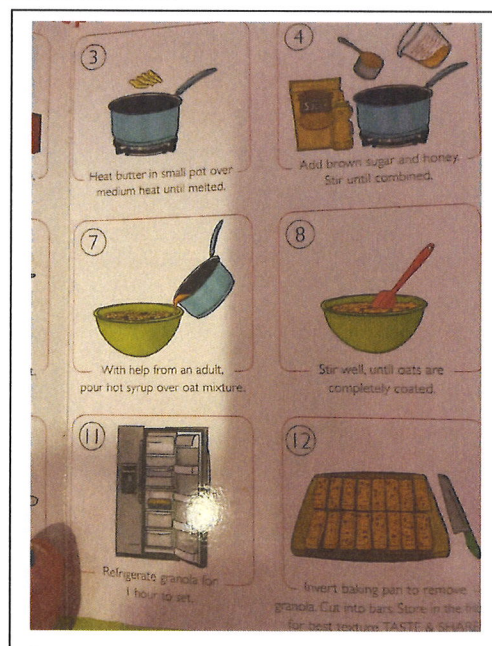
Steps

- 1 Heat oven to 350°F (325°F for dark or nonstick pan). In 13x9-inch pan, melt butter in oven. Sprinkle brown sugar evenly over butter. Arrange strawberries on brown sugar; sprinkle evenly with rhubarb. Press strawberries and rhubarb gently into brown sugar.
- 2 In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour batter over strawberries and rhubarb.
- 3 Bake 46 to 52 minutes or until toothpick inserted in center comes out clean. Immediately run knife around sides of pan to loosen cake. Place heatproof serving plate upside down on pan; turn plate and pan over. Leave pan over cake 1 minute so brown sugar topping can drizzle over cake. Cool 30 minutes. Serve warm or cool with whipped cream. Store covered in refrigerator.

From the Brush Family

- Swimmer Addison

Honeybee Granola Bars



From the Donovan Family

- Swimmers Liam and Isabel

Chocolate cake

2 c. All purpose flour
1 c. Light brown sugar
1 c. Sugar
3/4 c. Unsweetened cocoa powder
1 tsp baking soda
1 tsp salt
1 c. Milk
1/2 c. Olive oil
2 eggs
1 tsp vanilla
1 c. Strong hot coffee OR hot water

Preheat oven to 350.

Grease and flour 2 9 inch cake pans

In large bowl combine flour, both sugars, cocoa, baking powder, baking soda and salt.

In bowl of stand mixer add milk, oil, eggs and vanilla. Mix until combined.

Slowly add dry ingredients to the wet ingredients on low.

Pour in hot coffee/water and mix. Batter will be thin.

Divide between pans. Bake 23-25 minutes. Cool and frost.

Chocolate buttercream frosting

1 c. (2 sticks) unsalted butter, softened

3/4 c. Unsweetened cocoa powder

3 1/2-4 c. Powder sugar

2-4 T milk

1 tsp vanilla

In stand mixer with whisk attachment, whip butter until fluffy.

Add cocoa, powder sugar, milk and vanilla.

Beat until thick and creamy.

If it's too thick add more milk, too runny add more powder sugar.