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Appetizers and Beverages



1 16 can 1 (16 oz) rosarita traditional refried beans
1 10 can 1 (10 oz) rotel diced tomatoes & green chili, drained (use mild if you don't like much heat)
2 teaspoons chili powder
3/4 teaspoon ground cumin
1/2 teaspoon garlic powder , divided
salt and freshly ground black pepper

3 medium avocados , peeled and cored
1 1/2 tablespoons fresh lime juice
1/4 cup chopped fresh cilantro
12 fluid ounces . sour cream
1/2 6 1/2 (6 oz can) black olives, sliced
2 small romatatoes , diced
1 3/4 cups finely shredded cheddar and monterey jack cheese blend
1/3 cup sliced green onions

In a medium mixing bowl stir together refried beans, canned tomatoes, chili powder, cumin, 1/4 tsp garlic powder and season with salt and pepper to taste (about 1/2 tsp salt/ 1/4 tsp pepper). Spread mixture into an even layer in 7 by 11-inch baking dish.

Mash avocado with lime juice. Mix in cilantro and season with remaining 1/4 tsp garlic powder and salt to taste. Spread into an even layer over the bean layer in baking dish, then spread sour cream over avocado layer. Sprinkle with

cheese, black olives over sour cream layer then top with tomatoes and green onions. Serve with tortillas chips. Dip can be made a day in advance, just cover and refrigerate until ready to serve.

<https://www.cookingclassy.com/7-layer-bean-dip/>

7-Layer Mexican Dip

Makes 6 Servings

- | | |
|----------------------------------|---------------------------------------|
| 1 30 oz can refried beans | 1/2 cup mayonnaise |
| 3 - 4 ripe avocados | 1/2 package taco seasoning mix |
| 2 tablespoons lemon juice | 1 bunch green onions |
| 1 teaspoon garlic salt | 2 medium tomatoes |
| 3-5 drops tabasco sauce | 1 can sliced olives |
| 1 cup sour cream | shredded cheddar cheese |

1. Mash avocados. Add lemon juice, Tabasco and garlic salt.
2. In a separate bowl, combine sour cream, mayonnaise and taco seasoning.
3. To assemble, on a large platter, spread beans evenly. Next comes the avocado mixture. Spread evenly over beans. Next, spread sour cream over avocado mixture. Top with green onions, olives, tomatoes and cheddar cheese. Serve with tortilla chips.

Appetizer Tortilla Pinwheels

Makes 48 Servings

Preparation: 20 Min

Yield: 48 servings

The pinwheels can be made ahead of time and sliced just before serving, leaving you time for other last-minute party preparations



- | | |
|---|--------------------------------------|
| 1 package (8 ounces) cream cheese, softened | 1/2 cup chopped green onions |
| 1 cup shredded Cheddar cheese | garlic powder to taste |
| 1 cup (8 ounces) sour cream | seasoned salt to taste |
| 1 can (4-1/4 ounces) chopped ripe olives | 5 flour tortillas (10 inches) |
| 1 can (4 ounces) chopped green chili, well drained | salsa, optional |

Beat cream cheese, cheese and sour cream until blended. Stir in olives, green chilies, green onions and seasonings. Spread over tortillas; roll up tightly. Wrap each in plastic, twisting ends to seal; refrigerate several hours. Unwrap. Cut into 1/2- to 3/4-in. slices, using a serrated knife. If desired, serve with salsa. Yield: about 4 dozen.

<https://www.tasteofhome.com/recipes/appetizer-tortilla-pinwheels>

Baked Crab Rangoon

Makes 12 Servings

Preparation: 20 min.

Yield: 12 servings

Learn how to make these crispy Baked Crab Rangoons filled with creamy crabmeat! Watch the video to find out more about this Healthy Living appetizer recipe.

Total Time: 40 min.



**4 fluid ounces (1/2 of 8-oz. pkg.) philadelphia
neufchatel cheese, softened
1 can (6 oz.) crabmeat, drained, flaked**

**2 green onions, thinly sliced
1/4 cup kraft light mayo reduced fat mayonnaise
12 won ton wrappers**

1. Heat oven to 350°F.
 2. Mix first 4 ingredients until blended.
 3. Place 1 won ton wrapper in each of 12 muffin pan cups sprayed with cooking spray, extending edges of wrapper over rim of cup. Fill with crab mixture.
 4. Bake 18 to 20 min. or until edges of cups are golden brown and filling is heated through.
- <http://www.kraftrecipes.com/recipes/baked-crab-rangoon-95157.aspx>

Ham & Cheese Pastry Puffs

Makes 9 Servings

Preparation: 25 min. , Cook Time: 35 min.

Yield: 9 servings

Ham & cheese pastry puffs? You saw that right. Make the step up from sandwiches with the how-to video for our fancily delicious Ham & Cheese Pastry Puffs.

Nutritional Information - Amount Per Serving:

Calories 150 Total fat 10g Saturated fat 3.5g Cholesterol 30mg Sodium 260mg Carbohydrate 10g



**5 slices oscar mayer deli fresh smoked ham
chopped**
**1/2 cup kraft mexican style finely shredded four
cheese**
1 sheet frozen puff pastry (1/2 of 17.3-oz. pkg.),

thawed
1 egg beaten
1 tablespoon grey poupon country dijon mustard
1 green onion thinly sliced

1. Preheat oven to 400°F.
2. Combine ham and cheese. Unfold pastry sheet on cutting board; cut into 9 squares. Make 2 L-shaped cuts in each square, making cuts opposite from each other and 1/2 inch from edges of square. Lift loose outer corners of each square and bring through cuts to opposite sides of square; press edges together to seal. Place on baking sheet; brush with egg. Prick centers with fork.
3. Bake 10 min. Remove from oven; gently press down any puffed centers with back of spatula. Spread with mustard; fill with ham mixture. Bake 7 to 8 min. or until golden brown. Sprinkle with onions.

Baked Mozzarella Bites

Makes 15 Servings

Kraft Foods

8 ounces mozzarella cheese
60 Ritz crackers

1 cup spaghetti sauce heated

Preheat oven to 325°F. Cut cheese crosswise into 15 slices cut each slice crosswise in half. Top each of 30 crackers with 1 cheese slice cover with remaining crackers. Place in 15x10x1 baking pan, Bake 8 minutes or until cheese begins to melt. Serve with spaghetti sauce.

Black Bean Salsa

Makes 4 Servings

From Sarah Oman

- | | |
|--|--------------------------------------|
| 2 15 oz cans black beans drained and rinsed | 1/4 to 1/2 cup fresh cilantro |
| 1 17 oz sweet corn drained | 2 tablespoons lime juice |
| 2 - 3 large tomatoes diced | 1 tablespoon red wine vinegar |
| 2 large avocados peeled and diced | sea salt and pepper to taste |
| 1 small onion diced | |

Mix together and serve with chips.

Brazilian Limeade

Makes 4 Servings

Tip: The drink will only taste good for about 25 minutes. It will start to turn bitter after that. Do not make in advance or save any for later.

- | | |
|----------------------|---|
| 2 limes | 3 tablespoons sweetened condensed milk |
| 1/2 cup sugar | ice |
| 3 cups water | |

1. Cut the tips off the limes and discard the tips. Cut the rest into quarters and put them into the blender, peel and all. Add the water and blend on high for no more than 10 seconds. Blending too long causes the limes enzymes to make the drink bitter.
2. Run the mixture through a mesh strainer and into a pitcher. Rinse blender thoroughly.
3. Return lime mixture from pitcher back into clean blender. Add the sugar and sweetened condensed milk and blend for another 2 to 3 seconds only.
4. Serve over ice.

Cool Raspberry Fruit Dip

Makes 8 Servings

From Cool Whip container

- | | |
|----------------------------------|--------------------------|
| 6 ounces raspberry yogurt | 3/4 cup Cool whip |
|----------------------------------|--------------------------|

Mix ingredients until well blended cover. Refrigerate at least 1 hour. Serve as dip with fresh fruit.

Deviled Eggs

Makes 3 Servings

Yield: 12 halves

- | | |
|---------------------------------|------------------------------------|
| 6 hard-cooked eggs | 1/4 teaspoon pepper |
| 1/4 teaspoon salt | 3 tablespoons Miracle Whip® |
| 1/2 teaspoon dry mustard | Paprika |

Cut peeled eggs lengthwise in half. Slip out the yolk. Mask yolks with a fork. Mix in seasoning and Miracle Whip. Fill whites with egg yolk mixture, heaping it. Sprinkle with paprika.

French Onion Soup

Makes 6 Servings

Preparation: 10 Minutes , Cook Time: 35 minutes

Yield: 6 servings



3 tablespoons unsalted butter
4 onions (about 2-1/2 pounds total), halved and thinly sliced
1 teaspoon sugar
2 teaspoons all-purpose flour

14 1/2 ounces beef broth (not condensed) (see note)
1/4 cup sherry or red wine
6 sliced french bread cut on a slight diagonal
1/4 pound gruyere or Swiss cheese

- 1 Melt butter in a large, deep pot (one that has a lid) over medium heat. Add onions, and stir to coat with butter. Cover; cook 15 minutes, stirring occasionally until onions are very soft and begin to turn golden brown.
- 2 Uncover and increase heat to medium-high. Stir in sugar. Cook, uncovered, 6 to 7 minutes, stirring often. Sprinkle with flour and cook 1 minute longer. Stir in broth, sherry or wine and 1 cup water. Simmer, uncovered, for 5 minutes.
- 3 Heat broiler. Spread bread slices onto a baking sheet; toast under broiler for 1 to 2 minutes per side (or use a toaster). Set aside. Place six oven-proof bowls or crocks onto baking sheet. Divide soup evenly among bowls (about a cup in each).
- 4 Use a vegetable peeler or cheese plane to thinly slice pieces of cheese. Place slice of toast on each serving of soup, top with cheese. Heat under broiler for 3 minutes, or until cheese is melted and bubbly. Carefully remove from oven and serve warm.

Note:

Try reduced-sodium broth, if desired.

Nutrition Information: Per Serving: 260 kcal cal., 4 g fiber, 10 g Fat, total, 12 g pro., 28 g carb., 6 g sat. fat

<https://www.familycircle.com/recipe/soups/french-onion-soup/>

Ham & Cheese Pinwheels

Makes 6 Servings

Yield: 6 servings

Total Time: 30 Min

1 8 tube 1 (8-oz.) crescent roll dough
1/2 pound deli sliced ham
2 tablespoons dijon mustard
8 fluid ounces sliced Swiss cheese

4 tablespoons butter melted
1/4 teaspoon garlic powder
2 tablespoons chopped parsley
1 teaspoon poppy seeds

1. Preheat oven to 350°. Grease an 8-x-8" baking pan with cooking spray.
2. On a lightly floured surface, unroll dough and separate the sheet into rectangles. Pinch the perforations to seal. Spread mustard onto each rectangle. Top with sliced ham and cheese. Starting with one short side, roll up each rectangle. Pinch edges to seal. Cut each roll into 5-6 slices. Place cut side up in baking pan.
3. In a small bowl, whisk together melted butter, garlic powder and parsley. Brush over pinwheels, then sprinkle poppy seeds on top. Bake for 12-15 minutes, until the rolls are golden.

<http://www.delish.com/cooking/recipe-ideas/recipes/a51423/ham-and-cheese-pinwheels-recipe/>

Homemade Guacamole Recipe

Makes 8 Servings

Yield: 8 servings

Get the most delicious guacamole with this recipe! Just whip together this recipe for easy guacamole with your favorite ingredients
Total Time: 10M



3 medium ripe avocados peeled and cubed
1 garlic clove minced
1/4 to 1/2 teaspoon salt
2 medium tomatoes seeded and chopped, optional

1 small onion finely chopped
1/4 cup mayonnaise optional
1 to 2 tablespoons lime juice
1 tablespoon minced fresh cilantro

Mash avocados with garlic and salt. Stir in remaining ingredients. Yield: 2 cups.

<https://www.tasteofhome.com/recipes/homemade-guacamole>

Onion Cheese Ball

Makes 12 Servings

Preparation: 30 Min

Yield: 12 servings

1 package (8 ounces) fat-free cream cheese softened
8 slices (3/4 ounce each) fat-free sharp cheddar cheese cut into thin strips
1 small onion diced

1 tablespoon Worcestershire sauce
1 teaspoon garlic powder
dash hot pepper sauce
1/2 cup minced fully cooked lean ham
fresh vegetables or reduced-fat cracker

In a bowl, beat the cheeses. Add onion, Worcestershire sauce, garlic powder and hot pepper sauce; mix well. Shape into a ball and roll in ham. Cover and refrigerate for at least 1 hour. Serve with vegetables or crackers. Yield: 1-1/2 cups.

<https://www.tasteofhome.com/recipes/cheese-ball>

Orange Julius

6 ounces frozen orange juice concentrate
1 cup milk
1 cup water

1/4 cup sugar
1 teaspoon vanilla
ice

Combine all ingredients except ice in a blender.

Add ice to blender, a little at a time. Blend until smooth.

S'mores Dessert Hummus Recipe

Makes 5 Servings

Preparation: 15M , Cook Time: 1H

Yield: 16 servings, 2 Tbsp. each



1/3 cup graham cracker crumbs, divided
1 can (16 oz.) great northern beans rinsed
1/2 cup almond butter
1/4 cup maple syrup

1/4 cup almond milk
1 teaspoon vanilla
3 fluid ounces baker's rich milk chocolate divided
1/4 cup jet-puffed vanilla mallow bits

Reserve 1 Tbsp. graham crumbs for later use. Process remaining graham crumbs with all remaining ingredients except chocolate and MALLOW Bits in food processor until smooth. Spoon into medium bowl.

Chop 2 oz. chocolate. Add to bean mixture; mix well.

Refrigerate 1 hour.

Chop remaining chocolate; sprinkle over hummus. Top with MALLOW Bits and reserved graham crumbs before serving.

<https://www.myfoodandfamily.com/brands/jet-puffed/recipe/220647/smares-dessert-hummus-recipe?categoryid=20025>

Salted Chocolate Milk

1/2 cup sugar
1/3 cup unsweetened cocoa powder
1/2 teaspoon vanilla extract

6 cups cold milk
kosher salt

1. Make chocolate syrup: Combine sugar and 1/2 cup water in a small sauce pan. Bring to simmer over medium heat. Whisk in cocoa powder until smooth. Remove from heat and stir in vanilla. Let cool completely.
2. Spoon about 2 1/2 tablespoons of syrup into glass. Add 1 1/2 cups milk and pinch of salt. Stir until dissolved.

Strawberry-Coconut Smoothie

Makes 4 Servings

Preparation: 10 minutes

Yield: 4 servings, 1 cup each

Blend up a tasty breakfast drink and make the Strawberry-Coconut Smoothie from My Food and Family. Use coconut or almond milk and blend in frozen strawberries, cottage cheese, honey and flaked coconut.

Total Time: 10M



1 1/2 cups 1-1/2 coconut milk
1 1/2 cups 1-1/2 frozen strawberries
1 cup cottage cheese

1/2 cup baker's angel flake coconut
2 tablespoons honey

Blend ingredients in blender until smooth.

<https://www.myfoodandfamily.com/brands/bakers-chocolate/recipe/220611/strawberry-coconut-smoothie?categoryid=20025>

Wassail

Makes 4 Servings

Yield: 3 1/2 cups

2 cups Tang
1 3 oz package presweetened powdered lemonade mix

1 1/2 cups sugar
1 teaspoon cinnamon
1/4 teaspoon ground cloves

Combine all ingredients in a medium bowl and mix well. Put in a 1-quart airtight container. Store in a cool, dry place. Use within 6 months. Add 2 to 3 teaspoons of wassail mix to 1 cup hot water. Stir to dissolve.

Wonderful Wassail

Makes 3 Servings

The Mormon Family Cookbook

- | | |
|--|---|
| 1 (46-ounce) can apple juice | 1 (46-ounce) can pineapple juice |
| 1 cinnamon stick | 1/2 cup honey |
| 1/2 teaspoon nutmeg | 1/4 cup lemon juice |
| 1 (6-ounce) can frozen lemonade concentrate | orange slices |
| 1 (6-ounce) can frozen orange juice concentrate | |

Heat apple juice, cinnamon stick, and nutmeg to boiling point. Reduce heat and simmer for 15 minutes. Add lemonade and orange juice concentrates, pineapple juice, honey, and lemon juice simmer. Remove cinnamon stick, and serve hot. Garnish with orange slices, if desired. If beverage simmers a long time and becomes too thick or concentrated, water may be added.

Beef

Beef Barley Stew

Makes 8 Servings

Preparation: 15 Min , Cook Time: 90 Min

Yield: 8 servings

Nutritional Facts: 1 cup: 266 calories, 8g fat (0 saturated fat), 40mg cholesterol, 618mg sodium, 24g carbohydrate (0 sugars, 0 fiber), 23g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable.



1 1/2 pounds 1-1/2 beef stew meat, cut into 1/2-inch cubes
1 tablespoon canola oil
1 medium onion, chopped
3 cans (14-1/2 ounces each) beef broth
1 cup medium pearl barley

1 teaspoon dried thyme
1/2 teaspoon dried marjoram
1/4 teaspoon dried rosemary, crushed
1/4 teaspoon pepper
4 medium carrots, sliced
2 tablespoons chopped fresh parsley

In a large saucepan or Dutch oven, brown meat in oil in batches. Remove and set aside. In the same pan, saute onion until crisp-tender. Add the broth, barley, seasonings and beef; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add carrots; bring to a boil. Reduce heat; cover and simmer 30-40 minutes or until meat and carrots are tender. Add parsley just before serving.

<https://www.tasteofhome.com/recipes/beef-barley-stew>

Beth's Lasagna

Makes 4 Servings

Preparation: 15 minutes , Cook Time: 1 hour

From Elizabeth Hennefer

1 pound ground beef
1 jar spaghetti sauce
1 teaspoon rosemary
1 teaspoon garlic
lasagna noodles
1 pint cottage cheese

3 eggs
1 cup Parmesan cheese
1 pound mozzarella cheese
1 teaspoon oregano
1 teaspoon basil

1. Brown meat and drain excess fat.
2. Add spaghetti sauce to meat. Also rosemary and garlic. Simmer on low.
3. Mix cottage cheese, eggs, Parmesan, oregano and basil. Set aside.
4. Grate mozzarella and set side.
5. Spoon a thin layer of sauce in the bottom of a 9x13 pan. Lay first layer of uncooked lasagna noodles, and then follow with a thin layer of cottage cheese mixture reserving enough for another layer.
6. On top of cottage cheese layer put another thin layer of meat sauce followed by mozzarella. then repeat all layers.
7. Cover with aluminum foil cover. Place in preheated oven to 425 for 1 hour.

Brisket

Makes 4 Servings

*From Grandma Ferreter**Serving size depends on size of brisket.*

1 brisket
1 -1 1/2 cup water
nature seasoning to taste

1 tablespoon kitchen bouquet
Liquid smoke to taste
1 can cream of mushroom soup

1. Trim fat of brisket. Fit as much as you can into a 9 X 13-inch baking pan. May need a second pan. Add water, nature seasoning and liquid smoke to brisket. Season to taste and cover with aluminum foil.
2. Bake at 325 degrees for 6 to 8 hours. It is done when you stick a fork in it. Twist the fork. If meat comes out easily, it is done.
3. To serve, add cream of mushroom soup and Kitchen Bouquet to the meat drippings. Mix well. Slice brisket and add to the drippings mixture. Heat through. Serve with mashed potatoes.

Cheesy Beef-Corn Chip Skillet

Makes 5 Servings

Preparation: 35 Min



1 pound . ground beef
1 small onion, chopped

3/4 cup water

1 (1 3/8-ounce) package (1 oz.) taco bell® taco seasoning mix

2 cups corn chips

1/4 pound . (4 oz.) velveeta, cut into 1/2-inch cubes

2 cups shredded lettuce

2 tomatoes, chopped

1. Brown meat with onions in large skillet; drain. Stir in water and seasoning mix; cook as directed on package.
2. Top with chips and velveeta; cover. Cook on low heat 5 min. or until velveeta is melted, stirring frequently.
3. Top with lettuce and tomatoes.

<https://www.myfoodandfamily.com/recipe/055264/cheesy-beef-corn-chip-skillet?categoryid=349>

Classic Beef Stroganoff

Makes 6 Servings

Preparation: 30 min.

Yield: 6 servings

*Total Time 1 hr. 0 min.**How to Clean Mushrooms:**Use a clean, dry or slightly damp towel to gently wipe dirt off mushrooms. Do not rinse mushrooms in water because they will become mushy.***1 boneless beef sirloin steak, 3/4 inch thick (1 lb.)****1 cup breakstone's or knudsen sour cream, any variety****2 tablespoons flour****1/2 cup water****2 teaspoons instant beef bouillon granules****1/4 teaspoon pepper****2 tablespoons butter or margarine****1 1/2 cups 1-1/2 sliced fresh mushrooms****1/2 cup chopped onion****1 clove garlic, minced****4 cups hot cooked noodles**

1. Place steak in freezer 30 minutes to firm. Cut across grain into 2x1/2-inch strips.
2. Mix sour cream and flour in small bowl. Stir in water, bouillon and pepper; set aside.
3. Melt butter in large skillet on medium-high heat. Add 1/2 of the steak; cook and stir until steak is cooked through. Remove steak from skillet. Add remaining steak and vegetables to skillet; cook and stir until steak is cooked through and onion is tender. Return all steak to skillet. Reduce heat to medium.
4. Add sour cream mixture; cook until bubbly, stirring constantly. Cook an additional minute. Spoon over hot noodles.

<http://www.kraftrecipes.com/recipes/classic-beef-stroganoff-51307.aspx>

Easy Meatballs

Makes 4 Servings

*Here's your go-to, foolproof, basic meatball recipe you'll never want to be without.***1 pound lean (at least 80%) ground beef****1/2 cup progresso™ italian-style bread crumbs****1/4 cup milk****1/2 teaspoon salt****1/2 teaspoon Worcestershire sauce****1/4 teaspoon pepper****1 small onion finely chopped (1/4 cup)****1 egg**

1. Heat oven to 400°F. Line 13x9-inch pan with foil; spray with cooking spray.
2. In large bowl, mix all ingredients. Shape mixture into 20 to 24 (1 1/2-inch) meatballs. Place 1 inch apart in pan.
3. Bake uncovered 18 to 22 minutes or until no longer pink in center.

<https://www.bettycrocker.com/recipes/easy-meatballs/2959910f-1b27-438a-9085-d40b1950db20>

Great Meatloaf

Makes 4 Servings

The slice of bread is equivalent to 1/4 cup bread crumbs.

1 1/2 lbs ground beef (ground shoulder roast is good)	1/4 teaspoon black pepper
1 slice bread (broken or chopped finely)	4 tablespoons ketchup
1 egg	1/2-2/3 cup whole milk or half and half
1 small vidalia onion or 1 small type sweet onion, finely chopped	4 tablespoons apple cider vinegar
1 teaspoon table salt	2 4 tablespoons 2 -4 dark brown sugar packed firm (to taste)
	1/2 cup ketchup

- 1) Meatloaf: Combine meat loaf ingredients and place into a loaf baking dish.
- 2) Smooth out top.
- 3) Sauce: Combine sauce ingredients and pour on top and sides of meatloaf.
- 4) Bake at 350°F about 1 hour to 1 hour 15 minutes or until done.

*The addition of 1 or 2 teaspoons of Kitchen Bouquet® makes this recipe very good.

**Recipe should be "plump" from the addition of the milk or Half & Half.

It should NOT be runny.

***A second batch of sauce served hot is good to serve with the meatloaf.

Nita's Note: I note that some of you are using game meat such as deer -- Deer is a very DRY meat. It is wise to HAVE some fat added to the deer -- especially to ground deer. Maybe 25 % fat, (I recommend 1 lb of ground venison, and 1/2 lb of deer sausage for fat content), otherwise your results will be poor. I don't know about some of the other game meat some are using. Please consult an expert. The recipe is delicious as it stands! Enjoy! Nita Holleman.

<http://www.food.com/recipe/yes-virginia-there-is-a-great-meatloaf-54257>

Mama Hut Pizza

From Mary Ferreter - got the recipe while in Okinawa, Japan in 1983.

1 package yeast or 2 1/2 teaspoons yeast	2 1/2 cups flour
1 cup warm water	1 small can tomato sauce
1 teaspoon sugar	Pizza seasoning
1 teaspoon salt	2 cups mozzarella and cheddar cheese
3 tablespoons oils	1 pound ground beef

1. Put warm water in a bowl. Add yeast and sugar and let proof. Add salt and oil.
2. Gradually add flour, one cup at a time and allow to rise.
3. Brown beef and drain.
4. Place dough on a greased pan and spread tomato sauce over the dough.
5. Sprinkle with pizza seasoning. Add ground beef and top with mixture of cheeses.
6. Bake at 350 degrees for 18 to 20 minutes.
7. Can use whole wheat flour and or mixture of white and wheat flour.

Mashed Potato Hot Dish

Makes 4 Servings

Preparation: 15 min , Cook Time: 20 min.

Yield: 4 servings

Nutrition Facts

1 cup: 431 calories, 23g fat (12g saturated fat), 89mg cholesterol, 1050mg sodium, 29g carbohydrate (4g sugars, 5g fiber), 28g protein.

1 pound ground beef	2 cups hot mashed potatoes(prepared with milk and butter)
1 can (10-3/4 ounces) condensed cream of chicken soup undiluted	1/2 cup shredded Cheddar cheese
2 cups frozen french-style green beans	

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in soup and beans.
2. Transfer to a greased 2-qt. baking dish. Top with mashed potatoes; sprinkle with cheese. Bake, uncovered, at 350° for 20-25 minutes or until bubbly and cheese is melted.

<https://www.tasteofhome.com/recipes/mashed-potato-hot-dish/>

Melinda's Porcupine Meatballs

Makes 4 Servings

Preparation: 15 m , Cook Time: 55 m

Yield: 4

"This is, by far, the best recipe for porcupine meatballs I have ever had. This is a recipe that was given to my mom when she married back in 1970. The recipe also includes cooking directions for stovetop cooking or cooking in the oven. Hope you enjoy as much as our family does."

Total Time: 1 h 10 m



1 pound ground beef	1/8 teaspoon garlic powder
1/2 cup uncooked white rice	1/8 teaspoon ground black pepper
1/2 cup water	1 (15-ounce) can tomato sauce
1/3 cup chopped onion	1 cup water, or more as needed
1 teaspoon salt	2 teaspoons Worcestershire sauce
1/2 teaspoon celery salt	

Mix the ground beef, rice, 1/2 cup water, onion, salt, celery salt, garlic powder, and black pepper in a bowl. Roll the mixture into 12 meatballs.

Heat a large skillet over medium-high heat and add the meatballs. Cook meatballs, turning occasionally, until evenly browned. Drain and discard any excess grease. Pour the tomato sauce, 1 cup water, and Worcestershire sauce into the skillet; reduce heat to medium-low. Cover and simmer until the meatballs are no longer pink in the center and the rice is tender, about 45 minutes. Stir in more water if the sauce becomes too dry.

<http://allrecipes.com/recipe/218493/melindas-porcupine-meatballs/>

Mom's Sloppy Joe

Makes 6 Servings

From Sarah Oman

1 1/2 pounds hamburger	1 tablespoon mustard
1/2 cup catsup	2 tablespoons vinegar
1 cup tomato juice	3 tablespoons Worcestershire sauce
3 tablespoons sugar	1 1/2 tablespoons flour

1. Brown hamburger. Add catsup, tomato juice, sugar, mustard, vinegar, Worcestershire sauce and flour. Mix well.
2. Bring to a boil, then reduce heat and allow to simmer. Serve on hamburger buns.

Ravioli Lasagna

Makes 4 Servings

From Sarah Oman

1 jar spaghetti sauce (28-oz)	1/2 - 1 cup mozzarella cheese
1 package frozen ravioli (25-oz)	1/2 - 1 cup Cheddar cheese
16 ounces cottage cheese	1/4 cup grated Parmesan cheese

1. Spread 1/2 cup of spaghetti sauce in an ungreased 9 X 13-inch baking dish. Layer 1/2 the ravioli, 1 3/4 cups sauce, 1 cup cottage cheese and 1/2 of mozzarella and cheddar cheese.
2. Repeat layers. Sprinkle top with Parmesan cheese.
3. Bake uncovered at 350 degrees for 30 to 40 minutes or until bubbly.

Ribbon Meatloaf

Makes 8 Servings

Received from Lucy Christenson Stolpe April 1975.

3 slices soft bread torn into small pieces	1/4 sage
1 cup milk	1/4 celery salt
1 pound ground beef	1/4 garlic salt
1/2 pound ground pork	1 tablespoon Worcestershire sauce
1 egg yolk	Cheese Filling
1/4 cup minced onion	1 egg white beaten slightly
1 1/4 salt	1 tablespoon water
1/4 pepper	2 slices soft bread torn into pieces
1/4 dry mustard	1/2 cup cheese

Heat oven to 350°. Stir together bread and milk. Mix in remaining ingredients except the cheese filling. Pat 1/2 of meat mixture into a greased loaf pan, 9x5x3. Cover with cheese filling. Top with remaining meat mixture. Bake 1 1/2 hours.

Skillet Bow Tie Lasagna

Makes 6 Servings

1 pound ground beef	1 tablespoon dried parsley flakes
1 onion chopped	2 dried oregano
1 tablespoon garlic minced	1 salt
14 1/2 ounces diced tomatoes undrained	2 1/2 cups uncooked bow tie pasta
1 1/2 cups water	3/4 cup cottage cheese
6 ounces tomato paste	1/4 cup grated Parmesan cheese

1. In a large skillet, cook beef, onion, and garlic until meat is no longer pink drain. Add tomatoes, water, tomato paste, parsley, oregano and salt.
2. Stir in pasta bring to a boil. Reduce heat cover and simmer for 20-25 minutes or until pasta is tender stirring once.
3. Combine cheeses drop by rounded tablespoonfuls onto pasta mixture. Cover and cook for an additional 5 minutes.

Sweet and Sour Meatballs

Makes 4 Servings

From Vonnie Oman

- | | |
|---------------------------------|--|
| 1 pound hamburger | 1 tablespoon soy sauce |
| 1 egg | 3 tablespoons vinegar |
| 4 tablespoons cornstarch | 6 tablespoons water |
| 1 teaspoon salt | 1/2 - 1 cup sugar |
| 1/4 teaspoon pepper | pineapple chunks |
| 1 - 2 tablespoon oil | Onion to taste |
| 1 cup pineapple juice | green pepper, chopped or sliced |

1. Combine hamburger, onion, egg, 1 tablespoon cornstarch, salt and pepper. Form into meatballs.
2. Cook meatballs in 1 tablespoon oil.
3. In saucepan, combine 3 tablespoon cornstarch, vinegar, water, sugar, and soy sauce. Drain juice from pineapple and save. If you don't get enough juice to make 1 cup, add water to juice to make 1 cup.
4. Add 1 tablespoon of oil to juice, then add cornstarch and mix. Stir well and bring to a boil until thick.
5. Add green peppers to sauce. Add pineapple and meatballs. Serve over steamed rice.

Slow Cooker Beef Stew

Makes 8 Servings

Preparation: 25 Min , Cook Time: 7-8 Hours

Yield: 8 servings



- | | |
|---|--|
| 1 1/2 pounds potatoes, peeled and cubed | 1 can (14-1/2 ounces) diced tomatoes, undrained |
| 6 medium carrots, cut into 1-inch slices | 1 cup beef broth |
| 1 medium onion, coarsely chopped | 1 teaspoon ground mustard |
| 3 celery ribs, coarsely chopped | 1/2 teaspoon salt |
| 3 tablespoons all-purpose flour | 1/2 teaspoon pepper |
| 1 1/2 pounds beef stew meat, cut into 1-inch cubes | 1/2 teaspoon dried thyme |
| 3 tablespoons vegetable oil | 1/2 teaspoon browning sauce |

Layer the potatoes, carrots, onion and celery in a 5-qt. slow cooker. Place flour in a large resealable plastic bag. Add stew meat; seal and toss to coat evenly. In a large skillet, brown meat in oil in batches. Place over vegetables. In a large bowl, combine the tomatoes, broth, mustard, salt, pepper, thyme and browning sauce. Pour over beef. Cover and cook on high for 1-1/2 hours. Reduce heat to low; cook 7-8 hours longer or until the meat and vegetables are tender. Yield: 8 servings.

<https://www.tasteofhome.com/recipes/slow-cooker-beef-stew>

Taco in a Bowl

Makes 4 Servings

Cook Time: 30 Min

From Rachael Cross pulled from The Friend Magazine

- | | |
|--|---|
| 1 pound ground beef, turkey or chicken | 2 cans (15-ounce) red kidney beans including juice |
| 1 cup chopped onion | 1 can (15-ounce) diced tomatoes drained |
| 2 tablespoons taco seasoning | 1 can (15-ounce) corn drained |
| 2 tablespoons ranch-style powder dressing mix | 1 can (15-ounce) green beans drained |
| 1 can (15-ounce) chicken broth | taco chips |
| 1 can water use the empty chicken broth can | grated cheese |

1. Cook the ground meat and onion in a skillet until completely cooked.
2. Put the ground meat mixture into a large pot. Stir in the taco and dressing seasonings. Add all the remaining ingredients and mix well.
3. Bring the soup to a boil. Put the lid on the pot and cook on low temperature for 30 minutes.
4. Serve with taco chips and grated cheese to top.

Mexican Pizza Recipe

Makes 12 Servings

Preparation: 20 Min , Cook Time: 10 Min

Yield: 12-16 Servings

*Total Time: 30 min**I might use my regular pizza dough recipe instead of the refrigerated crescent rolls.*

- | | |
|--|--|
| 2 tubes (8 ounces each) refrigerated crescent rolls | 1 can (2-1/4 ounces) sliced ripe olives drained |
| 1 package (8 ounces) cream cheese softened | 1 medium tomato chopped |
| 1 cup (8 ounces) sour cream | 3/4 cup shredded Cheddar cheese |
| 1 pound ground beef | 3/4 cup shredded part-skim mozzarella cheese |
| 1 envelope taco seasoning | 1 cup shredded lettuce |

Unroll crescent roll dough and place in an ungreased 15-in. x 10-in. x 1-in. baking pan. Flatten dough to fit the pan, sealing seams and perforations. Bake at 375° for 8-10 minutes or until light golden brown; cool on a wire rack. In a small bowl, combine cream cheese and sour cream until blended; spread over crust. Chill 30 minutes. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning. Add water according to package directions and simmer for 5 minutes, stirring occasionally. Spread over cream cheese layer. Top with olives, tomato, cheeses and lettuce. Cut into serving-size pieces. Serve immediately or refrigerate. Yield: 12-16 servings.

<http://www.tasteofhome.com/Recipes/Mexican-Pizza>

Breads and Muffins

Banana Bread

Makes 12 Servings

Preparation: 20 Min , Cook Time: 55 Min

Yield: 1 loaf

*This is from the Good Housekeeping Step-by-Step Cookbook 1997, p. 394**34g. carbohydrates per serving*

2 cups flour
3/4 teaspoon baking soda
1/2 teaspoon salt
3/4 cup sugar

6 tablespoons butter softened
2 large eggs
1 cup mashed bananas about 2 large ripe bananas
1/2 cup walnuts coarsely chopped

1. Preheat oven to 350. Grease and flour 9in by 5in metal loaf pan.
2. In a medium bowl, combine flour, baking soda, and salt.
3. In a large bowl, with mixer at low speed, beat sugar, butter, and eggs just until blended. Increase speed to high; beat about 5 minutes, until light and creamy.
4. Reduce speed to low. Add mashed bananas and 1/2 cup water, beat until well mixed.
5. Add flour mixture to banana mixture; beat just until blended, occasionally scraping bowl with rubber spatula. Stir in nuts. Spoon batter into loaf pan.
6. Bake loaf 50 to 55 minutes, or until toothpick inserted in center of bread comes out clean. Cool in pan on wire rack 10 minutes; remove from pan and cool completely on rack.

Best-Ever Blueberry Muffins

Makes 12 Servings

Preparation: 10 Min , Cook Time: 20 Min

Yield: 12 servings

Total Time: 30 Min

2 1/2 cups all-purpose flour
1 cup sugar
2 1/2 teaspoons baking powder
1/4 teaspoon salt

2 large eggs, lightly beaten
1 cup buttermilk
1/4 cup butter, melted
1 1/2 cups fresh blueberries

In a large bowl, combine the flour, sugar, baking powder and salt. In a small bowl, combine the eggs, buttermilk and butter; stir into dry ingredients just until moistened. Fold in blueberries. Fill greased or paper-lined muffin cups three-fourths full. Bake at 400° for 20-24 minutes or until a toothpick inserted in the muffin comes out clean. Remove to a wire rack to cool. Yield: about 1 dozen.

<https://www.tasteofhome.com/recipes/best-ever-blueberry-muffins>

Blueberry Jam

Makes 6 Servings

Total Time: 25 Min

1/3 cup thawed apple juice concentrate
1 envelope plain gelatin
5 cups fresh or frozen blueberries

1 tablespoon lemon juice
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cinnamon

Pour the apple juice concentrate into a saucepan; sprinkle with gelatin and allow to soften for several minutes. Meanwhile, in a blender or food processor, finely chop blueberries, 1 cup at a time. Add lemon juice, spices and 2 cups of chopped berries to gelatin; heat over medium-low until gelatin is dissolved. Remove from the heat; stir in remaining berries and mix well. Pour into jars or plastic containers; store in the refrigerator up to three weeks. Yield: 4 cups.

<https://www.tasteofhome.com/recipes/blueberry-jam>

Cheesy Garlic Bread

Makes 10 Servings

1 1/2 cups mayonnaise
1 cup shredded Cheddar cheese
1 cup thinly sliced green onion with tops

3 cloves garlic
1 loaf French bread halved lengthwise
1/3 cup minced fresh parsley

1. Mix mayonnaise, cheese, onions, and garlic spread on bread halves. If desired, sprinkle with parsley.
2. Wrap each half in foil. Refrigerate for 1-2 hours or freeze.
3. Unwrap and place on a baking sheet. Bake at 400° for 8-10 minutes (20-25 minutes if frozen) or until puffed but not brown.

Cherry Chip Muffins

Makes 48 Servings

Preparation: 20 Min , Cook Time: 10 Min

Yield: 48 servings

Total Time: 30 Min

1 1/2 cups 1-1/2 all-purpose flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/2 cup milk

1/4 cup canola oil
1 jar (10 ounces) red maraschino cherries
3/4 cup miniature semisweet chocolate chips
1/2 cup chopped pecans
1 cup confectioners' sugar
softened cream cheese, optional

1. In a large bowl, combine the flour, sugar, baking powder and salt.
2. In another bowl, whisk the egg, milk and oil; stir into dry ingredients just until moistened. Drain cherries, reserving 2 tablespoons of juice for glaze (discard remaining juice or save for another use). Chop cherries; fold the chips, pecans and cherries into the batter.
3. Drop by tablespoonfuls into greased or paper-lined heart-shaped or miniature muffin cups. Bake at 375° for 10-13 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; remove from pans to wire racks. Combine confectioners' sugar and reserved cherry juice to make a thin glaze; drizzle over muffins. Serve with cream cheese if desired. Yield: about 4 dozen.

<https://www.tasteofhome.com/recipes/cherry-chip-muffins>

Cherry Nut Bread

Makes 6 Servings

Was given this recipe by Connie Trowbridge. This makes a great Christmas gift.

1/2 cup butter
3 beaten eggs
1 cup cherry juice with added milk
2 1/2 cups flour
1/2 teaspoon salt

1 1/4 cups sugar
1 teaspoon vanilla extract
1 cup chopped nuts
2 teaspoons baking powder
1 cup maraschino cherry chopped

Blend butter, sugar, eggs, and vanilla together. Sift flour, baking powder, and salt together. Pour all the juice from the cherries into a measuring cup, and add enough milk to juice to make 1 cup.

Add 1 tablespoon flour to chopped cherries and coat. Alternate liquid and flour mixture when adding to butter sugar mixture.

Add coated cherries and nuts.

Bake at 350° for 50 minutes when baked in loaf pan. If using smaller pans, bake for 40 minutes.

Chive Garlic Bread

Makes 12 Servings

Preparation: 5 Min , Cook Time: 15 Min

Yield: 12 servings

A purchased loaf of French bread gets a real boost with a few simple ingredients. Garlic and chives make the savory slices irresistible. Along with lasagna or other Italian meal, we munch them until the last crumbs have vanished!
Total Time: 20 min



1/4 cup butter, softened
1/4 cup grated Parmesan cheese
2 tablespoons minced chives

1 garlic clove, minced
1 loaf (1 pound) french bread, cut into 1-inch slices

In a small bowl, combine the butter, cheese, chives and garlic; spread on one side of each slice of bread. Wrap in a large piece of heavy-duty foil; seal tightly. Place on a baking sheet. Bake at 350° for 15-20 minutes or until heated through. Yield: 12 servings.

<https://www.tasteofhome.com/recipes/chive-garlic-bread>

Chocolate Chip-Banana Bread

Makes 16 Servings

Preparation: 15 min.

Yield: 16 servings

Total Time 1 hr. 15 min. Carbs 23 g

How to Bake in 9x5-inch Loaf Pan

Prepare as directed, using a greased and floured 9x5-inch loaf pan, and increasing the flour to 2-1/4 cups, and the sugar and sour cream to 1 cup each.

How to Freeze Overripe Bananas

If bananas have turned brown and are too ripe to eat out of hand, don't throw them away. Peel and mash them, stirring in 1 tsp. lemon juice for each banana. Freeze in an airtight container for up to 6 months. Thaw the banana puree in the refrigerator then use to make banana bread, banana cake or muffins.



1/4 cup butter, softened

3/4 cup sugar

2 eggs

3/4 cup breakstone's or knudsen sour cream

1 cup mashed fully ripe banana (about 3)

1 1/2 cups 1-1/2 flour

1 1/2 teaspoons 1-1/2 calumet baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

3/4 cup baker's semi-sweet chocolate morsels

1. Heat oven to 350°F.
2. Beat butter and sugar in large bowl with mixer until blended. Add eggs and sour cream; mix well. Add bananas and combined dry ingredients; mix just until moistened. Stir in chocolate morsels.
3. Pour into greased and floured 8x4-inch loaf pan.
4. Bake 1 hour or until toothpick inserted in center comes out clean. Cool 5 min.; remove from pan to wire rack. Cool completely before slicing. Refrigerate leftovers.

<http://www.kraftrecipes.com/recipes/chocolate-chip-banana-bread-143311.aspx>

Crepes

Makes 6 Servings

4 eggs
1 1/3 cups milk
2 tablespoons oils

1 cup flour
1/2 salt
2 tablespoons sugar

In a medium bowl, beat eggs slightly. Add remaining ingredients and beat until smooth. Batter may be covered and refrigerated up to 2 hours or cooked immediately.

Heat crepe pan or 7-8-in skillet over medium-high heat. A few drops of water sprinkled on the pan sizzle and bounce when heat is just right.

Grease pan lightly with oil or use spray. Pour a scant 1/4 cup of batter into pan, tilting pan to spread evenly. When crepe is light brown and set, turn to brown other side.

Fill with desired filling. Makes 20 crepes.

Note: To prepare crepes ahead: Prepare, wrap well in foil and store in refrigerator up to 3 days or in the freezer up to 3 months. To thaw: place package of crepes in 350° oven for 10-15 minutes.

Delicious Pumpkin Bread

Makes 40 Servings

Preparation: 15 Min , Cook Time: 50 Min

Yield: 40 servings



5 large eggs
1 1/4 cups canola oil
1 can (15 ounces) solid-pack pumpkin
2 cups all-purpose flour
2 cups sugar

2 packages (3 ounces each) cook-and-serve vanilla pudding mixes
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt

In a large bowl, beat the eggs. Add oil and pumpkin; beat until smooth. Combine remaining ingredients; gradually beat into pumpkin mixture. Pour batter into five greased 5-3/4x3x2-in. loaf pans. Bake at 325° for 50-55 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Freeze option: Securely wrap and freeze cooled loaves in plastic and foil. To use, thaw at room temperature. Yield: 5 mini loaves (8 slices each).

Editor's Note: Bread may also be baked in two greased 8x4x2-in. loaf pans for 75-80 minutes.

<https://www.tasteofhome.com/recipes/delicious-pumpkin-bread>

Flaky Cheddar-Chive Biscuits

Makes 10 Servings

Preparation: 15 Min , Cook Time: 10 Min

Yield: 10 servings



2 1/4 cups 2-1/4 all-purpose flour
2 1/2 teaspoons 2-1/2 baking powder
2 teaspoons sugar
1/2 teaspoon baking soda
1/2 teaspoon salt

1/2 cup cold butter cubed
1 cup shredded Cheddar cheese
3 tablespoons minced fresh chives
1 cup buttermilk

Preheat oven to 425°. In a large bowl, whisk the first five ingredients. Cut in butter until mixture resembles coarse crumbs; stir in cheese and chives. Add buttermilk; stir just until moistened. Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to 3/4-in. thickness; cut with a floured 2-1/2-in. biscuit cutter. Place 2 in. apart on a greased baking sheet. Bake 10-12 minutes or until golden brown. Serve warm. Yield: 10 biscuits.

<https://www.tasteofhome.com/recipes/flaky-cheddar-chive-biscuits>

Homemade Bisquick

Yield: 12 1/2 cups

10 cups all-purpose white flour
1/3 cup baking powder
1/4 cup sugar

4 teaspoons salt
2 cups shortening that does not require refrigeration

1) Combine all ingredients except shortening in large bowl. With a pastry blender, cut in shortening until mixture resembles coarse crumbs. Store in airtight container, up to 6 months. Use as you would any other baking mix.

For Biscuits:

2 cups mix

1/2 cup milk

Mix together. Turn onto floured board. Knead 10-12 times. Bake at 450 degrees for 12 minutes. Makes 10 biscuits.

For Pancakes:

2 cups mix

2 eggs, beaten

1 cup milk

Combine all ingredients. Cook as you would normally.

Homemade Flour Tortillas

Makes 24 Servings

Preparation: 15 m , Cook Time: 45 m

Yield: 24

Traditional flour tortillas - homemade and much better than store bought. Do not substitute vegetable oil or shortening for the lard.

Total Time: 1 h

Nutrition Facts: Per Serving: 86 calories; 1.3 g fat; 16 g carbohydrates; 2.2 g protein; 1 mg cholesterol; 138 mg sodium.



4 cups all-purpose flour
1 teaspoon salt
2 teaspoons baking powder

2 tablespoons lard
1 1/2 cups water

Whisk the flour, salt, and baking powder together in a mixing bowl. Mix in the lard with your fingers until the flour resembles cornmeal. Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 24 equal pieces and roll each piece into a ball.

Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla. Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side. Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

<https://www.allrecipes.com/recipe/157642/homemade-flour-tortillas/>

From Rachael

For the dough:

1 teaspoon active dry yeast
1 teaspoon sugar
1/4 cup warm water
2 cups warm water
1 tablespoon sugar
1 tablespoon salt
1/4 cup olive oil

5 cups bread flour plus more as needed

For the sauce

28 ounces can of whole tomatoes
1/4 olive oil
1/2 teaspoon sugar or more to taste
1 teaspoon dried oregano
2 tablespoons tomato paste

For the dough:

1. Bloom the yeast in a stand mixer bowl with the teaspoon of sugar and 1/4 cup water.
2. When it is frothy, add the rest of the ingredients and mix with the dough hook until a smooth ball comes together. It should only be slightly sticky. If it is ver sticky, add additional flour.
3. Divide dough into four equal parts, roll each into a smooth ball and place in its own well-oiled bowl. Age in the refrigerator for at least 24 hours or up to a week.

Four the sauce:

1. Remove tomatoes from their canning liquid and discard the liquid. Squash or blend with an emerging blender on tomatoes until smooth.
2. Add remaining ingredients and mix until smooth.
3. Makes enough for 4 pizzas.

For the cheese:

Use 6 ounces mozzarella per pizza. Use grated parmesan for dusting.

Assembly:

1. Place pizza stone on middle rack and preheat oven on its maximum temperature for one hour. Use convection option if available.
2. Afer pre-heating, stretch pizza dough and place on a well=dusted peel (stone-ground whole-wheat flour works best).
3. Top with sauce, dusting of parmesan and the the mozzarella.
4. Bake for 5-6 minutes. Rest on cooling rack before slicing.

Zucchini Bread

Makes 16 Servings

Preparation: 15 min. , Cook Time: 1 Hour

Yield: 16 servings

Greek-style yogurt and chopped walnuts and dates give this spicy zucchini bread its moist, nutty texture.

Total Time 1 hr. 15 min.



2 cups flour
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup butter, softened
1 1/4 cups 1-1/4 sugar

1 cup grated zucchini
3/4 cup milk
1/4 cup plain nonfat greek-style yogurt
2 eggs
1/2 cup chopped planters walnuts
1/2 cup chopped dates

1. Preheat oven to 350°F.
2. Mix first 4 ingredients. Beat butter and sugar in large bowl with mixer until blended. Add zucchini, milk, yogurt and eggs; mix well. Gradually add flour mixture, beating after each addition just until moistened. Stir in nuts and dates.
3. Pour into greased and floured 9x5-inch loaf pan.
4. Bake 1 hour or until toothpick inserted in center comes out clean. Cool 5 min.; remove from pan to wire rack. Cool completely.

<http://www.kraftrecipes.com/recipes/zucchini-bread-123889.aspx>

Zucchini-Chocolate Chip Muffins

Preparation: 20 min , Cook Time: 20 min.

Yield: 1 dozen

Nutrition Facts: 1 each: 234 calories, 13g fat (2g saturated fat), 16mg cholesterol, 213mg sodium, 28g carbohydrate (15g sugars, 1g fiber), 3g protein.

Omitted nuts due to allergies, doubled the amount of chips instead. Would also be great with cinnamon chips or even raisins. Perfect on-the-go breakfast or snack!



1 1/2 cups 1-1/2 all-purpose flour
3/4 cup sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 large egg, room temperature, lightly beaten
1/2 cup canola oil

1/4 cup whole milk
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 cup shredded zucchini
1/4 cup miniature semisweet chocolate chips
1/4 cup chopped walnuts

1. In a bowl, combine flour, sugar, baking soda, cinnamon and salt. Beat the egg, oil, milk, lemon juice and vanilla; stir into dry ingredients just until moistened. Fold in zucchini, chocolate chips and walnuts. Fill 12 greased or paper-lined muffin cups two-thirds full.
2. Bake at 350° for 20-25 minutes or until a toothpick comes out clean. Freeze option: Freeze cooled muffins in an airtight container. To use, thaw at room temperature or, if desired, microwave each muffin on high for 20-30 seconds or until heated through.

<https://www.tasteofhome.com/recipes/zucchini-chocolate-chip-muffins/>

Breakfast Entrees

Breakfast Casserole with Bacon

Makes 12 Servings

3 cups chopped onions
3 tablespoons margarine
1/4 teaspoon salt
1/4 teaspoon pepper
24 ounces refrigerated biscuits

6 slices cooked and crumbled bacon
2/3 cup whipping cream
1/2 cup sour cream
3 eggs
1/2 cup Monterey Jack cheese shredded

Heat oven to 375°. In large skillet, cook onion in margarine until tender but not browned. Stir in salt and pepper.

Separate biscuit dough into 20 biscuits and place in ungreased 15x10-inch jelly roll pan. Press over bottom and 1/2 inch up sides to form crust. Spoon onions over crust sprinkle with bacon.

In medium bowl, combine cream, sour cream, and eggs until well blended stir in cheese. Spoon evenly over onion and bacon. Sprinkle with additional pepper.

Bake at 375° for 24-30 minutes or until crust is deep golden brown. Store in refrigerator.

Breakfast Quiche

Makes 6 Servings

Yield: 6 slices

1 unbaked 9 in pastry shell
12 bacon stripscooked and crumbled
1/2 cup shredded sharp cheddar cheese
1/2 cup shredded Monterey Jack cheese
1/3 cup finely chopped onion

4 eggs
2 cups whipping cream
3/4 teaspoon salt
1/4 teaspoon sugar
1/8 teaspoon cayenne pepper

1. Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 for 5 minutes; remove foil. Bake 5 minutes longer; remove from the oven and let cool.

2. Reduce heat to 425. Sprinkle bacon, cheeses and onion over the crust. In a bowl, beat eggs, cream, salt, sugar and cayenne; pour into the crust.

3. Bake for 15 minutes. Reduce heat to 300; bake 30 minutes longer or until a knife inserted near the center comes out clean.

Easy Hashbrown Casserole

Makes 6 Servings

Your family will love this delicious dish, and you'll love it because it can be served for breakfast, lunch, or dinner. It also makes a great side dish recipe for a holiday meal or the perfect bring-along dish to bring to a potluck, and will definitely be a welcome addition to your next brunch with family and friends. You can easily customize this by adding chicken for dinner or leftover ham. It's so stupidly easy to make that it might just become your new go-to side dish for just about any occasion. The possibilities are endless!

1 (30 ounce) bag frozen hash brown potatoes, thawed
1/2 cup chopped onion
110 cans 1(10-ounce) cream of chicken soup

1 (8-ounce) container sour cream
2 1/2 cups shredded cheddar cheese, divided
1 teaspoon kosher salt
1/2 teaspoon pepper

1. Preheat oven to 350 degrees F.

2. Spray a 9 x13-inch baking dish with cooking spray.

3. In a large mixing bowl combine the hash browns, onion, chicken soup, sour cream, 2 cups cheese, salt, and pepper. Mix well to combine.

4. Spread into the baking dish. Top with 1/2 cup cheese.

5. Bake for 50-60 minutes until casserole is hot, browned, and the cheese is bubbling.

<https://www.recipelion.com/Casserole-Recipes/Easy-Hashbrown-Casserole>

Old-World Puff Pancake Recipe

Makes 4 Servings

Preparation: 10M, Cook Time: 20M

Yield: 4 servings

My mom told me her mother-in-law showed her how to make this dish, which became popular during the Depression, on their "get acquainted" visit in 1927. At that time, cooks measured ingredients as pinches, dashes and dibs. But through the years, accurate amounts were noted. My wife and I continue to enjoy this dish today, particularly for brunch. —Auton Miller, Piney Flats, Tennessee

Total Time: 30M



2 tablespoons butter
3 large eggs
3/4 cup whole milk
3/4 cup all-purpose flour
2 teaspoons sugar

1 teaspoon ground nutmeg
 confectioners' sugar
 lemon wedges
 syrup, optional
 fresh raspberries optional

Directions:

Place butter in a 10-in. ovenproof skillet; place in a 425° oven for 2-3 minutes or until melted. In a blender, process the eggs, milk, flour, sugar and nutmeg until smooth. Pour into prepared skillet. Bake at 425° for 16-18 minutes or until puffed and browned. Dust with confectioners' sugar. Serve with lemon wedges and, if desired, syrup and raspberries. Yield: 4 servings.

Originally published as Old-World Puff Pancake in Reminisce May/June 1997, p49

<https://www.tasteofhome.com/recipes/old-world-puff-pancake>

Simple Eggs Benedict

Makes 4 Servings

Preparation: 10 min. , Cook Time: 10 min.

Yield: 4 servings

Start the morning off right with our Simple Eggs Benedict. Get out the skillet and English muffins to make our Simple Eggs Benedict today!



4 kraft singles, torn
 3 tablespoons milk
 1 teaspoon grey poupon dijon mustard
 4 eggs
 1/4 cup water
 2 English muffins split, toasted

8 slices oscar mayer deli fresh smoked ham
 1 cup tightly packed baby spinach leaves, stems removed
 1 green onion sliced
 1/2 cup chopped seeded tomatoes

1. Microwave Singles and milk in microwaveable bowl on HIGH 50 sec. or until blended, stirring every 30 sec. Stir in mustard.
2. Heat heavy medium skillet sprayed with cooking spray on medium heat. Add eggs, 1 at a time, allowing space between eggs. Pour water around eggs; cover. Bring just to gentle boil; simmer 2 min. or until whites are completely set and yolks are cooked to desired doneness.
3. Cover muffin halves with ham, spinach and eggs; top with sauce, onions and tomatoes.

<http://www.kraftrecipes.com/recipes/simple-eggs-benedict-162231.aspx>

Whole Wheat Blender Pancakes

Makes 6 Servings

From Vonnie Oman.

3/4 cup whole wheat
 1 cup milk
 1 dash salt

2 eggs
 1/3 cup oil
 2 teaspoons baking powder

Place whole wheat in blender. Add milk and salt. Blend on high for 5 minutes. Add more milk if needed. Add eggs and oil. Blend. Stir in baking powder. Pour on hot skillet to make pancakes. Serve with fruit and/or nuts.



4 eggs
2 cups grated zucchini
3/4 cup all-purpose flour
1/2 teaspoon white sugar

1/2 teaspoon salt
3 tablespoons olive oil
4 teaspoons baking powder
1/4 cup butter, melted

1. Preheat grill to 425 to 450 degrees F (220 to 225 degrees C).
2. In a large mixing bowl, beat eggs, add shredded zucchini and mix well using a fork. Add flour, sugar, salt and vegetable oil and stir to blend well. Finally, add baking powder and mix well using a large spoon. The batter's consistency should be like heavy whipping cream.
3. Spoon batter on hot grill (about 2 tablespoons) for each pancake. Cook until there are no longer bubbles forming in the pancake about 2 minutes; turn over and cook for 2 minutes longer. Rub pancakes with melted butter and serve immediately.

<https://www.allrecipes.com/recipe/16061/zucchini-pancakes/>

Cookies and Bars

From Grandma Welch.



1 cup butter
1/2 cup sugar
1/2 cup light corn syrup
2 eggs -- separated

2 1/2 cups unsifted flour
2 cups finely chopped nuts
candied cherries

Cream butter and sugar. Add corn syrup, egg yolks, and flour. Chill. Roll into 1-in balls, then dip into slightly beaten egg whites then into chopped nuts. Place on greased baking sheet. Press cherry half (can be green or red cherry) into center of each cookie. Bake at 325° for 20 minutes. Makes 4 dozen.

Chip Balls

Makes 12 Servings

Received from Grandma Welch



1 cup soft butter
1/2 cup sugar
1 egg yolk
1 teaspoon vanilla extract

2 1/2 cups sifted flour
1/2 cup crumbled potato chip
1/2 cup chopped walnuts
1/2 cup semi-sweet chocolate chips

Cream butter, sugar, egg yolk, and vanilla until very light and fluffy. Beat in flour, about 1/2 at a time, until smooth. Add potato chips and nuts. Shape into 1-in balls and press 2 or 3 chocolate chips into each. Place on greased cookie sheet and bake for 25 minutes at 325°. Makes 4-4 / 12 dozen.

Chocolate Chip Cookies

Makes 12 Servings

From Sarah Oman

1 cup shortening or butter
3/4 cup brown sugar
3/4 cup white sugar
2 eggs
1 teaspoon vanilla

2 1/4 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 cup semisweet chocolate chips

1. Cream shortening and sugars. Add eggs and vanilla and mix.
2. Add flour, salt and baking soda and mix well. Stir in chocolate chips.
3. Place on baking sheet and bake at 350 degrees for 9 to 11 minutes.

Easy Cut-Out Cookies

Makes 5 Servings

Preparation: 20M, Cook Time: 12M

Yield: 20 servings, 1 cookie each

Easy Cut-Out Cookies could easily become your go-to holiday cookie recipe. Easy Cut-Out Cookies are both super simple to make and supremely fun to decorate. Make your favorite shapes today and get the kids' creativity flowing!

Kitchen Tips

Tip 1 - Fun Ideas

Decorate the cookies with sparkles. Microwave 2 Tbsp. honey in small microwavable bowl on HIGH 10 sec. or just until warmed; brush evenly onto cooled cookies. Sprinkle with one or more colors of sparkling decorating sugar.

Tip 2 - Mindful Eating

Practice mindful eating by savoring the flavor of these classic cookies and sticking to the recommended serving size.

Tip 3 - Make it Easy

If you have parchment paper, you can instead roll out each dough half between 2 sheets of parchment. Remove top sheet of parchment, then cut dough on bottom parchment sheet into desired shapes as directed. Remove excess dough around cutouts, then use ends of parchment to transfer cookie cutouts (on parchment paper) to baking sheet. Bake as directed. Repeat with remaining dough half and additional sheets of parchment. Gather dough trimmings into ball; roll out between 2 additional parchment sheets. Cut into shapes and bake as directed.

Tip 4 - Use Your Mixer

If you don't have a food processor, you can use your electric mixer to make the dough instead. Substitute 3/4 cup purchased almond flour for the ground sliced almonds. Combine the almond flour with the all-purpose flour, dry pudding mix and baking powder; set aside. Beat cream cheese, butter and sugar in large bowl with mixer until light and fluffy. Add egg; mix well. Gradually add dry ingredients, mixing well after each addition. Transfer dough to lightly floured surface; knead until smooth. Continue as directed.

AMP it up!

For an even richer cookie, make dough using Jell-O instant Pistachio Pudding.

Total Carbohydrates 18.00g



1 cup planters sliced almonds
1 1/2 cups 1-1/2 flour
1 (1 3/8-ounce) package (3.4 oz.) jell-o vanilla
flavor instant pudding
1/2 cup sugar

2 teaspoons calumet baking powder
4 fluid ounces (1/2 of 8-oz. pkg.) philadelphia
cream cheese, cubed
1/4 cup cold butter, cubed
1 egg, beaten

Heat oven to 350°F.

Process nuts in food processor until finely ground. Add flour, dry pudding mix, sugar and baking powder; pulse until blended.

Add cream cheese and butter; process just until blended. With food processor running, add egg through feed tube at top of processor, processing until blended. (Dough might look crumbly.)

Place dough on lightly floured surface; knead until smooth. Divide dough in half. Roll out one portion on lightly floured surface to 1/4-inch thickness; cut into assorted shapes using 3-inch cookie cutters, re-rolling scraps as necessary.

Place cutouts, 1 inch apart, on baking sheets sprayed with cooking spray. Repeat with remaining dough.

Bake 10 to 12 min. or until edges are lightly browned. Cool 3 min. Remove to wire racks; cool completely.

<https://www.myfoodandfamily.com/recipe/220551/easy-cut-out-cookies>

Granola Bars

Makes 4 Servings

From Kathy Gasser via Sarah Oman

1 cup light Karo syrup	3 cups oatmeal
1 cup brown sugar	3 cups Rice Krispies®
1 cup peanut butter	

1. Cook 1 cup Karo syrup and 1 cup brown sugar. As soon as it reaches a full boil, remove from the heat and add 1 cup peanut butter.
2. Stir and pour over 3 cups oatmeal and 3 cups Rice Krispies, mix well.
3. Empty onto a jelly-roll cookie sheet and flatten with your hand inside a plastic sandwich bag. Cut into bars while warm.

Hush Puppies

From Sarah Oman

9 cups combination of Corn, Rice and Wheat Chex	2 teaspoons vanilla
1 cup chocolate chip	1 1/2 cups powdered sugar
1/2 cup peanut butter	2 1-gal Ziploc bags
1/4 cup butter	

1. Place cereal in a large bowl and set aside.
2. In a medium, microwavable bowl, add chocolate chips, peanut butter and butter. Microwave on High for 1 minute and stir. Microwave 30 seconds longer and stir mixture until smooth. Stir in vanilla.
3. Pour over cereal and stir until evenly coated.
4. Spoon half of mixture into each Ziploc bag. Add 3/4 cup powdered sugar to each bag and seal.
5. Shake the bag until everything is coated. Spread onto waxed paper to cool.
6. Store in an airtight container in refrigerator.

Lemon Bars

Received from Pat Meador (Friend of Grandma Ferreter)

1/2 cup soft butter	2 tablespoons lemon juice
1/4 cup powdered sugar	2 tablespoons flour
1 cup sifted flour	1/4 teaspoon salt
2 eggs -- well beaten	1/2 teaspoon baking powder
1 cup sugar	

Mix butter, powdered sugar, and sifted flour together and press into the bottom of a 8x8 square pan. Bake at 350° for 15-20 minutes or until golden. Remove.
 Beat eggs with sugar. Add lemon juice. Fold in flour, salt and baking powder. Spread on top of first layer. Bake 20-25 minutes at 350°. Remove from oven and dust with powdered sugar. Cut when cool.
 Can double recipe and use a 9x13-in pan.

Oreo Truffles

Makes 40 Servings

Preparation: 45 mins

Yield: 40 servings

1 11.9 ounce package chocolate sandwich cookie with white filling (30 cookies), finely crushed

**1 8 ounce package cream cheese softened
1 pound white baking chocolate coarsely chopped**

1. Line a large baking sheet with parchment, waxed paper or foil; set aside. In a large bowl combine crushed cookies and cream cheese. Beat with an electric mixer on low speed until well mixed. Shape mixture into 1-inch balls. Chill or freeze until firm.
2. In a large saucepan cook and stir white chocolate over low heat until melted; cool slightly.
3. Dip each ball into melted white chocolate; let excess drip back into pan. Place dipped truffles on the prepared baking sheet. Chill truffles about 1 hour or until firm. Store, covered, in the refrigerator up to 1 week or freeze up to 1 month.

<https://www.bhg.com/recipe/candy/oreo-truffles/>

Scotch-A-Roos

Makes 4 Servings

From Becky Engh via Sarah Oman

**6 cups Rice Krispies®
1 cup sugar
1 cup Karo syrup**

**1 1/2 cups peanut butter
6 ounces butterscotch chips
6 ounces semisweet chocolate chips**

1. Boil 1 cup of sugar and 1 cup Karo syrup for 35 seconds. Remove from heat and add 1 1/2 cups peanut butter. Stir and pour over Rice Krispies.
2. Place the mixture in a 9 X 13-inch pan.
3. Melt 6 ounces of chocolate chips and 6 ounces butterscotch chips. Spread over top of the Rice Krispies mixture.
4. Cut into pieces, then put in the refrigerator to cool.

Snickerdoodles

Makes 24 Servings

Preparation: 15 minutes , Cook Time: 8-10 minutes

Yield: 6 dozen

Snickerdoodles were a favorite of America's cookie-loving Dutch colonists. No one knows where they got their funny name but, given their delicious flavor and texture, we're sure they'll be around for a few more generations.

**1 cup shortening or butter
1 1/2 cups sugar
2 eggs
2 3/4 cups sifted flour**

**2 teaspoons cream of tartar
1 teaspoon baking soda
1/4 teaspoon sugar
2 teaspoons cinnamon**

1. Preheat the oven to 400 degrees.
2. Mix shortening, sugar and eggs thoroughly.
3. Blend flour, cream of tartar, baking soda and salt. Stir into shortening mixture.
4. Shape dough into 1-inch balls. Roll in mixture of 2 tablespoons sugar and cinnamon.
5. Place 2-inches apart on an ungreased baking sheet and bake 8-10 minutes.

Snowballs

Preparation: 20 min

Makes 33 Servings

Yield: 66 servings



4 cups all-bran
1 cup pitted dried plum
1 2/3 cups raisins

1 1/2 cups dried apricots
2 cups chopped pecans
confectioners' sugar

Place cereal and prunes in a food processor or blender; cover and process until cereal is crumbled. Add raisins, apricots and pecans; process until finely chopped. Shape in 1-in. balls; roll in confectioners' sugar. Store in an airtight container in the refrigerator. Roll in sugar before serving. Yield: about 5-1/2 dozen.

<https://www.tasteofhome.com/recipes/snowballs>

The Ultimate Sugar Cookie

Makes 5 Servings

Recipe from Aunt Mary Jane Miller (Grandpa William Ferrerter's Aunt)

1 1/4 cups sugar
1 cup Butter flavored Crisco
2 egga
1/4 cup corn syrup
1 tablespoon vanilla

3 cups flour
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

1. Heat oven to 375.
2. Combine sugar and Crisco, beat well
3. Add sugar, syrup and vanilla - beat well
4. Combine flour, baking powder, baking soda and salt.
5. Add to creamed mixture. Divide in quarters. If dough is too sticky, wrap in plastic wrap and put in refrigerator for 1 hour or more.
6. Spread 1 Tablespoon flour on parchment paper. Turn over and cover with plastic. Roll dough to 1/4 in thick, Cut, Put on ungreased baking sheet.
7. Bake 5-9 minutes. Do not over bake.

Received from Grandma Welch.



1 cup butter

1 1/2 cups sifted powdered sugar

1 1/2 cups sifted flour

1 teaspoon vanilla extract

1/2 cup filberts or hazelnuts finely chopped

1 cup raspberry preserves

1. Cream butter and 1/2 cup powdered sugar until well blended in a large bowl stir in flour, vanilla, and chopped nuts. Roll dough, a level teaspoon at a time, into balls.
2. Place 2 inches apart on greased cookie sheet. Lightly grease bottom measuring cup and dip into powdered sugar press over each ball to flatten to about an inch round.
3. Bake at 350° for 10 minutes or until golden around the edges. Remove carefully from cookie sheet to wire racks cool completely.
4. Beat remaining 1 cup powdered sugar with a few drops of water until smooth. Tint pink with a drop or two of red food coloring.
5. Spread bottoms of half of the cookies with raspberry preserves Top, sandwich style, with remaining cookies, flat side down.
6. Attach a writing tip to a cake decorating set. Fill decorator with pink frosting and press out in rings on tops of cookie.

Desserts

Classic Cream Puffs

Makes 5 Servings

The foundation of the perfect cream puff is light, airy pate a choux. Learn the secrets to making the world's best cream puffs.



1/2 cup (1 stick) unsalted butter cut into pieces
1 teaspoon sugar (optional)
1/2 teaspoon salt
1 cup all-purpose flour

5 large eggs
no-fuss pastry cream refer to "no-fuss pastry" recipe for filling

1. Preheat oven to 375 degrees. Line two baking sheets with parchment paper.
2. In a medium saucepan over medium-high heat, combine butter, sugar, salt and 1 cup water. Bring to a boil and quickly stir in the flour with a wooden spoon. Continue to stir until a film forms on the bottom of the pan.
3. Remove from heat and transfer contents to a bowl to cool slightly, about 3 minutes. Add 4 eggs, one at a time, stirring vigorously to entirely incorporate egg after each addition.
4. For the egg wash, whisk together the remaining egg with 1 tablespoon water. Set aside.
5. Transfer the pate a choux to a large pastry bag fitted with a 5/8-inch plain tip. Pipe 1-1/2-inch rounds onto each prepared pan. Gently smooth the pointed peaks with a moistened finger, rounding tops to ensure even rising. Brush tops with reserved egg wash. Bake until puffs rise and are golden brown, about 30 minutes. Let cool on sheets on wire racks. Puffs can be stored at room temperature for up to 1 day.
6. Transfer pastry cream to a pastry bag fitted with a 1/8-inch plain round tip. Insert the tip into the opening of each pastry, and pipe to fill with pastry cream. Serve immediately.

<https://www.marthastewart.com/1113097/classic-cream-puffs>

Banana Cream Pie

Makes 8 Servings

Preparation: 30 m , Cook Time: 12 m

Yield: 8

*Total Time: 1 h 42 min**Cook's Notes:**You may use 3 tablespoons of cornstarch in place of 1/3 cup flour (I use cornstarch).**The pie crust can be store-bought or homemade.***3/4 cup white sugar****1/3 cup all-purpose flour****1/4 teaspoon salt****2 cups milk****3 eggs yolks, beaten****2 tablespoons butter****1 1/4 teaspoons vanilla extract****1 (9 inch) baked pastry shell, cooled****4 bananas, sliced**

In a saucepan, combine the sugar, flour, and salt. Add milk in gradually while stirring gently. Cook over medium heat, stirring constantly, until the mixture is bubbly. Keep stirring and cook for about 2 more minutes, and then remove from the burner.

Stir a small quantity of the hot mixture into the beaten egg yolks, and immediately add egg yolk mixture to the rest of the hot mixture. Cook for 2 more minutes; remember to keep stirring. Remove the mixture from the stove, and add butter and vanilla. Stir until the whole thing has a smooth consistency.

Slice bananas into the cooled baked pastry shell. Top with pudding mixture.

Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes. Chill for an hour.

<http://allrecipes.com/recipe/12151/banana-cream-pie-i/>

No-Fuss Pastry Cream

Makes 5 Servings

Use this rich vanilla custard to fill our Boston Cream Donuts, Classic Cream Puffs, or Star Tart.



1/4 cup cornstarch
1/2 cup sugar
pinch of kosher salt
2 cups whole milk

4 large egg yolks
2 tablespoons unsalted butter
1 teaspoon pure vanilla extract

1. Whisk together sugar, cornstarch, and salt in a medium saucepan. Whisk together milk and egg yolks in a glass measuring cup; add to saucepan along with butter and bring to a boil over medium heat. Let boil 1 minute, still whisking; then remove from heat and stir in vanilla.
2. Strain pastry cream through a fine-mesh sieve into a bowl. Cover with plastic wrap, pressing it directly onto surface of cream to prevent skin from forming. Refrigerate until chilled, at least 2 hours and up to 2 days. Just before using, whisk until smooth.

<https://www.marthastewart.com/1084932/no-fuss-pastry-cream>

Chocolate Bliss Pecan Pie

Makes 8 Servings

Brandon Hennefer's favorite pie.

8 squares semi-sweet baking chocolate divided
2 tablespoons butter
1 refrigerated pie shell 9-inch
3 eggs slightly beaten

1/4 cup firmly packed light brown sugar
1 cup corn syrup
1 teaspoon vanilla extract
1 1/2 cups pecans

1. Microwave 4 squares of the chocolate and butter in large microwave bowl on HIGH 1 to 2 minutes or until butter is melted. Stir until chocolate is completely melted. Chop remaining 4 squares of chocolate set aside.
2. Line 9-inch pie plate with pie crust as directed on package. Brush bottom of pie crust with small amount of beaten eggs. Stir remaining eggs, sugar, corn syrup, and vanilla into chocolate mixture until well blended. Stir in pecans and chopped chocolate. Pour into pie crust.
3. Bake at 350° for 55 minutes or until knife inserted 2 inches from edge comes out clean. Cool on wire rack.

Cool and Creamy Key Lime Dessert

Makes 6 Servings

Betty Crocker

Crust

1 cup flour
1/2 cup butter
1/2 cup pecans finely chopped
1 teaspoon lime peelgrated

Filling

1 can sweetened condensed milk
1/2 cup lime juice
2 teaspoons lime peelgrated
2 cups whipping cream
green food colorif desired

1. Heat oven to 350°F. Place flour in medium bowl. Cut in butter, using pastry blender, until evenly mixed. Stir in walnuts and 1 teaspoon lime peel. Press evenly in bottom of ungreased 9-inch square pan.
2. Bake about 15 minutes or until light brown. Cool completely, about 30 minutes.
3. In medium bowl, mix condensed milk, lime juice and 2 teaspoons lime peel set aside. In chilled large bowl, beat whipping cream and food color with electric mixer on high speed until stiff.
4. Fold lime mixture into whipped cream just until blended. Pour over crust. Cover refrigerate at least 2 hours until chilled but no longer than 48 hours. Store covered in refrigerator.
5. For a special touch, garnish each serving with a dollop of whipped cream sprinkled with chopped walnuts or pecans.

Cream Puffs

Makes 12 Servings

The art of making cream puffs is easy to master. Follow the following steps. Make an extra batch to keep in the freezer for spur-of-the-moment desserts and appetizers (just fill with chicken or seafood salad.)

1. *As soon as the butter is melted and the water boils, add the flour so none of the water boils away. (Leave the saucepan on the heat.)*
2. *Vigorously stir in the flour with a wooden spoon.*
3. *Cook and stir until the mixture forms a ball that doesn't separate. Remove the pan from the heat.*
4. *To make sure the cream puffs will fully puff during baking, add the eggs one at a time and stir after each addition until the batter becomes thick, smooth, and slightly sticky. Pipe or drop the batter in mounds on a greased baking sheet. For evenly shaped puffs, avoid going back and adding more dough to the mounds.*

1 cup water
1/2 cup butter
1/8 teaspoon salt

1 cup flour
4 eggs

1. Preheat oven to 400°F. Grease a large baking sheet set aside. In a medium saucepan, combine the water, butter, and salt. Bring to a boiling. Add flour all at once, stirring vigorously. Cook and stir until mixture forms a ball. Remove from heat. Cool for 10 minutes. Add eggs, one at a time, beating well with a wooden spoon after each addition.
2. Drop dough into 12 mounds (scant 1/4 cup each) onto prepared baking sheet. Bake for 30 to 35 minutes or until cream puffs are browned. Transfer puffs to a wire rack cool.
3. Cut tops from puffs remove soft dough from insides.

Easy Lemon Mousse Recipe

Makes 6 Servings

Preparation: 10 Minutes

Yield: Makes 6 (1/2-cup) servings.



4 ounces cream cheese softened
1/2 cup sugar divided
1 1/2 cups heavy cream

3 tablespoons lemon juice
1 teaspoon lemon extract
1 teaspoon vanilla extract

1. Beat cream cheese and 1/4 cup of the sugar in large bowl until smooth and creamy.
2. Beat heavy cream, remaining 1/4 cup sugar, lemon juice and extracts in large bowl with electric mixer on medium speed until stiff peaks form. Add 1/2 of the whipped cream mixture to cream cheese mixture; stir until well blended. Gently stir in remaining whipped cream mixture. Cover.
3. Refrigerate until ready to serve. Spoon or pipe into dessert dishes to serve. Garnish with lemon slices, fresh berries and mint leaves, if desired.

http://www.mccormick.com/recipes/dessert/easy-lemon-mousse?utm_medium=social-media

Easy Pecan Pie Recipe

Makes 10 Servings

Nutrition Facts: Serving Size 1 slice - Serves 10 Amount Per Serving Calories 304 % Daily Value Total Fat 12.4g 19%
 Cholesterol 61.9mg 21% Sodium 54.6mg 2% Total Carbohydrate 48.9g 16% Sugars 46.7g
 Protein 3g 6% Vitamin A3% Vitamin C0%*

3 eggs
1 cup karo® light or dark corn syrup
1 cup granulated sugar
2 tablespoons butter melted

1 teaspoon pure vanilla extract
1 1/2 cups (6 ounces) coarsely chopped pecans
1 (9-inch) unbaked or frozen deep-dish pie crust

1. Preheat oven to 350°F.
2. Mix Karo® Light Corn Syrup, eggs, sugar, butter and vanilla using a spoon or a rubber spatula. Stir in pecans and pour the mixture into pie crust.
3. Bake on center rack of oven for 60 to 70 minutes. Cool for at least 2 hours on wire rack before serving.

Notes: If you are using a prepared frozen pie crust, place cookie sheet in oven and preheat oven as directed. Pour filling into frozen crust and bake on preheated cookie sheet. The pie is done when center reaches 200°F. Tap center surface of pie lightly – it should spring back when done. If pie crust is over-browning, cover edges with foil.

<https://cookiesandcups.com/easy-pecan-pie-recipe/>

Fudge Frosting

1/4 cup butter
5 tablespoons cocoa
1/2 teaspoon salt

1/2 cup milk
2 teaspoons vanilla
4 - 5 cups powdered sugar

1. Stir butter, cocoa, salt and milk and bring to a boil.
2. Add vanilla & powdered sugar until thick.
3. Frosting thickens as it cools. Be careful about the powdered sugar, only add small amounts at time to keep from getting too thick.

Grandma's Apple Pie Filling

From Sarah Oman

1 quart sliced apple to fill the pan
1 cup sugar

1 tablespoon flour
1 teaspoon cinnamon

1. Put sliced apples in a bowl. Pour sugar over apples along with flour and cinnamon. Mix to coat.
2. Pour into pie crust and dot with butter.
3. Bake at 400 degrees for 30 minutes, then turn oven to 350 degrees and bake for 30 minutes more.

Homemade Graham Cracker Crust Recipe

Makes 8 Servings

Preparation: 10 Min , Cook Time: 10 Min

Yield: 8 servings

Instead of purchasing a graham cracker crust, make your own with just three everyday ingredients. —Janaan Cunningham
Total Time: 20 Min

1 1/2 cups 1-1/2 crushed graham crackers crumbs
(24 squares)

1/4 cup sugar
1/3 cup butter, melted

In a small bowl, combine the crumbs and sugar; add butter and blend well. Press onto the bottom and up the sides of an ungreased 9-in. pie plate. Refrigerate for 30 minutes before filling, or bake at 375° for 8-10 minutes or until crust is lightly browned. Cool on a wire rack before filling. Yield: 1 pie crust (9 inches).

<https://www.tasteofhome.com/recipes/homemade-graham-cracker-crust>

Kansas Dirt Cake

1 package Oreos
1 package cream cheese
15 ounces cool whip
2 packages instant vanilla pudding

1 cup powder sugar
3 cups milk
1 teaspoon vanilla
1/2 cup butter

1. Crush Oreos in blender or food processor.
2. Line a 9 X 13-inch pan with 1/2 of the crumbs.
3. Mix cream cheese and butter until smooth. Add powder sugar and cool whip to cream cheese. Blend until smooth.
4. In another bowl mix vanilla pudding, milk and vanilla until smooth. Mix both mixtures together and pour over the cookie crumbs.
5. Spread rest of the cookie crumbs on pudding mixture.
6. Refrigerate or freeze.

Key Lime Pie

Makes 8 Servings

2 Lime-flavored yogurt
1 package lime gelatin
8 ounces Cool Whip

1/2 cup boiling water
1 graham cracker crust

Dissolve gelatin in boiling water. Add yogurt and fold in thawed Cool Whip. Place in graham cracker crust. Refrigerate to set.

Luscious Lemon Poke Cake

Makes 10 Servings

2 baked 9-inch round white cakes cooled
2 cups boiling water

1 package 8-serving size lemon-flavored gelatin
8 ounces Cool Whip

1. Place each cake layer, top side up, in clean 9-inch round cake pan. Pierce cake with large fork at 1/2-inch intervals.
2. Stir boiling water into gelatin in medium bowl at least 2 minutes until completely dissolved. Carefully pour gelatin evenly over cake layers. Refrigerate 3 hours.
3. Dip one of the cake pans in warm water 10 seconds unmold onto serving plate. Spread with about 1 cup of the whipped topping. Unmold second cake layer carefully place on first layer. Frost top and side of cake with remaining whipped topping.
4. Refrigerate at least 1 hour or until ready to serve. Decorate as desired. Store leftover cake in refrigerator.

Panipopo

Makes 6 Servings

Cook Time: 18 - 20 M

From Sarah Oman

**1 can coconut milk****3 1/2 cups water****3/4 cup sugar****5 tablespoons cornstarch****Bread****2 cups warm milk****1 1/2 tablespoons yeast****1/2 tablespoon salt****1/4 cup sugar****3/8 cup shortening****2 large eggs****1/2 cup dry powdered milk****6 1/2 to 6 3/4 cups flour****1/4 cup melted butter**

1. combine coconut milk, water, sugar and cornstarch in a saucepan. Use whisk to stir constantly. Bring to a boil on medium heat. Boil until it starts to thicken.

2. Take off heat and pour into 2 (9 X 13-inch) pans and let cool.

Bread:

1. In a large bowl, mix milk yeast, salt, sugar, shortening, eggs and powdered milk.

2. Add 2 cups of flour and beat until mixture is very smooth. Continue adding flour one cup at a time and beat well.

3. Cover with plastic wrap and allow to rise. Punch down dough and divide in half.

4. Shape into 12 rolls. Place in cooled coconut pudding and do the same for the other half.

5. Bake at 350 degrees for 18 to 20 minutes until done.

Perfect Pie Crust

Yield: 4 1-crust pies

From Sarah Oman

4 cups flour
1 tablespoon sugar
2 teaspoons salt
1 3/4 cups shortening

1 tablespoon vinegar
1 egg
1/2 cup cold water

1. Mix flour and shortening, sugar and salt with a pastry blender or fork until crumbly.
2. In another bowl, mix ice water, egg and vinegar together with a fork and pour into flour mixture. Mix well and divide into 4 or 5 balls.
3. Roll out for pies.

Royal Icing

Makes 3 Servings

Yield: 3 1/2 cups

Get Royal Icing Recipe from Food Network and Alton Brown

Total Time: 7 min



3 ounces pasteurized egg whites
1 teaspoon vanilla extract

4 cups confectioners' sugar

In large bowl of stand mixer combine the egg whites and vanilla and beat until frothy. Add confectioners' sugar gradually and mix on low speed until sugar is incorporated and mixture is shiny. Turn speed up to high and beat until mixture forms stiff, glossy peaks. This should take approximately 5 to 7 minutes. Add food coloring, if desired. For immediate use, transfer icing to pastry bag or heavy duty storage bag and pipe as desired. If using storage bag, clip corner. Store in airtight container in refrigerator for up to 3 days.

<https://www.foodnetwork.com/recipes/alton-brown/royal-icing-recipe-1941917>

Skor Cake

Makes 6 Servings

From Linda Platt via Sarah Oman

1 chocolate fudge cake mix	8 ounces cool whip
1/2 can sweetened condensed milk	Skor bars
1/2 jar Ms. Richardson's caramel topping	Reese's Peanut Butter Cups
1/2 jar Ms. Richardson's hot fudge sauce	

1. Bake cake according to directions in a 9 X 13-inch pan.
2. Cool 5 minutes. Poke holes with a fork or wooden spoon handle.
3. Mix warm caramel sauce and sweetened condensed milk and spread this mixture over top of the cake. Let cool.
4. Spread hot fudge topping over cake.
5. Mix Cool Whip with chunks of Skor bars and cut up Reese's. Spread over hot fudge layer and refrigerator until serving.

The Best Vanilla Buttercream Frosting

Makes 4 Servings

Preparation: 15 Min

Yield: 4-5 cups frosting

1 cup (16 tablespoons, 8 ounces) butter, softened to room temperature (see note)	4 cups (16 ounces) powdered sugar
1 teaspoon pure vanilla extract	2 to 4 tablespoons heavy cream

1. In a large bowl using a handheld mixer or the bowl of an electric stand mixer fitted with the paddle attachment, beat the softened butter and vanilla extract until the butter is light in color and creamy, about 3 minutes, scraping down the sides and bottom of the bowl as needed.
2. Add the powdered sugar gradually, about 1/2 cup at a time, mixing completely after each addition and scraping the sides of the bowl often. Increase the mixer speed to medium-high, and continue mixing while adding the heavy cream (start with the lesser amount and add more as needed until the desired consistency is reached).
3. Add more powdered sugar for a thicker frosting. Whip until the frosting is light and fluffy, about 3-4 minutes. If using food coloring, add it now (gel coloring is preferred so it doesn't thin out the frosting), and mix until combined.

<https://www.melskitchencafe.com/perfect-vanilla-buttercream-frosting/>

Whipped Chocolate Mousse

Makes 4 Servings

Preparation: 20 Min

Yield: 4 servings

A decadent chocolate dessert that is easy to make at home.

4 fluid ounces bittersweet chocolate
1 tablespoon cornstarch
1 tablespoon unsweetened cocoa
2 teaspoons sugar
1 cup lowfat milk
1/4 teaspoon vanilla extract

4 large egg whites
1 pinch salt
1/4 teaspoon cream of tartar
12 raspberries
1/4 fluid ounce chocolate shavings

1. Place 4 ounces of chocolate in a large, heatproof bowl. In a 2-quart saucepan, whisk the cornstarch, cocoa, and sugar. While whisking, drizzle in the milk. Warm the milk mixture over medium heat until it starts to simmer, whisking frequently. Simmer for 1 minute before whisking in the vanilla. Pour the hot milk mixture over the chocolate until the chocolate is covered. Let stand for 3 minutes or until the chocolate melts.
2. Meanwhile, in a large bowl with the mixer on medium-high speed, beat the egg whites and salt for 1 minute. Add the cream of tartar and beat on high until stiff peaks form.
3. With a rubber spatula, stir the chocolate mixture until smooth. Add one-fourth of the beaten whites to the chocolate, stirring to incorporate. Gently fold in the remaining whites.
4. Divide the mousse into 4 glasses. Cover each glass with plastic wrap and refrigerate at least 1 hour, or up to 1 day. To serve, garnish the mousse with 3 raspberries and chocolate shavings.

<http://www.goodhousekeeping.com/food-recipes/a16064/whipped-chocolate-mousse-recipe-ghk0214/>

Zucchini Chocolate Cake

Makes 12 Servings

Cook Time: 40 Min

From Grandma Welch

1/2 cup Margarine
1/2 cup vegetable oil
1 3/4 cups sugar
2 eggs
1 teaspoon vanilla extract
1/2 cup milk
3 teaspoons vinegar
2 1/2 cups flour

1 teaspoon baking soda
1/2 teaspoon salt
4 tablespoons cocoa
1/2 teaspoon cinnamon
2 cups grated zucchini
1/2 cup chocolate chip
1/4 cup chopped nuts

1. Cream first three ingredients.
2. Add eggs, vanilla, milk and vinegar.
3. In a separate bowl, mix together flour, baking soda, salt, cocoa, and cinnamon. Add to creamed mixture.
4. Add zucchini and mix well. Put in 9X13 pan that has been greased and floured. Top with 1/2 cup chocolate chips and 1/4 cup chopped nuts. Bake at 350° for 40 minutes. Cake needs no frosting.

Holiday Recipes

Cranberry Stuffing

Makes 18 Servings

Preparation: 25 Min

Yield: 18

Some might say stuffing is the best part of a feast. Try this version for an aromatic treat.

Total Time: 25



1 cup butter or margarine
3 medium celery stalks (with leaves), chopped (1 1/2 cups)
3/4 cup finely chopped onion
9 cups soft bread cubes (15 slices)
1/2 cup dried cranberries or golden raisins

2 tablespoons chopped fresh or 1 1/2 teaspoons dried sage leaves
1 tablespoon chopped fresh or 1 teaspoon dried thyme leaves
1 1/2 teaspoons salt
1/2 teaspoon pepper

1. In 10-inch skillet, melt butter over medium heat. Cook celery and onion in butter, stirring frequently, until onion is tender. Stir in about one-third of the bread cubes. Place in large bowl. Add remaining bread cubes and ingredients; toss.
2. Stuff turkey just before roasting.

<http://www.bettycrocker.com/recipes/cranberry-stuffing/3f829efa-ae4b-496b-b432-a42c1d2f1f8a>

Cranberry Cream Cheese Spread

Makes 6 Servings

8 ounces cream cheese
1/2 cup dried cranberries chopped
1/2 cup chopped dried apricot

1 teaspoon grated orange peel
assorted crackers

In a large bowl, beat the cream cheese, cranberries, apricots and orange peel until blended. Chill until serving. Serve with crackers.

Cranberry-Orange Relish

Makes 12 Servings

Preparation: 15 min

Yield: 12 servings

I always include this delicious cranberry-orange relish as part of our special Christmas Eve dinner. - Grandma Ferreter



1 unpeeled navel orange
2 cups fresh or frozen cranberries
1 unpeeled medium red apple
1 package (3 ounces) raspberry gelatin

1 1/3 cups boiling water
1 can (20 ounces) dole crushed pineapple, undrained
1/2 cup chopped walnuts

1. Slice the orange into eighths; finely chop in a food processor.
2. Add cranberries and process until chopped. Slice apple into eighths; add to orange mixture and process until chopped.
3. In a large bowl, dissolve gelatin in boiling water; stir in pineapple and orange mixture. Chill for at least 4 hours. Just before serving, stir in nuts.

<https://www.tasteofhome.com/recipes/cranberry-orange-relish/>

Pumpkin Chip Cream Pie

3/4 cup cold milk
1 package 3.4oz instant vanilla pudding
2/3 cup miniature semisweet chocolate chip
1/2 cup canned pumpkin

3/4 teaspoon pumpkin pie spice
8 ounces frozen whipped topping divided
1 graham cracker crust (9in)
slivered almonds and chocolate curls, optional

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Stir in the chocolate chips, pumpkin and pie spice. Fold in 2 cups whipped topping. Spoon into crust. Refrigerate for 4 hours or until set. Spread with remaining whipped topping garnish with almonds and chocolate curls if desired.

Molded Cranberry-Orange Salad

Makes 12 Servings

Preparation: 20 Min

Yield: 12 servings

I take this dish to potlucks during the holidays. People always ooh and aah. Feel free to sub whipped cream for the celery curl garnish. —Carol Mead, Los Alamos, New Mexico
Total Time: 20 Min



1 teaspoon unflavored gelatin
1 tablespoon plus **1** cup cold water, divided
1 cup boiling water
1 package (**3** ounces) raspberry gelatin
3 cups (**12** ounces) fresh or thawed frozen cranberries, divided

2 medium apples, cut into wedges
1 medium navel orange, peeled
1 cup sugar
1/2 cup chopped walnuts
1/2 cup finely chopped celery

1. Sprinkle unflavored gelatin over 1 tablespoon cold water; let stand 1 minute.
2. Add boiling water and raspberry gelatin; stir until gelatin is dissolved, about 2 minutes. Stir in remaining cold water.
3. Refrigerate until thickened, about 45 minutes.
4. Pulse 2-1/3 cups cranberries, apples and orange in a food processor until chopped. Transfer to a small bowl; stir in sugar.
5. Stir fruit mixture into thickened gelatin. Fold in walnuts, celery and remaining whole cranberries.
6. Coat a 10-in. fluted tube pan, an 8-cup ring mold or two 4-cup molds with cooking spray; pour in gelatin mixture. Cover and refrigerate overnight or until firm. Unmold onto a platter. Yield: 12 servings.

<https://www.tasteofhome.com/recipes/molded-cranberry-orange-salad>



1 bag (12 oz) frozen cut green beans
1/2 cup dried cranberries
2 tablespoons honey

1 teaspoon grated orange peel
1/4 cup betty crocker™ bac~os® bacon flavor bits or chips

1. Cook beans as directed on package; drain.
2. Stir in cranberries, honey and orange peel.
3. Top with bacon flavor bits.

<https://www.bettycrocker.com/recipes/holiday-beans-and-cranberries/58850640-ece6-4a06-8c93-ff703a4da3c7>

Snowman Oreo Balls

Makes 2 Servings

Preparation: 45 min

Yield: 2-1/2 dozen

Nutrition Facts

1 snowman: 195 calories, 11g fat (5g saturated fat), 10mg cholesterol, 134mg sodium, 24g carbohydrate (18g sugars, 1g fiber), 2g protein.



1 package (14.3 ounces) oreo cookie
1 package (8 ounces) cream cheese softened
1 package (10 to 12 ounces) white baking chips, melted

15 mini oreo cookies (1.5 ounces)
30 rolo candies, unwrapped (6.5 ounces)
assorted sprinkles for eyes, nose and mouth

1. Pulse cookies in a food processor until fine crumbs form. Add cream cheese; pulse just until blended. Refrigerate, covered, until firm enough to shape.
2. Shape mixture into 1-in. balls; place on waxed paper-lined baking sheets. Freeze, covered, several hours or overnight.
3. Dip balls in melted chips; allow excess to drip off. Return to pans. Disassemble Oreo cookie sandwiches. Remove and discard filling or save for another use. Top dipped ball with a cookie and attach one Rolo candy to the top of each miniature Oreo with melted white baking chips to make a hat. Let stand until set. Make snowman face with sprinkles. Store in covered containers in the refrigerator.

<https://www.tasteofhome.com/recipes/snowman-oreo-balls/>

Kitchen Basics

Alternate Pumpkin Pie Spice

If pumpkin spice is unavailable, use a mixture of 1/2 teaspoon cinnamon, 1/4 teaspoon ground ginger and 1/8 teaspoon ground cloves.

Clarifying butter

Clarifying butter is a process used to separate the milk solids from the oily butterfat in butter. You've probably experienced putting whole butter into a hot pan - it quickly turns brown. That browning is the milk solids cooking. They just can't tolerate higher heats.

To get the butter taste without the browning, clarify butter. Slowly melt whole butter over low heat. You'll eventually see three layers form. The top layer is foamy and made up of water and milk - skim it off and discard. The deep yellow middle layer is the butterfat - pour this off into a container. This is the clarified butter you want to use for sauteing. What's left in the bottom are the milk solids - pitch them.

Deglazing a pan

After sauteing or roasting, look at the bottom of the pan. Those dark food particles stuck to the bottom are caramelized drippings from meat juices. This is called "fond", a French term loosely meaning bottom or foundation. Fond is loaded with flavor, and can be used to make gravy or added to sauces. The best way to capture these flavorful deposits is by deglazing. Add any liquid like wine, stock, or water to the pan and start scraping vigorously while bringing the liquid to a boil. This is your "foundation of flavor" for sauce or gravy.

Making Creme Fraiche

Many recipes call for creme fraiche, a thick, tangy French cream similar to sour cream, but smoother and richer. Its body and thickness comes from natural bacteria in unpasteurized cream. But since this is an unpasteurized process, we have to improvise in the States by using the natural fermenting agents in buttermilk. Mix 1 cup heavy cream, 1/4 cup buttermilk, and 1 tablespoon lemon juice. Cover and let sit at room temperature 6-8 hours, then refrigerate. Creme fraiche is great for cooking because of its rich flavor and stability - it doesn't break when heated, unlike sour cream.

Melting Chocolate

To melt dark, milk, and white chocolates for dipping or recipes, use a double boiler set over barely simmering water (a heatproof bowl nested over a saucepan makes a great double boiler).

Take the chocolate off the heat before all lumps are totally gone - they'll melt as the chocolate sits. Microwaving on high power works too, but stir the chocolate every 30 seconds to keep it from scorching.

If using a double boiler, it's critical that no water or steam gets in the chocolate. Just a drop will cause the chocolate to "seize" or stiffen, and render it useless.

How to Freeze a Casserole

Casseroles are one of the easiest and most delicious ways to cook — and now that we know how to freeze these meals, they're one of the most convenient dinnertime solutions! Learn how to freeze, thaw, and reheat your favorite casserole recipes with our Test Kitchen's best tips.

Most casseroles can be frozen, with the exception of cream-based casseroles that may break or curdle when thawed and reheated.

Test it first: If you're concerned that your casserole might not freeze well, here's a tip. Whip up the casserole you have in mind for your family, and then save a small portion. Freeze this small portion by following the tips below. Thaw, reheat, and see if the casserole is just as tasty as the first time around. If it is, then you know it's safe to freeze!

How do you thaw it? The best way to thaw a frozen casserole is to leave it in the refrigerator overnight. Sometimes, though, this isn't possible. If you need to bake a frozen casserole, you can bake it in a 350 degree oven with a cover over it for about the ½ the length of time you will bake it at. Then, remove the cover and bake as instructed.

Penny Pinchin' Tip: If you ever have leftover chopped veggies such as onions or peppers, you may freeze them for later use. Make sure to seal tightly in a freezer-safe bag or container, dating and labeling the package. These frozen veggies will work perfectly in casseroles or soups.

Homemade Pie Crust

Ideal Pie Pastry is 1/8 in thick. The same thickness as a Ritz cracker.



The Best-Kept Secrets for Perfect Homemade Pie Crust

Ready to tackle making homemade pie crust? Follow these foolproof tips to achieve pastry perfection. There's nothing like my mom's flaky, buttery, melt-in-your mouth homemade pie crust. It wasn't just a shell for housing creamy chocolate silk, fresh strawberry rhubarb or traditional pumpkin filling—it added flavor and texture to every delicious bite.

If you've never made homemade pie crust yourself, now's the time to take the leap. These seven tips will help produce a from-scratch crust that comes out of the oven crisp and golden—just like mom's.

1. Cut in the Butter until You See Peas
No, not those peas.

Virtually every pastry pie crust recipe directs you to cut the butter into the flour until it's reached a crumblike texture. (Whether you go about it with two knives, a pastry blender or a food processor is up to you!) Here's the tip: Stop when the crumbs start to look the size of peas. A pea-size mixture allows the butter to be evenly distributed throughout the dough without melting.

The reason? Excuse me while I get a little technical. Part of what contributes to a crisp, flaky crust is the bits of butter melting and leaving little pockets of air in the crust as the pie bakes.

2. Choose Lard
Speaking of butter, many pie crust recipes call for all-butter pie crusts. For an extra-tasty flavor, substitute lard (like my grandma did) or butter-flavored shortening for all or part of the butter. It's the secret ingredient in our Cinnamon-Sugar Apple Pie.

3. Use Ice-Cold Water
Make sure the water is truly ice-cold before measuring and adding it into the butter/flour mixture. This keeps the butter from melting as you mix the dough.

4. Don't Overmix
And here's the key: Be gentle! Overmixing the dough results in tough, overworked pastry, so mix only as much as necessary to hold the dough together.

You'd never guess how many pies a traditional Amish family eats in a day!

5. Keep the Dough Cool
Remember what I said about butter; if it's already melted before baking, your crust will lose its flaky texture. Once you've mixed the dough, shape it into a disk (or two for a two-crust pie), wrap it in plastic and refrigerate for at least

a half hour or up to two days (a great make-ahead option). For a two-crust pie, keep one disk of dough in the fridge while you roll out the other one. Once assembled, cut slits in the top crust and chill the pie in the freezer for about 15 minutes to firm up the butter before baking.

6. Pick the Right Plate

We've all dug into what looks like a perfectly good pie only to discover a bottom crust that's soft and unappealing—aka the dreaded soggy bottom. You can avoid that. First, pick the right pie plate. Use a matte-finish aluminum or glass pie plate for baking your pie (think shiny = soggy), and don't grease the plate unless directed in the instructions.

7. Bake with the Rack on the Bottom

Another way to avoid soggy crust is to bake the pie on the bottom rack of the oven. The oven's heating element is on the bottom, and keeping the pie as close to that as possible helps crisp up the bottom crust.

8. Get Your Oven Really, Really Hot

Here's the one time having a hot flash is a good thing. If the recipe calls for getting the oven ripping hot, baking the pie for several minutes, then lowering the temperature to complete baking, don't skip this step! Remember the gluten I mentioned earlier? This initial heat blast helps the gluten set before the butter melts which prevents your nice fluted edge from collapsing. This initial heat blast helps the gluten set before the butter melts. When you lower the temp, the pie can then finish baking without getting burned edges.

9. Use a Foil Protector

Speaking of burned edges, prevent them by loosely covering the edges of the pie crust with strips of aluminum foil if they're browning too fast. Or make your own permanent foil protector from a 12-in. aluminum pie plate. Cut a 7-in. diameter circle from the center; discard. Center the foil protector over the pie plate so the edges are covered.

Here are a few more kitchen-warming recipes to make while the oven's hot.

10. Don't Forget to Glaze

To get a beautiful golden glaze on the top of a two-crust pie, whisk together an egg yolk and cream. Brush the mixture over the top crust and sprinkle with a little coarse sugar. You'll end up with a pie that looks shiny and delicious. Time to pass the forks.

Once you've mastered a basic pie crust, get creative! Learn how to make a lattice pie or decorative pie crusts with stars, leaves and more.

How To Choose The Right Avocado and Quicken the Process for Your Under-Ripe Ones!



How To Choose The Right Avocado and Quicken the Process for Your Under-Ripe Ones!

My daughters and I have an obsession and it's not chocolate or unicorns- it's avocados!! This tasty little power food is our favorite way to compliment so many meals- avocado toast, tacos, salads, sandwiches/wraps, quesadillas, chicken and rice, cottage cheese- there isn't much that doesn't taste better with a little avocado! However, as tasty as a perfect avocado is, an avocado that is too ripe or that isn't ripe enough is quite nasty- but you can avoid this with the right knowledge ;).

When purchasing avocados, it's best to have a general meal plan so you know when you'll be using them. If you're wanting to use avocados that night, find ones that are that deep purple color, and have just a little give when you push them. You don't want them too mushy, though, as that's a sure sign they're overripe! If you're planning on using your avocados several days in the future, then pick the greener ones, as they'll still need a few days to ripen, which will put them at the perfect "ripeness" when you need them!

Here's another little handy trick to see if an avocado is ripe or not- because sometimes those outer skins can be a little deceiving! Pull off the stem of the avocado - the tiny little knob at the tip. It's like a peephole into the inside of the avocado, showing you exactly what's going on inside! If your avocado is a deep purple, and you see a beautiful bright green when you pick off that stem, well congratulations- you've got the perfect avocado in hand! However, if you pick off that stem and see brown, the avocado is going to be a little too ripe, and you'll want to pick a different one. If you're having a hard time getting the stem off at all, then you know your avocado needs a little more time to ripen.

However, sometimes when you go to the store, all that's left are a bunch of bright green avocados, and you need an avocado within the next day or two. Fear not, there are a couple tricks to help you quicken that process!

The first method is the best way to go if you don't want to sacrifice the taste. When you get home, place your avocado in a paper bag with another piece of fruit, like a banana or tomato. Within the next several hours you should be seeing a much riper avocado! (You'll probably need to use the avocado the next day, unless you start this process early in the morning). This process works because you are trapping all the ethylene gas that is being emitted from the fruit, and this is what actually triggers the ripening process. You can just put the avocado in the paper bag by itself, but it will take a couple more days to ripen.

The second method is really only if you're desperate, and if you don't mind sacrificing the taste of a fully ripe avocado. Wrap your avocado in tin foil, place it in a baking dish, and bake at 200 degrees for 10 minutes or until soft (at that perfect ripe texture). While this is definitely not the way to go if you're looking for the perfect avocado, it might work for you if you're really in a bind! (It also probably works better for avocados that are just a little under-ripe, rather than avocados that are still green and rock-hard).

So hopefully next time you go to the grocery store, you know exactly what to look for, and if you have to grab an avocado that's not quite ripe enough, you have a couple tricks up your sleeve to help!

How to Make Homemade Gravy

Follow simple steps that will show you how to make homemade gravy from the roast turkey you serve at Thanksgiving. Kraft Recipes has the tips you need!



Drippings from cooked turkey
Cool water or fat-free reduced-sodium chicken broth

1/4 cup flour
Pepper to taste

1. Pour drippings (juice and fat) from roasting pan carefully into a heatproof measuring cup or fat separator. Let stand until fat rises to the top.
2. Remove 1/4 cup of the fat; return to roasting pan. Discard any remaining fat. Add enough water or broth to remaining drippings to measure 2 cups.
3. Gradually add flour to drippings mixture, stirring constantly with wire whisk until well blended.
4. Return drippings mixture to roasting pan over two burners. Bring to a boil. Reduce heat to medium-low; simmer 5 to 10 min. or until slightly thickened, stirring frequently.
5. Season to taste with pepper, stirring lightly with whisk.
6. Pour or spoon gravy into gravy boat to serve. Makes 2 cups or 16 servings, 2 Tbsp. each.

<http://www.kraftrecipes.com/cooking-tips/step-by-step/holiday/perfect-gravy.aspx>

How to cut an avocado

You can mash an avocado ahead of time. To keep the dip nice and green, just cover with a little water. The extra layer shields it from oxygen and banishes browning.

- 1) *In an airtight container, use a spoon to flatten the surface of your guacamole and remove air pockets.*
- 2) *Gently pour in about a half inch of water to cover the guacamole.*
- 3) *Refrigerate, covered, up to two days. To serve, carefully pour off the water and stir the guacamole.*

<https://www.youtube.com/watch?v=z5jJB1465mQ>

Why and How You Should TOAST and BLOOM Your Spices!



Why and How You Should TOAST and BLOOM Your Spices!

Hopefully you're not the type to shy away from seasoning your food, but when you're ready to take seasoning your dishes to the next level, then you'll want to get familiar with toasting and blooming your raw spices before you add them to your food. This information was shared on the Life Hacker site (www.lifehacker.com), and it's invaluable!

"Blooming does amazing things to ground spices and it involves gently heating them in oil to amplify their flavor. You take this step before you start cooking. It's a time-honored approach to many different forms of cooking.

"While it's not exactly uncommon, it's rarely practiced in most home kitchens, and that's a shame, because it's beyond delicious. Here's when you should really consider blooming:

"Whenever you're relying on oil for flavor: Pretty much anytime you're using butter or frying at low temperatures is a good time to consider blooming your spices in oil. Butter carries a ton of flavor, whether you're frying an egg in it or sautéing spinach or kale. Next time, though, add some of the spices you plan to season those greens (or that egg) with to the pan ahead of time, even if it's just some freshly cracked pepper. Let them bloom in the butter for a minute or two (before you add the food you need to cook), and toss. Thank me later."

Then there's toasting your spices. Toasting shifts the overall flavor by adding another layer of flavor. I don't know the science behind this, I just know it works! That extra layer of flavor does remarkable things to recipes. Here's when you should consider toasting:

"When you need to add whole spices to a bigger dish: You may be familiar with recipes that specify toasting ingredients as part of the prepping process. For instance, recipes that suggest toasting nuts (such as pine nuts) or seeds (like fennel or anise seed) to release their flavor before either adding them to a dish or grinding them up and using them as seasoning.

"But apply toasting to even more dishes. Consider a big pot of chicken soup or beef stew, making homemade stock, or even making punch or mulled wine. These recipes probably call for whole spices. Maybe a stick of cinnamon and some cloves, or some star anise. Maybe fennel seeds or cardamom pods. In every single case, if you're going to add whole spices to another dish and let it soak up that spicy flavor, you can benefit from toasting them before you do so."

And here's when you should practice both techniques:

“When your spices are a little old: Blooming and toasting are especially useful if you have older spices in your pantry—and let’s be honest, even though we’ve warned you about their shelf life in the past, you probably have a few in your pantry that have seen better days. I certainly do, and whether you’re toasting dry spices or blooming ground ones in oil, the added heat can give them a new lease on life.”

Now with the WHEN TO DO IT taken care of, let’s look at HOW TO DO IT:

Place an empty pan over medium-high heat. If the dish you plan to make will eventually require oil or fat, you’ll “bloom” the spices you need in oil. Add your oil or fat (butter, for example) to the pan.

When the oil shimmers, grab your spices—whole or ground (although this technique works best with ground spices) and add them to the oil.

Let them bloom until they start to smell fresh, nutty, and kind of toasty. That’s when you know to cut the heat. Don’t leave them on too long or they’ll burn. Now you can pull out the spices and reuse the oil in the dish you’re about to make, or use the spices and the oil together, it’s up to you.

If you’re going to add the spices whole and dry to something water soluble, like a soup, dip, or a simmering sauce, toast them without oil. Add them to the pan once it’s hot, and turn the heat down.

Keep the spices moving periodically so they don’t burn or overcook on one side. Again, you’ll know they’re ready to come off the heat when you detect that nutty, smoky, toasty smell. Pull them off the heat and set them aside.

At this point, you can add them whole, or grind them and use them in place of ground spices.

“Lastly, don’t limit yourself to these suggestions. This technique is useful in just about any type of dish, whether you’re frying, baking, or even making desserts (such as a toasted cardamom pound cake)!”

Mixes

Butter Muffin Mix

Makes 12 Servings

Preparation: 15 Min

Lois Stiteley from Sun City West, Arizona uses a basic muffin mix to create both sweet and savory treats. The mild almond and apricot muffins are great for breakfast, while the savory beef and onion muffins make a nice dinner accompaniment.

Total Time: 15 Min

Nutritional Facts: 1 each: 163 calories, 6g fat (3g saturated fat), 30mg cholesterol, 287mg sodium, 23g carbohydrate (7g sugars, 1g fiber), 4g protein.



5 1/2 cups 5-1/2 all-purpose flour
1/2 cup sugar
1/4 cup baking powder
1 1/2 teaspoons 1-1/2 salt
3/4 cup cold butter
additional ingredients for apricot muffins:
2 tablespoons sugar
1 egg
3/4 cup plus 1 tablespoon milk

1/4 teaspoon almond extract
1/4 cup chopped dried apricot
1/4 cup chopped slivered almonds, toasted
additional ingredients for beef and onion muffins:
1 egg
3/4 cup plus 1 tablespoon milk
1 package (2-1/2 ounces) thinly sliced roast beef, finely chopped
1/4 cup chopped green onions

In a large bowl, combine the flour, sugar, baking powder and salt. Cut in butter until the mixture resembles coarse crumbs. Store in an airtight container in the refrigerator for up to 3 months. Yield: 3 batches (about 7 cups mix).

A) To prepare Apricot Muffins: Contents of muffin mix may settle during storage. When preparing recipe, spoon mix into measuring cup. In a large bowl, combine 2-1/3 cups muffin mix and sugar. Combine the egg, milk and extract; stir into dry ingredients just until moistened. Fold in apricots and almonds. Fill greased or paper-lined muffin cups two-thirds full. Bake at 425° for 10-13 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

B) To prepare Beef and Onion Muffins: Contents of muffin mix may settle during storage. When preparing recipe, spoon mix into measuring cup. Place 2-1/3 cups muffin mix in a bowl. Combine egg and milk; stir into mix just until moistened. Fold in beef and onions. Fill greased or paper-lined muffin cups two-thirds full. Bake at 425° for 10-13 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

Editor's Note: Contents of muffin mix may settle during storage. When preparing recipe, spoon mix into measuring cup.

<https://www.tasteofhome.com/recipes/butter-muffin-mix>

Graham Cracker Crust Mix

Makes 8 Servings

Preparation: 5 Min , Cook Time: 10 Min

Yield: 8 servings

To save time when she needs a dessert in a jiffy, Sue Ross of Casa Grande, Arizona keeps this versatile crust mix on hand. The crumb mixture makes enough for four pies and complements the taste of most any filling.

Total Time: 15 Min

5 cups graham crackers crumbs (about 40 squares) **1 cup cold butter cubed**
1 cup sugar **1 teaspoon ground cinnamon**

In a food processor, combine the crumbs, sugar, butter and cinnamon; pulse until mixture becomes crumbly. Store in an airtight container in the refrigerator for up to 3 months. Yield: about 7-1/2 cups mix (about 4 pie crusts). To prepare one crust: Press about 1-3/4 cups crust mix onto the bottom and up the sides of a 9-in. pie plate. Bake at 375° for 8-10 minutes or until lightly browned. Chill 30 minutes before filling. Yield: 1 pie crust.

<https://www.tasteofhome.com/recipes/graham-pie-crust-mix>

Buttermilk Biscuit Mix

Makes 20 Servings

Preparation: 15 Min

Yield: 13 1/2 Cups

Nutritional Facts:

1 each: 159 calories, 9g fat (2g saturated fat), 2mg cholesterol, 217mg sodium, 17g carbohydrate (3g sugars, 1g fiber), 3g protein.

8 cups all-purpose flour **2 teaspoons salt**
1 1/2 cups 1-1/2 buttermilk blend powder **2 teaspoons cream of tartar**
4 tablespoons baking powder **1 teaspoon baking soda**
3 tablespoons sugar **2 1/3 cups 2-1/3 shortening**

In a bowl, combine the first seven ingredients; cut in the shortening until crumbly. Store in an airtight container in a cool, dry place for up to 6 months. Buttermilk Biscuit Mix may be used to prepare the following recipes: Bacon 'N' Egg Biscuits, Quick Chicken Pie, Creamy Cheesecake Squares, Beef Pinwheels with Gravy, Cheese Pizza and Pigs in Biscuits. Yield: about 13-1/2 cups.

<https://www.tasteofhome.com/recipes/buttermilk-biscuit-mix>

Chocolate-Walnut Cookie Mix

Nutrition Information for Chocolate-Walnut Cookie Mix

Servings Per Recipe: 36

Per Serving: 134 kcal cal., 2 g pro., 63 mg sodium, 28 mg chol., 4 g sat. fat, 17 g carb., 7 g Fat, total, 1 g fiber



1 wide-mouth mason jar (1 quart)
1 3/4 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/8 teaspoon salt

1/4 cup cocoa powder
1/2 cup granulated sugar
3/4 cup turbinado sugar in the raw
1 cup mini semisweet chocolate chips
1/2 cup chopped walnuts

Dry Mix:

In a large bowl, mix together the flour, baking powder, baking soda and salt.

Layer dry mix ingredients in jar:

1. Spoon flour mixture into bottom of jar and press down hard to compact (a small spice jar works well for compacting). It needs to be at about the 1-1/4-cup mark on the jar to insure that there is enough room for all ingredients. Continue layering with cocoa powder, granulated sugar and turbinado sugar, compacting each layer. Add chips and nuts. Close jar tightly. Store up to 2 weeks at room temperature.
2. Write or type the following recipe on a gift card and attach it to the jar with ribbon.
3. Decorate lid of jar with fabric and tie with ribbon and bows. Makes 36 cookies.

<https://www.familycircle.com/recipe/cookies/chocolate-walnut-cookie-mix/>

Herbed Chicken Coating Mix

Makes 8 Servings

Preparation: 25 Min , Cook Time: 45 Min

Yield: 8-12 servings

*Nutritional Facts:**1/4 cup: 346 calories, 17g fat (8g saturated fat), 136mg cholesterol, 964mg sodium, 18g carbohydrate (0 sugars, 2g fiber), 28g protein.*

2 cups all-purpose flour	2 teaspoons pepper
8 teaspoons dried basil	additional ingredients(for each batch):
8 teaspoons dried thyme	1 egg
4 teaspoons each salt, dried oregano, dried	1/3 cup butter melted
parsley flakes, paprika and curry powder	1 / 1 broiler/fryer chicken (3 pounds)

In a small bowl, combine the flour and seasonings. Store in an airtight container in a cool, dry place for up to 6 months. Yield: 2 batches (2-1/2 cups total). To prepare chicken: Place 1-1/4 cups coating mix in a large resealable plastic bag. In a shallow bowl, whisk egg and butter. Dip chicken pieces in egg mixture, then place in bag; seal and shake to coat. Place chicken in a greased 13-in. x 9-in. baking dish. Bake, uncovered, at 350° for 45-50 minutes or until juices run clear. Yield: 4-6 servings.

<https://www.tasteofhome.com/recipes/herbed-chicken-coating-mix>

Instant Stuffing Mix

Makes 6 Servings

Preparation: 30 Min

Yield: 6-12 servings

Nutritional Facts: 1 each: 188 calories, 7g fat (0 saturated fat), 1mg cholesterol, 427mg sodium, 29g carbohydrate (0 sugars, 0 fiber), 8g protein. Diabetic Exchanges: 2 starch, 1 fat.

1/2 cup plus 1 tablespoon dried celery flakes	10 1/2 cups 10-1/2 dried bread cubes (about 24
3 tablespoons dried minced onions	slices) or unseasoned croutons
3 tablespoons dried parsley flakes	additional ingredients:
2 tablespoons chicken bouillon granules	1 cup water
1 1/2 teaspoons 1-1/2 poultry seasoning	2 tablespoons butter
3/4 teaspoon rubbed sage	

In a small resealable plastic bag, combine the first six ingredients; mix well. Place the bread cubes in a large resealable plastic bag; add the small seasoning bag. Store in a cool, dry place for up to 1 year. Yield: 3 batches. To prepare stuffing: In a large saucepan, combine water, butter and 1/3 cup seasoning mix. Bring to a boil; reduce heat. Cover and simmer for 10 minutes. Remove from the heat. Add 3-1/2 cups bread cubes; stir just to moisten. Cover and let stand for 5 minutes. Fluff with a fork. Yield: 2-4 servings per batch.

<https://www.tasteofhome.com/recipes/instant-stuffing-mix>

Taco Seasoning Mix



2 tablespoons onion powder
1 tablespoon cornstarch
1 tablespoon chili powder
1 tablespoon cumin

1 tablespoon oregano
1 tablespoon garlic powder
1/2 teaspoon salt
1 tablespoon sugar

Mix all together. Add $3/4$ cup of water to season 1 pound browned, drained ground beef. (Equals 1 $1/4$ ounce envelope commercial taco seasoning.)

Pork

Best Crock Pot Pork Tenderloin

Makes 4 Servings

This recipe is from Rebecca Fuller. It is so good.

2 pounds pork tenderloin
1/4 cup soy sauce
1 1/2 tablespoons yellow mustard
2 tablespoons olive oil

3 tablespoons maple syrup
1 shallot chopped
1 teaspoon onion powder
1 1/2 teaspoons garlic powder

1. Put all ingredients in a slow cooker. Salt and pepper both sides of the tenderloin. Can also add some red potatoes. Cook on low for 10 hours.

Cafe Rio Pork Salad

Makes 6 Servings

From Anna and Sarah Oman

3 pounds pork
16 ounces chunky salsa
1 can Dr. Pepper
2 cups brown sugar
Rice:
3 cups white rice
4 cups water
4 teaspoons chicken bouillon
1 tablespoon butter
1/2 chopped onion
4 teaspoons minced garlic

1/2 bunch cilantro chopped
1 can diced green chilles
1/2 teaspoon salt
Creamy Cilantro Tomatillos Salad Dressing:
1 cup mayonnaise
1 package dry Hidden Valley Ranch dressing
1/2 cup buttermilk
1 cup cilantro chopped
2 cloves garlic
3 tomatilloskin off
1/2 teaspoon cayenne pepper

For Pork:

1. Put pork in a crockpot and fill halfway with water. Cook 4 hours on high. Drain water and cut the pork in thirds.
2. Mix together the salsa, Dr. Pepper and brown sugar and pour on top of pork. Cook 4 more hours.
3. Shred pork.

For Rice:

1. Saute onion and garlic with the butter until onion is soft.
2. Add rice, water, bouillon, cilantro, green chilles, and salt. Bring to a boil.

Reduce heat to low and simmer for 15 to 20 minutes.

For Dressing:

1. Put mayonnaise, Ranch Dressing Mix, buttermilk, cilantro, garlic, tomatillos and cayenne pepper in a blender and blend.
2. Chill before serving and it will thicken.
3. Serve with pork, rice and dressing with romaine lettuce and black beans on a warm tortilla.

Canadian Souffle

Makes 6 Servings

Preparation: 35 minutes

Carb count - 8g per serving

1 tablespoon butter
3 tablespoons grated Parmesan cheese
6 eggsseparated
8 ounces cream cheese
1 cup grated Cheddar cheese

1/2 cup sour cream
3 tablespoons chopped pimientos
1 tablespoon chopped chives
3/4 teaspoon dry mustard
3/4 pound Canadian bacon diced

- 1/ Butter bottom and sides of individual souffle dishes and sprinkle with Parmesan cheese.
2. Beat egg yolks until thick and lemon colored, about 5 minutes. Beat in cream cheese, cheddar cheese, sour cream, pimento, chives and mustard.
3. Using clean, dry beaters, beat egg whites until stiff. Gently, fold into yolk mixture fold in Canadian bacon.
4. Turn souffle into souffle dishes. Bake at 350°F for 25-30 minutes. Souffle is done when a knife inserted in center comes out clean.

Cinnamon-Apple Pork Chops

Makes 4 Servings

Preparation: 10 Min , Cook Time: 15 Min

Yield: 4 servings

*Total Time: 25M**Nutrition Facts:**1 pork chop with 2/3 cup apple mixture: 316 calories, 12g fat (4g saturated fat), 62mg cholesterol, 232mg sodium, 31g carbohydrate (25g sugars, 4g fiber), 22g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 fruit, 1 fat.*

2 tablespoons reduced-fat butter, divided	1/2 teaspoon ground nutmeg
4 boneless pork loin chops (4 ounces each)	1/4 teaspoon salt
3 tablespoons brown sugar	4 medium tart apples, thinly sliced
1 teaspoon ground cinnamon	2 tablespoons chopped pecans

1. In a large skillet, heat 1 tablespoon butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until a thermometer reads 145°. Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg and salt.
2. Remove chops; keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan; cook and stir until apples are tender. Serve with chops.

<https://www.tasteofhome.com/recipes/cinnamon-apple-pork-chops/>

Cranberry Orange Pork Loin

Makes 8 Servings

Preparation: 10 minutes , Cook Time: 4 hours

Yield: 8-10

Total Time: 4 hrs 25mins

2 tablespoons extra virgin olive oil	2 (16-ounce) cans whole berry cranberry sauces
4 lbs pork loin, tied	3 oranges, grated zest of, juice from
1/2 teaspoon salt	2 1/2 teaspoons dried thyme leaves
1/2 teaspoon black pepper, freshly ground	1/2 cup beef broth
1 large sweet onion, chopped	

1. Spray inside of a slow cooker insert with cooking spray.
2. In a large skillet, heat oil over high heat.
3. Sprinkle roast with salt & pepper, then put it in the skillet & cook 2 minutes per side, before transferring it to a slow cooker.
4. Add onion, cranberry sauce, orange zest, OJ, thyme & broth, then cover & cook on HIGH for 4 hours or on LOW for 8 hours, or until an inserted meat thermometer reads 145 degrees F.
5. Remove lid & transfer pork to a cutting board & cover it with aluminum foil, letting it rest 15 minutes before slicing it.
6. Skim the fat off the rest of the cooking liquid & use the liquid as a sauce over or along side the sliced pork.

<http://www.geniuskitchen.com/recipe/cranberry-orange-pork-loin-458546>

Creamy Ham & Cheese Casserole

Makes 6 Servings

Preparation: 15 Min , Cook Time: 20 Min

Yield: 6 servings

*Total Time: 35 Min**carbs 36 g***8 ounces uncooked wide egg noodles****1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted****1 carton (8 ounces) spreadable cream cheese****1 cup plus 2 tablespoons 2% milk****1/2 teaspoon garlic-herb seasoning blend****1/4 teaspoon pepper****3 cups cubed fully cooked ham****2 cups shredded monterey jack cheese**

Preheat oven to 350°. Cook noodles according to package directions. Meanwhile, combine soup, cream cheese, milk and seasonings; add ham. Drain noodles. Add to ham mixture and mix well. Transfer to a 13x9-in. baking dish coated with cooking spray; sprinkle with cheese. Bake, uncovered, until heated through, 20-25 minutes. Yield: 6 servings.

<https://www.tasteofhome.com/recipes/creamy-ham---cheese-casserole>

Crockpot Kahlua Pig

Makes 6 Servings

*From Sarah Oman***3 pounds pork shoulder blade roast****1 tablespoon liquid mesquite smoke****1 tablespoon sea salt****Romaine lettuce****Rice****BBQ sauce**

1. Remove fat from the roast. Place pork in the crockpot and stab all over with the tip of a knife. Rub sea salt all over pork. Drizzle the liquid smoke all over and set crockpot on low. Cook about 16 hours.
2. Remove from crockpot and place on a large platter. Remove any fat you may have missed. Shred pork with 2 forks. Discard liquid, reserving a little as needed to keep pork moist.
3. Serve on romaine lettuce leaf with rice and a little BBQ sauce.

Crustless Bacon and Cheese Quiche

Makes 12 Servings

Preparation: 15 min. , Cook Time: Total Time 0 hr. 45 min.

Yield: 12 servings

Serving Suggestion

For a delightful brunch idea, serve this Crustless Bacon and Cheese Quiche with a seasonal fruit salad.

Crustless Garden Vegetable Quiche

Prepare as directed, stirring in 1 thinly sliced zucchini with the mushrooms.

Substitute

Substitute 2 cups 2% Milk Shredded Colby & Monterey Jack Cheeses for the cheddar and mozzarella cheeses.

Nutritional Information: Serving Size 12 servings

AMOUNT PER SERVING: Calories 180 Total fat 13g Saturated fat 5g Cholesterol 205mg Sodium 370mg Carbohydrate 2g Dietary fiber 0g Sugars 1g Protein 14g

5 green onions, chopped, divided	1/3 cup breakstone's reduced fat or knudsen light sour cream
1 tomato, chopped, divided	1 cup kraft 2% milk shredded Cheddar cheese
12 slices oscar mayer bacon	1 cup kraft 2% milk shredded mozzarella cheese
1 cup sliced fresh mushrooms	
12 eggs	

1. Heat oven to 350°F.
2. Reserve 2 Tbsp. each onions and tomatoes. Cook bacon in large skillet until crisp. Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet. Drain bacon on paper towels. Add mushrooms to reserved drippings; cook and stir 2 min. or until tender. Remove from heat. Crumble bacon. Add to skillet with remaining onions and tomatoes; mix well.
3. Beat eggs and sour cream with whisk until blended. Pour into 13x9-inch baking dish sprayed with cooking spray; top with bacon mixture and cheeses.
4. Bake 30 min. or until center is set. Top with reserved onions and tomatoes. Let stand 5 min. before cutting to serve.

<http://www.kraftrecipes.com/recipes/crustless-bacon-cheese-quiche-105213.aspx>

Ham Fried Rice

Makes 6 Servings

From Sarah Oman

3 cups rice cooked	Sweet & Sour Sauce
3 eggs, scrambled	3 tablespoons cornstarch
4 green onions	3/4 cup sugar
4 large fresh mushrooms	1/3 cup vinegar
1 teaspoon salt	1 teaspoon catsup
Pepper	2 tablespoons soy sauce
1 cup diced ham	1/3 cup water
6 tablespoons oils	

1. Cook rice. Stir-fry meat, onions and mushrooms for 2 to 3 minutes. Add cooked rice and scrambled eggs. Stir-fry for 8 to 10 minutes.
2. For the sauce: Mix together in a saucepan and bring to a boil, stirring until thick. Remove from heat and serve over rice mixture.

Holiday Ham Slices

Makes 4 Servings

Preparation: 5 Min , Cook Time: 10 Min

Yield: 4-6 servings

3/4 cup whole-berry cranberry sauce
4 to 6 green onions finely chopped
3 tablespoons water
1 tablespoon dijon mustard

1 tablespoon butter or margarine melted
1 teaspoon brown sugar
1/4 teaspoon ground ginger
4 slices (6 to 8 ounces each) fully cooked ham

1. In a large skillet, combine the first seven ingredients. Cook over medium heat, stirring constantly. Add ham; cook for 3-4 minutes or until heated through. Spoon sauce over ham to serve. Yield: 4-6 servings.

<https://www.tasteofhome.com/recipes/holiday-ham-slices>

Honey Baked Ham

Makes 5 Servings

Preparation: 25 - 30 people

Honey Baked Ham basted with a hint of pineapple juice and a buttery sticky glaze! Juicy and succulent on the inside with crispy, charred, sticky edges. The perfect baked ham recipe for your dinner table.

8 10 pounds 8-10 (4-5 kg) bone-in or boneless fully cooked ham
1/3 cup pineapple juice
1 cup honey

1/4 cup brown sugar
1/4 cup unsalted butter
1/4 cup whole cloves

1. Preheat the oven to 300°F (150°C) and arrange a rack in the lower third. Remove any plastic packaging or netting from the ham. Trim away the rind and discard. Set the ham aside to rest at room temperature for 1-2 hours.
2. Line a baking tray or dish with several sheets of aluminum foil or parchment paper if you prefer (it will make cleanup a lot easier).
3. Remove the rind or skin of the ham (refer to steps in post), ensuring you leave the fat on. Using a sharp knife score a 1-inch-wide diamond pattern (don't cut more than 1/4 inch deep) over the entire ham. Insert cloves into the centre of each diamond.
4. Place the ham in the baking tray; pour the pineapple juice into the base of the pan and cover the ham with two pieces of foil or parchment paper and bake for 15 minutes.
5. Meanwhile, heat the butter in a small pot or saucepan over medium heat until golden browned. Add in the honey and brown sugar, stirring to combine until the brown sugar has completely dissolved, (about 2 minutes).
6. Reduce heat to low and let simmer to thicken slightly, then set aside and let cool to lukewarm (the glaze should be the consistency of room-temperature honey).
7. After 15 minutes baking time, carefully remove the ham from the oven and increase the oven temperature to 425°F | 220°C. Discard the foil or parchment paper and pour 1/3 of the glaze all over the ham, brushing in between the cuts to evenly cover. Return to the oven and bake uncovered for 15 minutes.
8. Remove from the oven, brush with another third of the glaze and some of the pan juices, and repeat again after 15 minutes more minutes of baking until a dark golden-brown crust has formed, (about 30 minutes total). For added depth of flavour, mix some of the ham pan juices together with the glaze in the pot which will help keep it runny enough for brushing.
9. If your crust is still pink after the suggested baking time, turn on your broiler (or oven grill), and allow it to broil for 2-5 minutes, while keeping an eye on it so it doesn't burn from the sugar.

Let the ham rest 10-15 minutes before slicing.

<https://cafedelites.com/honey-baked-ham/>

Pork and Pinto Beans

Makes 10 Servings

Preparation: 25 Min , Cook Time: 3 Hrs

Yield: 10 servings



1 pound dried pinto bean
1 boneless pork loin roast (3 to 4 pounds), halved
1 can (14-1/2 ounces) stewed tomatoes
5 medium carrots chopped
4 celery ribs, chopped
1 1/2 cups 1-1/2 water
2 cans (4 ounces each) chopped green chilies
2 tablespoons chili powder
4 garlic cloves minced

2 teaspoons ground cumin
1 teaspoon dried oregano
dash pepper
2 packages (10-1/2 ounces each) corn tortilla chips
or 30 flour tortillas (10 inches)
chopped green onions, sliced ripe olives, chopped
tomatoes, shredded cheddar cheese, sour cream
and/or shredded lettuce

1. Place beans in a saucepan; add water to a cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.
 2. Drain and rinse beans; discard liquid.
 3. Place roast in a 5-qt. slow cooker.
 4. In a bowl, combine the beans, tomatoes, carrots, celery, water, chilies, chili powder, garlic, cumin, oregano and pepper. Pour over roast. Cover and cook on high for 3 hours. Reduce heat to low; cook 5 hours longer or until beans are tender.
 5. Remove meat, shred with two forks and return to slow cooker. With a slotted spoon, serve meat mixture over corn chips or in tortillas; serve with toppings of your choice. Yield: 10 servings.
- <https://www.tasteofhome.com/recipes/pork-and-pinto-beans>

Pulled BBQ Pork

Makes 8 Servings

Preparation: 15 min , Cook Time: 10 H

Yield: 8 servings

Nutrition Facts:

1 sandwich: 518 calories, 21g fat (7g saturated fat), 101mg cholesterol, 528mg sodium, 44g carbohydrate (12g sugars, 3g fiber), 36g protein.

Originally published as Slow Cooked Pulled Pork BBQ in Country Woman June/July 2011



- | | |
|---|--|
| 2 medium onions finely chopped | 1/4 cup cider vinegar |
| 1 tablespoon canola oil | 2 tablespoons hot pepper sauces |
| 6 garlic cloves minced | 1 tablespoon Worcestershire sauce |
| 1 teaspoon crushed red pepper flakes | 1 teaspoon ground cumin |
| 1 teaspoon pepper | 1 boneless pork shoulder butt roast (3 to 4 pounds) |
| 1 can (14-1/2 ounces) diced tomatoes undrained | 8 kaiser rolls split |
| 1/4 cup packed brown sugar | |

1. In a large skillet, saute onions in oil until tender. Add the garlic, pepper flakes and pepper; cook 1 minute longer. Stir in the tomatoes, brown sugar, vinegar, hot pepper sauce, Worcestershire and cumin. Cook over medium heat until heated through and sugar is dissolved.
2. Cut roast in half. Place in a 5-qt. slow cooker; pour sauce over the top. Cover and cook on low for 10-12 hours or until meat is tender.
3. Remove roast; cool slightly. Skim fat from cooking juices. Shred meat with 2 forks and return to the slow cooker. Heat through. With a slotted spoon, place 3/4 cup meat mixture on each roll.

<https://www.tasteofhome.com/recipes/pulled-bbq-pork/>

Scalloped Potatoes with Ham

Makes 4 Servings

4 medium potatoes peeled and thinly sliced
2 tablespoons butter
1/3 cup water
1/2 cup milk

2 tablespoons onion soup mix
3 tablespoons minced fresh parsley
1 cup cubed Velveeta cheese
1 cup cubed fully cooked ham

1. In a large skillet, cook potatoes in butter until potatoes are lightly browned. Add water bring to a boil. Reduce heat cover and simmer for 14-15 minutes or until potatoes are tender.
2. Meanwhile in a small bowl, combine the milk, soup mix and parsley stir in the cheese. Pour over potatoes.
3. Add ham cook and stir gently over medium until cheese is melted and sauce is bubbly.

Skillet Ham & Rice

Makes 2 Servings

Yield: 2 servings



1 teaspoon olive oil
1 medium onion chopped
1 cup sliced fresh mushrooms
1 cup cubed fully cooked ham
1/8 teaspoon pepper

1/2 cup reduced-sodium chicken broth
1/4 cup water
3/4 cup uncooked instant rice
2 green onions sliced
1/4 cup shredded Parmesan cheese

In a large nonstick skillet, heat oil over medium-high heat; saute onion and mushrooms until tender. Stir in ham, pepper, broth and water; bring to a boil. Stir in rice. Reduce heat; simmer, covered, until rice is tender, about 5 minutes.

Fluff with a fork. Top with green onions and cheese. Total time 25 Min

<https://www.tasteofhome.com/recipes/skillet-ham-rice/>

Aloha Chicken

Makes 4 Servings

Preparation: 5 Min , Cook Time: 15 Min

Yield: 4 servings

"I'm always on the lookout for low-fat recipes that are scrumptious, too, like this one," comments Jenny Reece of Lowry, Minnesota. In her dish, quick-cooking chicken breasts get wonderful sweet flavor from pineapple, honey and teriyaki sauce.

Total Time: 20 Min



4 boneless skinless chicken breasts halves (4 ounces each)
1 tablespoon all-purpose flour
1 tablespoon canola oil
2 cans (8 ounces each) unsweetened pineapple chunks

1 teaspoon cornstarch
1 tablespoon honey
1 tablespoon reduced-sodium teriyaki sauce or reduced-sodium soy sauce
1/8 teaspoon pepper
hot cooked rice

Flatten the chicken to 1/4-in. thickness. Place flour in a large resealable plastic bag; add chicken and toss to coat. In a large skillet, brown chicken over medium heat in oil for 3-5 minutes on each side or until juices run clear. Remove and keep warm. Drain pineapple, reserving 1/4 cup juice. (Discard remaining juice or save for another use.) In a small bowl, combine cornstarch and reserved juice until smooth. Gradually add to skillet. stir in the honey, teriyaki sauce and pepper. Bring to a boil. Cook and stir for 30 seconds or until thickened. Add pineapple and chicken; heat through. Serve with rice. Yield: 4 servings.

<https://www.tasteofhome.com/recipes/chicken-with-pineapple>

Baked Chicken Parmesan

Makes 6 Servings

8 thin chicken cutletstotal 1 1/2 pounds salt and pepper
1/4 cup flour
2 large eggsbeaten
2/3 cup bread crumbs

1/4 cup grated Parmesan cheese
3 tablespoons olive oil
1 (25-ounce) jar marinara sauce
1 pound fresh mozzarella cheese sliced

1. Heat oven to 400°F. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. Place the flour and eggs in separate bowls in a third shallow bowl, combine the bread crumbs and parmesan cheese. Coat the chicken with the flour, then dip in the eggs (letting any excess drip off), then coat with the bread crumb mixture, pressing gently to help it adhere.
3. Heat the oil in a large skillet over medium-high heat. Cook the chicken in batches until golden brown, about 2 minutes per side.
4. Pour marinara sauce into a large, shallow baking dish. Top with the chicken and mozzarella. Bake until bubbling and golden brown, about 20 to 25 minutes.

Cheddar Chicken Pot Pie

Makes 6 Servings

From Grandma Ferreter

1 can cream of chicken soup
1-1/2 cup milk
1/2 cup onion chopped
3 ounces cream cheese
1/4 cup celery
1/4 cup carrot shredded
1/4 cup Parmesan cheese -- grated
1/2 teaspoon salt

3 cups cooked chicken cut up
10 ounces broccoli chopped
1 tablespoon vegetable oil
2 cups Bisquick baking mix
1 cup Cheddar cheese shredded
1/4 cup slivered almonds
1 egg

1. In a large saucepan, combine soup, 1/2 cup milk, onion, cream cheese, celery, carrots, parmesan cheese and salt. Cook and stir until mixture is hot and cream cheese is melted.
2. Stir in chicken and broccoli, heat through. Pour into ungreased 2-quart baking dish.
3. In medium bowl, combine egg, oil and remaining milk. Add pancake mix and cheddar cheese. Blend well. Spoon over hot chicken mixture. Sprinkle with almonds if desired.
4. Bake uncovered at 375° for 30-35 minutes.

Chicken & Garlic with Fresh Herbs

Preparation: 30 Minutes

Makes 6 Servings

Yield: 6 servings



6 boneless skinless chicken thighs (about 1-1/2 pounds)
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil
10 garlic cloves, peeled and halved
2 tablespoons brandy or chicken stock

1 cup chicken stock
1 teaspoon minced fresh rosemary or 1/4 teaspoon dried rosemary, crushed
1/2 teaspoon minced fresh thyme or 1/8 teaspoon dried thyme
1 tablespoon minced fresh chives

1. Sprinkle chicken with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown chicken on both sides. Remove from pan.
2. Remove skillet from heat; add halved garlic cloves and brandy. Return to heat; cook and stir over medium heat 1-2 minutes or until liquid is almost evaporated.
3. Stir in stock, rosemary and thyme; return chicken to pan. Bring to a boil. Reduce heat; simmer, uncovered, 6-8 minutes or until a thermometer reads 170°. Sprinkle with chives.

<https://www.tasteofhome.com/recipes/chicken-garlic-with-fresh-herbs/>

Chicken Cordon Bleu

Makes 4 Servings

Preparation: 20 minutes , Cook Time: 25 minutes

From the Food Network courtesy of Tyler Florence

4 chicken breast halves -- boneless skinless
4 thinly sliced Prosciutto di Parma or deli ham
1/2 pound Gruyere, grated or Swiss cheese
1/4 cup flour
salt and freshly ground black pepper
1 cup panko bread crumbs

4 sprigs fresh thyme, leaves only
1 clove garlic peeled and finely minced
2 tablespoons unsalted butter melted
2 eggs
Extra-virgin olive oil

1. Preheat oven to 350 degrees F
2. Lay the chicken breast between 2 pieces of plastic wrap. Using the flat side of a meat mallet, gently pound the chicken to 1/4-inch thickness. Remove the top sheet of plastic and lay 2 slices of prosciutto neatly over the top to cover the breast and sprinkle a quarter of the cheese over the prosciutto. Tuck in the sides of the breast and roll up tight like a jellyroll inside the plastic wrap. Squeeze the log gently to seal and twist both ends tight to form a nice log. Repeat with the remaining chicken.
3. Season the flour with salt and pepper. Mix the bread crumbs with thyme, garlic and kosher salt, pepper, and melted butter. The butter will help the crust brown. Beat together the eggs and season so the flour, eggs and the crumbs are all seasoned.
4. Removed the plastic wrap. Lightly dust the chicken with flour, dip in the egg mixture and gently coat in the bread crumbs. Lightly coat a baking pan with olive oil and carefully transfer the roulades onto it. Bake 20 to 25 minutes until browned and cooked through.
5. Cut into pinwheels and serve on top of Brussels Sprout Hash with Chicken Jus and Cranberry Chutney, if desired.

Chicken Parmigiano

Makes 6 Servings

From Beth Hennefer

4-6 boneless, skinless chicken breasts trimmed and
pounded flat
1/2 cup flour
salt and pepper to taste
1/2 cup olive oil
2 tablespoons butter
1 onion chopped

4 cloves garlic minced
3/4 cup wine
3 cans crushed tomatoes
2 tablespoons sugar
1/4 cup freshly grated Parmesan cheese
1 pound thin linguini noodle

1. Mix flour, salt, and pepper together on a large plate.
2. Dredge flattened chicken breasts in flour mixture. Set aside.
3. At this time, you can start a pot of water for your pasta. Cook linguini until al dente.
4. Heat olive oil and butter together in a large skillet over medium heat. When butter is melted and oil/butter mixture is hot, fry chicken breasts until golden brown on each side, about 2-3 minutes per side. Remove chicken breasts from the skillet and keep warm.
5. Without cleaning skillet, add onions and garlic and gently stir for 2 minutes. Pour in wine and scrape the bottom of the pan, getting all the flavorful bits off the bottom. Allow wine to cook down until reduced by half, about 2 minutes. Pour in crushed tomatoes and stir to combine. Add sugar and more salt and pepper to taste. Allow to cook for 30 minutes. Toward the end of cooking time, add chopped parsley and give sauce a final stir.
6. Carefully lay chicken breasts on top of the sauce and completely cover them in Parmesan. Place lid on skillet and reduce heat to low. Allow to simmer until cheese is melted and chicken is thoroughly heated. Add more cheese to taste.
7. Place cooked noodles on a plate and cover with sauce. Place chicken breast on top and sprinkle with more parsley. Serve immediately.

Chicken Pockets

Makes 6 Servings

Yield: 12 Pockets

3 cups chicken cooked and chopped
8 ounces cream cheese
1 tablespoon chives
2 tablespoons milk

1/2 cup seasoned bread crumbs
1/4 cup butter
3 packages refrigerated crescent dinner rolls
1 teaspoon salt

Mix chicken, cream cheese, chives, milk, and salt in mixing bowl. May need to use hands. Unroll crescent rolls. Press dough along perforations between triangles to make 4 rectangles from each package. Place about 1/4 cup chicken mixture into center of each rectangle. Fold dough over filling, and pinch edges to seal tightly. Dip each pocket in melted butter and coat with bread crumbs. Bake on baking sheet at 350° for 20 minutes or until golden brown.

Chicken Rice Casserole

Makes 4 Servings

Got this recipe from Dorothy Ubl of Waupaca at my Dad's funeral

1 cup instant rice
2 cups cooked chicken sliced
1 can cream of mushroom soup
2 cups milk

1 cup grated Cheddar cheese
1 can French-fried onion
1/2 package frozen peas

1. Mix soup and milk together and warm on the stove. Add shredded cheese and stir until cheese melts.
2. Add all the other ingredients, except for half of the onions. Bake at 350 degrees for 35 minutes.
3. Top with the other half of the onions and bake another 5 minutes.

Chicken Roll-ups

Makes 5 Servings

1 can cream of mushroom soup
10 ounces frozen broccoli chopped
1 canned Durkee french fried onions
2 cups shredded Cheddar cheese

1 cup milk
1 can tuna or chicken
flour tortilla

1. Defrost broccoli. Drain canned tuna or chicken. In a mixing bowl, mix tuna/chicken with broccoli and about half of the french fried onions and half of the cheese.
2. In another bowl, mix cream of mushroom soup with milk. Blend together until well mixed. Pour 3/4 cup of this mixture into the chicken/tuna and broccoli mixture. Mix well.
3. Place about a rounded tablespoon full of mixture in center of flour tortilla and fold over. Place folded side down in 9x13 baking dish that has been greased. Continue placing mixture in the flour tortillas until mixture is gone. Pour remaining cream of mushroom mixture over the flour tortillas. Cover with aluminum foil and bake at 350 for 30 minutes. Uncover, Place remaining cheese and fried onions on the tortillas and bake an additional 5 minutes uncovered.

Chicken Tater Bake

Makes 12 Servings

Preparation: 20 Min , Cook Time: 35 Min

Yield: 2 casseroles

**1/2 cup 2% milk****2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted****1/4 cup butter, cubed****3 cups cubed cooked chicken****1 package (16 ounces) frozen peas and carrot, thawed****1 1/2 cups 1-1/2 shredded cheddar cheese, divided****1 package (32 ounces) frozen tater tots**

In a large saucepan, combine the soup, milk and butter. Cook and stir over medium heat until heated through. Remove from the heat; stir in the chicken, peas and carrots, and 1 cup cheese.

Transfer to two greased 8-in. square baking dishes. Top with Tater Tots.

Cover and freeze one casserole for up to 3 months. Bake the remaining casserole at 400° until bubbling, 25-30 minutes.

Sprinkle with 1/4 cup cheese; bake 5 minutes longer or until cheese is melted.

To use frozen casserole: Remove from the freezer 30 minutes before baking (do not thaw). Sprinkle with 1/4 cup cheese. Cover and bake at 350° for 1-1/2 to 1-3/4 hours or until heated through.

Nutrition Facts

1 each: 356 calories, 21g fat (9g saturated fat), 61mg cholesterol, 844mg sodium, 29g carbohydrate (3g sugars, 4g fiber), 18g protein.

<https://www.tasteofhome.com/recipes/chicken-tater-bake/>

Coconut Chicken Salad with warm Honey Mustard Vinaigrette

Makes 3 Servings

From sarah Oman

6 chicken tenderloins
6 tablespoons shredded coconut
1/4 cup panko crumbs
2 tablespoons rushed cornflake crumbs
1/2 cup egg whites
pinch salt
Olive oil spray
6 cups mixed baby greens

3/4 cup shredded carrots
1 large tomato sliced
1 small cucumber sliced
Vinaigrette:
1 tablespoon oil
1 tablespoon honey
1 tablespoon white or balsamic vinegar
2 teaspoons Dijon style mustard

1. Whisk all ingredients for vinaigrette and set aside.
 2. Preheat oven to 375 degrees.
 3. Combine Coconut flakes, panko, cornflake crumbs and salt in a bowl.
 4. Put egg whites in another bowl.
 5. Lightly season chicken with salt. Dip the chicken in the egg, then in the coconut - crumbs mixture.
 6. Place chicken on a cookie sheet lined with parchment.
 7. Lightly spray with olive oil and bake for 30 minutes, turning halfway or until chicken is cooked through.
 8. Place 2 cups of baby greens on each plate. Divide carrots, cucumber and tomato evenly between each plate.
 9. When chicken is ready, slice on the diagonal and place on top of greens.
 10. Heat dressing in microwave a few seconds and divide equally between each salad, a little over 1 tablespoon each.
- Serves 3.

Creamy Chicken & Cranberry-Pecan Wild Rice

Makes 6 Servings

Kraft Kitchens A favorite recipe of the family

2 tablespoons flour
1/2 dried thyme
1/2 black pepper
6 boneless skinless chicken breasts (1-1/2 pounds)
2 tablespoons oil
1 1/4 cups dried cranberries

1/2 cup pecan piecestoasted
6 green onions -- sliced with tops divided
1 (6-ounce) package long-grain and wild rice mix
1 cup chicken broth
6 ounces cream cheese

Prepare rice mixture as directed on package.

Mix flour, thyme and pepper coat chicken with flour mixture. Heat oil in large skillet on medium heat. Add chicken to skillet cook 5 to 6 minutes on each side or until cooked through (165°).

Stir cranberries, pecans, and 1/3 cup of the onions into cooked rice spoon onto serving platter. Remove chicken from skillet reserving drippings in skillet. Place chicken over rice mixture cover to keep warm.

Add broth to skillet stir to break up browned bits from bottom of skillet. Add cream cheese cook 2 to 3 minutes or until cream cheese is melted and sauce starts to thicken, stirring constantly with a wire whisk. Spoon some of the sauce over chicken sprinkle with remaining onions. Serve remaining sauce on the side.

Fried Rice

Makes 4 Servings

Cook Time: 20ish Minutes

*Recipe that I learned while in Okinawa, Japan**Other vegetables can be used. Use your imagination.*

2 cups water
1 cup rice
1 shredded carrot
1 diced onion

3 cups cut-up, cooked chicken
2 eggs scrambled and cut up
soy sauce to taste

1. Place rice and water in a saucepan. Cook on high until it begins to boil, then turn down to low heat until rice absorbs all the water. Remove from heat and set aside.
2. Meanwhile, heat wok on medium heat. When hot to the touch, add 2 to 3 tablespoons vegetable oil. Heat oil until a chop stick placed in oil begins to form bubbles around the chop stick.
3. Add onion and carrots. Stir fry until tender. Add chicken. Stir fry.
4. Add rice and continue to stir fry. Add eggs. Add soy sauce to taste.

Hawaiian Haystacks

Makes 4 Servings

Easy family recipes for dinner, dessert, and more!

2 or 3 chicken breasts cooked and cut into small chunks or canned chicken
1 cup of milk or chicken broth
1/2 cup sour cream
pepper to taste
3-4 cups steamed rice
garnishes: use any OR all (what ever you like)
1 small package chow mein noodles
diced fresh tomato
sliced olives

celery chopped
green onion chopped
green pepper chopped
1 can drained pineapple tidbit
1 can drained mandarin orange
1 cup grated cheese
1/2 cup slivered almonds
1/2 cup coconut
salt & pepper to taste

Combine soup and milk (or chicken broth) to make a gravy. Add the chicken chunks and simmer 10 minutes. Add the sour cream, and stir it in. To serve, put the rice on each individual serving plate. Top with the chicken gravy, then cheese, chow mein noodles, and any of the garnishes you like. We finish it off with either soy sauce or teriyaki sauce.

<https://www.favfamilyrecipes.com/hawaiian-haystacks/>

Impossibly Easy Chicken and Broccoli Pie

Makes 7 Servings

Preparation: 10 Minutes , Cook Time: 38 minutes

Yield: 7

Frozen broccoli provides a simple addition to this impossibly easy chicken pie – a cheesy flavorful dinner!

By Betty Crocker Kitchens



2 cups frozen broccoli cuts, thawed, drained
1 1/2 cups shredded cheddar cheese (6 oz)
1 cup cut-up cooked chicken or 2 cans (5 oz each) chunk chicken, well drained
1 medium onion chopped (1/2 cup)

1/2 cup original bisquick™ mix
1 cup milk
1/2 teaspoon salt
1/4 teaspoon pepper
2 eggs

1. Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. Sprinkle broccoli, 1 cup of the cheese, the chicken and onion in pie plate.
2. In medium bowl, stir remaining ingredients with wire whisk or fork until blended. Pour into pie plate.
3. Bake 35 to 38 minutes or until knife inserted in center comes out clean. Sprinkle with remaining 1/2 cup cheese. Bake 1 to 2 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

<https://www.bettycrocker.com/recipes/impossibly-easy-chicken-and-broccoli-pie/e8158b0f-7213-4de7-8054-5e30975087e7>

Kung Pao Chicken

Makes 2 Servings

From Sarah Oman

1 pound boneless, skinless chicken
1 tablespoon cornstarch
2 teaspoons vegetable oil
3 tablespoons chopped green onions
2 cloves garlic minced
1/4 - 1 1/2 teaspoon crushed red pepper

1/2 teaspoon ground ginger
2 tablespoons red wine vinegar
2 tablespoons soy sauce
2 teaspoons sugar
1/2 cup unsalted dry roasted peanuts
4 cups cooked rice or quinoa

1. Cut chicken breasts into 1-inch pieces. Combine chicken and cornstarch in a small bowl and toss.
2. Heat oil in a large skillet on medium heat. Add chicken and stir-fry for 5 to 7 minutes. Remove from skillet.
3. Add onions, garlic, red pepper and ginger to skillet and stir-fry for 15 seconds, then remove.
4. Combine vinegar, soy sauce and sugar in a small bowl and stir well. Add to skillet and return chicken to skillet. Stir well. Stir in nuts.
5. Serve with rice or quinoa.

Pesto-Chicken Penne Casseroles Recipe

Makes 12 Servings

Preparation: 20 Min , Cook Time: 40 Min

Yield: 12 servings



1 package (16 ounces) penne pasta
6 cups cubed cooked chicken
4 cups shredded italian cheese blend
3 cups fresh baby spinach
1 can (15 ounces) crushed tomato
1 jar (15 ounces) Alfredo sauce

1 1/2 cups 1-1/2 2% milk
1 jar (8.1 ounces) prepared pesto
1/2 cup seasoned bread crumbs
1/2 cup grated Parmesan cheese
1 tablespoon olive oil

Cook pasta according to package directions. Meanwhile, in a large bowl, combine the chicken, cheese blend, spinach, tomatoes, Alfredo sauce, milk and pesto. Drain pasta and add to chicken mixture; toss to coat. Transfer to two greased 8-in. square baking dishes. In a small bowl, combine the bread crumbs, Parmesan cheese and oil; sprinkle over casseroles. Cover and freeze one casserole for up to 3 months. Cover and bake the remaining casserole at 350° for 40-45 minutes or until bubbly. To use frozen casserole: Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 50-60 minutes or until bubbly. Yield: 2 casseroles (6 servings each).

<https://www.tasteofhome.com/recipes/pesto-chicken-penne-casseroles>

Stove Top One-Dish Chicken Skillet

Makes 6 Servings

From Sarah Oman

1 1/2 cups hot water
1/4 cup butter or margine melted
1 package stove top stuffing mix for chicken

6 small boneless skinless chicken breast halves
1 can condensed cream of mushroom soup
1/3 cup sour cream

Mix hot water, butter and stuffing mix.

Cook chicken in nonstick skillet on medium-high heat for 5 min on each side or until browned on both sides.

Mix soup and sour cream pour over chicken. Top with stuffing cover. Cook on low heat for 10 min or until chicken is done (165°F).

To cook in oven: Head oven to 375°. Prepare stuffing as directed. Place chicken in 13x9-inch baking dish. Mix soup and sour cream pour over chicken. Top with stuffing. Bake for 35 min or until chicken is done.

Turkey and Black Bean Enchiladas

Makes 4 Servings

From Sarah Oman

1 pound extra-lean ground turkey
1 can (15-oz) black beans drained
1 can (4.5-oz) chopped green chili
1 can (14.5-oz) diced tomatoes
2 cloves garlic
1/4 cup chopped onion

1/4 cup chopped cilantro
1-2 teaspoon cumin
1/8 teaspoon chili powder
salt to taste
8 whole wheat flour tortillas(6-in)
1 cup shredded Mexican cheese

1. In a medium saucepan, spray cooking spray and saute garlic. Add chilies, chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to a boil
2. Reduce the heat to low and simmer for 5 to 10 minutes and set aside.
3. In a large skillet, brown the turkey and season with salt. When it is browned, add onion, garlic, black beans, cilantro, green chilies, diced tomatoes, cumin and chili powder. Mix well and simmer on low for 5 to 10 minutes more to reduce liquid.
4. Preheat oven to 400 degrees.
5. Spray a 9 X 13-inch glass baking dish. Put 1/2 cup of turkey mixture into each tortilla and roll it. Place seam side down in baking dish and top with enchilada sauce and cheese.
6. Cover with foil and bake 20 to 25 minutes. Top with sour cream and cilantro if desired.

Salad, Dressings, and Sauces

Apple Coleslaw

Makes 4 Servings

Preparation: 10 Min

Yield: 4-6 servings

Chopped apple, celery and green pepper add extra crunch to this crisp cabbage salad shared by Ann Main of Moorefield, Ontario. The lemony homemade dressing has plenty of celery seed and a hint of honey.

Total Time: 10 Min

2 cups coleslaw mix	1/4 cup vegetable oil
1 unpeeled tart apple, chopped	2 tablespoons lemon juice
1/2 cup chopped celery	2 tablespoons honey
1/2 cup chopped green pepper	1 teaspoon celery seed

In a bowl, combine the coleslaw mix, apple, celery and green pepper. In a small bowl, whisk remaining ingredients. Pour over coleslaw and toss to coat. Yield: 4-6 servings.

<https://www.tasteofhome.com/recipes/apple-coleslaw>

Apple Cranberry Salad

Makes 6 Servings

Preparation: 10 Min

Yield: 6 servings

3 medium apples, diced	1/4 cup miniature marshmallow
1/2 cup chopped celery	2 tablespoons raisins
1/4 cup chopped pecans	3/4 cup whipped topping
1/4 cup dried cranberries	1/4 cup sour cream

In a large bowl, combine the apples, celery, pecans, cranberries, marshmallows and raisins. Combine whipped topping and sour cream; spoon over apple mixture and toss to coat. Serve immediately.

<https://www.tasteofhome.com/recipes/apple-cranberry-salad/>

Applesauce Gelatin Squares

Makes 16 Servings

Preparation: 5 Min

Yield: 16 servings

"I make this attractive soft-set salad during the holidays and garnish it with ranch dressing that's tinted green," relates Judy Ernst of Montague, Michigan. "Or spoon on a dollop of whipped topping for a light sweet dessert anytime."

Nutritional Facts: 1 piece: 42 calories, 0 fat (0 saturated fat), 0 cholesterol, 48mg sodium, 10g carbohydrate (0 sugars, 0 fiber), 1g protein. Diabetic Exchanges: 1/2 fruit.



**4 packages (.3 ounce each) sugar-free raspberry
gelatin or flavor of your choice
4 cups boiling water**

**2 cups cold water
1 jar (46 ounces) unsweetened applesauce**

In a bowl, dissolve gelatin in boiling water. Stir in cold water and applesauce. Pour into a 13-in. x 9-in. dish coated with cooking spray. Refrigerate for 8 hours or overnight. Cut into squares. Yield: 16 servings.

<https://www.tasteofhome.com/recipes/applesauce-gelatin-squares>

Cherry Chiffon Gelatin

Makes 8 Servings

Preparation: 10 Min

Yield: 8 servings

Total Time: 10 Min

2 packages (3 ounces each) cherry gelatin, divided
1 1/2 cups 1-1/2 boiling water, divided
2 cups cold water, divided

1 can (15 ounces) pitted dark sweet cherries, drained
2 cups whipped topping

In a large bowl, dissolve 1 package of gelatin in $3/4$ cup boiling water. Add 1 cup cold water; stir. Refrigerate until partially set, about 1 hour. Stir in cherries. Pour into a 7-cup mold coated with cooking spray. Refrigerate for 1 hour or until firm. In a small bowl, dissolve remaining gelatin in remaining boiling water. Stir in remaining cold water. Refrigerate until partially set, about 1 hour. Fold in whipped topping. Carefully spread over top. Refrigerate for 4 hours or until firm. Unmold onto a serving platter. Yield: 8 servings.

<https://www.tasteofhome.com/recipes/cherry-chiffon-gelatin>

Chicken Salad with Apples

Makes 10 Servings

Preparation: 15 min. , Cook Time: Total Time 0 hr. 15 min.

Yield: 10 servings, 1/2 cup each

Mix your fruits and veggies with our tangy Chicken Salad with Apples! Walnuts, celery and apples pack a powerful crunch in our Chicken Salad with Apples.

*This is good with both apples *and* grapes in it. The version I usually make omits the onion, but includes apple chunks, halved grapes, celery, and toasted pecans (a la Arby's Chicken Salad.) But I've never tried it with sour cream in addition to the mayo. By the way, you can make a really good tropical variation w/chopped dried tropical fruit (mango & papaya), pineapple tidbits, celery, water chestnuts, and cashews (or chopped macademia would be awesome!) The more fruit & veggies you add, the more you stretch that chicken. Either variation is a great way to dress up a can of chicken.*



1/2 cup kraft real mayo mayonnaise

1/4 cup breakstone's or knudsen sour cream

1/4 teaspoon black pepper

3 cups chopped cooked chicken

1/2 cup chopped planters walnuts, toasted

2 green onions, sliced

2 stalks celery, finely chopped

1 apple, chopped

Mix first 3 ingredients until blended. Combine remaining ingredients in large bowl. Add mayo mixture; mix lightly.

<http://www.kraftrecipes.com/recipes/chicken-salad-apples-123044.aspx>

Chicken Salad with Grapes

Makes 4 Servings

Chicken Salad with Grapes Recipe - This chicken salad recipe makes a delicious, quick meal. Made with chicken, grapes, and roasted nuts, it is always a favorite!

1 pound boiled chicken cut into 1/2-inch cubes

1 cup chopped celery

1 cup red grapes, halved

1/2 cup dried cherries

1/2 cup roasted pecans, chopped

1 cup mayonnaise

1/2 teaspoon salt

1/2 teaspoon ground black pepper

leaf celery, chopped (optional)

Add chopped chicken to a large bowl along with celery, grapes, dried cherries, chopped pecans, mayonnaise, salt and pepper. If using chopped celery leaves, add these as well. Stir together until just combined.

<https://addapinch.com/chicken-salad-with-grapes-recipe/>

Chicken, Nectarine and Avocado Salad

Makes 4 Servings

Preparation: 15 Min , Cook Time: 10 Min

Yield: 4 servings

*Total Time: 15 Min**Nutrition Facts: 1-1/2 cups: 561 calories, 32g fat (7g saturated fat), 87mg cholesterol, 539mg sodium, 38g carbohydrate (18g sugars, 7g fiber), 30g protein.*

6 ounces fresh baby spinach (about 8 cups)
2 medium nectarines, thinly sliced
2 cups cubed cooked chicken
1 cup crumbled feta cheese

1/2 cup poppy seed salad dressing
1 medium ripe avocado, peeled and sliced
1 cup granola with fruit and nuts

In a large bowl, combine spinach, nectarines, chicken and feta. Drizzle with dressing; toss to coat. Top with avocado and granola. Serve immediately.

<https://www.tasteofhome.com/recipes/chicken-nectarine-and-avocado-salad/>

Chinese Cabbage Salad

Makes 8 Servings

1 head cabbage shredded
8 green onions
2 packages top ramen (chicken or pork) broken into pieces before opening.
6 tablespoons sunflower seeds
4 diced chicken breasts 6 cups
6 tablespoons toasted sesame seeds optional
1 cup diced celery

Dressing
seasoning packets from top ramen
6 tablespoons vinegar
4 tablespoons sugar
1 cup olive oil
1/3 teaspoon garlic
pepper to taste

Combine all ingredients above the dressing. For dressing mix items below dressing adding to salad mixture about 1 hour before serving.

Chinese Chicken Cabbage Salad

Makes 6 Servings

From Susan Thornock

1/2 head cabbageshredded
4 whole green onions
1 package Ramen chicken noodles
3 tablespoons sunflower seeds
3 cups chicken breasts
3 tablespoons toasted sesame seedoptional
1/2 cup celery diced

Dressing:
Ramen seasoning packet
3 tablespoons vinegar
2 tablespoons sugar
1/2 cup olive oil
Pepper to taste
1 teaspoon garlic chopped

1. Shred the cabbage. Cook and dice chicken breasts. Chop green onions and dice celery.
2. Crush Ramen noodles in package. Open and remove seasoning packet
3. Mix cabbage, chicken, onions, celery and crushed Ramen noodles together.
4. Make dressing. About an hour before serving, pour dressing over cabbage mixture. Stir well and refrigerate.

Copycat Taco Bell Quesadilla Sauce (1st Edition)

Makes 4 Servings

Preparation: 10 Min , Cook Time: N/A

Yield: About 1 cup

From Rachael Cross<https://centslessdeals.com/copycat-taco-bell-quesadilla-sauce-recipe/>

1 cup sour cream
4 tablespoons mayonnaise
1 tablespoon jalapeño pepper Chopped
2 teaspoons garlic powder

1 teaspoon cumin
1 teaspoon paprika
1/8 teaspoon cayenne pepper Or Chili Powder
1/2 teaspoon salt

1. In medium bowl, blend together all ingredients thoroughly.
2. Allow the sauce to chill in the fridge for at least an hour to let the flavors develop. But I don't do that, I eat it right away. :)

Copycat Taco Bell Quesadilla Sauce (2nd Edition)

Makes 4 Servings

Preparation: 15 minutes

Cheese Quesadillas with Copycat Taco Bell Quesadilla Sauce tastes JUST like the original. From a former Taco Bell worker and current Taco Bell Quesadilla addict. (Haven't tried this one yet, but it looks really good too!)



1/4 cup mayo
2 tablespoons jalapeno slices
2 teaspoons of the water/ juice the jarred jalapenos are in
1/2 teaspoon chili powder
1/2 teaspoon cumin

1/8 teaspoon garlic powder
1/8 teaspoon cayenne
just a tiny pinch of granulated sugar optional
cheese and tortillas for the quesadillas
chicken or steak strips optional

If you have a food processor, you can throw all of the ingredients in for the sauce, mix it up, and it's done. If you don't have a processor, you'll need to mince your jalapeno slices. Then whisk all the quesadilla sauce ingredients together until smooth and creamy.

Chill in the refrigerator until ready to use.

Add as much cheese and sauce onto a tortilla as you'd like. Add any meat you're using. I usually just stick to the cheese only. Place another tortilla on top.

In a medium to large skillet, fry in a tablespoon of butter (or other oil) until browned. Flip and brown the other side.

<https://www.thegraciouswife.com/copycat-taco-bell-quesadillas/>

Cream Cheese Garlic Alfredo Sauce

Makes 5 Servings

Preparation: 15 Min , Cook Time: 10 Min

Cream Cheese Garlic Alfredo Sauce is an easy, 30 minute dinner that is so creamy, delicious, and full of flavor. Serve over your favorite pasta for a delicious dinner that is a family favorite. You only need a few simple ingredients to make homemade alfredo sauce with cream cheese.

Total Time: 15 Min

Tips for making Homemade Cream Cheese Garlic Alfredo Sauce

For best results use freshly grated parmesan cheese from the block. The pre-shredded stuff does not melt well and the cheaper, grated stuff has a "fake" taste to it and it tends to be much saltier.

If you are new to shredding your own parmesan cheese from the block, then you must know that you can find an 8 oz wedge in the produce area of the store by the other specialty cheeses by the deli.



1/2 cup (1 stick) salted butter
1 block (8 oz) cream cheese, cut into chunks
1 1/2 teaspoons garlic powder
1 cup heavy whipping cream

1 cup chicken broth
8 fluid ounces wedge parmesan cheese, shredded
1/2 teaspoon salt (or less to taste)
1/4 teaspoon ground black pepper

1. Melt butter in a saucepan (or skillet pan with high sides) over medium-high heat. Once melted, add in the chunked cream cheese and garlic powder. Stir with a whisk until mostly smooth and mixed together. This will take a couple of minutes { It may look curdled and not perfectly smooth but that's fine. It will smooth out when the liquid is added. }

2. Add the whipping cream and chicken broth a little bit at a time, while whisking constantly. Bring to a low boil. Once boiling, reduce heat to medium-low and add the parmesan cheese, salt & pepper. Let simmer for 5-10 minutes until slightly thickened, stirring occasionally.
3. Take the pan off the heat and let it sit for about 5 minutes so it can thicken up. Serve over pasta noodles of choice. You can also add the cooked pasta noodles into the pan and mix it in with the noodles and then serve that way. Or, serve the noodles and sauce separately.

** The alfredo sauce won't thicken up all the way until you turn the heat off and let the alfredo sauce sit there for several minutes. Be sure to allow about 5 minutes to let the alfredo sauce sit and rest before serving. **

<https://togetherasfamily.com/cream-cheese-garlic-alfredo-sauce/>

Hot Fudge Sauce

From Kathy Gasser via Sarah Oman

6 tablespoons butter
1/2 cup cocoa
2 cups sugar
1/2 teaspoon salt

1 cup evaporated milk or cream
1/4 cup light Karo syrup
1 teaspoon vanilla

1. Melt butter. Mix cocoa with butter and add sugar and salt. Mix well.
2. Add evaporated milk and Karo syrup. Stir constantly with a wire whip as you bring to a boil over medium heat.
3. Boil at full boil, stirring constantly for 1 minute.
4. Remove from heat and add vanilla.

Italian Salad Dressing

Makes 6 Servings

1/4 cup vegetable oil
1/4 cup red wine vinegar
1 clove garlic minced
1 teaspoon finely chopped onion
1/2 teaspoon ground mustard

1/2 teaspoon celery seeds
1/2 teaspoon paprika
1/4 teaspoon Italian seasoning
2 teaspoons sugar

Combine all ingredients in a jar with a tight-fitting lid shake well.
 Refrigerate overnight.

Make-Ahead Creamy Fruit Salad

Makes 6 Servings

Preparation: 20 min

Yield: 6 cups

*Total Time: 20 Min**Nutrition Facts: 3/4 cup: 250 calories, 11g fat (6g saturated fat), 19mg cholesterol, 56mg sodium, 38g carbohydrate (35g sugars, 2g fiber), 4g protein.*

3/4 cup (6 ounces) pina colada yogurt
3/4 cup (6 ounces) key lime yogurt
1/2 cup heavy whipping cream, whipped
1 tablespoon key lime juice
2 cups mandarin oranges, drained
1 can (15 ounces) peach half in light syrup, drained and sliced

1 cup miniature marshmallow
1 cup unsweetened crushed pineapple, drained
1/2 cup sweetened shredded coconut
1/2 cup pitted dark sweet cherries, drained and halved
1/4 cup chopped pecans, toasted

In a large bowl, combine the yogurts, whipped cream and lime juice. Gently fold in remaining ingredients. Refrigerate, covered, until serving.

<https://www.tasteofhome.com/recipes/make-ahead-creamy-fruit-salad/>

Peach Bavarian

Makes 8 Servings

This fruit mold with its refreshing peach taste, make a colorful salad or desert. The family really loves this recipe.

1 can sliced peaches
2 packages 3 ounce size peach or apricot-flavored gelatin
1/2 cup sugar

2 cups boiling water
1 teaspoon almond extract
1 (8-ounce) container frozen whipped topping thawed

1. Drain peaches, reserving 2/3 cup juice. Chop peaches into small pieces set aside.
2. In a bowl, dissolve gelatin and sugar in boiling water. Stir in reserved syrup.
3. Chill until slightly thickened. Stir extract into whipped topping, gently fold into gelatin mixture.
4. Fold in peaches. Pour into an oiled 6-cup mold. Chill overnight. Unmold garnish with additional peaches if desired.

Quick & Easy Chocolate Sauce

Makes 18 Servings

Preparation: 5 Min , Cook Time: 10 Min

Yield: 18 servings

Mom made this fudge sauce to drizzle on cake. It's also pretty darn good over ice cream.—Mike Miller, Creston, Iowa
Total Time: 15 Min



12 ounces (2 cups) semisweet chocolate chips
1 cup heavy whipping cream

3/4 cup sugar

In a small heavy saucepan, combine all ingredients. Bring to a boil over medium heat, stirring constantly. Boil and stir 2 minutes.

Store in airtight containers in the refrigerator. Warm gently before serving. Yield: 2-1/4 cups.

<https://www.tasteofhome.com/recipes/quick---easy-chocolate-sauce>

Seasoned Turkey Gravy

Makes 16 Servings

Preparation: 10 Min , Cook Time: 10 Min

Yield: 16 servings

This smooth and tasty gravy makes a great turkey taste even better. If you prefer a darker color, let the flour brown slightly when you mix it into the saucepan with the seasonings and reserved fat. —Terri McKitrick, Delafield, Wisconsin
Total Time: 20 Min



roasted turkey drippings
chicken broth or water
1/4 cup all-purpose flour
1/4 teaspoon onion powder

1/4 teaspoon rubbed sage
1/4 teaspoon pepper
1/8 teaspoon garlic powder

Pour turkey drippings and loosened browned bits into a measuring cup. Skim fat, reserving 1/4 cup; set aside. Add enough broth to the drippings to measure 2 cups. In a small saucepan, heat reserved fat. Stir in flour and seasonings until smooth. Gradually stir in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Yield: 2 cups.

<https://www.tasteofhome.com/recipes/seasoned-turkey-gravy>

Watergate SaladMakes 6 Servings

1 package sugar-free instant pistachio pudding
1 (20-ounce) can unsweetened crushed pineapple
undrained

1 1/2 cups cottage cheese
1/2 cup chopped pecans
1 (8-ounce) container whipped topping thawed

Mix dry pudding mix, pineapple, cottage cheese, and pecans. May also add 1 cup miniature marshmallows if desired.
Gently stir in whipped topping.
Refrigerate 1 hour or until ready to serve.

Sandwiches

Ranch Chicken Quesadillas

Makes 6 Servings

Preparation: 20 Min , Cook Time: 10 Min

Yield: 6 servings

- | | |
|--|---|
| 2 1/2 cups 2-1/2 shredded cooked chicken | 6 flour tortillas (8 inches) |
| 2/3 cup salsa | 1/4 cup butter melted |
| 1/3 cup sliced green onions | 2 cups shredded monterey jack cheese |
| 3 tablespoons hidden valley® original ranch® seasoning & salad dressing mixes shaker, divided | 1 cup sour cream |

1. In a large skillet, combine salsa, green onions and 2 tablespoons Hidden Valley® Original Ranch® Seasoning & Salad Dressing Mix Shaker. Cook, uncovered, over medium heat until heated through, about 10 minutes, stirring occasionally.
2. Brush 1 side of tortillas with butter; place buttered side down on a lightly greased baking sheet. Spoon 3/4 cup chicken mixture over half of each tortilla; sprinkle with 1/3 cup cheese.
3. Fold plain side of tortilla over cheese. Bake at 375° until crisp and golden brown, 9-11 minutes.
4. Meanwhile, stir together sour cream and remaining 1 tablespoon Hidden Valley® Original Ranch® Seasoning & Salad Dressing Mix Shaker. Cut quesadilla into wedges; serve with ranch sour cream.

<https://www.tasteofhome.com/recipes/ranch-chicken-quesadillas/>

Apple Brie Quesadillas

Makes 4 Servings

Preparation: 10 Min , Cook Time: 20 Min

Yield: 4 servings

Total Time: 30 Min

- | | |
|---|---|
| 2 medium onions, sliced | 1 tablespoon canola oil |
| 1/4 cup balsamic vinegar | 4 flour tortillas (10 inches) |
| 1/8 teaspoon sugar | 2 medium tart apples, sliced |
| 1/8 teaspoon dried thyme | 1 round (8 ounces) brie cheese, rind removed and quartered |
| 1/8 teaspoon dried rosemary, crushed | |

In a small skillet over medium heat, cook the onions, vinegar, sugar, thyme and rosemary in oil for 10 minutes or until onions are golden brown. Spoon the mixture over half of each tortilla; top with apples and cheese. Fold over. Cook on a griddle over medium heat for 2-3 minutes on each side or until cheese is melted.

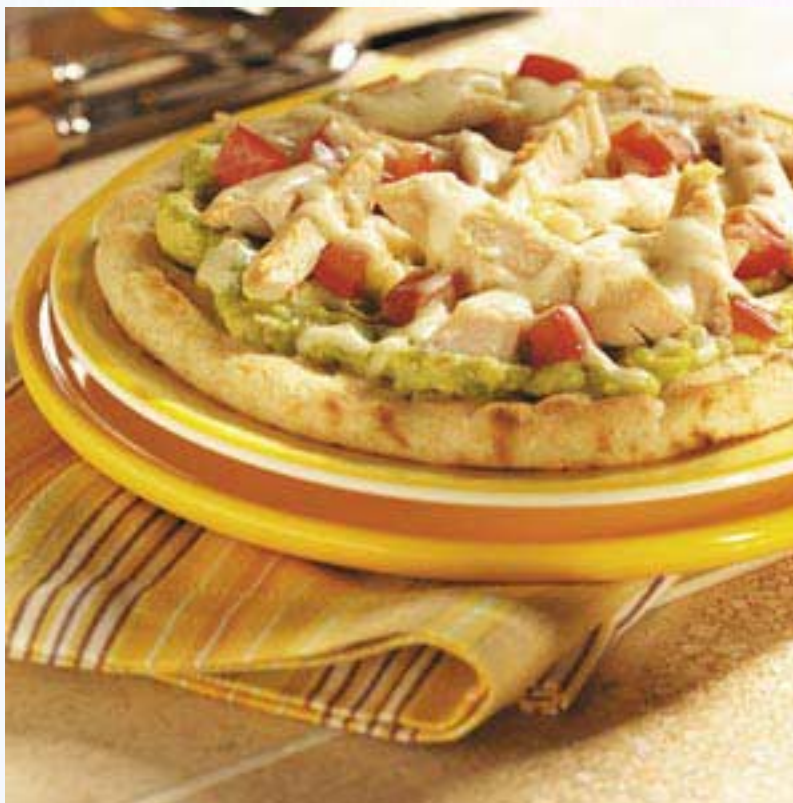
<https://www.tasteofhome.com/recipes/apple-brie-quesadillas>

Avocado Chicken Pitas Recipe

Makes 4 Servings

Preparation: 25 Min , Cook Time: 5 Min

Yield: 4 Servings

Total Time: 30

4 wholes pita breads
2 tablespoons olive oil
1 medium ripe california avocado, peeled and pitted
1 tablespoon lemon juice
1/4 teaspoon salt

1/4 teaspoon garlic powder
1/8 teaspoon hot pepper sauce
3/4 pound rotisserie chicken, cut into strips
1 medium tomato, chopped
2 cups (8 ounces) shredded monterey jack cheese

Directions Brush one side of each pita bread with oil. Place on an ungreased baking sheet. Bake at 350° for 12-15 minutes or until browned and crisp. Meanwhile, in a small bowl, mash avocado with the lemon juice, salt, garlic powder and hot pepper sauce. Spread over pitas. Layer with chicken, tomato and cheese. Bake for 5-6 minutes or until cheese is melted.

<http://www.tasteofhome.com/recipes/avocado-chicken-pitas>

Coleslaw Chicken Wraps Recipe

Makes 8 Servings

Preparation: 15 Min , Cook Time: 15 Min

Yield: Yield: 8 Servings

Total Time: 30 Min

- | | |
|---|--|
| 1 bottle (16 ounces) reduced-fat poppy seed salad dressing, divided | 1 package (14 ounces) coleslaw mix |
| 2 pounds boneless skinless chicken breasts | 1 medium sweet red pepper, finely chopped |
| 1 can (20 ounces) unsweetened dole® pineapple tidbits in 100% pineapple juice, drained | 8 wholes wheat tortillas (8 inches) |
| | 1/2 cup sliced almonds, toasted |

- Place 1 cup dressing in a large resealable plastic bag. Add the chicken; seal bag and turn to coat. Refrigerate for 1 hour.
- Drain and discard marinade. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 6-8 minutes on each side or until a thermometer reads 170°.
- Let stand 5 minutes before slicing. Meanwhile, in a large bowl, combine the pineapple, coleslaw mix, red pepper and remaining dressing; toss to coat. Divide among tortillas; top with chicken and sprinkle with almonds. Roll up tightly; secure with toothpicks. Yield: 8 servings.

<http://www.tasteofhome.com/Recipes/Coleslaw-Chicken-Wraps>

Honey-Citrus Chicken Sandwiches Recipe

Makes 6 Servings

Cook Time: 10 Min

Yield: Yield: 6 Servings

- | | |
|---|---|
| 6 boneless skinless chicken breasts halves (4 ounces each) | 1/4 teaspoon poultry seasoning |
| 1/4 cup orange juice | 1/8 to 1/4 teaspoon cayenne pepper |
| 1/4 cup lemon juice | 6 slices monterey jack or muenster cheese optional |
| 1/4 cup honey | 6 kaiser rolls split |
| 2 tablespoons vegetable oil | 6 thin tomatoes slices |
| 1 tablespoon prepared mustard | 6 red onions slices |
| | shredded lettuce |

- Flatten chicken breast evenly to 1/4-in. thickness; set aside. In a large resealable plastic bag, combine the orange and lemon juices, honey, oil, mustard, poultry seasoning and cayenne pepper. Add chicken breasts; seal bag and turn to coat. 2. Refrigerate for 6-8 hours or overnight. Drain; discard marinade. Grill, uncovered, over medium-low heat, turning occasionally, for 10-12 minutes or until juices run clear. If desired, top each chicken breast with a slice of cheese and grill 1-2 minutes longer or until cheese begins to melt. Serve on rolls with tomato, onion and lettuce. Yield: 6 servings.

<http://www.tasteofhome.com/recipes/honey-citrus-chicken-sandwiches>

Cranberry-Walnut Chicken Salad Sandwiches

Nutrition Facts:

1 sandwich: 411 calories, 22g fat (5g saturated fat), 49mg cholesterol, 469mg sodium, 35g carbohydrate (7g sugars, 5g fiber), 20g protein.

- | | |
|--|--|
| 1/2 cup mayonnaise | 1/2 cup dried cranberries |
| 2 tablespoons honey Dijon mustard | 1/4 cup chopped walnuts |
| 1/4 teaspoon pepper | 1/2 teaspoon dried parsley flakes |
| 2 cups cubed rotisserie chicken | 8 Lettuce leaves |
| 1 cup shredded Swiss cheese | 16 slices pumpernickel bread |
| 1/2 cup chopped celery | |

- In a large bowl, combine the mayonnaise, mustard and pepper. Stir in the chicken, cheese, celery, cranberries, walnuts and parsley.
- Place lettuce on eight slices of bread; top each with 1/2 cup chicken salad and remaining bread.

<http://www.tasteofhome.com/recipes/cranberry-walnut-chicken-salad-sandwiches/>

Navajo Tacos

Makes 4 Servings

From Karen Lidtka via Sarah Oman

Rhodes rolls or homemade rolls

1-2 tablespoon Oil

Chilli

Cheese

Tomatoes

Lettuce

Olives

Sour cream

Salsa

1. Defrost rolls. Stretch dough flat like Indian fry bread.
2. Place 1 to 2 tablespoons oil in a fry pan. Fry bread on each side until golden brown.
3. Top with chili, cheese, tomatoes, lettuce, olives, sour cream and salsa of your choice. Be creative.

Seafood

Dilled Salmon Cakes

Makes 6 Servings

1/2 cup plain nonfat yogurt	3/4 cup uncooked oatmeal
1/3 cup chopped tomato	1/3 cup milk
1/3 cup seeded, chopped cucumber	2 eggs
1 tablespoon finely chopped onion	2 tablespoons finely chopped onion
1 tablespoon finely chopped fresh dill weed	1 tablespoon fresh dill weed
1 can pink salmon drained, skin and bones removed	

1. In a small bowl, combine sauce ingredients mix well. Cover and chill while making the salmon cakes.
2. In a medium bowl, combine ingredients for the salmon cakes. Mix well. Let stand for 5 minutes. Shape into 6 oval patties. Lightly spray large nonstick skillet with cooking spray.
3. Cook salmon cakes over medium heat 3 to 4 minutes on each side or until golden brown and heated through. Serve with sauce.

Salmon Cakes

Makes 4 Servings

Preparation: 25 Minutes

Carb count - 2g per serving

1 slice breadwhite or whole wheat	1/4 teaspoon salt
1 tablespoon water	1/8 teaspoon black pepper
1 egg	15 1/2 ounces red salmon drained
2 tablespoons Green onions -- chopped	1 tablespoon butter

1. Coarsely tear bread into pieces. Place in a blender container. Cover and blend with on-off bursts until you have soft crumbs. Transfer to a medium bowl. Sprinkle with water. Add egg, green onions, salt and pepper. Mix with a fork until well blended, set aside.
2. Remove bones and dark skin from salmon, then flake. Stir salmon into bread mixture, mixing well. Shape into four 3-inch patties.
3. In a large skillet over medium heat, heat butter. When hot, add patties. Cook for 2 to 3 minutes or until bottom is browned. Turn over and cook 2 minutes longer or until browned and set. Serve immediately.

Spaghetti with Garlic-Shrimp & Broccoli

Makes 6 Servings

Preparation: 20 min.

Yield: 6 servings, about 1-1/4 cups each

1/2 pound spaghetti uncooked	1 pound uncooked deveined peeled large shrimp
4 cups small broccoli florets	2 cloves garlic minced
1/2 cup kraft tuscan house italian dressing	1/4 cup kraft grated Parmesan cheese

1. Cook spaghetti in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.
2. Meanwhile, heat dressing in large skillet on medium-high heat. Add shrimp and garlic; cook and stir 3 to 4 min. or until shrimp turn pink.
3. Drain spaghetti mixture; return to pan. Add shrimp mixture and cheese; mix lightly.

<http://www.kraftrecipes.com/recipes/spaghetti-garlic-shrimp-broccoli-143284.aspx>

Soups

Beef Barley Soup

Makes 8 Servings

Yield: 2 quarts

Carbs 19 g

- | | |
|--|---|
| 2 pounds beef short ribs with bones | 2 cups sliced carrots |
| 5 cups water | 1 cup sliced celery |
| 1 can diced tomatoes undrained | 1 cup chopped cabbage |
| 1 medium onion chopped | 2/3 cup quick-cooking pearl barley |
| 1 - 1 1/2 teaspoon salt optional | 1/4 cup minced fresh parsley |
| 1/8 teaspoon pepper | |

1. In a soup kettle, combine ribs, water, tomatoes, onion, salt if desired and pepper; bring to a boil over medium heat.
2. Reduce heat; cover and simmer for 1 1/2 to 2 hours or until meat is tender. Remove ribs; cool.
3. Skim fat. Remove meat from bones and cut into bite-size pieces; return to broth.
4. Add carrots, celery and cabbage; bring to a boil. Reduce heat; cover and simmer 15 minutes. Add barley; return to a boil. Reduce heat; cover and cook 10-15 minutes or until barley and vegetables are tender. Add parsley

Best Ever Potato Soup

Makes 8 Servings

Preparation: 10 Min , Cook Time: 20 Min

Yield: 8 servings (2 quarts)

Total Time: 30 Min

- | | |
|--|--|
| 6 bacon strips, diced | 1/2 teaspoon celery seed |
| 3 cups cubed peeled potatoes | 1 can (14-1/2 ounces) chicken broth |
| 1 small carrot, grated | 3 tablespoons all-purpose flour |
| 1/2 cup chopped onion | 3 cups 2% milk |
| 1 tablespoon dried parsley flakes | 8 ounces process cheese (velveeta), cubed |
| 1/2 teaspoon salt | 2 green onions, thinly sliced, optional |
| 1/2 teaspoon pepper | |

In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings. Add vegetables, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes.

Mix flour and milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in cheese until melted. If desired, serve with green onions.

Calico Bean Soup

Makes 6 Servings

*From Vonnie Oman**Tip: Can also be cooked in crockpot*

- | | |
|--|-------------------------------------|
| 1 can kidney beans | 1 onion chopped |
| 1 can garbanzo beans | 1 large can pork & beans |
| 1 can black beans | 1 quart tomatoes |
| 1 can cut green beans | 1/2 cup catsup |
| 1/2 pound bacon cooked and crumbled | 1/2 cup brown sugar |
| 1 pound ground beef browned | 1 can tomato sauce |

1. Drain all cans.
2. Brown hamburger.
3. Mix together all beans, hamburger, bacon, onion, pork & beans, tomatoes, catsup, brown sugar and tomato sauce. Heat through.

Cheddar ChowderMakes 8 Servings

4 cups water
1 cup sliced carrot
1/2 cup chopped onion
1/4 teaspoon pepper
1/2 cup flour
4 cups Cheddar cheese shredded

4 cups potatoes cut in 1-inch cubes
1 cup celery diced
1 teaspoon salt
1/2 cup margarine
4 cups milk
2 cups chopped ham

Combine water, potatoes, carrots, celery, onion, salt, and pepper in large kettle. Boil 10-12 minutes. Meanwhile, in small saucepan, make white sauce by melting margarine. Add flour and stir until smooth, about 1 minute. Slowly add milk and cook until thickened. Add grated cheddar cheese to white sauce, stir until melted. Add white sauce and cubed ham to vegetables that have not been drained. Heat through.

Chicken and Dumpling Soup

Makes 4 Servings

Preparation: 25 Min , Cook Time: 40 Min

Yield: Yield: 4 Servings

Total Time: 65 Min

Hints Grandma would tell you:

1. Give 'em space. Leave some wiggle room between dumplings. Steaming broth swells the dough as it cooks.
2. Simmer down. Maintain a slow, steady heat. After an initial boil, a gentle simmer produces the most tender (and Fluffiest!) results.
3. Don't peek. Lifting the lid lets steam escape and adds to the cooking time.
4. Mind the time. Set a timer to avoid overcooking delicate dumplings. As soon as a toothpick come out clean, they're ready.
5. Pull 'em out. Refrigerate leftover dumplings and soup separately. Otherwise, dumplings may absorb too much liquid and turn mushy.



3/4 pound boneless skinless chicken breast, cut into 1-inch cubes
1/4 teaspoon salt
1/8 teaspoon pepper
2 teaspoons olive oil
1/4 cup all-purpose flour
4 cups reduced-sodium chicken broth, divided
1 cup water

2 cups frozen french-cut green beans
1 1/2 cups 1-1/2 sliced onions
1 cup shredded carrot
1/4 teaspoon dried marjoram
2/3 cup reduced fat bisquick® mix
1/3 cup cornmeal
1/4 cup shredded reduced-fat Cheddar cheese
1/3 cup fat-free milk

1. Sprinkle chicken with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add chicken; cook and stir until no longer pink. Remove from heat.
2. In a large saucepan, whisk flour and 1/2 cup broth until smooth. Stir in water and remaining broth. Add beans, onions, carrots and marjoram. Bring to a boil. Reduce heat; simmer, uncovered, 10 minutes. Add chicken; return to a simmer.
3. Meanwhile, in a small bowl, mix biscuit mix, cornmeal and cheese. Stir in milk just until moistened. Drop batter in 12 portions on top of the simmering soup. Reduce heat to low; cover and cook 15 minutes or until a toothpick inserted in center of dumpling comes out clean. Yield: 4 servings.

<http://www.tasteofhome.com/recipes/chicken-and-dumpling-soup-2>

Chicken Noodle Soup

Makes 4 Servings

Yield: 4 servings

*From Food Network
Author: Tyler Florence*

Total Time: 2 hr 20 min



2 tablespoons extra-virgin olive oil
1 medium onion, chopped
3 garlic cloves, minced
2 medium carrots, cut diagonally into
 1/2-inch-thick slices
2 celery ribs, halved lengthwise, and cut into
 1/2-inch-thick slices
4 fresh thyme sprigs
1 bay leaf
2 quarts chicken stock, recipe follows
8 ounces dried wide egg noodles
1 1/2 cups shredded cooked chicken

kosher salt and freshly ground black pepper
1 handful fresh flat-leaf parsley, finely chopped
1 whole free-range chicken (about **3 1/2** pounds),
 rinsed, giblets discarded
2 carrots, cut in large chunks
3 celery stalks, cut in large chunks
2 large white onions, quartered
1 head of garlic, halved
1 turnip, halved
1/4 bunch fresh thyme
2 bay leaves
1 teaspoon whole black peppercorn

Place a soup pot over medium heat and coat with the oil. Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned. Pour in the chicken stock and bring the liquid to a boil. Add the noodles and simmer for 5 minutes until tender. Fold in the chicken, and continue to simmer for another couple of minutes to heat through; season with salt and pepper. Sprinkle with chopped parsley before serving.

Chicken Stock:

Place the chicken and vegetables in a large stockpot over medium heat. Pour in only enough cold water to cover (about 3 quarts); too much will make the broth taste weak. Toss in the thyme, bay leaves, and peppercorns, and allow it to slowly come to a boil. Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, skim any impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.

Carefully remove the chicken to a cutting board. When its cool enough to handle, discard the skin and bones; hand-shred the meat into a storage container.

Carefully strain the stock through a fine sieve into another pot to remove the vegetable solids. Use the stock immediately or if you plan on storing it, place the pot in a sink full of ice water and stir to cool down the stock. Cover and refrigerate for up to one week or freeze.

<https://www.foodnetwork.com/recipes/tyler-florence/chicken-noodle-soup-recipe0-1941332>

Chicken Wild Rice Soup

Makes 14 Servings

Preparation: 10 min

Yield: 14 servings (3-1/2 quarts)

I'm originally from Minnesota, where wild rice grows in abundance and is very popular in recipes. This chicken and wild rice soup has been part of our Christmas Eve menu for years. To save time, I cook the chicken and wild rice and cut up the vegetables the day before. —Virginia Montmarquet, Riverside, California



2 quarts chicken broth
1/2 pound fresh mushrooms, chopped
1 cup finely chopped celery
1 cup shredded carrot
1/2 cup finely chopped onion
1 teaspoon chicken bouillon granules
1 teaspoon dried parsley flakes
1/4 teaspoon garlic powder

1/4 teaspoon dried thyme
1/4 cup butter, cubed
1/4 cup all-purpose flour
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
1/2 cup dry white wine or additional chicken broth
3 cups cooked wild rice
2 cups cubed cooked chicken

In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

In Dutch oven, melt butter; stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Whisk in soup and wine. Add rice and chicken; heat through.

<https://www.tasteofhome.com/recipes/chicken-wild-rice-soup/>

Hearty White Bean Stew

Makes 6 Servings

Nutrition: Calories: 338, Total fat:16 grams, Sodium: 291 mg, Total carbs: 37 grams, Dietary fiber: 11 grams, Sugars: 4 grams, Protein: 14 grams



1 medium leek
1 tablespoon olive oil
5 ounces pancetta
2 cups carrotsdiced
3 stalks celery sliced
8 ounces cremini mushroomssliced
3 cloves garlicminced

kosher salt to taste
4 sprigs fresh thyme
14 ounces diced tomato
4 cups great northern beanscooked or canned
6 cups low sodium vegetable broth
parmesan cheesefreshly grated

1. Trim the root end and the tough, dark green top of the leek and remove any thick outer layers. Cut the leek in half lengthwise, then slice into ¼-inch (6-mm) thick half moons.
2. Transfer to a bowl of water and shake around with your fingers to loosen any dirt or grit. Let the leeks sit in the water for a couple minutes to let any grit to sink to the bottom of the bowl. Carefully remove the cleaned leeks from the bowl, leaving the dirty water behind.
3. Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add the pancetta and cook until crispy and most of the fat has rendered, about 8 minutes.
4. Add the leeks, carrots, celery, mushrooms, and garlic. Season with salt. Cook for 5-6 minutes, until the vegetables have released their juices and begin to soften.
5. Add the thyme leaves, tomatoes, beans, and vegetable stock. Stir to combine, then bring to a boil, cover, and cook, stirring occasionally, for 20 minutes until slightly reduced and hot throughout. Season with more salt, to taste. Ladle into bowls and top with freshly grated Parmesan cheese. Serve with crusty bread.

Grandpa Miller's Chili Formula

Makes 8 Servings

Preparation: 30 minutes , Cook Time: 2-3 hours

8 white onionchopped
32 green onionschopped
16 stalks of celerychipped
chivesdiced to suit
8 stick of margarine
16 pounds ground beef
16 cans pinto beans
16 cans kidney beans

16 cans chili beans
16 (28-ounce) cans tomato sauce
8 cans tomato paste
8 cans peeled tomatoes
8 tablespoons salt
8 tablespoons sugar
8 cans beef broth
sprinkle with parsely if desired

1. In a soup pot, saute diced onions, celery, chives in the margarine; add cooked meat and beef broth.
2. Add all other ingredients, lightly rinsing the cans with water, (add the water)
3. Sprinkle the top of the concoction with salt, sugar and parsley. Simmer on low for 2-3 hours; stir occasionally.
4. Serve with crackers and dinner rolls

Hamburger Soup

Makes 6 Servings

Received from Lelah Marlin

1 pound hamburgercooked and drained
1 cup chopped celery
1 cup chopped carrot
1 can tomato sauce
6 cups water

1 envelope onion soup mix
1 tablespoon oregano
1 tablespoon basil
1 cup noodles

Mix all ingredients except noodles. Cook noodles and add to ingredients after vegetables are tender.
 Can substitute hamburger for brisket.

Homemade Chicken Noodle Soup

Makes 6 Servings

Yield: Makes about 6 quarts of soup

Preparation: 15 minutes , Cook Time: 2 hours

Is there anything more comforting than homemade chicken noodle soup? Perfect for cold weather, and especially good if you are fighting off a cold or flu. There are probably as many ways of making chicken noodle soup as there are moms who make it.

The key is homemade stock made from chicken parts or a whole chicken. The iron rich gelatin from the chicken cartilage and bones is good for you, and one of the reasons why homemade chicken stock is so beneficial.

If you don't already have a cache of homemade chicken stock, the following is a recipe for making the entire soup from scratch, starting with a whole chicken, parted out. Already have chicken stock? This recipe includes instructions for a 30 minute shortcut version as well.

This recipe makes an especially clean tasting soup with a rich, clear broth, and plenty of noodles.

How to make Chicken Noodle Soup from scratch using a whole chicken

If you have a couple hours, making a chicken noodle soup entirely from scratch is the way to go. All you need is a whole chicken (cut into parts), water, celery, onions, and carrots, seasonings, and egg noodles.

The recipe is basically two parts: first you make the stock, then you strain out the bones, and make the soup.

Make the stock:

Some recipes will have you cook the chicken you will use as meat in your soup for the entire time you are cooking the bones for stock. This will produce dry, over-cooked pieces of chicken.

To avoid dried out chicken in our soup, in our recipe we first separate the breast and thigh meat from the bones that we plan on using in the finished soup. We make the stock and then add the chicken meat near the end of cooking. You could also cook these pieces whole, in the broth, and remove them after 15 minutes of cooking or so, cool them and shred them to be added at service.

To make the stock we first parboil the stock meat and bones, at high rolling boil, for 3 minutes, then discard the boiling water. This hard boil forces the scum to the surface all in one go. This is a classic stock making technique that helps produce a clear, clean-tasting broth. (You will still get all of the nutritional value from the chicken during the long simmering step that follows.)

We then return those parboiled meat and bones to the pot, add some celery, carrots, onions, garlic, and herbs, cover with water, and simmer for 1 1/2 hours to make the stock.

Make the soup:

When the stock is ready, we strain out the solids, and add fresh veggies to the stock. Any vegetables you used in making the stock will have had all of their nutritional value simmered out of them after an hour, which is why we are adding fresh vegetables.

Once the soup and vegetables are simmering, we chop up the raw chicken breast and thigh meat we had removed from the bone in the first step and return it to the soup. Then we add in the dry noodles, and the soup is done when the noodles and chicken pieces are cooked!

The quick version: making chicken noodle soup in 30 minutes

If you already have chicken stock (again homemade is best), you can make this chicken noodle soup in 30 minutes or less; just start at step 6. Add chopped carrots and celery to the stock and bring to a simmer. Then add chopped chicken breast or thighs and bring to a simmer again. Then add dry noodles. When the noodles are done, add seasonings like parsley, salt, pepper, and thyme, and you're done!

Author: Elise Bauer



**6 pounds one 1/2- chicken cut into parts—breast, thighs, backs, wings and neck (if available)
10 carrots (2 carrots scrubbed clean, but not peeled, cut into 2 inch chunks for the stock, 3**

**2 onions quartered (for stock, peel on is okay)
6 cloves of garlic peel on, cut in half
4 sprigs of fresh thyme (or a teaspoon of dried)
2 bunches of parsley**

carrots peeled and cut into 1/4-inch rounds for the soup)

10 ribs of celery (2 ribs cut into 2 inch pieces for the stock, 3 ribs cut into 1/4-inch thick slices for the soup), including celery tops for the stock

10 wholes peppercorns

salt

**16 ounces of egg noodles (depending on how noodle-y you want your soup)
freshly ground black pepper**

1 Separate breast and thigh meat from bones: Remove the breast meat from the breast bones, and the thigh meat from the thigh bone, place in a bowl, cover and chill in the refrigerator until needed towards the end of preparing the soup.

Remove and discard the largest pieces of breast and thigh skin. Cut away and discard excess fat from chicken pieces.

2 Parboil bones for 3 minutes: Place breast and thigh bones, the back, leg, neck, and wings in a large (8 quart) pot. Cover with water. Bring to a full rolling boil. Boil for 3 minutes. After 3 minutes, remove from heat, drain off the water, rinse the bones and the pot.

3 Make stock with parboiled bones, celery, carrots, onion, garlic, thyme, parsley, peppercorns: Return the now parboiled bones to the clean pot. Add a couple carrots and a couple celery ribs, each cut into 2 inch chunks, and some celery tops if you have them, to the pot with the chicken. (Fennel tops or leek greens can be added too, if you have them.)

Add the quartered onion, garlic cloves, thyme, one-half of the parsley, and the peppercorns to the pot.

Cover with an inch or two of water (about 3 quarts). Bring to a low simmer (about 185°F) and let simmer (the stock should be just barely bubbling), partially covered, for 1 1/2 hours.

4 Strain bones and solids from the stock: At the end of 1 1/2 hours strain out the bones and vegetables, reserving the stock. If you want, set aside and strip the bones of any remaining meat. After parboiling and 1 1/2 hours of cooking the meat will be rather dry and tasteless, though you could use it in a chicken salad. Rinse out the pot and return the stock to the pot.

5 Salt the stock: Taste the stock. It should be rather bland because up to now, no salt has been added. Add salt to taste. As a guideline, for each quart of stock, add 2 teaspoons of salt.

6 Add carrots, celery: Add the sliced carrots and celery to the stock, bring to a simmer.

7 Cut raw chicken breast and thigh meat, add to stock: Cut the chicken breast and thigh meat into bite-sized pieces. Add to the pot with the carrots, celery, and stock. Return to a low simmer.

8 Add noodles, bring to simmer: Add the egg noodles and return to a simmer. Note that the noodles will expand substantially in the soup broth as they cook.

Simmer for until the egg noodles are just barely cooked through, al dente (about 5 minutes or so, depending on your package of noodles), and the chicken is just cooked through.

9 Add parsley, salt, pepper, thyme to serve: Stir in a handful of chopped fresh parsley. Add freshly ground black pepper, more thyme, and more salt to taste.

https://www.simplyrecipes.com/recipes/chicken_noodle_soup/

Homemade Turkey and Rice Soup

Makes 8 Servings

Preparation: 30 Min , Cook Time: 2 Hour

Yield: 8-10 servings

You can make the most of even the smallest pieces of leftover meat on your holiday turkey. I simmer the bones to get the rich flavor, then easily remove any meat that remains. I add rice, vegetables and cream soup for a hearty turkey soup that's tasty and economical.
—June Sangrey, Manheim, Pennsylvania

"This was good, but adding a CAN of cream of anything soup seems to violate any sense of "healthy." You don't need it. Either add a few tablespoons flour to the veggie mixture, that I cooked for about five minutes in some butter or olive oil, before adding my broth, or if the rice doesn't thicken enough to your liking, pull out a 1/4 cup broth and mix a few tablespoons of flour with the broth until you have a creamy texture and then put it all back into the soup and simmer until the entire soup thickens. Do again if still not "creamy" enough. Also to the poor woman who had a difficult time removing the fat, just boil the carcass either early in the day or the day before and then chill it. The fat will harden and float to the top. No room in the refrigerator to cool? Where I live, you just put the pot outside and the temp outside will harden the fat in no time! I love soups from turkey chicken, ham or turkey bones, as well as any other kind of soup that It homemade."

1 leftover turkey carcass (from a 10- to 12-pound turkey)
2 quarts water
1 medium onion cut into wedges
1/2 teaspoon salt
2 bay leaves

1 cup chopped carrot
1 cup uncooked long grain rice
1/3 cup chopped celery
1/4 cup chopped onion
1 can (10-3/4 ounces) condensed cream of chicken or cream of mushroom soup undiluted

Place the turkey carcass in a stockpot; add the water, onion, salt and bay leaves. Slowly bring to a boil over low heat; cover and simmer for 2 hours. Remove carcass; cool. Strain broth and skim fat. Discard onion and bay leaves. Return broth to the pan. Add the carrots, rice, celery and chopped onion; cover and simmer until rice and vegetables are tender. Remove turkey from bones; discard bones and cut turkey into bite-size pieces. Add turkey and cream soup to broth; heat through. Yield: 8-10 servings (about 2 quarts).

Potato Soup

Makes 4 Servings

2 1/2 pounds baby red potatoes sliced into small bite-sized pieces
1/2 package bacon finely diced
1 medium onion diced
1/4 bunch celery diced
8 cups milk
4 cups water
4 chicken boullion cubes (Use a cup of the hot potato water to dissolved, then use the cup of hot water in place of one of the above cups of water)

1 teaspoon salt
1 teaspoon black pepper
3/4 cup salted butter
3/4 cup flour
1/4 bunch freshly chopped parsley
1 cup whipping cream
For Garnish
shredded Cheddar cheese*
fried bacon bits
chopped green onion

1. In a large pot, boil potatoes in water 10 minutes. Drain and set aside.
2. In saute pan, cook bacon until crisp. Drain bacon fat and place on paper towel over plate to drain more.
3. Add onion and celery to bacon pan over medium-high heat until celery is tender, about 5 minutes. To the large potato pan, add milk, water, bullion, salt and pepper.
4. Cook over medium-high heat until mixture is very hot, about 8 minutes, stirring often. Do not let mixture boil.
5. In small, heavy saucepan, melt butter. Add flour and mix well. Cook over medium-low heat until mixture bubbles, stirring 2-3 minutes to make roux.
6. While constantly stirring soup, add roux slowly until soup is thick and creamy, about 4 minutes. Stir in parsley, reserved potatoes, and cream.
7. Garnish with cheese, bacon bits, onions or all three. Serve hot.

Summer Vegetable Soup Recipe

Makes 4 Servings

Preparation: 5 Min , Cook Time: 25 Min

Yield: 4 servings

Total Time: 30M

- | | |
|---|--|
| 1 small onion, quartered and thinly sliced | 1/2 cup cut fresh green beans (2-inch pieces) |
| 1 tablespoon olive oil | 1/2 cup chopped peeled tomato |
| 4 cups reduced-sodium chicken or vegetable broth | 1/4 teaspoon pepper |
| 1 cup sliced zucchini | 1/8 teaspoon ground turmeric |
| 1 can (15-1/2 ounces) navy beans, rinsed and drained | 1/4 cup chopped celery leaves |
| 1/2 cup diced peeled red potato | 2 tablespoons tomato paste |

In a large saucepan, saute onion in oil until tender. Add the next eight ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes or until vegetables are tender. Stir in celery leaves and tomato paste. Cover and let stand for 5 minutes before serving. Yield: 4 servings.

<https://www.tasteofhome.com/recipes/summer-vegetable-soup>

Taco Soup

Makes 4 Servings

From Vonnie Oman

- | | |
|--|-------------------------------------|
| 1 pound ground beef cooked | 2 cups water |
| 1 onion chopped | 2 cups chopped carrots |
| 2 cans kidney beans with liquid | 2 cups chopped celery |
| 1 can whole kernel corn with liquid | 1 quart tomatoes blended |
| 1 small can tomato sauce | 1 package taco seasoning mix |

1. Brown ground beef. Chop onion, carrots and celery.
2. Put in a large soup pot, cover with water and bring to a boil. Boil until vegetables are tender.
3. Add beef, corn, tomato sauce, kidney beans, blended tomatoes and taco seasoning.
4. Heat thoroughly. Serve with tortilla chips and grated cheddar cheese.

Wild Rice and Ham Chowder

Makes 8 Servings

- | | |
|---|---|
| 1/2 cup onion | 1 bay leaf |
| 2 cloves garlic minced | 1/2 teaspoon dried thyme |
| 1/4 cup butter cubed | 1/4 teaspoon ground nutmeg |
| 6 tablespoons flour | 3 cups cooked wild rice |
| 1/2 teaspoon salt | 2 1/2 cups fully cooked ham |
| 1/4 teaspoon pepper | 2 cups half and half |
| 4 cups chicken broth | 1 (15 1/4-ounce) can whole kernel corn |
| 1 1/2 cups cubed & peeled potatoes | Fresh parsley |
| 1/2 cup chopped carrot | |

In a Dutch oven or soup kettle over medium heat, saute onion and garlic in butter until tender. Stir in the flour, salt, and pepper until blended. Gradually add broth. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Add potatoes, carrots, bay leaf, thyme, and nutmeg return to a boil. Reduce heat cover and simmer for 30 minutes or until vegetables are tender. Stir in rice, ham, half and half cream, and corn heat through (do not boil). Discard bay leaf. Garnish with parsley.

Veggie Cheese Soup

Makes 9 Servings

Preparation: 15 min , Cook Time: 25M

Yield: 9 servings (1-1/2 quarts)

My niece makes this in a slow cooker by putting in all the ingredients but the cheese. When the veggies are tender, she adds the cubed cheese and 5 minutes later, a nutritious meal is served. —Jean Hall, Rapid City, South Dakota

Total Time: 40M

Nutrition Facts: 3/4 cup: 115 calories, 4g fat (2g saturated fat), 15mg cholesterol, 682mg sodium, 13g carbohydrate (4g sugars, 1g fiber), 8g protein.

- | | |
|---|--|
| 1 medium onion, chopped | 1/4 cup cold water |
| 1 celery rib, chopped | 1 can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted |
| 2 small red potatoes, cut into 1/2-inch cubes | 3 cups frozen california-blend vegetables, thawed |
| 2 3/4 cups 2-3/4 water | 1/2 cup chopped fully cooked lean ham |
| 2 teaspoons reduced-sodium chicken bouillon granules | 8 ounces reduced-fat process cheese (velveeta), cubed |
| 1 tablespoon cornstarch | |

1. In a large saucepan coated with a cooking spray, cook onion and celery over medium heat until onion is tender. Stir in the potatoes, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 10 minutes.
2. Combine cornstarch and cold water until smooth; gradually stir into soup. Return to a boil; cook and stir until slightly thickened, 1-2 minutes. Stir in condensed soup until blended.
3. Reduce heat; add vegetables and ham. Cook and stir until vegetables are tender. Stir in cheese until melted.

<https://www.tasteofhome.com/recipes/veggie-cheese-soup/>

White Chicken Chile

Makes 6 Servings

From Vonnie Oman

- | | |
|---|--|
| 1 tablespoon oil | 3 cups chicken broth |
| 1 medium onionchopped | 1 15 oz. can whole cornwith liquid |
| 1 clove garlicchopped | 2 to 4 (4oz) cans chili peppers |
| 4 to 6 chicken breastscooked & chopped | 1 tablespoon chopped jalapeno peppers |
| 1 teaspoon cumin | 2 tablespoons chicken bouillon |
| 3 15 oz. cans white beanswith liquid | Tabasco to taste |
| 1 15 oz. can garbanzo beansdrained | |

Mix all together in a large soup pan, Simmer on stovetop or in a crockpot until heated through. May add water if needed. Top with sour cream, cheese, chips, etc. if desired.

Vegetables

Basil-Garlic Green Beans

Makes 5 Servings

Taste of Home

3 pounds fresh green beans trimmed
5 tablespoons butter cubed

6 cloves garlic minced
1 tablespoon dried basil

1. Place beans in a large kettle and cover with water. Bring to a boil cover and cook for 8-10 minutes or until crisp-tender. Drain and keep warm.
2. In the same pan, melt butter. Add garlic cook and stir until golden. Add basil and beans toss to coat.

Coconut Sweet Potato Casserole

Makes 8 Servings

1 (40-ounce) can sweet potatoes drained, cut up
1 apple peeled, thinly sliced
1/2 cup honey

2 tablespoons butter melted
1/2 cup coconut

Place sweet potatoes in greased 9-inch baking dish top with apple slices. Mix honey and butter pour over apple. Sprinkle with coconut cover.

Bake at 350° for 30 minutes. Uncover. Bake an additional 20 minutes or until apple is tender and coconut is lightly browned.

Corn Zucchini Saute

Makes 4 Servings

Yield: 4 servings

Total Time: 30 Min

3/4 cup chopped sweet onion
3 tablespoons olive oil
2 garlic cloves, minced
3 medium zucchini, quartered lengthwise and sliced
1 plum tomatoes, seeded and chopped

1 can (15-1/4 ounces) whole kernel corn, drained
1/4 cup water
1 tablespoon dried parsley flakes
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup shredded Cheddar cheese

In a large skillet, saute onion in oil until tender. Add garlic; cook 1 minute longer. Add zucchini and tomato. Cook for 5 minutes, stirring occasionally. Stir in the corn, water, parsley, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Sprinkle with cheese. Cover and cook 2 minutes longer or until cheese is melted. Yield: 4 servings.

<https://www.tasteofhome.com/recipes/corn-zucchini-saute>

Corn-Cheese Souffle

Makes 8 Servings

This recipe is great for the Holidays

4 tablespoons butter
1 green onion chopped
1/2 cup flour
1/2 teaspoon dry mustard
1/2 teaspoon salt
3/4 cup milk

2 ounces Monterey Jack cheese shredded (1/2 cup)
8 ounces cream-style corn
4 large eggs -- separated
1 large egg white optional
1/2 teaspoon cream of tartar

1. In a 3-quart saucepan, melt butter over medium heat. Add green onion cook until tender. Stir in flour, mustard, and salt cook, stirring, 1 minute. Gradually whisk in milk cook, whisking constantly until mixture thickens and boils.
2. Stir in cheese and corn until cheese melts. Remove from heat.
3. Preheat oven to 350°F. Grease 1 1/2-quart souffle dish.
4. In a medium bowl, with mixer at high speed, beat egg whites with cream of tartar until stiff peaks form.
5. Stir egg yolks into cheese mixture then, with rubber spatula, gently fold in egg whites, one-third at a time, just until blended. Pour into souffle dish. Bake souffle 40 to 45 minutes, until puffy and golden. Serve immediately.

Broccoli & Cheddar Quiche

Makes 6 Servings

Preparation: 0 min.

Yield: 6 servings

Total Time 0 hr. 55 min.

1 cup sliced fresh mushrooms
1 cup each chopped onions and broccoli
5 eggs
1/3 cup miracle whip dressing

1/3 cup milk
1 cup kraft shredded sharp Cheddar cheese
1 frozen deep-dish pie crust (9 inch)

1. Heat oven to 375°F.
 2. Cook vegetables in skillet sprayed with cooking spray on medium heat 5 min. or until crisp-tender, stirring occasionally. Remove from heat.
 3. Beat eggs, dressing and milk in medium bowl with whisk until blended. Stir in vegetable mixture and cheese; pour into pie crust. Place on baking sheet.
 4. Bake 40 to 45 min. or until center of quiche is set and top is golden brown. Let stand 10 min. before slicing to serve.
- <http://www.kraftrecipes.com/recipes/broccoli-cheddar-quiche-98320.aspx>

Easy Potato Bake

Makes 12 Servings

1 (32-oz) package frozen hash brown potatoes
2 cups sour cream
2 cups shredded Cheddar cheese
1 can cream of chicken soup

1 cup chopped green onion
1 cup corn flake crumbs
2 tablespoons butter

Mix potatoes, sour cream, cheese, soup and onions.
Spoon into greased 9x13-inch baking dish. Toss crumbs and butter sprinkle over potato mixture.

Bake at 375° for 1 hour.

Buttery Almond Green Beans

Makes 8 Servings

Preparation: 10 Min , Cook Time: 20 Min

Yield: 8 servings

*Total Time: 30 Min**Nutrition Facts**3/4 cup: 179 calories, 14g fat (6g saturated fat), 24mg cholesterol, 407mg sodium, 13g carbohydrate (4g sugars, 5g fiber), 5g protein.*

2 pounds fresh green beans, trimmed
2 cups water
1 envelope onion soup mix
2/3 cup slivered almonds, toasted

2 tablespoons grated Parmesan cheese
1 teaspoon paprika
6 tablespoons butter, melted

1. In a large saucepan, combine the beans, water and soup mix. Bring to a boil. Reduce heat; cover and simmer until beans are crisp-tender, 15-20 minutes.
2. In a small bowl, combine the almonds, cheese and paprika. Drain beans; drizzle with butter and sprinkle with almond mixture. Toss to coat.

<https://www.tasteofhome.com/recipes/buttery-almond-green-beans/>

Parmesan-Garlic Butter Green Beans

Makes 6 Servings

Betty Crocker

4 cups frozen green beans
2 tablespoons butter

1 clove garlic finely chopped
1 tablespoon grated Parmesan cheese

Cook green beans as directed on bag to desired doneness—except do not season to taste drain. Meanwhile, in a 1-quart saucepan, melt butter over medium-low heat. Add garlic cook 2 to 3 minutes, stirring frequently, until garlic is tender. Pour garlic butter over cooked green beans stir to coat. Sprinkle with cheese toss gently.

Refried Beans

2 1/2 cups pinto beans
1 onion
1 tablespoon chili powder

1/8 teaspoon garlic powder
1 teaspoon salt

1. Soak beans overnight in water and baking soda. Drain off water and add new water.
2. Simmer until beans are tender.
3. Drain some of the water off and add other ingredients. Pour off most water and add again as needed.
4. Simmer until onions are soft. Remove from heat and blend using hand mixer or food processor.

Roasted Sweet Potatoes with Honey and Cinnamon

Makes 4 Servings

Preparation: 15 min , Cook Time: 30 min

Yield: 4 servings

Total Time: 45 min



4 sweet potatoes peeled and cut into 1-inch cubes
1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked

1/4 cup honey
2 teaspoons ground cinnamon
salt and freshly ground black pepper

1. Preheat oven to 375 degrees F.
2. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.
3. Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil.

<https://www.foodnetwork.com/recipes/tyler-florence/roasted-sweet-potatoes-with-honey-butter-recipe-1946538>

Skillet Parmesan Zucchini Recipe

Makes 4 Servings

Yield: 4 servings, about 3/4 cup each

Preparation: 25 min. , Cook Time: 8 min.

This is my family's favorite for zucchini but like another reviewer you have to use Basil, garlic and onion for flavor. I sauté finely chopped garlic(4-5 cloves) and sliced onion in olive oil when they are transparent I add the zucchini sauté another 2 or 3 minutes and added 1 can of diced tomatoes and 1 small 8oz. can of tomato sauce. We like cubed potatoes in it. I will either put them in the sauce before the zucchini and part cook them then add the zucchini or I cube them and boil in water until done and add them to the zucchini/sauce at the end. It is a complete meal. My grandmother's recipe. I also use the bell pepper and cheese. Delicious & tasty way to prepare zucchini!



1 small red pepper chopped

1 small onion chopped

4 small zucchini (1 lb.), thinly sliced

1/2 cup classico family favorites traditional pasta

sauce

3/4 cup kraft 2% milk shredded mozzarella cheese

2 tablespoons kraft grated Parmesan cheese

1. Cook and stir peppers and onions in large nonstick skillet sprayed with cooking spray on medium heat 5 min. Add zucchini; cook and stir 2 min.

2. Stir in pasta sauce; cover. Cook 8 min. or until vegetables are crisp-tender, stirring occasionally.

3. Sprinkle with cheeses; cook, covered, 1 min. or until mozzarella is melted.

<http://www.kraftrecipes.com/recipes/skillet-parmesan-zucchini-recipe-112444.aspx>

Zucchini Onion Pie

Makes 6 Servings

Preparation: 10 Min , Cook Time: 25 Min

Yield: 6 servings

Test Kitchen Tips

If you don't have a deep dish pie plate, feel free to use a small baking dish (8-in. square) or a souffle dish (1-1/2 to 2 quarts). Reduce oven time as needed, baking until lightly browned and eggs have reached an internal temperature of 160 degrees.

For an easy swap-a-roo, use basil or dill in place of the parsley. Dill packs a punch, so you need only 1 teaspoon.

Nutrition Facts: 1 slice: 353 calories, 27g fat (5g saturated fat), 104mg cholesterol, 627mg sodium, 18g carbohydrate (2g sugars, 1g fiber), 9g protein.

**3 eggs****1 cup grated Parmesan cheese****1/2 cup canola oil****1 tablespoon minced fresh parsley****1 garlic clove, minced****1/4 teaspoon salt****1/8 teaspoon pepper****3 cups sliced zucchini****1 cup biscuit/baking mix****1 small onion, chopped**

In a large bowl, whisk the first seven ingredients. Stir in the zucchini, baking mix and onion. Pour into a greased 9-in. deep-dish pie plate. Bake at 350° for 25-35 minutes or until lightly browned. Yield: 6 servings.

Test Kitchen Tips If you don't have a deep dish pie plate, feel free to use a small baking dish (8-in. square) or a souffle dish (1-1/2 to 2 quarts). Reduce oven time as needed, baking until lightly browned and eggs have reached an internal temperature of 160 degrees. For an easy swap-a-roo, use basil or dill in place of the parsley. Dill packs a punch, so you need only 1 teaspoon.

<https://www.tasteofhome.com/recipes/zucchini-onion-pie>

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