SOUPS
Red Lentil Soup

Just the thing for a cold day; makes a thick soup

Submitted by Lee Hein

Ingredients

Leftover ham bone (definitely best option) or 1 to 3 ham hocks
1 to 2 Knorr ham stock cubes (if available)
1 cup red lentils (White lentils will do, but the soup will not look as good)
1 pound grated carrots
2-3 onions finely chopped
Salt & pepper to taste
Water
Ham pieces (optional)
½ pound bacon cut up into small bits (optional, but everything is better with bacon)

Directions

1. Fry the bacon partially to remove some of the grease and drain
2. Put ingredients into a crock pot
3. Add water to what looks like an appropriate level (will vary with size of crockpot)
4. Cover & let cook overnight on low
5. Knock any meat left on bones off; separate any meat from chunks of fat.
   Remove fat chunks
6. Let cool in the morning
7. Once cool, skim off as much fat as possible, there will be too much even for CF Patients, especially if ham hocks are used
8. Reheat & serve

- Ingredient quantities are suggestions; improvisations make it even better
- Red lentils, if not available in regular grocery store aisles, check the international or health food aisles. They can be bought at Pakistani/Indian/Asian markets, which is probably cheapest place to get the lentils
- Knorr ham stock cubes may not be readily available. Goya also makes ham stock packets. The soup can be made without ham stock, especially if leftover ham bone is used.
Chicken Corn Chowder
Submitted by: Louise P. from chef4cf.com

Recipe Story
I have a 12-year-old son with cystic fibrosis, who is thankfully very healthy. He doesn't currently have any nutritional issues, but we realize the constant struggle that most people have with getting adequate nutrition. The recipe that this was based on was given to me by a co-worker years ago and has been a favorite for our family. I have made alterations to add flavor and increase the nutritional and calorie intake, as cooking is one of my hobbies. I can always count on my family to give me honest feedback on my cooking, and they love this chowder.

Ingredients
1/2 cup chopped onion
1-2 cloves garlic, pressed
1 stick butter
2 cans cream of potato soup (10.5 ounces each)
1 (8 ounce) package cream cheese
1 (16 ounce) can kernel corn with liquid
2 whole chicken breasts, cooked and chopped
2 soup cans of cream
Salt and Pepper to taste

Directions
1. Sauté chopped onions in butter.
2. Add garlic when onions are almost tender.
3. Add cream cheese and mix well.
4. When cream cheese has melted, add the rest of the ingredients.
5. Put everything into a Crockpot and cook on low for several hours stirring occasionally. This is a very hearty soup and can have extra cream or half and half added if becomes too thick.

Serving Size
8 servings
430 calories per serving
Fat: 34 g, Sodium: 520 mg, Protein: 14 g, Calcium: 119 mg
Yummy Baked Potato Soup
Submitted by: Christina S. from chef4cf.com

Recipe Story
I have cystic fibrosis and have spent the last 10 of my 30 years trying to perfect the best potato soup! A big pot of this for lunch every day...and I can put on 5 pounds easily.

Ingredients
1/2 pound bacon
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped carrots
4 tablespoons all-purpose flour
2 cups chicken broth
2 cups whole milk
1/2 cup heavy whipping cream
12 chopped russet potatoes
1 cup shredded sharp cheddar cheese
1 tablespoon butter
Sour cream, salt, pepper to taste

Directions
1. Fry bacon in a skillet and place on paper towel to drain.
2. Preserve 2 tablespoons of bacon grease in skillet.
3. Add celery, carrot, butter and onion to skillet and sauté for about 5 minutes or until they soften.
4. Add flour and stir.
5. Whisk in broth, heavy whipping cream and milk.
6. Add potatoes and bring to a boil.
7. Reduce heat and simmer for about 20 minutes or until potatoes are tender.
8. Add cheese and stir.
9. Season as desired with salt and pepper.
10. Add garnish as desired with crumbled bacon, sour cream, and extra cheddar cheese.

Serving Size
6 servings
Calories: 640 calories per serving
Fat: 36 g, Sodium: 820mg, Protein: 18 g, Calcium: 285 mg
Chicken Tortilla Soup
Submitted by: Emma C. from chef4cf.com

Ingredients
1 1/2 pounds chicken legs & thighs, skin on
4-6 cups chicken broth
1 onion, minced
2 cloves of garlic, minced
3 tablespoons canola oil
4 sliced carrots
3 sliced celery stalks
1 teaspoon salt
1/2 teaspoon pepper
4 corn tortillas
1-2 ounces of canned chipotle chilies (optional - see below)

Directions
1. In a large soup pot over medium flame, heat oil and add chicken pieces.
2. Cook chicken until browned slightly.
3. Add onions, garlic, carrots & celery and cook 5-7 minutes (if adding chipotle chilies, add them at this time as well).
4. Turn heat to simmer & cover pot.
5. Cook for 1 1/2 hours, stirring occasionally.
6. When chicken is falling apart and thoroughly cooked, use a slotted spoon to remove from pot.
7. Allow chicken to cool on a plate and when cooled, take meat off of bone.
8. While chicken is out of pot, slice 4 corn tortillas into wedges, add to pot and let them soften.
9. Using an immersion blender, puree most of the chunks in the soup.
10. Taste & season with salt & pepper.
11. Return chicken pieces to soup and serve in bowls with toppings of sour cream, cheese, chopped cilantro or thinly-sliced & fried-until-crispy, salted & seasoned corn tortillas.

Optional
If you want to use the chipotle chilies for added spiciness - put them in cheesecloth and tie it up before placing in pot. They're much easier to fish out later on. Also, using the sauce from the can of chilies may be sufficient for your taste.

Serving Size
7 servings
400 calories per serving, Fat: 20 g, Sodium: 1920 mg, Protein: 18 g,
Main Courses
**Pasta in a pot:**
Submitted by Edwige Griffith

**Ingredients**

1 box of pasta, cooked  
1 lb ground beef, cooked  
1 jar of tomato sauce  
1/2 cup (or more) of sour cream  
cheese (such as mozzarella, provolone...)

**Directions**

1. Preheat oven to 425.
2. In a deep dish (such as a soufflé dish), add the ground beef at the bottom of the pan and mix some tomato sauce with it.
3. Spread the sour cream over beef mixture.
4. Put cooked pasta on top.
5. Pour tomato sauce on top.
6. Cover with cheese.
7. Put in oven for 20 minutes or until cheese is melted.

Serves 6-8

“Cooking is at once child's play and adult joy. And cooking done with care is an act of love.”

- Craig Claiborne
Quiche Lorraine  
Submitted by Edwige Griffith

Pie crust OR make this one (I make it without measuring so this are approximations!)

**Ingredients**

300g (2 1/2 cups) flour  
salt  
1 tsp baking powder  
1/2 cup canola oil (or shortening)  
1/2 cup flour  
Mix all ingredient until you form a dough (note that you can add flour or water to get the right consistency.)  
Spread on a greased deep pie dish and poke slightly with a fork.

**Directions**

Preheat oven to 425.

For the quiche:  
1 package (12oz) bacon (center cut)  
1 package (14oz) cooked ham (I use Polish ham)  
4 or 5 large eggs  
2 cups of heavy whipping cream  
pepper (no salt needed as ham and bacon are salty)  
Cheese (Swiss or cheddar)

Cut bacon in small pieces and cook until crisp  
Cut ham in small pieces  
In a bowl, mix eggs, cream and peeper.  
Add bacon and ham.  
Pour onto dough.  
Cover with cheese.

Bake for 30-45 minutes (if top browns too fast,. cover with aluminum foil, until center is cooked.)  
Serve warm.

serves 6-8
Cheesy Tuna Casserole.
Submitted by Jessica Scampone

Ingredients

2 boxes of macaroni and cheese
2 cans of tuna in oil.
2 cans of cream of mushroom soup
1 can of peas
4 cups of shredded cheddar cheese
4 cups of shredded mozzarella cheese

Directions

1. Preheat oven to 375.
2. Make macaroni and cheese as directed on box.
3. Put mixed macaroni and cheese, two cans of tuna, two cans of cream of
   mushroom, 1 can of peas, two cups of cheddar cheese, and two cups of
   shredded mozzarella cheese in 13 x 9 pan.
4. Mix ingredients together.
5. Put the remaining two cups of shredded mozzarella and cheddar cheese on top
   and place in oven.
6. Cook for 45 minutes or until cheese starts to brown.
7. Let cool for at least five minutes before serving.

“The only real stumbling block is fear of failure. In cooking you've
got to have a what-the-hell attitude.”
— Julia Child
Basic White and Cheese Sauce
Submitted by Lee Hein

Ingredients:

1 Tablespoon Butter or stick margarine
1 Tablespoon Flour
1 Cup Cold Milk
1 Cup Shredded Cheddar Cheese

Directions:

1. In a medium saucepan, melt butter or stick margarine over medium heat. Be careful not to burn or brown butter.
2. Add a heaping tablespoonful of flour. Stir with a wooden spoon and insure that the flour is uniformly coated with the butter. The butter/flour mixture will end-up like a paste.
3. Dump in all the cold milk in all at once.
4. Stir mixture constantly and cook over medium heat until the mixture starts to slightly bubble and thicken.
5. Cook for a few minutes while slightly bubbling; do not let boil.
6. Add shredded cheese. Thickness of cheese sauce can be adjust by stirring in small amounts of milk
7. Stir in salt & pepper to taste. Remove from heat

“If you’re afraid of butter, use cream.”
— Julia Child
Beef & Guinness Stew Recipe
Submitted by Lee Hein

Ingredients:
2 pounds lean stewing beef
3 tablespoons oil
2 tablespoons flour
Salt and freshly ground pepper and a pinch of cayenne
2 large onions, coarsely chopped
1 large clove garlic, crushed (optional)
2 tablespoons tomato puree, dissolved in 4 tablespoons water
1¼ cups Guinness stout beer
2 cups carrots cut into chunks
Sprig of thyme

Directions:
1. Trim the meat of any fat or gristle, cut into cubes of 2 inches (5cm) and toss them in a bowl with 1 tablespoon oil.
2. Season the flour with salt, freshly ground pepper and a pinch or two of cayenne.
3. Toss the meat in the flour mixture and cover meat with mixture
4. Heat the remaining oil in a wide frying pan over a high heat.
5. Brown the meat on all sides. Add the onions, crushed garlic and tomato puree to the pan, cover and cook gently for about 5 minutes.
6. Transfer the contents of the pan to a casserole, and pour some of the Guinness into the frying pan.
7. Bring to a boil and stir to dissolve the caramelized meat juices on the pan.
8. Pour contents of frying pan onto the meat with the remaining Guinness and add the carrots and the thyme. Stir, taste, and add a little more salt if necessary.
9. Cover casserole and simmer very gently until the meat is tender -- 2 to 3 hours.
10. The stew may be cooked on top of the stove or in a low oven at 300 degrees F.
11. Taste and correct the seasoning.
12. Thicken gravy if desired
13. Scatter with lots of chopped parsley.

Makes 6 to 8 servings
Tater Tot Casserole
Submitted by Laura Homassel

**Ingredients:**
2 lbs ground beef
1 can cream of mushroom soup
1 ½ c. grated cheddar cheese
1 (2lb) package of frozen Tater Tots

**Directions:**
1. Pat ground been in bottom of greased 13 x 9 inch pan.
2. Spread soup over meat and cover with grated cheese.
3. Top with Tater Tots.
4. Bake covered at 350 degrees for 45 minutes and uncovered for an additional 15 minutes or until tater tots are brown.

“No one is born a great cook, one learns by doing.”
— Julia Child
*My Life in France*
Easy Chicken Divan
Submitted by Reyna K. chef4cf.com

Recipe Story
This is my daughter's favorite! Gina was diagnosed with CF at 10 months old and low weight has always been an issue. I have been making this dish since she was 12 years old and she would love to help me mix the ingredients and spread the cheese. It's also a great way to get those veggies in! It's a tasty high calorie dish that is so easy to put together. Now Gina is 21 years old and she makes this dish for her friends! Bon Appétit!

Ingredients
6 pieces boneless, skinless chicken breast
1 bunch broccoli
1 can cream of mushroom soup
1 can cream of chicken soup
4 tablespoons basil
1 cup sour cream
2 cups shredded sharp cheddar cheese
2 teaspoons salt
Optional:
- Wild rice

Directions
1. Fill large pot with water and salt and basil. seasoning
2. Simmer chicken on medium high burner for 30 minutes.
3. Remove chicken and save the water.
4. Using same water, simmer broccoli over medium burner for 5 minutes.
5. In a large bowl, mix soups, sour cream and 1 cup of the shredded cheese.
6. Using a rectangular casserole dish, layer broccoli and add chicken cut into bite size slices.
7. Add soup and sour cream mixture.
8. Sprinkle remaining cup of cheese on top.
9. Cook uncovered on 350 degrees Fahrenheit for 40 minutes.
10. Serve with wild rice, if desired.

Serving Size
8 servings
Calories: 400 calories per serving
Fat: 21 g
Sodium: 1430 mg
Protein: 40 g
Calcium: 259 mg
Slow Cooker Pulled BBQ Chicken
Submitted by: Abigail R. chef4cf.com

Recipe Story

My 3-year-old son with CF loves meat! I try to make him healthier options than a lot of the processed meats he craves. This is a great recipe to throw in the crock pot and let cook while we're out playing and doing treatments. Saves me time and fills all his carnivorous needs!

Ingredients

3 pounds boneless, skinless chicken thighs
1 onion, diced
16 ounces canned tomato sauce
2 tablespoons Worcestershire sauce
1/2 cup brown sugar
2 tablespoons yellow mustard
1 tablespoon apple cider vinegar

Directions

1. Place chicken thighs in a crock pot set on high.
2. In a separate bowl, mix the remaining ingredients.
3. Pour the mixture over the thighs.
4. Cook on high for 2 hours.
5. Turn crock pot down to low for an additional 4 hours or until chicken is cooked through and easily shreds with 2 forks.

Serving Size

6 servings
Calories: 560 calories per serving
Fat: 35 g
Sodium: 650 mg
Protein: 22 g
Calcium: 317 mg
Fun Taco Boats  
Submitted by Erin B chef4cf.com

Recipe Story

As a busy mom of four, I frequently need to modify dinners to make them more appealing and exciting for my kids to eat. My husband and I cherish the time we get with our kids (ages 8, 6, 4, and 2) and like to keep dinner quick and fun. I adapted a few different recipes and I serve our tried-and-true tacos at least once a month. Our baby, Dean, diagnosed at birth with CF, is 2 and loves these "boats." This is easily adaptable for every situation in our home. We serve full fat sour cream and cheese for our CF-er as well as adding a little extra salt to his dish. This also tastes wonderful without the beef, served just with the lentil mix, for my vegetarian husband. We serve with fruit to balance the meal. Love hearing the kids say "Make it again! Make it again!" after this dinner!

Ingredients

- 6 flour tortillas (medium)
- 3 tablespoons butter
- 3 tablespoons taco seasoning
- 1/2 pound ground beef
- 1 package madras lentils or veggie chili
- 8 ounces shredded cheddar cheese
- 1 cup chopped tomatoes
- 6 tablespoons guacamole
- 6 tablespoons sour cream
- Shredded lettuce
- Salt

Directions

1. Preheat oven to 400 F.
2. Cut 6 medium tortilla shells in half.
3. In a bowl, melt 1 tablespoon of butter and mix in 1 tablespoon of taco seasoning.
4. Use a pastry brush to coat the tortilla shells on one side with the butter/taco seasoning mix.
5. Form to fit into a cupcake tin by folding into a cone like shape with as flat of a bottom as you can get. The side you brushed with butter is the "inside" of the boat.
6. Bake 400 degrees for 9 minutes.
7. Taco filling: brown ground beef and mix with remaining 2 tablespoon of taco seasoning (adjust amount to liking).
8. Drain excess oil.
9. Heat package of lentil mix or veggie chili.
10. Add meat to taco boat.
11. Add a spoonful of lentil mix/veggie chili.
12. Add chopped tomatoes, lettuce, guacamole, sour cream and shredded cheese to individuals liking.
13. This will make 12 small taco boats (we plan for 1 boat a child; 2 for an adult).

**Serving Size**

6 servings
Calories: 517 calories per serving
Fat: 35g
Sodium: 1041mg
Protein: 27g
Calcium: 340mg
Heath's Saucy Pizza
Submitted by Abby R. chef4cf.com

Recipe Story

My 2-year-old son, Heath, has cystic fibrosis. He was tested at birth and diagnosed within two weeks. He is the typical 2-year-old boy, who is wild and has no fear! We love pizza in our house and have a Friday night tradition of making homemade pizzas and eating in the den while we watch a movie. It's something we all look forward to each week. We had typically made traditional pizzas with marinara sauce until my 4-year-old, daughter, Adah, (cystic fibrosis recessive gene) started requesting "no sauce.” Heath now requests "with sauce," hence the recipe title, "Heath's Saucy Pizza." Having the flexibility for everyone to make their own "special" pizza is fun for the kids and it allows my husband and I to watch our calorie intake while increasing Heath's.

Ingredients

2 1/4 teaspoons instant rise yeast
1 cup warm water
1 tablespoon honey
3 cups whole wheat flour
2 teaspoons salt
4-5 tablespoons olive oil
1/4 cup thick cut pepperoni, diced
1/4 cup cooked sausage, crumbled
1/4 cup tomato sauce
1/3 cup whole fat mozzarella cheese
1/4 cup shredded parmesan cheese
Corn meal for dusting, optional

Directions

1. Preheat oven to 450 degrees.
2. Combine honey, yeast and warm water. Allow to proof and bubble for about 10 minutes.
3. Add flour and salt and mix to form the dough with a fork or hands.
4. Once combined, cover and allow to rise for about 30 minutes.
5. Separate the dough into 4 equal pieces.
6. Roll out the dough on a floured surface.
7. Coat the dough with a liberal helping of olive oil, tomato sauce, sausage, pepperoni and top with mozzarella and parmesan cheese; drizzle with olive oil.
8. Place on a pizza stone or a cookie sheet dusted with cornmeal. Place in oven for 8-12 minutes. Allow to cool and enjoy!

**Serving Size**

4 servings
630 calories per serving
Fat: 31 g
Sodium: 1770 mg
Protein: 22 g
Calcium: 195 mg

“You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.”
— Julia Child
Recipe Story
I am an adult cystic fibrosis patient who is constantly looking for new ways to improve my diet and nutrition. Our son has gluten intolerance and other food allergies, so finding meals that can fit all our needs can be challenging. This is a recipe that I found through *Taste of Home* magazine. I fattened it up a bit with powdered milk and sour cream and added the veggies to include additional protein, food groups and texture. When you use a gluten free taco seasoning (I use McCormick), it's great for Celiacs or those with gluten intolerance too. It's a twist of two family favorites - mashed potatoes and tacos. It's easy to bake and easy to eat. We love it! I feel better knowing everyone got something we liked and needed.

Ingredients
1 1/2 pounds ground beef
1 medium onion, chopped (dried onion flakes may be used)
1 teaspoon minced garlic (for fresh garlic use 2 minced garlic cloves)
1 envelope taco seasoning
1/2 cup water
2 cups shredded cheddar cheese
1 cup of dried (powdered) milk
1/2 cup sour cream
1 can Bush’s black beans, drained
1 can canned corn, drained
3-4 cups ready-made mashed potatoes (instant or fresh can also be used)

Directions
1. Brown ground beef, garlic and onion in oven-safe skillet or deep-dish CorningWare. Let fat cook down into the meat mixture = do not drain.
2. Stir in packet of taco seasoning and water, and let water cook down.
3. Stir in half the cheese and half of the powdered milk.
4. When cheese and powdered milk are melted into meat mixture, pat meat mixture down into bottom pan/dish with spoon.
5. Layer drained can of beans and then corn on top of the meat mixture.
6. Stir remaining cheese and powdered milk as well as the sour cream into the ready mashed potatoes.
7. Spread potato mixture on top of meat, beans and corn.
8. Broil for 5-6 minutes on top rack until potatoes and cheese are golden brown and layers are heated through.
9. Remove from oven and let set for at least one minute.
Chicken Chili Casserole
Submitted by: Emma C. chef4cf.com

Recipe Story
I am a mom of two young adults with cystic fibrosis. My mother-in-law has been making this recipe in a lower calorie version for years and the kids have always loved it. I just add more cheese, butter and use half and half instead of 2% milk, to add more calories to any recipe. My daughter does not care for green chilies so we only put them on half the casserole and then I add a few sprinkles of chilies on the top of the casserole to mark which side has chilies in it. Filling out our plates with rice and beans, green salad, fruit or cottage cheese, etc. makes it more of a complete meal. Having a variety of tastes are what my kids have told me is important to keeping them eating and the food interesting.

Ingredients
14 corn tortillas
4 cups cooked & shredded chicken
1/2 teaspoon garlic salt
2 4-ounce cans of chopped green chilies
16 ounces shredded Mexican cheese
2 cans cream of chicken soup
1 cup half and half

Directions
1. In 13x9 glass casserole dish, lay out 6 corn tortillas.
2. Top with half of cooked & shredded chicken.
3. Sprinkle with 1/4 teaspoon garlic salt, 1 can of green chilies and 8 oz. of the cheese.
4. Repeat the layers, ending with 2 tortillas on top.
5. In a bowl, mix cans of soup with milk and pour over top of casserole.
6. Bake in 350 degree oven for 1/2 hour until bubbly.
7. Serve with rice pilaf, beans and a green salad, if desired.
Hint: As a shortcut, you can take apart a store-bought rotisserie chicken. It saves time and is juicy and delicious.

Serving Size
7 servings
654 calories per serving
Fat: 28 g
Sodium: 1154 mg
Protein: 59 g
Calcium: 310 mg
DESSERTS
Crepes
Submitted by Edwige Griffith

Ingredients

500g (4 cups) flour
6 eggs
1 tsp salt
1/4 cup vegetable or canola oil + some for the pan

Directions

1. Blend all ingredients until very smooth.
2. Heat some oil in a crepe pan (or frying pan)
3. Remove excess and pour batter, very thinly, onto the pan.
4. Cook for a minute or so, flip, and cook the other side.
5. Enjoy with Nutella, jams, sugar, salamis, ham, hot dog, cheese, cooked veggies, fruit... possibilities are endless!

Serves 4

“Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.”
– Jim Davis
Mousse au Chocolat:
Submitted by Edwige Griffith

Ingredients

6 eggs
200g (7oz) dark chocolate (70%) such as Lindt or Ghirardelli

Directions

1. Melt chocolate in a double broiler
2. Separate yolks from whites.
3. Mix melted chocolate with egg yolks.
4. Beat egg white until very stiff.
5. Fold them in the chocolate mixture.
6. Refrigerate for at least three hours.

Serves 4-6

There’s nothing better than a good friend, except a good friend with Chocolate”
– Linda Grayson
Simple Chocolate Cake:
Submitted by Edwige Griffith

Ingredients

200g (6oz) dark chocolate
200g (about 1 cup) butter
4 large eggs
150g (3/4 cup) sugar
60g (1/2 cup) flour
1 tsp baking powder

Directions

1. Preheat oven to 400 degrees
2. Melt the chocolate and butter in a double broiler.
3. Beat the eggs with the sugar until smooth
4. Add the flour and baking powder.
5. Add it to the chocolate mixture and pour into a cake pan.
6. Bake for 20 to 25 minutes (do not overcook the cake)

“Fat gives things flavor.”
— Julia Child
**Clafoutis**  
Submitted by Edwige Griffith

**Ingredients**

500g (1 lb) cherries, pitted (or other fruit such as pear, apricots...)  
4 large eggs  
pinch of salt  
125g (2/3 cup) sugar  
100g (3/4 cup) flour  
1/4 (1 cup) liter milk  
70g (1/4 cup) butter  
v vanilla sugar

**Directions**

1. Preheat oven to 350 degrees.  
2. Beat the eggs with salt.  
3. Add sugar and mix well.  
4. Add flour, little by little until smooth.  
5. Melt half of the butter and add to the mix.  
6. Then add the milk slowly.  
7. Butter a large oven proof dish and put in the cleaned and pitted cherries.  
8. Pour the batter over the cherries.  
9. Cut the butter in small chunks and place on top.  
10. Cook for about 45 minutes.  
11. Let cool for 10 minutes and sprinkle same vanilla sugar on top.

Can be eaten warm or cold.
Betty Crocker’s Maple Bacon Upside Down Cake
Submitted by Edwige Griffith

Ingredients

- 6 slices maple-smoked bacon
- 3/4 cup butter
- 1 1/2 cups coarsely chopped pecans
- 2/3 cup packed dark brown sugar
- 1/2 cup real maple syrup
- 1 teaspoon vanilla
- 1 box Betty Crocker® Super Moist® white cake mix
- 1 container (8 oz) sour cream
- 1/2 cup milk
- 1/3 cup vegetable oil
- 3 eggs
- 1/2 teaspoon almond extract

Directions


2. Cook pecans in reserved bacon drippings over medium heat, stirring occasionally, until light brown. Add brown sugar, maple syrup and vanilla to pecans, stirring until sugar is dissolved. Pour mixture over butter in pan.

3. In large bowl, beat cake mix, sour cream, milk, oil and eggs with electric mixer on low speed until moistened. Beat 2 minutes on medium speed; stir in almond extract. Pour batter over pecan mixture in pan.

4. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; run knife around sides of pan to loosen cake. Place heatproof serving plate upside down on pan; turn plate and pan over. Let pan remain over cake 1 minute so pecan mixture can drizzle over cake. Remove pan; sprinkle cake with bacon. Serve warm.

Makes 15 servings
Banana Pudding
from chef4cf.com

Ingredients

6 -7 ripe bananas
2 packages Pepperidge Farm Chessmen cookies
2 (5 ounces) packages of instant vanilla pudding
6 cups of half and half
8 ounces of cream cheese
14 ounces sweetened condensed milk
1 (16 ounce) container of Cool Whip

Directions

1. Prepare instant pudding using the half and half. Follow mixing instructions on the box. Allow to set.
2. In another bowl, blend the cream cheese, sweetened condensed milk, and cool whip until it is creamy and smooth.
3. Once the pudding is set, blend together with the creamy mixture.
4. Line the bottom of a 9 x 13 pan with one package of Chessmen cookies.
5. Slice bananas and place them evenly over the cookies.
6. Spread the pudding mixture evenly on top of the bananas and cookies.
7. Cover the mixture with the second bag of cookies.
8. Refrigerate until ready to serve.

Serving Size

12 large servings
737 calories per serving
Fat: 36 g
Sodium: 345 mg
Protein: 11 g
Calcium: 233 mg
Corn Pudding
Submitted by: Tami A. from chef4cf.com

Recipe Story
My connection to cystic fibrosis is my work at the Boomer Esiason Foundation. This is a favorite recipe that I have borrowed from a book on southern cooking that was given to me as a gift. Corn pudding was one of my favorite foods growing up in the south and this recipe is even better than our family corn pudding that I used to make with my Aunt.

Ingredients
4 ears of corn, husked and stripped
1/3 cup granulated sugar
1 teaspoon salt
1 tablespoon all-purpose flour
2 eggs, beaten
1 cup milk
1 cup heavy cream
3 tablespoons unsalted butter, melted
1/2 teaspoon freshly grated nutmeg

Directions
1. Preheat the oven to 350 degrees.
2. Cut the corn from the cob, slicing from the top of the ear downward.
3. Put the cut corn in a mixing bowl, sprinkle in the sugar, salt and flour, and mix well.
4. Mix together the beaten eggs, milk, and cream and pour while stirring into the corn.
5. Blend in the melted butter and nutmeg and spoon into a buttered 6 cup casserole dish.
6. Set the casserole into a pan of hot water and bake in the preheated oven for 35-40 minutes, until golden brown.
7. Insert a knife into the center of the casserole to test if it is cooked. As soon as knife comes out clean, the pudding is done. Don't overcook.
8.
Serving Size
7 servings
320 calories per serving
Fat: 22 g, Sodium: 390 mg, Protein: 6 g, Calcium: 89 mg
SNACKS
Delicious High Calorie Milk
Submitted by Emma B. from chef4cf.com

Recipe Story
When I was younger my parents thought I might need a feeding tube. But one night we were at a restaurant and my Mom saw me drink the half and half containers the waitress had brought my Dad for his coffee. She decided to try it in my milk. I really loved this drink!! I have not had any weight issues for over 7 years.

Ingredients
4 ounces whole milk
4 ounces half and half
4 tablespoons chocolate syrup

Directions
Put all ingredients in glass and mix together.

Serving Size
1 serving
Calories: 430 calories per serving
Fat: 17 g
Sodium: 150 mg
Protein: 9 g
Calcium: 257 mg
Super Healthy High Calorie Smoothie
Submitted by: Eva Z. from chef4cf.com

Recipe Story

My 4 ½ year old with cystic fibrosis has this smoothie everyday as her last meal and loves it. She is in the 90th percentile for her height and weight.

Ingredients

1 pitted date
1/2 banana
Small handful of other fresh or frozen fruit
Small handful of walnuts or other nuts
3 Pepperidge Farm butter cookies
1 tablespoon vanilla ice cream
1 tablespoon full-fat Greek yogurt

Directions

1. Use a hand blender to mix all the ingredients together to make a delicious high calorie 8oz smoothie.
2. Prep time 5 minutes.

Serving Size

1 serving
Calories: 990 calories per serving
Fat: 46 g
Sodium: 550 mg
Protein: 13 g
Calcium: 132 mg
Hot Chili Cheese Dip
Submitted by Jamie Seymour

**Ingredients:**

1 can Hormel chili (without beans)
8 oz cream cheese
1 package shredded cheddar cheese

**Directions**

1. Layer the chili then the cream cheese
2. Add the cheddar cheese on top
3. Cook at 350 degrees for half hour or until cheese bubbles
4. Serve with chips.

“The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude.”

— Julia Child
Granola Bars Deluxe
Submitted by: Catherine F. from chef4cf.com

Recipe Story
I have worked with patients who have cystic fibrosis for 21 years. I found this recipe and changed it a little to make it more nutritious by adding the walnuts, sunflower seeds and walnut oil for the essential fatty acids. It also has plenty of good calories.

Ingredients
2 cups flour
3/4 cup brown sugar, packed
1/2 cup wheat germ
3/4 teaspoon cinnamon
2 cup rolled oats
1/2 cup walnuts
1/2 cup sunflower seeds
3/4 teaspoon salt
3/4 cup dried cranberries
1 Pasteurized, liquid egg
1/2 cup honey
1/2 cup walnut oil

Directions
1. Preheat oven to 350 degrees.
2. Mix first 9 ingredients.
3. Combine next 3 ingredients.
4. Make a well in the dry ingredients and pour in the liquid.
5. Mix together.
6. Pat into a greased 9 X 13 pan.
7. Bake for 30 minutes.
8. Cool for 5 minutes.
9. Cut after cooling for 5 minutes (if you forget to cut them at the 5 minute mark, you will not be able to cut them once cooled).

Serving Size
10 servings
Calories: 502 calories per serving
Fat: 20 g, Sodium: 187 mg, Protein: 10 g, Calcium: 48 mg
Buffalo Chicken Wing Dip
Submitted by Michaela S. from chef4cf.com

Recipe Story
I love football season and this is the perfect recipe for a cool fall day watching football with friends

Ingredients
2 packages cream cheese (can be reduced-fat, but not fat free)
2 cups cooked chunked boneless skinless chicken breast (rotisserie chickens work great)
1 cup chunky bleu cheese dressing
Frank’s buffalo hot wing sauce (add amount of your desire)
1 celery stalk, diced (optional)
1 package shredded Monterey Jack cheese

Directions
1. Melt cream cheese over low heat.
2. Once melted, remove from heat and stir in chicken, bleu cheese dressing, hot sauce and celery.
3. Spread mixture in bottom of a 9x13 baking dish and sprinkle top with Monterey Jack cheese.
4. Bake at 350 degrees until cheese is melted and bubbly (about 20-25 minutes). Serve with tortilla chips or Fritos.

Serving Size
5 servings
950 calories per serving
Fat: 82 g
Sodium: 2480 mg
Protein: 29 g
Calcium: 309 mg