

# York University Staff Association Health and Wellness News and Views

With less than 2 weeks until Christmas, we're getting into holiday crunch time.

The good news is, I'm not talking about the kind of crunch time that makes you stress out over heavy traffic, long lines and last-minute gift buying. I'm talking about the kind of crunch time that tastes good!

Traditional family holiday recipes are meant to be enjoyed, shared and passed down through the generations. We here in the YUSA office have some "healthy" and some "not so healthy" family recipes we would love to share.

These are two of my favourite recipes that I make for my Christmas dinner that I would like to share with all of you.

## **Bebbe's roasted sweet potatoes**

Preheat oven to 400 degrees

5 large sweet potatoes (peeled and cubed in about 1" pieces)  
¼ cup of olive oil  
¼ cup of finely chopped green onions  
2 table spoons of disaronno/amaretto liquor  
¼ tsp ground nutmeg  
Salt/pepper to taste  
Sliced almonds (optional)



Mix oil/green onions/liquor/nutmeg/salt/pepper and pour over sweet potatoes  
Spread on parchment lined pan. Baked covered for 20 minutes and then uncovered for another 10 minutes, or until done. Edges of potatoes should be browned slightly. Sprinkle with almonds if desired.

## **Bebbe's veggie stuffed peppers**

I look for peppers that are nicely shaped so that when I cut them in half sit balanced in the pan.

6 peppers (red and green)  
1 package veggie ground  
2 cups cooked basmati rice  
1 cup crumbled feta  
2 eggs beaten  
¼ cup bread crumbs  
1 tbs olive oil  
¼ cup chopped green onions  
2 cloves finely chopped garlic  
¼ cup finely chopped purple onions  
Salt and pepper to taste (I usually use 1 small chopped chili pepper if you like hot)  
12 slices of mozzarella cheese  
1 can spaghetti sauce

Slice peppers in half – remove seeds etc.

Heat oil in pan and sauté onion/garlic/green onions/veggie ground

Let stand for about 10 minutes then add cooked rice/bread crumbs/eggs and feta/salt/pepper

Stuff mixture into peppers.

Pour spaghetti sauce into a baking dish that would fit your 12 pieces of pepper. Place stuffed peppers into baking dish.

Preheat oven to 375 and bake for 25 minutes so that they are still crisp. 2 Minutes before removing from the oven top with mozzarella cheese slices.

## Elizabeth Sankar's Black Christmas Cake Recipe

Preheat oven to 250 degrees

Line 2 – 8” spring form pans with parchment paper and grease well

**In blender chop the fruits and add brandy and rum (this could be left to soak for up to a week)**

1 lb raisins

1 lb prunes (pitted)

1 lb currants

¼ lb mixed peel

¼ lb red or green glazed cherries

1 bottle cherry brandy (750ml)

¼ bottle dark rum (250ml)



1 lb butter

1 lb sugar

8 extra large eggs

1½ lbs flour

5 tsp baking powder

2 tsp all ground allspice

½ tsp ground nutmeg

1 tsp lemon extract

2 tsp almond extract

2 tsp vanilla extract

2 tsp grated lime rind

**BURNT SUGAR** (browning)

1 lb brown sugar

½ cup hot water

Place sugar in pot cook over medium heat until dark brown, then add water gradually, mix well and leave to cool

### METHOD

Sift flour/baking powder/allspice/nutmeg together – set aside

Cream butter and sugar until fluffy, add eggs one at a time

Add lemon/almond/vanilla essences/lime rind to mixture

Add dry ingredients gradually to creamed mixture

Mix in chopped fruits and browning then pour into pans and bake for 2 to 3 hours until tester comes out dry.

### **Robin Smith's Old Tyme Ginger Cookies**

¾ cup butter  
2 cups sugar  
½ cup molasses  
2 eggs, beaten  
2 tsp white vinegar  
3 ¼ all purpose flour  
1 ½ baking soda  
3 tsp ground ginger  
½ tsp ground cloves  
½ tsp ground cinnamon



1. Preheat oven to 325 and grease cookie sheets
2. Mix butter, sugar, molasses, vinegar and eggs until smooth
3. Combine all dry ingredients and blend with butter mixture
4. Form into 1 inch balls (will make approximately 4 dozen)
5. Place balls on cookie sheet, lightly flatten with a fork and sprinkle with sugar
6. Bake 10-12 minutes (the longer they bake, the crispier the cookies are – my family likes them best when they are a little chewy in the centre so I only bake for 10 minutes ). Enjoy

Hi Everyone!

Whether you are celebrating this holiday season or not, I wish you a wonderful break away from work and I hope that you have an opportunity to relax and enjoy time with friends and family. I have been asked to share a recipe and for those of you that may not know - I do not cook very well and aside from "Pillsbury", I really do not bake either! However, I am an expert at finding great frozen foods and suburb restaurants! But for my contribution to this newsletter, I asked my mom, Edna Cameron, to allow me to share with all of you, her coveted butter tart recipe. That way, I can still share some of my family's traditions with all of you - but please understand that I only eat these as my mom and my sister's have the baking skills. I hope you enjoy them as much as I do!!

All the best this holiday season,  
Joanie

### **Edna's Butter Tart Filling**

2 cups brown sugar  
1/2 cup butter  
1/4 tsp. Salt  
1 tsp. Vanilla  
2 tsp. Vinegar  
4 eggs



Cream butter and sugar, add eggs and beat well one at a time; add rest of ingredients. Make same crust as for pie. Bake in hot oven 400 degrees 10 - 12 min.

### **Edna's Pastry for Butter Tarts**

1 pound of tender flake lard  
6 cups of cake and pastry flour (Monarch)  
Pinch of salt  
¼ cup of white sugar



With pastry blender or two knives cut lard and pastry, salt and sugar together so it is in small pieces then wet with 1 cup of cold water. Knead until pastry is in a smooth ball. Chill to handle better. Then roll and make into pie shells or butter tart cups. Pour filling into pastry. Bake, and Enjoy.

As for the perfect holiday tradition, that does not include food. .. Hug the person, or people, you love, let them know how much it means that they are with you this holiday season. Whether your family is just two of you, or dozens, loving each other is a tradition we can all do.

Big thanks to all who contributed!

Warmest Thoughts and Best Wishes  
for a Wonderful Holiday  
and a very Happy New Year.

Kerriane Brown

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