

PUBLISHER'S CORNER

"Father, forgive them, for they know not what they do." (Luke 23:34)

Good morning and welcome to the newest issue of A to Z Recipes Newsletter. You're not going to believe this but this week we have awakened with temperatures BELOW 60 degrees! Yay! When I texted with my Angela in North Carolina yesterday, it was 80 degrees there! I knew God was going to get around to making each state cooler, but I did think perhaps He was going in alphabetical order! Well... He isn't! Yay!

Things are excellent here, no one is sick, no major body aches and everything works. You just never know what tomorrow will bring. The last one I had was excellent so I'm hoping this one will be, too.

Why not take a few minutes and send us a recipe! I'm living proof that sharing is fun. And it helps people! Folks get lots of ideas for the "what's for dinner?" dilemma. But I know also that this recipe newsletter helps people to be part of a group... an a2z family, if you will. And it's always fun to see how many kin folks we have from all over the place. Look where today's family members call home:

Jessica, Corfu, Greece
Marilyn, OH

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!

I'm also on Facebook:

<https://www.facebook.com/Maggie.R.Carr>

Want to get to know one another better or share cooking tips? We have a gathering of fellow recipe collectors, cooks, and friends at the "QT". Join in at the A to Z Recipes Quick Talk (QT). Here is the link:

<https://www.quicktopic.com/37/H/a8K9wr7j97nV>

DID YOU KNOW?

Extending Life of Pumpkins

~Shared by Marilyn, OH

With Halloween coming up soon, remember to do this!

AFTER you scoop out and carve your pumpkin, dip it in a large container of bleach and water (use about one TEASPOON bleach to 1 gallon water). Let sit submerged for 10-15 min.

The bleach will kill bacteria and help your pumpkin stay fresh longer.

Once COMPLETELY dry, (drain upside down), add 2 Tbsp vinegar and 1 tsp. lemon juice to a quart of water.

LIGHTLY brush this solution onto your pumpkin to keep it looking fresh for weeks.

JUST MAKE ME LAUGH!

Potatoes make french fries, chips, and vodka. It's like the other vegetables aren't even trying.

Bowling is the ideal sport. Its basically an hour of drinking beer occasionally interrupted by six seconds of exercise.

Wine is win with an e on the end.

TODAY'S RECIPES

Creamy Shrimp Florentine

~Shared by Jessica, Corfu, Greece

Creamy Shrimp Florentine is the most amazing creamy shrimp dish. A creamy garlic parmesan sauce with spinach and sun-dried tomatoes creates an unforgettable restaurant quality meal right at home!

(Also delicious with Chicken instead of shrimp!)

1½ pounds large shrimp, peeled and deveined
3 garlic cloves, minced
2 Tablespoons olive oil
1 cup heavy cream
½ cup chicken broth
1 teaspoon garlic powder
1 teaspoon Italian seasoning
½ cup parmesan cheese
1 cup spinach, chopped
½ cup sun-dried tomatoes

In a large skillet add olive oil and cook the shrimp and garlic on medium high heat for 2-3 minutes or until pink. Remove shrimp and set aside on a plate.

Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the shrimp back to the pan and serve over pasta if desired.

Source: The Recipe Critic

<https://therecipecritic.com/creamy-tuscan-garlic-shrimp/>

Sweet Hawaiian Crockpot Chicken

~Shared by Jessica, Corfu, Greece

2 lb. (.9kg) chicken tenderloin chunks
1 cup pineapple juice
1/2 cup brown sugar
1/3 cup soy sauce

Combine all together, cook on low in Crock-pot 6-8 hours... that's it! Done!

Preparation: 5 min

Cook: 8 hours

Ready in: 8 hours 5 min

Favorite Pumpkin Cobbler

~Shared by Marilyn, OH

1 can (15 oz) solid-pack pumpkin
1 can (12 oz) evaporated milk
3 large eggs
1 cup sugar
4 teaspoons pumpkin pie spice
1 package yellow cake mix (regular size)
¾ cup butter, melted
1-1/2 cups chopped walnuts
Vanilla ice cream or whipped cream

In a large bowl, beat first five ingredients until smooth. Transfer to a greased 13x9-in. baking dish. Sprinkle with cake mix and drizzle with butter. Top with walnuts. Bake at 350° for 1 hour or until a knife inserted in the center comes out clean. Serve with ice cream or whipped cream ~ Enjoy!

Deluxe Hash Brown Casserole

~Shared by Marilyn, OH

1-1/2 cups sour cream onion dip
1 can (10-3/4 oz) condensed cream of chicken soup, undiluted
1 envelope ranch salad dressing mix
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon pepper

1 package (30 oz) frozen shredded hash brown potatoes, thawed
2 cups shredded cheddar cheese
1/2 cup crumbled cooked bacon

Preheat oven to 375°. In a large bowl, mix the first six ingredients; stir in potatoes, cheese and bacon. Transfer to a greased 13x9-in. baking dish. Bake 50-60 minutes or until golden brown. Enjoy!

Crispy Hot Chicken Salad Casserole

~Shared by Marilyn, OH

3 cups cooked chicken, shredded or chopped
1 cup sharp cheddar cheese, grated
1 cup potato chips, slightly crushed
1 1/4 cups mayonnaise
1 cup celery, finely chopped
1/4 cup bacon, cooked and crumbled
1 Tbsp dry ranch mix
1/2 Tbsp lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon onion powder
Kosher salt and freshly ground pepper, to taste

Preheat oven to 350° F and lightly grease a square baking dish with butter or non-stick spray. Place chicken, cheese, celery and bacon in a large bowl. In a smaller bowl, whisk together mayonnaise, ranch mix, lemon juice, Worcestershire sauce and onion powder, and season with salt and pepper. Stir mayonnaise mixture into chicken until everything is evenly coated, then transfer everything to greased baking dish. Top baking dish with crushed potato chips, then place in oven. Bake for 25-30 minutes, or until mixture is hot and bubbly and cheese is melted. Remove from oven and serve hot ~ Enjoy!

Mom's Whipped Shortbread Christmas Cookies

~Shared by Marilyn, OH

1 cup butter, softened
1 1/2 cups all-purpose flour
1/2 cup powdered sugar
1 teaspoon vanilla extract
1/4 cup red maraschino cherry
1/4 cup green maraschino cherry

Preheat oven to 350 degrees F. Prepare cookie sheets with parchment paper. In a mixing bowl and using an electric mixer, combine butter, flour, sugar and vanilla; mix until mixture is a smooth consistency. Spoon out dough onto parchment lined cookie sheets by spoonfuls, spacing about 2 inches apart. Cut maraschino cherries into quarters and place one piece in the middle of each cookie, alternating with red and green cherries. Bake in preheated 350 F oven for 13 to 15 minutes or until bottom of cookies are lightly browned, DO NOT OVERBAKE. Remove from oven and let cool on cookie sheet for about 5 minutes. Transfer onto wire racks to finish cooling. Store in a container with a lid and separate each layer with wax paper.

NOTE: If you wish to add some flavor to the cookies, add 1 teaspoon of pure vanilla extract or almond extract. A thumbprint in the cookie, filled with your choice of jam is very tasty also. Refrigerate dough for at least 1/2 hour before baking for a different texture.

Mom's Chicken Parmesan Casserole

~Shared by Marilyn, OH

1 Tbsp olive oil
6 (4 oz) chicken breasts boneless, skinless
1/4 teaspoon chili flakes
3 cups marinara sauce
2 cups Mozzarella cheese, divided
2 cups Parmesan cheese, divided
2 cups croutons, recommend garlic and butter flavor
parsley, optional for garnish

Preheat oven to 350 degrees. In a large skillet heat olive oil on medium high heat and brown chicken on both sides for 3-5 minutes on each side. Add the chicken to the baking dish and pour over any juices from the pan. Add the chili flakes and the marinara sauce over each piece of chicken. Add 1 cup of the mozzarella and Parmesan cheeses over the chicken. Add croutons on top, then finally top with the remaining mozzarella and Parmesan cheese. Bake uncovered for 30-40 minutes or until cheese is melted and browned and chicken is cooked all the way through. Garnish with parsley, optional. Serve immediately ~ Enjoy!

Favorite Slow Cooker 3-Envelope Roast

~Shared by Marilyn, OH

3 pound beef roast, such as chuck roast
1 envelope dry Italian salad dressing mix

1 envelope dry ranch salad dressing mix
1 envelope dry brown gravy mix
2 cups water

Put water in a bowl or measuring cup that is larger than the amount of water you are using. Add all three envelopes; mixing until blended completely. Brown the roast (if desired) ~ Add meat to your cooker. Pour the liquid over the roast. Cook on high for about 4 hours or low about 8 hours.

Mom's German Potato Pancakes

~Shared by Marilyn, OH

2 1/4 cups coarsely shredded peeled potatoes
1/2 cup sliced green onions
1/3 cup flour
1 egg
1/2 tsp. salt
Pinch of pepper, to taste

Combine all ingredients. Heat 2 Tbsp. oil in a hot skillet. Pour batter (1/4 cup at a time) into the oil. Spread to flatten. Fry on one side, then flip to fry on second side. As a variation, try less onion and add some chopped apple instead!

Buffalo Chicken Banana Peppers

~Shared by Marilyn, OH

1 1/2 cups chopped cooked chicken
1 (8-oz) package cream cheese, softened
1 cup shredded Parmesan cheese
1 Tbsp hot wing sauce
1/2 teaspoon salt
12 banana peppers, halved and seeded
Garnish: hot wing sauce, if desired

Preheat oven to 400°. Line a rimmed baking sheet with parchment paper.

In a medium bowl, stir together chicken and next 4 ingredients.

Spoon mixture into banana pepper halves, and place on prepared pan.

Bake for 15 minutes or until peppers are softened.

Drizzle with additional hot wing sauce, if desired. Enjoy!

Hawaiian Cheesecake Bars

~Shared by Marilyn, OH

2 cups flour
1 cup sugar
1 cup butter
2 pkgs. (16 oz) cream cheese, softened
4 Tbsp sugar
4 Tbsp milk
2 eggs
2 tsp vanilla
1 (20 oz) can crushed pineapple, well-drained
2 cups flaked coconut
2 Tbsp melted butter

Combine flour, sugar, and butter together. Pat mixture into ungreased 9 X 13 pan. Bake in 350 ovens for 14-19 minutes. Cool slightly. Mix together cream cheese, 4 Tbsp sugar, milk, and eggs. Fold in vanilla, and well-drained pineapple. Spread over baked crust. Combine coconut and 2 Tbsp melted butter. Sprinkle over pineapple layer filling. Bake 350 for 15-20 minutes. Enjoy!

PUBLISHER'S CHOICE

Beef Enchilada Casserole

Servings: 6 servings

(I made this on Thursday of last week. I doubled it using a 9x13 pan, added NO EXTRA SALT, used CORN tortillas and baked just a little longer than listed. For garnish I used pico de gallo, sour cream and chopped cilantro. We had plenty left over for another dinner. I only had to cook once for 2 meals. Yay! ~Maggie)

This beef enchilada casserole is layers of ground beef, beans, tortillas and cheese, all smothered in enchilada sauce and baked to perfection. A super easy dinner that's sure to be a crowd pleaser!

Ingredients

10 small tortillas cut in half, corn or flour tortillas work here
cooking spray
1 tablespoon olive oil
1 pound ground beef I use 93% lean
1 tablespoon taco seasoning
salt and pepper to taste
1 15- ounce can pinto beans rinsed and drained
2 cups red enchilada sauce
2 1/2 cups shredded cheddar cheese
2 tomatoes cored, seeded and diced
1/4 cup sliced green onions

Instructions

Preheat the oven to 350 degrees. Coat a 2 quart baking dish with cooking spray. Heat the oil in a large pan over medium heat. Add the ground beef and cook for 6-8 minutes, breaking up the meat with a spoon. Add the taco seasoning, salt and pepper to taste, and beans; stir to combine. Spread 1/4 cup of the enchilada sauce over the bottom of the baking dish. Layer 1/3 of the tortillas over the sauce. Add 1/2 of the meat mixture, then add 3/4 cup of cheese on top of the meat. Pour 1/2 cup of the enchilada sauce over the cheese. Repeat the process with 1/3 of the tortillas, the rest of the meat mixture, 3/4 cup of cheese and 1/2 cup of sauce. Add the final 1/3 of tortillas on top of the casserole; pour the remaining sauce over the top of the tortillas and sprinkle on the rest of the cheese. Cover the casserole with foil and bake for 30 minutes. Uncover and bake for an additional 5-10 minutes or until cheese is melted and browned. Sprinkle tomatoes and green onions over the top. Let the casserole sit for 5 minutes before cutting.

Source: SpendWithPennies.com

Teriyaki Salmon & Broccoli Bowls

Prep Time 15 mins
Cook Time 15 mins
Total Time 30 mins
Servings: 4 servings
Calories: 506 kcal

Delicious, Healthy Dinner That's Quick and Easy to Prepare! Only Four Ingredients and Ready in 30 Minutes!

Ingredients

1 lb salmon fillets
1 5 oz pouch McCormick Grill Mates 7 Spice Teriyaki Marinade
3 c. broccoli florets
1 8.8 oz bag brown Ready Rice

Instructions

Place salmon fillets in resealable plastic bag. Pour half of marinade over them. Place in fridge to marinate 10 minutes. Meanwhile chop broccoli into florets. Place in a bowl and pour the rest of the marinade over broccoli florets. Heat grill to medium heat. Place salmon on a piece of tinfoil. Cook 8-10 minutes, or until no longer spongy. In a skillet cook broccoli 3-4 minutes or until cooked crisp. While broccoli is cooking prepare rice in microwave. Serve everything arranged in bowls.

Recipe Notes

*You can also prepare the Salmon in a skillet over medium high heat for 3-4 minutes, flipping and cooking an additional 3-4 minutes.

Nutrition Facts - Amount Per Serving
Calories 506
Calories from Fat 81 % Daily Value*
Total Fat 9g 14%
Saturated Fat 1g 5%
Cholesterol 62mg 21%
Sodium 780mg 33%
Potassium 1303mg 37%
Total Carbohydrates 71g 24%
Dietary Fiber 6g 24%
Sugars 12g
Protein 34g 68%
Vitamin A 23%
Vitamin C 191.9%
Calcium 11.8%
Iron 18.5%
* Percent Daily Values are based on a 2000 calorie diet.

Source: Julie Evink, Julies Eats & Treats

Scalloped Potato Roll

(I snagged this from Facebook. The link at the end has a video of it being made. Is this just an awesome dish to prepare for company? This takes "meat & potatoes" to an entirely higher plane!! ~Maggie)

Ingredients for 8 servings

6 potatoes, peeled
2 cups grated parmesan cheese, divided
3 teaspoons salt, divided
4 tablespoons olive oil, divided
1 sweet onion, diced

1 lb ground beef
14 ½ oz diced tomato, 1 can, drained
4 tablespoons fresh parsley, chopped, divided
1 teaspoon paprika
½ teaspoon pepper
6 cups spinach
2 cloves garlic, minced
1 cup ricotta cheese
1 cup shredded mozzarella cheese

Preparation

Preheat oven to 350°F (180°C).

Using a knife or mandolin cut the potatoes into slices 1/8-inch (3 mm) thick.

On a parchment paper-lined baking sheet, sprinkle half of the Parmesan cheese and spread until it is evenly covering the parchment paper.

Place the potatoes over the parmesan so each potato is overlapping the previous potato both vertically and horizontally. Continue until the entire pan is filled with potatoes.

Sprinkle to rest of the Parmesan evenly over the potatoes. Season with 1 teaspoon of salt. Bake for 30 minutes, until golden and the potatoes are flexible and slightly crispy.

In a skillet heat 2 tablespoons of olive oil over medium heat. Once the oil begins to shimmer, add the onions, and cook until caramelized, about 15 minutes.

Add the beef break up and mix with the onion until cooked. Mix in the tomatoes, 3 tablespoons of parsley, paprika, 1 teaspoon of salt, and pepper. Stir, cooking until the beef is browned and cooked through. Remove from heat.

In a skillet heat 2 tablespoons of olive oil over medium heat. Add the spinach, cook until wilted. Add 1 teaspoon of salt and the garlic. Stir to combine. Remove from heat.

In a bowl combine the spinach mixture and the ricotta. Set aside.

Evenly spread the spinach mixture over the cooked potato sheet.

Evenly spread the beef mixture over the spinach. Sprinkle mozzarella over the beef.

Take one end of the potato sheet holding the parchment paper begin rolling upward, making sure the ingredients are not coming out the ends.

Once the it is completely rolled place the potato roll on the parchment paper and bake for 15 minutes.

Sprinkle with parsley for garnish. Slice and serve immediately.

Source: Tasty.com

<https://tasty.co/recipe/scalloped-potato-roll>

Cucumber Rolls

Ingredients for 10 servings

8 oz cream cheese, softened
3 oz smoked salmon, chopped
2 tablespoons fresh dill, minced
½ teaspoon garlic powder
½ teaspoon black pepper
2 large cucumbers

Preparation

In a medium bowl, mix together cream cheese, smoked salmon, dill, garlic powder, and black pepper.

Using a vegetable peeler or mandoline, peel the cucumbers lengthwise into thin slices. Discard the outer peel.

Pat the peeled cucumber slices with paper towels to absorb any excess moisture.

Spread a small spoonful of filling over a cucumber slice.

Starting from one end, tightly roll the cucumber into a spiral. Repeat with remaining cucumber slices and filling.

Source: Tasty.com

<https://tasty.co/recipe/cucumber-rolls>

King Cake Bubble Up

Cinnamon rolls, eggs, milk, vanilla and cream cheese. Ready in 30 minutes. Better than any store-bought King Cake we've had! Can serve warm or room temperature. We ate way too much of this! Perfect for your Mardi Gras party!

2 (12.4-oz) cans refrigerated Pillsbury cinnamon rolls**
1 (8-oz) package cream cheese, softened
2/3 cup sugar
2 eggs
1 tsp vanilla
1 cup milk
purple, yellow, green sugar

Preheat oven to 375 degrees. Lightly spray a 9x13-inch pan with cooking spray.

Separate cinnamon rolls, save icing to use after the bubble up is baked. Cut each cinnamon roll into 4 pieces. Place in bottom on prepared pan.

Using a hand held electric mixer, beat together cream cheese and sugar. Add eggs and vanilla, mixing well. Add milk and mix until combined. Pour over chopped cinnamon rolls.

Bake for 30 to 35 minutes. Remove from oven and cool for 5 to 10 minutes. Spread cinnamon roll icing over top of casserole. Sprinkle with colored sugar.

If you want to make this ahead of time, I would suggest baking it and refrigerating it until ready to serve. You can cover it with foil and reheat it for your party. We didn't hide a baby in the bubble up, but you certainly can! Laissez les bons temps rouler!

NOTE: I used regular refrigerated Pillsbury cinnamon rolls. NOT the Grands! cinnamon rolls. The Grands! are larger and the dough won't cook through. Make sure to use the regular Pillsbury cinnamon rolls in this recipe!

Source: <http://www.plainchicken.com>

Mexican Chicken Soup

(Serves 6 to 8)

4 split (2 whole) chicken breasts, bone in, skin on
Good olive oil
Kosher salt and freshly ground black pepper
2 cups chopped onions (2 onions)
1 cup chopped celery (2 stalks)
2 cups chopped carrots (4 carrots)
4 large cloves garlic, chopped
2½ quarts chicken stock, preferably homemade
1 (28-ounce) can whole tomatoes in puree, crushed
2 to 4 jalapeno peppers, seeded and minced
1 teaspoon ground cumin
1 teaspoon ground coriander seed
¼ to ½ cup chopped fresh cilantro (optional)
6 (6-inch) fresh white corn tortillas

Preheat the oven to 350 degrees. Place the chicken breasts skin side up on a sheet pan. Rub with olive oil, sprinkle with salt and pepper, and roast for 35 to 40 minutes, until done. When the chicken is cool enough to handle, discard the skin and bones, and shred the meat. Cover and set aside.

Meanwhile, heat 3 tablespoons of olive oil in a large pot or Dutch oven. Add the onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add the chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 tablespoon salt (depending on the saltiness of the chicken stock), 1 teaspoon pepper, and the cilantro, if using. Cut the tortillas in half, then cut them crosswise into ½-inch strips and add to the soup. Bring the soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste. Serve the soup hot topped with sliced avocado, a dollop of sour cream, grated Cheddar cheese, and broken tortilla chips.

Source: Barefoot Contessa at Home by Ina Garten

Magic Cake

Prep time 15 mins
Cook time 45 mins
Total time 1 hour
Serves: 9 servings

Ingredients

4 eggs at room temperature
1 teaspoon vanilla extract
¾ cup white sugar
½ cup butter, melted
¾ cup all purpose flour, sifted
2 cups lukewarm milk
Powdered sugar for dusting

Instructions

Preheat oven to 325°F. Grease a 8X8 inch baking pan. Separate the egg whites from the yolks. In a bowl, beat the egg yolks with the sugar until light. Add the butter and vanilla and continue beating for another minute or two. Add the flour and mix until fully incorporated. Slowly add the milk to the flour mixture and beat until everything is well mixed. Set aside. In a separate bowl, beat the egg whites until stiff. Add the egg whites to the batter, a third at a time, gently whisking it until there are no more big white lumps (little ones are ok), repeat until all egg whites have been whisked in. Pour the batter into the baking pan and bake for 40-60 minutes or until the top is golden brown. The baking time may vary depending on the oven, so check on the cake around 40 minutes and see how it looks. Let the cake cool for at least 3 hours (preferably overnight in the fridge) before dusting it with powdered sugar and slicing. Serve and enjoy!

Source: Jcooks

Scalloped Russet and Sweet Potatoes

Serving Size: 8

1 clove garlic
1 tablespoon butter -- softened
1 large onion -- peeled
2 tablespoons olive oil
1/2 teaspoon fresh thyme leaves
2 cups milk
1/2 cup heavy cream
2 tablespoons butter
3 tablespoons all-purpose flour
5 medium russet potatoes
1 medium sweet potato
fresh whole nutmeg

1. Preheat oven to 350°F. Aggressively rub inside of 2 1/2-to 3-qt gratin dish with garlic clove, coat with the 1 tablespoon butter.
2. With a mandoline or very sharp knife slice onion about 1/16-inch thickness. In a skillet over low heat cook onion in olive oil until tender, sprinkling well with salt and pepper. Remove from heat; stir in thyme leaves. Set aside.
3. In a small saucepan heat milk and cream just until simmering. In a saucepan melt butter over medium heat. Whisk in flour. Remove from heat and whisk in hot milk and cream a little at a time until incorporated. Return to heat, bring to a gentle boil. Cook 3 to 5 minutes or until thickened.
4. Peel all potatoes. With a mandoline or very sharp knife slice potatoes to about 1/16-inch thickness. Layer one-third of russet and sweet potato slices in prepared dish. Season with salt, ground pepper, and two or three light grating of nutmeg.
5. Scatter about one-third of onions on potatoes. Spoon one-third of cream mixture on potatoes. Create two more layers with remaining potatoes, seasonings, onions, and cream mixture, finishing with cream mixture on top (cream may not totally cover top).
6. Bake, uncovered, 45 minutes. Increase oven temperature to 425°F. Bake 10 to 15 minutes more or until bubbly, golden crusty brown, and potatoes are tender. Remove from oven. Let stand 10 minutes.

Per Serving (excluding unknown items): 190 Calories; 15g Fat (71.3% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 82mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Source: "Better Homes and Gardens"

Cheesy Chicken & Rice Casserole

Serving Size: 4

1 (10 1/2 oz.) can cream of chicken soup
1 1/3 cups water
3/4 cup uncooked long grain white rice
1/2 teaspoon onion powder
1/4 teaspoon black pepper
2 cups frozen mixed vegetables -- carrots, green beans, corn, peas
1 1/4 pounds skinless, boneless chicken breast halves
1/2 cup shredded Cheddar cheese

1. Heat the oven to 375°F. Stir the soup, water, rice, onion powder, black pepper and vegetables in an 11 x 8 x 2-inch baking dish.
2. Top the rice mixture with the chicken. Cover the baking dish.
3. Bake for 50 minutes or until the chicken is cooked through and the rice is tender. Top with the cheese. Let the casserole stand for 10 minutes. Stir the rice before serving.

Description:

"This one-dish wonder features moist, tender chicken breasts covered with melted Cheddar cheese, sitting on a bed of creamy rice and vegetables - it just doesn't get any better!"

Per Serving (excluding unknown items): 152 Calories; 7g Fat (41.8% calories from fat); 8g Protein; 16g Carbohydrate; 4g Dietary Fiber; 18mg Cholesterol; 434mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1 Fat.

NOTES:

Mexican: In place of the onion powder and black pepper use 1 teaspoon chili powder. Substitute Mexican cheese blend for the Cheddar.
Italian: In place of the onion powder and black pepper use 1 teaspoon Italian seasoning crushed. Substitute 1/3 cup shredded Parmesan for the Cheddar

Source: Campbell's Kitchen

Swedish Tea Log

Prep Time: 45 minutes

Cook Time: 25 minutes

Total Time: 70 minutes

Yield: Serves 12-14

Ingredients

2 pkg. active dry yeast
1/2 cup warm milk
4-1/2 cups flour
1/4 cup sugar
1 tsp. salt
1 cup butter
1/2 cup heavy cream
2 eggs
1/2 cup dried currants
1/2 cup butter, softened
1 cup brown sugar
1 cup chopped pecans
1/2 cup butter
3 cups powdered sugar
1 tsp. vanilla
4-6 Tbsp. heavy cream

Preparation

Dissolve yeast in warm milk and let sit for 5 minutes until bubbly. Meanwhile, put flour, 1/4 cup sugar and salt into a large mixing bowl and cut in 1 cup butter until particles are fine. Add 1/2 cup cream, eggs, softened yeast and currants and mix well. Cover and chill at least 2 hours.

For filling, cream 1/2 cup butter and brown sugar until smooth. Stir in pecans and set aside.

Divide dough into 6 parts.

Roll out each part on floured surface to a 12x6" rectangle and spread each with 1/6 of the pecan filling. Roll up, starting with 12" side, pinching dough to seal. Place in a crescent shape on foil-lined or parchment-lined cookie sheets, seam side down. Make cuts along outside edge of crescent, 1" apart, to within 1/2" of other side. Turn cut pieces on their sides, twisting the dough slightly. Repeat with remaining dough to make six coffee cakes. I put three coffee cakes on 1 cookie sheet.

Let rise in warm place until light, about 45 minutes. You can also, at this point, refrigerate the coffee cakes, covered, overnight. Then bake as directed in the morning, adding 5-10 minutes to baking time. Bake at 350 degrees for 20-25 minutes until golden brown. Carefully remove from cookie sheets to wire racks using 2 spatulas and frost while warm.

For frosting, heat 1/2 cup butter in heavy saucepan. Watching carefully, cook butter until it just begins to turn light brown. It burns very easily, so don't leave the stove during this step!

Beat in powdered sugar, vanilla, and enough cream for desired spreading consistency. Frost coffeecakes.

Makes 6 coffeecakes, technically serving 36, but actually serving 4 if you let people eat all they want to!

Source: Linda Larsen, Busy Cooks Expert, About.com

Salmon Patties (Cooking for 2)

Prep 25 min

Total 25 min

Servings 2

Ingredients

1/2 cup soft bread crumbs (about 1 slice bread)
1/4 cup Bisquick Heart Smart® mix
1 1/2 teaspoons Dijon mustard
1/8 teaspoon pepper
4 medium green onions, finely chopped (1/4 cup)
1 egg, slightly beaten

1 can (7 1/2 oz) red salmon, skin and bone removed, drained and flaked
1 tablespoon margarine or butter
2 whole wheat burger buns, split
Lettuce leaves
2 tablespoons dill dip or ranch dip

Steps

- 1 In medium bowl, mix all ingredients except margarine, buns, lettuce and dill dip. Shape mixture into 2 patties, using heaping 1/2 cupfuls for each patty.
- 2 In 8-inch nonstick skillet, melt margarine over medium heat. Cook patties in margarine over medium heat 10 to 12 minutes, turning once, until brown and cooked through.
- 3 Fill buns with lettuce, salmon patties and dill dip.

Source: Betty Crocker