



· FROM ·  
**OUR KITCHEN**

# FAVORITE RECIPES

TO YOURS

**OBJECTIVE**Surgical   
Innovative surgical solutions

At Objective Surgical, we have an incredible group that feels more like family than co-workers! There is never a dull moment with this crew and similar to life and work - we all bring different things to the table. We have a long history of shared food experiences, whether celebrating birthdays, holidays or the fact that it's summer!

We have compiled some of our family's favorite recipes to share with you here. Hopefully you are inspired to share with your own family or even decide to organize a pitch-in with your work family. We hope you enjoy!



# Loaded Chicken and Potato Casserole

Serves: 6

From the kitchen of:  
**Allea Antrobus**



## Ingredients

- 1 lb boneless chicken breasts, cubed (1")
- 6-8 medium skin-on red potatoes, cut into 1/2" cubes
- 1/3 c olive oil
- 1 1/2 tsp salt
- 1 tsp black pepper
- 1 Tbsp paprika
- 2 Tbsp garlic powder
- 2 Tbsp hot sauce (more if you like it HOT)
- 2 c fiesta (or Mexican) blend cheese
- 1 c crumbled bacon
- 1 c diced green onion

Serve With: Extra hot sauce, Ranch Dressing, or sour cream!

## Directions

1. Preheat oven to 400 degrees. Spray a 9 x 13" baking dish with cooking spray.
2. In a large bowl, mix together the olive oil, salt, pepper, paprika, garlic powder, and hot sauce. Add the cubed potatoes and chicken and stir to coat. Carefully scoop the potatoes and chicken into the prepared baking dish.
3. Bake the potatoes and chicken for 55-60 minutes, stirring every 20 minutes, until cooked through, crispy, and browned on the outside. While the potatoes are cooking, fry your bacon (about 1/2 pound).
4. Once the potatoes and chicken are fully cooked, remove from the oven. Top the cooked potatoes with the cheese, bacon, and green onion. Return the casserole to the oven and bake for five minutes or until cheese is melted.

# Staff Recipe: Guacamole

From the kitchen of:  
**Alexa Antrobus**



## Ingredientes

- 5-6 avocados
- 1 medium/large size red tomato
- 1 medium size onion of your choice
- 2 medium size Limes
- Salt
- Jalapeños (fresh or jarred)
- Fresh cilantro
- 1 garlic clove

Remember to keep a seed from the Avocados to throw in the bowl if you want to save any for left overs!

## Directions

1. Mash up the avocados, dice the tomato and add to the avocados.
2. Peel the onion, cut it in half. Dice one of the half's and add to the avocados.
3. Mix everything together so far.
4. Sprinkle salt into the mix (until it tastes right).
5. If you get jalapeños from the jar get about 10 pieces out and dice them in even smaller. If you get a fresh Jalapeño, slice about 10 pieces and dice and throw in the mix. This adds a little kick.
6. Cut and dice the leaves off of 2-3 stems of fresh Cilantro and add that to the mix.
7. Take 1 garlic clove, peel, dice and throw that in.
8. Get the limes, cut them in half. Squeeze the limes into the mix.
9. Mix everything together really well, take a little taste and find out if you need to add a little extra of something, salt? A little more kick of jalapeños?

Ready to serve! Best served after being refrigerated after a few minutes.

*Staff  
Recipe:*

## BBQ Pineapple Chicken Kabobs

Serves: 6

From the kitchen of:  
**Angela Cummins**



### Ingredients

- 2/3 cup barbecue sauce
- 2/3 cup teriyaki sauce
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 2 pounds boneless, skinless chicken breasts, cut into 1-inch chunks
- 2 cups fresh pineapple chunks
- 1 red bell pepper, cut into 1 1/2-inch pieces
- 1 sweet onion, cut into 1 1/2-inch pieces
- 2 tablespoons canola oil
- Kosher salt and freshly ground black pepper, to taste

So saucy, so sticky, and just so darn good! The chicken is perfectly tender with chunks of fresh pineapple, pepper and onion!

### Directions

1. In a medium bowl, combine barbecue sauce, teriyaki sauce, garlic and ginger. Reserve 1/2 cup and set aside.
2. In a gallon size Ziploc bag or large bowl, combine barbecue sauce mixture and chicken; marinate for at least 2 hours to overnight, up to 8 hours, turning the bag occasionally. Drain the chicken from the marinade.
3. Thread chicken, pineapple, bell pepper and onion onto skewers. Brush with canola oil; season with salt and pepper, to taste.
4. Preheat grill to medium heat.
5. Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes. Brush skewers with reserved barbecue sauce mixture, cooking for an additional 1-2 minutes.
6. Serve immediately.

*Staff  
Recipe:*

## Grilled Prosciutto Wrapped Asparagus

Serves: 4

From the kitchen of:

Angela Cummins



### Ingredients

- 16 large asparagus spears (3/4" - 1" at base) with tough ends trimmed off
- 16 slices of thinly sliced prosciutto
- 2 tablespoons olive oil
- salt and pepper to taste

Prosciutto wrapped asparagus done on the grill is so simple and a real crowd pleaser!

This recipe can also be done in the oven on a baking sheet.

### Directions

1. Prepare charcoal or gas grill for medium to medium-high direct cooking.
2. Trim off tough end of asparagus spears, wash thoroughly and pat dry with a paper towel.
3. Wrap each spear with a slice of prosciutto.
4. Brush the wrapped spears with olive oil.
5. Lightly season with salt and pepper to taste. (I skip the salt as prosciutto is pretty salty when grilled).
6. Place spears on prepared grill and cook, turning as needed to evenly cook all sides, until the prosciutto is crisp and the asparagus has a slight char. The asparagus should be tender but firm.

*Staff  
Recipe:*

## Sour Cream Apple Pie

From the kitchen of:  
**Angela Cummins**



### Ingredients

#### **Filling:**

- 1 cup sour cream
- 2/3 cup sugar (can easily reduce to 1/2 cup if you like your apple pies a little less sweet)
- 2 Tablespoons flour
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1 egg
- 3 cups peeled, sliced tart apples (about 1 1/4 pounds of slices, cut 1/4-inch to a 1/2-inch thick)
- 1 Tablespoon lemon juice or apple cider vinegar
- One 9" unbaked pie shell, frozen or chilled in the freezer for at least 30 minutes

#### **Topping:**

- 1/2 cup brown sugar, packed
- 1/2 cup flour
- 1/4 cup butter (1/2 a stick), chilled, cut into cubes
- 1/2 teaspoon cinnamon

Mix together all ingredients until the mixture resembles coarse crumbs. Chill until needed in the recipe.

### Directions

1. Make the streusel topping: Place the streusel topping ingredients in a medium bowl and mix with a fork or your hands until the mixture resembles coarse crumbs. Chill in the refrigerator until the topping is needed half-way through the baking.
2. Preheat oven to 400°F with a rack in the middle and another rack below it. Place a large rimmed baking sheet on the lower rack to catch any of the drippings from the pie.
3. In a large bowl put the sour cream, sugar, flour, salt, vanilla, and egg. Use a wooden spoon and beat by hand until smooth. Fold in the apples and stir until all of the apples are coated with the sour cream filling mixture.
4. Put the filling into a frozen pie shell. For the first stage of baking, bake the pie for 25 minutes at 400°F.
5. After the first 25 minutes, remove the pie from the oven and sprinkle the top with the brown sugar butter flour topping mixture. You may also want to put a pie protector or foil around the outer crust edges to keep them from getting too browned. Bake for another 20 minutes at 400°F.
6. Cool: Let the pie cool on a rack for one hour before cutting and serving.

*Staff  
Recipe:*

## Chicken Broccoli Rice Casserole

From the kitchen of:  
Cindy Orwig



### Ingredients

- 3 chicken breasts
- 3 bags frozen chopped broccoli
- 3 cups instant rice
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1/2 cup milk
- Small package Velveeta cheese (16 oz)
- Chopped celery
- Large onion
- Season to taste

### Directions

1. Cut chicken into chunks and cook with onions and celery.
2. Boil broccoli.
3. Mix two cans of soup with milk and cheese and warm up.
4. Cook rice.
5. Mix all together in baking dish.
6. Bake on 350 for 15-20 minutes.
7. Sprinkle with more shredded cheese when done.



# Staff Recipe: Caramel Apple Dip

From the kitchen of:  
Ann Whitecotton



## Ingredients

- 1 Block of Cream Cheese
- 1 Container of Carmel Fruit Dip (found in the produce dept...not the kind for ice cream)
- 1 bag of Heath Toffee Chips (found with Baking Chips)
- 3 Tbsp of Brown Sugar
- Granny Smith Apples, or Graham Crackers for dipping

## Directions

1. Mix Cream Cheese, Brown Sugar, and a  $\frac{1}{4}$  of Carmel Sauce together.
2. Spread the mixture on a large serving tray.
3. Take remaining Carmel Fruit Dip, and spread over Cream Cheese Mixture.
4. Add the next Layer with Toffee Chips. Chill for 1 hour.
5. Serve with sliced apples, or graham crackers.

# *Staff Recipe:* **Caramel Puff Corn**

From the kitchen of:  
**Cindy Orwig**



## *Ingredients*

- 1 large bag or 2 small bags puff corn
- 1 cup butter (2 sticks real butter)
- 1 cup brown sugar
- 1/2 cup dark karo syrup
- 1 tsp. baking soda

## *Directions*

1. Melt butter, add sugar and syrup.
2. Bring to boil and cook 3 minutes. Take off heat.
3. Add baking soda and stir.
4. Pour over puff corn evenly and mix.
5. Arrange on deep baking sheet or roaster pan and bake at 250° for 45 minutes.
6. Take out and stir every 10-15 minutes.

# *Staff Recipe:* **Spicy Chicken Dip**

From the kitchen of:  
**Dave Brashear**



## *Ingredients*

- 2 large chicken breasts (cooked and diced)
- 2, 8oz packages of cream cheese (softened)
- 1 can cream of chicken soup
- 4oz can of diced jalapenos (drained)

## *Directions*

1. Combine all ingredients and put in the oven on 375° for 40 minutes or until golden brown on top.
2. Serve with Frito Scoops and Tortilla chips.



# Browned Butter White Chocolate Blondies

Serves: 16

From the kitchen of:  
**Dave Brashear**



## Ingredients

- 12 Tablespoons Butter (1 1/2 sticks), melted and cooled
- 1 1/2 cups Brown Sugar
- 2 Eggs
- 2 teaspoons Vanilla Extract
- 1 1/2 cups Flour
- 1 teaspoon Baking Powder
- 1/2 teaspoon Salt
- 2/3 cup White Chocolate Chips
- 2/3 cup Pecans optional

Browned Butter White Chocolate Blondies start with rich browned butter which adds a toffee and caramel flavor to these decadent bars.

## Directions

1. Heat oven to 350 degrees.
2. In a medium saucepan, melt butter over medium heat. As it starts to heat up, swirl the pan around often. Once it starts to bubble, let it deepen for 3-4 minutes.
3. Remove from heat and add brown sugar. Stir it for 1-2 minutes until the mixture is nice and glossy and all of the brown sugar is dissolved into the butter.
4. Let cool. It can be cooled at room temperature or can be put into the refrigerator for 10-15 minutes. It needs to be cooled to room temperature before adding the eggs. You don't want scrambled eggs!
5. Add eggs and vanilla and stir well.
6. Stir in flour, baking powder, and salt.
7. Before adding white chocolate chips, ensure the dough is chilled enough. You may want to put it in the refrigerator for a few minutes before adding white chocolate.
8. Stir in white chocolate chips and optional pecans.  
**Optional: Line a 8 x 8, 9 x 9, or 9 x 13 pan with foil or parchment paper.**
9. Pour batter into pan of choice, smoothing top with a spatula.
10. Bake until top is shiny and slightly cracked approximately 20-24 minutes.
11. Let cool and cut into bars.



## "Juicy" Lucy From Minneapolis

Makes 1 sandwich

From the kitchen of:  
**Dave Brashear**



### Ingredients

- 1 hamburger bun
- 2 ground beef patties, 1/4 pound (110 grams)
- 2 slices american cheese
- 1/3 cup onion, grilled, diced
- Sandwich pickle, optional
- Butter, as needed

### Directions

1. Brush melted butter on the inside surfaces of the hamburger bun and place on a pan or griddle on low heat.
2. While the bun is toasting, flatten each beef patty so that it's about 1/4 inch (6 mm) thick.
3. Place the cheese in the middle of one of the patties, then cover it with the other patty.
4. Push the patties together and pinch the edges, assuring there are no holes for the cheese to seep through.
5. Place meat on a griddle or pan over medium high heat. Cook 5-10 minutes per side or until cheesy juices start spilling out.
6. Add pickles to the bottom half of the bun, followed by the onions. Then top it off with the cooked burger and top bun.
7. Get your chompers ready! But be careful - the cheese is super hot inside!
8. Enjoy!

# *Staff Recipe:* **Apple Coleslaw**

From the kitchen of:  
**Kari Schemenauer**



## *Ingredients*

- 3/4 cup Miracle Whip salad dressing
- 1 T. honey
- 1 (16oz) bag of cabbage slaw mix
- 2 apples, chopped

## *Directions*

1. Mix the dressing and honey in a bowl, until blended.
2. Add the cabbage and apples and mix lightly.
3. Refrigerate at least an hour before serving.

# *Staff Recipe:* **Cheesy Corn Casserole**

From the kitchen of:  
**Kristine Chadwick**



## *Ingredients*

- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8-ounce) package corn muffin mix (recommended: Jiffy)
- 1 cup sour cream
- 1/2 stick butter, melted
- 1 to 1 1/2 cups shredded Cheddar
- Add a couple punches of sugar

## *Directions*

1. Preheat oven to 350 degrees F.
2. In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream, sugar, and melted butter. Pour into a greased 9 by 13-inch casserole dish. Bake for 45 minutes, or until golden brown. Remove from oven and top with Cheddar. Return to oven for 5 to 10 minutes, or until cheese is melted. Let stand for at least 5 minutes and then serve warm.

*Staff  
Recipe:*

## Spinach-Parmesan Casserole

From the kitchen of:

Kristine Chadwick



### Ingredients

- 2 pounds fresh baby spinach
- 5 tablespoons butter
- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 1 tablespoon Italian seasoning
- 3/4 teaspoon salt
- 1 cup grated Parmesan cheese

### Directions

1. Preheat oven to 400°. In a stockpot, bring 5 cups water to a boil. Add spinach; cook, covered, 1 minute or just until wilted. Drain well.
2. In a small skillet, heat butter and oil over medium-low heat. Add garlic, Italian seasoning and salt; cook and stir until garlic is tender, 1-2 minutes.
3. Spread spinach in a greased 1-1/2-qt. or 8-in. square baking dish. Drizzle with butter mixture; sprinkle with cheese. Bake, uncovered, until cheese is lightly browned, 10-15 minutes.



Staff  
Recipe:

## Cream Cheese-Filled Banana Bread

From the kitchen of:

Kristine Chadwick



### Ingredients

#### For Bread:

- 1 large egg
- 1/2 cup light brown sugar, packed
- 1/4 cup granulated sugar
- 1/4 cup liquid-state coconut oil (canola or vegetable may be substituted)
- 1/4 cup sour cream (lite is okay; or Greek yogurt may be substituted)
- 2 teaspoons vanilla extract
- 1 cup mashed ripe bananas (about 2 large bananas)
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- Pinch salt, optional and to taste

#### For Cream Cheese Filling:

- 1 large egg
- 4 ounces softened brick-style cream cheese (lite is okay)
- 1/4 cup granulated sugar
- 3 tablespoons all-purpose flour

### Directions

Preheat oven to 350F. Spray one 9x5-inch loaf pan with floured cooking spray, or grease and flour the pan; set aside.

#### MAKE THE BANANA BREAD:

1. In a large bowl, add the egg, sugars, coconut oil, sour cream, vanilla, and whisk to combine.
2. Add the bananas and stir to incorporate.
3. Add 1 cup flour, baking powder, baking soda, optional salt, and fold with spatula or stir gently with a spoon until just combined; don't overmix; set aside.
4. Turn about two-thirds of the batter out into the prepared pan, smoothing the top lightly with a spatula and pushing it into corners and sides as necessary; set aside.

#### MAKE THE CREAM CHEESE FILLING:

IN A LARGE BOWL, ADD ALL INGREDIENTS AND WHISK TO COMBINE.

ALTERNATIVELY, MIX WITH A HAND MIXER.

1. Evenly pour filling mixture over the bread, smoothing the top lightly with a spatula and pushing it into corners and sides as necessary.
2. Top with remaining batter, smoothing the top very lightly with a spatula as to not disturb cream cheese layer and pushing batter into corners and sides as necessary.
3. Bake for about 48 to 50 minutes or until the top is domed, golden, and the center is set, and a toothpick inserted in the center comes out clean, or with a few moist crumbs, but no batter. Note this is tricky because the cream cheese never gets totally solid so the toothpick test isn't the most accurate.\*
4. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.
5. Bread will keep airtight at room temperature for up to 1 week, or in the freezer for up to 6 months.

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Recipe:*

## Misty's Lovely Fruit Salad

From the kitchen of:  
**Ledora Mason**



### Ingredients

- 1 large carton of strawberries – fresh, cut in pieces
- 1 small carton of blueberries – fresh
- 4 Kiwi – sliced
- 2 Cans of Peaches in their own juice, drained. Reserve liquid and use some to sweeten the fruit.

### Directions

This is incredibly easy and very tasty!

1. Mix all ingredients together and serve.



## Artichoke and Mushroom Chicken

From the kitchen of:  
**Ledora Mason**



### Ingredients

- ½ Cup Bread Crumbs
- Salt and Pepper to taste
- 2 Skinless, boneless chicken breasts, halved
- 2 T. Olive Oil
- 1 Can (14 ½ oz. ) Chicken Broth
- 1 Can (10 oz. ) White Mushrooms, drained
- 1 Can/Jar (14 ½ oz. ) Artichokes, quartered
- ½ Cup grated Parmesan
- 1 Pkg. ( 16 oz. ) Pasta Shells or Spaghetti

### Directions

1. Mix bread crumbs, salt and pepper in plastic bag. Shake chicken pieces in the bag until coated with bread crumbs.
2. Heat 2 Tbsp. oil in frying pan. Saute chicken until brown, turning at least twice, about 10 minutes.
3. Remove chicken and pour broth into pan. Stir with wooden spoon until browned bits come loose.
4. Place chicken breasts in a 9 x 12 casserole dish. Add mushrooms and artichokes. Pour broth over chicken, it will turn to gravy while baking. Bake at 350 for 45 minutes, uncovered. Five minutes before removing from oven, sprinkle with Parmesan.
5. A half hour before serving, bring a large pot of water to boil and cook pasta according to package directions.

*Staff  
Recipe:*

## Black Bean Salsa

From the kitchen of:  
**Ledora Mason**



### Ingredients

- 3/4 Cup Lime Juice
- 2 Cans White Shoe Peg Corn
- 2 Cans Black Beans, rinsed and drained
- 6 T. Olive Oil
- 3 t. Cumin
- ½ Cup Red Onion Chopped
- ½ Cup Fresh Cilantro
- 1 Cup Petite Diced Tomatoes

### Directions

1. Mix all ingredients together and chill.

# Staff Recipe: Cowboy Caviar

From the kitchen of:  
**Kari Schemenauer**



## Ingredients

- 1 (15.5oz) can black beans, drained
- 1 (15.5oz) can black-eyed peas, drained
- 1 (14.5oz) can diced tomatoes, drained (I like petite)
- 1 can sweet corn, drained
- 1 small red onion, chopped
- 1 bell pepper, chopped finely (I like orange for the color)
- 1 small (4.5oz) can chopped jalapeno peppers
- ½ tsp garlic salt
- 1 cup Italian salad dressing
- 1 bunch of cilantro, chopped

## Directions

Mix all ingredients and refrigerate at least 20 minutes before serving. This is a recipe I am always asked to bring to gatherings. I like to make it a day ahead so the flavors blend together.

I serve this with scoop tortilla chips.



## Sausage Hash Brown Breakfast Casserole

From the kitchen of:  
Kari Schemenauer



### Ingredients

- 1 pound sausage, cooked and drained
- ½ (30 ounce) package frozen hash brown potatoes, thawed (approx. 3 cups)
- 2+ cups shredded cheddar cheese, divided
- 1 ½ tsp salt, divided
- ½ tsp black pepper
- 1 1/3 cups milk
- 4 large eggs, beaten

### Directions

Preheat oven to 350 degrees. Grease a casserole baking dish or deep-dish pie plate.

Stir hash browns, cooked sausage, 1 ½ cups cheese, ½ tsp salt and black pepper in a large bowl. Whisk milk, eggs and remaining salt together in another bowl. Pour hash brown mixture into prepared baking dish; pour egg mixture evenly over hash brown mixture. Bake in a preheated oven for 35 minutes. Remove and sprinkle with cheese. (I use about a cup.) Bake 10 minutes longer.

I bake this casserole for my family every Sunday for brunch. My son loves eating it with hot sauce.

# *Staff Recipe:* **Corn Casserole**

From the kitchen of:  
**Kari Schemenauer**



## *Ingredients*

- 1 can creamed corn
- 1 can sweet corn, drained
- 8 oz sour cream
- 2 eggs
- ½ cup butter, melted
- 2 T. sugar
- 8.5 oz pkg. corn muffin mix

## *Directions*

1. Preheat oven to 350 degrees. Grease 9x13 pan.
2. Mix first 6 ingredients; then mix in corn muffin mix.
3. Bake 35-40 minutes.

I am always asked to bring this recipe to family gatherings. There are never leftovers!

# *Staff Recipe:* **Sugar Cream Pie**

From the kitchen of:  
**Cindy Orwig**



## *Ingredients*

- 2 Tablespoons butter
- 2 Cups brown sugar
- 2 Tablespoons flour
- 2 eggs
- 1 Cup carnation evaporated milk

## *Directions*

1. Mix everything together and mix well for several minutes with a mixer.
2. Pour into pie shell and bake for 45 min at 375 degrees.



*Staff  
Recipe:*

## Chicken Enchilada Soup

From the kitchen of:  
Cindy Orwig



### Ingredients

- 3 large chicken breasts cooked in chicken broth then shredded
- 4 cups chicken broth
- 1 (10 oz) can red enchilada sauce
- 1 (10 oz) can mild green enchilada sauce
- 2 cans black beans drained
- 1 (14 oz) can fire roasted diced tomatoes with juice (I have used regular diced)
- 1 (15 oz) can whole kernel corn drained or 1 bag frozen
- 2 cloves minced garlic
- 1 diced onion
- 1 teaspoon ground cumin
- 1 tsp salt (or salt and pepper to taste)

### Directions

1. Cook the chicken separately in broth.
2. Add everything to a crock pot.
3. Cook for 4-5 hours.
4. Serve with a garnish of fresh cilantro, sour cream, onion and tortilla chips.





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