

Simple recipes and cooking tips

Submitted by: Kathleen Miller, administrative manager, Duke Clinical Research Institute Academic Affairs

Easy recipes:

Two large cans green beans, 1 jar spinach salad dressing, ½ c sugar. Mix in casserole dish, top with raw bacon, Bake 325 several hours (about 3-4). Serve. Better next day and measurements are to your taste.

Mix four cups of cut strawberries, ½ cup vanilla almond milk and two bananas in a blender until smooth, then pour into 1 cup plastic containers, freeze. Microwave 20 seconds, enjoy ice cream.

Cooking “gems” passed to Kathleen from her grandmother, Elizabeth Gigax:

Add salt and pepper to softened butter - serve with corn on the cob, no need to put greasy hands on salt and pepper shakers!

Cut ripe cantaloupe in half, scoop out seeds, fill with good (or homemade) quality vanilla ice cream. Best for breakfast!

Cook bacon on grill in fry pan, save for burgers, BLTs or potato salad. No greasy bacon smell in house!