

## PUBLISHER'S CORNER

*"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all." ~ Stanley Horowitz*

Good afternoon and welcome to the newest issue of A to Z Recipes Newsletter. While I am no fan of snow I truly love cold weather. Like today in the mid-forties - a truly glorious temperature - I could live like this year round. As a proud and lifelong Texan, I dislike hot weather and totally detest the bugs associated with it (read: hummingbird-size mosquitoes). I am one happy camper today (albeit inside, wearing my flannel leggings, lol).

Besides the weather today, we have some recipes that certainly qualify as great. I've shared a few tried and true. Tonight I am making my guys chicken fried steak using a recipe that I will share next week with you. The following have also made this issue possible:

**Peter P., Canada**

**Michael G., MI**

**Deb M., TX**

**Jessica S., Corfu, Greece**

**Lisa H., Belmont, NC**

**Judy G., IL**

**Marilyn M., OH**

I'd love to see your name here! Why not take a few minutes and send us a 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!

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>

To subscribe or unsubscribe to this newsletter:

<http://live.ezine.com/ezine/home/1740>

## DID YOU KNOW?

What is Beurre Manié?

Beurre manié is a paste made from flour and butter which is used as a sauce thickener. As the name suggests, it comes from the French culinary tradition, although beurre manié can be used in food from other nations as well. Sauces and stews are both thickened with the assistance of beurre manié, which should not be confused with roux. The paste is usually made in small amounts at the time of use.

In French, beurre manié means "kneaded butter." The paste is made by working usually equal parts of butter and flour together so that the butter completely encases each grain of flour. When the beurre manié is added to a sauce or stew, the butter melts, releasing the flour and promoting thickening. Using beurre manié will eliminate clumping, since the flour is not added in a solid mass.

Because beurre manié is not cooked before use, it can add an undesired raw, floury flavor. For this reason, the sauce or stew is always cooked after the addition of the beurre manié, to neutralize the flavor. It also tends to be used in small amounts, so that the flour does not become overwhelming in the dish it is used in. For cooks who are just starting to learn how to use beurre manié, it is better to err on the side of caution and use less, rather than more.

Source: Wise Geek

<https://www.wisegeek.com/what-is-beurre-manie.htm>

## JUST MAKE ME LAUGH!

More of Life's Reflections

~Shared by Peter P., Canada

They show you how detergents take out bloodstains.  
I think if you've got a T-shirt with bloodstains all over it,  
maybe your laundry isn't your biggest problem.

I don't approve of political jokes. I've seen too many of them get elected.

Isn't having a smoking section in a restaurant like  
having a peeing section in a swimming pool?

## **TODAY'S RECIPES**

Apple Cheesecake Tacos

~Shared by Michael G., MI via Facebook

Apple Cheesecake Tacos – crunchy cinnamon sugar tortilla shells, filled with cheesecake filling and covered with homemade apple pie filling are simply perfect. This very tasty dessert is ideal for upcoming fall days. It's a perfect combination, crunchy tortilla shells, creamy cheesecake filling and aromatic homemade apple sauce – three different tastes combined in a perfect dessert.

YIELD: 30 TACOS

PREP TIME 10 minutes

COOK TIME 35 minutes

TOTAL TIME 45 minutes

Ingredients

CINNAMON SUGAR TORTILLA SHELLS

6 Large Flour tortillas

½ Cup Brown sugar

1½ teaspoon Cinnamon

Oil for frying

CREAM CHEESE FILLING

8 oz Cream cheese

1 Cup Heavy cream

¼ Cup Powdered sugar

1 teaspoon Vanilla extract

HOMEMADE APPLE PIE FILLING

2 large Apples, diced

½ tsp cinnamon

? cup cornstarch

? cup brown sugar

1 cup water

? tsp nutmeg

½ tsp vanilla extract

Instructions

TO MAKE CINNAMON SUGAR TORTILLA SHELLS - Combine brown sugar and cinnamon in a bowl and set aside. Using 3.5-4 inch circle cutter, cut circles from tortillas.

Heat 1 inch oil in a pan, the temperature should be medium. Put tortilla circles, using tongs, in the oil and fry for about 10-15 seconds, then turn the circles on the other side, fold them in half and fry until they become golden brown. Take them out of the pan and wait for a couple of seconds for the extra oil to drain, then immediately put in the bowl with sugar and cinnamon. Cover the shells completely with this mixture. Put some of the mixture inside of the shell, as well.

Finally, place them on an upside down muffin tin. Repeat the same procedure with the rest of the circles.

TO MAKE HOMEMADE APPLE PIE FILLING - In a medium size dish, pour water, add cornstarch, brown sugar, cinnamon, nutmeg and cook for about 2-3 minutes, at medium heat, until it thickens, stirring from time to time.

Add apples and cook for 10 minutes, or until the apples soften. Remove from heat and let cool at a room temperature.

TO MAKE CHEESECAKE FILLING - Beat cream cheese, heavy cream, powdered sugar and vanilla for 2 minutes, using medium speed, until it thickens.

Put the mixture into a piping bag and cut off the peak. Fill the shells with cream cheese filling and put apple pie filling on top of it.

Notes

Keep refrigerated up to 3 days.

Nutrition Information: YIELD: 30 SERVING SIZE: 1

Amount Per Serving: CALORIES: 160 TOTAL FAT: 7g SATURATED FAT: 4g TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 18mg SODIUM: 90mg CARBOHYDRATES: 23g NET CARBOHYDRATES: 0g FIBER: 1g SUGAR: 14g SUGAR ALCOHOLS: 0g PROTEIN: 2g

Source: Dragana`s Sweet Spicy Kitchen

<https://www.sweetspicykitchen.com/apple-desserts/apple-cheesecake-tacos/>

Wendy's Chili

~Shared by Deb M., TX via Facebook

Save this recipe for a crisp fall day...

Ingredients:

2 pounds fresh ground beef  
1 quart tomato juice 1 (29-ounce)  
can tomato purée 1 (15-ounce)  
can red kidney beans, drained 1 (15-ounce)  
can pinto beans, drained  
1 medium-large onion, chopped (about 1 1/2 cups)  
1/2 cup diced celery  
1/4 cup diced green bell pepper  
1/4 cup chili powder (use less for milder chili)  
1 teaspoon ground cumin (use more for real flavor)  
1 1/2 teaspoons garlic powder  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon dried oregano  
1/2 teaspoon sugar  
1/8 teaspoon cayenne pepper

Instructions:

In a large skillet, brown the ground beef. Drain off the fat. Put the beef and the remaining ingredients in a 6-quart pot. Cover the pot and let the chili simmer for 1 to 1 1/2 hours, stirring every 15 minutes.

Spicy Korean Fried Cauliflower

~Shared by Jessica S., Corfu, Greece via Facebook

Serves: 4

Ingredients

1 cup plain flour  
¼ cup cornflour (cornstarch)  
1 tsp baking powder  
1 cup iced water  
400g (14 oz) trimmed cauliflower, cut into florets  
vegetable oil for deep frying  
thinly sliced spring onions (scallions) to serve  
sesame seeds to serve  
sea salt

Spicy Sauce:

1/4 cup tomato paste  
2 tbsp gochujang paste  
2 tbsp brown sugar  
1 tbsp honey  
1 tbsp mirin  
1 tbsp light soy sauce  
2 tbsp water

Instructions

STEP 1

Combine the spicy sauce ingredients in a saucepan. Bring to a simmer over medium heat. Simmer for a couple of minutes or until the sugar has dissolved.

STEP 2

Whisk together the combined flours, baking powder and a pinch of salt. Add the water and mix to form a batter. Add the cauliflower and stir to coat.

STEP 3

Fill a wok or deep frying pan to about 1/3 capacity with the oil. Heat over high heat. The oil is hot enough when a wooden spoon dipped into the oil forms small little bubbles. Transfer florets of batter coated cauliflower, in batches, into the hot oil for 3-4 minutes or until cooked through and crispy. Drain on paper towel.

STEP 4

Drizzle the sauce over the cauliflower (or alternatively toss the cauliflower through the sauce). Serve sprinkled with spring onions and

sesame seeds.

**\*NOTES:**

Serve this as a party appetizer/finger food or serve with steamed rice for a meal.

Source: Marion's Kitchen

<https://www.marionskitchen.com/spicy-korean-fried-cauliflower/>

### Frost Pumpkin Pie

~Shared by Lisa H., Belmont, NC

This frozen treat is so delightful ... no one would guess it's made with reduced-fat ingredients. We actually prefer a slice of this layered dessert to traditional pumpkin pie..

**Ingredients:**

2 cups low-fat vanilla frozen yogurt, softened  
1 (9-inch) graham cracker crust  
1 cup canned pumpkin  
1/4 cup sugar  
1 teaspoon pumpkin pie spice  
1/2 teaspoon salt  
1/2 teaspoon ground ginger  
1 carton (8 ounces) frozen reduced-fat whipping topping, thawed  
Additional pumpkin pie spice,\*\* optional \*\*

**Directions:**

Spread yogurt into crust. Freeze for 30 minutes.

Meanwhile, in a bowl, combine the pumpkin, sugar, pumpkin pie spice, salt and ginger. Fold in whipped topping. Spoon over frozen yogurt. Freeze for 6 hours or overnight. Remove from the freezer 20 minutes before cutting. If desired, sprinkle with additional pumpkin pie spice.

### Utterly Deadly Southern Pecan Pie

~Shared by Judy G., IL via Facebook

1 cup sugar  
1 1/2 cups corn syrup (I use 1/2 dark and 1/2 light)  
4 eggs  
1/4 cup butter  
1 1/2 teaspoons vanilla  
1 1/2 cups pecans, coarsely broken  
1 unbaked deep dish pie shell

**Directions**

In saucepan boil sugar and corn syrup together for 2 to 3 minutes; set aside to cool slightly.

In large bowl beat eggs lightly and very slowly pour the syrup mixture into the eggs, stirring constantly.

At this point I like to strain the mixture to make sure it's smooth and lump free.

Stir in butter, vanilla, and pecans and pour into crust.

Bake in a 350°F oven for about 45 to 60 minutes or until set.

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

### Pistachio Fluff Salad...SO GOOD!!!

~Shared by Judy G., IL via Facebook

This light salad is a must have for all of our family holidays. Not only is it delicious and comes together super quick but the color screams delicious!!

Serves 8

Prep Time - 5 min

Total Time - 2 hr

**Ingredients**

5.1 oz package pistachio pudding mix  
8 oz fat free cool whip, thawed  
20 oz can crushed pineapple  
2 cups mini marshmallows  
Optional Toppings  
Additional pineapple  
Marshmallows

Chopped nuts

#### Instructions

In a large bowl combine pudding mix and cool whip until well combined

Stir in pineapple (with the juice)

Gently fold in marshmallows until just combined

Place into a bowl and cover

Refrigerate until ready to serve

Top with any toppings you prefer

Serve & ENJOY

Each serving (about 1/4 cup) is 5 WW Smart Points

#### Nutritional Info

Calories 130 Calories from Fat 3 Total Fat 0.3g Trans Fat 0.0g Cholesterol 0mg Sodium 222mg Potassium 0mg Total Carbohydrates 29.5g Sugars 19.3g Protein 0.2g Vitamin A 0% - Vitamin C 2% - Calcium 1% - Iron 2%

#### Holiday Cranberry-Walnut Pie

~Shared by Marilyn M., OH

Pastry for single-crust pie (9 inches)

1-1/2 cups fresh or frozen cranberries\*

1/4 cup packed brown sugar

1/4 cup chopped walnuts

1 large egg

1/2 cup sugar

1/2 cup all-purpose flour

1/3 cup butter, melted

Vanilla ice cream

Preheat oven to 375°. On a lightly floured surface, roll pastry dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate.

Trim pastry to 1/2 in. beyond rim of plate; flute edge.

\*Before using, pick through cranberries to remove any stems and soft berries. Rinse in cold water; drain well before measuring.

Spread cranberries evenly into crust; sprinkle with brown sugar and walnuts.

In a bowl, beat egg on high speed until thick and pale yellow, about 5 minutes. Gradually beat in sugar.

Beat in flour and melted butter (mixture will be thick); spoon over cranberries, spreading evenly.

Bake on a lower oven rack until crust is golden brown, 40-45 minutes.

(Cover pie loosely with foil during the last 10-15 minutes if top becomes too dark.) Cool on a wire rack.

Serve warm with ice cream.

Love chocolate? Add some mini chocolate chips to the walnut topping.

Pastry for single-crust pie (9 inches):

Combine 1-1/4 cups all-purpose flour and 1/4 tsp. salt; cut in 1/2 cup cold butter until crumbly.

Gradually add 3-5 Tbsp. ice water, tossing with a fork until dough holds together when pressed.

#### Cranberry Christmas Cake

~Shared by Marilyn M., OH

3 eggs

2 cups sugar

3/4 cup butter, softened

1 teaspoon vanilla

2 cups all-purpose flour (see note below for gluten-free alternative)

12 oz fresh cranberries

Preheat oven to 350 degrees.

With a mixer, beat the eggs with the sugar until slightly thickened and light in color, about 5-7 minutes. The mixture should almost double in size.

The eggs work as your leavening agent in this recipe, so do not skip this step. This mixture should form a ribbon when you lift the beaters out of the bowl.

Add the butter and vanilla; mix two more minutes. Stir in the flour until just combined. Add the cranberries and stir to mix throughout.

Spread in a buttered 9x13 pan. Bake for 40-50 minutes, or until very lightly browned and a toothpick inserted near the center of the cake comes out clean. (I baked mine for 43 minutes.)

Let cool completely before cutting into small slices. I cut mine into fairly small pieces, about 1"x2", so that they could be easily eaten at a party. Enjoy!

Note ~ Gluten Free Substitution: 1 1/4 cup brown rice flour + 1/2 cup potato starch + 1/4 cup tapioca starch + 1 teaspoon xanthan gum may be substituted for the amount of all-purpose flour listed above.

#### Turkey-Almond Salad

~Shared by Marilyn M., OH

2/3 cup Miracle Whip  
1 Tbsp milk  
2 teaspoons prepared mustard  
1-1/2 teaspoons sugar  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3 cups cubed cooked turkey  
2 cups shredded cabbage  
3/4 cup diced celery  
1/2 cup sliced green onion  
1-1/2 cups chow mein noodles  
1/2 cup slivered almonds, toasted  
2 Tbsp sesame seeds, toasted

In a large bowl, combine the first six ingredients.

Add turkey, cabbage, celery and green onions; toss to combine.

Cover and chill for several hours.

Just before serving, add chow mein noodles, almonds and sesame seeds; toss to combine.

#### Crustless Spinach Quiche

~Shared by Marilyn M., OH

1 cup chopped onion  
1 cup sliced fresh mushrooms  
1 cup multi-colored peppers, chopped  
1 Tbsp vegetable oil  
1 package (10 oz) frozen chopped spinach, thawed and well drained  
2/3 cup finely chopped fully cooked ham  
6 large eggs  
1/3 cup cream or half and half  
3 cups shredded Muenster or Monterey Jack cheese  
1/8 teaspoon pepper

In a large skillet, saute onion, mushrooms, and peppers in oil until tender.

Add spinach and ham; cook and stir until excess moisture is evaporated. Cool slightly.

Beat eggs with cream; add cheese and mix well. Stir in spinach mixture and pepper; blend well.

Spread evenly into a greased 9-in. pie plate or quiche dish.

Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

#### Hazelnut Cake Squares

~Shared by Marilyn M., OH

1 package yellow cake mix (regular size)  
3 large eggs, room temperature  
2/3 cup water  
2/3 cup Nutella  
1/4 cup canola oil  
1/2 cup semisweet chocolate chips  
1/2 cup chopped hazelnuts, toasted  
1/2 cup brickle toffee bits, optional

Confectioners' sugar, optional

Preheat oven to 350°. Grease a 13x9-in. baking pan.

In a large bowl, combine cake mix, eggs, water, Nutella and oil; beat on low speed 30 seconds.

Beat on medium 2 minutes. Fold in chocolate chips, hazelnuts and, if desired, toffee bits.

Transfer to prepared pan. Bake until a toothpick inserted in center comes out clean, 25-30 minutes.

Cool completely in pan on a wire rack. Dust with confectioners' sugar if desired.

#### Possibly Impossible Pie

~Shared by Marilyn M., OH

3 eggs  
1/4 cup butter, melted and slightly cooled  
1-3/4 cups granulated sugar  
1/2 cup self-rising flour  
1/4 teaspoon salt  
1-1/2 cups milk  
1 teaspoon vanilla or coconut extract  
1 (7-ounce) bag sweetened coconut flakes

Preheat oven to 350 degrees F. Grease a 9- or 10-inch pie plate with cooking spray.

In a medium bowl, beat the eggs and add in the cooled, melted butter.

Blend in the sugar, flour, and salt, then whisk in milk and vanilla until thoroughly mixed.

Stir in the coconut, then pour into the prepared dish.

Bake 40 to 50 minutes or until coconut becomes golden brown and a knife inserted into the center comes out clean.

Let cool on a wire rack, then cover and refrigerate.

Serves 10-12

#### Cherry Muffins

~Shared by Marilyn M., OH

1 cake mix (I used French vanilla)  
1 can cherry pie filling (or any kind you like)  
1 cup flour  
1/2 cup brown sugar  
1/2 cup butter, softened

Mix cake mix with cherry pie filling, place in muffin tins.

Topping:

Mix flour, brown sugar and butter till crumbly.

Place on top of each muffin.

Bake at 350 degrees for aprx. 25 mins.

ENJOY!!!

#### ALMOND JOY CUSTARD PIE

~Shared by Marilyn M., OH

1 single pie crust  
4 eggs  
2-1/2 cups whole milk or cream  
1/2 cup sugar  
1 tsp. vanilla extract  
1 tsp. coconut extract  
3 tsp. almond extract  
1 cup shredded coconut  
1/2 cup finely chopped almonds  
slivered almonds to top

Preheat oven to 450 F and bake the pie crust for 5 minutes. Remove from oven.

Beat together the eggs and milk, then add extracts and sugar. Beat 1 to 2 minutes, until well combined.

Stir together the coconut and chopped almonds, and spread in the pie crust.

Pour the egg mixture over the coconut mixture, and sprinkle the top with slivered almonds.

Place in the oven, reduce heat to 350 F, and bake for 45 to 55 minutes, until custard is set.

I was going to melt some chocolate and drizzle it over the top of the pie, but I didn't feel like waiting for the pie to cool.

#### My Favorite German Chocolate Bundt Cake

~Shared by Marilyn M., OH

1 box of your favorite brand of German Chocolate cake mix  
2 (15 oz) containers Coconut Pecan Frosting  
Eggs, oil and water according to the directions on the brand of cake mix you chose.

Preheat oven to 350°F. Prep bundt pan with baking spray or grease and flour.

In large bowl, beat the cake mix, eggs, oil and water as directed on cake box.

Now, add 1 container of the coconut pecan frosting to the batter and mix well.

Pour batter into the prepared bundt pan.

Bake at 350°F for 45-50 minutes or until tested done when toothpick inserted in center comes out clean.

Allow cake to cool.

For glaze, place the second container of coconut pecan frosting in microwave-safe bowl.

Microwave on high for 10-15 seconds. Stir until smooth. Drizzle over cake. Enjoy!

#### Wild Rice and Mushroom Soup

~Shared by Marilyn M., OH

Wild rice (which is not rice at all, but a grain) has a real nutty taste.

5 cups chicken broth  
1/4 cup dried porcini mushrooms, crumbled  
2 Tbsp butter  
1/2 cup onion, finely chopped  
1/3 cup wild rice  
3 cloves fresh garlic, minced  
1 1/4 cups shiitake or brown mushrooms (1/2 coarsely chopped, the rest sliced)  
2-4 Tbsp fresh chives, finely chopped  
1/4 – 1/2 cup light cream or canned coconut milk, to taste

In a saucepan bring the stock and dried mushrooms to a boil.

Remove from heat and steep for 5 minutes.

In a large pot melt butter and sauté onions and rice for about 5 minutes.

Add in chicken broth mixture, cover and simmer 15 minutes.

Add garlic and simmer another 15 minutes covered.

Add fresh mushrooms and cook uncovered until wild rice is tender, about 15-20 more minutes.

Stir in as much of the cream as you'd like, along with the chives and serve.

Yield ~ serves 6

#### Frannie's Passion Bars

~Shared by Marilyn M., OH

2 cups quick cooking oats  
1 cup all-purpose flour  
1 cup brown sugar  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
3/4 cup butter, softened  
1 (14 oz) can sweetened-condensed milk



3/4 cup peanut butter  
1 cup semisweet chocolate chips

Preheat oven to 350F. Grease a 9x13 inch-baking pan; set aside.

In large bowl, stir oats, flour, brown sugar, salt and baking soda.

Cut in butter to form a crumbly mix.

Reserve 1 1/2 cups of crumbs, and pat the rest evenly in bottom of prepared pan.

In medium bowl, stir sweetened condensed milk and peanut butter.

Spread evenly over the oatmeal layer.

Sprinkle chocolate chips over peanut butter layer, then crumble reserved crust on top.

Bake 30 - 35 minutes in preheated oven, until golden brown.

Cool completely before cutting into bars ~ Enjoy!

### Easy Overnight Baked Oatmeal

~Shared by Marilyn M., OH

2 large eggs, lightly beaten  
3 cups milk, 2% or whole  
3/4 cup packed brown sugar  
1/4 cup canola oil  
1-1/2 teaspoons ground cinnamon  
1 teaspoon salt  
2 cups old-fashioned oats  
1/4 cup dried blueberries  
1/4 cup dried cherries  
1/4 cup sliced almonds

In a large bowl, whisk together first 6 ingredients. Stir in oats, blueberries and cherries.

Transfer to a greased 8-in. square baking dish. Refrigerate, covered, 8 hours or overnight.

Preheat oven to 350°. Remove oatmeal from refrigerator while oven heats.

Stir oatmeal; sprinkle with almonds.

Bake, uncovered, until golden brown and a thermometer reads 160°, 40-50 minutes.

Serve warm with warmed milk ~ Enjoy!

### **PUBLISHER'S CHOICE**

#### Strawberry Angel Cake

*Note from Maggie: I found this on Facebook and it reminded me of when I used to make it all the time when my kids were young. It is really good. I even used a store-bought pound cake and it was delicious.*

#### Ingredients

1-2 containers of Cool Whip  
1-2 containers of strawberry glaze  
1 box Angel Food Cake (you can also use a premade angel food cake)  
Strawberries sliced (you can also use frozen strawberries)

#### Directions

Follow the instructions on the cake mix box (Be sure to spray your pan!) Skip this step if are using a premade angel cake.

Once your cake is done, slice it up into 1-2 inch cubes.

Layer the bottom of a pan with the cubed angel food cake. Then layer with the Cool Whip.

Layer again with angel food cake. Then layer with strawberry glaze. Keep repeating with layers until finished. Top with sliced strawberries!

Refrigerate. This can be refrigerated for several days and it does not get soggy if you're using bigger cubes of angel food cake. Very simple yet addicting treat!

## Triple Chocolate No-Bake Cookies

Classic no-bake peanut butter oatmeal cookies made with DOUBLE the cocoa and studded with chocolate chips for three times the chocolate goodness!

Yield: 32-36 Cookies

prep time: 10 M

cook time: 5 M

total time: 15 M

### INGREDIENTS:

3 cups quick-cooking oats

2 cups sugar

1/2 cup cocoa powder

Dash of salt

1 stick REAL butter (1/2 cup)

1/2 cup milk

1 cup peanut butter

1 teaspoon vanilla

1 cup semi-sweet chocolate chips

### INSTRUCTIONS:

1. Line a work surface with parchment paper. Add the quick-cooking oats to a large mixing bowl then set aside.
2. Melt butter in a saucepan over medium heat. Stir in sugar, cocoa, salt and milk then bring to a boil over medium heat, stirring frequently. Once boiling, cook mixture for 1 full minute. Remove from heat immediately. Do not let mixture boil longer than 1 minute.
3. Add peanut butter and vanilla to the saucepan then stir until peanut butter is melted. Pour mixture into the mixing bowl with oats then gently stir until well combined.
4. Using a cookie scoop or two tablespoons (I use a 1½ inch cookie scoop), scoop portions of dough onto parchment paper. Flatten each cookie portion slightly to resemble the shape of a traditional baked cookie.
5. Once all the dough has been portioned out, starting with the first cookie and working through to the last (coolest to warmest), place chocolate chips onto each cookie (see notes for tips).
6. Allow cookies to completely cool and set-up then move to an air-tight container to store.

NOTES: If you add the chocolate chips too soon, they will melt. Scoop out all the cookies then, starting with the first cookie you scooped (the coolest) and working through to the last, place the chips onto the cookies, pressing down just slightly. The cookies will still be soft enough to work with but not so hot that everything melts. Make a test cookie – if the chocolate chips start to melt and lose their shape, wait a minute then try again.

If you don't have parchment paper, a clean, dry counter will work as well but you may need a spatula to move the cookies.

No-bake cookies can be persnickety. If you don't boil the mixture long enough, they won't set up. If you boil it too long, they will be crumbly. This recipe is exactly how I make all my no-bake cookies. Follow it and you should be A-OK.  
Only use real butter.

Source: Mandy Rivers - South Your Mouth

<https://www.southyourmouth.com/2019/11/triple-chocolate-no-bake-cookies.html#more>

## Mexican Shrimp Cobb Salad

PREP TIME: 15 mins

TOTAL TIME: 15 mins

Mexican Shrimp Cobb Salad is a beautifully layered salad with shrimp, avocados, grilled corn, black bean salsa, cucumbers, tomatoes and cheese.

### Ingredients

For the Shrimp:

16 oz cooked large shrimp (peeled)

chipotle chili powder to taste

1 tbsp lime juice

salt to taste

For the Salad:

6 cups romaine lettuce (shredded)

15 oz black beans (rinsed and drained)

1 cup grilled corn kernels (I used Trader Joe's frozen roasted corn)

2 tbsp red onion (divided)

2 tbsp cilantro (chopped)

juice of 1/2 lime

1 seedless cucumber (diced)

2 cups diced tomatoes

1 ripe hass avocado (diced)

1 cup reduced fat Sargento Mexican Blend shredded cheese

## Instructions

1. Rinse shrimp and chop into large chunks. Toss shrimp with a little salt, chipotle chili pepper, and fresh lime juice.
2. Combine drained beans, corn, red onion, cilantro, lime juice and salt to taste.
3. In a large glass trifle dish or clear bowl, layer salad ingredients starting with the lettuce, black bean mixture, cucumber, tomatoes, avocado, cheese and shrimp on top.

Serving: 2cups, Calories: 267.5kcal, Carbohydrates: 24g, Protein: 28g, Fat: 9g, Saturated Fat: 3g, Polyunsaturated Fat: 0g, Monounsaturated Fat: 0g, Trans Fat: 0g, Cholesterol: 157.5mg, Sodium: 578.5mg, Potassium: 0mg, Fiber: 8g, Sugar: 4g, Vitamin A: 0%, Vitamin C: 0%, Calcium: 0%, Iron: 0%  
Freestyle Points: 3 Points +: 5

Source: Skinnytaste

<https://www.skinnytaste.com/mexican-shrimp-cobb-salad/>

## Homemade Mexican Chalupas

*Note from Maggie: I made these Sunday and they were surprisingly good. I added refried beans (pinto) which I spread on the fried chalupa first as it helps keep the toppings from falling out of the shell. You should try this recipe!*

### INGREDIENTS

1 lb. ground beef  
1 pkg taco seasoning  
Canola oil, for frying  
2 1/2 cup flour  
1 Tbsp baking powder  
1/2 tsp salt  
1 Tbsp shortening  
1 cup milk  
shredded cheddar cheese  
lettuce  
salsa  
sour cream

### INSTRUCTIONS

In a skillet, brown beef until fully cooked. Add in taco seasoning and prepare according to pkg directions.

Heat the oil in a heavy duty large skillet or dutch oven.

In a large mixing bowl, add the flour, baking powder, salt, and shortening. Use a fork to cut the ingredients together. Pour the milk into the dry ingredients. Use a wooden spoon to mix ingredients in with the milk to form a ball of dough.

Turn dough onto a floured surface and roll until smooth. Mold the dough into a loaf about 8 inches. Divide the dough into 8 pieces. Roll each individual section into a ball. Then roll out each ball of dough into a round circle about 6 inches wide.

Carefully place the chalupa dough into the hot oil. Fry for about 1 minute on one side. Use tongs to flip the dough over.

After you flip the dough, use the tongs to gently fold the dough in half. Hold the dough in that shell shape with the tongs for a minute on one side. Roll the shell shape over to the other side to cook it evenly. If it doesn't matter to you, just fry on both sides for a minute or two until golden brown and remove from oil onto cooling rack lined with paper towels.

Fill your chalupas with the cooked beef, lettuce, cheese, salsa, and a dollop of sour cream.

Source: Real Mom Kitchen

<https://www.realmomkitchen.com/homemade-mexican-chalupas/>

## Sauteed Brussels Sprouts with Cranberries and Pecans

Sautéed Brussels Sprouts with Cranberries and Pecans is the perfect easy holiday side dish! Takes less than 10 minutes to prepare.

Prep Time 5 mins  
Cook Time 5 mins  
Total Time 10 mins  
Servings: 4  
Calories: 121kcal

### Ingredients

1 pound brussels sprouts, stems removed, sliced in half  
2/3 cup fresh whole cranberries  
1/3 cup pecan halves  
1 Tablespoon olive oil  
salt and freshly ground black pepper

### Instructions

Heat olive oil in a large skillet over medium heat.

Add brussels sprouts and season with salt and pepper.

Sauté for 3-4 minutes, then add the cranberries and pecans.

Sauté for an additional 3-4 minutes or until brussels sprouts are tender.

#### Nutrition

Calories: 121kcal | Carbohydrates: 13g | Protein: 4g | Fat: 7g | Sodium: 28mg | Potassium: 492mg | Fiber: 5g | Sugar: 3g | Vitamin A: 855IU | Vitamin C: 98.6mg | Calcium: 54mg | Iron: 1.8mg

Source: Tastes Better from Scratch

<https://tastesbetterfromscratch.com/sauteed-brussels-sprouts-with-cranberries-and-pecans/>

#### Long Island Iced Tea Cocktail

A delicious but potent cocktail!

Prep Time 5 minutes

Total Time 5 minutes

Servings 1 Cocktail

Calories 322 kcal

#### Ingredients

Garnish and Glassware

Lemon wedge

16 ounce glass or bigger

1 ounce tequila

1 ounce gin

1 ounce dark or gold rum

1 ounce vodka

1 ounce lemon juice

1/2 ounce triple sec

1 ounce Coca Cola or other cola

#### Instructions

1. Fill glass with ice
2. Add all the ingredients
3. Squeeze in the juice from the wedge
4. Stir
5. Sip
6. Smile
7. Enjoy

Source: Dishes Delish

<https://dishesdelish.com/long-island-iced-tea-cocktail/>

#### Marinated Steak Kebabs

Marinated steak kebabs that can be grilled with any of your favorite vegetables.

1/2 cup low-sodium soy sauce

1/2 cup peach juice

1/2 cup oil ((vegetable or canola oil))

1 Tablespoon dried onion flakes

2 clove garlic (, minced)

freshly ground black pepper (, to taste)

1 1/2 pound top sirloin steak (, cut into 1" chunks)

2 bell pepper (any color, sliced into large chunks)

1 sweet onion (purple onion, sliced into large chunks)

wooden or bamboo skewers

Make the marinade by combining the soy sauce, peach juice, oil, dried onion flakes, garlic and fresh ground black pepper. Whisk well to combine.

Cut the steak into 1 inch pieces and add it to a gallon size resealable bag. Pour the marinade over the steak, seal the bag tight and refrigerate for 1 to 6 hours.

If using wooden skewers, soak them in water for 30 minutes. Thread the steak and chopped vegetables alternately onto the wooden skewers, keeping a little space between each piece.

Heat gas grill to medium-high and grease lightly with oil. Grill the kebabs for just a few minutes on each side (8-10 minutes

maximum), according to how well done you like your steak. Allow the kebabs to rest for 5 minutes before serving.

Source: Tastes Better From Scratch.

<https://tastesbetterfromscratch.com/marinated-steak-kebabs/>

### Five-Grain Quick Bread

Prep 15 MIN

Total 50 MIN

Servings 12

#### Ingredients

1 cup 5-grain rolled whole-grain cereal or old-fashioned oats  
2 cups Gold Medal™ whole wheat flour  
1 cup Gold Medal™ all-purpose flour  
1/3 cup packed brown sugar  
1 teaspoon baking soda  
1 teaspoon cream of tartar  
3/4 teaspoon salt  
1/4 cup firm butter or margarine, cut into small pieces  
1/2 cup golden raisins  
1 egg  
1 1/2 cups buttermilk

#### Steps

- 1 Heat oven to 375°F. Grease cookie sheet with shortening or cooking spray. Reserve 1 tablespoon of the cereal.
- 2 In large bowl, mix remaining cereal, the flours, brown sugar, baking soda, cream of tartar and salt. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like course crumbs. Stir in raisins.
- 3 In small bowl, beat egg and buttermilk with wire whisk until well blended. Reserve 1 tablespoon buttermilk mixture. Stir remaining buttermilk mixture into dry ingredients, stirring just until mixture is moistened. On floured surface, knead dough 5 or 6 times until dough is combined and holds together.
- 4 On cookie sheet, shape and press dough into 7-inch round. Cut large X, 1/4 inch deep, into top of dough, using sharp knife. Brush top of dough with reserved buttermilk mixture; sprinkle with reserved cereal.
- 5 Bake 30 to 35 minutes or until top is golden brown and loaf sounds hollow when tapped. Cool slightly before serving.

#### Expert Tips

This old-fashioned soda bread is very moist and flavorful, quick to make and a great choice to serve with soup or when entertaining. Whole wheat flour contains all parts of the grain, including the germ, so store it in the refrigerator to keep it fresh.

Whole Grain Serving: 2

Source: Betty Crocker Quick Breads

### One-Pot Creamy Garlic Chicken

Prep 40 MIN

Total 40 MIN

Ingredients 9

Servings 6

#### Ingredients

2 tablespoons olive oil  
1 package (20 oz) boneless skinless chicken breasts, cut into 1-inch pieces  
4 cloves garlic, finely chopped  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1 cup uncooked long-grain white rice  
2 1/2 cups Progresso™ chicken broth (from 32-oz carton)  
2 cups frozen whole green beans  
1/2 cup heavy whipping cream

#### Steps

- 1 In 12-inch nonstick skillet, heat oil over medium-high heat. Add chicken, garlic, salt and pepper; cook 5 to 7 minutes, stirring occasionally, until chicken is no longer pink in center.
- 2 Add rice and chicken broth. Heat to boiling. Cover; cook 10 to 15 minutes, stirring occasionally, until almost all of liquid is absorbed.
- 3 Stir in green beans and whipping cream. Cover; simmer 5 to 6 minutes or until thickened and beans are tender.

#### Expert Tips

Add 1 teaspoon chopped fresh thyme for a fresh herb flavor.  
For a complete meal, serve with a fresh garden salad.

Nutrition Information

Serving Size: 1 Serving

Calories 360 Calories from Fat 140 Total Fat 15g 24% Saturated Fat 6g 31% Trans Fat 0g Cholesterol 85mg 29% Sodium 700mg 29% Potassium 290mg 8% Total Carbohydrate 31g 10% Dietary Fiber 1g 6% Sugars 1g Protein 25g % Daily Value\*: Vitamin A 10% Vitamin C 0% Calcium 6% Iron 10%

Exchanges:

2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1/2 Vegetable; 2 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 2 1/2 Fat;

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

## Hornet's Nest Cake

### INGREDIENTS:

1 package (3.4 oz) vanilla instant pudding  
2 cups whole milk  
1 package (18.25 oz) plain yellow cake mix  
1 package (11 oz) butterscotch chips  
1 cup chopped pecans

### DIRECTIONS:

Preheat oven to 350°F. Grease a 13×9 baking pan, set aside.

In a large bowl, whisk together pudding mix and milk. Let sit 5 minutes until it firms up. Fold in the cake mix and stir until combined (a few lumps are ok).

Pour batter into prepared pan and smooth the top with a spatula. Scatter the butterscotch chips and pecans on top of cake batter.

Bake cake for 35 to 40 minutes — until it springs back when lightly pressed with fingers. Remove from oven and let cake cool on wire rack for 30 minutes before serving.

Store this cake in baking dish (covered in aluminum foil) at room temperature for up to 1 week.

Source: The Cake Mix Doctor

## Strawberry Honey Butter

This Strawberry Honey Butter is an amazing condiment, perfect for toast, pancakes, muffins, or any baked good. And only takes minutes to whip up!

Prep Time 10 mins

Total Time 10 mins

Servings: 16 (about 1 1/2 cups total)

Calories: 119 kcal

### Ingredients

1 cup unsalted butter, room temperature  
pinch of kosher salt  
8 small strawberries, stems removed, chopped  
1/4 cup honey

### Directions

In a medium bowl, crush strawberries using a potato masher (you should end up with 1/2 cup); set aside.

Place butter and salt in the bowl of a food processor; pulse a few times until butter is fluffy. Scrape down the sides, if necessary.

Add in the mashed strawberries; pulse several more times until incorporated.

Add in the honey and pulse until incorporated, and light and fluffy.

Transfer to an airtight container and refrigerate until needed. Bring to room temperature for 15 minutes before serving.

### Recipe Notes

If you don't have a food processor, you can easily use a bowl and hand held mixer following the same steps listed.

This will keep in the refrigerator, in an airtight container, up to 10 days.

A little of this flavored butter goes a long way - if you don't think you'll go through it in 10 days, simply cut the recipe in half. You can always make it again, since it's so easy!

Source: Bellyfull.net

<https://bellyfull.net/2019/06/19/strawberry-honey-butter/>

## Rocky Road Cupcakes

Prep Time: 1h

Bake/Cook Time: 18m - 22m

Yield: 24 cupcakes

Enjoy the classic flavors of Rocky Road ice cream in a cupcake form! Rocky Road Cupcakes are classic chocolate cupcakes topped with chocolate and pecan-studded marshmallow frosting and a chocolate glaze. Makes a tasty and sweet treat for birthdays, office parties, or as an after-school surprise.

#### INGREDIENTS

##### Cupcakes

2 cups unbleached, all-purpose flour\*  
2/3 cup unsweetened cocoa powder  
1 1/4 teaspoons baking soda  
1/4 teaspoon baking powder  
1 teaspoon kosher salt  
3/4 cup unsalted butter, room temperature  
1 2/3 cups Imperial Sugar Extra Fine Granulated Sugar  
3 eggs  
2 teaspoons vanilla extract  
1 teaspoon espresso powder  
1 1/3 cups water

##### Frosting

1 cup unsalted butter, room temperature  
3 cups marshmallow cream  
2 1/2 cups Imperial Sugar Confectioners Powdered Sugar  
Pinch salt  
1 cup toasted pecans, chopped  
6 ounces semi or bittersweet chocolate, chopped

##### Glaze

1 cup semisweet chocolate chips  
1 1/2 tablespoons vegetable oil

\*Spoon & Sweep method: Use a spoon to fill measuring cup with flour until required amount is obtained. Scooping measuring cup directly into flour bag will firmly pack flour resulting in too much flour required for recipe.

#### DIRECTIONS

Preheat oven to 350°F. Line muffin tins with paper liners. Set aside.

Whisk flour, cocoa, baking soda, baking powder, and salt together. Set aside.

Cream butter and sugar together until combined and fluffy. Add eggs one at time until combined, scraping bottom and sides of bowl as needed.

In a separate bowl, combine espresso powder, vanilla, and water. Stir until incorporated.

In three additions, mix in flour mixture on low speed, alternating with espresso water. Scrape bottom and sides of bowl as needed.

Fill cupcake liners 2/3 full. Bake for 18-22 minutes, until cupcakes bounce back when pressed. Let cool in pans for 5 minutes, then remove to a cooling rack to cool completely.

Once cupcakes are cooled, make frosting. Beat butter until smooth. Add marshmallow cream, sugar, and pinch salt. Beat until smooth on low, then increase speed and beat on medium for 2 minutes. Add up to 1/2 cup more powdered sugar if needed for thicker consistency. Stir in pecans and chopped chocolate.

Spoon over cooled cupcakes, about 2 tablespoons per cupcake. Refrigerate while making glaze.

Melt chocolate and oil together in the microwave in 30-second increments at 50% power, stirring after each one. When chips are almost melted, stir until completely smooth.

Remove cupcakes from refrigerator and spoon glaze over tops. Refrigerate until set. Store in refrigerator for up to 2 days.

#### Notes

Recipe developed for Imperial Sugar by Bridget Edwards @Bake at 350.

Source: Imperial Sugar

#### Jalapeno Popper Tater Tot Chicken Casserole

This Jalapeno Popper Tater Tot Chicken Casserole is one of my new favorite meals. Creamy, cheesy and filling. Not spicy but so, so good!

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 45 minutes

Servings: 8

Calories: 667k

#### Ingredients

1 (2 lb) bag frozen tater tots  
2 (8 oz) blocks cream cheese, softened  
1 cup sour cream  
1 1/2 tsp garlic salt  
1 tsp black pepper  
2 cups Mexican shredded cheese, divided use

6 green onions, sliced  
6 jalapeno peppers, seeds removed and diced  
1 pound bacon, cooked and crumbled, divided use  
1 family size rotisserie chicken, meat removed and diced into chunks

#### Instructions

Preheat oven to 425f degrees.

Spread tater tots into the bottom a 9 x 13" baking dish. Bake tater tots for about 15 minutes.

While tater tots are cooking, in a medium bowl, stir together cream cheese and sour cream. Season with garlic salt and pepper. Stir in half the shredded cheese, half the green onions, diced jalapeño peppers and half the cooked bacon until combined well.

Once the tater tots are cooked, remove from the oven (but don't turn the oven off.) Spread diced chicken on top of the cooked tater tots.

Then layer the cream cheese mixture on top of the chicken. Just do your best to spread it out.

Sprinkle the top with the rest of the shredded cheese, green onions and bacon.

Cook, uncovered, for about 20 minutes. Allow to cool for 5 minutes before serving.

Then dig in! Serve with a salad.

#### Nutrition

Calories: 667kcal | Carbohydrates: 3g | Protein: 43g | Fat: 52g | Saturated Fat: 20g | Cholesterol: 170mg | Sodium: 1119mg | Potassium: 480mg | Sugar: 1g | Vitamin A: 13.7% | Vitamin C: 17.5% | Calcium: 24.1% | Iron: 11.9%

Source: Brandie @ The Country Cook

<https://www.thecountrycook.net/jalapeno-popper-tater-tot-chicken-casserole/>

#### Easy Shrimp Tacos with Homemade Slaw

Shrimp Tacos are piled high with tasty, plump shrimp, homemade slaw and tangy cilantro avocado sauce layered in warm flour tortillas. A healthy, easy summer dinner or the perfect party food!

Prep Time 15 minutes

Cook Time 15 minutes

Total Time 30 minutes

Servings 6 Tacos

Calories 355kcal

#### Ingredients

6 corn tortillas soft

1/2 cup cotija cheese (or feta)

OREGANO LIME SLAW:

2 cups green cabbage shredded

1 lime juiced

2 tsp dried oregano

CILANTRO AVOCADO SAUCE:

1/2 cup mayo

1/2 avocado

1/2 cup cilantro

1 lime juiced

pinch of cayenne pepper (optional)

SHRIMP:

1 pound shrimp (20 to 25 shrimp)

1 tsp sugar

salt and pepper to taste

1 Tbsp vegetable oil

#### Instructions

1. In a small fry pan, heat the corn tortillas in a little bit of oil and lightly salt.

OREGANO LIME SLAW:

1. Toss all ingredients together and season with a pinch of salt.

CILANTRO AVOCADO SAUCE:

1. Mix all ingredients thoroughly in a blender.

SHRIMP:

1. Peel shrimp, pat it dry, season with salt, pepper, and sugar. Heat oil over medium high heat and add shrimp. Cook until shrimp are curled and pink.

2. Layer the shrimp, cabbage, and sauce in a warm corn tortilla. Top with a little cotija (or feta) cheese

#### Nutrition

Calories: 355kcal | Carbohydrates: 18g | Protein: 20g | Fat: 23g | Saturated Fat: 7g | Cholesterol: 209mg | Sodium: 864mg | Potassium: 267mg | Fiber: 4g | Sugar: 3g | Vitamin A: 4% | Vitamin C: 24.5% | Calcium: 21.6% | Iron: 13.9%



Source: Favorite Family Recipes  
<https://www.favfamilyrecipes.com/kristens-shrimp-tacos/> 2/2

### Farmhouse Buttermilk Cake

PREP 12 mins. to 18 mins.  
BAKE 45 mins. to 50 mins.  
TOTAL 57 mins. to 1 hrs 8 mins.  
YIELD 24 servings

This old-fashioned brown sugar cake derives much of its delightful texture from buttermilk. The nutty pecans and sugar on top are a perfect complement to the moist cake underneath.

#### Cake

1/2 cup butter  
2 cups light brown sugar  
2 large eggs  
2 cups buttermilk  
2 teaspoons vanilla extract  
2 teaspoons baking soda  
1 teaspoon salt  
3 cups King Arthur Unbleached All-Purpose Flour

#### Topping

6 tablespoons melted butter  
1 cup light brown sugar  
1/4 cup milk  
1/8 teaspoon salt  
2/3 to 1 cup diced pecans

#### Directions

Preheat the oven to 350°F. Lightly grease a 9" x 13" cake pan.

Beat the butter and brown sugar together till smooth.

Add the eggs, beating till smooth.

Stir in the buttermilk and vanilla extract.

Add the baking soda, salt, and flour to the wet ingredients, beating till thoroughly combined.

Pour the batter into the prepared pan.

Bake the cake for 35 minutes. Towards the end of the baking time, prepare the topping.

Stir the butter and the sugar together. Add the milk, pecans, and salt. The glaze will be thick but pourable.

Top the baked cake with the topping, and return to the oven for another 10 minutes.

Remove the cake from the oven. The topping will look very runny. You can eat the cake hot, with the glaze still gooey; or let the cake sit at room temperature for a few hours, by which time the glaze will have set.

Source: King Arthur Flour  
<https://www.kingarthurfLOUR.com/recipes/farmhouse-buttermilk-cake-recipe>

### White Cheddar Cornbread Loaf

Crazy delicious cornbread baked in a loaf pan and speckled with red onions and white cheddar cheese.

Prep time: 15 mins  
Cook time: 28 mins  
Total time: 43 mins  
Serves: 1 loaf

#### Ingredients

1 + 1/2 cups cornmeal (I use medium grind)  
1 cup all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 tablespoon sugar  
1 cup shredded sharp white cheddar cheese  
1/4 cup diced red onion  
1 egg  
1 cup milk  
1/3 cup butter, melted and cooled  
1/4 cup sour cream

#### Instructions

1. Preheat the oven to 400°F. Generously butter a standard size loaf pan.
2. In a medium mixing bowl whisk all the dry ingredients together.
3. Add the cheese and onion, toss to coat.
4. Add the egg, milk, butter and sour cream all at once and stir just until combined.
5. Pour it into the loaf pan and bake 25 - 28 minutes until a toothpick comes out clean from center.

Source: Cinnamon Spice and Everything Nice by Reeni Pisano

<https://www.cinnamonspiceandeverythingnice.com/white-cheddar-red-onion-cornbread-loaf/>

#### Broccoli Rice Casserole from Scratch

PREP TIME 20 minutes

COOK TIME 35 minutes

TOTAL TIME 55 minutes

SERVINGS 8 servings

This Broccoli Rice Casserole is made from scratch (and contains no condensed soup). Fresh crisp broccoli and fluffy rice come together in a creamy cheesy homemade sauce to create a family favorite side dish!

#### Ingredients

6 cups fresh broccoli cut into bite sized pieces

2 cups cooked white rice

#### SAUCE:

3 tablespoons butter

3/4 cup onion diced (about 1 small)

3 tablespoons flour

2 cups milk

1/4 teaspoon each garlic & black pepper

1/2 teaspoon dry mustard powder

1/2 teaspoon paprika

salt to taste

3 tablespoons cream cheese

2 cups shredded cheddar cheese divided

#### Instructions

1. Preheat oven to 350 degrees F.
2. Cook onion and butter on medium-low heat until softened and translucent. Stir in flour, garlic powder and pepper. Cook an additional 2 minutes.
3. Gradually pour in milk while whisking. Continue whisking over medium heat until thick and bubbly. Remove from heat and add dry mustard, paprika, cream cheese and 1 1/2 cups cheddar cheese. Stir until melted.
4. Place broccoli in boiling water for about 2 minutes. You still want it slightly crisp as it cooks more in the oven.
5. Stir together rice, broccoli and cheese sauce. Place in a greased 2 qt casserole dish. Top with remaining cheese and bake 35 minutes or until bubbly and cheese lightly browned.

Source: Spend with Pennies

<https://www.spendwithpennies.com/broccoli-rice-casserole-scratch/>