

Recipes *for* Success



THE MERS/GOODWILL
2011 ANNUAL REPORT
& COOKBOOK

MISSION STATEMENT

To provide opportunities for persons with barriers to employment to work and live more independently in the community.





Dear Friends,

This year we would like to share with you our "recipe" for MERS/Goodwill's success. The basic ingredients are:

38,000 clients seeking employment and independence

One dedicated Board of Directors

1,600+ qualified employees, committed to the Goodwill mission

Dozens of funding sources (local, state, federal, private) who provide support

More dozens of community partners (agencies and businesses) who share our goals

Thousands of generous donors (as many as we can find!)

Thousands of bargain-hunting customers (as many as we can attract!)

Scramble all this together with several dashes of creativity, flexibility, and the courage to try something new, and simmer indefinitely over a future-directed flame. The results are amazing, and you can read about some of them in this report.

We're grateful for every single person in one of those groups above. Without all of you sharing our efforts, we couldn't succeed! (It would be like trying to bake bread without flour.)

We hope you enjoy the other recipes our staff and clients have shared - *bon appetite!*

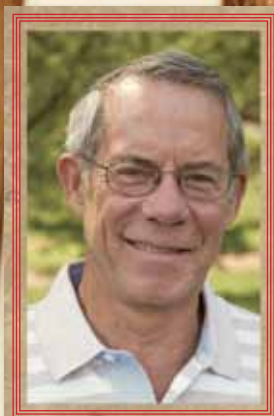
Cordially,

A handwritten signature in blue ink, likely belonging to Craig Kreikemeier.

Craig Kreikemeier
Chairperson, Board of Directors

A handwritten signature in blue ink, likely belonging to Lewis C. Chartock.

Lewis C. Chartock, Ph.D.
President/CEO



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 Mark Arens, Executive Vice President, Program Services
 Mark Kahrs, Executive Vice President, Retail
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SERVICES AVAILABLE



Vocational Evaluation

Community Employment Services/Job Placement

Skills Training Programs:

- Office Computer and Administrative Skills Training (Office CAST)
- Building Maintenance
- Culinary Arts
- PC Technician Skills Training (A+ and N+)

Supported Employment: Assessment, Job Development, Job Coaching,
Long-term Retention

Supported Living

Sheltered Employment

Project Grow: Comprehensive vocational services for deaf or hard of
hearing individuals

Careers in Transition (CIT): Services for displaced professional individuals

Transition from School to Work

Child Day Care Center and Pre-School

Next Generation Career Centers (NGCC):

WIA Adult and Dislocated Worker Program

WIA Youth Program

Head Injury Employment Program

Juvenile Justice Program: Employment and educational service for juvenile
offenders in the City of St. Louis, housed at Innovative Concept Academy

Community Corrections: Residential services and vocational supports for women

Missouri Work Assistance (MWA): Employment services for individuals who are
receiving TANF

Senior Community Service Employment Program (SCSEP)

GED Instruction

ACCESS: Services to victims of domestic violence

Employment Services for those with diagnoses on the Autism spectrum

COMMUNITY PARTNERS & MAJOR FUNDING SOURCES



Anonymous Foundation

United Way of Greater St. Louis - Gary Dollar

Missouri Division of Vocational Rehabilitation - Jeanne Loyd

Illinois Department of Human Services - Van Leeds

Department of Veterans Affairs - Corliss Strathearn

St. Louis County Office of Productive Living Services - Joyce Prage

St. Louis Agency for Training and Employment - Michael Holmes

St. Louis Office for DD Resources - Michelle Darden

Federal Bureau of Prisons - Terry Mills

Missouri Department of Corrections - John Graf, Tina Waldron

Southeast Missouri Workforce Investment Board - June O'Dell

Jewish Federation of St. Louis - Barry Rosenberg

St. Charles County Department of Workforce Development - Don Holt

St. Francois County Board for the Developmentally Disabled - Leanna Burgess

Mid-America WIB - Melinda Nicholson

Madison-Bond WIB - David Stoecklin

Developmental Disabilities Resource Board - Peg Capo

Green County Board for the Developmentally Disabled - Jan Jones

Office of Job Training Programs: Jefferson-Franklin Counties - Shirley Wilson

U.S. Department of Labor - Stan Blazek

U.S. Department of Justice - Eric Stansbury

St. Louis Mental Health Board - Don Cuvo

Missouri Family Support Division - Alyson Campbell

Missouri Department of Health and Senior Services - Cindy Hugstedler

Mildred Simon Foundation - Charles Baron

Northeast Missouri Workforce Investment Board - Mark Fuqua



OUTLET STORE

**MERS / GOODWILL
OPENED NATION'S LARGEST
OUTLET STORE**

On May 5, 2011 MERS/Goodwill celebrated the Grand Opening of St. Louis' first Goodwill Outlet store. The Outlet Store is the largest Goodwill Outlet Center in the country, boasting more than 20,000 square feet of retail space, and 93 bins full of merchandise that rotate every three and a half hours. More than 2,000 new items will be placed on the floor every 15 minutes, including clearance clothing, shoes, accessories, furniture, housewares, glassware, some electronics, books and toys, all available at exceptionally low prices; most merchandise sells by the pound for \$0.39 or \$0.79, and no item is priced over \$15.

In only one year after its grand opening, MERS/Goodwill's first Outlet Center:

- Reached \$2 million in sales
- Recycled 13.28 million pounds of merchandise
- Sold approximately 3.95 million pounds of merchandise
- Collected 18.43 million pounds of goods from other local Goodwill stores



INDEPENDENT AUDIT FIRM

Schowalter and Jabouri • 11777 Gravois Road • St. Louis, MO 63127



CARF ACCREDITATION

MERS/Goodwill is CARF accredited in the following areas:

Community Services:

Child and Youth Services
Supported Living

Employment Services:

Community Employment Services: Job Development
Community Employment Services: Job Supports
Community Employment Services: Job Site Training
Comprehensive Vocational Evaluation Services
Employment Skills Training Services
Employment Transition Services
Organizational Employment Services

PLB Partially funded by the
Productive Living Board



Jewish Federation
OF ST. LOUIS



carf
Commission on Accreditation
of Rehabilitation Facilities



ST. LOUIS AGENCY ON TRAINING AND EMPLOYMENT
SLATE
MISSOURI CAREER CENTER

United Way
of Greater St. Louis



DONORS

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CONTACT INFORMATION

MERS/Goodwill

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314-241-3464 (voice) • 314-241-9348 (fax) • 314-241-4645 (TTY)

www.mersgoodwill.org

FINANCIAL INFORMATION

2011

Public Support

Contributions of Inventory	\$42,416,363
United Way	649,220
Other	991,345
Total Public Support	\$44,056,928

Revenues

Store and Salvage	\$48,613,069
Employment and Training	17,993,553
Contract Services	7,753,274
Sheltered Workshop	546,827
Other Program Services	1,855,174
Investment Loss	(349,230)
Miscellaneous	111,868
Total Revenues	\$76,524,535

Total Public Support and Revenues **\$120,581,463**

Expenses

Program Services	\$110,794,683
Management and General	5,140,459
Fundraising	1,663,596
Total Expenses	\$117,598,738

Change in Net Assets **\$2,982,725**

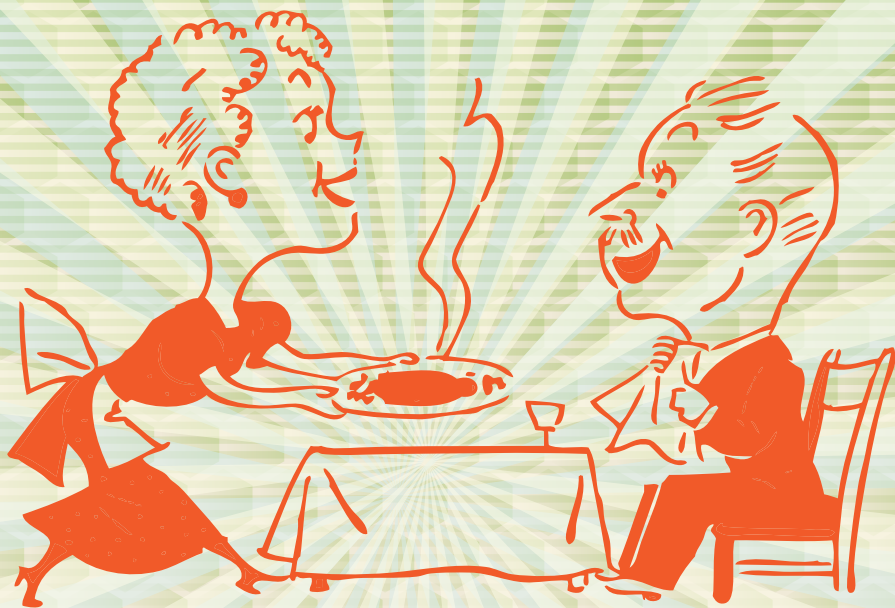
Assets

Cash and Cash Equivalents	\$7,938,269
Receivables	4,872,951
Inventories	1,999,380
Investments	12,636,233
Property and Equipment	16,769,887
Other	1,979,178
Total Assets	\$46,195,898

Liabilities and Net Assets

Accounts Payable and Accrued Expenses	\$7,180,156
Long-Term Debt	2,540,181
Net Assets	36,475,561
Total Liabilities and Net Assets	\$46,195,898





Snacks & Appetizers

Measurements & Equivalents

Measurement Conversions

- 1 pinch = less than 1/8 teaspoon (dry)
- 1 dash = 3 drops to 1/4 teaspoon (liquid)
- 3 teaspoons = 1 tablespoon = 1/2 ounce (liquid and dry)
- 2 tablespoons = 1 ounce (liquid and dry)
- 4 tablespoons = 2 ounces (liquid and dry) = 1/4 cup
- 5 1/3 tablespoons = 1/3 cup
- 16 tablespoons = 8 ounces = 1 cup = 1/2 pound
- 16 tablespoons = 48 teaspoons
- 32 tablespoons = 16 ounces = 2 cups = 1 pound
- 64 tablespoons = 32 ounces = 1 quart = 2 pounds
- 1 cup = 8 ounces (liquid) = 1/2 pint
- 2 cups = 16 ounces (liquid) = 1 pint
- 4 cups = 32 ounces (liquid) = 2 pints = 1 quart
- 16 cups = 128 ounces (liquid) = 4 quarts = 1 gallon
- 1 quart = 2 pints (dry)
- 8 quarts = 1 peck (dry)
- 4 pecks = 1 bushel (dry)

Approximate Equivalents

- 1 quart (liquid) = about 1 liter
- 8 tablespoons = 4 ounces = 1/2 cup = 1 stick butter
- 1 cup all-purpose pre-sifted flour = 5 ounces
- 1 cup stoneground yellow cornmeal = 4 1/2 ounces
- 1 cup granulated sugar = 8 ounces
- 1 cup brown sugar = 6 ounces
- 1 cup confectioners' sugar = 4 1/2 ounces
- 1 large egg = 2 ounces = 1/4 cup = 4 tablespoons
- 1 egg yolk = 1 tablespoon + 1 teaspoon
- 1 egg white = 2 tablespoons + 2 teaspoons

Seasoned Crackers

INGREDIENTS

- 1 cup oil*
- 1 tsp. dill*
- 1 pkg. ranch style dressing*
- 2 pkgs. 12 oz. each oyster crackers*

Mix together first three ingredients, then pour on crackers.

Josh Skaggs CLIENT

My favorite Goodwill memory is when I brought my Rubik's Cube to show my case manager how I could master the puzzle in less than two minutes and watching her smile as I accomplished this. I am a master at the Rubik's Cube, but I couldn't find a job on my own. The Supported Employment Assessment and Supported Employment Job Development Program helped me to accomplish just that and my case managers worked with my employer at Southside Sinclair to define my duties so I could do my job well.



RECIPE FOR SUCCESS: "Be dependable, on time, a helpful team player and get plenty of sleep."

Mexican Dip

INGREDIENTS

- | | |
|-------------------------------|---------------------------------------|
| <i>1 lb. hamburger</i> | <i>1 can stewed tomatoes, drained</i> |
| <i>1 lb. Italian sausage</i> | <i>3 jalapeno peppers, chopped;</i> |
| <i>2 lbs. velveeta cheese</i> | <i>or 1 small can green chilies</i> |

Brown meat and drain, cube velveeta cheese and let melt with meat (can transfer to crockpot). Add can of stewed tomatoes, then green chilies or chopped peppers. Serve warm, with tortilla chips.

Baked Brie

INGREDIENTS

1 - 8 oz. round of brie

1 sheet frozen puff pastry, thawed

2 Tbsp. butter

¼ cup brown sugar

½ tsp. cinnamon

1 small pkg. sliced almonds

Sauté for 5 minutes the butter, brown sugar, cinnamon and almonds. Roll pastry to ½ inch thickness. Slice off some of the top of the brie rind. Place brie on pastry, heap almond mixture on brie. Wrap pastry and brie – draw up and crimp pastry, discarding extra pastry and leaving a vent open at top. Bake at 400° for 15 to 20 minutes. Serve with apple slices.

Japanese Chicken Wings

INGREDIENTS

16 wings

2 Tbsp. ground ginger

1 tsp. sesame seeds

3 Tbsp. honey

½ cup reduced sodium soy sauce

⅓ cup water

½ cup sugar

1 tsp. garlic

Combine all ingredients except chicken wings and boil two minutes. In lined baking dish add chicken wings and pour sauce over them. Bake at 350° F for 30 minutes, or until tender.

Mark Kahrs EMPLOYEE

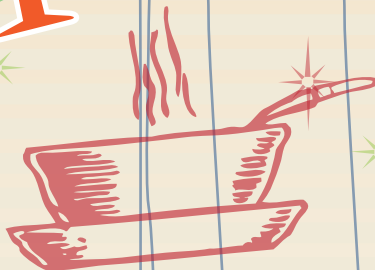
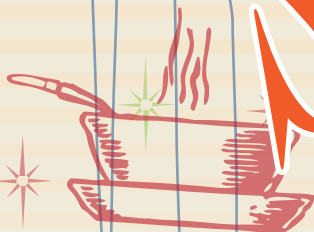
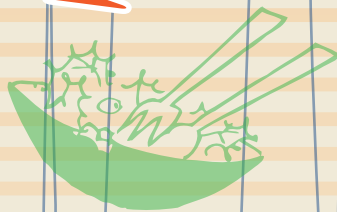
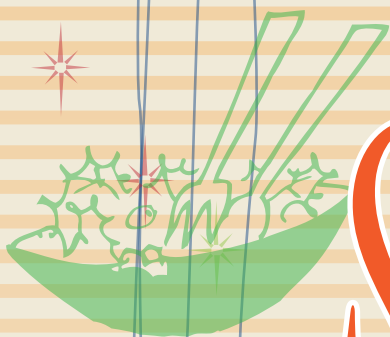
I began as a lead at the Manchester location making \$8.00 an hour in 2002, eventually working my way up to Executive Vice President of Retail. Goodwill is a place that takes concepts to reality, and skills and potential to success. My favorite Goodwill memory is helping to research and design the MERS/Goodwill Outlet Center concept, seeing it open to the public and seeing its success at \$2 million in revenue this year. Goodwill is a place that works to better people by maximizing their skills and potential. When you look around the retail management levels, we have all worked our way up to these positions.



RECIPE FOR SUCCESS: “When you do your best and take care of the small things, step by step, the bigger things just come together. Much like cooking, you add the best in quality ingredients, you pay attention to the process and great flavors will just come together.”

Salads & Soups

Salads, Soups



Shelf Lives of Common Foods

General Shelf Lives For Common Items:

Flour unopened: up to 12 months. Opened: 6-8 months.

Sugar unopened: 2 years. Sugars do not spoil but eventually may change flavor.

Brown sugar unopened: 4 months.

Confectioners sugar unopened: 18 months.

Solid shortening unopened: 8 months. Opened: 3 months.

Cocoa unopened: indefinitely. opened: 1 year.

Whole spices: 2-4 years. (Opened or not.)

Ground spices: 2-3 years. (Opened or not.)

Paprika, red pepper and chili powder: 2 years

Baking soda unopened: 18 months. Opened: 6 months.

Baking powder unopened: 6 months. Opened: 3 months.

Cornstarch: 18 months. (Opened or not.)

Dry pasta made without eggs unopened: 2 years. Opened: 1 year.

Dry egg noodles unopened: 2 years. Opened: 1-2 months.

Salad dressing unopened: 10-12 months.

Opened: 3 months if refrigerated.

Honey: 1 year. (Opened or not.)

Ground, canned coffee unopened: 2 years.

Opened: 2 weeks, if refrigerated.

Jams, jellies and preserves unopened: 1 year.

Opened: 6 months if refrigerated.

Peanut butter unopened: 6-9 months.

Opened: 2-3 months.

Ambrosia

INGREDIENTS

<i>2 - 3.4 oz. pkgs. vanilla instant pudding</i>	<i>½ cup coconut (optional)</i>
<i>1 - 20 oz. can crushed or tidbits pineapple</i>	<i>1 - 9 oz. tub of cool whip</i>
<i>1 - 11 oz. can mandarin oranges</i>	

Place pineapple with juice in a bowl. Stir instant pudding into the pineapple. Drain mandarin oranges and mix oranges and coconut into the pineapple mixture. Stir in the whipped topping and refrigerate for at least two hours. You can also add about 1 cup of miniature marshmallows.

7 Layer Salad

INGREDIENTS

<i>6 cups chopped lettuce</i>	<i>2 cups (8 oz.) shredded mild cheddar cheese</i>
<i>Salt and pepper</i>	<i>1 cup mayonnaise</i>
<i>6 hard-cooked eggs, sliced</i>	<i>1 to 2 Tbsp. sugar</i>
<i>2 cups frozen peas, thawed</i>	<i>¼ cup sliced green onion with tops</i>
<i>8 to 16 oz. bacon, crisp-cooked, drained and crumbled</i>	<i>Paprika</i>

This salad serves 12-15.

Place 3 cups of lettuce in bottom of large bowl; sprinkle with salt and pepper. Layer egg slices over lettuce in bowl and sprinkle with more salt and pepper. Continue to layer vegetables in this order; peas, remaining lettuce, crumbled bacon and shredded cheese, along with light sprinklings of salt and pepper. Combine mayonnaise and sugar, spread over top, spreading to edge of bowl to cover entire salad. Cover and chill 24 hours or overnight. Garnish with green onion and a little paprika. Toss before serving.

Broccoli Salad

INGREDIENTS

<i>1 head broccoli – cut into small pieces</i>	<i>1 cup mayonnaise</i>
<i>½ cup red onion chopped</i>	<i>½ cup sugar</i>
<i>1 cup white seedless grapes</i>	<i>2 Tbsp. vinegar</i>
<i>12 slices bacon (fried crisp cut into small pieces)</i>	

Mix mayonnaise, sugar and vinegar, pour over other ingredients and refrigerate before serving.

Great Grandma Mollie's German Potato Salad

Julia Dobson

INGREDIENTS

5 to 7 lbs. small or medium red taters
4 slices of bacon
3 to 6 hardboiled eggs, sliced
½ green pepper (chopped)
½ large onion, (chopped)
2 to 4 ribs of celery (chopped)

2 Tbsp. flour
½ cup sugar
6 Tbsp. of cider vinegar
2 cups of water
Salt and pepper (optional)

Boil potatoes until done. Drain, and then allow to cool. Peel and slice potatoes, and (optional) season with salt and pepper. Add onion, celery and green pepper to sliced potatoes. Fry bacon; while bacon is frying, mix sugar, vinegar and water, in a separate bowl. Remove bacon from frying pan, and brown flour in bacon grease. Gradually add the vinegar, water and sugar to the browned flour, stirring constantly. Simmer until opaque. Slowly pour sauce over potatoes and stir gently, but thoroughly. Arrange sliced eggs on top of the salad and crumble bacon over top. Serve at room temperature, but refrigerate leftovers.

This recipe has been in my family for nearly 200 years!

Cheddar Cauliflower Soup

INGREDIENTS

2 Tbsp. extra-virgin olive oil
2 large leeks, white and light green parts only,
thinly sliced and rinsed
1 bay leaf
4 cups chopped cauliflower florets
(from 1 medium head)
2 ½ cups heavy cream, divided

2 cups water
1 tsp. salt
½ tsp. white or black pepper
3 Tbsp. all-purpose flour
2 cups shredded extra-sharp
cheddar cheese

Heat oil in a large saucepan over medium-heat. Add leeks and cook, stirring until they are very soft, about 5 minutes. Add cauliflower, 2 cups heavy cream, water, bay leaf, salt and pepper. Bring to a boil over medium-high heat, stirring often. Reduce heat to a simmer, cover and cook, stirring occasionally, until the cauliflower is soft, about 8 minutes. Meanwhile, whisk the remaining ½ cup of heavy cream and flour in a small bowl. When the cauliflower is soft remove the bay leaf and stir in the milk mixture. Cook over medium-high heat, stirring until the soup has thickened slightly, about 2 minutes. Remove from the heat. Stir in cheese.

Julia Dobson EMPLOYEE

I am the Job Developer for the Deaf and Hard of Hearing Program at MERS/Goodwill and I love working with such a great team. I have always been a firm believer in the saying “The Deaf can do everything except hear,” and my clients inspire me as they prove that to the world every day. At Goodwill, we focus on what people can do, and refuse to focus on what they can’t.



RECIPE FOR SUCCESS: “Start with ‘Employer Education’ to open their minds and hearts. Add a dollop of client motivation. Remind them to do their part. Blend both, and teamwork, all together and don’t forget to smile. Make a difference, and remember their success makes ours worthwhile.”

Joe’s Favorite Corn and Black Bean Salad

INGREDIENTS

SALAD:

2 cups corn kernels
2 cans black beans (about 15 ounces each)
½ red onion, diced small
1 small red bell pepper, diced small
½ cup of fresh cilantro, finely chopped
Queso fresco or other fresh crumbly Mexican cheese (optional)

DRESSING:

3 Tbsp. olive oil
1 to 2 Tbsp. red or white wine vinegar
Juice of 1 lime
Pinch of sugar
¼ to ½ tsp. salt
⅛ tsp. pepper

Serves 6

If using frozen corn, defrost by placing corn in a colander or large strainer and rinsing under cold water for a few minutes until the corn is no longer frozen, but still cold. Drain the canned black beans in a colander or large strainer and rinse well with cold water. Place all salad ingredients in a large bowl, folding gently to mix. Combine all dressing ingredients by whisking together in a small bowl or shaking in a jar. Pour dressing over vegetables and fold gently to combine. Refrigerate for at least two hours before serving to allow flavors to meld. Stir the salad and taste, adding salt and pepper to taste. If needed, add additional sugar and vinegar or lime juice to achieve a tangy balance in the dressing. If using queso fresco, crumble the cheese and sprinkle over the top of the salad just before serving.

Turkey Chili

Erin McBride, Director-Aftergut

INGREDIENTS

<i>2 pounds ground turkey</i>	<i>1 tsp. dried oregano</i>
<i>1 cup chopped onion</i>	<i>1 tsp. chili powder</i>
<i>4 large garlic cloves (chopped)</i>	<i>½ tsp. salt</i>
<i>½ cup green peppers (diced)</i>	<i>1 tsp. ground black pepper</i>
<i>1 cup chicken broth</i>	<i>1 can refried beans</i>
<i>2 tsp. dried cumin</i>	<i>2 - 15 to 16 oz. cans of kidney beans (not drained)</i>

In a large skillet, brown ground turkey and drain. Add all ingredients to crockpot except the can of refried beans. Cover and cook on low 2 hours. Add refried beans to chili for thickening. Cover and cook on low for an additional 2 hours.

Chili-Garlic Roasted Sweet Potatoes

INGREDIENTS

- 4 tsps. extra virgin olive oil*
- 1 Tbsp. chili-garlic sauce (usually found in the Asian section)*
- 1 Tbsp. low sodium soy sauce*
- ⅛ tsp. ground pepper*
- 1 ½ lbs. sweet potatoes, scrubbed (and peeled if desired) cut into
1 inch wedges or pieces*

Position rack in lower third of oven; preheat to 450° F. Combine oil, chili-garlic sauce, soy sauce and pepper in a bowl. Add sweet potatoes, toss to coat with seasoning mixture. Spread the sweet potatoes evenly on a rimmed baking sheet. Roast, stirring once or twice until they are tender and browned, 20 to 25 minutes.

Cranberry Salad

INGREDIENTS

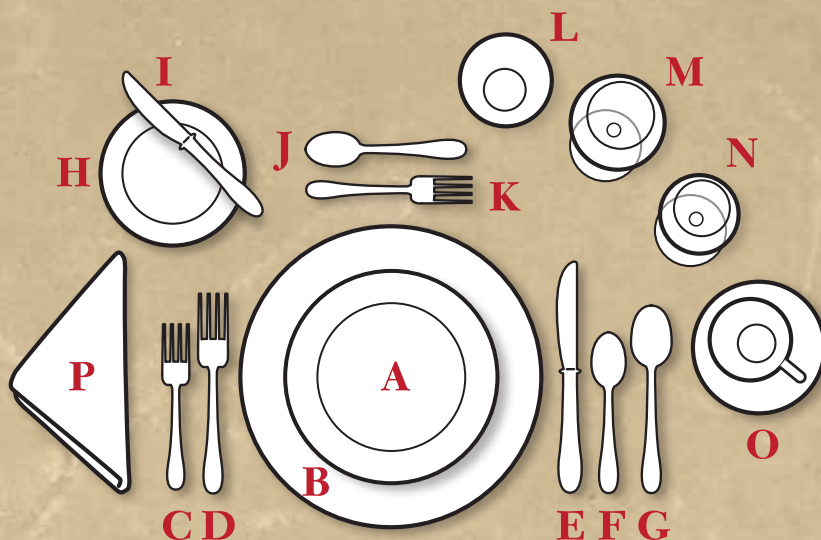
<i>1 lb. ground-up fresh cranberries</i>	<i>2 cups small (miniature) marshmallows</i>
<i>1 pt. sugar</i>	<i>1 cup chopped pecans</i>
<i>1 large can crushed pineapple</i>	<i>1 - 10 oz. carton of cool whip</i>

Mix cranberries and sugar, refrigerate overnight. Drain and add pineapple, marshmallows and pecans. Mix well, then add cool whip. Fold all together. Refrigerate until ready to serve.

Pastas, Casseroles & Sides



A Proper Place Setting



J. Dessert Spoon

A. Salad Plate

Broccoli Casserole

INGREDIENTS

2 - 10 oz. packages frozen chopped broccoli, cooked and drained

1 cup mayonnaise

1 cup grated sharp cheddar

1 - 10 ¾ ounce can condensed cream of mushroom soup

2 eggs, lightly beaten

2 cups crushed crackers

2 Tbsp. butter, melted

Preheat oven to 350° F. Spray a 13 x 9-inch baking dish with vegetable oil cooking spray. In a large mixing bowl, combine broccoli, mayonnaise, cheese, soup and eggs. Mix well with a metal spoon. Place the mixture in the prepared baking dish. Top with the crushed crackers and pour the melted butter evenly over the crackers. Bake for 35 minutes or until set and browned.

Seafood Supreme

INGREDIENTS

1 can light fancy tuna

1 small can shrimp

1 small can crab

2 hard-boiled eggs, chopped

1 cup celery, chopped

1 cup minute rice, uncooked

½ cup slivered almonds

1 ½ cup milk

1 ½ cups mayonnaise

1 can cream of mushroom soup

1 Tbsp. onion flakes

1 Tbsp. parsley flakes

¼ cup sweet pepper flakes (red & green)

2 to 3 cups of buttered bread crumbs

In 9 x 13 pan, layer first 7 ingredients. Mix together the rest of the ingredients except for the bread crumbs. Pour this over the layered ingredients and top with bread crumbs. Bake at 350° F for one hour. Let stand 10 minutes before serving. May be made ahead and kept in refrigerator before baking. *May also add lobster if your pocketbook can take it!*

Cheesy Mac & Cheese

INGREDIENTS

1 oz. salt
1 lb. elbow macaroni
2 Tbsp. olive oil

SAUCE:

2 cups heavy cream
½ cup (2 oz.) cubed medium cheddar cheese
½ cup (2 oz.) white, extra sharp cheddar cheese
½ cup (2 oz.) cubed fontina cheese
1 cup (4 oz.) shredded cheddar cheese

1 cup (4 oz.) shredded mozzarella cheese
⅛ tsp. white pepper
¼ tsp. sea salt
⅛ tsp. cayenne
½ tsp. garlic powder

Optional: Panko bread crumbs, cheese cracker crumbs, butter

Start by bringing 2 qt. of water and 1 oz. of salt to a boil. Add 1 lb. of elbow macaroni and cook to “al dente”. Rinse briefly with cold water to stop the cooking process. Toss with 2 Tbsp. of oil to prevent sticking.

Heat cream to just below a boil and add medium cheddar cheese, white, extra sharp cheddar cheese, and fontina cheese. Add shredded cheddar cheese to the cream and stir to melt. Add mozzarella; allow melting and then add all seasonings, stirring all the while. When all cheeses are melted sauce is ready. At this point pour some sauce onto cooked noodles and toss, coating generously. *Note: it will not require all the sauce – reserve for Fancy Cheese Fries or use as a dipping sauce for your favorite snack.*

Assembly: Fill desired baking dish (spray with cooking spray first) with tossed noodles, leaving a little room at the top. You can use individual 8 oz. crocks and put in 7 oz. of tossed noodles. Top with more mac sauce (spreading on cold sauce is best). Optional: we top ours with a 3:1 mixture of Panko bread crumbs to cheese cracker crumbs tossed with a little melted butter. This makes for a delicious crunchy topping! To serve: Bake in a 450° F oven until warm and bubbly (*an 8 oz. crock takes about 10 minutes*).

Fancy Cheese Fries

INGREDIENTS

Your favorite fries

Roasted garlic oil

Parmesan cheese, shaved

Mac & cheese sauce

(from Cheesy Mac & Cheese Recipe)

Colby jack cheese - finely shredded

Sour cream

Smoked bacon

Chives, chopped

Preparation: Make a batch of your favorite fries-we like the skinny, crispy sort. Once fried, toss them with a little roasted garlic oil and shaved parmesan. Place in bowl or broiler proof dish and pour over mac & cheese sauce. Top with finely shredded colby jack cheese. Place dish in oven or broiler to melt. Pull from oven once melted and top with sour cream, smoked bacon and chopped chives.

Glenda Leicht CLIENT

Before enrolling with the Senior Community Service Employment Program (SCSEP), I was afraid to try for a job, fearing my age was too great a barrier. My case manager, Constance McCord, gave me the self-confidence I needed and SCSEP helped me to overcome my fears, leading to a great job at Nazareth Living Center.



RECIPE FOR SUCCESS: "Food for Thought. Main Ingredient: Self Confidence."

Broccoli Supreme Casserole

INGREDIENTS

2 pkgs. frozen chopped broccoli

1 cup mayonnaise

1 can cream of mushroom soup

2 eggs slightly beaten

1 chopped onion

*1 - 8 oz. pkg. shredded cheese
(Mexican blend)*

1 box chicken flavored stuffing mix

1 stick butter or margarine

Cook broccoli al dente. Mix all ingredients together. Put in buttered casserole dish or 9 x 13 pan. Sprinkle stuffing mix on top. Dot with slices of butter over top. Bake at 350° F for 45 minutes.

Broccoli/Cauliflower Casserole

INGREDIENTS

<i>1 pkg. frozen chopped broccoli</i>	<i>1 chopped onion</i>
<i>1 pkg. frozen cauliflower</i>	<i>1 - 8 oz. pkg. shredded cheese</i> <i>(Mexican blend)</i>
<i>1 cup mayonnaise</i>	<i>1 box chicken flavored stuffing mix</i>
<i>1 can cream of mushroom soup</i>	<i>1 stick butter or margarine</i>
<i>2 eggs slightly beaten</i>	

Cook broccoli/cauliflower al dente. Mix all ingredients together. Put in buttered casserole dish or 9 x 13 pan. Sprinkle stuffing mix on top. Dot with slices of butter over top. Bake at 350° F for 45 minutes.

Mark Arens EMPLOYEE

I began working for MERS/Goodwill in 1997 as a Vocational Counselor, after moving from Chicago to St. Louis. I wanted to work for Goodwill because we were one of the biggest vocational rehabilitation companies in St. Louis at the time, but we have grown so much more since, serving more people in more locations every year. Today, I am the Executive Vice President for Program Services and I am often found at one of our 70 vocational rehabilitation centers. I've always loved working at MERS/Goodwill because we are constantly changing and taking on new projects that oftentimes develop into full blown programs that meet a specific need in the community.



RECIPE FOR SUCCESS: “We exist to help people live more independent, fulfilling lives. It is the passion of our staff members and the people we help, that helps to accomplish this. To add passion to cooking, use lots of hot sauce.”



Entrées

Entrées

Cooking Methods

Grilling - Probably the oldest cooking method, cooking food over a flame or the high heat of glowing coals allows for a rapid browning of the food, producing intense flavors. The key to grilling is to position the food near enough to the heat source to produce this browning, while keeping it far enough away to allow the inner part of the food to cook thoroughly.

Broiling - Very similar to grilling, one difference being that in grilling the heat source is below the food while in broiling the heat source is typically above. While not satisfying our primal urges as grilling might, broiling allows for a more controlled cooking environment.

Baking - This is the process where food is placed in a hot enclosure, the oven, and is heated by both the heat from the walls of the oven as well as the hot air surrounding it. If the temperature is high enough, the heat will dehydrate the moisture from the surface of the food, thereby browning it.

Boiling - Water is heated to the point where it is bubbling and food is immersed in it. The advantage of boiling is that the temperature is always constant: 212° F at sea level. The boiling point changes slightly with varying altitude, and even atmospheric conditions. Boiling is one of the most efficient methods of heating foods, as the entire surface of the food is in contact with the hot water.

Simmering - Although boiling is convenient and efficient, many foods benefit from being cooked in water at lower temperatures, usually between 140° and 180° F. Simmering allows the interiors of large food pieces to cook evenly, and for other foods the lower temperature improves properties such as food texture that would be destroyed by boiling.

Steaming - Surrounding food with heated water vapor is known as steaming. It is especially efficient at quickly heating the surface of the food and keeping it hot. A benefit of steaming is that less of the nutrients in the food are leached away, as they would be in boiling process.

Pan Frying - Usually reserved for thinner slices of food, frying is accomplished in a shallow pan. The addition of a small amount of oil to the pan helps to prevent the food from sticking, as well as adding some flavor. The trick in frying is to prevent the outside from overcooking before the inside is done.

Sautéing - Very similar to frying, and some use these two terms interchangeably. One differentiation is that in sautéing, the food is stirred and turned on a more frequent basis than frying.

Deep Frying - In this method enough hot oil is used to totally immerse the food in the oil. It resembles boiling, the difference being that the cooking medium, the oil, can be heated to much higher temperatures allowing the food surface to brown.

Microwaving - Using electromagnetic radiation, microwave ovens are used for quickly and efficiently heating foods. Since microwaves due to their nature are not good at browning foods, they are most often used for vegetables, reheating previously cooked foods, and popcorn.

Low Chartock's Cabbage Rolls

INGREDIENTS

3 pounds of hamburger
2 heads of cabbage
(leave whole, but remove cores)
2 packets of dry onion soup mix

2 bottles of marinara sauce
2 cans of whole berry cranberry sauce
Handful of rice

May be served as appetizers or as a main dish.

In a large pot, boil the cabbage (one head at a time) until leaves are flexible. Remove carefully, place in a colander, and rinse well with cold water. In another pot, heat marinara sauce, one packet of onion soup, and cranberry sauce. Mix hamburger with second packet of onion soup. Add a handful of rice to the meat mixture, along with a little water to make it all stick together well.

Preheat oven to 350° F.

Separate cabbage leaves, fill with hamburger mixture, roll up and poke ends of the cabbage rolls into the meat to seal ends of rolls. Place rolls in a large baking pan, pour sauce over them. Bake for 1 ½ hours (with cookie sheet under the pan in case of runover).

Runzas

INGREDIENTS

2 cups of warm water
2 packages of yeast
½ cup of sugar
1 ½ tsp. salt

1 egg
¼ cup of margarine
(melted & cooled)
6 ½ cups of flour

Mix water, yeast, sugar, salt and stir. Add egg and melted margarine. Stir in flour and refrigerate for 4 hours. Roll dough into oblong shape and cut into 4" to 6" squares. Spoon on hamburger filling (below) and pull 4 sides up to seal into a roll. Bake on greased cookie sheet 20 minutes at 350° F.

Hamburger Filling:

INGREDIENTS

1 ½ pounds of hamburger
½ cup of chopped onion
3 cups of shredded cabbage

1 ½ tsp. salt
½ tsp. pepper
Hot sauce to taste

Brown hamburger and onions, drain, add other ingredients. Simmer 15 to 20 minutes. Cool completely before putting on the dough.

Other fillings may be used. Try chopped pepperoni, mozzarella cheese and a little tomato sauce, or a vegetable medley sautéed in soy sauce. BE CREATIVE!

Capellini

with Pine Nuts, Sun-Dried Tomatoes and Chicken

INGREDIENTS

4 oz. whole wheat capellini or angel hair pasta	1/8 tsp. salt
3 oz. dry-packed sun-dried tomatoes	3 cloves garlic, minced
1 1/2 Tbsp. olive oil	1/4 - 1/2 tsp. red pepper flakes
8 oz. chicken breast tenderloins cut into bite-size pieces	1/4 cup sliced fresh basil
	1/2 cup pine nuts, toasted (MUFA)

Time: 20 minutes; Servings: 4

Prepare pasta per package directions without adding salt. Meanwhile, soak tomatoes in hot water 10 minutes or until soft. Drain, reserving 1/2 cup of water and chop. Heat oil in large skillet over medium-high heat while pasta cooks. Season chicken with salt. Add chicken, garlic and red-pepper flakes to skillet. Cook, stirring, until garlic turns golden, 1 1/2 minutes. Stir in tomatoes and reserved water and cook 2 or 3 minutes until chicken is completely cooked. Drain pasta, add to skillet and toss. Add basil and toss. Divide pasta equally among 4 bowls and sprinkle each with 2 Tbsp. of pine nuts. Top with more basil, if desired.

Darlene Smith CLIENT

Working as a Lab Technician at Connect Care, a healthcare organization based in St. Louis, I get to be part of a network that cares for others, as MERS/Goodwill did for me. I was enrolled in Employment Services (ES). The classes and guest speakers gave me the knowledge I needed to succeed and the strength I needed to find a career that fits who I am.



RECIPE FOR SUCCESS: “Being tenacious and never giving up.”

Tacos/Enchiladas

INGREDIENTS

2 packs corn shells (10 in each pack)
1 bottle of oil (to cook the shells in)
3 lbs. ground beef
2 pack Mexican style cheese
2 tomatoes diced

1 onion diced
1 bag shredded lettuce
1 can of any style enchilada sauce
*1 pack of any style seasoning
per pound of meat*

Servings: 6-8

In small frying pan heat up enough oil to cover the corn shell. This can be heating up while you are cooking the ground beef. Brown the beef and drain. Add the seasoning per instructions and let it simmer. While it is simmering, the oil should be hot. You can tell by putting a shell in and see if it sizzles. Don't let it cook but a few seconds or it will begin to become a tostada shell and that is a different recipe. Use two forks to fold in half and take out, set onto a paper towel to help absorb the oil. Once you have cooked as many as you want for the enchiladas set them aside, this allows them to cool so you can handle them.

Turn on the oven to 200° F, let it warm up while you make the enchiladas. Put some of the beef in a container. Take the enchilada sauce and spread some of it onto whatever pan you are using for the enchiladas. A separate plate makes it easy to roll. On the plate place a shell and add the beef. An ice cream scoop is helpful in portioning the beef. Add cheese to your desire, same with diced onion. Roll the shell up and place onto the sauce covered pan. Continue until pan is full. Put cheese onto the shells and cover with the enchilada sauce that is left in the can. Bake until cheese is melted. Usually takes about 5 to 10 minutes.

Use the rest of the shells and cook the same way for regular tacos. Add ground beef, cheese, tomatoes, lettuce and whatever you would like onto the shell.

Transylvanian Goulash

INGREDIENTS

2 pounds of pork butt roast, cubed
2 pounds of minced onion
1 Tbsp. of dill seed
1 Tbsp. of caraway seed
1 ½ cans of beef broth
Salt to taste

1 large can of sauerkraut
4 Tbsp. of paprika
2 pints of sour cream

Mix first six ingredients and simmer for 2 hours. Add sauerkraut and paprika, and simmer another hour. Add sour cream and refrigerate for 24 hours. Heat before serving (but don't boil).

Gluten Free Buffalo Chicken Tacos

INGREDIENTS

*1 pound chicken breasts, skinless, boneless,
cut into small pieces*

1/3 cup gluten free, all purpose “flour”

4 Tbsp. cornstarch

Big pinch cayenne pepper

1 tsp. garlic powder

1/3 cup buffalo wing hot sauce

1 Tbsp. olive oil

10 corn tortillas

TOPPINGS:

Lettuce, shredded

Tomatoes, diced

*Diced sweet, mild onions,
mixed with cilantro*

Ranch dressing

Green onions, sliced thinly

*Sliced avocado, sour cream,
shredded cheese (optional)*

Yields 5 servings, 2 tacos each

Heat a large, heavy skillet over medium-high heat. Combine cornstarch, all purpose, gluten free “flour”, cayenne and garlic powder in a shallow bowl. Season the chicken pieces with pepper and then dredge in the “flour” mixture.

Add 1 tsp. of olive oil to the dutch oven and once it gets hot, add chicken and cook on both sides – about 3 to 4 minutes per side. Once the chicken is done, set it aside in a bowl and toss with 1/3 cup buffalo wing sauce.

Assemble 10 tacos, dividing the toppings evenly among each taco. Great with avocado slices, sour cream and shredded cheese.

Lasagna Rolls

INGREDIENTS

9 lasagna noodles, cooked

*10 oz. frozen chopped spinach,
thawed and completely drained*

15 oz. fat free ricotta cheese

1/2 cup grated parmesan cheese

1 egg

Salt and fresh pepper

32 oz. tomato sauce

*9 Tbsp. (about 3 oz.) part skim
mozzarella cheese, shredded*

Preheat oven to 350° F. Combine spinach, ricotta, parmesan, egg, salt and pepper in a medium bowl. Ladle about 1 cup sauce on the bottom of a 9 x 12 baking dish. Place a piece of wax paper on the counter and lay out lasagna noodles. Make sure noodles are dry. Take 1/3 cup of ricotta mixture and spread evenly over noodle. Roll carefully and place seam side down onto the baking dish. Repeat with remaining noodles. Ladle sauce over the noodles in the baking dish and top each one with 1 tablespoon mozzarella cheese. Put foil over baking dish and bake for 40 minutes or until cheese melts.

Rugelach

INGREDIENTS

2 cups all-purpose flour

$\frac{1}{4}$ tsp. salt

1 cup unsalted butter

1 (8 oz.) package cream cheese

$\frac{1}{3}$ cup sour cream

$\frac{1}{2}$ cup white sugar

1 Tbsp. ground cinnamon

1 cup finely chopped walnuts

$\frac{1}{2}$ cup raisins

Cut cold butter or margarine and cream cheese into bits. In food processor pulse flour, salt, butter or margarine, cream cheese and sour cream until crumbly. Shape crumbly mixture into four equal disks. Wrap each disk and chill 2 hours or up to 2 days. Roll each disk into a 9-inch round, keeping other disks chilled until ready to roll them. Combine sugar, cinnamon, chopped walnuts and finely chopped raisins (may substitute miniature chocolate chips for raisins). Roll each disk into a 9 inch round keeping other disks chilled until ready to roll them. Sprinkle round with sugar/nut mixture. Press lightly into dough. With chef's knife or pizza cutter, cut each round into 12 wedges. Roll wedges from wide to narrow, you will end up with point on outside of cookie. Place on ungreased baking sheets and chill rugelach 20 minutes before baking. Preheat oven to 350° F. After rugelach are chilled, bake them in the center rack of your oven 22 minutes until lightly golden. Cool on wire racks. Store in airtight containers...they freeze very well.

Variations: Before putting the filling on the dough, use a pastry brush to layer apricot jam as well as brown sugar. Then add the recommended filling. You may also make a mixture of cinnamon and sugar and roll the rugelach in this prior to putting them on cookie sheets.

Ebong Stancil

EMPLOYEE

I have been employed with MERS/Goodwill for about two and a half years and I am currently an Assistant Manager at the Glen Carbon/Edwardsville store. To me, the Goodwill Mission is to give under-privileged people a chance of feeling self-worth, accomplishment and a chance to believe in themselves. MERS/Goodwill is the perfect fit for me because I can help to accomplish this mission.



RECIPE FOR SUCCESS: "To strive for perfection, knowing full well that this will never be reached; but in the chase for perfection, excellence will occur."

Fresh Homemade Tortillas

INGREDIENTS

8 cups of self-enriched flour

Half a hand of shortening or lard

A center palm smidge of salt

Two finger tips of baking powder

This is all that is needed to make some beautiful homemade tortillas. Mix all the ingredients in a large bowl, have regular tap water handy in separate glass. Slowly add water to the ingredients with one hand, and with the other hand mix it together. Do this until you no longer have a batter, but a good size dough ball. Take this and start kneading until the dough ball is not sticky. (If you tap the dough with your hand no dough should stick to your hand and or fingers, if this happens add more flour and knead some more.) Now you are ready to pull and make 2-3 oz. dough balls. Do this and cover them with a towel. While making the dough balls, heat your iron skillet and get ready to start cooking the tortillas. Using your rolling pin spread the dough balls out into 5 to 6 inch circles, then place on the iron skillet and cook on each side until light brown. Now you have homemade flour tortillas! My favorite way to eat them is when they are hot off the skillet with butter.

Pam Tuttle EMPLOYEE

I first started working for MERS/Goodwill in 2008 as the Youth Assistant Coordinator, when MERS/Goodwill was awarded the Missouri Work Association Youth contracts for 13 counties. I am now the Missouri Work Association Coordinator for Region 5 and I enjoy coming to work every day, with the mission to help others. Sometimes people don't see the good in themselves and don't believe they can be successful, but MERS/Goodwill works to change their outlook on life. Seeing our clients grow into self-sufficiency, seeing them believe in themselves, showing them that someone does care and watching them achieve the goals they thought were not achievable; that is what inspires me and makes MERS/Goodwill the perfect fit for me.



RECIPE FOR SUCCESS: "I don't expect my staff to do anything that I wouldn't do myself. I set high expectations for myself and in return, my staff is very dedicated and set for themselves the same standard."

Hayden's Favorite Picadillo

Serves 6

'Picadillo' is a Cuban meat dish that makes a great filling for tacos, burritos, enchiladas or empanadas. It can also be used to make fabulous nachos. It is my 9-year-old son's favorite dish (minus the olives), and he asks (practically begs) me to make it on a regular basis.

Note: Use fresh Mexican-style chorizo in this recipe. It can be purchased in a bulk package or as links in most grocery stores. If your chorizo comes in a pound package, you can use the entire pound in this recipe. It will be slightly spicier and a bit richer.

INGREDIENTS

1 lb. ground beef

½ lb. fresh chorizo (see note)

1 white onion, finely chopped

1 or 2 cloves garlic, minced

1 can chopped tomatoes (14 ounces)

1 ½ Tbsp. red wine vinegar or cider vinegar

1 Tbsp. light or dark brown sugar

1 tsp. ground cinnamon

½ tsp. ground cumin

Pinch of ground cloves

2 bay leaves

½ cup raisins

½ cup slivered blanched almonds

½ cup pitted black olives, chopped (optional)

Remove the meat from the casings if using link-style chorizo. Over medium-high heat, begin browning the chorizo in a large frying pan. As it begins to brown, add the ground beef, mixing the two meats together. Sprinkle with a teaspoon of salt, and crumble the meat as it cooks. Remove the meat from the pan, draining it on paper towels if desired. Pour off most of the fat from the pan, leaving about a tablespoon. Sauté the onion and garlic in the remaining fat until translucent. Add the meat back to the pan. Add the tomatoes (do not drain), vinegar, brown sugar, cinnamon, cumin, and cloves, mixing to combine. Add the bay leaves. Cover the pan and simmer the mixture over medium-low heat for 30 minutes. Add the raisins and the almonds, mixing to combine. Taste and salt if needed. Simmer uncovered for 10 to 15 minutes, or until most of the liquid has evaporated.

Serve the picadillo any way you like. Serve in tortillas with a variety of additions; shredded lettuce, diced fresh tomatoes, sour cream, shredded cheddar cheese and salsa are all possibilities.

Creole Chicken Jambalaya

with Andouille Sausage

Deborah Lancaster

INGREDIENTS

1 pound chicken breasts
cut into 2 inch pieces

1 pound Andouille sausage
cut into 2 inch pieces

4 cloves of garlic

2-3 Tbsp. olive oil

1-2 Tbsp. oil

1 red onion (chopped)

1 red bell pepper (chopped)

1 yellow bell pepper (chopped)

1 green bell pepper (chopped)

2 stalks celery (chopped)

1 jalapeno pepper (chopped)

1 tsp. oregano

1 tsp. sage

1 tsp. thyme

1 tsp. black pepper

1 tsp. cayenne red pepper

2 tsp. salt

3 – 3 ½ cups chicken stock

1 ½ cups long grain rice

In a large skillet put in 2 to 3 Tbsp. of olive oil. Slice in thin pieces cloves of garlic and heat for 2 minutes to infuse garlic flavor into oil. Brown the chicken pieces first; then brown the sausage pieces. After searing and browning on all sides, remove from heat and set aside. In a heavy bottom, large pot put in 1 to 2 Tbsp. of oil and sauté red onion, red bell pepper, yellow bell pepper, green bell pepper, celery and jalapeno pepper. Simmer for 5 minutes. Stir in oregano, sage, thyme, black pepper, cayenne red pepper and salt. Pour in 3 cups of chicken broth and bring to boil. Add long grain rice and stir, then add the meats. Turn heat down to a simmer. Cover with tight lid and cook for 25 to 35 minutes or until liquid is absorbed. Fluff up rice mixture and taste for tenderness of rice. Add extra ½ cup of chicken broth if rice still needs more cooking. *Voila!*

Eat and Enjoy! Bon Appetit!

Deborah Lancaster CLIENT

Sometimes life gives you lemons. In September of 2011, I began working in MERS/Goodwill's job placement services. I knew that MERS/Goodwill would make it possible for me to get back to living in the mainstream world of work because they help people with physical, mental and emotional limitations. MERS/Goodwill taught me that I could succeed and provided me with the training and confidence I needed to find and gain employment in a place that I love. Today, I work at Chartwells in Ladue High School and use those lemons to add a little zest to the meals I cook up.



RECIPE FOR SUCCESS: "Don't give up; keep striving. Don't let adversity stop you."

Creole Chicken and Sausage Gumbo

Deborah Lancaster

INGREDIENTS

<i>1 lb. okra (chopped)</i>	<i>½ tsp. oregano</i>
<i>1 green bell pepper (chopped)</i>	<i>½ tsp. basil</i>
<i>1 large yellow onion (chopped)</i>	<i>2 whole chickens</i>
<i>2-3 stalks celery (chopped)</i>	<i>4 lbs. Andouille or Italian sausage</i> <i>(cut in 1-2 inch pieces)</i>
<i>5 cloves garlic (chopped)</i>	<i>1 to 8 cups chicken broth</i>
<i>3-4 Tbsp. olive oil</i>	<i>3 to 4 Tbsp. white flour</i>
<i>1 Tbsp. salt</i>	<i>2 cups long grain rice</i>
<i>1 tsp. black pepper</i>	<i>4 cups water</i>
<i>1 tsp. cayenne red pepper</i>	<i>1 Tbsp. salt</i>
<i>1 tsp. thyme</i>	
<i>½ tsp. sage</i>	

Rub some olive oil over the 2 chickens and season with black pepper and salt. Roast in 375° F oven for 1 to 2 hours. Take out of oven, debone, and cut into 1 to 2 inch pieces. Sauté sausage pieces in 1-2 Tbsp. of olive oil; set aside after 10 minutes of cooking. Using a heavy bottom pot, put in 2 Tbsp. of olive oil and heat for 2 minutes. Then, add 2 Tbsp. of white flour and stir continuously until a golden dark brown. This is your roux mixture. Then stir in your seasonings and simmer for 2 minutes. Then stir in the herbs and vegetables (onion, bell peppers, celery and garlic). Heat for 25 minutes. Then add okra, chicken pieces and sausages, stir; add the chicken broth, bring to boil. Then turn heat down to medium and cover with tight lid. Cook slowly for 1 ½ to 2 hours. Cook long grain rice separately in separate pot (4 cups water, 2 cups rice, 1 Tbsp. salt).

Perfect creole gumbo rice should be fluffy and each grain separate and tender. To achieve this make sure you use a pot that can be put in the oven. When rice is “al dente”, which means half cooked, remove pot from top of stove and place in 350° F oven for last 15 minutes. This will absorb the rest of the water evenly and leave behind perfect gumbo rice. Very white, like snow, fluffy, tender and separate grains; not a sticky rice! Remove pot from oven. *Now, it's ready to serve!*

To serve a bowl of gumbo (hot and smelling delicious), put in a large spoonful of rice in a deep soup bowl. Then ladle in 2 scoops of gumbo mixture over the rice. *Voila!!* Chicken and sausage gumbo!! You may sprinkle some chopped parsley (flat or curly) or chopped green shallots or chopped green onions.

Eat and Enjoy! Bon Appetit!!

Chicken Curry

INGREDIENTS

<i>2 Tbsp. canola oil</i>	<i>3 ½ cups chicken broth</i>
<i>2 chopped onions</i>	<i>2 cups diced rotisserie chicken</i>
<i>1 cup sliced baby carrots</i>	<i>1 chopped, unpeeled apple</i>
<i>1 Tbsp. mild curry powder</i>	<i>½ cup golden raisins</i>
<i>1 tsp. minced garlic</i>	<i>¾ tsp. salt</i>
<i>¼ cup flour</i>	<i>2 cups cooked brown rice</i>

Servings: 4; Active Time: 10 min.; Total Time: 25 min.

Heat oil in a skillet for 30 seconds. Add onions and carrots and cook on low for 6 minutes. Sprinkle with curry powder and garlic. Add flour and cook on medium for 2 minutes. Pour in broth, stirring constantly. Bring sauce to a boil, stirring. Lower heat and cook, stirring, until thick. Stir in chicken, apple, raisins, and salt. Simmer covered for 10 minutes or until thickened. Serve with brown rice.

Crock Pot Santa Fe Chicken

INGREDIENTS

<i>24 oz. (1 ½) lbs. chicken breast</i>	<i>3 scallions, chopped</i>
<i>14.4 oz. can dice tomatoes with mild green chilies</i>	<i>1 tsp. garlic powder</i>
<i>15 oz. can black beans</i>	<i>1 tsp. onion powder</i>
<i>8 oz. frozen corn</i>	<i>1 tsp. cumin</i>
<i>¼ cup chopped fresh cilantro</i>	<i>1 tsp. cayenne pepper (to taste)</i>
<i>14.4 oz. can fat free chicken broth</i>	<i>Salt to taste</i>

Combine chicken broth, beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the crock pot. Season chicken breast with salt and lay on top. Cook on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Adjust salt and seasoning. Serve over rice.

Desserts



Cooking Substitutions

For those times when you discover at the last minute that you are missing a crucial ingredient, here are some suggestions for possible “make-dos”.

1 square chocolate	3 tablespoons cocoa <i>plus</i> 1 tablespoon butter
1 tablespoon cornstarch	2 tablespoons flour (for thickening)
1 cup buttermilk	1 cup yogurt
1 cup milk	$\frac{1}{2}$ cup evaporated milk <i>plus</i> $\frac{1}{2}$ cup water
1 cup sour milk	1 cup milk <i>plus</i> 1 tablespoon lemon juice or vinegar
1 cup cake flour	1 cup all-purpose less 2 tablespoons
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon baking soda <i>plus</i> $\frac{1}{2}$ teaspoon cream of tartar
1 cup sugar	1 cup honey (use $\frac{1}{2}$ cup less liquid in recipe)
1 cup brown sugar	1 cup granulated sugar
1 tablespoon prepared mustard	1 teaspoon dry mustard
1 cup oil	$\frac{1}{2}$ pound butter

Dump Cake

INGREDIENTS

1 can (20 oz.) cherry pie filling

1 can (16 oz.) crushed pineapple

1 box yellow cake mix

Stick of butter

Grease a 9 x 13 pan. Dump in pineapple, dump in cherry filling, and dump in cake mix, in that order, spreading each layer evenly before dumping in the next. Cut stick of butter into thin slices and place on top of cake mix. Bake at 350° until golden brown, about 35 to 45 minutes.

Jewish Coffee Cake

INGREDIENTS

1 pkg. white or yellow cake mix

1 pkg. instant vanilla pudding

½ cup oil or butter

4 eggs

1 cup sour cream

2 tsp. vanilla

Put all ingredients in a large mixing bowl and stir to blend well. Mix at high speed for 5 minutes (do not under beat). Make a cinnamon and sugar mixture of ⅓ cup sugar, 1 tsp. cinnamon, 1 tsp. dry cocoa and ⅓ cup finely chopped pecans. Pour half of the cake batter into a lightly greased and floured 10" tube pan; sprinkle half of the cinnamon mixture over top. Add remaining cake batter and sprinkle top with the remaining cinnamon mixture. Bake at 350° F for 50 to 55 minutes. Cool in pan 15 minutes before removing from pan.

Chocolate Chip Pie

(a holiday favorite – beats pumpkin every time!)

INGREDIENTS

1 stick butter, melted and cooled

2 eggs

½ cup flour

1 cup sugar

1 cup chocolate chips

¾ cup chopped nuts (we like pecans)

1 tsp. vanilla

½ cup coconut

1 unbaked pie shell

Mix eggs, flour and sugar. Add butter and stir well. Add everything else, stir and pour into pie shell. Bake at 325° F for one hour.

Easy Caramel-Pecan Rolls

INGREDIENTS

1 cup pecan halves
2/3 cup packed brown sugar
1/2 cup light or dark corn syrup
1/4 cup margarine or butter melted
4 cups bisquick

1 cup milk
2 Tbsp. margarine or butter softened
1/2 cup packed brown sugar
1 tsp. ground cinnamon

Preheat oven to 400° F. Mix pecans, 2/3 cup brown sugar, the corn syrup and 1/4 cup butter in rectangular pan, 13 x 9 x 2 inches, spread to cover bottom of pan. Set aside.

Stir baking mix and milk until dough forms; beat 20 strokes. Turn onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll dough into rectangle 15 x 9 inches; spread with 2 tablespoons softened butter.

Mix 1/2 cup brown sugar and the cinnamon; sprinkle over rectangle. Roll up tightly, beginning at long side. Pinch edge of dough into roll to seal well. Cut into 12 (1 1/4 inch) slices. Arrange cut sides down in pan.

Bake until golden brown about 30 minutes. Immediately invert on heatproof serving plate. Let stand 10 minutes; carefully separate rolls. Serve warm.

Punch Bowl Cake

INGREDIENTS

1 - 18 1/4 oz. pkg. yellow cake mix
2 - 3 1/2 oz. pkgs. instant vanilla pudding mix (prepared according to instructions on box)
1 - 20 oz. can crushed pineapple, drained
6 med. bananas, sliced

2 pts. strawberries (crush one pint, slice one pint, and mix both together)
1 - 24 oz. container cool whip (thawed) or fresh whipped cream (1 qt. heavy cream whipped with 1 cup sugar till stiff)

Prepare cake in two 9 inch round pans according to directions. Put one layer of cake in bottom of a punch bowl. Add half of the pudding, half of the pineapple, 3 sliced bananas, half of the strawberries and half of the cool whip. Put another layer of cake in punch bowl along with remaining pudding, pineapple bananas and strawberries. Top off with cool whip and sprinkle strawberry juice on top.

Butterscotch Sauce

INGREDIENTS

1 ½ cup light brown sugar, packed

⅔ cup white corn syrup

⅓ cup water

¼ cup butter

⅔ cup cream

½ tsp. vanilla

Measure first four ingredients into a 1 ½ qt. saucepan. Stir well to blend. Place over medium and cook to soft ball (236° F), stirring frequently. Remove from heat and cool 10 to 15 minutes. Stir in cream gradually, and then add vanilla. Store in refrigerator.

Mark Ritter CLIENT

The MERS/Goodwill Employment Services Program helped me find a job in about a month, at the Nestle Purina Support Center. The program helped me build my resumé, taught me perseverance and the job readiness classes taught me how to answer the tough questions during an interview. As my unemployment was about to run out, Janel Barber, my case manager, showed me how to effectively search for jobs, which paid off because I am now extremely happy at my new job.



RECIPE FOR SUCCESS: “Do you remember the movie Pay it Forward? I guess you could say that’s my recipe for success, or motto in life. Always remember, when you are in need, to help others.”

Mom’s Easy Pumpkin Pie Cake

INGREDIENTS

4 eggs

1 ½ cups sugar

1 large can evaporated milk

1 can pumpkin (about 16 oz.)

1 pkg. yellow cake mix

1 cup melted butter

1 cup chopped nuts (pecans are excellent!)

Mix first four ingredients in order given and pour into a greased and floured 9 x 13 pan. Sprinkle package of cake mix on top. Dribble with melted butter; sprinkle on chopped nuts. Bake 1 hour at 350° F. Serve squares either warm or cold.

(Mom preferred warm).

Fantasy Fudge

INGREDIENTS

3 cups sugar

$\frac{3}{4}$ cup margarine

$\frac{2}{3}$ cup evaporated milk

1 - 12 oz. pkg. semi-sweet chocolate

1 jar marshmallow creme

1 cup chopped nuts – pecans
or English walnuts

1 tsp. vanilla

Combine sugar, margarine and milk. Bring to a rolling boil, stirring constantly. Boil 5 minutes over medium heat, stirring constantly. Mixture scorches easily. Remove from heat. Stir in chocolate pieces until melted; add marshmallow crème, nuts and vanilla. Beat by hand until well blended and it loses its gloss, about 5 minutes. Pour into a greased, 9 x 13 inch pan and cool.

Kevin Shaw EMPLOYEE

I met MERS/Goodwill President and CEO, Lewis Chartock, when I was shopping at the Belleville store when he offered to take me out to lunch to discuss some aspects of the retail store. I have now worked for MERS/Goodwill for seven years and since risen to the title of Vice President of Retail and Transportation. Before coming to MERS/Goodwill, I was a school teacher and MERS/Goodwill is a great avenue for me to use many of those same skills to teach employees within the MERS/Goodwill working environment.



RECIPE FOR SUCCESS: “Believe in those that you work with, look for each employee’s strengths, ask for help when needed and work hard.”

Famous Fudge

INGREDIENTS

2 Tbsp. butter or margarine
2/3 cup evaporated milk
1 1/2 cups granulated sugar
1/4 tsp. salt

2 cups (4 oz.) miniature marshmallows
1 1/2 cups (9 oz.) semi-sweet chocolate chips
1/2 cup chopped pecans or walnuts, optional
1 tsp. vanilla extract

Prep Time: 10 minutes; Cook Time: 5 minutes; Total Time: 15 minutes

Combine butter or margarine, evaporated milk, sugar, and salt in a medium, heavy-duty saucepan. Bring to a full rolling boil over medium heat, stirring constantly. Boil stirring constantly for 4 to 5 minutes. Remove from heat.

Stir in marshmallows, chocolate chips, nuts and vanilla. Stir vigorously for 1 minute or until marshmallows are melted. Pour into a foiled-lined 8-inch square baking pan. Chill until firm.

Mississippi Mud Cake

INGREDIENTS

CAKE:

2 sticks of butter
1/2 cup cocoa powder
1 1/2 cups flour
2 cups sugar
4 eggs
1 tsp. baking powder
1 jar marshmallow crème

ICING:

1 stick of butter melted
1/3 cup cocoa powder
6 Tbsp. evaporated milk
1 box powdered sugar
1 tsp. vanilla flavoring

For cake: Mix all above ingredients adding one egg at a time except marshmallow crème. Bake in a 9 x 13 pan at 350° F for 30 minutes. While cake is still warm from oven spread one jar of marshmallow crème over the top.

For icing: Mix all ingredients in saucepan over low heat. Must be enough to spread over entire cake; if not, add a little more milk. Pour over cake. The marshmallow crème and chocolate will mix together. Garnish with nuts if you like.

French Puffs

(great for a special breakfast!)

INGREDIENTS

<i>1/3 cup of shortening</i>	<i>1/2 tsp. of salt</i>
<i>1 cup of sugar</i>	<i>1/4 tsp. of nutmeg</i>
<i>1 egg</i>	<i>1/2 cup of milk</i>
<i>1 1/2 cups of flour</i>	<i>6 Tbsp. butter</i>
<i>1 1/2 tsp. of baking powder</i>	<i>1 tsp. cinnamon</i>

Mix shortening, 1/2 cup of the sugar, and egg. Sift together flour, baking powder, salt and nutmeg. Add sifted dry ingredients to mix alternately with milk. Fill muffin tins 2/3 full and bake at 350° F for 20 to 25 minutes.

For the Coating: Melt 6 tablespoons of butter. Mix (separately) remainder of sugar and cinnamon. Roll slightly cooled muffins first in butter and then in sugar mix.

Carrot Cake

INGREDIENTS

CAKE

<i>1 1/2 cups vegetable oil</i>	<i>1 tsp. salt</i>
<i>2 cups sugar</i>	<i>1 tsp. baking soda</i>
<i>4 eggs</i>	<i>2 tsp. baking powder</i>
<i>2 cups flour</i>	<i>3 cups carrots, grated</i>
<i>3 tsp. cinnamon</i>	

ICING

<i>1 stick butter (melted)</i>
<i>3 oz. cream cheese</i>
<i>1 box powdered sugar</i>
<i>1 tsp. vanilla</i>

Combine ingredients for cake – pour into 9 x 13 pan (use cooking spray) – Bake at 350° F 30 to 35 minutes. Ice when cool.

Banana Bread

INGREDIENTS

<i>2 eggs</i>	<i>1 tsp. baking soda</i>
<i>2/3 cup melted butter</i>	<i>1/2 tsp. salt</i>
<i>1 cup mashed bananas</i>	<i>1 tsp. stevia (concentrated sweetener powder)</i>
<i>1 tsp. vanilla</i>	<i>1/2 cup chopped nuts</i>
<i>2 1/2 cups whole wheat flour</i>	

Combine moist ingredients and then add dry ingredients. Bake at 350° F for one hour.

Carrot Pineapple Cake

INGREDIENTS

<i>1 ½ cups cooking oil</i>	<i>2 tsp. salt</i>
<i>2 cups sugar</i>	<i>2 tsp. baking soda</i>
<i>4 eggs</i>	<i>1 tsp. cinnamon</i>
<i>2 ¼ cups flour</i>	<i>2 cups shredded carrots</i>
<i>½ tsp. allspice</i>	<i>1 - 8 oz. can crushed pineapple (drained)</i>
<i>½ tsp. nutmeg</i>	<i>1 ½ cups chopped walnuts</i>

FROSTING:

<i>1 - 1 lb. package powdered sugar</i>	<i>8 oz. cream cheese</i>
<i>¼ cup butter (softened)</i>	<i>2 Tbsp. vanilla</i>

Preheat oven to 350° F. Grease and flour 9 x 13 cake pan. Beat together oil, sugar and eggs. Add dry ingredients, carrots, pineapple and walnuts. Bake approximately 1 hour until toothpick comes out clean.

Best Ever Butter Toffee

INGREDIENTS

<i>2 ⅓ cups sugar</i>	<i>1 ½ cups chopped walnuts or pecans, toasted</i>
<i>2 cups butter</i>	
<i>¼ cup plus 2 Tbsp. water</i>	<i>1 cup (6 oz.) semi-sweet or milk real chocolate chips</i>
<i>2 Tbsp. light corn syrup</i>	

Butter 15 x 10 x 1-inch jelly-roll pan. Combine all ingredients except nuts and chocolate chips in heavy 3-quart saucepan. Cook over medium heat, stirring constantly, until butter is melted. Reduce heat to medium-low. Continue cooking, stirring occasionally, until candy thermometer reaches 300° F or small amount of mixture dropped into cold water forms hard brittle strands (25 to 40 minutes). Stir in 1 cup nuts. Pour mixture into prepared pan; spread to desired thickness. Sprinkle chocolate chips over hot candy; let stand 5 minutes. Spread melted chocolate evenly over candy. Sprinkle with nuts. Cool completely (at least 3 hours). Break into pieces. Store in container with tight-fitting lid in cool dry place up to 3 weeks.

Lemon Cake

INGREDIENTS

CAKE:

1 box lemon velvet cake mix
1 box lemon instant pudding mix
3 eggs
¾ cup salad oil
¾ cup water

SAUCE:

2 cups powdered sugar
⅓ cup lemon juice
3 Tbsp. butter

Mix cake ingredients and beat for 4 minutes. Pour batter into greased & floured 9 x 11 pan. (*I use a Bundt or angel food cake pan*). Bake 40 minutes at 350° F. Poke holes in top of hot cake with a fork.

Mix and heat sauce ingredients, pour hot sauce over hot cake.

Fudge Brownie Pie

INGREDIENTS

BROWNIES:

2 eggs
1 cup sugar
½ cup butter or margarine, melted
½ cup all-purpose flour
⅓ cup cocoa
⅓ tsp. salt
1 tsp. vanilla
½ cup chopped nuts (optional)

FUDGE BROWNIE PIE SAUCE:

¾ cup sugar
½ cup cocoa
1 can evaporated milk
⅓ cup light corn syrup
⅓ cup butter or margarine
1 tsp. vanilla

For the brownies: Beat eggs and liquids in small bowl. Slowly combined remainder of ingredients. Bake at 350° F for 25 to 30 minutes. Cool, cut into wedges and add sauce.

For the sauce: Cook all but butter and vanilla over medium heat, stirring constantly until mixture boils. Then stir for 1 minute. Remove from heat add butter and vanilla. Serve warm.

Brownies

INGREDIENTS

1 cup shortening	1 ½ cup flour
2 cups sugar	1 tsp. salt
4 eggs	10 Tbsp. cocoa
2 tsp. vanilla	

Grease a 13 x 9 pan and preheat the oven to 350° F. Mix shortening and sugar together, add in eggs and vanilla (feel free to add more vanilla to taste) and mix well. Add 1 cup of the flour with the salt, then add remaining ½ cup of flour and mix. Finally, mix in the cocoa.

Pour into the greased pan and bake for 20 to 30 minutes (*shorter time yields gooier brownies, more bake time yields chewier brownies*). Let cool before cutting.

Demetrius Pegues CLIENT

The Supported Employment Program with MERS/Goodwill taught me to keep trying until you find what you are looking for. The program's support and the techniques I learned during my experience with the program helped me to find my current job as a full-time Food Service Worker at Barnes Jewish Hospital.



RECIPE FOR SUCCESS: "I always have a goal in life to reach for and I don't give up until I reach that goal and find what I am looking for."

Single Serve 3-2-1 Cake Mix

INGREDIENTS

1 box angel food cake mix	Whipped topping or powdered sugar, for optional garnish
1 box any flavor cake mix	

Yield: about 6 cups mix, enough for 48 small cakes

In a gallon-size, self-sealing food storage bag, stir together the two cake mixes. Seal bag (or transfer to other airtight container) and store in pantry up to 3 months, using as needed. For each individual cake, measure 3 tablespoons of the mix into a small microwave-safe container, such as a mug or bowl. Stir in 2 tablespoons water. Microwave on high for 1 minute. If desired, top each cake with whipped topping or a sprinkling of powdered sugar.

Per cake: 80 calories, 1.5g fat, trace saturated fat; no cholesterol; 1 g protein; 16 g carbohydrates; trace fiber; 114 mg. sodium.

Impossible Pie

INGREDIENTS

4 eggs	¼ tsp. salt
1 cup sugar	½ tsp. vanilla
2 cups milk	½ cup Bisquick
½ stick butter	½ cup coconut

Mix all ingredients in blender. Pour into well-greased 9 inch pie pan. Bake at 350° F for 40 to 50 minutes.

Cheesecake Recipe

Jeff Cartnal, VP for Program Development

INGREDIENTS

3 - 8 oz. packages of cream cheese (softened)	¾ tsp. vanilla
1 cup sugar	3 eggs
	1 graham cracker crust

Preheat oven to 300° F. Beat cream cheese in large bowl. Gradually add sugar, beating until smooth. Add vanilla. Beat in eggs, one at a time. Pour into a graham cracker crust. Bake 1 hour, or until center is firm. Cool to room temperature.

Jeff Cartnal EMPLOYEE

I have been a part of the MERS/Goodwill team for 21 years. I began as a vocational evaluator, but I am now the Vice President for Program Development. MERS/Goodwill is a great fit for me because I can utilize my creativity to help find ways to fund the important programs we provide to people in need.



RECIPE FOR SUCCESS: “One part patience, one part perseverance, one part creativity and three parts humor.”

Husband's Delight

INGREDIENTS

1 cup butter (softened)
1 cup powdered sugar
3 large eggs, separated
1 can chocolate syrup

*1 ½ cups graham cracker crumbs
(finely ground)*
*2 cups chopped marshmallows
(or miniature marshmallows)*
1 cup chopped walnuts

Sprinkle ½ cup graham cracker evenly in bottom 9 x 13 cake pan; set aside. In separate bowl, cream together butter and powdered sugar. Add beaten egg yolks, chocolate syrup, ½ cup graham cracker crumbs, marshmallows and nuts. Gently fold in stiffly beaten egg whites. Pour into cake pan; sprinkle remaining cracker crumbs evenly on top. Chill overnight. Top with whipped cream.

William Hamilton CLIENT

As a veteran, I had many skills, but none that translated to an office environment. I was placed in the Office Computer and Administrative Skills Training (Office CAST) program with MERS/Goodwill for six months. During that time, I learned how to use computer software and office skills, leading to a career I love at the V.A. Regional Office.



RECIPE FOR SUCCESS: “Waking up every morning with the attitude of starting the day with a good feeling of new challenges and being able to conquer them all.”

Monkey Bread

INGREDIENTS

4 cans biscuits – quartered
½ cup sugar

½ cup cinnamon
½ cup melted margarine

Mix sugar and cinnamon together. Roll biscuits into mixture. Place biscuits in greased Bundt pan layered lightly. Pour melted margarine with remaining sugar mixture over biscuits. Bake at 350° F for 30 to 35 minutes.

Strawberry Yogurt Pie

INGREDIENTS

2 containers of strawberry yogurt
1 small container of whipped cream

2 cups of finely cut strawberries
1 graham cracker crust

Mix all ingredients in bowl. Pour into pie crust. Decorate with additional strawberries, if desired. Place in freezer to set up (about 2 hours).

Fresh Peach Dumplings

INGREDIENTS

2 large ripe peaches, peeled and pitted
*2 - 10 oz. cans refrigerated
crescent roll dough*
1 cup margarine

1 ½ cups white sugar
1 tsp. ground cinnamon
*1 - 12 fluid oz. can or bottle
white soda (Sprite/Mt. Dew)*

Preheat the oven to 350° F. Grease a 9 x 13 inch baking dish. Cut each peach into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each peach wedge in crescent roll dough starting at the smallest end. Pinch to seal and place in the baking dish. Melt butter in a small saucepan and stir in the sugar and cinnamon. Pour over the peach dumplings. Pour white soda over the dumplings. Bake for 35 to 40 minutes in the preheated oven, or until golden brown.

I have also used fresh granny smith apples or canned sliced peaches instead of fresh peaches. Good either way.



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