



# EAT AT STATE RECIPES

*from East Lansing*

WITH LOVE

MSU HOMECOMING 2020

# JOHNNY MARZETTI

*Makes 10-12 servings*

## Ingredients:

- 3 Tablespoons olive oil, plus more for greasing dish
- 1 large onion, chopped
- $\frac{3}{4}$  pound crimini mushrooms, sliced
- 2 pounds ground beef
- 1 (28-ounce) can peeled whole tomatoes, crushed by hand, with juice
- 1 $\frac{1}{2}$  pounds shredded cheddar cheese
- 1 pound cavatappi, cooked and drained



Johnny Marzetti is a baked casserole dish that became popular throughout the Midwest in the 1920s.

## Instructions:

1. Preheat oven to 350°F. Grease a 10"x 15" baking dish with olive oil.
2. Set a large sauté pan over medium-high heat. Once hot, add oil and onions. Sauté until onions are translucent, 3-5 minutes.
3. Add mushrooms and sauté until softened, about 5 minutes.
4. Add beef and cook, breaking up any lumps with a wooden spoon, until beginning to brown, 7-10 minutes.
5. Remove pan from heat and stir in crushed tomatoes and their juice. Add all but 1 cup cheese.
6. Transfer everything to prepared baking dish and add cooked pasta. Mix gently. Scatter remaining cheese on top.
7. Bake until cheese topping is browned and bubbling, 35-40 minutes. Serve warm.

*Recipe adapted from the Ohio Historical Society.  
Photo courtesy of MSU Archives and Historical Collections.*



# WISCONSIN CHEESY CHICKEN

*Makes four servings*

## Ingredients:

- 4 chicken breasts (about 4 oz. each, or 1.5 pounds total)
- ½ teaspoon paprika
- 6.25 ounces extra wide egg noodles
- 1 ¼ cups diced red onions
- 1 Tablespoon margarine
- 2 Tablespoons all purpose flour
- 1 ½ cups 2% milk
- ½ teaspoon Kosher salt
- ½ teaspoon dried sweet basil
- ½ teaspoon dried oregano
- 1 ½ teaspoon granulated garlic
- ¾ teaspoon chicken base
- ½ cup shredded provolone cheese
- ½ cup grated parmesan cheese
- ¼ cup sharp shredded cheddar cheese
- 2 teaspoons fresh parsley

## Instructions:

1. Place chicken onto sprayed sheet trays and sprinkle with paprika. Reserve for later.
2. Cook pasta until al dente (firm to the bite). Drain, rinse with cold water and drain again. Set aside.

## Sauce:

1. Melt margarine in a kettle. Add red onion and sauté until softened.
2. Stir in flour to make a roux. Cook 5-7 minutes, stirring frequently. Turn off heat and let cool slightly.
3. Slowly stream milk into the roux and stir thoroughly. Bring to a simmer, stirring frequently, and cook until thickened. Add chicken base and spices. Mix well.
4. Turn off heat and gradually add cheeses. Stir to melt and mix. Portion into a pan and reserve warm.

## To Serve:

1. Bake chicken at 350°F until internal temperature is 165°F.
2. Place cooked chicken in a pan and ladle sauce over the top (enough to cover the chicken). Garnish with chopped parsley.
3. Place cooked pasta in a separate pan and mix in enough sauce to moisten the pasta.
4. Serve with four ounces of noodles and one chicken breast.



*Recipe courtesy of Eat at State, Michigan State University  
Photo courtesy of MSU Archives and Historical Collections*



# CHEESE SOUFFLÉ WITH STRAWBERRY SAUCE

Makes 10-12 servings and 1 ½ quarts sauce



## Ingredients:

- ¾ cup margarine
- 1 ½ cups flour
- ¾ cup cold water
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¾ cup whole dry milk
- 2 cups water
- 3 ½ grated sharp cheddar cheese
- 2 Tablespoons baking powder
- 12 egg yolks, slightly beaten
- 12 egg whites

## Instructions:

1. Melt margarine. Add flour and stir together to make a roux. Cook roux for five minutes.
2. Add ¾ cup cold water. Stir and cook until smooth, approximately 10 minutes.
3. Add salt and cayenne pepper; mix. Combine dry milk with 2 cups water, and add to above mixture.
4. Cook mixture until thick and smooth, about 20 minutes.
5. Stir in grated cheese, cooking until cheese is melted and mixture is smooth. Keep in refrigerator for one hour to cool.
6. Beat 12 egg whites until stiff.
7. Mix 12 egg yolks and baking powder into cooled cheese mixture. Fold egg whites in with as few movements as possible. Pour mixture into a lightly greased 8" x 8" pan or soufflé pan.
8. Place soufflé pan into a larger pan with ½ inch water in it. Put both pans in the oven. Bake at 350°F for 50-60 minutes.

## STRAWBERRY SAUCE

### Ingredients:

- 3 pounds strawberries, frozen
- 1 ½ Tablespoons lemon juice
- 1 ½ cups water
- ½ cup cornstarch
- ⅔ sugar
- 1 ½ Tablespoons margarine

### Instructions:

1. Thaw and drain strawberries, saving the juice. Combine strawberry juice, lemon juice and water.
2. Combine cornstarch with sugar.
3. Add enough juice mixture to cornstarch mixture to make a pouring paste.
4. In a heavy sauce pan, heat remaining juice mixture to a boil and stir in paste.
5. Stirring often, boil mixture gently 3-5 minutes until it begins to thicken. Remove from heat.
6. Stir in margarine and strawberries. Stir until margarine has completely dissolved.

Recipe courtesy of Eat at State, Michigan State University



# LASAGNA WITH SAUCE

Makes 12-15 servings and 8 ½ cups sauce

## Ingredients:

- 8 ½ cups sauce
- 9 lasagna noodles (8-ounce box)
- 6 cups shredded mozzarella cheese
- 1 cup parmesan cheese
- 3 cups low fat cottage cheese

## Instructions:

1. Add a small amount of oil to 2 quarts rapidly boiling water. Cook lasagna noodles until al dente (firm to the bite).
2. Drain hot water and shock noodles (rinse in cold water). Drain and set aside.
3. Combine together shredded mozzarella and parmesan cheese. Spray or lightly grease a 9" x 13" pan. Layer ingredients:
  - 3 cups lasagna sauce (spread evenly over entire bottom)
  - 3 cooked noodles (to cover completely)
  - 1 ½ cups cottage cheese
  - 2 cups cheese mixture
  - 3 cooked noodles (to cover completely)
  - 3 cups lasagna sauce (spread evenly over entire pan)
  - 1 ½ cups cottage cheese
  - 2 cups cheese mixture
  - 3 cooked noodles
  - Remaining lasagna sauce
4. Tuck all noodle ends down the sides of the pan. Bake at 350°F for 40-45 minutes or until the internal temperature is 160°F. Let stand 20-30 minutes. Garnish with leftover cheese mixture.

## SAUCE

### Ingredients:

- 1 ½ pounds ground beef
- 1 cup onions, chopped
- 1 teaspoon garlic powder
- 2 teaspoons oregano leaf
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 can (28 ounces) crushed tomatoes
- 1 can (12 ounces) tomato paste
- 10 ounces American cheese slices

### Instructions:

1. In a 2-quart sauce pan, brown ground beef. Drain excess fat. Add onions, garlic powder, oregano, salt, black pepper, crushed tomatoes, tomato paste and water. Mix together well.
2. Add American cheese, combine into mixture until completed melted and incorporated.
3. Simmer sauce uncovered for 20 minutes.



Recipe courtesy of Eat at State, Michigan State University



# STROMBOLI

*Makes one roll (4-5 servings)*

## Ingredients:

- 1 loaf bread dough, frozen
- 2 cups or 1 can (15 ounces) pizza sauce for topping

## Filling

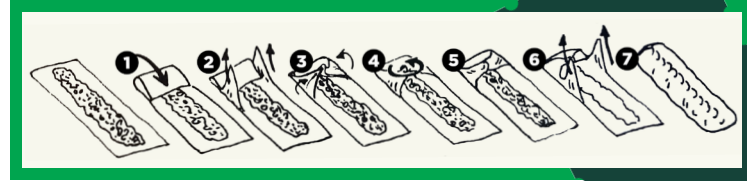
- 1 cup (8 ounces raw) spicy sausage, cooked
- $\frac{3}{4}$  cup ham, chopped fine
- 1 can (4 ounces) mushrooms, drained
- $\frac{3}{4}$  cup shredded mozzarella cheese
- $\frac{3}{4}$  cup shredded sharp cheddar cheese

## Garnish

- 1 egg white
- 2 teaspoons mustard
- $\frac{1}{2}$  teaspoon oregano

## Instructions:

1. Thaw bread dough and allow it to rise, following instructions on the package.
2. Roll dough into a rectangle, approximately 6" x 18".
3. Combine sausage, ham, mushrooms and cheeses. Spread mixture down the center of the dough.



4. Seal the Stromboli using the “campus twist”:
  - Step 1: Fold edge over
  - Step 2: Stretch two sides up
  - Step 3: Pinch together
  - Step 4: Twist in a semi-circle
  - Step 5: Press down to seal
  - Step 6: Pull up next section and repeat Steps 3-6 until the entire roll is sealed, as seen in Step 7
5. Place twisted side down on a lightly greased baking tray. Brush top with beaten egg white, then mustard. Sprinkle with oregano.
6. Bake at 350°F for 25-35 minutes. Slice diagonally into 4-5 servings.
7. Pour  $\frac{1}{4}$  to  $\frac{1}{2}$  cup hot pizza sauce over each serving.

*Recipe courtesy of Eat at State, Michigan State University*



# VEGETARIAN STROMBOLI

*Makes one roll (4-5 servings)*

## Ingredients:

- 1 loaf bread dough, frozen
- 2 cups or 1 can (15 ounces) pizza sauce for topping

## Filling

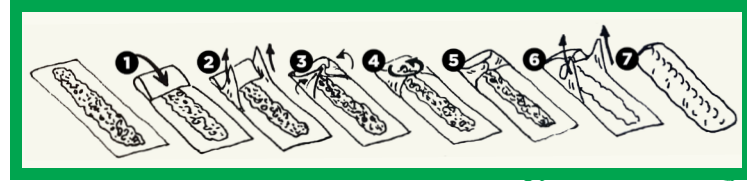
- 1 cup onions, chopped
- 1 cup green peppers, chopped
- 1 can (8 ounces) mushrooms, drained
- 1 cup shredded mozzarella cheese
- 1 cup shredded sharp cheddar cheese
- ½ cup grated parmesan cheese

## Garnish

- 1 egg white
- 2 teaspoons mustard
- ½ teaspoon oregano

## Instructions:

1. Thaw bread dough and allow it to rise, following instructions on the package.
2. Roll dough into a rectangle, approximately 6" x 18".
3. Combine onions, peppers, mushrooms and cheeses and spread mixture down the center of the dough.



4. Seal the Stromboli using the “campus twist”:
  - Step 1: Fold edge over
  - Step 2: Stretch two sides up
  - Step 3: Pinch together
  - Step 4: Twist in a semi-circle
  - Step 5: Press down to seal
  - Step 6: Pull up next section and repeat Steps 3-6 until the entire roll is sealed, as seen in Step 7
5. Place twisted side down on a lightly greased baking tray. Brush top with beaten egg white, then mustard. Sprinkle with oregano.
6. Bake at 350°F for 25-35 minutes. Slice diagonally into 4-5 servings.
7. Pour ¼ to ½ cup hot pizza sauce over each serving.

*Recipe courtesy of Eat at State, Michigan State University*



# CHICKPEA WAFFLES WITH MIXED BERRY COMPOTE

*Makes six waffles and one cup compote*

## Ingredients:

- $\frac{3}{4}$  cup + 1 Tablespoon water
- 1 Tablespoon +  $\frac{3}{4}$  teaspoon vegan egg replacer
- $\frac{3}{4}$  cup + 1 Tablespoon plant-based culinary cooking crème
- 1  $\frac{3}{4}$  cup + 2 Tablespoons garbanzo bean flour
- 1 Tablespoon +  $\frac{3}{4}$  teaspoon sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon Kosher salt

## Instructions:

1. Combine water, egg replacer and culinary crème until smooth.
2. Combine remaining ingredients. Stir into wet mixture.
3. Preheat waffle iron to 350°F.
4. Cook 2  $\frac{1}{2}$  minutes or until golden brown and cooked through.
5. Serve with 2 ounces of warm mixed berry compote.

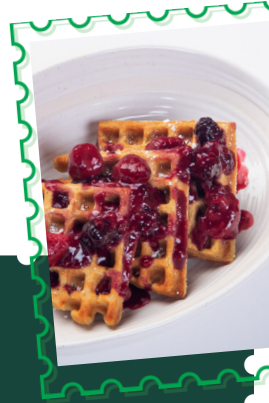
## MIXED BERRY COMPOTE

### Ingredients:

- 1  $\frac{1}{2}$  cups frozen berry blend
- $\frac{1}{4}$  cup + 2 teaspoons light brown sugar
- 2  $\frac{1}{3}$  Tablespoons orange juice
- 2 teaspoons fresh orange zest

### Instructions:

1. In a heated kettle, add frozen berries.
2. Add juice and sugar. Stir constantly until thickened, 3-5 minutes. It should be somewhat chunky.
3. Reserve and serve warm on waffles, approximately 2 ounces per waffle.



Chickpea Waffles are a campus favorite at Thrive, the allergen-free dining hall located in Owen Hall. Everything served at Thrive is free from the Big 8 allergens plus gluten.

*Recipe courtesy of Eat at State, Michigan State University*





# CHICKEN CORDON BLEU

*Makes four servings*

## Ingredients:

- 4 chicken breasts
- 8 slices Swiss cheese
- 4 slices smoked ham
- ¼ cup flour
- Egg wash (1 egg + ½ teaspoon water)
- 1 cup breadcrumbs
- 1 teaspoon thyme
- 4 ounces butter



## Instructions:

1. Pound out the chicken breasts.
2. Fill each chicken breast with one slice of ham and two slices of cheese.
3. Roll up tightly.
4. Dip each in flour, and then in egg wash.
5. Coat with breadcrumbs and chopped thyme.
6. Pan fry in butter until golden brown.
7. Finish cooking in oven at 350°F for 15-20 minutes.

*Recipe courtesy of Kellogg Hotel and Conference Center*

# PRESIDENTIAL CHICKEN

*Makes 10 servings*

## Ingredients:

- 1 ½ pounds chicken breast
- 9 ½ ounces plain cream cheese, softened
- 1 ½ Tablespoons sour cream
- 3 Tablespoons fresh green onions
- ½ teaspoon vegetable base
- ⅛ teaspoon granulated garlic
- ⅛ teaspoon black pepper
- 10 (2-ounce) 5" x 5" puff pastry dough squares
- Egg wash (1 egg + ½ teaspoon water)

## Instructions:

1. Bake chicken until internal temperature reaches 165°F. Dice and place in refrigerator to cool.
2. Combine softened cream cheese, sour cream, green onions, base, garlic and pepper in a mixer on slow speed until smooth.
3. Stir diced chicken into cream cheese mixture and mix thoroughly. Keep cold.
4. Scoop ¼ cup chicken mixture into the center of a puff pastry square. Bring the four corners together, pinching the seams to seal. Place on a sheet tray, seam side down.
5. In a separate bowl, whisk the eggs and water to make an egg wash. Brush onto filled pastries.

6. Bake at 350°F until golden brown and internal temperature reaches 165°F.
7. Serve one puffed pastry with 2 ounces sauce.

## SAUCE

### Ingredients:

- 1 Tablespoon unsalted butter
- 2 Tablespoons all purpose flour
- 1 ¾ cups 2% milk
- ½ cup heavy whipping cream
- 2 teaspoons chicken base
- 2 teaspoons fresh parsley

### Instructions:

1. Melt butter. Stir in flour to make a roux. Cook 5-7 minutes.
2. While whisking the roux, slowly stream in milk and heavy cream. Cook and stir until smooth and thickened, about 20 minutes.
3. Stir in base until dissolved. Finish with parsley and reserve warm.



*Recipe courtesy of Eat at State, Michigan State University*



# VEGAN CHOCOLATE CAKE

Makes one 8" x 8" cake

## CAKE

### Ingredients:

- 1 ¼ cup all purpose flour
- 1 cup sugar
- ⅓ cup cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup warm coffee or warm water
- 1 teaspoon vanilla extract
- ⅓ cup vegetable oil
- 1 teaspoon white or apple cider vinegar

### Instructions:

1. Preheat oven to 350°F. In an 8" x 8" square pan, mix the flour, sugar, cocoa powder, baking soda and salt with a fork.
2. Add the coffee or water, vanilla extract, vegetable oil and vinegar.
3. Mix the ingredients together.
4. Bake for 30 minutes. Cool on a cooling rack.

## GLAZE

### Ingredients:

- ½ cup sugar
- 4 Tablespoons vegan butter
- 2 Tablespoons soy milk
- 2 Tablespoons cocoa powder
- 2 teaspoons vanilla extract

### Instructions:

1. In a small saucepan, bring the sugar, margarine, soy milk and cocoa powder to a boil, stirring frequently.
2. Simmer for 2 minutes, remove from heat and stir for an additional 5 minutes.
3. Stir in the vanilla extract.
4. Pour the glaze onto the cake and let it cool for one hour.

MSU Bakers' Vegan Chocolate Cake was developed in 2018 to provide a unique vegan dessert option to the campus community. That same year, the bakery opened a storefront to enhance their customer service area and showcase made-from-scratch products.



Recipe courtesy of MSU Bakers, Michigan State University



# SOUR CREAM CHEESECAKE

Makes one 9" x 10" springform cheesecake

## CRUST

### Ingredients:

- 1 ¾ cup graham cracker crumbs
- ½ cup butter, melted
- ¼ cup granulated sugar

### Instructions:

1. Blend graham cracker crumbs, sugar and butter.
2. Press on sides and bottom of well-greased 10" springform pan.

## FILLING

### Ingredients:

- 3 - 8-ounce packages of cream cheese, softened
- 1 ½ cups granulated sugar
- 4 extra-large eggs, room temperature
- 1 Tablespoon vanilla

### Instructions:

1. Mix softened cream cheese and sugar for 3-5 minutes.
2. Add eggs and vanilla. Mix for 30 minutes.

3. Pour batter into the prepared crust. Bake at 350°F for 50-60 minutes.
4. Remove from oven; cool for 20 minutes before finishing with the sour cream topping.

## TOPPING

### Ingredients:

- 1 ½ cups sour cream
- ¼ cup granulated sugar
- 1 teaspoon vanilla

### Instructions:

1. Blend sour cream, sugar and vanilla.
2. Pour on top of cooled cake. Return to 300°F oven for 10 minutes.
3. Cool for 20 minutes and remove from pan.
4. Cool completely and refrigerate. Let stand at room temperature for 20-30 minutes before serving, as cheesecake flavor is better when it has a chance to warm up a bit.

Recipe courtesy of MSU Bakers, Michigan State University



# BLUEBERRY CRISP

*Makes eight servings*

## Ingredients:

- 5 pounds blueberries
- 5 Tablespoons sugar
- 1 Tablespoon +  $\frac{3}{4}$  cup all purpose flour
- 1  $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  teaspoon Kosher salt
- $\frac{3}{4}$  cup unsalted butter
- 2 cups rolled oats
- 1 cup chopped almonds



## Instructions:

1. Cut butter into small pieces. Keep butter chilled.
2. Toss berries, sugar and 1 Tablespoon flour in a bowl.
3. Place mixture in a shallow baking pan.
4. Combine brown sugar, salt and  $\frac{3}{4}$  cup flour.
5. Rub in the butter using your fingertips. Mix until coarse crumbs are created.
6. Add almonds and oats.
7. Sprinkle topping over berries.
8. Bake at 350°F for 45-55 minutes.

*Recipe courtesy of Kellogg Hotel and Conference Center*

# BUTTERBEER

*Makes four servings*

## Ingredients:

- 1 cup light or dark brown sugar
- 2 Tablespoons water
- 6 Tablespoons butter
- ½ teaspoon salt
- ½ teaspoon cider vinegar
- ¾ cup heavy cream, divided
- ½ teaspoon rum extract
- 4 (12 ounce) bottles cream soda



## Instructions:

1. In a small saucepan over medium, combine the brown sugar and water. Bring to a gentle boil and cook, stirring often, until the mixture reads 240°F on a candy thermometer.
2. Stir in the butter, salt, vinegar and ¼ cup heavy cream. Set aside to cool to room temperature.
3. Once the mixture has cooled, stir in the rum extract.
4. In a medium bowl, combine 2 Tablespoons of the brown sugar mixture and the remaining ½ cup of heavy cream. Use an electric mixer to beat until just thickened, but not completely whipped, about 2-3 minutes.
5. To serve, divide the brown sugar mixture between four tall glasses (about ¼ cup for each glass).
6. Add ¼ cup of cream soda to each glass, then stir to combine.
7. Fill each glass nearly to the top with additional cream soda, then spoon the whipped topping over each.

*Recipe courtesy of Kellogg Hotel and Conference Center*



## MAKING THE RECIPES AT HOME?

We would love to see your creations!  
Tag us on social media (@EatAtState) and use the  
hashtags #EatAtState and #MSUHomecoming.

Enjoy making these campus favorites in your kitchen!  
We can't wait to see the results, as you reminisce about  
the meals you shared with fellow Spartans on campus.



[eatatstate.com](http://eatatstate.com)