

The *Best* of
LONG-TERM CARE
Dining



advances for
Long-Term Care
Management



*L*ong-term care dining

is undergoing a revolution. Fresher ingredients, more exciting flavors and more enticing presentations are replacing the institution fare of yore. We've asked chefs from across the country to share some of their favorite recipes.

Bon Appétit!





Contents

SAVORY

- 7* Escalloped Corn

- 8* White Chicken Chili

- 9* Herbed Roasted Turkey

- 10* Pancetta, Spinach & Avocado Stuffed Chicken with Pico de Gallo

- 12* Frank Fusco's Spring House Estates Crab Cakes

- 13* Caramelized Wild Salmon Florentine

- 14* Peppercorn Beef Tenderloin with Gorgonzola and Chive Mousse

- 15* Whole Wheat Pasta with Spinach, Garlic and Olive Oil

- 16* Puree of Fresh Asparagus with Parmesan Twist

- 17* Italian Wedding Soup

- 18* Grilled Gulf Shrimp with Fresh Avocado and Mango Salsa

- 19* Brisket with Applewood Bacon

- 20* Apple Butter Pork Tenderloin with Raisin Rum Compote

SWEET

- 21* Overnight Apple Butter

- 23* Banana Apple Pudding

- 24* Gwynedd Estates Brownies

- 25* Silky White & Dark Chocolate Crème with Raspberry Chambord Coulis

- 26* Mary's Bread Pudding

- 27* Pumpkin Turnovers

- 28* Red and Green Tarts

- 29* Pastel de Tres Leches

- 30* Multimedia Resources



Escalloped Corn

Submitted by Willis Earl, Food Service Director,
Founders Pavilion Inc., Corning, N.Y.

Thanksgiving is a wonderful holiday that brings memories of sitting around the table with our loved ones, feasting on a wonderful meal that took all day to prepare. At Founders Pavilion, we used to feature a traditional turkey meal on Thanksgiving Day. It would be served through the tray line and delivered to each resident. Some had family visit and some did not. Four years ago that changed.

We now have a Thanksgiving celebration on the Tuesday prior to the actual holiday. This enables family members to join us, and their loved one, for a meal prepared just like they remember.

We have over 30 volunteers who help serve the meal in the dining room and several locations throughout our building. Many visitors even join their family members in their rooms for this occasion. We serve a traditional Thanksgiving meal consisting of turkey or ham, sweet potatoes, escalloped corn, rolls and butter, sparkling juice, coffee and of course several desserts and pies. We make this a grand affair, and it is talked about for weeks after it is over.

INGREDIENTS

3 #10 cans of whole kernel corn

2 #10 cans of creamed corn

2 quarts pasteurized liquid eggs

3 quarts of Ritz crackers – crushed

½ gallon 2% milk

DIRECTIONS

Preheat oven to 350 degrees. Spray pans with oven release. In large mixing bowl, combine corn, creamed corn, eggs, milk and 2 quarts of crackers. Mix well. Pour mixture into pans and top with remaining crackers. Bake until internal temperature reaches 155 degrees, about 50 minutes and browned on top. Makes 140 portions.

White Chicken Chili

Submitted by: Matt McCall, Dining Director,
Sanctuary at St. Paul's, South Bend, Ind.

Matt uses fresh and seasonal produce whenever possible, never using canned items. This past summer, he and a resident, Mary Ellen Handwork, planted an herb garden at Sanctuary at St. Paul's. Matt continues to use the herbs in his cooking.

When cooking for seniors, Matt likes to give traditional dishes like pot roast a special twist. That might be introducing a new vegetable, or complementing it with all of the extras like carrots, onions, celery and potatoes.

This white chicken chili was awarded "Most Unique Recipe" in the 2010 Michiana Chili Cook-off this October.

INGREDIENTS

¼ C and 2 Tbsp vegetable oil

4 cloves garlic, minced

2 green bell peppers, chopped

2 red bell peppers, chopped

2 onions, chopped

2 stalks celery, sliced

½ lb. mushrooms, chopped

2 lbs. skinless, boneless chicken breast halves, cut into bite sized pieces

15 oz. bulk Italian sausage

2 Tbsp chili powder

2 tsp ground cumin

½ tsp salt

2 pinches ground black pepper

2 (14.5 oz) cans chick peas, drained and rinsed

2 (19 oz) cans navy beans, drained and rinsed

DIRECTIONS

On a grill, cook whole peppers, chicken, sausage and onions before chopping to add flavor. In a large skillet, heat 2 Tbsp of the oil over medium heat. Then saute the garlic, peppers, onion, celery and sausage for 5 minutes. Add the chili powder, cumin, salt and ground pepper to the skillet. Stir for a few minutes to prevent burning. Add the beans, bring to a boil and reduce heat to low. Cover the skillet and simmer for 15 minutes, then remove cover and simmer for 20 more minutes.

By grilling the items prior to adding them to the chili (peppers, onions, sausage and chicken), you can achieve intense flavors without adding a spicy heat to the dish. To make the recipe even healthier, substitutions can be made such as turkey Italian sausage. Ingredients also can be finely chopped so those with limited eating capabilities can enjoy. Serves 6.

Herbed Roasted Turkey

Submitted by Matt Rammes, Executive Chef, Countryside Manor, Sheboygan, Wis.

This traditional holiday bird brings much more to the table than just great taste. Turkey breast packs more protein than other meats, just 1 gram of fat per 3 oz. serving and it contains selenium, which may help prevent certain cancers and heart disease.

INGREDIENTS

1 turkey (about 12 lbs) thawed, rinsed and patted dry

½ C chopped parsley

1 Tbsp chopped fresh rosemary plus 3 sprigs

1 Tbsp chopped fresh sage leaves

1½ tsp chopped fresh thyme leaves

8 cloves garlic, finely chopped

5 Tbsp Olive oil

Salt substitute and ground pepper

2 lemons, poked all over with a fork

1 qt. apple cider

1 C vegetable stock



DIRECTIONS

Preheat oven to 350 degrees with rack in lowest position. Remove packet from neck cavity and discard liver. Rinse remaining giblets and neck, refrigerate until ready to make broth. In a small bowl, combine parsley, rosemary, sage, thyme, garlic, 4 Tbsp oil, 1 tsp salt substitute and ½ tsp ground pepper.

Carefully loosen skin of breast and around thighs and rub herb mixture under skin of both.

Season cavity with salt substitute and pepper; loosely fill with lemons and rosemary sprigs.

Use cotton twine to tie the legs together, so the bird retains shape and moisture during cooking. Pour cider and stock in pan and set turkey on top of roasting rack. Rub with remaining oil and season generously with salt substitute and pepper. Tent turkey loosely with foil. Roast one hour, uncover, baste frequently until 170 degrees internal temperature. Let stand 30 minutes before carving. Serves 10.

Pancetta, Spinach & Avocado Stuffed Chicken with Pico de Gallo

Submitted by Matthew Petkovic, Azalea Trace, Pensacola, Fla.

STUFFED CHICKEN INGREDIENTS

5 boneless skinless chicken breasts

3 ripe avocados

1 C diced pancetta

1 C diced onions

1 C diced celery

½ C diced red pepper

10 cloves minced garlic

4 cups stemless fresh spinach

salt & pepper to taste

3 Tbsp panko bread crumbs

3 Tbsp olive oil

4 oz red wine

Juice of 3 limes



STUFFED CHICKEN DIRECTIONS

Lay the chicken out on plastic wrap and pound it out until it is about 1/4 inch thick. Season with salt and pepper and put back into cooler. In a saute pan, heat the olive oil and add the pancetta. Cook for 3 to 5 minutes. Add the onions, celery, red pepper and cook until the onions are translucent. Add garlic and spinach and cook until the spinach is wilted. Deglaze the pan with the red wine and reduce until au sec. Add bread crumbs, taste and adjust flavor as needed with salt and pepper.

In a blender, add the 3 avocados, lime juice and salt and pepper. Pulse the blender until the avocado is smooth. Place the chicken on plastic wrap. Add 1 teaspoon of the avocado mix and spread it out to cover the chicken breast. Add 1 tablespoon of the pancetta stuffing mixture and roll the chicken breasts. Cook the chicken on a greased baking sheet at 350 degrees for approx 20 minutes or until the internal temperature is 165 degrees.

PICO DE GALLO INGREDIENTS

1½ C Concassee tomatoes

¼ C diced red onion

1 Tbsp diced hot pepper

1 Tbsp minced fresh garlic

Juice of 3 limes

3 Tbsp chopped fresh cilantro

Salt & pepper to taste



PICO DE GALLO DIRECTIONS

Bring a pot of water to a boil. Core the tomatoes with a paring knife. Make an X on the opposite end of the core. Place the tomatoes in the boiling water until the skin starts to peel away. Take tomatoes from the boiling water to an ice bath to stop the cooking process. Remove the peel and seeds and chop. Combine all the ingredients in a bowl and reserve for service. This will top the chicken.

Frank Fusco's Spring House Estates Crab Cakes

Submitted by: Frank Fusco, Spring House Estates, Spring House, Pa.

INGREDIENTS

50 lbs. lump crabmeat

1 case Wicks Crab Stuffing

2 medium onions, minced in food processor

3 medium green peppers, minced in food processor

3 medium red peppers, minced in food processor

1 5 oz bottle Worcestershire sauce

4 oz dry mustard

1½ gallon mayonnaise

10 oz Old Bay seasoning

DIRECTIONS

In a large fish bowl, mix crabmeat with Wick's stuffing. Robot coupe onions, green peppers, and red peppers and drain until dry. Add to other ingredients and mix them all together. The mix should be wet, but not dripping moisture. Use a 6 oz. scoop to scoop 35 crab cakes onto sheet paper. The whole mixture will yield 285 crabcakes. Freeze overnight. The next day, dip in egg batter and breadcrumbs, then fry till golden brown. Finish in the oven at 350 degrees for 30 minutes or until 165 internal temp.

Caramelized Wild Salmon Florentine

Tim Hazen, Executive Chef, CRL Senior Living Communities,
Bellevue Independent and Assisted Living, Green Bay, Wis.

INGREDIENTS

2 (6 oz) salmon fillets
 10 oz frozen whole spinach, thawed
 10 thin slices of sun dried tomato
 ¼ small onion, sliced
 1 tsp minced garlic
 1½ Tbsp butter
 1 oz dry white wine
 ¼ lemon
 1 tsp brown sugar
 Salt and pepper



*Salmon
is great for
the brain.*

DIRECTIONS

Heat the butter in a non-stick pan and sauté the salmon fillets on both sides until half cooked. Remove the salmon and set aside. Add the garlic and sliced onion to the pan and sauté for 2 minutes. Add the sliced sun dried tomatoes and sauté for 2 minutes more. Add the spinach and deglaze the pan with the white wine to utilize all the flavors that have stuck to the bottom of the pan. Cook until the spinach is soft, about 3 minutes.

Put the spinach in a baking dish and place the salmon fillets on top of it. Season the salmon fillets with salt and pepper and sprinkle them lightly with the sugar. Squeeze the lemon wedge over them and put the baking dish in a preheated oven at 475 F. Bake until the salmon is ready and lightly caramelized, about 8–10 minutes. When the Salmon Florentine is ready, simply lift it with a spatula from the baking dish and serve it in the dinner plate. Serve with a lemon wedge on the side.

Peppercorn Beef Tenderloin with Gorgonzola and Chive Mousse

Submitted by Chef Tim Cornish, Regional Director of Dining Services,
North Division, Brookdale Senior Living, Milwaukee, Wis.

INGREDIENTS

1 lb. beef tenderloin roast

1 Roma tomato

1 oz. peppercorn medley

1 egg white

1 oz micro rainbow sprouts

4 artisan rolls

3 oz diced fine onion

3 oz Gorgonzola cheese

2 oz heavy cream

1 tsp chopped fine

Chives



DIRECTIONS

Slice tenderloin lengthwise. Brush with egg whites and roll in peppercorns. Bake in 350 degree oven until internal temperature reaches 145 degrees. Let rest for 30 minutes. Sauté onions until caramelized, add Gorgonzola. Add to food processor, blend until smooth, let chill. Whip in mixer, adding cream until piping consistency. Add chives for color.

Assembly: Slice Tenderloin and place two 2 oz slices on roll. Garnish with sliced tomato and micro rainbow sprouts. Serve Gorgonzola mousse on side. Serves 4.

Whole Wheat Pasta with Spinach, Garlic and Olive Oil

Submitted by Terri Mills, Regional Director of Hospitality Services,
CRL Senior Living Communities. Neenah, Wis.

INGREDIENTS

1 tsp salt substitute

1 lb. whole wheat linguine

1/3 C extra virgin olive oil

4 garlic cloves, 2 minced and 2 thinly sliced

4 C fresh spinach, stems removed

1/3 C fresh chopped flat leaf parsley

Zest of 1 lemon

*High fiber diets
have been linked
with a reduced risk
of heart disease.*

DIRECTIONS

Bring a large pot of water to a boil, add salt substitute and pasta. Return to a boil and cook 10 min. or until al dente. Drain. Meanwhile, heat oil in a large skillet over med-low heat until hot. Add garlic, spinach and half of the parsley, stirring constantly for 3 min. Remove from heat. Add pasta and toss until well coated. Transfer to bowl and sprinkle with zest and parsley.



Puree of Fresh Asparagus with Parmesan Twist

Submitted by Chef Robert Havens, Corporate Director of Culinary Services,
Brookdale Senior Living, Milwaukee, Wis.

INGREDIENTS

1 lb fresh asparagus
¾ C chopped onion
1 ¾ C vegetable broth
1 Tbsp butter
2 Tbsp all purpose flour
1 Tbsp salt
1 pinch ground black pepper
1 C milk 2%
4 oz plain yogurt
1 tsp lemon juice
½ tsp parmesan cheese
½ tsp sour cream
4 parmesan twists



DIRECTIONS

Place asparagus and onion in a saucepan with ½ cup of vegetable broth. Bring broth to a boil, reduce heat and let simmer until the vegetables are tender. Reserve asparagus tips for garnish.

Place remaining vegetables in blender and puree until smooth. Melt butter in the saucepan; stir while adding flour, salt, and pepper slowly into the butter. Allow to cook for two minutes but do not let the flour brown. Stir in the remaining 1¼ cups vegetable broth and increase the heat. Continue stirring until the mixture comes to a boil. Stir the vegetable puree and milk into the saucepan. Whisk yogurt into mixture, followed by lemon juice, add parmesan cheese to taste and Stir until heated through.

Before serving, garnish with a ½ tsp of sour cream, asparagus tips and parmesan twist.

Servings: Six 8 oz servings

Elizabeth's
Favorite

Italian Wedding Soup

Submitted by Elizabeth Rosto Sitko, Managing Editor, *ADVANCE*

INGREDIENTS, SOUP:

1 large onion, diced

5–6 stalks celery (3 cups diced), including the leaves

2 cloves garlic

16 cups chicken stock

2 pounds escarole

10 oz. acini di pepe pasta

4 tsp fresh parsley

INGREDIENTS, MEATBALLS:

1 pound of lean ground veal or beef

½ cup breadcrumbs

3 Tbsp Parmesan cheese

2 tsp fresh parsley

salt and pepper to taste

DIRECTIONS

Saute the diced onion, celery and leaves, and garlic in olive oil until translucent. Add the chicken stock and cook over medium heat.

Cut greens into 2 inch pieces. Clean by soaking in bowl of water and changing water until clean and not sandy. In a separate pot, cook the greens for about 10 minutes.

Strain greens and add to the simmering chicken stock. Reserve some of the water from cooking the greens and add if desired.

Once the soup comes to a boil, add the uncooked meatballs (see below) and stir until cooked, about 5 minutes. Add the uncooked pasta to the soup, and boil an additional 5 minutes. Garnish with fresh chopped parsley.

To make the meatballs: combine all meatball ingredients and roll into mini balls. Refrigerate for 20 minutes before dropping into soup.

Optional: beat 2 eggs with black pepper and Parmesan cheese. Drizzle mixture into boiling soup. Serves 12.



Grilled Gulf Shrimp with Fresh Avocado and Mango Salsa

Submitted by Chef Robert Davis, Regional Director of Dining Services,
North Division, Brookdale Senior Living, Milwaukee, Wis.

INGREDIENTS

1 quart water or court bouillon

24 shrimp (21/25ct) raw, in the shell

3 tsp diced red onions

3 tsp diced yellow pepper

3 tsp diced tomatoes

3 tsp diced red pepper

6 tsp diced fresh mango

8 tsp diced avocado

2 tsp lemon juice

salt & pepper to taste

4 tsp chopped cilantro

2 tsp olive oil

2 C micro greens



DIRECTIONS

Bring water or court bouillon to a boil then reduce to a simmer. Add the shrimp and simmer for 2 minutes. Remove from the heat, strain shrimp, cover and refrigerate until ready to serve. In a bowl, mix the red onion, yellow pepper, tomatoes, red pepper, mango, and cilantro together. Gently fold in the avocado. Season with salt and pepper, lemon juice, and olive oil.

Peel the shrimp and dry on a paper towel. Butterfly, devein and present the shrimp with tail-up a plate. Place a tablespoon of salsa on each shrimp. Garnish with micro greens.

Servings: 4

Brisket with Applewood Bacon

Submitted by the Cura Hospitality Dining Team at
Sherwood Oaks Retirement Community, Cranberry Township, Pa.

INGREDIENTS

- 2 beef briskets
- ½ C minced garlic
- 3 Tbsp grill seasoning
- 4 bottles beer
- 1 C apple cider vinegar
- 2 C brown sugar
- 2 lbs. applewood smoked bacon

DIRECTIONS

Day 1: Rub beef with garlic and grill seasoning. Cover and refrigerate overnight.

Day 2: Pour beer and vinegar over beef. Turn the beef, cover, and return to refrigerator.

Day 3: Sprinkle brown sugar on beef and wrap with applewood bacon. Keep beef in marinade and covered. Place in 250 degree oven for 3 hours or until beef is very tender.

Remove from marinade, slice against the grain and hold warm. Strain marinade and pour into sauce pan over medium high heat.

Note: Heat until product temperature reaches 165 degrees F. or more for at least 15 seconds. Hold for service at 140 degrees F. or higher. Do not mix old product with new. Cool the product. The temperature must reach 40 degrees F. or lower within 4 hours. Reheat leftovers to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours one time only. Servings: 30.



Apple Butter Pork Tenderloin with Raisin Rum Compote

Submitted by the Cura Hospitality Dining Team at
Sherwood Oaks Retirement Community, Cranberry Township, Pa.

INGREDIENTS

1 C apple butter

2 Tbsp whole butter

1 tsp allspice

1 tsp cinnamon

1 C chopped apples

½ onion, caramelized

6 sage leaves

½ C raisins

Spiced rum

1 pork tenderloin



DIRECTIONS

The day before cooking, rub the tenderloin with apple butter, allspice and cinnamon. Soak raisins in rum and dice apples. Sauté onions and sage in butter. Deglaze the pan with raisins and rum. Then bring to a simmer. Add apples and cook until apples are fork tender. Adjust consistency with flour as needed. Add salt if needed.

Note: Heat until internal temperature reaches 165 degrees F. or more for at least 15 seconds. Hold for service at 140 degrees F. or higher. Do not mix old product with new. Cool the product. The temperature must reach 40 degrees F. or lower within 4 hours. Reheat leftovers to a product temperature of 165 degrees F. or higher for at least 15 seconds within 2 hours –one time only.

Overnight Apple Butter

Submitted by Justin Fuchs, Executive Chef,
Parkside Independent and Assisted Living, DeForest, Wis.

INGREDIENTS

1 C packed brown sugar

½ C honey

2 Tbsp ground cinnamon

½ tsp ground cloves

¼ C apple cider

⅛ tsp mace

2½ lbs. assorted medium tart and sweet apples, peeled, cored and cut into large chunks

DIRECTIONS

Combine all ingredients in a 5 qt. slow cooker. Cover and cook for 10 hours. Strain through fine mesh sieve, or use immersion blender, discard pulp. Return mixture to slow cooker. Cook uncovered on high for 1½ hrs. or until thick. Spoon into bowl, cover and chill up to one week. Serves 16.





Bananas are rich in potassium and fiber. They are also delicious!

Banana Apple Pudding

Submitted by Amy Siok, Executive Chef, CRL Senior Living Communities,
Fox Point Manor, McHenry, Ill.

Potassium may prevent high blood pressure. These puddings are packed with bananas, an excellent source of potassium. Also by substituting granulated Splenda in place of sugar, this dessert becomes diabetic friendly. The almonds are a great source of protein as long as there are no dietary or allergic issues.

INGREDIENTS

¼ C Splenda

½ tsp lemon zest

1½ lbs. golden delicious apples, peeled, cored and cut into ½ inch cubes

3 Tbsp plus 1 tsp quick cooking tapioca

4 ripe bananas

¼ C plain low-fat yogurt

¼ C coarsely chopped almonds (optional)

DIRECTIONS

Bring ¾ C water and Splenda to a simmer in a medium saucepan over medium heat. Stir in lemon zest and juice. Add apples, return to a simmer and cook uncovered 5 min. Add tapioca and cook until fully combined and slightly thickened, about 4 minutes. Let cool completely. Transfer the apple mixture to food processor. Add 3 bananas and process until smooth. Stir in yogurt. Divide among 6 dessert ramekins. Chill and cut remaining bananas into ¼ inch pieces and divide among puddings. Sprinkle with almonds.

Servings: 6.



Gwynedd Estates Brownies

Submitted by Steve Russell, Gwynedd Estates, Ambler, Pa.

INGREDIENTS

10 oz Bakers' chocolate

2½ tsp vanilla extract

2½ C butter

5 C chopped walnuts

5 C sugar

1¼ C flour

10 whole eggs, lightly beaten

2 half sheet pan, lined with parchment paper

DIRECTIONS

Melt butter and chocolate together. Add sugar and mix. In separate bowl mix together flour and walnuts, then add to the wet mixture. Add the lightly beaten eggs and vanilla extract to the mixture and combine thoroughly. Pour into sheet pan. Bake at 325 degrees for 35 to 40 minutes. Cooking in 2 half pans produces better results than 1 large pan. Cut into squares. Serves approx. 40.



Silky White & Dark Chocolate Crème with Raspberry Chambord Coulis

Submitted by Chef Luciano Silva, executive chef,
FreedomVillage At Bradenton, Bradenton Fla.

INGREDIENTS

6 oz white chocolate (chopped)

¼ tsp plain gelatin

4 C heavy cream

2 tsp vanilla extract

½ Cand 2 Tbsp confectionary sugar

1 Tbsp unsalted butter

4 oz semi-sweet chocolate

2 eggs, separated

½ tsp Frangelico liqueur

½ tsp sugar

2 tsp raspberry Chambord coulis

DIRECTIONS

Slowly melt white chocolate, not exceeding 74°F. Heat 1 cup of heavy cream with gelatin until gelatin dissolves. Remove from heat and pour into a food processor with white chocolate, process until smooth. Place half of the white chocolate mixture in a bowl and refrigerate to chill until thickened. Leave the rest of the mixture at room temperature.

Whip the remaining heavy cream with sugar and vanilla extract, to medium peak.

Remove the white chocolate from the refrigerator and combine with the white chocolate at room temperature, fold in the whipped cream.

In a bowl, place dark chocolate and 1 Tbsp of butter and melt over a double boiler until smooth, remove from heat and whisk in egg yolks, set aside. Place egg whites with ½ tsp sugar in a mixing bowl and whip into a soft peak and fold into dark chocolate mixture. Add Frangelico and vanilla extract to mixture and fold in whipped cream and chill.

Stir in Chambord to raspberry coulis. Place heavy whipping cream vanilla extract and sugar in a mixing bowl and whip until medium peaks.

Drizzle 1 tsp of Raspberry Chambord Coulis on the bottom dish of your choice. Using spoon, place your dark chocolate crème to about 1/3 the way up. Repeat with white chocolate crème. Serves 4.

Mary's Bread Pudding

Submitted by Kenny Quimby, Lead Cook, Sanctuary at Holy Cross, Ind.

This is a favorite recipe of one of Holy Cross' elders, Mary. It has been added to the Holy Cross menus and is listed as Mary's Bread Pudding. Mary beams every time the bread pudding is on the menu.

INGREDIENTS

1 loaf of bread, white or wheat

5¼ C 2% milk

4 large eggs

2 C granulated sugar

2 Tbsp vanilla extract

1 stick butter

2⅔ tsp ground cinnamon

1¼ tsp ground cinnamon

1 Tbsp granulated sugar

DIRECTIONS

Melt butter. Tear bread in pieces and place in mixing bowl. Add melted butter, eggs, sugar (2 cups), vanilla extract, and cinnamon (2⅔ tsp) to bread. Gently stir until well mixed. Pour into well-greased 9 x 13 baking dish. Top with cinnamon (1¼ tsp) & sugar (1 Tbsp). Bake uncovered at 350 degrees for one hour. Serve warm.

Pumpkin Turnovers

Submitted by Chef Matt McCall, Dining Director,
Sanctuary at St. Paul's, South Bend, Ind.

The filling options for these turnovers are endless. For example, in place of the pumpkin, you can substitute peaches, cranberries and raspberries. You can even change this into a savory dish by using feta cheese and spinach.

INGREDIENTS

- 1 C canned pumpkin
- ¼ C dried cranberries
- ¼ C chopped walnuts
- ¼ C brown sugar
- 2 tsp ground cinnamon
- 2 tsp pumpkin pie spice
- 1 lb. melted butter
- 2 sheets frozen phyllo dough, thawed



DIRECTIONS

Preheat oven to 350 degrees. Line two baking sheets with parchment paper. Mix pumpkin, brown sugar, cinnamon and pumpkin pie spice in a bowl. Lay out one sheet of phyllo dough and brush over with butter. Turn ends to make a 3-inch by 12-inch sheet. Spoon pumpkin mix into center of pastry squares. Wet edges of each square with water, fold over, corner to corner, and brush with melted butter. Place onto prepared baking sheets. Bake in preheated oven until pastry is puffed and golden brown, about 15 minutes. Cool on the pans for 10 minutes. Remove to a wire rack and cool completely. Servings: 6.

Red & Green Tarts

Submitted by Dana Kohlmann, Sous Chef,
Merrill Hills Manor, Waukesha, Wis.

NUT CRUST INGREDIENTS

10 oz. finely chopped walnuts or almonds

½ lb. unsalted butter, softened

2½ Tbsp Splenda

3 C flour

1 egg, beaten

1 tsp vanilla or almond extract

DIRECTIONS

Preheat oven to 350 degrees. Divide the mixture in half and press into 9 in. springform tart pans. Bake 15 to 20 min. or until golden.

RED TART - CRANBERRY FILLING

1 envelope softened gelatin

3 C fresh cranberries

½ C Splenda

½ C red currant jelly

Garnish: 1 C heavy cream, whipped

DIRECTIONS

Soften gelatin in ¼ C. cold water. In saucepan combine the cranberries, Splenda and jelly. Cook for 10 min. over low heat. Cool thoroughly, pour into crust. Chill and serve with whipped cream.

GREEN TART - GREEN GRAPES FILLING

Same as above, but use green seedless grapes sliced in half and apricot jam rather than red currant jelly.





Pastel de Tres Leches

Submitted by Carrie Ali



CAKE INGREDIENTS

1 C all-purpose flour

1½ tsp baking powder

½ tsp salt

5 egg whites in one bowl

5 egg yolks in another bowl

1 cup sugar, divided

1 tsp vanilla

SYRUP INGREDIENTS

1 can evaporated milk

1 can sweetened, condensed milk

1 C whole milk OR ½ C heavy cream mixed with ⅓ C whole milk

FROSTING INGREDIENTS

1 pint heavy cream

3 T sugar

1 teaspoon vanilla extract

DIRECTIONS

Preheat oven to 350 degrees F. Spray or grease and flour a 9x13 inch baking pan. Combine flour, baking powder, and salt and set aside. In another bowl, beat egg yolks with ½ C sugar until pale yellow, then add milk and vanilla. Combine with dry ingredients. Beat the egg whites to soft peaks, then add ½ C sugar and beat until stiff. Gently add the egg whites to the existing ingredients and combine. Pour into the prepared pan and bake for 30 to 40 minutes. After the cake has cooled completely, poke holes all over the surface. Some recipes call for turning the cake out to a rimmed platter, but if I'm making the cake for my family, I leave it right in the pan. Combine the syrup ingredients and pour over the top of the cake. Let the cake sit for about 20 to 30 minutes for all of the liquid to absorb. Combine the frosting ingredients in a bowl and whip until the cream is thick enough to spread. Some recipes call for topping the cake with cherries, mangoes or other fruit, but I prefer it plain.

Want More Dining Information?

Take part on our free Webinar on the Dining with Friends program, presented by the Alzheimer's Resource Center of Connecticut:

<http://long-term-care.advanceweb.com/Webinar/Editorial-Webinars/Dining-with-Friends-An-innovative-approach-to-dining-for-people-with-dementia.aspx>

Read about a facility chef face off:

<http://long-term-care.advanceweb.com/Features/Articles/Facility-Chef-Face-Off-Elevates-LTC-Dining.aspx>

Read about how Senior living communities highlight healthy cooking and wellness for older adults:

<http://long-term-care.advanceweb.com/Features/Articles/Dining-by-Design.aspx>

Learn how facilities are redesigning dining:

<http://long-term-care.advanceweb.com/Archives/Article-Archives/Redesigning-Dining.aspx>

Interesting in brewing beer? So are these residents:

<http://long-term-care.advanceweb.com/News/Product-Releases/Bridges-at-Bent-Creek-Residents-Start-HomeBrewing-Club.aspx>

