

## **PUBLISHER'S CORNER . . .**

Good morning! I'm off today. Thank goodness because it gives me time to do laundry and get my uniforms lined out for the week. I start nights for a month. And we all know how I feel about working nights, but especially having to sleep days. You'd think after all these many years that I would have gotten used to it. No chance! But I keep telling myself that I will retire December 2018. I even have an app on my cell phone that counts the days (and minutes) until then, lol.

We have a great batch of recipes in today's issue. Just wait! I want you to read everything before them! If you don't see a recipe with your name on it - you should. How about doing a little something for your fellow readers? Sharing really is fun, and so is telling folks that you have a published recipe.

[For recipes use this link.](#)

[For other postables use this link.](#)

I have embedded the "subject" line so I know you're a friend, not a foe. PLEASE remember to include your name (just your first is fine) and your location (just your state is fine). I thank you so much!

## **DID YOU KNOW . . .**

### **POWDERED SUGAR**

Nutrition

Granulated sugar that has been crushed into a fine powder with about 3% cornstarch added to prevent clumping. Powdered sugar labeled XXXX is slightly finer than that labeled XXX but they can be used interchangeably. 1 pound = 4 cups sifted.

Season: available year-round

How to prepare: Because it dissolves so quickly it is often used for icings and frostings or dusted over desserts.

Substitutions: 1 3/4 cup powdered sugar = 1 cup granulated sugar

OR

1 cup granulated sugar + 1 tsp. cornstarch processed in a blender (NOT a food processor) = 1 cup powdered sugar

Source: Food.com

## **JUST MAKE ME LAUGH . . .**

### **THINGS I LEARNED LIVING IN THE SOUTH**

Shared by Pam H., OH

A possum is a flat animal that sleeps in the middle of the road.

There are 5,000 types of snakes and 4,998 of them live in the South.

There are 10,000 types of spiders. All 10,000 of them live in the South, plus a couple no one's seen before.

If it grows, it'll stick ya. If it crawls, it'll bite cha.

Onced and Twiced are words.

It is not a shopping cart, it is a buggy!

Jawl-P? means, Did you all go to the bathroom?

People actually grow, eat and like okra.

Fixinto is one word. It means I'm going to do that.

There is no such thing as lunch. There is only dinner and then there's supper.

Iced tea is appropriate for all meals and you start drinking it when you're two. We like a little tea with our sugar. It is referred to as the Wine of the South.

Backwards and forwards means I know everything about you.

The most best is actually a question question. (Did you get?)

The word jeet is actually a question meaning, 'Did you eat?'

You don't have to wear a watch, because it doesn't matter what time it is, you work until you're done or it's too dark to see.

You don't PUSH buttons, you MASH em.

Ya'll is singular. All ya'll is plural.

All the festivals across the state are named after a fruit, vegetable, grain, insect, or animal.

You carry jumper cables in your car for your OWN car.

You only own five spices: salt, pepper, mustard, Tabasco and ketchup.

The local papers cover national and international news on one page, but require 6 pages for local high school sports, the motor sports, and gossip.

Everyone you meet is a Honey, Sugar, Miss (first name) or Mr. (first name)

You think that the first day of deer season is a national holiday.

You know what a hissy fit is.

Fried catfish is the other white meat.

We don't need no dang Driver's Ed. If our mama says we can drive, we can drive!!!

You understand these jokes and forward them to your Southern friends and those who just wish they were from the SOUTH.

AND one more:

Why did the chicken cross the road?

To show that stupid possum that it CAN be done!

## **RECIPES SHARED BY OUR PALS . . .**

### **SOUTHWEST-STYLE CREAMY CORN CHOWDER**

Shared by Luanne, FL

With all this cold weather, we need a lot of good soup recipes. Here is one.

"Toss everything into a slow cooker and you'll have the easiest, and cheesiest, corn chowder!"

Ingredients:

1/4 cup white sugar  
4 cups undrained whole kernel corn  
1 (8 ounce) package cream cheese  
1/2 cup shredded Mexican cheese blend  
1/2 cup milk  
1 cup chicken broth  
2 stalks celery, thinly sliced  
1 tablespoon minced garlic  
2 slices bacon, cut into 1 inch pieces  
2 tablespoons ground black pepper

Directions:

1. Place sugar, corn, cream cheese, Mexican cheese, milk, chicken broth, celery, garlic, bacon, and pepper into a slow cooker. Cook on High for 1 hour, then reduce heat to Low and cook for an additional 2 1/2 hours.

--Note--

Do it on stovetop, browning the celery, garlic, and bacon first.

### **CREAMY ITALIAN CHICKEN (CROCKPOT)**

Shared by Luanne, FL

4 boneless skinless chicken breast halves  
1 envelope dry Italian salad dressing mix  
1/4 cup water  
8 oz. cream cheese, softened  
1 can cream of chicken soup, undiluted  
4 oz. can mushrooms, drained  
Hot cooked rice or pasta

Put chicken breast halves in a crock pot. Combine the Italian dressing mix and water mix until smooth, and pour over top of chicken. Cover

Put chicken breast halves in a crock pot. Combine the Italian dressing mix and water; mix until smooth, and pour over top of chicken. Cover and cook on low for 3 hours.

Combine the cream cheese and soup until smooth and blended. Stir in mushroom pieces. Pour soup mixture over chicken.

Cook 1 hour more or until chicken is cooked through.

Serve over hot cooked rice or pasta. I like mashed potatoes !

## **BACON & CARAMELIZED ONION DIP**

Shared by Charlie J., Mobile, AL

### Ingredients

4 slices bacon  
1/2 cup diced red onions  
One 14-ounce can white beans, drained and rinsed  
1/3 cup sour cream

From your pantry:

1/2 teaspoon black pepper  
Salt to taste

### Directions

In a medium skillet, cook bacon on medium-high heat until crispy. Remove and place on a paper towel to drain. In same skillet, cook onions over medium heat for 8 to 10 minutes, until browned and caramelized. Remove and add to paper towel with bacon. When bacon is cool, crumble into tiny pieces, leaving half a piece of bacon for garnish.

Add white beans, sour cream and pepper to a food processor. Puree for 1 1/2 minutes, until smooth. Empty into a bowl and stir in bacon and onions. Taste and add salt if needed. Refrigerate for at least 30 minutes so that dip thickens. When ready to serve, garnish with half piece of bacon and a few onions.

Tip: Make one day ahead to let flavors deepen.

Source: [www.cooking.com](http://www.cooking.com)

## **MEXICAN SKILLET CHICKEN DELICIOSO**

Shared by Linda H., Rosharon, TX

### FILLING

2 cups of tortilla chips, slightly broken up  
1 cup shredded hot pepper Monterey jack cheese  
2 1/2 cups chopped cooked chicken  
1 cup sour cream  
1/2 cup chopped onion  
1 can cream of chicken soup  
1 can chopped green chilies, drained

### TOPPING

2 6-ounce packages of yellow cornbread mix  
1 1/3 cups of milk  
1 cup shredded cheddar cheese

Preheat oven to 400. Grease a large cast iron or ovenproof skillet. Sprinkle tortilla chips evenly in skillet. Add Monterey jack cheese.

In a bowl, combine chicken, sour cream, onion, soup and chilies and mix well. Spoon chicken mixture over the Monterey jack cheese. In another bowl combine cornbread mix and milk and stir till smooth. Stir in cheddar cheese and spoon over chicken mixture. Spread evenly. Bake in 400 degree oven for 30-40 minutes or until golden brown.

Source: "New Tastes From Texas"

## **MEXICAN FIRE RICE**

Shared by Linda H., Rosharon, TX

2 2/3 cups water  
1 1/3 cups uncooked long grain white rice  
1 pound ground pork breakfast sausage  
1 (16 ounce) jar Picante sauce  
1 (8 ounce) container sour cream  
8 ounces Cheddar cheese, shredded

In a medium saucepan, bring the water to a boil. Stir in the rice. Reduce heat, cover, and simmer 20 minutes.

Preheat oven to 350 degrees F. In a skillet over medium heat, cook the sausage until evenly brown. In a medium baking dish, mix the

Preheat oven to 350 degrees F. In a skillet over medium heat, cook the sausage until evenly brown. In a medium baking dish, mix the cooked rice, cooked sausage, Picante sauce, and sour cream. Top with Cheddar cheese.

Bake 20 minutes in the preheated oven, until cheese is bubbly.

## **BORRACHO BEANS**

Shared by Linda H., Rosharon, TX

Serves 16

4 cups uncooked beans (preferably pinto beans)  
4 quarts water  
1 pound bacon or salt pork, chopped  
2 Serrano chilies, chopped  
1 cup cilantro, chopped  
1 tomato, chopped  
3 cloves garlic, peeled  
1 tsp. freshly ground pepper  
Salt to taste  
1 can beer

In a large stockpot, combine all ingredients and boil for 2 to 3 hours, until the beans are tender.

Tip: Because beans take so long to cook, they are traditionally made in large batches. Leftover beans, once they are well cooled, can be frozen in smaller portions.

They are great as a side dish, or as the base for tostadas, chalazas, or enfrijoladas.

History-

Around Mexico City, many taco stands serve salsa borracho, or "drunken sauce." These sauces are fortified with pulque, a fermented beverage made from the agave plant. As "drunken" dishes crawled north towards the border, and away from the source of pulque, beer became the ingredient of necessity. Borracho beans do not keep as well as other beans.

## **BACON CINNAMON ROLLS**

Shared by Johnny, LA

These are so easy, it's almost a non-recipe. Sure, you can complicate matters by making your own dough and cooking bacon from scratch, but for pure instant gratification, this is the way to go.

1 can refrigerated cinnamon rolls with icing  
1 12-ounce package pre-cooked bacon

I used Trader Joe's pre-cooked bacon and was very satisfied with the result because the bacon was just the right consistency to roll without breaking. However, if you already have bacon in the fridge, either bake it or fry it slowly until most of the fat renders out but the strips do not become crisp. Dry on paper towels before rolling into the dough.

Open the package of cinnamon rolls and unroll each strip of dough. Lay bacon along the length of the roll. If the bacon hangs over the edges a bit, that's fine as it will crisp up in the oven.

Re-roll the cinnamon rolls, place on a cookie sheet and bake following directions on the can. You may choose to add a couple of minutes to the baking if they aren't golden enough.

Let the rolls cool on a wire rack, ice, and serve.

## **OLD FASHIONED PEANUT BUTTER BALLS**

Shared by Johnny, LA

Prep time: 30 min  
Yield: 4 Dozen or more

Ingredients

1-1/2 cups of creamy peanut butter  
1 cup (2 sticks) of unsalted butter, softened  
1 (1 pound) box of powdered sugar, sifted  
1 (12 ounce) package of semi-sweet chocolate chips  
2 tablespoons plus 2 teaspoons of vegetable shortening (like Crisco)

Instructions

Cream together, by hand, the peanut butter and the butter. Mix in the powdered sugar a little at a time until well mixed. Use a small scoop or pinch off dough to form balls, rolling them into about 1-inch size. Place onto wax paper or parchment covered baking trays and store in the refrigerator to firm up, for about an hour.

Melt the chocolate and the shortening in the top of a double boiler. Work in batches, leaving remaining balls in the refrigerator and quickly

Put the chocolate and the shortening in the top of a double boiler. Work in batches, leaving remaining balls in the refrigerator, and quickly, dropping peanut butter balls, one at a time, into the chocolate and toss with a fork. Lift out, let excess chocolate drain off, and transfer to wax or parchment paper to set. Dough will make several dozen, depending on what size you roll them.

Note: A double boiler works better for dipping than microwaving, but take care not to get water in your chocolate. It will seize up on you if you do. Don't try to substitute the shortening with butter, margarine, oil or whatnot. It will not work. Can substitute your favorite chocolate candy coating for the chocolate chips and shortening, however do not mix candy coating with real chocolate. They are incompatible. If you're feeling retro, the original recipe calls for melting 2/3 cup of grated cooking paraffin with the chocolate chips, instead of the shortening. You can usually find boxes of paraffin near the canning supplies. Also can substitute a mixture of creamy and crunchy peanut butter, and even add in some chopped peanuts, if you prefer.

Tip: When dipping, work in small batches, keeping the rest of the balls refrigerated. Work quickly, dropping a ball into the chocolate, roll it to cover, then lift and gently tap the fork on the side of the bowl to knock off excess chocolate. Pass the bottom of the fork across the edge of the pot as you transfer the ball. Let the ball slowly slide off of the fork onto the parchment paper. If you're adding any sprinkles, coconut or decorator sugars, do that here before the chocolate dries. The pooling that sometimes forms as the balls set can be trimmed off when the balls dry if desired.

Source: From the Kitchen of Deep South Dish.

<http://deepsouthdish.com>

## **JAMES BECK'S HABANERO & BACON MAC 'N CHEESE**

Shared by Johnny, LA

Ingredients:

6-10 Slices Cooked Bacon, Chopped  
1 Tsp. Garlic  
1/2 Cup Minced Onion  
1 1/2 Sticks Butter  
3 Cups Milk  
1/2 Cup Flour  
1 Tsp. Salt  
2 Tsp. Black Pepper  
2 Tsp. Green Chile Powder  
3 Cups shredded Pepper Jack Cheese  
3 Cups shredded Habanero Cheddar Cheese  
3-6 New Mexico Chiles, Roasted, Chopped, Seeded and Rinsed  
1 lb. Large Elbow Macaroni  
1/2 Cup Bread Crumbs

Cook the bacon, and set aside the bacon fat. Sauté the onion and garlic in that fat in a large skillet until the onion is tender. Heat the milk over medium heat in a sauce pan. While the milk is heating, add butter to the garlic and onion. When the butter is completely melted and begins to bubble, add the flour and whisk until well mixed. Pour the warm (not boiling) milk into the butter, whisk it until thick. Reduce this mixture to low heat and add the salt, black pepper, and green chile powder. Mix well and simmer for 5 minutes to marry the flavors.

Boil the macaroni until al dente. Preheat your oven to 375 F. Add 3 cups of habanero cheddar, 2 1/2 cups of pepper jack cheese, and the chopped New Mexico chiles to the sauce. Mix this well and remove it from the heat.

Spray a 9x13-inch casserole pan with cooking spray. Place the drained pasta in the pan, then pour the cheese sauce over the top. If the cheese sauce is too thick, mix it gently with a whisk. Sprinkle the pasta mix with the bread crumbs, bacon pieces, and remaining 1/2 cup of pepper jack cheese. Bake it until brown and bubbling (approximately 30 minutes).

Serves: 8

Heat Scale: Very Hot

Source: eatmoreheat.com

## **MEXICAN-STYLE EGGS**

Shared by Johnny, LA

If you enjoy eggs and are not allergic to them, they may be a staple in your home like they are in mine. The good thing about these little beauties is they can be served for any meal, at any time. What's better than scrambled eggs and buttered toast at 1 AM? Audrey Hepburn made them (almost) for Humphrey Bogart in Sabrina; Diane Keaton made them for Jack Nicholson in Something's Gotta Give. Show some love and make these Mexican-style eggs.

INGREDIENTS

8 each eggs (or an egg substitute equivalent of 8 eggs)\*  
8 ounces chorizo sausage, cut into small pieces\*  
1 small onion coarsely chopped  
1 small sweet red pepper, chopped  
1 small green pepper, chopped  
2 tablespoon vegetable oil  
1 tbspn cold water  
1-1/2 cup cheddar cheese, grated  
8 small flour tortillas (they are 6 to 7 inches)  
1 cup mild or medium hot salsa

1 cup mild or medium hot salsa

## DIRECTIONS

Preheat broiler.

Prepare the chorizo, onion, sweet peppers and cheddar cheese. Heat vegetable oil in large skillet, when medium hot place chorizo in pan, along with the peppers and onion. Cook until vegetables are tender, about 4 or 5 minutes. Add cold water to eggs and whisk until foamy. Reduce heat and pour eggs into skillet. Stir gently and cook until eggs are the desired firmness. Do not over cook, you want the eggs moist.

Divide egg mixture to fill 8 tortillas. Use large baking dish to hold tortillas. Wrap egg mixture in 8 tortillas and place wrap sides (seam side) down in baking dish and sprinkle with grated cheese. Wipe skillet and Heat salsa until very warm, but not bubbling hot. Set aside.

Place baking dish in under broiler, watching carefully. When cheese bubbles and is fully melted, remove dish from broiler and spoon salsa over eggs or pour salsa in bowl and allow guests to serve themselves.

Serves 8, but it is easily halved.

If serving for brunch, have tomato juice or orange available. Perhaps a pitcher of Bloody Mary's or mimosa's if you want a light alcoholic drink. Small cups of fruit would go nicely with this.

## Hints

\* Chorizo sausage comes hot or sweet. You may want to use 1/2 of each.

\* There are several brands of egg substitute products. My personal choice is Egg Beaters brand.

## OLD FASHIONED BAKED APPLES (CROCKPOT)

Shared by Johnny, LA

### Ingredients

4-5 Apples (whatever will fit in your slow cooker)  
1/2 Cup water

For Each Apple you'll need:

2 Tablespoons Dark Brown sugar  
1 Tablespoon dried cranberries or raisins  
1/2 teaspoon Cinnamon and 1/8 teaspoon allspice (just a smudge of allspice)  
1 Tablespoon (or pat) of butter

### Instructions

1. Core each apple and peel a small strip from around the top of each one (about 1 inch). Place in bottom of slow cooker.
2. Combine brown sugar, spices, and dried cranberries in a small bowl and stir until well combined.
3. Stuff each apple with filling, all the way to the top, pressing down with your finger to make room for more filling. Top each one with a pat of butter.
4. Pour water into bottom of slow cooker.
5. Cover and cook on low 6-8 hours or high 3-4 hours, or until tender. Serve on their own or with ice cream. Also great over oatmeal.

To bake in the oven: Follow the same recipe, but place in baking dish (8x8 or 9x13) and pour water in just as before. Bake at 350 for 30-45 minutes, or until tender.

## CHICKEN WITH GOAT CHEESE AND FIGS

Shared by Johnny, LA

Total: 1 hr  
Makes: 6 servings

### INGREDIENTS

6 tablespoons unsalted butter (3/4 stick)  
4 medium shallots, sliced paper thin  
Salt  
Freshly ground black pepper  
2 cups port wine (tawny or reserve)  
2 cups low-sodium chicken broth  
6 ounces chèvre (fresh goat cheese)  
2 tablespoons coarsely chopped thyme  
6 boneless, skinless chicken breasts (about 3 pounds total)  
2 tablespoons olive oil  
10 medium fresh figs, halved lengthwise

## INSTRUCTIONS

1. Heat the oven to 400°F and arrange a rack in the middle.
2. Melt 1 tablespoon of the butter in a medium frying pan over medium heat. When it foams, add the shallots, season with salt and pepper, and cook, stirring occasionally, until softened and golden brown. Transfer to a plate and set aside.
3. Add the port to the frying pan and bring to a boil over high heat. Reduce the heat to medium and continue to simmer until the port is reduced by half, about 6 to 10 minutes. Add the broth and reduce by half again (you should have about 2 cups); remove from heat and set aside. Meanwhile, mix together the reserved shallots, cheese, and 1 tablespoon of the thyme in a small bowl until evenly incorporated. Divide into 6 portions and set aside.
4. Make pockets in the chicken by laying 1 breast on a cutting board and using a sharp knife to slice horizontally about three-quarters of the way through the meat. Move the knife in a fanning motion to slightly enlarge the pocket (be careful not to cut all the way through); repeat with the remaining chicken breasts. Season the chicken all over with salt and pepper and stuff the divided shallot filling into the pockets.
5. Heat the olive oil and 2 tablespoons of the butter in a large frying pan over medium-high heat. When the butter foams, add 3 of the chicken breasts and cook until golden brown, about 3 minutes. Flip and repeat. Remove and repeat with the remaining chicken. Once all the chicken is browned, place it on a baking sheet and bake until it's cooked all the way through (the juices will run clear when pierced with a knife), about 20 minutes.
6. About 5 minutes before the chicken is ready, melt 1 tablespoon of the butter in a medium frying pan over medium heat. Once it foams, add the figs, cut side down, and the remaining thyme and cook until the figs are well browned. Add the reserved port sauce and the remaining 2 tablespoons butter and stir until the butter has melted and the sauce is heated through. Season with salt and pepper if necessary. When the chicken is ready, transfer to a serving platter, top with the sauce and figs, and serve.

Beverage pairing: Qupé Marsanne, California. Marsanne makes wines with good weight, but also good acidity and subtle, unprepossessing flavors of white peaches and jasmine. It's lovely with something equally humble like chicken, especially when accented with thyme, the sharpness of chèvre, and the richness of figs.

Source: <http://www.chow.com/recipes/10626-chicken-with-goat-cheese-and-figs>

## MEATBALL BUBBLE BISCUITS

Shared by Johnny, LA

Wrap refrigerated biscuits around purchased meatballs for a super-easy, crowd-pleasing appetizer.

Prep Time: 15 Min  
Total Time: 40 Min  
Makes: 20 servings

### INGREDIENTS:

1 can (12 oz) Pillsbury® Grands!® Jr. Golden Layers® refrigerated buttermilk or flaky biscuits  
10 frozen cooked Italian-style meatballs (about 5 oz), thawed, each cut in half  
2 sticks (1 oz each) string cheese, each cut into 10 pieces  
1 tablespoon grated Parmesan cheese  
1/2 teaspoon Italian seasoning  
1/4 teaspoon garlic powder  
1 cup marinara sauce, heated

### DIRECTIONS:

Heat oven to 375°F. Separate dough into 10 biscuits. Separate each biscuit into 2 layers. Press each biscuit layer into 3-inch round.

Place 1 meatball half, cut side up, and 1 string cheese piece in center of each dough round. Wrap dough around meatball and cheese, pressing edges to seal. In ungreased 8- or 9-inch round cake pan, place seam side down in single layer.

Sprinkle evenly with Parmesan cheese, Italian seasoning and garlic powder.

Bake 20 to 25 minutes or until golden brown and biscuits are no longer doughy in center. Serve warm biscuits with warm marinara sauce for dipping.

High Altitude (3500-6500 ft): No change.

### Nutritional Information:

1 Serving (1 Serving) Calories 90 (Calories from Fat 40), Total Fat 4 1/2g (Saturated Fat 1 1/2g, Trans Fat 1g), Cholesterol 10mg; Sodium 300mg; Total Carbohydrate 10g (Dietary Fiber 0g, Sugars 2g), Protein 4g  
Percent Daily Value\*: Vitamin A 0.00%; Vitamin C 0.00%; Calcium 4.00%; Iron 4.00%  
Exchanges: 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 1/2 High-Fat Meat; 0 Fat  
Carbohydrate Choices: 1/2

\*Percent Daily Values are based on a 2,000 calorie diet.

## QUICK CHEDDAR-CHIPOTLE MASHED POTATOES

Shared by Iohnnv. LA

Shared by Johnny, LA

Have leftover mashed white potatoes and don't a second-day serving of same-old, same-old? Be creative, try his cheddar-chipotle mashed potatoes recipe. It is quick and easy because it starts with leftover mashed potatoes and seasoned with garlic flakes and onion flakes. Quick. Easy. Tasty.

#### DIRECTIONS

3 cups mashed white potatoes\*  
1/2 cup cheddar cheese, shredded\*  
1 tbsl chipotle peppers, finely chopped\*  
1 tspn onion flakes  
1 tspn garlic flakes  
1/2 tspn dill  
1/2 tspn rosemary  
Salt and black pepper to taste  
1/2 cup of milk if necessary

#### DIRECTIONS

Add chipotle peppers, onion and garlic flakes, dill and rosemary to 3 cups of mashed potatoes. If you need a bit of milk to loosen the potatoes, do so now. Whip and let rest for 2 or 3 minutes. Add cheddar cheese and blend. Add salt and pepper to taste. Put mixture into oven proof dish and place under broiler until lightly browned. Great with pork chops or steak and a green salad.

Serves 5 or 6

Hint

\*You may want to use a good brand of instant mashed potatoes for this recipe. I recommend Betty Crocker brand. Prepare potatoes according to package directions, then proceed with recipe.

\*Buying packaged shredded cheddar cheese makes this chore easy, just open and pour. However, you can save money by shredding bulk cheese yourself.

\*Use rubber gloves to chop chipotle peppers or any hot pepper.

\*This makes a nice addition to a brunch menu. Sample menu: cheddar-chipotle mashed potatoes, soft scrambled eggs, sausage or bacon, sauteed mushrooms, warmed sliced tomatoes and spinach salad.

### BRUNCH FRENCH TOAST

Shared by Johnny, LA

1 stick butter  
1 c. brown sugar  
2 T. dark corn syrup  
1 loaf of French bread, cut into thick sliced  
5 eggs  
1 1/2 c. milk  
2 t. vanilla  
pinch of nutmeg

Cook butter, brown sugar and corn syrup until sugar is dissolved; pour into 13"x9" pan. Layer cut up bread on top of syrup mixture in pan. In a bowl mix eggs, milk, vanilla and nutmeg; pour over bread slices. Cover and refrigerate overnight. Bake, uncovered at 350 degrees for 45 minutes.

Serve on a snowy Sunday morning along with sausage, chilled juice and fresh fruit.

### STICKY TOFFEE PUDDING

Shared by Treva, NC

Cake Ingredients

2-1/4 cups dried dates, coarsely chopped  
2-1/4 cups scalding hot coffee  
1-1/2 tsp. baking soda  
1 stick unsalted butter, melted  
3/4 cup granulated sugar  
2 Tbsp. dark brown sugar  
2 large eggs  
1/4 tsp. sea salt  
1-2/3 cups all-purpose flour

Toffee Sauce Ingredients

1 stick unsalted butter, melted  
1 cup heavy whipping cream  
1 cup plus 2 Tbsp. dark brown sugar



2 tsp. vanilla extract

#### Directions

Pit and roughly chop dates and place them in a heavy bowl; pour hot coffee over them and stir in the baking soda. Cover the bowl and set it aside for 30 minutes. Meanwhile, heat oven to 350, and butter a 9 x 13-inch baking pan. Line the pan with parchment paper, if desired. I didn't, and the cake turned out of the pan with no sticking at all.

Blend the date-coffee mixture in a blender or food processor until smooth. In a large bowl, combine the melted butter and sugars. Whisk in eggs, then salt. Stir in the flour, fold well, then add the prepared date puree and fold well again. Pour the batter into the prepared pan and bake for 25-30. Cool on wire rack. If you used parchment paper, invert the cake onto a serving platter and remove parchment paper from bottom of cake; finish cooling on wire rack.

When your cake is ready for serving, make the sauce: you need a large sauce pot with a heavy bottom, at least 2-1/2 quart size because the mixture increases in volume as it cooks. Melt the butter in the pan, add cream, sugar and vanilla and bring mixture to a good simmer over medium heat. Whisk continually for 10 minutes until mixture thickens slightly. Remove from heat and allow to begin cooling. To serve, cut cake into squares and drizzle with toffee sauce, top with 2 tablespoons of unsweetened whipped cream with a pinch of sea salt added to the top of the cream. Serve when the cake is still slightly warm.

Source: <http://www.cakscountrykitchen.com/sticky-toffee-pudding/>

## SCALLOPED POTATO & GROUND BEEF CASSEROLE

Shared by Treva, NC

1 & 1/2 lbs ground beef (or use bulk Italian sausage meat, can increase the ground beef slightly)  
1 medium onion, chopped  
1 small green bell pepper, seeded and chopped (optional)  
4 garlic cloves, finely chopped (or to taste)  
1/2 teaspoon dried chili pepper flakes (adjust to taste) (optional)  
1 teaspoon seasoning salt (or to taste) or 1/2 teaspoon white salt (or to taste)  
1/2 teaspoon fresh ground black pepper (or to taste)  
5 -6 russet potatoes (peeled and sliced thinly, or use as many as desired)  
2 cups shredded cheddar cheese (or to taste)

#### SAUCE

2 (10 3/4 ounce) cans condensed cream of chicken soup, undiluted (using any other flavor of soup will not be as good)  
1 small onion, chopped (about 1/3 cup)  
3/4 light cream  
1/2 cup sour cream  
1/4 cup grated parmesan cheese  
1 teaspoon garlic powder  
1/2 teaspoon seasoning salt  
fresh ground black pepper (to taste)

#### Directions:

In a skillet cook the ground beef with onion, bell pepper and chili flakes (if using) until no longer pink; drain fat over a colander. Return to pan and add in garlic, season salt and black pepper; cook stirring with a wooden spoon until the meat is lightly browned (I usually add in about 1-2 tablespoons bacon fat that I keep frozen in my freezer to the meat while browning for added flavor and it also helps to brown the meat) set aside. For the sauce; in a medium bowl mix together the undiluted soup with onion, milk, sour cream, Parmesan cheese, garlic powder, seasoned salt and black pepper to taste; mix well to combine. In a greased 13 x 9-inch baking dish or a large oval casserole dish, alternately layer the sliced potatoes on bottom of the baking dish, then soup mixture (I like to sprinkle grated cheddar cheese on top of the soup mixture) then the ground beef mixture on top. Since this is a large casserole I strongly suggest to place the baking dish on a jelly-roll sheet in case of any spills. Bake covered with foil for about 1 hour at 350 degrees F. Uncover and continue baking for another 20-30 minutes or until the potatoes are tender (baking time will vary depending on the thickness of your sliced potatoes).

Remove from oven then sprinkle with grated cheddar cheese; return to oven for 4-5 minutes or until the cheese has melted.

Source: food.com

## AMISH CINNAMON BREAD

Shared by Treva, NC

No kneading, you just mix it up and bake it.

#### Batter:

1 cup butter, softened  
2 cups sugar  
2 eggs  
2 cups buttermilk or 2 cups milk plus 2 tablespoons vinegar or lemon juice  
4 cups flour  
2 teaspoons baking soda  
Cinnamon/sugar mixture:  
2/3 cups sugar  
2 teaspoons cinnamon

#### Directions

Cream together butter, 2 cups of sugar, and eggs. Add milk, flour, and baking soda. Put 1/2 of batter (or a little less) into greased loaf pans (1/4 in each pan). Mix in separate bowl the 2/3 c sugar and cinnamon. Sprinkle 3/4 of cinnamon mixture on top of the 1/2 batter in each pan. Add remaining batter to pans; sprinkle with last of cinnamon topping. Swirl with a knife. Bake at 350 degrees for 45-50 min. or until toothpick tester come clean.

Cool in pan for 20 minutes before removing from pan.

### **CRUNCHY NACHO DOGS**

Shared by Treva, NC

1 can (8 oz.) Pillsbury refrigerated crescent dinner rolls  
4 slices (3/4 oz. each) American cheese  
4 hot dogs  
1 tablespoon milk  
1/2 cup crushed nacho cheese-flavored tortilla chips

Heat oven to 375 degrees. Lightly spray cookie sheet with cooking spray. Separate dough into 4 rectangles; firmly press perforations to seal. Top each rectangle with slice of cheese; place hot dog in center of each. Fold short sides of dough over hotdogs; roll up each, pressing edges to seal. Brush rolls with milk coat with crushed chips. Place seam side down on cookie sheet. Bake 15 to 22 minutes or until deep golden brown.

If desired, serve with ketchup, salsa or sour cream. Makes 4 sandwiches.

Source: Go Ask Alice

### **BANANA PUDDING POKE CAKE**

Shared by Treva, NC

1 Box Yellow Cake Mix (make according to box directions so you will need eggs, oil and water)  
2 (3.4oz) boxes of instant banana pudding  
4 cups of milk  
1 (8oz) tub of cool whip  
20 crushed vanilla wafers

\*Make cake in a 9 x 13 pan...according to box directions Allow to cool for 2-3 min..Then using the end of a wooden spoon or something similar poke your holes in the cake... be sure to go to the bottom...you are gonna want the holes pretty big so the pudding gets down there.

\*In a med bowl whisk your pudding with 4 cups of milk until all lumps are gone.

\*Pour pudding over cake...use the back of your spoon or spatula to get down in holes.

\*Put in fridge and cool for approx 2 hours

\*Spread cool whip on top

\*Sprinkle crushed vanilla wafers on top of cool whip...its good to have some bigger pieces...don't crush them too much.

\*\*\*If desired you can also slice some bananas and place on top before you put the wafers on

### **SWEET POTATOES**

Shared by Treva, NC

Now that Autumn is here, it's the perfect time to make the most of the bounty of sweet potatoes, winter squash and pumpkins that are in every grocery store and farmer's market.

Sweet potato is one of the most healing vegetables we have available to us. They help to lower blood pressure and reduce stress. They are one of the best anti-cancer foods, and can particularly help to prevent breast, colon, lung, skin, and oral cancers.

Sweet potatoes are known for being easy to digest and are very good for ulcers, inflamed colons, digestive disorders, and constipation.

And to top it all off, they taste delicious! Especially in this quick and easy healing recipe. It's perfect for dinner, and pairs wonderfully with a big fresh salad of leafy greens, juicy bell pepper, tomato, cucumber and avocado with a squeeze of orange juice.

#### Ingredients:

2 sweet potatoes, peeled and cubed  
2 cloves of garlic  
1 medium sweet onion, sliced  
1/2 an inch of fresh ginger root  
A pinch of cinnamon, nutmeg, or cardamom and/or sea salt and pepper  
Optional topping: coconut or cashew cream and/or rosemary, thyme or parsley

#### Directions:

1. Steam the sweet potatoes, onion, garlic, and ginger until soft (about 45 minutes).

2. While still hot, transfer to a blender with 1 cup of the steaming liquid. Blend until smooth and creamy.

3. If needed you can add a little more of remaining steaming liquid to create the consistency desired for your soup.
4. Optionally sprinkle seasoning to taste, and top with fresh herbs such as parsley, rosemary, or thyme and a dollop of coconut or cashew cream.

Source: <http://www.medicalmedium.com/medical-medium-blog>

## **BUTTER PECAN CAKE**

Shared by Treva, NC

### Ingredients

2-2/3 cups chopped pecans  
1-1/4 cups butter, softened, divided  
2 cups sugar  
4 eggs  
2 teaspoons vanilla extract  
3 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup milk

### FROSTING: OR PURCHASE

1 cup butter, softened  
8 to 8-1/2 cups confectioners' sugar  
1 can (5 ounces) evaporated milk  
2 teaspoons vanilla extract

### Directions

Place pecans and 1/4 cup butter in a baking pan. Bake at 350° for 20-25 minutes or until toasted, stirring frequently; set aside.

In a large bowl, cream sugar and remaining butter until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the flour, baking powder and salt; add to the creamed mixture alternately with milk, beating well after each addition. Stir in 1-1/3 cups of toasted pecans.

Pour into three greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

For frosting, cream butter and confectioners' sugar in a large bowl. Add milk and vanilla; beat until smooth. Stir in remaining toasted pecans. Spread frosting between layers and over top and sides of cake.

## **CUCUMBER DIP**

Shared by Treva, NC

1 cucumber, peeled, seeded and diced  
One half cup sour cream  
2 Tbsp. green onions, chopped  
1 clove garlic, minced  
2 Tbsp. fresh dill, chopped  
1 tsp. lemon juice  
Salt and pepper to taste

Combine all ingredients and mix well. Chill until ready to serve. Serve with crackers. This starter is fresh and tasty.

The Skinny: Use light sour cream.

## **SLOPPY JOE CASSEROLE**

Shared by Treva, NC

1 Can of Bold Manwich  
1 pound hamburger  
One 28 oz. package of Potatoes O'Brien  
1 cup sharp cheddar cheese

Preheat oven 350.

In skillet brown ground beef & drain and add Manwich.

In another skillet prepare potatoes as instructed on package.

Spray 9X13 baking dish and add cooked potatoes then top with ground beef mix, then top with cheese and bake for 20 minutes.

Source: Susan's Daily Dose

## **PECAN CRUNCH CAKE**

Shared by Treva, NC

24.5 oz jar of sliced peaches in light syrup  
1 package yellow cake mix  
1 stick butter (1/2 cup), cut into 16 pieces  
1 cup brown sugar  
1/2 cup chopped walnuts

Preheat oven to 350 degrees F.

Layer ingredients in a 13 X 9 dish, in order starting with the peaches.

Bake for about 40 minutes.

Serve warm or cold, with or without ice cream.

## **AMISH COUNTRY CASSEROLE**

Shared by Treva, NC

1 lb. Beef chunks or ground beef  
1 chopped onion  
1 can tomato soup  
1 lb. Egg noodles  
1 can cream of mushroom soup  
1 T. Olive oil

Saute chopped onion in olive oil. Add beef. Cook well. Add can of tomato soup undiluted. Cook egg noodle according to directions on pkg. Drain well.

Add can of cream of mushroom soup, undiluted. Grease casserole dish.

Place 1/2 of beef mixture in bottom of casserole.

Add 1/2 of noodle mixture. rest of beef on noodles.

Add remaining noodles.

If desired, sprinkle paprika lightly over top of noodles.

Bake in 375 oven for 20-25 minutes, or until bubbly.

Source: Susan's Daily dose

## **NUTELLA CHEESEBALL**

Shared by Marilyn M., Canton, OH

You will love this Nutella Cheeseball! It's chocolate-y, decadent, and ready to go in less than 15 minutes!

1 (8 oz) package cream cheese, room temperature  
1 (13 oz.) Nutella  
2 cups dark or semisweet chocolate chips (optional)

In a large bowl, whisk or beat together cream cheese and Nutella until blended.

Spoon into center of a piece of plastic wrap. Lift up edges of the corners so that the mixture is completely enclosed, then carefully mold into your desired shape (likely a ball!).

Don't worry about getting it perfectly shaped. Then freeze the ball for at least 1-2 hours.

Remove the ball, and continue shaping into your preferred shape. Unwrap the ball, and place on a serving plate. Then garnish with chocolate chips if you would like.

Serve with crackers, cookies, pretzels, apples, bananas, or whatever sounds good!

Tip: This would also be delicious with some chopped nuts or coconut mixed in!

## **EASY PECAN PIE BARS**

Shared by Marilyn M., Canton, OH

1 can (8 oz) refrigerated crescent rolls  
2 Tbsp butter, melted  
3/4 cup chopped pecans

1/2 cup corn syrup  
1/2 cup sugar  
1 tsp. vanilla  
1 egg, beaten

Preheat the oven to 350°F and line a 9x13-inch pan with foil, leaving enough for a 2-inch overhang on all sides. Unroll dough, separate dough into 2 long rectangles and place in 13x9-inch pan; press over bottom and 1/2 inch up sides to form crust. Firmly press dough perforations to seal. Bake 8 minutes. Combine all filling ingredients except 3/4 cups pecans in bowl and mix well. Stir in pecans. Spread evenly over hot, partially baked crust. Bake 18 to 22 minutes or until filling is set and golden brown. Cool about 1 hour; cut into bars

### **DR PEPPER PULLED PORK (CROCKPOT)**

Shared by Marilyn M., Canton, OH

4-4 1/2 pounds pork shoulder, cut in half, if necessary  
2 yellow onions  
1 1/2 Tbsp. paprika  
2 Tbsp. garlic powder  
1 Tbsp. kosher salt, or to taste  
2 teaspoons freshly ground black pepper  
1/2 teaspoon ground cinnamon  
1 (12 oz) can Dr. Pepper  
1/2 cup BBQ sauce (to taste)

Combine paprika, garlic powder, salt, pepper, and cinnamon in a bowl and mix together. Rub the outside of the pork shoulder with your dry ingredients. Peel and slice your yellow onions and put them into your slow cooker. Put your pork shoulder into your slow cooker on top of the onions. Pour Dr. Pepper over your pork and onions. Cook on low heat for 7 hours. Shred pork with a fork and let it finish cooking in its juices for an additional 30 minutes. Add additional 1/2 cup BBQ sauce, if desired. Serve on a bun and then you're done! Yield ~ serves 5-6

### **PEANUT BUTTER FUDGE CAKE**

Shared by Marilyn M., Canton, OH

2 cups all-purpose flour  
2 cups granulated sugar  
1 teaspoon baking soda  
1 cup unsalted butter  
1/4 cup unsweetened cocoa powder  
1 cup water  
1/2 cup buttermilk  
2 large eggs, lightly beaten  
1 teaspoon vanilla extract  
16 ounces (about 1 & 1/2 cups) creamy peanut butter

Preheat oven to 350°. Grease and flour a 9 x 13 baking pan.

Whisk together flour, sugar, and baking soda in a large bowl; set aside.

Place butter in a medium saucepan. Melt over medium heat.

Stir in cocoa powder. Then, stir in water, buttermilk, and eggs.

Continue cooking over medium heat, stirring constantly, until the mixture boils.

Remove the mixture from heat and add to flour mixture. Stir until smooth, ~ Stir in vanilla.

Transfer batter to prepared pan and spread evenly.

Bake 20 to 25 minutes, or until a pick inserted into the center of the cake comes out clean.

Cool in pan on wire rack for 10 minutes.

Then, spread the peanut butter over the cake. Allow to cool completely.

Icing:

1/2 cup unsalted butter  
1/3 cup buttermilk  
1/4 cup unsweetened cocoa powder  
16 ounces confectioners' sugar, sifted  
1 teaspoon vanilla extract

Place the sifted confectioners' sugar in a large bowl; set aside.

Combine butter, buttermilk, and cocoa in a small saucepan.

Cook over medium heat, stirring constantly until the mixture begins to boil.

Remove from heat and pour over confectioners' sugar. Stir until smooth. Stir in vanilla. Spread icing over peanut butter.

The cake can be served immediately or can sit at room temperature to allow the icing to set. Enjoy!

## **CHOCOLATE CRUNCH BROWNIES**

Shared by Marilyn M., Canton, OH

1 cup butter, softened  
2 cups sugar  
4 eggs  
1/2 cup baking cocoa  
1-1/2 cups all-purpose flour  
2 teaspoons vanilla extract  
1/2 teaspoon salt  
1 jar (7 oz) marshmallow creme  
1 cup creamy peanut butter  
2 cups (12 oz) semisweet chocolate chips  
3 cups crisp rice cereal

In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla. Combine flour, cocoa and salt; gradually add to creamed mixture until blended. Spread into a greased 13-in. x 9-in. baking pan. Bake at 350° for 24-28 minutes or until a toothpick inserted near the center comes out clean (do not overbake). Cool in pan on a wire rack. Spread marshmallow creme over cooled brownies. In a small saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly until smooth. Remove from the heat; stir in cereal. Spread over top. Refrigerate until set. Cut into bars. Yield: 3 dozen.

## **PARMESAN BAKED PORK CHOPS**

Shared by Marilyn M., Canton, OH

4 boneless pork chops  
1 Tbsp. olive oil  
1 cup parmesan cheese (I use Kraft)  
1 cup Italian bread crumbs  
1 tsp. pepper  
1 tsp. garlic powder

On a plate combine the last 4 ingredients.

Rub pork chops with olive oil and then dip (coat) each one in the cheese mixture.

Press the mixture over the pork chops to make sure they are well covered in it.

Line a pan with tin foil and spray with cooking spray. Place the pork chops on the pan.

Bake uncovered at 350 degrees for 40-45 minutes.

This works best if you flip 1/2 way through, or bake on a rack in the pan, so both sides are crispy.

## **CORN & BACON CASSEROLE**

Shared by Marilyn M., Canton, OH

6 bacon strips  
1/2 cup chopped onion  
2 Tbsp. all-purpose flour  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup (8 oz) sour cream  
3 1/2 cups frozen whole kernel corn  
1 Tbsp. chopped fresh parsley

Preheat oven to 350°. In a large skillet, cook bacon until crisp. Drain, reserving 2 Tbsp. of drippings. Crumble bacon; set aside. Sauté onion in drippings until tender. Add flour, garlic, salt and pepper. Cook and stir until bubbly; cook and stir 1 minute more. Remove from heat and stir in sour cream until smooth. Add corn, parsley and half of the bacon; mix well. Pour into a 1-qt. baking dish. Sprinkle with remaining bacon. Bake, uncovered for 20-25 minutes or until heated through. Yield: 6-8 servings.

## **REUBEN CRESCENT BAKE**

Shared by Marilyn M., Canton, OH

2 tubes (8 oz each) refrigerated crescent rolls  
1 pound sliced Swiss cheese  
1 1/4 pounds sliced deli corned beef  
1 can (14 oz) sauerkraut, rinsed and well drained  
1/2 to 2/3 cup Thousand Island salad dressing

1 egg white, lightly beaten  
3 teaspoons caraway seeds

Unroll one tube of crescent dough into one long rectangle; seal seams and perforations. Press onto the bottom of a greased 13-in. x 9-in. baking dish. Bake at 375° for 8-10 minutes or until golden brown. Layer with half of the cheese and all of the corned beef. Combine sauerkraut and salad dressing; spread over beef. Top with remaining cheese. On a lightly floured surface, press or roll second tube of crescent dough into a 13-in. x 9-in. rectangle, sealing seams and perforations. Place over cheese. Brush with egg white; sprinkle with caraway seeds. Bake for 12-16 minutes or until heated through and crust is golden brown. Let stand for 5 minutes before cutting. Yield: 8 servings.

## LAYERED BROWNIE DESSERT

Shared by Marilyn M., Canton, OH

1 cup butter, softened  
2 cups sugar  
2 eggs  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
1/2 cup baking cocoa  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1 cup chopped walnuts

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition ~ Add vanilla. Combine the flour, cocoa, salt and baking powder; add to creamed mixture just until moistened; stir in nuts. Transfer to a greased 13-in. x 9-in. baking pan. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack.

### FILLING:

2 packages (1 (8 oz) ~ 1 (3 oz) cream cheese, softened  
2 cups confectioners' sugar  
2 cups whipped topping

In a small bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped topping; spread over brownies.

### TOPPING:

2 cups cold milk  
1 package (3.9 oz) instant chocolate pudding mix  
Whipped topping and chopped walnuts, for garnish

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Spread over filling. Refrigerate for 1 hour or until serving. Cut into squares; garnish with whipped topping and nuts. Yield: 12-15 servings.

## STRAWBERRY COFFEE CAKE

Shared by Dorie, IL

1 Tbs. cornstarch  
10 oz. pkg. frozen sweetened sliced strawberries  
1/4 tsp. ground cinnamon  
1/4 tsp. almond extract  
2-1/3 cups flour  
3/4 cup sugar  
3/4 cup cold butter  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/8 tsp. salt  
3/4 cup buttermilk  
1 egg, lightly beaten

1. In a large saucepan, combine cornstarch and strawberries until blended. Bring to a boil over medium heat or until thickened. Remove from the heat. Stir in cinnamon and almond extract; set aside.

2. In a large bowl, combine flour and sugar. Cut in butter until mixture is crumbly. Set aside 1/2 cup for topping. Add baking powder, baking soda and salt to the remaining flour mixture. Stir in buttermilk and egg until moistened.

3. Spread 1-1/2 cups of batter into a greased 8-inch square baking dish. Carefully spread with the strawberry mixture. Drop remaining batter by tablespoonfuls over strawberry mixture. Sprinkle with reserved crumb mixture. Bake at 350 for 35-40 minutes or until golden brown. Cool on a wire rack. Yield: 9 servings.

Source: Taste of Home Best Holiday Recipes 2008, 320 Christmas Classics

## CHOCO-DIPPED PEANUT BUTTER COOKIES

Shared by Dorie, IL

14 oz. can Eagle Brand sweetened condensed milk  
3/4 to 1 cup peanut butter

3/4 to 1 cup peanut butter  
1 egg  
1/2 tsp. vanilla extract  
2 cups biscuit baking mix  
1 lb. chocolate confectioners' coating, melted

Heat oven to 350. In large mixer bowl, beat sweetened condensed milk, peanut butter, egg and vanilla until smooth. Add biscuit mix; mix well. Chill at least 1 hour. Shape into 1-inch balls. Place 2 inches apart on ungreased baking sheets. Bake 10 to 12 minutes or until lightly browned around edges (do not overbake). Cool. Partially dip cookies into melted confectioners' coating. Place on wax paper-lined baking sheets. Let stand until firm. Store tightly covered at room temperature.

Source: Eagle Brand Sweetened Condensed Milk (advertisement)

## **OVEN BARBECUE CHICKEN**

Shared by Dorie, IL

10 chicken wings  
3 tablespoons butter  
1 tablespoon onion powder  
5 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 cup ketchup  
1/2 cup water  
2 tablespoons prepared mustard

Preheat oven to 425 degrees F (220 degrees C). In a small saucepan, melt butter or margarine. Add onion powder, sugar, Worcestershire sauce and mustard; mix well. Dilute ketchup with water and add to saucepan mixture. Let simmer for 15 minutes. Place chicken wings in a 9x13 inch baking dish. Pour saucepan mixture over chicken. Bake, uncovered, in the preheated oven for about 45 minutes.

## **AWESOME APPLE MARTINIS**

Shared by Dorie, IL

1 fluid ounce apple schnapps  
1 fluid ounce vodka  
1 fluid ounce apple juice

In a cocktail shaker full of ice, combine apple schnapps, vodka and apple juice. Mix well. Pour into glasses and garnish with a slice of Granny Smith apple.

## **CORN BREAD**

Shared by Dorie, IL

3/4 stick margarine  
2 c. Bisquick  
1 egg  
1 (8 oz.) can creamed corn

Instructions

Melt margarine in an 8x8-inch baking pan. Mix Bisquick, egg and creamed corn. Dump into melted margarine. Bake at 350 degrees for 25 minutes or until brown.

## **CHEROKEE CHICKEN**

Shared by Dorie, IL

1/4 cup vegetable oil  
2 tablespoons butter  
1 (2.5 pound) whole chicken, cut into pieces  
1 green bell pepper, chopped  
1 clove garlic, minced  
1/4 cup chopped onion  
2 tablespoons sweet vermouth  
1 (8 ounce) can whole cranberry sauce  
salt and black pepper to taste

Pour oil into a large skillet over medium heat. Place chicken pieces in the skillet, and cook until golden on all sides, about 10 minutes. Discard all but 2 tablespoons of oil. Stir in green peppers, garlic, and onions; cook until soft, about 10 minutes. Pour vermouth into skillet. Stir in cranberry sauce, salt, and pepper. Cover, and simmer 25 minutes.

## **FROSTY COFFEE PIE**

Shared by Dorie, IL



1/4 C. hot fudge ice cream topping warmed  
1 chocolate crumb crust  
3 C. coffee ice cream softened  
1 pkg. (5.9 oz) instant chocolate pudding mix  
1/2 C. cold strong brewed coffee  
1/4 C. cold milk  
1 3/4 C. whipped topping  
1 C. marshmallow creme  
1/4 C. miniature semisweet chocolate chips

Spread ice cream topping into crust. In a large bowl beat the ice cream, pudding mix, coffee and milk until blended; spoon into crust. In another bowl combine the whipped topping and marshmallow creme; spread over top. Sprinkle with chocolate chips. Cover and freeze until firm.

## HAM & CHEESE CASSEROLE

Shared by Dorie, IL

1 pound boiled ham, ground  
1 pound cheese, chopped  
18 small soda crackers, crushed  
2 green peppers, chopped  
2 small onions, chopped  
2 tablespoon Worcestershire sauce  
2 cups milk  
4 eggs, beaten slightly

### Directions

Preheat oven to 350 degrees. Mix all ingredients well, except cracker crumbs. Put in a buttered casserole dish. Cover with buttered crumbs and bake 30 minutes.

## BELL PEPPER RAJAS

Shared by Dorie, IL

1/2 green bell pepper, seeded and cut into 6 strips  
1/2 red bell pepper, seeded and cut into 6 strips  
1/2 yellow bell pepper, seeded and cut into 6 strips  
3/4 cup shredded Monterey Jack cheese (3 ounces)  
2 tablespoons chopped ripe olives  
1/4 teaspoon crushed red pepper

Cut bell pepper strips crosswise in half. Arrange close together in ungreased broiler-proof pie pan, 9x1 1/4 inches, or round pan, 9x2 inches. Sprinkle with cheese, olives and red pepper. Set oven control to broil. Broil peppers with tops 3 to 4 inches from heat about 3 minutes or until cheese is melted.

## COUNTRY CHICKEN & BISCUITS

Shared by Dorie, IL

Makes 6 Servings

6 cups cut-up cooked chicken  
1 1/4 cups chopped onions  
1 1/4 cups chopped celery  
1 bag (1 pound) frozen mixed vegetables  
2 cans (14 1/2 ounces each) chicken broth  
1/3 cup cornstarch  
3/4 cup cold water  
2 tablespoons chopped fresh parsley  
3 1/3 cups Original Bisquick®  
1 cup milk

### Instructions

Heat oven to 400°. Heat chicken, onions, celery, mixed vegetables and chicken broth to boiling in 5-quart Dutch oven. Stir cornstarch into cold water until dissolved; stir into chicken mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in parsley. Pour into ungreased rectangular pan, 13x9x2 inches. Stir Bisquick and milk until soft dough forms. Drop by 30 teaspoonfuls onto chicken mixture. Bake 25 to 30 minutes or until biscuits are golden brown.

## CREAM CHEESE BANANA NUT BREAD

Shared by Dorie, IL

1 c. sugar  
1 (8 oz.) pkg. cream cheese, softened  
2 eggs

4 eggs  
1 c. mashed ripe bananas  
2 c. Bisquick  
1/2 c. pecans

#### Instructions

Cream together sugar and cream cheese. Beat in bananas and eggs. Add rest of ingredients. Pour into 9 x 5 x 3 inch pan. Bake at 350 degrees for 1 hour.

### **CARAMELIZED-ONION BRUSCHETTA**

Shared by Dorie, IL

1/2 cup butter or margarine  
3 large red onions, cut in half and thinly sliced  
1/4 cup sugar  
3 tablespoons raspberry or balsamic vinegar  
1 loaf (1 pound) baguette bread, cut into 1/2-inch slices  
1 tub (8 ounces) soft cream cheese with herbs or vegetables  
2 tablespoons chopped fresh parsley

In 12-inch heavy skillet, melt butter over medium-high heat until sizzling. Cook onions in butter 5 to 6 minutes, stirring frequently, until onions are softened. Stir in sugar and vinegar. Cook 9 to 10 minutes, stirring frequently, until onions are very soft and light golden brown. Cool onion mixture slightly, about 10 minutes.

Set oven control to broil. Place bread slices on cookie sheet. Broil with tops 4 inches from heat 1 to 2 minutes or until lightly browned. Turn bread; broil 1 to 2 minutes longer or until lightly browned.

Spread about 2 teaspoons cream cheese on each bread slice. Top each with 1 tablespoon onion mixture; sprinkle with small amount parsley.

### **CANDIED YAM CUPCAKES**

Shared by Dorie, IL

1 pound yams, peeled and cubed  
4 eggs  
1 cup canola oil  
1 cup white sugar  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
1 teaspoon salt

3 ounces cream cheese  
1/2 cup butter, softened  
1 teaspoon vanilla extract  
2 cups confectioners' sugar

Place a steamer insert into a large saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the yams, recover, and steam until very tender, about 15 minutes. Remove yams from steamer and allow to cool slightly.

Preheat oven to 350 degrees F (175 degrees C). Line 2-12 cup cupcake tins with paper liners.

Place eggs, oil, sugar, vanilla extract, and cooked yams in a large bowl; beat with an electric mixer until light and fluffy. Sift together flour, baking powder, baking soda, cinnamon, and salt. Stir dry ingredients into yam mixture, mixing just until combined. Pour batter into paper liners, filling 2/3 full.

Bake in preheated oven until a toothpick inserted in the center of a cupcake comes out clean, 17 to 20 minutes. Cool in pans for 5 minutes, transfer to wire rack to cool completely.

Beat together cream cheese and butter until fluffy. Beat in the vanilla extract and confectioners sugar; mix until smooth. Frost cool cupcakes with cream cheese frosting.

### **PARMESAN KNOTS**

Shared by Dorie, IL

1 (12 oz) refrigerated buttermilk biscuits  
1/2 C. canola oil  
3 T. grated Parmesan cheese  
1 t. garlic powder  
1 t. dried oregano  
1 t. dried parsley flakes

Cut each biscuit into thirds. Roll each piece into a 3" rope and tie into a knot. Tuck ends under. Place 2" apart on a greased baking sheet.

cut each biscuit into thirds. Roll each piece into a 3' rope and tie into a knot. Tuck ends under. Place 2" apart on a greased baking sheet. Bake at 400 for 8-10 minutes or until golden brown. In a large bowl, combine the remaining ingredients; add the warm knots and gently toss to coat.

## CRANBERRY BREAD

Shared by Dorie, IL

1/2 c. brown sugar  
1 egg  
1 c. milk  
3 c. Bisquick  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 c. cranberries, chopped  
3/4 c. nuts, chopped

### Instructions

Preheat oven to 350 degrees. In large bowl, combine brown sugar, egg and milk. With spoon beat in Bisquick, cinnamon and nutmeg until mixture is very thick and almost smooth. Fold in cranberries and nuts. Spoon mixture into well greased loaf pan. Bake 1 hour. Remove from pan, cool, and wrap and store.

## HEALTHIER, RESTRICTED & DIABETIC EATING . . .

### ARTICHOKE AND FETA STUFFED PORK TENDERLOIN (Diabetic)

Shared by Mary S., FL

Yield: 4 servings.

### INGREDIENTS

- 1 pound pork tenderloin
- Olive oil nonstick cooking spray
- 1/8 teaspoon fine sea salt
- 1/8 teaspoon lemon-pepper seasoning
- 1/3 cup Chardonnay, (optional)

### Artichoke and Feta Filling:

- 1/2 8-oz package artichoke hearts, frozen and thawed
- 1/4 cup feta cheese, reduced-fat, crumbled (1 ounce)
- 1 tablespoon light mayonnaise
- 1 teaspoon fresh oregano leaves, finely chopped
- 1/4 teaspoon lemon-pepper seasoning
- 1/8 teaspoon fine sea salt

### DIRECTIONS

Preheat oven to 450 degrees F.

Place pork on large cutting board. Make lengthwise cut through center of tenderloin. Cut to, but not through, opposite side. Open meat so it lies flat; cover with plastic wrap. Flatten pork to 1/2-inch thickness using flat side of meat mallet.

For artichoke filling, press artichokes between paper towels to remove excess moisture. Place artichokes, feta cheese, mayonnaise, oregano, lemon-pepper seasoning, and salt in food processor container. Cover and process with on/off turns until artichokes are finely chopped, scraping the side of the container occasionally.

Spread artichoke mixture evenly on half of the pork to within 1/4-inch of edges. Fold pork in half to form its original shape; tie close with string. Spray pork with cooking spray; sprinkle with salt and lemon-pepper seasoning.

Place pork, seam side up, on rack in jelly-roll pan. Roast in heated oven for 15-20 minutes or until the internal temperature reaches 160 degrees F. Transfer tenderloin to clean cutting board. Loosely cover with foil; let rest for 5-10 minutes.

If desired, meanwhile, place wine in small saucepan; bring to boil over medium-high heat. Continue boiling until reduced to 3 tablespoons.

To serve, remove string and cut into 1/2-3/4-inch thick slices. Drizzle with wine reduction.

To grill: prepare pork tenderloin as directed, except preheat gas grill to medium-high (425- 450 degrees F.) for indirect grilling. Place pork, seam-side up, on grill rack over unlit burner. Cover and grill for 15-20 minutes or until internal temperature is 160 degrees F, slightly turning tenderloin on its sides during the end of grilling and grilling each side for 1-2 minutes or until lightly brown.

Nutritional Information Per Serving: Calories: 180; Protein: 26g; Sodium: 290mg; Cholesterol: 75mg; Fat: 3g; Saturated Fat: 1g; Dietary Fiber: 2g; Carbohydrates: 3g

Source: NPB

## **BROILED TOMATOES PARMESAN (Diabetic)**

Shared by Mary S., FL

Yield: 4 Servings (1/2 tomato)

### **INGREDIENTS**

- 2 medium ripe tomatoes (12 to 14 ounces total)
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 1 tablespoon minced fresh basil, or 1 teaspoon dried basil
- 1/4 teaspoon freshly ground pepper
- 1/2 cup fresh soft bread crumbs, or 1 slice bread, crumbled
- 1 tablespoon freshly grated Parmesan cheese (preferably imported)

### **DIRECTIONS**

Cut tomatoes in half crosswise. Gently squeeze out and discard the seeds. Place the tomatoes cut side up on a broiler pan prepared with non-stick pan spray.

Combine the garlic, oil, basil, and pepper in a small bowl. Brush evenly over the cut surfaces of the tomatoes. Broil 6 inches from the heat source until hot, about 5 minutes.

While the tomatoes are broiling, combine the crumbs and cheese in a small bowl; sprinkle evenly over the tops of the hot tomatoes. Return to the broiler until the crumbs are browned, about 2 minutes. Serve immediately.

Nutritional Information Per Serving: Calories: 60; Protein: 2g; Sodium: 62mg; Cholesterol: 1mg; Fat: 3g; Dietary Fiber: 1g; Sugars: 3g; Carbohydrates: 7g  
Exchanges: 1 Vegetable, 1/2 Fat

Source: Diabetic Gourmet

## **SPINACH WITH ROASTED GARLIC (Diabetic)**

Shared by Mary S., FL

Yield: Makes 4 servings

### **Ingredients**

- 2 tsp. extra-virgin olive oil, divided
- 3-5 garlic cloves (or according to taste), peeled and finely chopped
- 1/4 cup fat-free, reduced-sodium chicken broth
- 1 large bunch fresh spinach or baby spinach leaves, well washed and free of excess water (or 1 bag baby spinach leaves, suitable for microwaving in the bag)
- Salt and freshly ground black pepper

### **Directions**

In non-stick skillet, heat 1 teaspoon oil over medium heat until hot. Add garlic and gently sauté until golden and soft.

Remove garlic with slotted spoon and place in blender or food processor. Add a small amount of the broth and puree garlic; gradually add remaining broth.

Add remaining oil to pan and heat over high heat until hot. Add spinach and toss with fork until spinach has wilted. Add garlic/broth mixture and continue cooking, stirring constantly, until spinach is tender, 1 to 2 minutes. Serve immediately.

Nutritional Information Per Serving:  
42 calories; 3 g. total fat; less than 1 g. saturated fat;  
4 g. carbohydrate; 3 g. protein; 2 g. dietary fiber; 105 mg. sodium  
Diabetic Exchanges: 1/2 Fat, 1/2 Vegetable

Source: Diabetic Gourmet

## **CHICKEN THIGHS WITH ROASTED APPLES AND GARLIC**

Shared by Treva, NC

Baked apples and chicken combine for an autumnal meal that's ready in less than 45 minutes.

Yield: 4 servings (serving size: 2 thighs and about 2/3 cup apple mixture)

### **Ingredients**

- 5 cups chopped peeled Braeburn apple (about 1 1/2 pounds)
- 1 teaspoon chopped fresh sage
- 1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg  
4 garlic cloves, chopped  
1/2 teaspoon salt, divided  
Cooking spray  
8 chicken thighs (about 2 pounds), skinned  
1/4 teaspoon black pepper  
Chopped parsley (optional)

#### Preparation

Preheat oven to 475°.

Combine first 5 ingredients. Add 1/4 teaspoon salt; toss well to coat. Spread apple mixture on a jelly roll pan coated with cooking spray.

Sprinkle chicken with 1/4 teaspoon salt and pepper, and arrange on top of the apple mixture. Bake at 475° for 25 minutes or until chicken is done and apple is tender. Remove chicken from pan; keep warm.

Partially mash apple mixture with a potato masher, and serve with chicken. Sprinkle with parsley, if desired. Nutritional Information Amount per serving

Calories 257 Caloriesfromfat 20 % Fat 5.7 g Satfat 1.4 g Monofat 1.6 g Polyfat 1.4 g Protein 25.9 g Carbohydrate 26.6 g Fiber 3.5 g Cholesterol 107 mg Iron 1.7 mg Sodium 405 mg Calcium 30 mg

Source: Cooking Light

### **ARTICHOKE & PARMESAN STUFFED MUSHROOMS**

Shared by Treva, NC

For this healthy stuffed mushroom recipe, marinated artichokes and Parmesan cheese are mixed with thyme and panko breadcrumbs for a delicious filling. If serving at a party, you might consider doubling the recipe. These stuffed mushrooms will be devoured quickly!

Makes 8 Servings

Serving Size: 3 mushrooms

Active Time: 25 minutes

Total Time: 45 minutes

24 medium cremini (baby bella) or white mushrooms  
4 teaspoons extra-virgin olive oil, divided  
2 tablespoons minced shallot  
2 cloves garlic, minced  
1/2 cup drained marinated artichoke hearts, chopped  
3 tablespoons panko breadcrumbs, divided  
2 tablespoons grated Parmesan cheese  
2 tablespoons low-fat mayonnaise  
1/8 teaspoon dried thyme  
1/4 teaspoon salt  
1/4 teaspoon ground pepper

Position rack in upper third of oven; preheat broiler to low. Coat a 9-by-13-inch metal baking pan with cooking spray.

Remove and finely chop mushroom stems. Heat 1 teaspoon oil in a medium skillet over medium heat. Add the stems, shallot and garlic and cook, stirring, until the liquid is evaporated, about 5 minutes. Transfer to a bowl and stir in artichoke hearts, 2 tablespoons breadcrumbs, Parmesan, mayonnaise and thyme.

Toss the mushroom caps in another bowl with 2 teaspoons oil, salt and pepper. Stuff each with filling and place in the prepared pan. Combine the remaining tablespoon of breadcrumbs and teaspoon of oil, and sprinkle on the mushrooms.

Broil on the upper rack until the mushrooms are soft and the breadcrumbs are golden, 15 to 20 minutes.

Recipe Nutrition: Per serving: 66 calories; 4 g fat (1 g sat, 2 g mono); 2 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 1 g total sugars; 2 g protein; 1 g fiber; 159 mg sodium; 304 mg potassium.

1/2 Carbohydrate Serving(s)

Exchanges: 1 vegetable, 1/2 fat

Source: Eating Well

(EatingWell is a magazine and website devoted to healthy eating as a way of life. Online at [www.eatingwell.com](http://www.eatingwell.com).)

### **CHOCOLATE BANANA SMOOTHIE (Vegan and Gluten Free)**

Shared by Treva, NC

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: 2 servings

2 cups crushed ice  
1 cup unsweetened almond milk  
1 ripe banana

1/2 cup vegan chocolate chips  
1 teaspoon gluten free vanilla extract  
1 tablespoon organic honey

1. Place all ingredients in a blender and puree for about one minute.
2. Pour into a glass and enjoy!

Source: <http://www.afamilyfeast.com/chocolate-banana-smoothie-vegan-gluten-free/>

## RECIPES FOR TWO . . .

### LEMON LINGUINE WITH CHICKEN FOR TWO

Shared by Luanne, FL

You're gonna really enjoy this light pasta meal.

What You'll Need:

2 tablespoons butter  
2 boneless, skinless chicken breasts  
2 cups chicken broth  
1 cup water  
2 tablespoons fresh lemon juice  
1/2 teaspoon finely grated lemon peel  
1 tablespoon honey  
1/8 teaspoon dried rosemary  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/2 pound linguine or other long pasta shape  
Chopped fresh parsley, for garnish (optional)

What To Do:

In a large saucepan, melt the butter over medium heat; add the chicken and brown it 3 to 4 minutes on each side. Remove the chicken from the saucepan.

Add remaining ingredients, except the pasta and parsley, then bring to a boil and add the pasta. Reduce heat to low, cover, and simmer 10 minutes, stirring occasionally.

Meanwhile, cut the cooked chicken into 2-inch by 1/4-inch strips. Add to the mixture, cover and simmer 5 minutes; stir.

Garnish with parsley and serve immediately.

NOTE---I used 3 tbs. of lemon and some fresh garlic.

### EASY BAKED CHICKEN AND POTATO DINNER FOR TWO

Shared by Maggie, TX

Prep Time 20 min  
Total Time 60 min  
Servings 2

Ingredients

2 boneless skinless chicken breast halves (1/2 pound)  
2 tablespoons Dijon mustard  
1/2 cup Bisquick Heart Smart® mix or Original Bisquick mix  
3/4 pound small red potato, cut into fourths  
1 small red or green bell pepper, cut into 1/2-inch pieces  
1 small onion, cut into 8 wedges  
Cooking spray  
2 tablespoons grated Parmesan cheese, if desired  
1/2 teaspoon paprika

Directions

Heat oven to 400°F. Spray baking dish, 13x9x2 inches, with cooking spray.

Brush chicken with 1 tablespoon of the mustard, then coat with Bisquick mix. Place 1 chicken breast half in each corner of pan. Place potatoes, bell pepper and onion in center of pan; brush vegetables with remaining mustard. Spray chicken and vegetables with cooking spray; sprinkle evenly with cheese and paprika.

Bake 35 to 40 minutes, stirring vegetables after 20 minutes, until potatoes are tender and juice of chicken is no longer pink when centers of

thickest pieces are cut.

Source: Betty Crocker

## RECIPES FROM ME TO YOU . . .

### MEXICAN BEEF STEW (SLOW COOKER)

Need a change from classic beef stew? Go Mexican with this easy-to-make flavor-packed version that goes together in minutes!

Prep: 5 min

Cook: 11 hr 30 min

2 pounds beef stew meat  
1 can (28 ounces) Progresso® whole tomatoes, undrained  
1 cup frozen small whole onions, (from 1-pound bag)  
1 teaspoon chili powder  
1 envelope (1.25 ounces) Old El Paso® taco seasoning mix  
1 can (15 ounces) black beans, rinsed and drained  
1 can (11 ounces) Green Giant® Mexicorn® whole kernel corn with red and green peppers, drained

1. Mix beef, tomatoes, frozen onions and chili powder in 3 1/2- to 4-quart slow cooker.
2. Cover and cook on low heat setting 9 to 11 hours or until beef is tender.
3. Stir in taco seasoning mix, using wire whisk. Stir in black beans and corn. Cover and cook on high heat setting 15 to 30 minutes or until thickened.

Makes 6 servings

Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Special Touch: Serve this stew topped with shredded Mexican cheese blend and chopped fresh cilantro leaves for an extra-special touch.

Substitution: Frozen small whole onions, also called pearl onions, are loaded with flavor and are so convenient to use. If you don't have them on hand, you can substitute 1/2 cup chopped onion.

Nutritional Info Per 1 Serving:

Calories 440 (Calories from Fat 160); Fat 18g (Saturated 7g); Cholesterol 95mg; Sodium 850mg; Potassium 1100mg; Carbohydrate 38g (Dietary Fiber 8g); Protein 40g  
Diet Exchange: 2 1/2 Starch; 4 1/2 Lean Meat

### TERIYAKI SCAMPI

1-1/2 pounds fresh or thawed large shrimp or prawns  
1/3 cup Kikkoman Teriyaki Marinade & Sauce  
1 tablespoon vegetable oil  
1 tablespoon butter or margarine  
1 bunch green onions, thinly sliced  
1 large clove garlic, minced  
3/4 pound fresh tomatoes, coarsely chopped  
1/3 cup minced fresh parsley  
Hot cooked rice

Peel shrimp, leaving tails on; de-vein. Coat shrimp with teriyaki marinade & sauce; let stand 10 minutes. Reserving 1/4 cup teriyaki sauce, drain shrimp thoroughly.

Heat oil and butter in large skillet over medium heat until butter melts and begins to sizzle. Add green onions and garlic; stir-fry 1 minute. Add tomatoes and parsley; cook, stirring, 3 minutes. Add shrimp; cook 4 minutes, stirring frequently. Stir in reserved teriyaki sauce and cook until mixture boils and shrimp are pink.

Serve over rice.

Makes 6 servings

Source: This recipe created by Kikkoman.

### POPPY SEED CHICKEN CASSEROLE

Yield: 10 to 12 Servings

Ingredients:

1 cup rice, cooked according to package directions  
9 tablespoons butter, divided  
1/2 medium onion, finely chopped  
1/2 cup chopped celery  
1 (10 3/4-ounce) can cream of chicken soup  
3/4 cup mayonnaise, preferably Hellmann's  
1/2 cup slivered almonds  
1 tablespoon fresh lemon juice  
1 teaspoon salt  
1 teaspoon poppy seeds  
2 cups chopped, cooked chicken  
3/4 cup chicken broth  
1 cup crushed buttery round crackers, such as Ritz

Directions:

Preheat oven to 350 degrees. Lightly spray a 2 1/2-quart casserole dish with non-stick cooking spray.

In a large skillet, heat 1 tablespoon butter. Add onion and celery, and cook until onion is softened, approximately 5 minutes.

Add soup, mayonnaise, cooked rice, almonds, lemon juice, salt, and poppy seeds to skillet, mixing well. Gently stir in chicken and broth. Pour mixture into prepared baking dish.

Melt remaining 8 tablespoons butter. In a small bowl, combine crushed crackers and melted butter. Sprinkle topping over chicken mixture.

Bake until edges of casserole are bubbly, approximately 25 minutes.

Source: Taste of the South, Sept-Oct 2012, pg 90

### **CREAMY BRIE DIP**

To assemble the dip ahead, make it up to the point of adding the crumb topping and chill up to one day. Right before baking, add topping and bake as directed.

Makes 3 cups

Total time: 45 minutes

1 /2 cup diced onion  
5 tsp. olive oil, divided  
1/4 cup dry white wine  
3/4 cup canned artichoke hearts, drained and chopped  
1/2 cup heavy cream  
1 wheel Brie, rind removed, cubed (13.2 oz.)  
1 tsp. Dijon mustard  
Minced zest of 1/2 a lemon  
1 tsp. fresh lemon juice  
1/2 tsp. Worcestershire sauce  
Cayenne pepper to taste  
2 Tbsp. minced fresh parsley  
2 tsp. minced fresh tarragon  
1 can lump crabmeat, drained (6.5 oz.)  
1/2 cup panko bread crumbs  
Thinly sliced toasted baguette

Preheat oven to 400°. Coat a 1-quart baking dish with nonstick spray. Sauté onion in 3 tsp. oil in a nonstick skillet over medium-high heat until soft, about 5 minutes. Deglaze pan with wine; simmer until nearly evaporated. Stir in artichokes and cream; simmer 1 minute, reduce heat to medium-low, then add Brie in batches, stirring until melted and smooth. Off heat, stir in Dijon, zest, lemon juice, Worcestershire, cayenne, parsley, and tarragon. Spread crabmeat in prepared baking dish, then top with Brie mixture. Toss together panko and remaining 2 tsp. oil; sprinkle over the top. Bake dip until bubbling and topping is golden, about 15 minutes. Serve dip with toasted baguette slices.

Per 2 Tbsp.: 86 cal; 7g total fat (4g sat); 27mg chol; 142mg sodium; 2g carb; 0g fiber; 5g protein

Source: <http://www.cuisinerecipes.com/2015/12/03/creamy-brie-dip/2/>

### **STUPID CHICKEN (CROCKPOT)**

This slow cooker recipe is so easy, even the world's worst cook can make it. Good luck finding easy recipes for a slow cooker that are any easier than this slow cooker chicken recipe.

Serves: 4

Ingredients

4 skinless boneless chicken breasts  
28 ounces can Italian-seasoned diced tomatoes  
1 envelope Herb and Garlic Recipe Soup Mix  
Hot cooked rice or pasta



Parmesan cheese, grated

#### Instructions

1. Cut chicken into bite-size pieces. Mix chicken, tomatoes and soup mix together, and pour into slow cooker.
2. Cook on low for 6 to 8 hours.
3. Serve over rice or bow tie pasta and sprinkle with Parmesan cheese.

#### Notes

If you have an oven, you can do this in an oven-browning bag. Bake for about 45 minutes at 350 degree F. Zucchini and mushrooms are nice additions to the recipe.

### **CRISPY TACO WINGS**

Adapted from Taste at Home

Salt & Pepper

2-1/2 pounds of chicken wings, cut up

1/2 cup flour

1 package taco seasoning

1/2 cup butter, melted

2 cups crushed corn chips

Cooking Spray

Season chicken wings well with salt and pepper before tossing in flour and taco seasoning. Dip each coated wing into melted butter and then in crushed corn chips.

Place a baking rack on top of a baking tray and spray with cooking spray. Bake the wings in a 350o F oven for 30-40 minutes.

Source: Noble Pig

<http://noblepig.com/2010/12/02/crispy-taco-wings.aspx>

### **MAPLE DATE BARS**

1 3/4 cups finely chopped pitted dates (about 12 ounces)

- 3/4 cup water

1/3 cup maple syrup

1 teaspoon grated lemon rind

2/3 cup sugar

1/2 cup butter, softened

1 cup all-purpose flour (about 4 1/2 ounces)

- 1 cup regular oats

1/4 teaspoon baking soda

1/4 teaspoon salt

Cooking spray

Combine dates, water, and maple syrup in a heavy saucepan over medium heat. Bring to a boil; cook 12 minutes or until most liquid is absorbed, stirring frequently. (Mixture will look like jam.) Stir in rind; cool completely.

Preheat oven to 400F. Beat sugar and butter with a mixer at medium speed until smooth. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, oats, baking soda, and salt. Stir flour mixture into sugar mixture (mixture will be crumbly). Press 2 cups flour mixture into bottom of a 13 x 9-inch baking pan coated with cooking spray. Spread date mixture over flour mixture. Sprinkle with remaining flour mixture.

Bake at 400F for 20 minutes or until golden brown. Cool completely in pan on a wire rack. Serves 20.

CALORIES 162 (28% from fat); FAT 5g (sat 2.3g,mono 2g,poly 0.3g); IRON 0.7mg; CHOLESTEROL 12mg; CALCIUM 14mg; CARBOHYDRATE 29.5g; SODIUM 78mg; PROTEIN 1.6g; FIBER 1.8g

### **MEXICAN BREAKFAST CASSEROLE**

Ingredients:

6 poblano chile peppers, about 1 1/2 pounds

1 teaspoon unsalted butter

1 1/2 pounds Mexican chorizo, or other hot sausage, removed from casings and crumbled

1 cup chopped yellow onions

1/2 cup chopped red bell peppers

4 teaspoons minced garlic

4 teaspoons chili powder

5 corn tortillas, quartered

10 large eggs

3 cups half-and-half

1/2 teaspoon hot red pepper sauce

1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup chopped green onions, green tops only  
1/4 cup chopped fresh cilantro  
1 1/2 cups grated pepper jack  
1 1/2 cups grated medium cheddar  
Sour Cream, garnish  
Picante Sauce (store bought), garnish

Roast the peppers by placing them on an open gas flame, turning them frequently with tongs until all sides are charred black, about 7 to 10 minutes. (Alternately, the peppers can be roasted under a broiler, or on top of a gas or charcoal grill.) Place the blackened peppers in a plastic or paper bag, and let rest until cool enough to handle, about 15 minutes. Peel the peppers, split in half lengthwise, and remove the seeds and the stems.

Butter a 9 by 13-inch baking dish. Spread the chiles in a flat layer across the bottom of the dish.

In a large skillet, cook the sausage over medium-high heat, stirring to break up the meat, until browned. Add the onions and bell peppers, and cook, stirring, for 4 minutes. Add the garlic and chili powder, and cook, stirring, for 1 minute. Remove from the heat.

In a large bowl, whisk the eggs and half-and-half with the hot sauce, salt and black pepper.

In another bowl, combine the green onions, cilantro, jack, and cheddar, and mix well.

Spoon 1/3 of the sausage mixture over the chiles in the dish, top with 1/3 of the tortilla quarters, and 1/3 of the cheese mixture. Repeat layering, ending with a cheese layer. Pour the egg mixture over the ingredients. Let rest, covered, in the refrigerator for at least 6 hours, or overnight.

Preheat the oven to 350 degrees F.

Bake until bubbly and golden brown, and a knife inserted into the custard comes out clean, about 1 hour and 10 minutes to 1 hour and 15 minutes. Remove from the oven and let rest 10 minutes before serving. Serve with sour cream and picante sauce.

Yield: 10 servings

## **JAGERSCHNITZEL**

1 cup bread crumbs  
1 tablespoon all-purpose flour  
Salt and pepper to taste  
2 tablespoons vegetable oil  
4 pork steaks or cutlets, pounded thin  
1 egg, beaten  
1 medium onion, diced  
10 large button mushrooms, trimmed and sliced  
1 1/4 cups water  
1 cube beef bouillon  
1 tablespoon cornstarch  
1/2 cup sour cream

In a shallow dish, mix together the bread crumbs and flour. Season with salt and pepper. Place the egg in a separate dish. Heat oil in a large skillet over medium-high heat. Dip pork steaks in egg, then coat with the bread crumb mixture. Saute in the hot oil until browned on both sides and cooked through, about 5 minutes per side.

Remove the pork to a platter and keep warm. Add onion and mushrooms to the skillet and cook until lightly browned and most of liquid from mushrooms has evaporated. Pour in water and dissolve the bouillon cube. Simmer for about 20 minutes. Stir together the cornstarch and sour cream; stir into the skillet. Cook over low heat until thickened but do not boil. Spoon over the pork cutlets and serve immediately.

Serves 4.

Source: Allrecipes.com

## **APPLEBEE'S TEQUILA LIME CHICKEN**

1 (5 ounce) boneless skinless chicken breast  
1/2 cup lime juice  
1/4 cup tequila (non-alcoholic may be used)  
1/2 cup tortilla chips  
1/4 cup Mexi-ranch Dressing (recipe to follow)  
1/4 cup shredded Cheddar jack cheese

Set oven to broil.

To prepare chicken, pour lime juice and tequila into a sealable plastic bag. Place chicken in bag and chill. Marinate chicken overnight.

To prepare Mexi-ranch Dressing, in a small bowl mix:

1 tablespoon salsa  
3 tablespoons ranch dressing

Remove chicken from marinade and grill over medium heat 10 minutes or until thoroughly cooked.

To assemble: Scatter tortilla chips on an oven-safe plate. Place chicken on top of tortilla chips. Pour Mexi-ranch dressing over chicken. Cover with the shredded Cheddar jack cheese. Place chicken under the broiler until cheese is melted. Be careful, plate will be hot! Serve with Pico de Gallo and Spanish rice on the side.