

## **What's Cooking in the Community!**

As we all are settling into a new routine, many of your friends and neighbors are working up a hearty appetite while sprucing up their homes and yards.

To help you out with your weekly meal planning, we are sharing a few easy recipes that were sent in from around the community. If you have a delicious recipe that you want to share, please email it to Hayley at [hparker@wplodge.com](mailto:hparker@wplodge.com).

The first ten residents to send in a recipe will receive Lodge Wilder-bucks to spend at the Lodge.

What is a Lodge Wilder-buck you ask?

When the Lodge reopens, a Lodge Wilder-buck may be used in place of the US Dollar to purchase items from the Wilderness Lake Preserve General Store and for DVD rentals.

To minimize the exposure of transmitting the COVID-19 virus, the Lodge Staff will maintain a Wilder-buck database in lieu of mailing out the Wilder-bucks.

Send your recipes and pictures to Hayley at [hparker@wplodge.com](mailto:hparker@wplodge.com).

### **Kid Friendly - Rice Paper Wraps** **Have the kids in the kitchen with you!**



Prep time - 20 minutes

Cook time - 3 minutes

Servings - 8

Ingredients:

2 ounces rice noodles

1 carrot, peeled

1 avocado, peeled and de-stoned

1/4 cucumber

8 rice paper wraps

8 king prawns, peeled and cooked

1/2 cooked chicken breast, shredded

sweet chili sauce, to serve

Directions:

1. Put the noodles in a pan of water and bring to a boil, simmer for 3 minutes, then cool under running water. Drain thoroughly.
2. Cut the carrot into matchsticks using a knife or a mandolin. Cut the avocado into strips and the cucumber into thin sticks. Soak 2 of the rice paper wraps in cold water for 1-2 mins until floppy.
3. Lift 1 sheet of rice paper out of the water, shake gently, and then lay it carefully on a board. Place 2 prawns in the center. Add a strip of avocado, pile some noodles on top, then add a layer of carrot and cucumber. Fold the bottom half of the rice paper over, then fold the sides in and tightly roll it up. Repeat the process to make a total of 4 wraps filled with king prawns.
4. Use the shredded chicken to fill the remaining 4 wraps. Serve the rolls with sweet chili sauce for dipping.

### Chicken Florentine Casserole



Prep time - 25 minutes

Cook time - 25 minutes

Servings - 4

#### Ingredients:

4 boneless, skinless chicken breasts, halved

1/4 cup butter

3 teaspoons minced garlic

1 tablespoon lemon juice

1 (10.75 ounce) can condensed cream of mushroom soup (optional - can substitute with cream of chicken soup)

1 tablespoon Italian seasoning

1/2 cup half-and-half

1/2 cup grated Parmesan cheese

2 (13.5 ounce) cans spinach, drained

4 ounces fresh mushrooms, sliced (optional)

2/3 cup bacon bits

2 cups shredded mozzarella cheese

#### Directions:

1. Preheat oven to 350 degrees F. Place the chicken breast halves on a baking sheet; bake 20 to 30 minutes, until no longer pink and juices run clear. Remove from heat and set aside.

2. Increase the oven temperature to 400 degrees F.

3. Melt the butter in a medium saucepan over medium heat. Stirring consistently, mix in the garlic, lemon juice, cream soup, Italian seasoning, half-and-half, and Parmesan cheese.

4. Arrange the spinach over the bottom of a 9x9 inch baking dish. Cover the spinach with the mushrooms (optional). Pour half of the mixture from the saucepan over the mushrooms. Arrange chicken breasts in the dish and cover with remaining sauce mixture. Sprinkle with bacon bits and top with mozzarella cheese.

5. Bake 20 to 25 minutes in the 400 degree F oven, until bubbly and lightly browned.

### **Sweet and Sour Chicken**



Prep time - 30 minutes

Cook time - 20 minutes

Servings - 8

#### **Ingredients:**

1 (8 ounce) can pineapple chunks, drained (juices reserved)

1/4 cup cornstarch

1 3/4 cups water, divided

3/4 cup white sugar

1/2 cup distilled white vinegar

2 drops orange food coloring

8 boneless, skinless chicken breasts - cut into 1 inch cubes

2 1/4 cups self-rising flour

2 tablespoons vegetable oil

2 tablespoons cornstarch

1/2 teaspoon salt

1/4 teaspoon ground white pepper

1 egg

1 1/2 cups water

1 quart vegetable oil for frying

2 green bell peppers, cut into 1 inch pieces

Directions:

1. In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple juice, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.
2. Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces and stir until chicken is well coated.
3. Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil for 10 minutes, or until golden. Remove chicken and drain on paper towels.
4. When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.

**Southern Jambalaya**



Prep time - 25 minutes  
Cook time - 40 minutes  
Servings - 12

Ingredients:

6 slices bacon, cut into 1 inch pieces  
1 cup chopped celery  
1 green bell pepper, seeded and chopped  
1 onion, chopped  
1/2 pound cubed cooked ham  
1/2 pound cubed smoked sausage  
2 (14.5 ounce) cans crushed tomatoes, with liquid  
2 cups beef broth  
2 cups chicken broth  
1 teaspoon dried thyme  
2 teaspoons Cajun seasoning  
2 cups uncooked white rice  
1/2 pound salad shrimp

Directions:

1. Heat a large pot over medium-high heat. Add bacon and cook until crisp. Remove bacon pieces with a slotted spoon and set aside. Add celery, bell pepper, and onion to the bacon drippings, and cook until tender.
2. Add the ham, chicken, and sausage to the pot, and pour in the tomatoes, beef broth, and chicken broth. Season with thyme and Cajun seasoning. Bring to a boil and add the rice. Bring to a boil, then turn the heat to low, cover, and simmer for about 20 minutes, until the rice is tender.
3. Stir in the shrimp and bacon just before serving, and heat through. If you use uncooked shrimp, let it cook for about 5 minutes before serving.



## One Pan Chocolate Cake



Time - 45 minutes

Servings - 9 to 12

### Ingredients:

1 1/4 cups all-purpose flour  
1 cup granulated sugar  
1/3 cup unsweetened cocoa powder  
3/4 teaspoon baking soda  
1/2 teaspoon kosher salt  
1/3 cup canola oil  
1 cup water  
1 teaspoon vanilla extract  
1 teaspoon apple cider vinegar or white vinegar  
2 tablespoons semisweet chocolate chips  
Confectioners' sugar, for dusting on top (optional)

(Use vegan chocolate chips to make this recipe vegan)

### Directions:

1. Heat oven to 325 degrees. Add the flour, sugar, cocoa powder, baking soda, and salt to an 8-by-8-inch square glass or metal baking dish. Whisk the mixture together until uniform in color. Break apart any lumps.
2. Add 1 cup water along with the oil, vanilla extract, and vinegar. Stir slowly with a fork or a whisk in small circles to blend. Mash, scrape, and stir with a fork and spoon until the mixture becomes a smooth and uniform batter.

3. Scrape the sides of the baking dish with a rubber spatula and spread the batter in an even layer. Sprinkle with chocolate chips, if using.

4. Use a damp paper towel to wipe the edges of the baking dish clean. Carefully transfer the dish to the oven and bake until a toothpick inserted into the center of the batter comes out mostly clean, 28 to 33 minutes. (Instead of looking like you dipped the toothpick in chocolate frosting, it should look like it has some chocolate cake crumbs clinging to it.)