

The Plainville Plate

A Basket of International Recipes

ESL

Citizen Preparation

ABE



Adult High
School Credit
Diploma Program

GED

Always Cook with

Plainville Adult and Continuing Education

Written by:
Students and Staff

2018-2019



*This book is dedicated to the
Plainville Board of Education members
with respect for their volunteerism.*

*Cover Designed by: Gisela
Cookbook Production by: Greg*

Index

Appetizers	Provided by:	Page
Easy Delicious Baked Tomato Halves	Midge	1
Five Cup Salad	Michael	2
Honey Cornbread	Leanne	3
Olive Cheese Ball	Midge	4
Entrées		
Albanian Spinach Pie	Rosetta	5
Crock-Pot Ham	Courtney	6
Fish with Spinach and Potatoes	Nancy	7
Hungarian Goulash	Leanne	8
Jerk Pork	Asia	9
Kielbasa	Dustin	10
Killer Pulled Pork Chili	Kerry	11
Kluski (or Makaron)	Nancy	12
Lomo Saltado	Ricardo	13
Nana Midge's Meatballs	Midge	14
Pan de Jamon	Ricardo	15
Pork Chop Casserole for Two	Midge	16
Potato and Cheese Pierogi	Gisela	17
Tacos al Pastor	Victor	18
Turkey and Veggie Chili	Melissa	19
Upside Down Dinner	Jenna	20
This & That		
Better Gravy	Jill	21
Carrot Casserole	Nancy	22
Grandma Carmen's Cooking	Efrain	23
Lemon-Orange Iced Tea	Nancy	24
Desserts		
Apple Pie	Jennifer	25
Baklava	Rosetta	26
Blueberry Muffins	Nancy	27
Blueberry Pie	Olivia	28
Blueberry Squares	Martha	29
Ice Cream Sandwich Cake	Martha	30
Jello Supreme	Nancy	31
Mom's Crisp Topping Dessert	Midge	32
Momma's Marvelous Cheesecake	Martha	33
Pumpkin Chocolate Chip Cookies	Jonie	34

Easy Delicious Baked Tomato Halves

- Select ripe oval Italian tomatoes
- Olive oil
- Salt, pepper, oregano, basil
- Italian Bread crumbs
- Shredded Parmesan cheese

DIRECTIONS:

Preheat oven to 350 degrees.

Wash then slice tomatoes into halves lengthwise.

Pour some olive oil into the pan (oven-proof glass or metal).

Pour only enough to just barely cover the bottom of the baking dish or pan.

Place tomato halves, cut side up, into the baking pan.

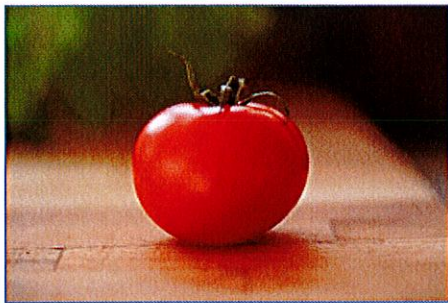
Add salt, pepper, oregano, basil to tops of tomatoes.

Add a little Italian bread crumbs to each. Then, cover lightly with parmesan cheese.

Drizzle (pour carefully) a little olive oil over the tomatoes.

Put into hot oven for 20-25 minutes, or until baked the way YOU want them.

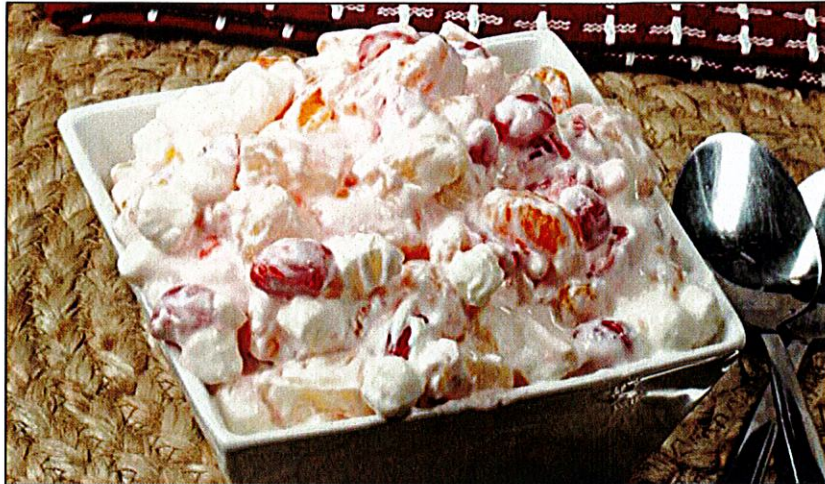
These can be served hot, warm, or room temperature for best flavor.



I was first served these tomatoes at a brunch while I was a military bride on Okinawa during the Vietnam War. This is a popular side dish anytime. Enjoy!
-Midge

Recipe Notes:

Five Cup Salad



Ingredients:

- 1 cup crushed pineapple or pineapple chunks, drained (reserve a small amount of juice)
- 1 cup mandarin orange segments. Canned is fine (make sure to drain the juice)
- 1 cup sour cream
- 1 cup unsalted pecans
- 1 cup miniature marshmallows

Instructions:

Mix all ingredients and refrigerate to allow the flavors to combine. Add enough pineapple juice to achieve the desired consistency.

It is essential to use pineapple, sour cream, and mandarin orange segments. The blended flavor of these ingredients is what creates the taste of the salad.

Possible Substitutions/Additions:

- Other kinds of unsalted nuts (except peanuts)
- Fresh mandarin orange or tangerine segments
- Shredded coconut
- Cherries
- You may also use low fat sour cream to reduce calories
- You may omit marshmallows for dietary reasons

I first enjoyed this type of ambrosia fruit salad while a student at Duke University in North Carolina in 1970. I received the recipe from a southern matriarch, the mother of one of my classmates. It can be used as an appetizer, a side dish, or a dessert. It is very simple to make and is very delicious. - Michael

Honey Cornbread

Easy to Make. Serves: 12, Prep time: 15 min., Cooking Time: 1 hour, Bake at: 350

- 1 2/3 cups flour
- 3/4 cup cornmeal
- 1 tbs. baking powder
- 1 1/4 tsp. salt
- 1/2 cup unsalted butter
- 3/4 cup sugar
- 1/2 cup honey
- 2 eggs
- 1 2/3 cups milk

1. Preheat oven to 350
2. Grease & flour 8x8 baking pan
3. In a mixing bowl combine: flour, cornmeal, baking powder & salt
4. Melt butter
5. Mix sugar in w/ butter
6. Add honey & eggs to the butter/sugar mixture & mix until smooth
7. Beat in half of the milk & half of the flour mixture
8. Repeat w/ remaining half of milk & flour mixture
9. Mix ingredients together for 4 min. till mixture is smooth
10. Pour mixture into prepared pan and bake in oven for 50 to 60 min. or until inserted toothpick comes out clean.



This recipe is important to me because it is similar to something that my father used to make when I was a kid. He was raised in the south and loved to cook. He also loved anything sweet. We would often have cornbread like this with the chili that he would make for lunch or dinner. It also made appearances during Thanksgiving.
-Leanne

Olive Cheese Ball

Soften a **block of Philly Cream Cheese** well with a little **olive juice (about ¼ cup)** from a bottle of green olives. Add more juice if needed for the right consistency.

Slice the olives into thin rounds. Add to cream cheese. Stir carefully; mix well.

Shape into a ball or two using saran wrap on your hands.

Can be rolled into **crushed nuts**, or not.

Wrap ball in the saran wrap, place in the ‘fridge.

Can be made ahead, used as an appetizer or sandwich spread. Will keep in ‘fridge for weeks.



I'm sure you will enjoy this delicious appetizer. It's made quickly and easily. A good friend, who has tons of friends, enjoys serving this recipe a lot. Now I serve it a lot too! My dinner party guests always appreciate this treat made with delicious green olives
- Midge

Recipe Notes:

Albanian Spinach Pie

- 30 Phyllo or filo pastry sheets
- 1 $\frac{3}{4}$ cup Butter
- 2 tsp. Olive oil
- $\frac{1}{2}$ cup Yellow onion (finely chopped)
- 1 lb. Spinach (washed, coarsely chopped)
- 1 cup Feta cheese (more or less as per your liking) grated/crumbled
- $\frac{3}{4}$ cup Greek yogurt or hung yogurt
- Salt and pepper – to taste
- Red chili flakes

Prepare the phyllo pastry sheets. Remove it from the freezer and defrost as per the instructions. It is very important to properly thaw the sheets; otherwise it could rip very easily. I have been there and done that several times when I try to rush the thawing process.

In a small saucepan, melt the butter and add the olive oil to it. Mix both well and keep aside.

In a large pan, heat the 2 tsp. olive oil and then add the chopped spring onions. Sauté it for about 1 minute and then add the chopped spinach. Sauté until the leaves wilt and then remove it from flame.

Transfer the spinach mixture to a large bowl and let it cool a bit.

Now add the grated/crumbled feta cheese, yogurt, salt and pepper, red chili flakes and mix well. When adding salt, remember that the feta cheese already has salt in it. So keep that in mind and add the salt accordingly.

Grease a 9 x 13 pan and start layering out the phyllo sheets. Lay one sheet and then brush with the melted butter/oil all over the surface. Lay another sheet on top and repeat the same. Do the layering, until you use up 15 sheets.

Now add the spinach mixture to the tray and spread evenly.

Top with the remaining 15 sheets of phyllo repeating the process of layering. Liberally brush the top most layer with the remaining butter/oil mixture. Make sure to seal the edges well so the filling does not ooze out.

Bake in a preheated 375 F oven for about 45 minutes, or until the pie is golden brown.

Check with a knife to see if the bottom most layer is cooked and crunchy.

Makes 1 – 9 x 13 pie



This is very popular in Albania, Greece and Middle East. My mom taught me how to make this when I was 12. Just about every Albanian girl knows how to make this. The traditional way would be to make the filo pastry sheets from scratch, which would involve a lot more work, but I sometimes will cheat and buy them, shhhhh, don't tell my mom! -Rosetta

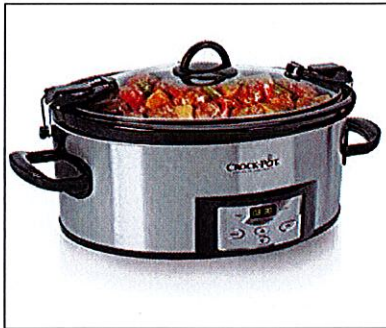
Crock-Pot Ham

INGREDIENTS

- 2 c. Brown Sugar, divided
- 7-8 lb. Bone In Spiral Ham
- 20 oz. can pineapple tidbits

DIRECTIONS

Sprinkle 1 c. of the brown sugar in the bottom of your crock pot. Place ham on top of brown sugar. Pour pineapple tidbits over the top of ham. Sprinkle with remaining brown sugar. Cook on low for 8 hours.



Traditionally, my family always has ham on Easter. It's not as much of a cultural tradition as much as it is just something my family always does. I was unsure if there was a reason for this until I looked it up. Turns out, that spring is the start of ham season which dates back to before there was refrigeration: "fresh pork that wasn't consumed during the winter months before Lent was cured for spring. The curing process took a long time, and the first hams were ready around the time

Easter rolled around. Thus, ham was a natural choice for the celebratory Easter dinner."

-Courtney

Recipe Notes:

Fish with Spinach and Potatoes

- 12 small potatoes, halved
- 4 flounder or tilapia fillets (4 oz. each)
- 2 bunches of fresh spinach or 2 thawed frozen pkgs. (16oz)
- Tin foil-heavy duty wrap
- 4 garlic cloves, crushed or minced
- 4 chive blades, chopped
- Zest and juice of 2 lemons (or 1c. low- sodium vegetable broth)
- Pepper to taste
- 4 tsp. olive oil

Prepare potatoes (with or without skin), bring to a light boil and cook for 7-10min. Drain and set aside.

Preheat oven to 400 degrees (or grill on “high”)

For each piece of fish, make a spinach bed on a large sheet of foil.

Place fillet and potatoes on top of spinach.

Add garlic, chives, lemon zest, juice, and pepper

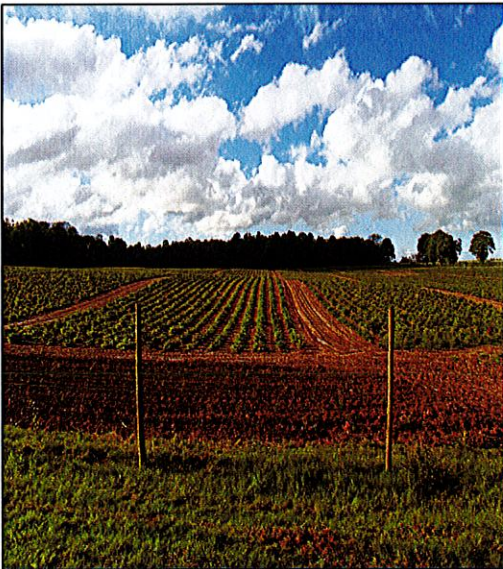
Drizzle with olive oil (1 tsp. per packet)

Seal foil tightly into a packet. Repeat the process with the other fillets.

Bake for 10-15 min, slowly opening one packet to see if the fish flakes with a fork.

Caution: Steam will come out “hot”

Serves: four



My grandfather was a farmer who would grow potatoes, spinach among other vegetables in the fields. On warm days my grandfather would send us (my sisters) out to the fields and pick or dig up vegetables to make for a meal. I remember going out to the fields with no shoes on and sitting down on the dirt feeling the warmth of the dirt on my toes. While sitting, I would dig up the potatoes under-the-ground with my hands and smell the freshness of the earth and the potatoes. I took pride in my grandfather’s knowledge and his respect of the earth that he learned as a boy in Poland and brought to the USA. I still smell and take a bite out of my raw potato (store bought) and remember those days of past.

- Nancy

Hungarian Goulash

Easy to Make. Serves: 8, Prep Time: 15min, Cooking Time: 2 hours, Crock pot

- 1/3 cup vegetable oil
- 3 onions, sliced
- 2 tbs. paprika
- 3 tsp. salt
- 1/2 tsp. black paper
- 3 lbs. beef stew meat, cut into cubes
- 1 (6 oz.) can tomato paste
- 1 1/2 cups water
- 1 clove garlic, minced
- 1 chopped tomato
- 1 small container sour cream

1. Heat oil in a pan.
2. Cook onions in the oil until soft
3. Remove onions from the pan and set aside
4. In a medium bowl, combine paprika, 2 tsp salt, and pepper.
5. Coat the beef cubes in the spice mixture
6. Cook beef in the onion pan until brown on all sides
7. Put onions and beef in to the crock pot.
8. Add tomato paste, water, garlic, 1 tsp salt, and chopped tomato to the pot
9. Cook on low heat in the crock pot for 1 1/2 to 2 hours or until the meat is tender.
10. Add sour cream.



This is another childhood recipe. My mother's side of the family is from Europe and this is one dish that my mother was very good at cooking. She never had a lot of time so I had many similarly delicious crock pot meals growing up as a child. -Leanne



Jerk Pork

½ Tsp Salt
1 tsp. black pepper
2 cups chopped Pimento
4 garlic cloves
½ cup brown sugar
6 scotch bonnet / hot pepper
2 sprig of thyme
½ tsp. cinnamon powder
½ nutmeg (grated)
3 tbsp. soy sauce
¼ cup vinegar
4 lbs. pork leg

Preparation:

Combine salt, black pepper, pimentos, garlic, sugar, pepper, thyme, cinnamon, nutmeg, soy sauce, and vinegar in blender, blend until the combination is smooth.

Remove excess fat from pork, wash with lime juice or vinegar.

Pour blended seasoning and spices onto the pork, rub seasoning in thoroughly with your hands, and make sure to season each piece of meat. Ensure that the dish is tightly covered so that the pork marinates thoroughly. Set pork in the refrigerator for 12hrs – 24hrs for marinating.

When you are ready to cook the pork thaw for an hour. Rub pork again with your hands.

Preheat oven to 450 F.

Line baking tray with foil paper and place each piece of meat about 2 inches apart on the tray. Place baking tray in the oven, roast for 30 minutes. Then lower the oven temperature to 325 F. Cover tray with foil and bake for another 3 ½ hrs.

This recipe has been in my family for years. Every time we get together we eat this with rice and peas.

My Great Grandmother made it and now my Grandma makes it and eventually my Mom and I will make it too.

-Asia

JAMAICAN JERK PORK

Preparation Time:
15 – 20 minutes

Cook Time: 3hrs – 4hrs

Servings: Depends on the amount of meat you prefer to use
Marinating time
12 hours – 24 hours

Kielbasa

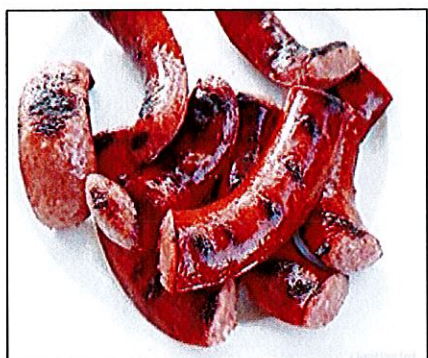
- 1 pound ground pork
- 8 ounces lean ground beef
- 2 teaspoons minced garlic
- 1 teaspoon freshly ground black pepper
- 1 tablespoon salt
- 1 tablespoon brown sugar
- 1/2 teaspoon ground allspice
- 1 teaspoon fresh marjoram
- 1/2 teaspoon liquid smoke flavoring
- 12 sausage casings
- Vegetable oil or shortening or water as needed for casing prep
- 1 Tbs. butter or 1 tsp. shortening for frying

Start with chilled meat: A little frozen also works well for this recipe. Add pork and beef into a bowl and mix well with a knife. Add spices and all ingredients and mix (with clean hands) until mixture is blended, usually about a couple of minutes should be fine. Set aside bowl mixture.

Stuffing the casings: Use vegetable oil or shortening to lubricate the inside of the casings or use just water for natural casings. Fill the casings with bowl mixture, getting out the air pockets /bubbles as you stuff. Be sure to get out as much air bubbles as possible. Using a small spoon to stuff casing link or your finger to push it through, gently rolling the casing as you stuff.

Finish casing links: All that is needed to be done is to tie the sausage link with either the casing skin or use cotton butcher string. Tie twice at the end of each link.

Pan fry: Using a large frying pan, melt 1 Tbs. butter or 1 tsp. shortening. Slowly pan fry about 30-45 minutes or until brown.



My grandfather was born in Germany and this is his recipe. I don't know if it is made the same way it was in Germany but my family has been using this recipe since I was a kid. It's nothing too fancy but it's tasty and my favorite recipe for kielbasa. -Dustin

Recipe Notes:

Killer Pulled Pork Chili

- One large pork butt
- 3 cans of root beer
- 2 lbs. Ground Beef
- 6-10 drops of your favorite hot sauce
(I like “Dave’s Insanity)
- 2 packets of chili starter
(Chili spice packets) from the
spice aisle (I use Old El Paso)
- 2 large cans of Diced Tomatoes
- 1 cup of brown sugar
- 2 tsp. Worcestershire sauce
- 2 squirts of your favorite BBQ sauce
- 1 large can of red kidney beans.
- 1 or 2 large onions, chopped
- Sour cream (topping)

Place the pork butt in the crock pot and almost cover it with root beer. (Cover $\frac{3}{4}$ of the pork butt) Cook the pork butt on high for about 2 hrs. While that’s cooking brown the ground beef and strain the fat. When the pork butt is done drain and pull apart the pork discarding the root beer. Place the pulled pork back into the crock pot. Add the cooked ground beef and all other ingredients to the pot. Let simmer for 3 hours. If the mixture seems too thick simply add another can of diced tomatoes, water, or more root beer.



My mother was born in Limerick, Ireland and came to this country when she was 18. So, being that I am Irish, the following chili recipe is not an example of the cuisine you would expect to find on a trip to the emerald isle. However, this dish holds great meaning to me in other ways. Not only is it one of the best examples of comfort food I can think of, it marks the passage of time for me. When the warm days of summer give way to the crisp chilly air of autumn, I begin to think of pulling my sweaters out, getting wood for a fire, and making this chili. Most importantly, the memories created while enjoying this dish are irreplaceable. Watching football games with my brothers or playing cards with my daughter are family events that have become linked to this dish. Try it out and it may just become part of your family’s traditions, no matter what culture you are from.

–Kerry

Kluski or Makaron

(Egg Noodles)

4 c. flour (more or less)

5 lg. eggs

2 tsp. salt

2 egg shells of water (1/4 c.)

Mound the flour on a cutting board.

Make a hole in the center of the flour and drop in eggs and salt.

Mix with a knife and add water.

Knead the dough until dough is smooth to the touch.

Sprinkle flour on the board and roll out dough mixture very thin (about 1/8 inch thickness) with a rolling pin.

Cover dough with a thin towel or cheese cloth for about an hour. (until dough is not sticky)

Sprinkle flour on the dough and cut into strips with a knife. (or cut rows with a pizza cutter)

(decide on the width you would like the strips)

Bring water to a boil in a medium pot. (4-qt. size pot) salt –optional

Add strips of dough slowly into the water stirring occasionally to avoid sticking together.

Kluski will float to the top (about 3-5minutes) when done.

Drain Kluski in a colander (don't rinse) and return to pot, add butter and salt to taste. Serves: 6

Note: *Excellent with a side serving of sauerkraut or cottage cheese. Enjoy!*



This Polish recipe has been handed down for 5 generations (including my daughter). My grandmother had a wood burning stove and used cast iron pots to cook. She would always have a pot of water boiling on the stove "to keep the house from getting dry." My grandparents raised chickens so having eggs in the house was never a problem. If a chicken pecked your hand while you took her eggs, "off with her head," hence, fresh chicken soup. Well, you can't have this soup without fresh noodles. My grandmother and mother would always say you will know when the dough is right when it "feels right" at your fingertips. Even though my grandmother has passed and my mother is 96 years

young, to this day the dough "feels (just) right!" - Nancy

Lomo Saltado

- 2 pounds of fillet steak cut into 1.5-inch cubes
- Vegetable oil (for frying)
- 1 large red onion cut into thick wedges
- 2 tomatoes (halved, deseeded, and sliced lengthways)
- 1 yellow chili (deseeded and sliced lengthways)
- 20 ml of Pisco (optional)
- Chopped parsley (used to decorate)

For the marinade: *prepare this first*

- 4 garlic cloves, chopped
- 2 tsp. Worcestershire sauce
- 150 ml soy sauce
- ½ tsp. dried oregano
- 30 ml red wine vinegar
- Salt and freshly ground black pepper

Make the marinade by mixing all of the ingredients together in a bowl. Add the meat to the bowl and mix so that the meat is well covered in the marinade. Let the meat marinate in the refrigerator for about 4 hours.

Drain the meat; save the marinade. Heat the vegetable oil in a wok over high heat until it just starts to smoke and then add the meat carefully so that the oil does not splatter. Cook quickly, tossing until the meat is browned on all sides.

Add the red onions and cook for 2 minutes. Add the tomatoes and chili; immediately pour in the Pisco.

Pour in the marinade, turn off the heat, and let the meat simmer in the sauce for a couple of minutes. Garnish with chopped parsley. (Serves 4)



This is a most popular stir-fry in many countries, including Peru. It is the perfect fusion of West and East thanks to the combination of Chinese soy and Peruvian chili. This is one of my family's favorite dishes. You can also serve thick-cut French fries or white rice with this dish. -Ricardo

Recipe Notes:

Nana Midge's Meatballs

- 3 eggs (scramble with fork until light and fluffy in lg. bowl)
- Container of refrigerated good shredded parmesan cheese (5 oz.)
Not green packaged Kraft off shelf w/o refrigeration.
- Salt, ground black pepper, oregano, onion powder, garlic powder
- ½ container of Progresso Italian Bread Crumbs
- 3 pounds of CHUCK

Add container of cheese to fluffy eggs: Beat together with fork.

Add spices. Add bread crumbs. Stir well. Add ground chuck. Mix by hand.

When you add the meat, mix lightly using fork and fingers. Make the meatballs the same size. Don't make the meatballs too tight. If necessary, add more bread crumbs, etc.

Heat good, heavy-bottomed frying pan to medium-high: adjust as needed.

Add canola oil to almost cover bottom of pan. Add a little butter. Add some meatballs.

Don't crowd them because they will steam. Fry for a minute or two, roll them over until crisp on the outside here and there.

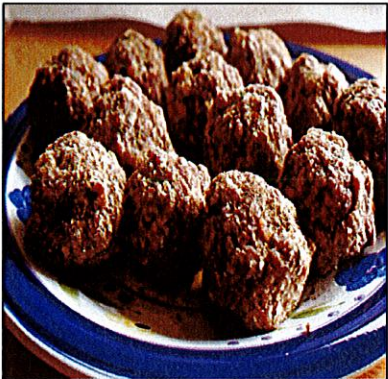
Remove to jelly roll pan and set aside.

Repeat and remember not to overcrowd the meatballs.

NOTE: at any time, if the grease looks dark, toss out the grease into a glass jar (to throw away later) and start oil and butter again.

Turn on oven to 350.

Keep making meatballs. Bake meatballs. After 20 minutes test one meatball.



Three to four pounds will give me a meatloaf to freeze after I make the meatballs. When I freeze the uncooked meatloaf, I add 2 slices of bacon to the top of loaf first. Can be baked frozen if covered with saran wrap then Reynolds wrap for a while. Be sure to remove the wraps before baking.
-Midge

Pan de Jamon (Venezuelan Ham Bread)



My family enjoys making this together for celebrations and special holidays. It's a fun baking activity and the final result is delicious. This recipe yields an 18-inch long loaf and serves 8-10 people. - Ricardo

Ingredients:

- 4 cups flour
- ½ cup sugar
- Pinch of salt
- 1 tablespoon yeast
- 1 stick of melted butter
- 1 cup milk
- 1 whole egg
- Flour for dusting and kneading
- Egg wash (1 egg + 1 teaspoon molasses whisked together)
- ¾ pound ham
- ½ pound bacon
- ½ cup pepper-filled green olives
- ½ cup raisins

Instructions:

Combine flour, sugar, salt, yeast, butter, and milk, and whole egg in mixing bowl and blend with a mixer until thoroughly combined. Transfer mixture to lightly floured surface and knead thoroughly. Cover and let rise for 2 hours.

Cut dough into thirds, dust with flour, and roll out with rolling pin. Brush perimeter with egg wash. Spread ham slices and bacon slices. Sprinkle in olives and raisins.

Fold in opposite ends. Roll vertically. Pierce rolled, filled dough with a fork. Brush with egg wash. Bake 30 minutes at 350 degrees. Cool for 10 minutes. Slice, serve.

Pork Chop Casserole for Two

- 4 T. cooking oil
- 2 T. butter
- 4 pork chops, with bones, but not thick cuts
- Salt and pepper
- 1 large onion, peeled, halved, and sliced thin.
- 3-4 large or 6-7 medium potatoes, peeled and sliced into 1/4th inch rounds, or thinner
- 2 or 3 cloves of garlic, smashed, chopped.
- 4 cups of water
- 2 Knorr's chicken bouillon cubes
- 1 tsp. thyme; salt and pepper to taste
- Juice of freshly squeezed lemon, or lime
- Parsley

Heat fry pan to medium heat. Add butter and oil. Add pork chops. Salt and pepper top side. Sauté and brown carefully for 6- 10 minutes; turn chops; salt and pepper other side.

Meanwhile, slice thinly the onions and potatoes. Begin to layer the bottom of a 9 by 12" casserole pan with some of the raw onions. Remove slightly browned pork chops from pan to casserole baking dish. Layer the rest of onions and sliced potatoes over and around chops. Add the garlic to the cooling frying pan; stir for only one minute. (Burned garlic will ruin a recipe.)

Immediately add 4 cups of water into fry pan, maybe more, enough to cover pork chops and potatoes/onions. Add bouillon cubes; Heat and stir until all drippings are scraped from pan and bouillon cubes are absorbed into broth. Season with salt, pepper, thyme, and lemon or lime to taste.

Pour sauce over chops, onions, potatoes in the baking pan. The potatoes and onions should be covered with the broth. If not, add more water.

Bake in 350 degree oven for 2 hours. Baste every so often throughout baking. Sprinkle with parsley. If potatoes are soft, then the dish is ready.



This casserole was one of my mom's and aunts' favorite recipes from one of their favorite aunts, Katie Herlihy. When I was a little girl, my mom and aunt would often take me when they visited their favorite aunt, Aunt Katie. Aunt Katie lived on the third floor of a Fall River tenement and had very little money; I never knew that

money was scarce because Aunt Katie's welcome and wonderful cooking insured that our visit always ended way too soon. –Midge

Potato and Cheese Pierogi

To Make Dough

- 3-1/2 cups all-purpose flour plus more for dusting
- 3 large eggs
- 2 tablespoons sour cream
- 3/4 cup water

To Make Filling

- 2 cups mashed potatoes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup grated cheddar cheese



For Serving

- 1/2 cup butter
- 1/4 cup sour cream

How We Make It!

1. To make the dough, put flour, eggs, sour cream, and water in a large bowl. Slowly mix into dough. Put the dough on a clean, lightly floured surface. Knead 3 to 5 minutes. Wrap in plastic wrap and rest 30 minutes.
2. In another bowl, combine mashed potatoes, garlic powder, onion powder, salt, pepper, and cheese.
3. Boil a large pot of salted water. While the water boils, separate dough in tablespoon sized pieces and roll into about three dozen balls. Roll each ball out on a lightly floured surface into a 4 inch circle. Put on a damp paper towel to prevent drying out.
4. Place a tablespoon of potato filling into the center of each circle. Fold in half. Use fingers or a fork to pinch sides closed. Boil 6-8 pierogi at a time in the salted water, 2 to 3 minutes. They will float when ready. Remove floating Pierogi from water and place on plate.
5. Melt 1/2 cup butter in a large pan and fry pierogi until lightly browned. Serve hot with a side of sour cream

Pierogi are a delicious dumpling made in Poland. They are also made in other countries like the Czech Republic, Russia, and Ukraine. They can be filled with potato, cheese, meat, sauerkraut, or your favorite fruits. You can eat them for breakfast, lunch, or dinner. This is how we make pierogi in my house. -Gisela

Tacos al Pastor

- 1 tablespoon canola oil, plus more for brushing
- 3 garlic cloves
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- ½ teaspoon pepper
- ¼ teaspoon ground cloves
- 4 guajillo chiles – stemmed, seeded, and cut into 2-inch pieces
- 1/3 cup pineapple juice
- ¼ cup distilled white vinegar
- 2 tablespoons achiote paste
- Sea salt
- 2 pounds boneless pork shoulder, sliced ¼ inch thick
- ½ medium pineapple, peeled and sliced ½ inch thick
- 1 medium red onion, sliced crosswise ½ inch thick
- Warm corn tortillas
- Chopped cilantro and lime wedges (for serving)

Preparation: Day 1

In a medium saucepan, heat 1 tablespoon of oil. Add garlic and cook over moderately high heat, turning occasionally, until lightly browned (about 1 minute). Stir in the oregano, cumin, pepper, and cloves. Cook until fragrant (about 1 minute). Add the chiles. Cook, stirring until blistered in spots (about 30 seconds). Add the pineapple juice, vinegar, and achiote paste. Bring to a boil. Remove from the heat and let stand for 5 minutes.

Transfer the chile mixture to a blender and puree until smooth. Season with salt. Scrape the marinade into a large, sturdy plastic bag. Add the pork and turn to coat. Place the bag in a small baking dish and refrigerate overnight.

Day 2

Preheat a grill or a pan. Brush the pineapple and onion with oil.

Cook over high heat, turning once, until lightly charred and softened (3-5 minutes).

Transfer to a carving board and tent with foil. Remove the pork from the marinade.

Grill over high heat until lightly charred and just cooked through (2-4 minutes).

Transfer to the carving board and let sit for 5 minutes.

Cut the pineapple, onion, and pork into thin strips and transfer to a bowl.

Season with salt. Serve with corn tortillas, cilantro, and lime wedges.



Tacos al Pastor came to Mexico in the 1960s with the immigration of a Lebanese population. Tacos al Pastor is an adaptation of Lebanese “Keba,” a dish that was prepared with lamb, marinated with garlic and spices, and served with pita bread. People enjoy this local food in Mexican taquerias (restaurants).

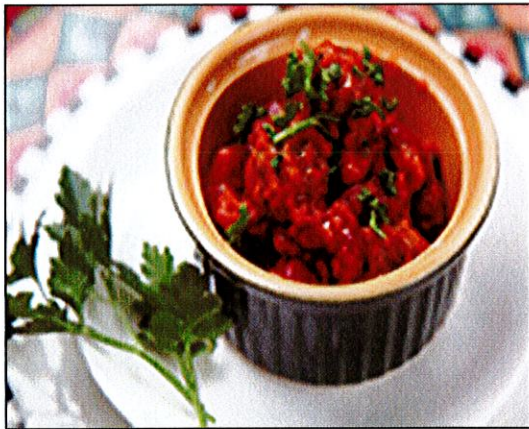
-Victor

Turkey and Veggie Chili

- 2 tablespoons olive oil, divided
- 1 1/2 pounds ground turkey, 99% lean
- 1 package of your favorite taco seasoning
- 1 teaspoon coriander
- 1 teaspoon oregano
- 1 teaspoon chili powder
- 2 tablespoons tomato paste
- 1 (14.5 ounce) can chicken or beef broth
- 1 jar salsa (medium)
- 1 (14.5 ounce) diced tomatoes
- 1 can green chili peppers (diced)
- 1 large onion, chopped
- 1 green pepper, chopped
- 3 zucchinis, sliced in quarters
- Topping: cheddar cheese, sour cream

Heat a tablespoon of olive oil in a large pot, on medium. Add turkey, break into small pieces while stirring. Add the dry ingredients, stir in the tomato paste. Continue cooking, until the turkey is cooked all the way through. Add broth, and reduce to simmer, for 6 minutes. Add salsa tomatoes, and chili peppers. Simmer for another ten minutes.

Meanwhile, add a tablespoon of olive oil in a frying pan over medium heat. Sauté the chopped onions peppers, and zucchini for 6 minutes. Then, stir this into the large pot of chili. Serve in bowls, top with shredded cheddar cheese or sour cream as desired.



I began making this chili recipe when I decided to start eating healthier. Now, it's become a favorite in my home; my family really looks forward to eating this. It's very tasty and not too bad for you. It's also pretty easy to make. This chili is so good heated up as a left over.

–Melissa

Recipe Notes:

Upside Down Dinner

- 1 pack of Cornish hens
- 2 potatoes
- 2 carrots
- 2 eggplants
- 2 tomatoes
- Rice (any kind)
- Mix the seasoning: goya, cumin, garlic, curry, chicken base
- Water

First boil the chicken, until it's tender; clean the grease from the water. Chop up all the vegetables and fry them and then put them aside. Season the rice with your mixed seasoning. Add the vegetables and chicken to the bottom of the pot, and then pour the rice over it. Pour water over the top, and let it simmer until it cooks evenly. Then once it is done, flip the whole pot onto a tray.



This is a big dish where my family comes from, it's very popular in the Middle East, and my personal favorite.

My grandmother and mom make this all the time and always add something of their own to it, to change it up.

In our language it is called, "macluba" which literally means upside down in English, because you flip it upside down when it is all finished.

-Jenna

Recipe Notes:

Better Gravy

- 2 jars of spaghetti sauce
(any brand, 26 ounce each)
- 1 large carrot
- 1 Tablespoon garlic powder
- 1 cup grated parmesan cheese
- 4 bay leaves

Pour the jars of sauce in a medium sized pot. Snap the carrot in half and hide in the sauce. Add the garlic powder and parmesan cheese. Stir. Place the bay leaves on the top of the sauce. Cover and let simmer for at least 30 minutes. Remove the carrots and bay leaves, discard. Serve the gravy over your cooked hot pasta with warm Italian bread on the side.



Minnie, my grandmother, loved to cook. Her grandparents were born in Italy. The country is shaped like a tall high heeled boot. Minnie's grandparents were from the top of the boot. Minnie taught me how to improve store-bought spaghetti sauce. In Italy, the word "gravy" is sometimes used in place of the word "sauce." She said the secret to this sweet tasting sauce was the carrot. -Jill

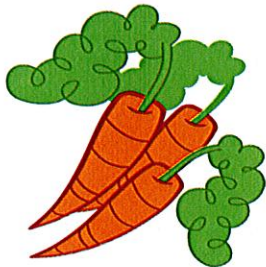
Recipe Notes:

Carrot Casserole

2 c. cooked, mashed carrots
2 Tsp. (1/2 oz.) shredded American cheese
1 med. egg, beaten
¼ c. milk
½ tsp. salt
1/8 tsp. pepper
Vegetable cooking spray
Garnish: parsley

serves: 6

Combine all ingredients, except cooking spray; Stir well.
Pour mixture into a 1 ½ quart casserole dish coated with cooking spray. (sides and bottom)
Bake: 375 degrees for 40 minutes or until thoroughly heated.
Remove from oven and garnish top of casserole dish with parsley, as desired.



*This has always been a favorite of mine. Especially if the carrots are home grown. It is a simple, quick recipe to make, yet very tasty!
My Grandparents would always go out to the fields and select vegetables from the earth that they so lovingly planted them in. They would slowly savor their flavor, while giving thanks to the warm sunlight and good earth. -Nancy*

Recipe Notes:

Grandma Carmen's Cooking



My family always loved my grandmother's cooking but these two meals take the cake. These dishes can be made all year round and are simple.

***Top dish:** white rice, pinto beans, onions and steak. Goya seasoning and other products are needed to make an authentic Puerto Rican dish. Beef steak with white rice and beans is a classic Puerto Rican meal that is enjoyed through-out the world. More common in North America and the islands*

***Bottom dish:** Empanadas with fried sweet bananas- tortilla rolls, oil, sweet bananas, beef, chicken cheese and Goya products for seasonings.*

-Efrain

Lemon-Orange Iced Tea

- ½ c. boiling water
- 2 regular size teabags
- Foil or plastic wrap
- 2 Tbs. sugar or 2 packets of sugar substitute
- 1½ c. cold water
- 1 c. unsweetened orange juice
- 2tsp. lemon juice
- 1 can diet lemon-lime soda
- 1 fresh lemon
- 1 fresh lime
- tray of ice-cubes

Pour boiling water over tea bags placed in a large cup. Cover (using foil or plastic wrap) for 5 minutes. Remove and discard teabags.

Transfer tea mixture to a medium pitcher.

Note: I like to use a glass pitcher but, be sure to slowly pour tea mixture into your glass pitcher so the pitcher has time to warm up and not break.

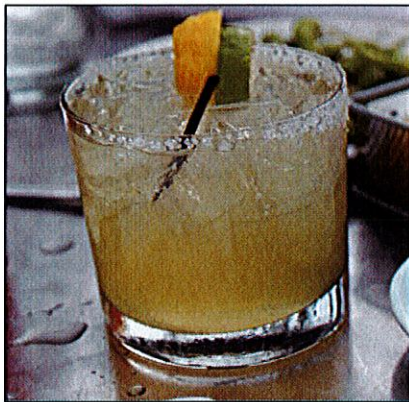
Add sugar or sugar substitute, stirring until sugar is well dissolved.

Add cold water, orange juice and lemon juice. Stir mixture.

Cover and refrigerate at least one hour.

When ready to serve, add lemon-lime soda to the tea mixture, stir well.

Pour over ice in glasses. Garnish with a fresh thin slice of lemon and lime placed on rim of each glass. Serves: 6 (8oz. glasses)



This is a nice summer or any time of day drink.

The drink will be darker than pictured but, you get the idea of how delicious this will taste.

- Nancy

Recipe Notes:



2 ¼ cups flour
1 teaspoon salt
6-8 apples
¾ cup sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Store bought pie crusts

APPLE PIE

1. Preheat oven to 400 degrees Fahrenheit. Mix flour and salt in a large bowl.
2. Peel the apples, then thinly slice them, toss the apples into the bowl with the flour and salt followed by the sugar, cinnamon, and nutmeg.
3. Mix everything together.
4. Take one pie crust and cover lightly with flour, place that piece flour side down into the pie pan.
5. Take your apple mixture and slowly push the apples into the crust.
6. Repeat the 4th step but place the piece flour side down onto the apples.
7. Tuck the crust, put indents on it, slit a hole in the top and bake for 45 to 50 mins.

My mom makes this pie every year for Thanksgiving. You could call it a tradition; she's been making it since the first time I can even remember. This past year I got to make the pie and it tasted just as good. - Jennifer

Recipe Notes:

Baklava

- 16 oz. phyllo dough thawed by package instructions
- 1 cup granulated sugar
- 1/2 cup honey
- 2 Tbsp. lemon juice
- 3/4 cup water
- 1 lb. walnuts, finely chopped (about 4 cups)
- 1 tsp. ground cinnamon
- 1 1/4 cups unsalted butter and 10 oz. or 2 1/2 sticks, melted

Tips to keep in mind before you start: Fillo dough should be thin – even thinner than paper. Each package has 2 rolls with a total of 40 sheets. (Do not use thick sheets of fillo dough for this recipe). Also, don't skimp on the butter or any part of the syrup (lemon juice, water and honey) since the recipe needs it to moisten and soften the sheets. Otherwise the baklava layers can end up dry and won't stay together easily.

Thaw phyllo dough according to package instructions (this is best done overnight in the fridge, then place it on the counter for 1 hour before starting your recipe to bring it to room temp).

Trim phyllo dough to fit your baking sheet. My phyllo dough package had 2 rolls with a total of 40 sheets that measured 9×14 so I had to trim them slightly. You can trim one stack at a time then cover with a damp towel to keep from drying out.

Butter the bottom and sides of a 13×9 non-stick baking pan.

Start with your honey sauce (which will need time to cool as your baklava bakes). In a medium saucepan, combine 1 cup sugar, 1/2 cup honey, 2 Tbsp. lemon juice, and 3/4 cup water. Bring to a boil over med/high heat, stirring until sugar is dissolved, then reduce heat to med/low and boil an additional 4 minutes without stirring. Remove from heat and let syrup cool while preparing baklava.

-This recipe is continued on the next page-



Baklava is a respected dessert in Albania. It is always served during major holidays, weddings, and bridal showers.

-Rosetta

How to Assemble Baklava:

Preheat Oven to 325°F.

1. Pulse walnuts about 10 times in a food processor until coarsely ground/ finely chopped. In a medium bowl, stir together: 4 cups finely chopped walnuts and 1 tsp cinnamon
2. Place 10 phyllo sheets into baking pan one at a time, brushing each sheet with butter once it's in the pan before adding the next (i.e. place phyllo sheet into pan, brush the top with butter, place next phyllo sheet in pan, butter the top, etc. etc.).
3. Keep remaining phyllo covered with a damp towel at all times. Spread about 1/5 of nut mixture (about 3/4 cup) over phyllo dough.

Add 5 buttered sheets of phyllo, then another layer of nuts. Repeat process. Finish off with 10 layers of buttered phyllo sheets. Brush the very top with butter.

4. *Here's the order:*
10 buttered phyllo sheets, 3/4 cup nut mixture,
5 buttered phyllo sheets, 3/4 cup nut mixture,
5 buttered phyllo sheets, 3/4 cup nut mixture,
5 buttered phyllo sheets, 3/4 cup nut mixture,
5 buttered phyllo sheets, 3/4 cup nut mixture
10 buttered phyllo sheets and butter the top.
5. Cut pastry into 1 1/2" wide strips, then cut diagonally to form diamond shapes. Bake at 325°F for 1 hour and 15 min or until tops are golden brown.
6. Remove from oven and immediately spoon the cooled syrup evenly over the hot baklava (you'll hear it sizzle). This will ensure that it stays crisp rather than soggy. Let baklava cool completely, uncovered and at room temperature.

Recipe Notes:

Blueberry Muffins

- 6 Tbs. butter
- 1c. sugar
- 2 eggs
- 1 tsp. vanilla
- 2 c. all-purpose flour
- 2 tsp. baking powder
- 1/2tsp. salt
- ½ c. milk
- 2 1/2c. blueberries

Prepare Topping mix: 2 tsp. sugar mixed with ½ tsp. cinnamon (set aside)

Preheat oven to 375 degrees.

Blend butter and sugar together. Add eggs, one at a time, vanilla and beat well.

In a separate bowl, add flour, baking powder and salt, stirring until blended.

Pour dry ingredients into wet ingredients adding milk, a little at a time, stir till blended.

Mash a 1/2c. blueberries, stir into batter, then add the rest of the whole berries, stir.

Grease muffin pan (12 count). Don't use paper or foil cups with this recipe.

Note: Make sure you grease the entire pan including the top of pan surface

Fill batter (over flowing) to make large muffins. Sprinkle Topping mixture on top

Bake for 25-30 min. Let cool for 30 min. before removing from pan.



*This is one of my favorite home grown recipes.
Thank goodness the squirrels leave me enough to also
enjoy the sweetness of these beautiful gems that grow in
my back yard. Best of all, the berries are free and
produced by "Mother Nature."*

–Nancy

Recipe Notes:

Blueberry Pie

- 5 cups fresh blueberries
- 1 tablespoon lemon juice
- 1 (15 ounce) package refrigerated pie crusts
- 1 cup sugar
- ½ cup all-purpose flour
- ⅛ teaspoon salt
- ½ teaspoon ground cinnamon
- 2 tablespoons butter (or 2 tablespoons margarine)
- 1 large egg (lightly beaten)
- 1 teaspoon sugar

DIRECTIONS ON HOW TO BAKE:

SPRINKLE berries with lemon juice; set aside. Place half of pastry in a 9-inch pie plate according to package directions.

COMBINE 1 cup sugar and next 3 ingredients; add to berries, stirring well. Pour into pastry shell, and dot with butter.

UNFOLD remaining pastry on a lightly floured surface; roll gently with rolling pin to remove creases in pastry. Place pastry over filling; seal and crimp edges.

CUT slits in top of crust to allow steam to escape.

BRUSH top of pastry with beaten egg, and sprinkle with 1 teaspoon sugar

BAKE at 400° for 35 minutes or until golden.

COVER edges with aluminum foil to prevent overbrowning, if necessary.

SERVE with vanilla ice cream, if desired.



My grandma grew up in Maine and always made pies. Her favorite was always berry flavored, blueberry specifically. The pies always brought everyone together for the holidays! So hopefully with this recipe you can do the same for your family! Happy baking!
- Olivia

Blueberry Squares

Ingredients:

Crust:

1 cup (2 sticks) of softened butter
½ cup sugar
2 ½ cups flour
½ teaspoon salt

Crumble Topping:

1 stick melted butter
⅓ cup sugar
1 cup flour
Zest of 1 lemon

Filling:

2- 8 ounce bricks of softened cream cheese
½ cup sugar
1 egg
¼ cup sour cream
1 teaspoon vanilla extract
The juice from 1 lemon
3 cups of blueberries

Instructions: Pre-heat oven to 350 degrees. Line a 9” x 13” pan with parchment paper and grease with oil or cooking spray. Beat butter and sugar until light and fluffy. Add flour and salt and mix. Press into pan and bake for 20 minutes. Cool.

To make filling: Blend cream cheese and sugar together. Blend in egg. Blend in sour cream, vanilla, and lemon juice. Add blueberries and gently stir them in. **Note:** You can use any kind of fresh fruit, cut up into small pieces, or even use pie filling, if you like.

To make topping: Mix butter, sugar, flour, and lemon zest together until thoroughly combined. It should look a bit lumpy.

Pour filling into the cooled crust and smooth with a spatula to make it even. Spread crumb topping over filling. Bake for approximately 40 minutes (topping should start to brown). Insert a clean knife into the center and make sure it comes out clean. Cool, cut into squares, and serve.



*Delicious fruit bars that the whole family can enjoy.
A great treat when taking a road trip or going on a family picnic. —Martha*

Ice Cream Sandwich Cake

Ingredients:

12 ice cream sandwiches
1 quart of ice cream (your favorite flavor), softened
8-ounce container of heavy cream
¼ cup sugar
12 Oreo cookies (crushed)

Instructions:

- Line a 9” x 13” pan with aluminum foil (allow foil to overlap edges of pan)
- Make a layer of ice cream sandwiches (6)
- Add ½ of the ice cream and spread evenly over ice cream sandwiches
- Make a 2nd layer of ice cream sandwiches (6)
- Add balance of ice cream and spread evenly
- Freeze for 1-2 hours
- Put heavy cream and sugar in mixing bowl and beat with a mixer until it is light and fluffy
- Put Oreo cookies in zip lock bag and roughly crush with a rolling pin
- Blend three-quarters of the crushed cookies into the whipped cream
- Remove frozen mixture from freezer
- Lift the frozen mixture out pan and place on counter
- “Ice” the ice cream cake with whipped cream mixture, evenly coating top and sides
- Sprinkle remaining crushed cookies on top
- Slice and serve



My daughter uses this recipe as a substitute for a traditional birthday cake, and my granddaughter absolutely loves it! It also makes a wonderful treat during the warm summer weather.

***Note:** When I make this, I skip the whipped cream part and just add another layer of ice cream.*

–Martha

Jello Supreme

- 2 3-oz. pkgs. Strawberry Jello (sm. Boxes)
- 2 c. boiling water
- 4c. or 2 pints or ½ of a ½ gal. vanilla ice cream
- 1 pkg. frozen strawberries-thawed (not drained)

Note: Other fresh fruit crushed or cut-up may be substituted

Completely dissolve Jello pkgs. with 2c. boiling water in a bowl.

Add ice cream and strawberries with its juices.

Blend until well mixed. Don't use a blender or electric mixer.

Place in your favorite glass bowl or container.

Refrigerate until firm (set) approx. 1-2 hours.



This recipe was given to me, by a neighbor, when my husband was home recovering from major surgery. He still enjoys this recipe on a hot day and also when there is fresh fruit to be bought at a local stand or store. Enjoy!

-Nancy

Recipe Notes:

Mom's Crisp Topping Dessert

PART 1: Crisp Mixture

- 1 and ½ c. brown sugar
- 1 cup flour
- 1 and ½ c. Quaker instant oatmeal (packets)
- Chopped nuts
- 1 cup butter chopped

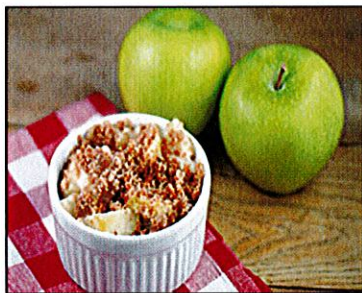
Mix all of the ingredients in a large bowl, set aside.

PART 2: Filling

First, prepare your pie plate by rubbing butter all over the bottom and sides.

- Apples or pears (peeled and sliced) or blueberries
- 1-2 Tbs. thinly sliced butter
- Ground cinnamon, cloves, ginger, nutmeg (amount as desired)
- Sugar (to taste)

1. Cover the bottom of the pie plate with fruit.
2. Top fruit with butter.
3. Add spices and sugar.
4. Top with **Crisp Mixture**.
5. Bake at 350 degrees for 35 minutes.



My mom was a great New England cook. I used to love to walk home from school knowing that there would be something good cooking in our kitchen. These were the sweet simple days when my mom stayed home, and that was the greatest gift of all. This dish is simple and convenient and YUMMY!!!

– Midge

Momma's Marvelous Cheesecake

Crust (optional):

- 1-1/2 cups graham cracker crumbs
- 3 tablespoons sugar
- 1/3 cup melted butter

Mix ingredients together and firmly press into bottom of 9" spring form pan

Filling:

- (5) 8-ounce bars of cream cheese
- 1 cup sugar
- 1 tablespoon vanilla
- 1 cup sour cream
- 1/3 cup flour
- 4 eggs

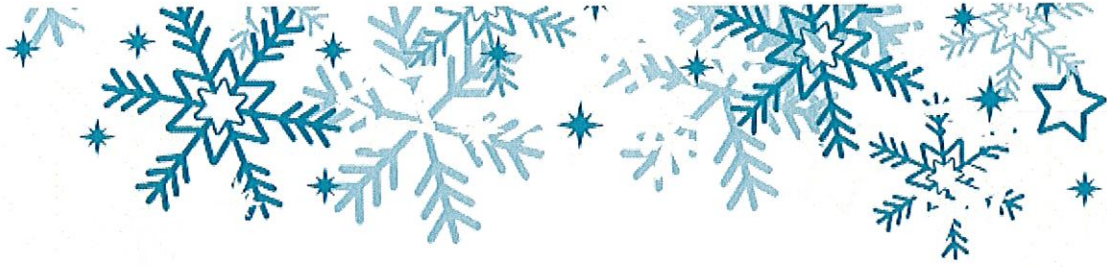
Combine cream cheese, sugar, vanilla, sour cream, and flour into mixing bowl and beat with a mixer until smooth. Add eggs, one at a time, mixing after each one. Beat until eggs are thoroughly mixed into batter.

- Pour filling into prepared pan.
- Pre-heat oven to 325 degrees.
- Bake 45-50 minutes (until center is almost set).
- Turn off oven and allow cheesecake to cook in oven.
- Refrigerate for 4 hours.
- Top with strawberry pie filling.
- Serve cold.



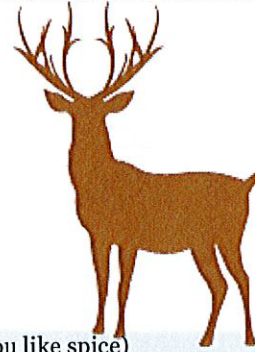
My family came to enjoy this recipe as a replacement for traditional birthday cakes. It's also a favorite at any holiday meal. We often vary the toppings: blueberry, cherry, and strawberry pie fillings, or fresh fruit.

-Martha



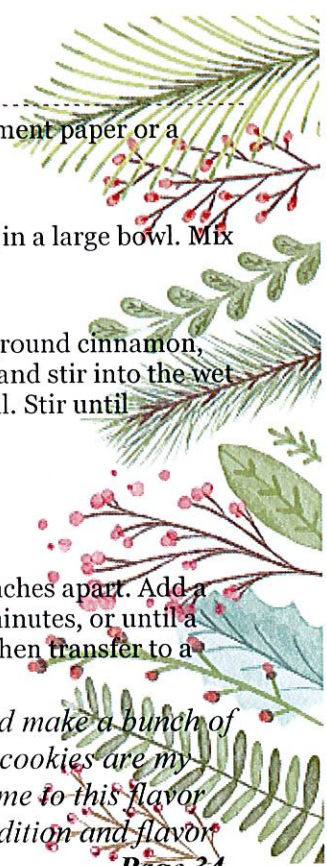
Pumpkin Chocolate Chip Cookies

- 1 cup pumpkin (canned)
- 1 cup white sugar
- 1/2 cup vegetable oil (can sub with canola oil)
- 1 tbs. vanilla
- 1 egg
- 2 cups flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 teaspoon pumpkin spice (add an extra 1/2 teaspoon if you like spice)
- 1/2 tsp salt
- 1 tsp baking soda
- 1 tsp milk
- 2 cups chocolate chips



1. Pre-heat oven to 350°F. Line a baking sheet with parchment paper or a baking mat. Set aside.
2. Combine pumpkin, sugar, vegetable oil, vanilla and egg in a large bowl. Mix until smooth.
3. In a separate bowl, stir together flour, baking powder, ground cinnamon, pumpkin spice and salt. Dissolve the baking soda with the milk and stir into the wet ingredients. Add flour mixture to pumpkin mixture and mix well. Stir until combined.
4. Add chocolate chips and stir until combined.
5. Drop cookies on cookie sheet by the spoonful about 2 inches apart. Add a few extra chocolate chips to the tops if desired. Bake for 10-11 minutes, or until a toothpick comes clean. Allow to cool on pan for 2 minutes and then transfer to a cooling rack.

In the month of December my family and I get together and make a bunch of different cookies for Christmas. Pumpkin Chocolate Chip cookies are my favorite out of all the kinds we make. My aunt introduced me to this flavor and has since passed away, so it's nice to carry on the tradition and flavor every year. –Jonie



FREE Plainville Adult Education Programs

English as a Second Language (ESL)

This program is designed to assist students in a multi-level group atmosphere. With students who have little or no fluency in English, attention is given to learning the basic English skills that permit increased self-reliance in speaking the language. Students with this base knowledge increase fluency in speaking, reading, and writing. In addition, language structure, grammar, and punctuation are stressed. **No Cost**
Mondays through Thursdays, 5-7pm

Citizenship Preparation

This is a competency-based program of instruction for immigrants who wish to become American citizens. This program assists those who would like help in preparing for oral or written citizenship tests; sample test questions will be available. Classes provide knowledge of American history, the U.S. Constitution, rights of citizens, and the structure and function of national, state, and local government.
Mondays and Wednesdays 4-5pm No Cost

Adult Basic Education (ABE)

ABE is a competency based program of instruction for native or foreign-born English speaking adult students who need to develop fundamental skills. ABE offers structured practice in reading and English to survive in today's world, with communication stressed. Students will strengthen consumer and employability skills, as they are instructed in mastering basic operations of addition, subtraction, multiplication, and division using whole numbers, fractions, decimals, percents, and setting up numbers to solve problems. ABE may serve as a transition to diploma programs. This program includes weekly Computer Lab sessions. **No Cost**
Mondays through Thursdays, 5-7pm

Adult Basic Education (PARC 101)

Develop skills for independent living, including safety measures. Students improve communication skills (conversation and telephone skills), basic consumer skills, (money, time, information) and functional reading skills. **No Cost**
Mondays, 5-7pm

CALL(860) 793-3209
to pre register for any
of the fall programs

FREE Diploma Programs

Adult High School Credit Diploma Program

Earn credits for a high school diploma by taking courses at Plainville High School, plus transfer credits from any former schools. Experience in the military, community, home, or work may also qualify for up to five credits. Twenty two credits are required to graduate in specific subject areas. Students are goal orientated and self motivated. **No Cost.**
Enroll Today! (860) 793-3209

GED® General Educational Development Preparation

Prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive instruction in each of four subject areas – science, social studies, math and language arts. In addition, students attend weekly Computer Lab sessions. Students acquire basic computer skills to take the exam, review the official website (*ged.com, where students can access related exam information and exam registration procedures*) and engage in supplemental virtual preparation courses.
Mondays-Thursdays, 5-7pm Room 223
No Cost.

National External Diploma Program (NEDP)

Designed for adults who have gained skills through life experiences and have demonstrated competence in a particular job, talent, or academic area. This self-paced program does not require classes. Alternatively, it provides a self-paced, one-on-one experience with a trained NEDP Assessor/Advisor, providing flexible meetings by appointment, to demonstrate complete mastery of skills. Program completion can vary, but averages six months to a year. *Federally funded by a grant in partnership with Bristol Adult Ed., the NEDP is a nationally certified program.* Call (860) 793-3209. **No Cost**

Special: MORNING CLASSES

(including on-site childcare at no cost)

GED® Preparation, English as a Second Language, Adult Basic Education, Computer Lab, Lending Library, Museum Passes, eReaders, Career Exploration, Parent Education, and more!

Plainville Family Resource Network at Linden Street School

Mondays, Tuesdays, & Wednesdays 9 - 11a.m.

ESL Family Language Lab: Wednesdays 11a.m. –

Noon Available through a federally funded grant in partnership with PFRN & Plainville Adult Education