

ZIMMERMAN-HOROWITZ INDEPENDENT LIVING PROGRAM RECIPES



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MAIN DISHES

Classic Lasagna

From the Kitchen of: Flora Cohen

6+ servings

INGREDIENTS

1 (9x13) foil pan
1 (1 lb) package lasagna noodles
1 lb ricotta cheese
1 egg
salt and pepper
chopped parsley
oregano
sliced mozzarella cheese
marinara sauce
Parmesan cheese

Optional:

meatballs, chopped (pre-cooked or homemade)
ground Italian sausage, browned

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Cook lasagna noodles just to firm and drain (add some oil to the water before cooking to prevent noodles from sticking together).
3. Beat ricotta cheese with egg, salt, pepper, parsley, and oregano (seasonings to taste).
4. Cover bottom of the 9x13 casserole dish with a layer of marinara sauce and sprinkle with Parmesan cheese.
5. Cover with noodles (I put this layer up the sides of the baking dish as well—all around with enough to flip over the top).
6. Add a layer of crushed or cut up meatballs and sausage, if using.
7. Spread a few tablespoons of the ricotta cheese mixture.
8. Layer slices of mozzarella, then cover with more sauce and a sprinkle of parmesan.
9. Repeat steps 4 to 7 to make two or three layers depending on the depth of your pan.
10. Be sure to finish with a layer of noodles and fold the ones from the side over the top.
11. Cover with sauce and sprinkle with more Parmesan cheese.
12. Bake at 350°F for about 1 hour until browned the way you want. Can be frozen uncooked, but should be thawed before baking.

Zubriac Spinach Lasagna

From the Kitchen of: The Miller Family

Servings: 6

INGREDIENTS

1 (9x13) foil pan
1 (8 oz) box lasagna noodles, cooked
1 (10 oz) package frozen spinach, cooked and drained
1 lb Monterey Jack cheese, grated
1 cup grated Parmesan cheese
2 lb small curd cottage cheese
2 eggs
1 tbsp chopped parsley
salt and pepper
garlic salt
½ cup butter

INSTRUCTIONS

1. Mix cottage cheese, eggs, parsley, salt, pepper, and butter together.
2. Add a little garlic salt to spinach.
3. Grease a 9x13 casserole dish.
4. Layer accordingly: noodles, cottage cheese mixture, Monterey Jack cheese, sprinkle of Parmesan cheese, spinach. Repeat layers until casserole dish is filled or until ingredients are used.
5. Bake at 350°F for 30 minutes or until bubbly.

Cheesy Chicken Broccoli Casserole

From the Kitchen of Jennifer Zyman

INGREDIENTS

1 (9x13) foil pan
2 ½ cups cubed or shredded cooked chicken
2 cups cooked white rice (cooked *al dente*)
2 cups steamed broccoli florets
2 + 1 cups shredded cheddar cheese
2 tbsp butter
⅓ cup all purpose flour
2¾ cups low fat milk
½ cup low sodium chicken broth
3 cloves garlic, minced
¼ tsp salt
⅛ tsp pepper

INSTRUCTIONS

1. Place chicken, rice and broccoli in 9x13 pan
2. Melt butter in saucepan over low heat, add flour, and mix until combined. Add milk.
3. Bring to a boil, and lower to simmer while the sauce thickens.
4. Add garlic.
5. Reduce sauce for 5 minutes.
6. Add two cups of cheese and whisk to combine.
7. Add chicken stock until fully incorporated.
8. Add salt and pepper.
9. Dump cheese mixture onto ingredients in baking pan and stir to combine.
10. Bake at 375°F for 30-45 minutes or until hot. Let stand 10 min before serving.

White Bean Pumpkin Turkey Chili

From the Kitchen of Rebecca Cochran via skinnytaste.com

Servings: 9

SLOW COOKER
OR
INSTANT POT
RECIPE

INGREDIENTS

1 large food storage container with lid
olive oil spray
2 lb 99% lean ground turkey
½ tsp olive oil
1 small onion, chopped
3 garlic cloves, minced
1 tsp chili powder, to taste
2 bay leaves
1½ tbsp cumin
1 tsp oregano
2 (15 oz) cans white northern or navy beans, rinsed and drained
15 oz can pumpkin puree
4.5 oz can chopped green chiles
2 cups low sodium chicken broth
salt and pepper to taste

Optional:

chopped cilantro, red onion or chives for topping
greek yogurt or low-fat sour cream for topping

INSTRUCTIONS

Slow Cooker:

1. Heat a large skillet over high heat and lightly spray with oil.
2. Add meat and cook, breaking it up until white, about 5 minutes. Transfer to the crock pot.
3. Add oil to the skillet, then onions and garlic, sauté about 3 - 4 minutes; add cumin and sauté another minute. Transfer to crock pot.
4. Add beans, pumpkin purée, green chiles, broth, chili powder, oregano, and bay leaves. Cover and cook on high for 4 hours or low for 8 hours.
5. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!

Instant Pot:

6. Press sauté and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Set aside.
7. Add oil to the sauté pan, then onions and garlic, sauté about 3 - 4 minutes; add cumin and sauté another minute. Return meat to the pot.
8. Add the beans, pumpkin purée, green chiles, broth, chili powder, oregano, and bay leaves.
9. Cover and cook on high pressure 25 minutes. Natural release.
10. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!

MAIN DISHES

Broccoli Cheddar Quiche

From the Kitchen of Amy Rosen

Servings: 8

INGREDIENTS

1 (9-inch) round foil dish
1 prepared pie dough
½ head broccoli chopped into small pieces
½ cup cheddar cheese
4 large eggs
1 cup milk
½ tbsp Rancher Steak Rub or steak seasoning

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Press pie dough into a lightly greased 9-inch pie dish.
3. Top dough with broccoli and cheddar cheese.
4. In a bowl, whisk together eggs, milk, and steak seasoning.
5. Pour the egg mixture into the prepared pie pan.
6. Bake in the oven for 35 minutes or until the center is set. Allow to cool to room temperature and cut into 8 slices.

Slumgulion

From the Kitchen of The Wyckoff Family

Servings: 8

INGREDIENTS

2 lb ground beef
6 stalks celery with leaves diced
1 lb large elbow macaroni, uncooked
3 (½ lb) cans diced tomatoes with juice
28 oz can tomato sauce
1 tsp salt
½ tsp black pepper
1 tsp basil
½ tsp oregano
5 tbsp Worcestershire sauce
2-3 large green bell peppers, chopped
4 cloves garlic
2 cups onion, diced
1 cup beef stock or broth
2 teaspoons sugar

Optional:

shredded cheese for topping

INSTRUCTIONS

1. In a skillet, brown celery, bell peppers, onion, and garlic with a little olive oil until softened and set aside.
2. Brown ground beef in skillet with uncooked elbow macaroni with a little olive oil. (Yes, with uncooked elbows. When dish is done elbows will be cooked.)
3. Add back vegetables and season with salt, pepper, basil, oregano.
4. Add can of whole cut up tomatoes, tomato sauce, beef stock, sugar and Worcestershire sauce.
5. Simmer for about 15 minutes or until pasta is cooked through. Top with grated cheese if desired.
6. Cut into 8 slices.

MAIN DISHES

Three-Cheese Manicotti

From the Kitchen of Flora Cohen

Servings: 8

INGREDIENTS

1 (9x13) foil pan
4 cups shredded mozzarella
2 cups (16 oz) ricotta cheese
1 cup grated Parmesan cheese
4 beaten eggs
½ cup snipped parsley
1 tsp salt
16 manicotti shells, cooked and drained
6 cups spaghetti sauce

INSTRUCTIONS

1. Combine 2 cups of the mozzarella, the ricotta, and the Parmesan.
2. Add eggs, parsley, and salt; mix lightly.
3. Stuff manicotti shells with cheese mixture (about ½ cup each).
4. Pour about 1 cup of spaghetti sauce into a 9x13 baking dish.
5. Arrange stuffed manicotti in dish; pour remaining sauce over top.
6. Sprinkle with remaining mozzarella.
7. Bake, uncovered, at 350°F for 25 to 30 minutes or until bubbly.

Turkey Enchiladas

From the Kitchen of The Frank Family

Servings: 6

INGREDIENTS

1 (9x13) foil pan
1 lb ground turkey
1 sweet onion, chopped
½ tsp salt
¼ tsp pepper
½ tsp garlic powder
1 can red enchilada sauce
3 cups shredded cheddar cheese
1 can black beans
6 medium flour tortillas
mild green chiles if desired

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Dice onions and add to a heated frying pan with a small amount of olive oil.
3. Sauté onions until golden brown, then add ground turkey and season with salt, pepper, garlic powder & any other seasoning you enjoy. Ground turkey needs to fully cook. Put aside until ready to assemble enchiladas.
4. In large casserole dish pour 4 tablespoons of red enchilada sauce into base.
5. To assemble enchiladas: Take one flour tortilla and add 4 tablespoons (or more) ground turkey + 3 tablespoons shredded cheese + 3 tablespoons black beans + if desired add a teaspoon of mild green chiles.
6. Wrap tortilla with all ingredients like a burrito and place inside casserole dish side by side.
7. Note: There is no exact amount of any ingredient—make each enchilada to your liking.
8. Once you have assembled all the rolled enchiladas, pour remaining red enchilada sauce on top of enchiladas, and lightly sprinkle with cheese.
9. Bake uncovered until heated and tops are lightly brown for about 20-25 minutes.

SIDES

Include **fresh or frozen vegetables** or a **tossed salad with dressing on the side**, or prepare one of the recipes below.

Bodacious Broccoli Salad

From the AllRecipes Test Kitchen

Servings: 6

INGREDIENTS

4 slices bacon
1 head fresh broccoli, chopped
 $\frac{3}{4}$ cups sharp Cheddar cheese, shredded
 $\frac{1}{4}$ large red onion, chopped
 $\frac{1}{3}$ cup mayonnaise
 $\frac{1}{8}$ cup red wine vinegar
1 tbsp white sugar
1 tsp black pepper or to taste
 $\frac{1}{2}$ tsp salt or to taste
 $\frac{1}{2}$ tsp fresh lemon juice

INSTRUCTIONS

1. Place bacon in a large, deep skillet. Cook over medium-high heat until crisp and evenly browned, 8 to 10 minutes. Transfer to a paper towel-lined plate and crumble when cool enough to handle.
2. Combine bacon, broccoli, cheese, and onion in a large salad bowl.
3. Whisk mayonnaise, red wine vinegar, sugar, pepper, salt, and lemon juice together in a small bowl until well combined.
4. Pour over salad and toss well until broccoli is coated.
5. Cover and refrigerate until ready to serve.

Cook's Note: This salad tastes best if prepared at least two hours before serving.

Baked Sweet Potato Fries

From the Kitchen of Tiffany Cox
via cooking.nytimes.com

Servings: 4 to 6

INGREDIENTS

2 lb sweet potatoes, peeled
2 tbsp olive oil
1 tsp garlic powder
1 tsp paprika
1 tsp salt
 $\frac{1}{2}$ tsp black pepper

INSTRUCTIONS

1. Heat the oven to 400°F.
2. Cut the sweet potatoes into sticks $\frac{1}{4}$ to $\frac{1}{2}$ inch wide and 3 inches long, and toss them with oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

Boxed cookies or brownies are always welcome, but if you want to cook up something extra special check out these dessert recipes.

Saltine Buttercrunch

From the Kitchen of Sara Kogon

INGREDIENTS

cooking spray
35 to 40 saltine crackers
2 sticks (1 cup) butter
1 cup light brown sugar
8 oz semisweet chocolate chips (about 1½ cups)

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Line 1 large or 2 small jelly roll pans with aluminum foil, spray with nonstick spray and arrange the saltines salt-side down in a single layer.
3. In a medium saucepan, melt the butter and brown sugar together and boil until it turns a caramel color, a few minutes. Remove from the heat and pour over the crackers, covering them evenly.
4. Put the jelly roll pan into the oven and bake for 3 to 5 minutes, or until just bubbly, watching carefully.
5. Remove from the oven and pour the chocolate chips over the crackers. When the chips melt a bit, spread them over the crackers with a knife.
6. Transfer the pan to the freezer for 15 to 20 minutes, or until completely cold. They will form one big sheet.
7. Break up into pieces. Store in an airtight container.

Texas Chocolate Sheet Cake

From the Kitchen of The Miller Family

Servings: 40 pieces

INGREDIENTS

2 cups sugar
2 cups flour
½ tsp salt
1 cup butter
1 cup water
3 tbsp cocoa powder
½ cup dairy sour cream
2 eggs
1 tsp baking soda
dash of cinnamon

For Frosting

½ cup butter or shortening
⅓ cup cocoa
2 cups powdered sugar
½ cup milk
1 tsp vanilla

INSTRUCTIONS

1. In a large bowl, combine sugar, flour, and salt; set aside.
2. In a small saucepan, bring butter, water, and cocoa to a boil. Remove from heat.
3. Add dry ingredients and mix well.
4. Add sour cream, eggs, baking soda, and cinnamon and blend well.
5. Pour into greased and lightly floured 10½ x 15½ inch jelly roll pan.
6. Bake at 375°F for 20-25 minutes. Cool completely.
7. For frosting, melt butter and cocoa together. Add remaining ingredients and blend until smooth. Spread on cake.

The Zimmerman-Horowitz Independent Living Program (ZH-ILP) is a program that enables adults with disabilities to live as independently as possible in a shared home. Homes are staffed 24/7 by a resolute team of Direct Support Professionals that provide individualized support with household tasks like cooking, cleaning, laundry, money management, shopping, and more.

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