

## The Oaks Healthcare Center

20121 West Lake Houston Parkway  
Houston, Texas 77346  
www.drbush.com  
drbush@drbush.com  
281-852-8724  
We hope you enjoyed the collection!  
Come see us soon!



# Our Favorite Recipes

The Oaks Healthcare Center

We would like to thank everyone who participated in contributing recipes! It's fun to get new recipes to try out, especially as the weather starts to get chilly and the holidays start to sneak up on us - seems like we cook more. Just a quick reminder that we did ask for favorite recipes. Favorite, not necessarily healthy!! Having read through them, they certainly look tasty - we are excited to take them for a spin ourselves.

Bon Appetite!

Dr. Dawn, Dr. David, Dr. Rich and Ashleigh

## Oatmeal Cake

Grandma H.

### Cake:

- 1 cup quick cooking oatmeal
- 1 ¼ cups boiling water
- 1 1/3 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup packed brown sugar
- 1 cup sugar
- 1 stick (½ cup) butter
- 2 eggs

### Topping:

- ½ cup packed brown sugar
- ¼ cup butter
- 1 can flaked coconut
- 1 cup nuts, chopped
- ¼ cup cream (or canned milk)
- ½ teaspoon vanilla



Pour boiling water over oatmeal and let stand 20 minutes.

Cream butter and sugar. Add eggs and oatmeal mixture and beat well. Sift together the dry ingredients and stir in dry ingredients. Pour into greased and floured 13 x 9 inch pan.

Bake at 350 degrees for 35-40 minutes.

Topping: combine ingredients and mix well. Spread over top of hot cake and place back in oven for 10 minutes until brown and bubbling.

Total Cook Time: 45-50 minutes

Temperature: 350 degrees

## Appetizers

Matt Martínez's Chille Con Queso

Carlton E.

- 1 tablespoon canola oil
- ½ cup finely chopped sweet onion
- ½ cup finely chopped jalapeno (you can use canned green chiles if you prefer; just add them with the tomatoes)
- 1 teaspoon ground cumin
- 1 teaspoon granulated garlic
- ½ teaspoon salt
- 2 tablespoons cornstarch
- 1 cup chicken broth
- 8 ounces American cheese (I like the white American; if all you can find are the singles, stack them up and cut into little blocks)
- 1 cup chopped tomatoes

Using a heavy pot, heat the oil on medium-high and sauté the onion, jalapeno, and dry ingredients for 2 to 3 minutes, until the onion is translucent.

Add the broth and heat 3 to 4 minutes, allowing the sauce to thicken then add the cheese and tomatoes.

Carefully simmer the queso on low heat for 3 to 5 minutes, adjusting its thickness to suit your taste by adding broth or cheese.

Serve hot and keep warm, stirring every so often to avoid the dreaded "cheese skin."

Total Cook Time: 8-12 minutes

Makes 6-8 servings



## Jalapeno Cornbread

Carlton E.

1 ½ cups cornmeal  
 1 ½ cups flour  
 5 tablespoons sugar  
 1 ½ teaspoons salt  
 5 teaspoons baking powder  
 2/3 cup cooking oil  
 5 eggs  
 2 cups cream style corn (1 can)  
 2 cups sour cream  
 1 ½ cups grated cheddar cheese  
 1 cup chopped onion  
 3 chopped jalapenos

Mix dry ingredients together. Mix oil, eggs, corn, sour cream, onion, pepper, and cheese. Fold into dry ingredients and mix well. Pour into sprayed 9 x 13 pan. Bake for 50 minutes or longer.

Total Cook Time: 50 minutes

Temperature: 350 degrees



## Peanut Butter Cup Cookies

Dr. R

1 ¾ cups all purpose flour  
 ½ teaspoon salt  
 1 teaspoon baking soda  
 ½ cup butter, softened  
 ½ cup white sugar  
 ½ cup brown sugar  
 ½ cup peanut butter  
 1 egg, beaten  
 1 teaspoon vanilla extract  
 2 tablespoons milk  
 40 peanut butter cups  
 more white sugar to roll mixture through

Preheat oven then sift flour, salt and baking soda – set aside. Cream butter, sugar (white and brown), and peanut butter. Beat in egg, vanilla, and milk. Add flour mixture, stir. Shape into 40 balls. Roll through sugar. Place into mini muffin pan. Bake for 8-10 minutes.

Total Cook Time: 8-10 minutes

Temperature: 375 degrees



## Sweet Cooked Apples

Ashleigh H.

3 tablespoons unsalted butter  
 4 large sweet apples such as Fuji, cored, peeled and sliced  
 1/3 cup water  
 1/2 cup brown sugar  
 1/2 teaspoon cinnamon  
 1/8 teaspoon nutmeg  
 1 teaspoon vanilla extract  
 1 and 1/4 teaspoons corn starch  
 1/3 cup water

### Instructions

Melt butter in a large skillet, add sliced apples and cook for a couple of minutes to soften them up. Add 1/3 cup of water, brown sugar, cinnamon, nutmeg and vanilla extract and stir really well, while on low-medium heat, to combine with apples. Dissolve corn starch in the remaining 1/3 cup of water. Add to the apple mixture in the skillet and bring to boil. Boil for about a minute until mixture thickens to the desired thickness. Remove from heat (do not overcook apples). Ready to serve!



## Sweet and Spicy Queso Bites

Judy R.

1/2 cup Hill Country Fare raspberry or pineapple jelly  
 1/4 cup Hill Country Fare pecan pieces  
 1/4 cup chopped Hill Country Fare pickled jalapeno peppers  
 1 tube Hill Country Fare snackers crackers  
 1 package 12-ounce Hill Country Fare queso fresco

Combine jelly, pecans, and chopped jalapenos in a small bowl and set aside.

Place the Hill Country Fare queso fresco round cheese on a platter and top with the jalapeno jelly mixture.

Serve with Hill Country Fare snackers crackers.

Total Cook Time: 15 minutes

Makes 36 servings

## Dinner

Toby's Favorite Soup

Toby D.

5 cups chicken stock  
 1-2 15-ounce cans white hominy, drained  
 1 can white corn (or frozen)  
 2 14 ½-ounce cans stewed tomatoes  
 4 teaspoons oregano  
 1 can green chilis (small can)  
 3 tablespoons chili powder  
 1 pound shredded chicken

Bring chicken stock to a boil in large pot. Add remaining ingredients, except chicken, and bring back to a boil. Simmer, stirring often for 1 hour. Stir in shredded chicken

Prepare toppings:

Sliced radishes

Diced avocados

Sour cream

Chopped fresh cilantro

Total Cook Time: 1 hour



Pecan Bread

Ernestina M.

1 cup flour  
 1 cup pancake mix  
 1 cup oil  
 1 cup sugar  
 1 cup milk  
 3 eggs  
 1 cup chopped pecans

Mix all ingredients and bake.

Total Cook Time: 30 minutes

Temperature: 350 degrees



## Lemon Bars

Rachel O.

**Crust:** $\frac{1}{2}$  cup butter $\frac{1}{4}$  cup powdered sugar

1 cup flour

**Bars:**

2 eggs

2 tablespoons flour

1 cup sugar

2 teaspoons lemon juice

1 teaspoon lemon rind

Mix butter, powdered sugar, and flour and place in a buttered pan. Bake at 425 degrees for 15-20 minutes.

Mix eggs, flour, sugar, lemon juice, and lemon rind and pour onto crust. Bake at 425 degrees for 20-25 minutes.

Total Cook Time: 35-45 minutes

Temperature: 425 degrees



## Chicken Taco Doritos

Denise F.

3 cups shredded cooked chicken

2 cups shredded cheese (add more if you like)

1 can cream of chicken soup

 $\frac{1}{2}$  cup milk $\frac{1}{2}$  cup sour cream

2 cans Ro\*tel™ tomatoes (canned tomatoes with jalapenos mild)

 $\frac{1}{2}$  packet taco seasoning (add more to taste)

1 bag Doritos™

Mix ingredients together and put on top of Doritos™. Feel free to top off with lettuce, tomatoes, onions, and black beans.



## Taco Bake

Hilary B.

2 pounds ground beef (93-97% lean is best)  
 1 ½-2 cups fresh or frozen chopped onion  
 1 15-ounce cans tomato sauce  
 2 15- or 16-ounce cans red kidney beans, drained  
 2-3 teaspoons chili powder  
 1 ½ teaspoons salt (you can use Lawry's)  
 ½-1 teaspoon pepper  
 1 bag Nacho Cheese Doritos™  
 2 cups shredded cheddar or Monterey jack cheese  
 shredded or chopped lettuce  
 a couple tomatoes chopped  
 Ortega™ taco sauce

Preheat oven and line bottom and sides of baking dish evenly with Doritos™.

Brown ground beef then add onions and sauté until tender. Stir in tomato sauce, kidney beans, chili powder, salt, and pepper. Spoon mixture evenly over Doritos™ and sprinkle with cheese. Bake in preheated oven for 15 to 20 minutes until hot. Top with lettuce and tomatoes. Serve with taco sauce.

Total Cook Time: 15-20 minutes

Temperature: 350 degrees



## Pumpkin Gooey Butter Cake

Kevin G.

**Cake:**

1 package yellow cake mix  
 1 egg  
 8 tablespoons butter, melted

**Filling:**

1 8-ounce package cream cheese, softened  
 1 15-ounce can pumpkin  
 3 eggs  
 1 teaspoon vanilla  
 8 tablespoons butter, melted  
 1 16-ounce box powdered sugar  
 1 teaspoon cinnamon  
 1 teaspoon nutmeg



Preheat oven and combine cake mix, egg, and butter and mix well with an electric mixer, pat the mixture into the bottom of a lightly greased 13 x 9 inch baking pan. In a large bowl, beat the cream cheese and pumpkin until smooth. Add the eggs, vanilla, and butter, and beat together. Next, add the powdered sugar, cinnamon, nutmeg, and mix well. Spread pumpkin mixture over the cake batter and bake for 40 to 50 minutes. Make sure not to over bake as the center should be a little gooey. Serve with fresh whipped cream.

**Variations:**

**Pineapple:** instead of pumpkin, add a drained 20-ounce can of crushed pineapple to the cream cheese filling and proceed.

**Banana:** prepare cream cheese filling as directed, beating in 2 ripe bananas instead of the pumpkin and proceed.

**Peanut butter:** use a chocolate cake mix. Add 1 cup creamy peanut butter to the cream cheese filling instead of the pumpkin and proceed

Total Cook Time: 40-50 minutes

Temperature: 350 degrees

Makes 6-8 servings

## Sock It To Me Cake

Mary B.

- 1 box Duncan Hines™ butter recipe cake mix
- 5 eggs
- $\frac{3}{4}$  cups canola oil
- 1 8-ounce sour cream
- $\frac{1}{2}$  cup sugar
- 2 teaspoons cinnamon
- 3 tablespoons brown sugar
- $\frac{1}{2}$  cup chopped nuts

Mix all ingredients together with electric mixer for 4 minutes. Preheat oven and grease Bundt or tube pan. Pour mixture into greased pan. Cook 55 minutes or until toothpick inserted comes out clean. Cool for 25 minutes and flip onto serving plate.

Total Cook Time: 80 minutes

Temperature: 350 degrees

Makes 12-16 servings



## Spaghetti Squash

Kathryn H.

- 1 spaghetti squash
- 1 teaspoon minced garlic
- 1 onion
- 1 can stewed tomatoes
- 1 teaspoon Italian dressing
- 1 teaspoon oil

Cut squash in half. Scoop out inside, put face down on baking pan. Poke holes in top. Preheat oven and cook for 45 minutes. In pan on the stove, mix ingredients together. When squash is finished, scoop out squash with a fork. Pour sauce over squash.

Total Cook Time: 45 minutes

Temperature: 350 degrees



## Potatoes Patio

Montell F.

2 cups heavy cream  
 1  $\frac{3}{4}$  teaspoons salt  
 1 clove garlic, pressed  
 $\frac{3}{4}$  teaspoons black pepper  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 3 pounds russet potatoes, peeled and thinly sliced  
 2 cups freshly grated Gruyere cheese  
 2 tablespoons grated Parmesan cheese

Preheat oven and mix heavy cream, salt, garlic, black pepper, and nutmeg in bowl. Let stand 5 minutes. In a buttered 13 x 9 pan, arrange potatoes in a single layer. Pour  $\frac{1}{4}$  cup cream mixture over potatoes. Sprinkle with  $\frac{1}{4}$  cup Gruyere cheese. Repeat layers until full (7 layers). Top with Parmesan cheese. Cover dish with aluminum foil and bake for 45 minutes. Uncover dish and bake 15 to 20 minutes more or until cheese is golden brown and potatoes are tender. Cool on a wire rack for 10 minutes.

Total Cook Time: 75-80 minutes

Temperature: 350 degrees

Makes 10-20 servings



## Marshmallow Crispy Bars

Ann A.

1 package family size brownie mix  
 1 package mini marshmallows (10  $\frac{1}{2}$  ounces)  
 1  $\frac{1}{2}$  cups semi-sweet chocolate chips  
 1 cup creamy peanut butter  
 1 teaspoon butter  
 1  $\frac{1}{2}$  cups crisp rice cereal

Preheat oven and grease bottom of 9 x 13 inch pan. Prepare brownies following directions on package. Remove from oven. Sprinkle marshmallows on hot brownies. Return to oven for 3 minutes.

Place chocolate chips, peanut butter, and butter in a medium pan. Cook on low heat until chips are melted. Add cereal and mix well. Spread mixture over marshmallow layer. Refrigerate until chilled and cut into bars.

Temperature: 350 degrees



## Dessert

### Almost Heaven in a Pan

Pam G.

- 20 Oreo™ cookies, crushed
- 1 8-ounce package cream cheese, softened
- 2 cups powdered sugar
- ¾ cups peanut butter
- 1 12-ounce container Cool Whip™, thawed

Press crushed cookies into the bottom of a 9 x 13 inch pan, reserving some for topping.

In a medium bowl, beat together the cream cheese and powdered sugar. Stir in the peanut butter until well blended. Fold in the whipped topping.

Spread mixture over the crushed cookie base and sprinkle the remaining cookie chunks on top.

Freeze 1 to 2 hours. Thaw 10 to 15 minutes before cutting and serving.

Total Cook Time: 1-2 hours

Makes 36 servings



### Spicy Sausage and Peppers Penne

Karen P.

- 8 ounces uncooked penne pasta
- 1 pound hot Italian turkey sausage (about 4 links)
- 1 medium green bell pepper, cut into ¼ inch strips
- 1 medium red bell pepper, cut into ¼ inch strips
- 1 medium yellow bell pepper, cut into ¼ inch strips
- ½ cup coarsely chopped onion
- 2 cloves garlic, pressed
- 1 can 14 ½-ounces diced tomatoes in sauce, undrained
- 1 can 8-ounces tomato sauce
- 2 teaspoons Pantry Italian Seasoning Mix
- ¼ cup grated fresh Parmesan cheese

Cook pasta according to package directions, then drain and keep warm.

Cook sausage in 12-inch skillet over medium-high heat 14-16 minutes or until sausage is lightly browned and no longer pink, turning occasionally. Remove sausages from skillet and cut diagonally into 1-inch pieces and set aside.

Cook bell peppers, onion, and garlic in the same pan as the sausage over medium-high heat 6-8 minutes or until peppers are crisp-tender, stirring occasionally. Add sausage, tomatoes, tomato sauce, and seasoning mix. Cook and stir 1-2 minutes or until heated through.

Place pasta in a large bowl; pour sauce mixture over pasta and toss to coat. Sprinkle with Parmesan cheese and serve immediately.

Total Cook Time: 30 minutes

Makes 6 servings



## Sweet and Spicy Burgers

Savana B.

- 1 pound ground beef
- ½ onion
- 1-2 jalapenos
- 1-2 cloves garlic
- ¼ red pear
- 2 teaspoons oil

Combine ingredients in food processor until just chopped and blended. Shape meat mixture into patties. Add oil to heated skillet and cook patties, adding salt and pepper to taste. Let sit 5 minutes and serve.

Total Cook Time: 15-20 minutes

Makes 5-6 servings



## Chicken Pot Pie

Dr. R

- 2 cups cooked chicken, shredded
- 1 package frozen mixed vegetables
- 1 cup chicken broth
- 1 can cream of celery /chicken soup
- 1 cup Bisquick™
- ¼ cup melted butter
- ¾ cup milk

Preheat oven and place chicken in bottom of baking pan. Add frozen vegetables. Mix chicken broth and cream soup together, and then pour over vegetables. Mix Bisquick™, melted butter and milk together. Pour over chicken, vegetables and soup mixture. Bake for 1 hour.

Total Cook Time: 60 minutes

Temperature: 350 degrees



## Bodacious Broccoli Salad

Dr. D

8 slices bacon  
 2 heads fresh broccoli, chopped  
 1 ½ cups sharp cheddar cheese, shredded  
 ½ large red onion, chopped  
 ¼ cup red wine vinegar  
 1/8 cup white sugar  
 2 teaspoons ground black pepper  
 1 teaspoon salt  
 2/3 cup mayonnaise  
 1 teaspoon fresh lemon juice

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown then drain and crumble. In a large bowl, combine broccoli, cheese, bacon, and onion. Prepare the dressing in a small bowl by whisking together the red wine vinegar, sugar, pepper, salt, mayonnaise, and lemon juice. Combine the dressing with the salad then cover and refrigerate until ready to serve.

Total Cook Time: 30 minutes

Makes 12 servings



## Linda's Virginia Baked Beans

Linda M.

1 pound ground chuck  
 ½ cup chopped onion  
 1 teaspoon salt  
 1 cup ketchup  
 2 teaspoons yellow mustard  
 1 teaspoon white vinegar  
 1 cup dark brown sugar  
 2 11-ounce cans Campbell's™ Pork and Beans

Brown ground beef and onion in skillet and drain off liquid. Mix salt, ketchup, mustard, vinegar, sugar, and Campbell's™. Combine cooked meat and mixture in oven-safe dish and bake for 35 to 40 minutes.

Total Cook Time: 35-40 minutes

Temperature: 400 degrees



## Breaded Pork Chops

Ashleigh H.

1/3 cup prepared ranch salad dressing  
 1 cup seasoned bread crumbs  
 2 tablespoons grated Parmesan cheese  
 6 pork loin chops

Preheat oven to 425°. Place salad dressing in a shallow bowl. In a separate shallow bowl, mix bread crumbs and cheese. Dip pork chops in dressing, then in crumb mixture, patting to help coating adhere.

Place on a rack in an ungreased 15x10x1-in. baking pan. Bake 20-25 minutes or until a thermometer reads 145°. Let stand 5 minutes before serving.

Total Cook Time: 25-30 minutes

Temperature: 425 degrees



## Spaghetti a la Philly

Dr. R

½ pound spaghetti, uncooked  
 1 lb. extra lean ground beef  
 1 jar 24-ounces spaghetti sauce  
 4 oz. cream cheese, cubed  
 2 tablespoons grated Parmesan cheese

Cook spaghetti as directed on package. Brown meat in large skillet and drain. Return meat to skillet. Stir in sauce and cream cheese; cook on low heat 3-5 min. or until sauce is well blended and heated through, stirring frequently. Drain spaghetti. Add to sauce; mix lightly. Place on platter; top with Parmesan.

Total Cook Time: 3-5 minutes

