



Cooking with MS LifeLines

Cookbook sampler

MS *LifeLines*[®]

Welcome to the MS LifeLines® community cookbook.

These are just a few of our favorite recipes that we are happy to share with other people whose lives have been touched by MS (not that you need to have MS to enjoy them!). We hope that they will serve as a delicious introduction to the work and mission of MS LifeLines.

**To download the full cookbook,
just register and log in with MS LifeLines.**

Enjoy!

—The MS LifeLines Ambassadors

These recipes are for your entertainment and enjoyment. They are not considered to be therapeutic for MS or any other condition except hunger. If you have dietary allergies or concerns, please consult your healthcare provider. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

MS LifeLines Ambassadors are sponsored by EMD Serono, Inc.



Menu

Click on one of the sample recipes to view. To download and read the full cookbook, make sure you're logged in to MS LifeLines.

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• **Sampler Recipes**

Kellie's Chunky Rainbow Salsa

INGREDIENTS

- 1 medium tomato, coarsely chopped
- 1 medium green (or red or yellow) bell pepper, coarsely chopped
- 1 medium mango, peeled, cut into $\frac{3}{4}$ -inch cubes
- 1 medium red onion, coarsely chopped
- 3 fresh cilantro sprigs, finely chopped
- 2 tablespoons fresh lime juice
- 1 medium avocado, cut into $\frac{3}{4}$ -inch cubes

DIRECTIONS

1. Combine tomato, bell pepper, mango, onion, cilantro, and lime juice in a medium bowl; mix well.
2. Gently fold in avocado.
3. Serve immediately.



It's easy to "eat the rainbow" with this vibrantly colored salsa made with tomato, mango, avocado, and bell pepper. Want to make it spicy? Add finely chopped jalapeño or habanero. Serve with baked corn tortilla chips. Eat as a side salad, or spoon onto grilled fish, chicken, or pork chops.

— Kellie





Kristin's Roast Chicken & Sweet Potatoes

INGREDIENTS

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried thyme
- 2 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

DIRECTIONS

1. Position rack in lower third of oven; preheat to 450°. Place a large deep-rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon oil, and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return the pan to the oven and roast 30 to 35 minutes, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read-thermometer inserted into a chicken thigh registers 165°.





I fell in love with a lot of things during my 17 years living in St. Louis, Missouri—the family-friendly things to do, the pace, the people, and their famous Gooey Butter Cake (legend has it, it was essentially a baking mistake).

— Laura

Laura's Gooey Butter Cake (aka Total Crowd Pleaser)



INGREDIENTS

- 1 package yellow cake mix
- 1 stick of butter
- 3 eggs
- 1 16-oz package of confectioner's sugar
- 1 8-oz package of cream cheese
- 1 teaspoon vanilla

DIRECTIONS

1. Combine cake mix, butter, and 1 egg. This will be dry.
2. Press into greased (sprayed) 9" x 13" pan.
3. In separate bowl, combine remaining ingredients and pour on top of crust. It's okay if it's a little lumpy.
4. Bake at 350° for 30 minutes.
5. Cool completely!
6. Sprinkle a little extra confectioner's sugar on top just before serving and cut in squares.



Thank you!

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