



18 Degrees Community Cookbook



Every child in a family, every family in a community.

18 Degrees promotes the well-being and strength of children, youth, and families to build better communities in Western Massachusetts.

We provide education, parenting skills and support, prevention and intervention, advocacy, and life skills across a spectrum of programs serving children, young_people, individuals and families in four areas: early_education and care; foster_care and adoption; child and family well-being; youth and community development.

**This cookbook includes recipes from the
18 Degrees community. We hope it
inspires creativity in the kitchen and
connection at the table!**

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Blooming Quesadilla Ring

Ingredients

- 3 cups cooked and shredded chicken
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 1 jalapeño, chopped
- 1 cup taco sauce
- 20 taco-size tortillas
- 3 cups shredded cheddar cheese
- 3 cups shredded Monterey jack cheese



Directions

1. Preheat the oven to 375° F. Line a baking sheet with parchment paper.
2. In a large bowl, add the chicken, onion, red bell pepper, jalapeño, and taco sauce, and mix to combine then set aside.
3. Cut each tortilla in half. Spread about 2 tablespoons each of the cheeses, and chicken mixture to each tortilla half.
4. Roll the tortillas into cones, starting from the cut edge being sure to keep all the ingredients in the tortilla roll.
5. Place a jar or glass in the center of the baking sheet.
6. Create a ring around the jar with about 13 tortilla cones. The points of the cones should be in the center, touching the jar. Sprinkle cheddar and Monterey Jack cheese over the layer. Repeat with the remaining cones to make 2 more layers, finishing with the rest of the cheddar and Monterey Jack on top. Remove the jar from the center of the ring.
7. Bake. Bake for 15 minutes, until the tortillas are golden brown.
8. Serve. Transfer the quesadilla ring to a serving platter, top with cilantro (optional), and serve with salsa for dipping. Yields approximately 20 tortilla cones.

Submitted by
Amy & Katie

“My mentee and I decided to enter this recipe because chicken quesadillas are a favorite of ours. We have made traditional quesadillas in the past and look forward to making this variation together!”

Buffalo Chicken Dip

Ingredients

- (2) 12.5oz of can chunk chicken or 3-4 cups shredded chicken
- 3/4 cup hot sauce (like Texas Pete) or Buffalo Wing Sauce
- (2) 8oz packages of cream cheese-softened
- 1 cup Ranch dressing
- 1 1/2 cup shredded cheddar cheese
- 1 bunch celery
- Crackers or Tortilla chips



Directions

1. Heat chicken and hot sauce in a skillet over medium heat, until heated through.
2. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm.
3. Mix and half the shredded cheese then transfer into a slow cooker.
4. Sprinkle the remaining cheese over the top, cover and cooked on low in the slow cooker until hot and bubbly.
5. Serve warm with crackers or tortilla chips

Submitted by
Stephanie

7-Up Biscuits

Ingredients

- 4 cups Bisquick mix
- 1 cup sour cream
- 1 cup 7-Up
- 1/2 cup melted butter



Directions

1. Preheat Oven 425°F.
2. Mix Bisquick, sour cream and 7-Up. The dough will be very soft. Knead and fold dough until baking mix is well incorporated.
3. Pat dough out and cut biscuits using a round biscuit/cookie cutter. If you don't have a cookie cutter no worries, you can use the top of a glass. Flour the rim of cutter or glass prior to pressing down in the dough.
4. Melt butter in bottom of cookie sheet pan or 9"x13" casserole dish.
5. Place biscuits on top of melted butter and bake for 12-15 minutes or until brown.

Submitted by
Cassandra

Baked Macaroni and Cheese

Ingredients

- 1 pound pasta (Elbow or Penne, your choice)
- 1 large egg
- 2 cups milk
- 2 tbsp. melted butter
- 2 pounds shredded cheddar cheese
- Handful of bread crumbs



Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray cooking spray on a 9" x 13" deep pan.
2. Cook pasta according to directions on the package, pour into pan.
3. Pour melted butter over shredded cheese. Whisk egg and milk together.
4. Combine cheese and milk mixtures and pour over pasta.
5. Top with bread crumbs.
6. Bake in oven approximately 25 minutes or cheese melts and top browns.
7. Let pan sit about 10 minutes before serving to allow cheese to set.

Submitted by
Katie

Broccoli Cheese Casserole

Ingredients

- Frozen broccoli
- Block of Velveeta cheese
- 4 sticks of butter
- Ritz crackers (pack of 4 sleeves)



Directions

1. Preheat oven to 350 degrees
2. Thaw broccoli and drain water well
3. Place broccoli in bottom of casserole dish
4. Place sliced pieces of cheese on top of broccoli, cover completely
5. On stove melt butter in large pan
6. Crush the crackers and mix with melted butter, place on top of cheese.
7. Cover with foil and bake for 30 minutes

Submitted by
Tammy

Poulet Dijon (Mustard Chicken)

Ingredients

Serves 2-4 people

- 6 boneless skinless chicken thighs
- 3-4 tbsp. butter
- 3-4 tbsp. flour (or gluten-free flour)
- 1 onion, diced
- 2 cups chicken broth
- 2 tbsp. Grey Poupon Dijon Mustard
- 1 tsp Herb de Provence (or a mix of thyme, marjoram, oregano, and rosemary)
- 1tsp dried parsley
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions

1. In a deep-sided large skillet with a tightly-fitting lid, melt 1 tbsp butter. Flour the chicken and saute the floured meat batches in butter (add additional as needed) until browned on both sides. Set aside.
2. While chicken is cooking, in a large glass measuring cup, or a bowl, whisk together broth, mustard, salt, pepper, and herbs until emulsified (the mustard is dissolved).
3. Add another 1 tbsp butter and diced onion to the pan. Saute onion, stirring vigorously until fragrant and translucent (this process will deglaze the pan). Add 1 tbsp flour and stir, cooking 1 minute. Layer the chicken back into the pan. Pour the broth mixture over top (the broth should nearly cover the chicken), cover and simmer on low 20 minutes. Turn the chicken once while cooking. The sauce should thicken during the cooking process, but you can add an additional 1 tbsp butter if desired.
4. Serve over pasta or rice. Pairs well with green beans or other preferred cooked vegetable.

Submitted by
Aimee

“This is a simple but rich meal passed down through the French side of my family. One of my favorite comfort foods, especially over white rice and with green beans.”

Potato Latkes with Slow Cooker Applesauce

Ingredients

Latkes:

- 1 lb potatoes - rinsed and scrubbed, cut into quarters
- 1 large onion, cut into quarters
- 1 egg
- 1 TB flour
- 1 tsp baking powder
- 1/2 tsp salt
- Oil for frying

Slow cooker apple sauce:

- 6 large apples
- 1-2 cinnamon sticks depending on your taste
- 1 TB lemon juice
- 1/2 cup water



Directions

Latkes:

1. Medium grate potatoes and onion in food processor.
2. Mix in remaining ingredients. Drain in colander.
3. Spoon 1/4 cup measures and fry in hot oil, 1/4 inch deep, in nonstick pan. Turn once when crisp and brown.
4. Serve with applesauce and/or sour cream.

Slow cooker apple sauce:

1. Peel and chop apples.
2. Cook on high in slow cooker for 4 hours. Stir twice.

Submitted by
Nancy

“Traditional Chanukah delicacy from Eastern Europe.”

Amaretti

Ingredients

- 5 eggs whites
- Pinch salt
- 4 1/2-5 cups almond flour (depending on size of eggs) I find that 5 cups works best
- 1 1/2 cup granulated sugar
- 1/2 tsp vanilla extract
- 2 tsp almond extract
- 1/2 cup granulated sugar
- 1/2 cup powdered sugar



Directions

1. Separate 5 egg whites into a bowl then add a pinch of salt.
2. Using an electric mixer beat the egg whites until stiff peaks form.
3. Set that aside and sift 5 cups of almond flour with 1 1/2 cups of granulated sugar into a bowl.
4. Add about 1/3 of the almond flour mixture into the egg whites and fold it in gently with a spatula.
5. Now go ahead and add 1/2 tsp vanilla extract and 2 tsps of almond extract. Then quickly fold it in.
6. Add the second third of the almond flour mixture to the egg whites and gently fold it in again.
7. Sift in the remaining third of the almond flour mixture and fold it in one last time. At this point, the cookie dough should have a thick paste like texture.
8. Scoop out mounds of the cookie dough and place them into a plate of granulated sugar. Roll the scoop of cookie dough into the sugar, then take it into your hands and round it out to a ball.
9. Drop the ball into a bowl of powdered sugar and evenly coat it.
10. Place the cookies onto a baking sheet lined with parchment paper and lightly press each cookie with your hand. Bake at 325 degrees Fahrenheit for 20-25 minutes.

Submitted by
Forest

“From Northern Italy where my family is from.”

Pecan or Walnut Kiffle - Miniature Tart

Ingredients

Pastry:

- 1/2 c butter
- 3 oz cream cheese
- 1 c flour (pastry is best)
- pinch salt

Filling:

- 1 c brown sugar
- 1 TBL butter
- 1 egg - beaten
- 1 tsp vanilla
- 1 cup chopped nuts - I prefer walnuts both pecans are also yummy.



Directions

1. Pre Heat oven to 350 F
2. Using a pastry fork blend butter and cream cheese together. gradually blend the flour and salt into the mix. Once you have a well-blended pastry form into small, quarter sized balls. Press them into your choice of miniature pastry pans. You should have enough dough for 18 tarts.
3. To make the filling you add butter and brown sugar to a saucepan and heat on low until brown sugar is liquid. add the well beaten egg and vanilla and mix well taking care to mix the egg into the warm mix quickly. Add the chopped nuts and mix well turning off heat once well blended.
4. Fill the pastry with enough filling to 3/4 full. Bake for 15 minutes until pastry is slightly brown and filling is thoroughly cooked.

Submitted by
Leanne

“We make this every year as part of our holiday cookie plates and they are a fan favorite and so easy to make.”

Sarah's Peanut Butter Blossoms

Ingredients

- 2 cups white sugar
- 2 cups creamy peanut butter
- 2 eggs
- Hershey's Kisses



Directions

1. Cream eggs and sugar together
2. Stir in peanut butter until well blended
3. Form the dough into 1 inch-sized balls
4. Place on a parchment covered cookie sheet
5. Bake at 350 for 8-10 minutes
6. Remove from oven and cool 2-3 minutes.
7. Gently press Hershey's kiss on top and allow to cool fully.
8. Eat and enjoy!

Swap out peanut butter for almond butter and use Hershey's almond kisses instead for a fun variation!

Submitted by
Sarah

"I love making these with
my kids."

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your recipes **here**.



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