



HAPPY
Thanksgiving



Park Forest-Chicago Heights School District 163

A TASTE OF THANKSGIVING

COOKBOOK

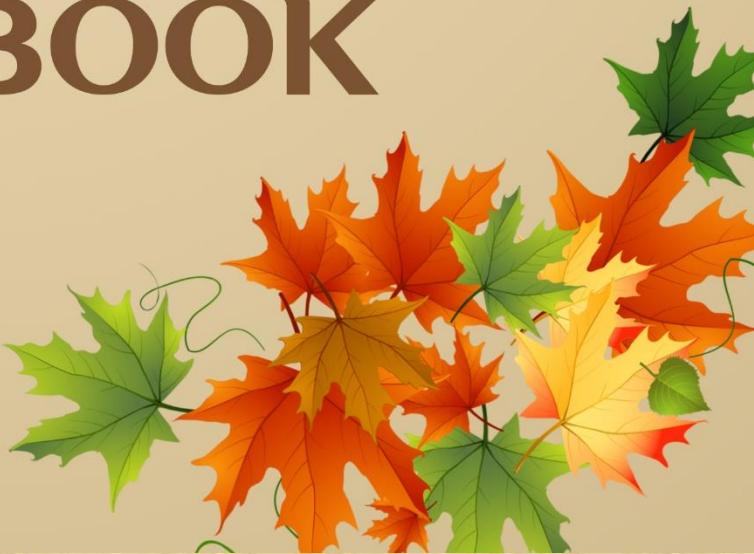




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EASY FRENCH TOAST CASSEROLE

by TJ LEE

Assistant Principal of Michelle Obama School of Technology and the Arts

INGREDIENTS

1 (8 oz) loaf crusty French bread, cut into bite-size pieces, or as needed			
1 cup brown sugar	6 eggs	½ cup butter	2 tsp vanilla extract
1 pinch ground cinnamon, or to taste	1 tbsp brown sugar, or as needed		2 cups milk

Prep Time: 15 mins

Cook Time: 35 mins

Ready In: 8 hrs 50 mins

DIRECTIONS

1. Grease a 9x12 inch baking dish.
2. Stir 1 cup brown sugar and butter together in a saucepan over medium-low heat until butter melts and sugar dissolves into butter, 2 to 4 minutes. Pour into prepared baking dish and spread a 1½ to 2-inch layer of bread pieces over the top.
3. Beat milk, eggs, and vanilla extract together in a bowl; pour milk mixture over bread into the baking dish and move bread as necessary to ensure all bread is absorbing liquid. Sprinkle cinnamon over the top. Cover the dish with plastic wrap and refrigerate, 8 hours to overnight.
4. Preheat oven to 450°F. Remove and discard plastic wrap from baking dish and sprinkle remaining brown sugar over the top of the bread mixture.
5. Bake in the preheated oven until browned and bubbling, about 30 minutes.





SOUTHERN GREEN BEAN CASSEROLE

by DR. KHARI GRANT

Principal of Barack Obama School of Leadership and STEM

INGREDIENTS

6 strips bacon (baked or fried crispy)
3 cloves garlic, minced
 $\frac{1}{4}$ cup milk
Salt and pepper
 $1\frac{1}{2}$ cups French fried onions

$\frac{1}{2}$ onion, finely diced (frozen 2/3 cup or 1 cup)
2 (10.5 oz) cans cream of mushroom condensed soup
1 cup Monterey jack cheese, shredded
4 (14.5 oz) cans cut green beans, drained

DIRECTIONS

1. Preheat oven to 350°F and lightly spray a 9x13 inch baking dish with nonstick cooking spray.
2. In a large skillet, cook the bacon over medium-low heat until crisp. Remove to drain on paper towels, then crumble. Drain away all but about 2 tablespoons of the bacon grease, then return the pan to medium heat. Add the onions and cook, stirring occasionally, about 5 minutes or until translucent. Add the garlic and cook for 1 minute. Stir in the undiluted mushroom soup and add the crumbled bacon back. Stir to combine. Stir in the milk and cheese. Stir until the cheese is melted. Add salt and pepper to taste. Fold in the green beans until well combined. (Dr. Grant tips: bake the bacon for even consistency and crispness. If using fresh green beans, blotch them then let them sit in a strainer. You can add mushrooms if you like, but do not add too many – $\frac{1}{4}$ cup of mushrooms chopped.)
3. Pour the mixture into the prepared dish. Top with the fried onions. Bake uncovered for 30 minutes or until the casserole is hot and bubbly.





CORNBREAD

by ALLISON R. MCCRAY

Board Vice President of School District 163

INGREDIENTS

1½ cups Cornmeal

1¼ cups Flour

3 tbsp Sugar

1½ tbsp Baking Powder

1 tsp Salt

2 cups Milk

1 Egg

¼ cup Oil

DIRECTIONS

1. Preheat oven to 350 degrees with ¼ cup of oil in cast iron skillet.
2. Mix dry ingredients.
3. Add egg and milk. Mix well.
4. Add hot oil and mix well.
5. Pour into hot skillet and bake for 35 minutes.





PATTI LABELLE'S MACARONI AND CHEESE

Cooking Demonstration by DR. REGINA NOTTKE

Assistant Superintendent of Student Services

INGREDIENTS

1 tbsp vegetable oil	1 lb macaroni	8 tbsp butter	1 tbsp butter
$\frac{1}{2}$ cup muenster cheese, shredded		$\frac{1}{2}$ cup mild cheddar cheese, shredded	
$\frac{1}{2}$ cup sharp cheddar cheese, shredded		$\frac{1}{2}$ cup monterey jack cheese, shredded	
2 cups half-and-half	8 oz Velveeta cheese, cubed	2 eggs, lightly beaten	
$\frac{1}{4}$ tsp seasoning salt		$\frac{1}{8}$ tsp fresh ground pepper	

DIRECTIONS

Ready in: 50 mins

Serves: 8

1. Preheat oven to 350°F. Lightly butter a deep 2½ quart baking dish. Fill a large pot with water and bring to a rapid boil. Add macaroni and the 1 tbsp oil. Cook for 7 minutes, or until somewhat tender. Drain well and return to the pot.
2. Meanwhile, in a small saucepan, melt 8 tbsp of the butter. Stir into macaroni.
3. In a large bowl, combine all of the shredded cheeses. To the macaroni, add 1½ cups of shredded cheeses, half and half, the cubed cheese and the eggs, and the seasoned salt and pepper. Transfer to the prepared casserole dish and top with remaining ½ cup shredded cheese. Dot with remaining 1 tbsp of the butter.
4. Bake for 30-35 minutes or until the edges are golden brown and bubbly.
5. Serve hot.





MILLIONAIRE PIE

by JUDY HAWTHORNE
Board Secretary of School District 163

INGREDIENTS

1 package of 8 oz cream cheese
1 cup sugar
1 12 oz container of frozen whipped topping
1 20 oz can crushed pineapples, drained
2 9-inch prepared graham cracker crust
8 oz sour cream

DIRECTIONS

1. Mix cream cheese and 1 cup of sugar until smooth.
2. Add sour cream and crushed pineapples (drain crushed pineapples before adding to the mixture).
3. Fold in thawed whipped topping.
4. Divide mixed ingredients between the 2 graham cracker crust pies.
5. Refrigerate for 3-4 hours.





GRANDMA'S POUND CAKE

by DR. CALETHA WHITE
Superintendent of School District 163

CAKE INGREDIENTS

3 sticks unsalted butter
3 cups granulated sugar
1 tsp vanilla flavor

1 (8 oz) package of cream cheese
3 cups cake flour
1 tsp lemon flavor (optional)

6 large eggs
½ tsp salt

GLAZE INGREDIENTS

2 cups powdered sugar
½ tsp lemon and vanilla flavor

2 tbsp butter (optional)
3-4 tbsp milk, water or lemon juice

DIRECTIONS

1. 3 hours prior to cooking, leave eggs, butter and cream cheese out to warm to room temperature.
2. Preheat oven to 325°F 30 minutes prior to baking.
3. Cream butter and cream cheese until smooth. Add sugar a little at a time. Beat until light and fluffy. Add eggs one at a time. Beat after each egg. Add lemon/vanilla flavor. Add flour a little at a time, mixing well. Mix until smooth.
4. Pour into large bundt cake pan.
5. Bake at 325°F for 1½ hours.
6. Prepare glaze 10 minutes prior to completion of baking.
7. Remove from pan and glaze immediately while cake is hot from the oven.





MS. RENEE DON'T PLAY SWEET POTATO PIE

by RENEE HAWTHORNE
Family Engagement and Enrichment Manager

INGREDIENTS

12 large sweet potatoes, skin on for easy peeling
2 cups (4 stick) butter, melted
2 teaspoons McCormick® All Natural Pure Vanilla Extract
1 teaspoon salt
4 graham cracker deep dish pie crust, 9-inch

1 can (12 ounces) sweetened condensed milk
2 cups granulated sugar
1 teaspoon McCormick® Ground Nutmeg
1 teaspoon baking powder
Cool whip topping (optional)

10 SERVINGS

DIRECTIONS

1. Place sweet potatoes (skin on) in a large saucepan. Add water to cover. Bring to boil for 45 minutes. Reduce heat to low; cover and simmer 20 minutes until sweet potatoes are fork tender. Drain and peel while hot.
2. Preheat oven to 350°F. Place sweet potatoes in large bowl. Mash with potato masher. Add remaining ingredients except pie crust and cool whip; mix well. Pour filling into pie crust.
3. Bake 40 to 45 minutes or until a knife inserted near center comes out clean. Cool completely on wire rack. Optional: Cool Whip topping.
4. Eat and Enjoy ☺





RECIPES YOU MAY ENJOY





HOMESTYLE TURKEY, THE MICHIGANDER WAY

ALLRECIPES.COM

Prep: 10 mins

Cook: 5 hrs

Total: 5 hrs 10 mins

Servings: 16

Yield: 1 (12 pound) turkey

INGREDIENTS

1 (12 pound) whole turkey
4 cups warm water
2 tbsp dried parsley
2 tbsp seasoning salt

6 tbsp butter, divided
3 tbsp chicken bouillon
2 tbsp dried minced onion

DIRECTIONS

1. Preheat oven to 350°F. Rinse and wash turkey. Discard the giblets, or add to pan if they are anyone's favorites.
2. Place turkey in a Dutch oven or roasting pan. Separate the skin over the breast to make little pockets. Put 3 tablespoons of the butter on both sides between the skin and breast meat. This makes for very juicy breast meat.
3. In a medium bowl, combine the water with the bouillon. Sprinkle in the parsley and minced onion. Pour over the top of the turkey. Sprinkle seasoning salt over the turkey.
4. Cover with foil and bake in the preheated oven 3½ to 4 hours, until the internal temperature of the turkey reaches 180°F. For the last 45 minutes or so, remove the foil so the turkey will brown nicely.





CHEF JOHN'S MAKE-AHEAD TURKEY GRAVY

ALLRECIPES.COM

Prep: 20 mins

Cook: 3 hrs 55 mins

Total: 4 hrs 15 mins

Servings: 8

Yield: 8 servings

INGREDIENTS

1 large onion, chopped

2 ribs celery, chopped

2 large turkey wings

10 cups cold water

2 cloves garlic (optional)

½ cup all-purpose flour

2 carrots, chopped

2 tsp vegetable oil

2 tbsp cold water

4 sprigs fresh thyme

3 tbsp butter

salt and ground black pepper to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine onion, carrots, celery, and vegetable oil in a large roasting pan and toss to coat. Place turkey wings on top of vegetables.
3. Place roasting pan in the preheated oven and cook until the turkey wings are browned and vegetables are caramelized and softened, 45 to 60 minutes.
4. Transfer turkey wings and vegetables to a large stockpot. Place the roasting pan over a stovetop burner on medium heat. Pour 2 tablespoons cold water into the pan and bring to a boil, scraping up any bronzed bits. Transfer mixture to the stockpot and add 10 cups cold water, thyme, and garlic.
5. Bring turkey wing mixture to a boil. Reduce heat to low and simmer, uncovered, until meat falls off the bone, about 3 hours. Skim off turkey fat throughout the process and set aside 2 tablespoons.
6. Strain turkey stock and reserve 6 cups of stock; discard all the solids.
7. Heat butter and 2 tablespoons reserved turkey fat in a large saucepan over medium heat. Sprinkle in flour and cook, whisking continuously, until it begins to smell like cooked pie crust, 2 to 3 minutes. Slowly pour in turkey stock, whisking continuously. Increase heat to high and simmer until thick and warmed through, about 5 minutes. Season with salt, black pepper, and cayenne pepper to taste.





TANGY HONEY GLAZED HAM

ALLRECIPES.COM

Prep: 15 mins
Cook: 2 hrs 45 mins
Total: 3 hrs
Servings: 20
Yield: 1 (10 pound) ham

INGREDIENTS

1 (10 pound) fully-cooked, bone-in ham
1 ¼ cups packed dark brown sugar
⅓ cup pineapple juice
⅓ cup honey
⅓ large orange, juiced and zested
2 tbsp Dijon mustard
¼ tsp ground cloves

DIRECTIONS

1. Preheat oven to 325°F. Place ham in a roasting pan.
2. In a small saucepan, combine brown sugar, pineapple juice, honey, orange juice, orange zest, Dijon mustard, and ground cloves. Bring to a boil, reduce heat, and simmer for 5 to 10 minutes. Set aside.
3. Bake ham in preheated oven uncovered for 2 hours. Remove ham from oven, and brush with glaze. Bake for an additional 30 to 45 minutes, brushing ham with glaze every 10 minutes.





GRANDMA'S CORN BREAD DRESSING

ALLRECIPES.COM

Prep: 45 mins

Cook: 30 mins

Total: 1 hr 15 mins

Servings: 6

Yield: 6 to 8 servings

INGREDIENTS

1 (16 oz) package dry corn bread mix

2 tbsp butter

½ cup chopped celery

1 small onion

2 eggs, beaten

2 cups chicken stock

2 tbsp dried sage

Salt and pepper to taste

DIRECTIONS

1. Prepare the dry corn bread mix according to package directions. Cool and crumble.
2. Preheat oven to 350°F. Grease one 9x13 inch baking dish.
3. In a large skillet over medium heat, melt the butter and sauté the celery and onion until soft.
4. In a large bowl, combine the celery, onions, 3 cups crumbled corn bread, eggs, chicken stock, sage and salt and pepper to taste; mix well.
5. Place into prepared dish and bake at 350°F for 30 minutes.



FRESH CRANBERRY SAUCE

by DR. REGINA NOTTKE
Assistant Superintendent of Student Services

INGREDIENTS

1 package of fresh cranberries	Orange juice ($\frac{1}{2}$ - 1 cup)
Sugar ($\frac{1}{2}$ - 1 cup)	1 orange and zester (optional)



DIRECTIONS

1. Put a pot on the stove.
2. Rinse the cranberries under the sink water in a strainer and then add them to the pot on the stove.
3. Put orange juice in the pot (I use 1 cup of OJ.) and $\frac{1}{2}$ cup of the sugar.
4. Turn the pot on medium heat/flame. You will need to stir the sauce throughout its' cooking time.
5. The cranberries will begin to burst, that is good. You want that to happen.
6. You will want to take a spoon and test the sweetness of your sauce. I like my sauce sweeter so I would add more sugar at this point. Also if I was feeling fancy, I would zest my orange at this point into the pot. It adds more orange flavor.
7. I cook the berries down until almost all of them have burst, about 15-20 minutes. The longer you cook them, the thicker the sauce. The sauce will thicken some after cooling.
8. You will then need to put the sauce in a container with a lid and allow it to chill in the refrigerator for at least 2 hours. It will look like the picture above after it has chilled and thickened.





YUMMY CANDIED YAMS

ALLRECIPES.COM

Prep: 5 mins

Cook: 45 mins

Total: 50 mins

Servings: 8

Yield: 8 servings

INGREDIENTS

4 sweet potatoes, peeled and cubed

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

1 cup butter

2 cups white sugar

DIRECTIONS

1. In a large pot over medium heat, place potatoes in water.
2. Top with butter and sugar, cover and bring to a boil.
3. Reduce heat to low and simmer, without stirring, until mixture is thick and syrupy, 40 minutes. Mixture will thicken slightly as it cools.
4. Remove from heat and serve warm.





EASY CANDY YAMS

ALLRECIPES.COM

Prep: 5 mins

Cook: 40 mins

Total: 45 mins

Servings: 6

Yield: 1 8x8 inch dish

INGREDIENTS

4 cups chopped sweet potato

1 (12 oz) jar caramel topping

1/8 cup brown sugar

1/2 cup butter

1 cup miniature marshmallows

DIRECTIONS

1. Preheat oven to 325°F.
2. Place sweet potatoes in an 8x8 inch square baking dish. Pour caramel over potatoes. Sprinkle with sugar and dot with butter.
3. Bake in preheated oven 30 minutes, until potatoes are tender and mixture is bubbly. Remove from oven and sprinkle with marshmallows evenly over potatoes. Return to oven until marshmallows are melted and browned, 5 to 10 minutes more.





RED GARLIC MASHED POTATOES

ALLRECIPES.COM

Prep: 15 mins
Cook: 30 mins
Total: 45 mins
Servings: 4
Yield: 4 servings

INGREDIENTS

8 red potatoes, cubed
2 tsp crushed garlic
½ cup butter
¼ cup half-and-half cream
¼ tsp steak seasoning
¼ tsp garlic powder
⅛ tsp white sugar

DIRECTIONS

1. Place the potatoes into a large pot and fill with enough water to cover. Add 1 teaspoon of the crushed garlic to the water for flavor. Bring to a boil and cook for about 10 minutes, or until easily pierced with a fork.
2. Drain the potatoes and add the butter. Mash until the butter is melted. Mix in the half-and-half, steak seasoning, garlic powder, sugar, and remaining garlic. Mix potatoes with an electric mixer until smooth.





ROASTED GARLIC MASHED POTATOES

ALLRECIPES.COM

Prep: 10 mins

Cook: 1 hr

Total: 1 hr 10 mins

Servings: 8

Yield: 8 servings

INGREDIENTS

1 medium head garlic

1 tbsp olive oil

2 lbs russet potatoes, peeled and quartered

4 tbsp butter, softened

½ cup milk

Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350°F.
2. Drizzle garlic with olive oil, then wrap in aluminum foil. Bake in preheated oven for 1 hour.
3. Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 15 minutes. Drain, cool and chop. Stir in butter, milk, salt and pepper.
4. Remove the garlic from the oven and cut in half. Squeeze the softened cloves into the potatoes. Blend potatoes with an electric mixer until desired consistency is achieved.





CREAMY SOUTHERN SOUL FOOD STYLE POTATO SALAD

IHEARTRECIPES.COM

INGREDIENTS

4 large russet potatoes scrubbed and rinsed	3 large eggs	$\frac{1}{2}$ cup mayonnaise
2 tbsp yellow mustard	$\frac{1}{4}$ cup sweet relish	$\frac{1}{3}$ cup dill relish
$\frac{1}{4}$ cup chopped green onion (green and white parts)	1 tsp cracked black pepper	$\frac{1}{4}$ cup diced celery
2 tbsp dill pickle juice	1 tsp garlic powder	1 $\frac{1}{2}$ tsp onion powder
1 tsp salt		Paprika (optional)

DIRECTIONS

1. Boil the potatoes until they are nice and fork tender, once done drain the water and let cool.
2. Peel the potato skin off, place them into a large bowl, then cut the potatoes in chunks.
3. Dice or crumble the boiled eggs, then add them into the bowl with the potatoes.
4. Next, toss in the celery, and onion.
5. Sprinkle in all of the seasonings, then set the bowl to the side.
6. In a separate bowl combine the mayonnaise, mustard, relish, and pickle juice.
7. Mix until well combined, then add it with the other ingredients.
8. Fold all of the ingredients until they are well combined.
9. Cover and refrigerate until the potato salad is nice and cold.
10. Place the potato salad into a serving bowl, then sprinkle paprika on top (optional).
11. Serve and enjoy!



Happy Thanksgiving



NO BAKE BANANA PUDDING

by RHONDA GOLSTON

INGREDIENTS

1 (5 oz) box vanilla instant pudding mix
1 (14 oz) can sweetened condensed milk
1 (12 oz) box Nilla Wafers

2 cups cold milk
1 (12 oz) cool whip whipped topping (thawed)
8 sliced barely ripe bananas

Prep Time: 25 mins

Chill Time: 1 hour

Total Time: 1 hour 25 mins

DIRECTIONS

1. In a large mixing bowl, use a mixer to beat pudding mix and milk for 2 minutes. The pudding should be a creamy mixture.
2. Next, add the can of sweetened condensed milk to the pudding. Use a spoon to stir the sweetened condensed milk until it is completely blended and as a smooth texture.
3. Gently fold in the thawed cool whip into the pudding mixture until there are no streaks of the pudding. The whip cream should now make the pudding mixture fluffy and light.
4. To assemble dessert, arrange $\frac{1}{3}$ of the Nilla wafers covering the bottom of the pan. Next, layer $\frac{1}{3}$ of the bananas, and $\frac{1}{3}$ of the pudding mixture. Repeat twice more and garnish with additional wafers or wafer crumbs on the top layer. Cover tightly and allow to chill in the fridge for at least 1 hour before serving to your guest.

