

Stirring Things Up

Karen Danielson gets the juices flowing on WQED cooking show

By Amy Clingensmith

For Director of Student Health Services Karen Danielson, one of the best ways to make someone feel better is to feed them, and feed them well.

Danielson, a registered nurse, was recently featured on the public television program "WQED Cooks" on the "I is For Italian" segment. Viewers of the cooking show had the opportunity to send in recipes, some of which were published in a WQED fund-raising cookbook.

The lifelong cook, a resident of Grove City for the past 30 years, sent in about 10 recipes, chosen from her collection that she's compiling for her own cookbook, one that she hopes to publish herself for family and friends by the end of the summer. Although the recipes keep stacking up, Danielson has set the limit at 275.

When producers called Danielson, who has worked in Zerbe Health Center since 1976, and asked her to cook on "I is For Italian," they were especially interested in her recipe for Heart-Healthy Alfredo Sauce, which she made in the WQED kitchens.

This isn't the first time Danielson's recipes have brought her attention. She has had recipes published in the "Too Busy to Cook" section of the July 1987 issue of Bon Appetit magazine and in several Bon Appetit cookbooks since then. Danielson also is a contributor of culinary creations to the web site www.sneakykitchen.com.

In fact, Sneaky Kitchen, a food-centered web site run by Bess Metcalf, is dedicated to recipes by cooks just like Danielson. The site is full of Danielson's recipes and features several stories on her.

Although Danielson has been a contributor on Sneaky Kitchen for some time, the WQED show was definitely a memorable culinary creation.

"It was a wonderful experience," Danielson said. "(Producer) Chris Fennimore is very personable and



Karen Danielson stirs up a culinary creation.

comfortable to work with. He came back behind the scenes and mingled with the people, putting you instantly at ease. I thought I would be nervous, but when I got up on the set, it was just like being in my own kitchen, cooking with an old friend.

"The feedback and fallout from the show has been tremendous," she

continued. "I started getting e-mails from people who had watched the show and tried the recipe."

One woman who had watched the show checked out the Sneaky Kitchen web site and e-mailed Danielson saying that she and her husband loved the recipe. Several days later, Danielson

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received another e-mail from the same woman and found out that the sender had friends who were '80s grads of Grove City College. The alumni said that one of their fondest memories was a certain cereal/cookie bar they used to get in the cafeteria.

Because it was a favorite of theirs, they wanted the recipe and Danielson happened to have it.

"So I was able to send it off and made three former Grovers very happy," Danielson said. "It was a Cherrios bar with mini chocolate chips."

WQED's "I is for Italian" and Danielson's flair for recipes has created quite a bit of notoriety for her. In fact, WQED has informed Danielson that her recipe for Heart-Healthy Alfredo Sauce has been one of the most requested recipes for the entire show.

"The show must have a large viewing audience," she said, "because people come up to me in the grocery store to tell me they saw me on TV. I've received cards in the mail, phone calls, about 25 to 30 orders for my up-and-coming cookbook and requests for recipes." □

From the kitchen of: *Karen Danielson* Chicken Stroganoff

Non-stick cooking spray
4 chicken breast halves, no skin, no bone, seasoned with garlic salt and pepper
6 green onions and tops, chopped
1 medium onion, chopped
1 4-ounce can mushroom stems and pieces, drained, liquid reserved
2 cups chicken broth, de-fatted, *see Note
1/2 cup nonfat or light sour cream
2 tablespoons all-purpose flour
2 tablespoons fresh parsley, chopped
Salt and pepper, to taste
1 16-ounce bag Light & Fluffy Macaroni Dumplings, cooked and drained, **see Note

1. Spray a large non-stick skillet with the non-stick cooking spray. Brown both sides of the seasoned chicken breasts in hot skillet then remove to another dish and reserve.
2. Saute the onions and mushrooms in same skillet, using the reserved mushroom broth for sauteing and deglazing the pan.
3. When onions are tender-crisp, return chicken breasts to skillet and add all the chicken broth. Cover and simmer for about 10 minutes or until the chicken has become opaque and the juices run clear. Remove chicken to serving platter and cover to keep warm.
4. In separate bowl, blend together the flour and sour cream with a wire whisk until smooth.
5. Whisk sour cream mixture into the broth in skillet and cook on low heat until thick and bubbling, but do not boil hard or the sour cream will break down and curdle. (Curdling doesn't affect the taste, it just affects the look of the overall presentation).
6. Add parsley and reserved chicken breasts to skillet along with any juices that have accumulated. Cook another minute or two until chicken breasts are thoroughly heated. Season with salt and pepper to taste.
7. Serve chicken breasts on top of a bed of the hot, cooked macaroni dumplings. Spoon the sauce over top, garnish with fresh parsley sprigs and enjoy!

Serving Ideas: Serve with a tossed salad of mixed greens and crusty Italian bread.

NOTES: *To de-fat ANY soup or broth, store cans in refrigerator until ready to use. When ready to use, discard any solid fat that has formed on top and proceed with recipe. You will be amazed to see the amount of solid fat that forms on top of the broth, especially canned chicken noodle and vegetable beef. Remember, THAT solid fat you are discarding is THE saturated fat that adheres to the walls of your veins and arteries and can eventually lead to the occlusion of those vessels! To de-fat homemade broth, refrigerate overnight and then proceed as with the canned broth. **Light & Fluffy Macaroni Dumplings are an eggless noodle and can be found in the pasta and noodle section of your supermarket.

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