

BOISE STATE UNIVERSITY
ALUMNI ASSOCIATION

FAMILY RECIPES



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BUSTER BURGER

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

INGREDIENTS:

- 1 pound ground meat of choice (ground pork plus ground beef make a good blend)
- 2 heaping tablespoons (more to taste)
Everything Bagel Seasoning
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce

DIRECTIONS:

Mix all ingredients together gently. Do not over mix as this will make burgers tough. Form into 4 patties. Use thumb to make a depression in the center of one side of the burgers to help keep the surface level while they cook and to keep them from puffing up. Lightly coat each patty with canola oil on the side of the burger hitting the grill first. If using lean meat, brush both sides of burger with oil. Grill over medium hot charcoal or medium heat on a gas grill.

TOPPINGS:

Top with crisp bacon slices and white cheddar cheese. Optional extra toppings are sautéed mushrooms and sautéed onions (easily made at home and brought to tailgate party in a covered dish).

SERVE ON:

Options: plain burger bun, burger bun brushed with egg white and sprinkled with Everything Bagel Seasoning and baked until crunchy, or Everything Bagels with centers ½ removed.

Bronco athletes like this with a side of Spicy Sweet Potato Fries to pack on the antioxidants.

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SPICY BAKED SWEET POTATO FRIES

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

INGREDIENTS:

- 6 sweet potatoes, cut into French fries
- 2 tablespoons canola oil
- 3 tablespoons taco seasoning mix
- ¼ teaspoon cayenne pepper
- Salt and pepper to taste

DIRECTIONS:

Preheat the oven to 425 degrees F (220 degrees C).

In a plastic bag, combine the sweet potatoes, canola oil, taco seasoning, and cayenne pepper. Close and shake the bag until the fries are evenly coated. Spread the fries out in a single layer on two large baking sheets.

Bake for 20 minutes, or until crispy and brown on one side. Turn the fries over using a spatula, and cook for another 20-30 minutes, or until they are all crispy on the outside and tender inside. Thinner fries may not take as long.

SEASONING:

Use your favorite seasoning or try it with garlic powder and salt and pepper, or with Italian seasoning and salt and pepper. Awesome made sweeter with pumpkin pie spice or a little cinnamon plus some salt!

TIP:

These are delicious plain, but may be dipped in honey mustard sauce, ketchup, or even guacamole.

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PAN FRIED FILET MIGNON

Davis Harsin, age 15
(With help from his dad,
Alumnus Head Coach Bryan Harsin '00)

INGREDIENTS:

- Beef Tenderloin Steak
- Olive oil
- Montreal steak seasoning
- Baste of lime, garlic and butter
- Crushed Rosemary
- Fine Salt

DIRECTIONS:

Pull steak out and season with only a hint of salt.

Oil the pan with olive oil and throw steak in. Slowly cook it on medium heat and make sure you flip every 2-3 min.

Once it has been in there for about 8 min, add Montreal steak seasoning on top along with crushed rosemary. Add the baste, consisting of lime, garlic, and butter. Baste the steak and get each side.

Once the steak is almost medium, sear each side to get a nice crust on it. Take steak out and place it on cutting board with a bowl over the top to keep steak warm for 4-6 minutes.

Cut it into nice strips and season with fine salt. Mix all the steaks strips up. Place nicely on warm plate and eat away!



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RED WINE TRI TIP MARINADE

Coach Matt Miller '14
Receivers Coach, Boise State Football

INGREDIENTS:

- 3 cloves of garlic (or more)
- 2 tsp of parsley (or more)
- ¼ cup of soy sauce
- 1 tsp pepper
- 1 ½ tbsp sesame oil (optional)
- ⅓ cup olive oil
- 1 cup red wine

DIRECTIONS:

Mix all ingredients together and marinate Tri Tip for a minimum of 3 hours up to 24 hours. We usually use the Tri Tip from Costco. Add Tri Tip to your grill and cook to the desired temperature.



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BACON WRAPPED STUFFED JALAPEÑO POPPERS

Big K BBQ

Alumnus Owned Company, owner Steve Kubinski

INGREDIENTS:

- 15-20 whole jalapeños depending on size
- 1 lb. ground pork sausage
- 1 lb. bacon
- 3 small packages of cream cheese
- 1 can of water chestnuts
- 2 small bunches of cilantro
- 2-3 tablespoons of minced garlic

DIRECTIONS:

Cut jalapeños in half lengthwise, scrape and remove seeds.

Rinse jalapeños in the sink using a colander or strainer.

Combine sausage, cream cheese, cilantro (diced) and garlic together to create stuffing mix.

Generously stuff each jalapeño half with stuffing mix.

Wrap each jalapeño half a full piece of bacon.

Place stuffed jalapeños on baking sheet and cook in oven at 350 degrees to 400 degrees and cook until bacon is to your liking. Let them cool for five minutes and then enjoy!

For Big K BBQ catering and take out visit bigkbbqidaho.com.

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EASY MASON JAR SALADS

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

START WITH THE DRESSING

Start with the dressing, put it on the bottom. If you're planning to eat your salad within a day or two, the dressing can go straight into the bottom of the jar (about 2-3 tablespoons for a quart-sized salad; 1-2 tablespoons for pint-size). If you'll be keeping it longer than that, consider storing the dressing separately in travel-friendly, 2-ounce containers.

LAYER IN RESILIENT VEGGIES

Resilient veggies are those that won't get soggy, and can handle the pressure of having other, lighter ingredients layered on top. Some to consider: raw onion, bell peppers, carrots, cucumbers, snap peas, grape tomatoes, olives and artichoke hearts. If you're feeling a little fruity, grapes and diced apples hold up well, too—just sprinkle a little lemon juice onto the apples first to keep them from browning if you won't be eating it right away.

PACK IN SOME PROTEIN

For a more satisfying salad with staying power, layer some lean protein on top of your resilient veggies. Some to consider: chopped hard-boiled eggs, diced chicken breast (or deli meat), canned tuna or salmon, and cooked beans or chickpeas.

GRAB YOUR GREENS

Next, cover your resilient veggies and protein with a good handful (or two) of greens. Packing the greens tightly will help keep ingredients in place. Darker varieties have more nutrients, so skip the iceberg lettuce and mix dark greens like kale, spinach or spring mix with chopped romaine.

TOP IT OFF

Sprinkle on your favorite toppings. These can be shredded cheeses, nuts, seeds and more delicate ingredients like berries and sprouts. When it's time to dig in, pour your salad onto a plate or into a bowl, or shake things up and enjoy it right from the jar. Don't forget to pack a fork if you'll be eating it on the go.

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HILARY'S FAVORITE HOMEMADE DRESSING

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

INGREDIENTS:

- 2 tablespoons canola oil
- 1/3 cup water
- 2-4 tablespoons soy sauce
- 1 tablespoon cider vinegar
- 1 tablespoon catsup (Yes, seriously, catsup. Trust me.)
- 1 tablespoon brown sugar (or a sprinkle of stevia or a tablespoon of honey or favorite sweetener)
- 2 teaspoons freshly grated ginger
- 1/4 teaspoon grated garlic

DIRECTIONS:

Mix all of the ingredients in a large mason jar and shake to combine.

(I usually do four times the amounts listed in a quart sized mason jar.
Fills it about 2/3 of the way.)



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BRONCO SPICY PEANUT SAUCE

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

INGREDIENTS:

- 2 cups peanut butter
- ¼ cup canola oil
- 2 Tbs sesame oil
- 2 Tbs soy sauce
- 2 Tbs sugar
- 2 Tbs balsamic vinegar
- 1 tsp red pepper flakes or cayenne or hot sauce
- Optional: diced green onion and minced fresh cilantro

DIRECTIONS:

Mix peanut butter and oils. Add other ingredients. Microwave approx 30 seconds. Stir to blend ingredients. Store in covered container in refrigerator.

Feel free to adjust as your taste buds desire. Can always add a little more of one thing or another that you like best. As with all recipes: **PLAY!**

TIP:

Delicious as a dip for fresh veggies or thinned out with a bit of water on hot pasta for Pad Thai. Bronco athletes love this stuff on toasted bagels. **AMAZING** flavor!



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HEALTHY NACHOS

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

INGREDIENTS:

- 10 corn tortillas
- Oil
- Salt
- Shredded mozzarella cheese
- Salsa and/or guacamole
- Black beans or other favorite beans or bean-based chili
- As many diced veggies as you can: peppers of different colors, onions, small diced zucchini, jalapeños, olives, whatever you like.

DIRECTIONS:

Cut corn tortillas into triangles using kitchen scissors. Place on baking sheet, spray lightly with oil and sprinkle with salt. Bake at 375 degrees for approximately 5 minutes (keep your eye on them, they may need less time depending on your oven). Turn and put back in oven until they are the desired crispness of chips, probably another 3-5 minutes. Remove.

Now get creative with healthy toppings! Keeping the chips on the baking sheet, top with additional ingredients the beans or bean-based chili and the diced veggies.

Top with a small layer of shredded part skim mozzarella cheese. Dot with salsa. Return to oven and bake until cheese has melted and all ingredients have heated completely. Serve with more salsa and perhaps some heart healthy guacamole. Yum!

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BUTTERSCOTCH BUTTER BALLS

Jeff Pitman '93, Head Coach,
Strength and Conditioning, Boise State Football

INGREDIENTS:

- 1 Bundt cake pan
- 16-18 frozen rolls (unbaked variety like Rhoades frozen rolls)
- ½ (3 oz) package regular butterscotch pudding (not instant)
- ½ cup butter or margarine, melted
- ½ cup brown sugar, firmly packed
- ½ cup chopped nuts
- 1 tsp cinnamon

DIRECTIONS:

Place frozen rolls in an unbuttered Bundt cake pan. Sprinkle ½ package of butterscotch pudding on frozen rolls. Combine melted butter and brown sugar in a small bowl. Pour mixture over pan of rolls. Sprinkle nuts and cinnamon over the rolls. Cover with towel and let rise about 8 hours or overnight. Preheat oven to 350 degrees. Bake about 30 minutes until golden brown. Let cool for about 5 minutes. Turn out on serving plate.



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BRONCO PEANUT BUTTER COOKIES

Hilary Horton Brown, RD, CSSD, CPT
Bronco Football Sports Dietitian

INGREDIENTS:

- 1 egg
- 1 cup peanut butter
- $\frac{1}{3}$ cup honey or brown sugar
- $\frac{1}{2}$ cup either chocolate chips, shredded coconut, chopped nuts, other cookie favorites (optional)

DIRECTIONS:

Preheat oven to 375°F.

Mix together all ingredients. Grease a cookie sheet.

Drop heaping tablespoons of mixtures on lightly greased cookie sheet (use parchment paper if you have it). Creates about 16 cookies. Smash them a bit with a fork to flatten.

Bake for approximately 12 minutes or until the cookies brown around the edges. Cookies will seem soft and not quite finished baking, but still take out of oven.

Let cookies sit for 10 minutes on the pan. Important not to move them until cool.

These are delicious and provide major protein and healthy fat.



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HOMEMADE CHERRY PIE

Dr. Marlene Tromp, President, Boise State University

Prep Time: 3 hours

Total Time: 7 hours

Cook Time: 55 minutes

Yield: 8-10 servings

INGREDIENTS:

- Homemade Pie Crust (My recipe makes 2 crusts; 1 for bottom and 1 for top)
- 4¼ cups halved pitted FRESH cherries*
- ⅔ cup (135g) granulated sugar
- ¼ cup (28g) cornstarch
- 1 Tablespoon (15ml) lemon juice
- 1 teaspoon pure vanilla extract
- ¼ teaspoon almond extract (it's delicious!)
- 1 Tablespoon (14g) cold unsalted butter, cut into small cubes
- Egg wash: 1 large egg beaten with 1 Tablespoon (15ml) milk (creates that golden sheen)
- optional: coarse sugar for sprinkling on crust
- ¼ teaspoon of cinnamon
- Pinch of nutmeg

President's Tip: Use a little less sugar, add a ¼ t of cinnamon and just a touch of nutmeg.

Special Tools: Cherry pitter, rolling pin, pie dish, pastry blender, pastry brush

***Cherries:** You can use any variety of cherries (about 1.5 lbs) — I use a combination of dark sweet and rainier. If using sour cherries, increase sugar to ¾ or 1 cup depending how sweet you like it. I do not suggest using frozen cherries. The filling will turn out quite liquid-y and soupy.

Pitting Cherries is Definitely the Pits: You'll need to pit your cherries and if you feel like spending 3 hours doing this without a pitter, go right ahead. But let me tell you — you will save so much time (and headache!!!) using a cherry pitter.

DIRECTIONS:

My #1 tip? Keep the dough, filling, and prepared (unbaked) pie as cold as you can at all times. Refrigerate (or freeze) the prepared pie before baking for up to 1 hour. Refrigerate the filling before you need it. Keep everything cold cold cold— always. Prepare my pie crust recipe through step 5.

Make the filling first. In a large bowl, stir the cherries, sugar, cornstarch, lemon juice, vanilla, and almond extract together – optional cinnamon and nutmeg, until thoroughly combined. Set filling aside in the refrigerator as the oven preheats. Preheat oven to 400°F (204°C). This gives the filling a chance to rest.

Roll out the chilled pie dough. On a floured work surface, roll out one of the discs of chilled dough (keep the other one in the refrigerator). Turn the dough about a quarter turn after every few rolls until you have a circle 12 inches in diameter. Carefully place the dough into a 9x2 inch pie dish. Tuck it in with your fingers, making sure it is smooth. Spoon the filling into the crust and discard any leftover juices in the bottom of the bowl. Dot the pieces of butter on top of the filling.

Arrange the lattice. Remove the other disc of chilled pie dough from the refrigerator. Roll the dough into a circle that is 12 inches diameter. Using a pastry wheel, sharp knife, or pizza cutter, cut strips of dough — I cut four strips 2 inches wide and two strips 1 inch wide. Carefully thread the strips over and under one another, pulling back strips as necessary to weave. Press the edges of the strips into the bottom pie crust edges to seal. Use a small paring knife to trim off excess dough. Flute or crimp the edges with a fork, if desired.

Lightly brush the top of the pie crust with the egg wash. Sprinkle the top with coarse sugar, if using. Place the pie onto a large baking sheet and bake for 20 minutes.

Keeping the pie in the oven, turn the temperature down to 375°F (190°C) and bake for an additional 30-35 minutes. After the first 20 minutes of bake time, I place a pie crust shield on top of the pie to prevent the edges from browning too quickly.

Allow the pie to cool for 3 full hours at room temperature before serving. This time allows the filling to thicken up. Cover leftovers tightly and store in the refrigerator for up to 5 days.

Notes:

Make Ahead / Freezing Instructions: A couple ways to make ahead of time! Make 1 day in advance — after it cools, cover tightly and keep at room temperature. The pie crust dough can also be prepared ahead of time and stored in the refrigerator for up to 5 days or in the freezer for up to 3 months. Baked pie also freezes well for up to 3 months. Thaw overnight in the refrigerator and allow to come to room temperature before serving. Prepared fillings can also be frozen up to 3 months, thaw overnight in the refrigerator before using.