



## Mother Baby Hour Favorites

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**MERITER**

### Mother Baby Hour Favorite Recipes

#### SALADS

<b>Recipe: Cookie and Fruit Salad</b> <b>Serves: "A Lot"</b>	<b>From the Kitchen of: Ginny</b>
<p><b>Ingredients:</b>          2 small packages vanilla instant pudding          2 cups cold milk          1 8 oz. tub of fat free Cool Whip          1 pkg. Fudge Stripe cookies – crushed          2 cans fruit cocktail – light</p> <p><b>Directions:</b>          Beat pudding and milk. Add Cool Whip. Fold in fruit and broken cookies. Chill in refrigerator for at least 2 hours.</p>	

<b>Recipe: Strawberry Spinach Salad</b> <b>Serves: 8-10</b>	<b>From the Kitchen of: Cyndie</b>								
<p><b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">½ c. Olive Oil</td> <td style="width: 50%;">¼ tsp. Worcestershire sauce</td> </tr> <tr> <td>¼ c. Raspberry Wine Vinegar</td> <td>1 bag clean spinach</td> </tr> <tr> <td>1/3 c. Sugar</td> <td>1 c. strawberries, quartered</td> </tr> <tr> <td>¼ c. toasted almond slices</td> <td>1 ½ tsp. minced onion or shallot</td> </tr> </table> <p><b>Directions:</b>          Mix dressing ingredients well. (shake in a covered container) Pour over salad. *Dressing saves well, so you can make smaller salads. Great make –ahead dressing.</p>		½ c. Olive Oil	¼ tsp. Worcestershire sauce	¼ c. Raspberry Wine Vinegar	1 bag clean spinach	1/3 c. Sugar	1 c. strawberries, quartered	¼ c. toasted almond slices	1 ½ tsp. minced onion or shallot
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¼ c. Raspberry Wine Vinegar	1 bag clean spinach								
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<b>Recipe: Summer Salad</b> <b>Serves: 2</b>	<b>From the Kitchen of: Marie</b>												
<p><b>Ingredients:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">2 cucumber – sliced</td> <td style="width: 50%;">about 20 oz. green beans</td> </tr> <tr> <td>2 sliced tomatoes</td> <td>1 can flat fillets of anchovies</td> </tr> <tr> <td>any green salad</td> <td>1 peeled &amp; chopped onion</td> </tr> <tr> <td>a few black olives</td> <td></td> </tr> <tr> <td>fresh basil, thyme or any other aromatic herbs</td> <td></td> </tr> <tr> <td>1 cup of any starchy: whole rice, millet, quinoa or potato by person</td> <td></td> </tr> </table> <p>Vinaigrette: fresh lemon juice or cider vinegar &amp; olive, canola, sunflower, safflower, walnut oils &amp; salt &amp; pepper</p> <p><b>Directions:</b></p> <p>Boil the green beans in a large pot of salty water for about 10-15 minutes, drain and cool with cold water. Add the green beans to the other ingredients. Prepare the vinaigrette: mix at least 3 of the above mentioned oils with the lemon juice or the cider vinegar, add the salt &amp; pepper. The quantity of oils must be the double of the quantity of lemon or vinegar. For this recipe, prepare at least 5 tbsp. of oils. Adapt the salad with the season (in winter: carrots, cabbage, etc.) Change the proteins (Boiled eggs, lentils, chickpeas, avocados, can of sardines, chicken, etc.)</p>		2 cucumber – sliced	about 20 oz. green beans	2 sliced tomatoes	1 can flat fillets of anchovies	any green salad	1 peeled & chopped onion	a few black olives		fresh basil, thyme or any other aromatic herbs		1 cup of any starchy: whole rice, millet, quinoa or potato by person	
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<b>Recipe: Spinach Orange Salad</b> <b>Serves: 3</b>	<b>From the Kitchen of: Alison</b>						
<p><b>Ingredients:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">1 bag pre-washed spinach</td> <td style="width: 50%;">1 lg. can mandarin oranges</td> </tr> <tr> <td>almonds-at least ¼ cup (but to taste)</td> <td>olive oil</td> </tr> <tr> <td>balsamic vinegar</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Toast Almonds. Combine spinach, oranges and almonds. Dress with olive oil and balsamic vinegar.</p>		1 bag pre-washed spinach	1 lg. can mandarin oranges	almonds-at least ¼ cup (but to taste)	olive oil	balsamic vinegar	
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almonds-at least ¼ cup (but to taste)	olive oil						
balsamic vinegar							

<b>Recipe: Pasta Spinach Salad</b> <b>Serves: 4</b>	<b>From the Kitchen of: Amanda</b>						
<p><b>Ingredients:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">1 lb. fresh spinach – clean and torn into pieces</td> <td style="width: 50%;">1 ½ cup cooked bite size pasta</td> </tr> <tr> <td>½ cup almond slices</td> <td>½ cup feta cheese</td> </tr> <tr> <td>1 cup tomato vinaigrette dressing</td> <td>½ can sliced black olives</td> </tr> </table> <p><b>Directions:</b></p> <p>Toss everything together and enjoy!</p>		1 lb. fresh spinach – clean and torn into pieces	1 ½ cup cooked bite size pasta	½ cup almond slices	½ cup feta cheese	1 cup tomato vinaigrette dressing	½ can sliced black olives
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½ cup almond slices	½ cup feta cheese						
1 cup tomato vinaigrette dressing	½ can sliced black olives						

<b>Recipe: Couscous Salad</b>	
<p><b>Directions:</b></p> <p>Prepare couscous according to package directions (using broth or stock will add more flavor). Add sundried tomatoes, olives, artichoke hearts, feta cheese and scallions or onions, garlic, chickpeas, almonds, parsley and dried currants. Toss with olive oil and season with salt and pepper.</p>	

<b>Recipe: Cherry Orange Salad</b> <b>Serves: 6</b>	
<b>Ingredients:</b>	
Romaine or Leaf lettuce	1 can mandarin oranges
½ cup dried cherries or cranberries	3 T sugar
½ cup walnuts	
<b>Dressing:</b>	
¼ cup oil	2 T cider vinegar
2T sugar	1 T parsley
Dash of Tabasco sauce	
<b>Directions:</b>	
Toss lettuce, oranges, and cherries together. Melt sugar with walnuts and caramelize. Add walnuts to lettuce once cooled. For dressing combine oil, vinegar, sugar, parsley and Tabasco sauce. Add to salad immediately before serving.	

<b>Recipe: Couscous with Yogurt</b>	
<b>Ingredients:</b>	
Plain yogurt	Cumin seeds
Scallions	Feta cheese
Tomatoes	Avocado
<b>Directions:</b>	
Cook preferred amount of instant couscous. Add enough plain yogurt to moisten. Add cumin seeds or other preferred spice, scallion, tomato, feta, and avocado.	

<b>Recipe: Beet Salad</b> <b>Serves: 4</b>	<b>From the Kitchen of: Katie</b>
<b>Directions:</b>	
Wash as many beets as desired, no peeling necessary. Quarter and steam (or boil) beets until tender. Cool beets and mix with generous portions of blue cheese and walnuts. Dress with Honey Mustard dressing (Newman's Own Light). May serve at room temperature or chilled.	

<b>Recipe: Cheese-Peas Salad</b> <b>Serves: 4</b>	<b>From the Kitchen of: Rebecca</b>
<b>Ingredients:</b>	
1 package frozen peas, thawed and drained	6 oz. cheddar cheese, cut into cubes
½ cup mayo	
<b>Directions:</b>	
Mix together and enjoy!	

**Recipe: Basil, Tomato and Pasta Salad**

**From the Kitchen of: Liz**

**Serves: 4**

**Ingredients:**

Bowtie Pasta

Fresh Basil (or dried, thyme works well too!)

Parmesan Cheese

Tomatoes and/or bell peppers for a substitution

Butter or Extra Virgin Olive Oil

Bread crumbs (optional)

**Directions:**

Cook pasta per package to al dente and drain. Mix in butter or EVOO (1 tablespoon or a drizzle) to allow ingredients to stick to pasta. Add parmesan, fresh basil (shredded), and chopped tomatoes. Toss and sprinkle bread crumbs on top. Serve hot or cold.

# SOUPS

<b>Recipe: White Chili</b> <b>Serves: 8</b>	<b>From the Kitchen of: Hillary</b>
<b>Ingredients:</b> 1 large jar salsa 1 large jar Northern white beans (do not strain) 8 oz. shredded Monterey Jack cheese 1.5-2 lbs. boneless, skinless chicken breast, cooked and cut up  <b>Directions:</b> Put all 4 ingredients in crockpot, cook on low 3+ hrs. or on high for 1-3 hrs. Serve with your favorite chili toppings.	

<b>Recipe: Chicken Chili</b> <b>Serves: 8</b>	<b>From the Kitchen of: Lindsay</b>
<b>Ingredients:</b> 1 can diced tomatoes 1 can black beans 1 can chili beans 1 can corn 1 can diced green chilies 1 can diced jalapenos 1 packet taco seasoning 1 packet ranch dressing 1 onion, diced 4 raw chicken breast (boneless/skinless)  <b>Directions:</b> Put all ingredients into crock pot without draining cans. Cook on high for 3 hours, then shred chicken. Cook on low another 3 hours. Best with sour cream and Fritos on top.	

<b>Recipe: Chili</b> <b>Serves: 8</b>	<b>From the Kitchen of: Jill</b>
<b>Ingredients:</b> 1 pkg. ground beef-cooked 1 pkg. Chili Seasonings 1 lg. can V-8 Green pepper & whatever else you would like 2 cans Tomato Soup 4 cans beans (kidney, 3 beans in chili sauce) Onions  <b>Directions:</b> Put all ingredients into a crock-pot for 4 hours.	

<b>Recipe: Hungarian Goulash</b>	<b>From the Kitchen of: Megan &amp; Clara</b>
<b>Ingredients:</b> Few potatoes diced 1 pkg. frozen cut green beans 3 T. Olive Oil 1 T paprika Few carrots cut into 1" chunks 1 onion chopped 2 cans kidney beans Salt and pepper to taste  <b>Directions:</b> Put in crock pot on high for 4 hours. Serve plain or over rice.	

Recipe: Corn and Potato Chowder	From the Kitchen of: Alice								
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 small onion, chopped</td> <td>1 russet potato cut into cubes</td> </tr> <tr> <td>½ bell pepper, chopped</td> <td>2 c. whole milk</td> </tr> <tr> <td>1 15 oz. can creamed corn</td> <td>1 c. frozen corn kernels</td> </tr> <tr> <td>1 tsp. dried thyme</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Sauté the onion in oil or butter in a large saucepan. Cook until tender (about 8 minutes) Add potato and pepper. Sauté 1 minute. Add milk. Bring to a boil. Reduce heat and simmer until vegetables are tender (about 15 min). Add cream corn, corn kernels, and Thyme. Simmer until heated through. Season with salt and pepper to taste.</p>		1 small onion, chopped	1 russet potato cut into cubes	½ bell pepper, chopped	2 c. whole milk	1 15 oz. can creamed corn	1 c. frozen corn kernels	1 tsp. dried thyme	
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Recipe: Tortellini Chowder	From the Kitchen of: Ms. Stevens														
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>2/3cup chopped onion</td> <td>½ cup chopped red bell pepper</td> </tr> <tr> <td>2 TBSP minced garlic</td> <td>1 TBSP margarine</td> </tr> <tr> <td>3 cups of vegetable broth</td> <td>2 cups peeled and cut potatoes</td> </tr> <tr> <td>2 cups cheese tortellini</td> <td>2 TBSP all-purpose flour</td> </tr> <tr> <td>2 TBSP olive oil</td> <td>1-15oz can whole kernel corn, drained</td> </tr> <tr> <td>1 pint fat free half &amp; half milk</td> <td>pesto to taste</td> </tr> <tr> <td>salt and pepper</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>In large pot over medium heat, cook onion, pepper, and garlic in margarine until tender (5 min). Stir in broth, potatoes, and pesto. Bring to boil, then reduce heat and simmer about 20 min. until potatoes are just tender. Meanwhile cook pasta in another pot (cook as directed) in small bowl stir together flour, vegetable broth and olive oil. Pour into soup, increase heat to medium and cook until thickened and bubbly. Stir in corn, half- &amp;-half milk, and tortellini and heat through. Add salt and pepper to taste.</p>		2/3cup chopped onion	½ cup chopped red bell pepper	2 TBSP minced garlic	1 TBSP margarine	3 cups of vegetable broth	2 cups peeled and cut potatoes	2 cups cheese tortellini	2 TBSP all-purpose flour	2 TBSP olive oil	1-15oz can whole kernel corn, drained	1 pint fat free half & half milk	pesto to taste	salt and pepper	
2/3cup chopped onion	½ cup chopped red bell pepper														
2 TBSP minced garlic	1 TBSP margarine														
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1 pint fat free half & half milk	pesto to taste														
salt and pepper															

Recipe: Italian Style Bean Soup	From the Kitchen of: Sherry										
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 cup small dried white beans, rinsed</td> <td>6 cup chicken broth or bouillon</td> </tr> <tr> <td>1 small chopped onion</td> <td>½ cup chopped fennel (1 teaspoon dried)</td> </tr> <tr> <td>1 tsp. chopped thyme (1/2 teaspoon dried)</td> <td>1 bay leaf</td> </tr> <tr> <td>½ teaspoon pepper</td> <td>6 coarsely chopped mushrooms</td> </tr> <tr> <td>½ cup ham or ½ cup chopped prosciutto ham</td> <td>½ cup white wine</td> </tr> </table> <p><b>Directions:</b></p> <p>Combine in crock pot. Cook 6-7 hrs. on low. Remove bay leaf, optional. Stir in ½ cup white wine. I added more water to thin down and usually skip the wine.</p>		1 cup small dried white beans, rinsed	6 cup chicken broth or bouillon	1 small chopped onion	½ cup chopped fennel (1 teaspoon dried)	1 tsp. chopped thyme (1/2 teaspoon dried)	1 bay leaf	½ teaspoon pepper	6 coarsely chopped mushrooms	½ cup ham or ½ cup chopped prosciutto ham	½ cup white wine
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1 small chopped onion	½ cup chopped fennel (1 teaspoon dried)										
1 tsp. chopped thyme (1/2 teaspoon dried)	1 bay leaf										
½ teaspoon pepper	6 coarsely chopped mushrooms										
½ cup ham or ½ cup chopped prosciutto ham	½ cup white wine										

<b>Recipe: Spicy Bean Hot Pot</b> <b>Serves: 6</b>	<b>From the Kitchen of: Alyson</b>												
<p><b>Ingredients:</b></p> <table> <tr> <td>1 onion, sliced</td> <td>2-15 ounce cans beans, rinsed &amp; drained</td> </tr> <tr> <td>2-3 garlic cloves, minced</td> <td>(1 red kidney beans + 1 pinto beans)</td> </tr> <tr> <td>1 TBSP olive oil</td> <td>chopped fresh parsley</td> </tr> <tr> <td>1 tsp. cumin</td> <td>Salt, pepper, hot sauce or red pepper flakes</td> </tr> <tr> <td>1 17½ ounce can chopped tomatoes</td> <td></td> </tr> <tr> <td>1 TBSP tomato paste</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Slice onion and mince garlic. Heat olive oil in medium sauce pan. Add onion, garlic, and cumin. Cook over medium heat 3 minutes or until softened. Stir in un-drained tomatoes, tomato paste, hot pepper sauce/flakes, add salt and pepper to taste. Cover and simmer gently for 10 minutes, stirring occasionally. Add beans to sauce; simmer an additional 10 minutes, covered until thick. Sprinkle with lots of fresh parsley, salt, pepper, and hot sauce.</p> <p>Serve with crusty baguette and green salad.</p>		1 onion, sliced	2-15 ounce cans beans, rinsed & drained	2-3 garlic cloves, minced	(1 red kidney beans + 1 pinto beans)	1 TBSP olive oil	chopped fresh parsley	1 tsp. cumin	Salt, pepper, hot sauce or red pepper flakes	1 17½ ounce can chopped tomatoes		1 TBSP tomato paste	
1 onion, sliced	2-15 ounce cans beans, rinsed & drained												
2-3 garlic cloves, minced	(1 red kidney beans + 1 pinto beans)												
1 TBSP olive oil	chopped fresh parsley												
1 tsp. cumin	Salt, pepper, hot sauce or red pepper flakes												
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1 TBSP tomato paste													

<b>Recipe: Minestrone Crock Pot Soup</b> <b>Serves: 4-6</b>	<b>From the Kitchen of: Devon</b>														
<p><b>Ingredients:</b></p> <table> <tr> <td>1 lb. lean stew beef, cubed</td> <td>2 tsp. dried parsley</td> </tr> <tr> <td>6 cup water</td> <td>2 ½ t. salt</td> </tr> <tr> <td>1 tomato</td> <td>1 ½ t. thyme</td> </tr> <tr> <td>2 beef bouillon cubes</td> <td>½ t pepper</td> </tr> <tr> <td>1 onion chopped</td> <td>1 zucchini sliced</td> </tr> <tr> <td>2 cup cabbage</td> <td>2 cans garbanzo beans</td> </tr> <tr> <td>Parmesan cheese</td> <td>½ cup macaroni</td> </tr> </table> <p><b>Directions:</b></p> <p>Combine beef, water, tomato, bouillon, onion, parsley, salt, thyme, pepper. Cover and cook for 7-9 hours. Add veggies, beans, macaroni and cook on high until veggies are tender (approx. 30-45 min). Serve with grated parmesan cheese.</p>		1 lb. lean stew beef, cubed	2 tsp. dried parsley	6 cup water	2 ½ t. salt	1 tomato	1 ½ t. thyme	2 beef bouillon cubes	½ t pepper	1 onion chopped	1 zucchini sliced	2 cup cabbage	2 cans garbanzo beans	Parmesan cheese	½ cup macaroni
1 lb. lean stew beef, cubed	2 tsp. dried parsley														
6 cup water	2 ½ t. salt														
1 tomato	1 ½ t. thyme														
2 beef bouillon cubes	½ t pepper														
1 onion chopped	1 zucchini sliced														
2 cup cabbage	2 cans garbanzo beans														
Parmesan cheese	½ cup macaroni														

<b>Recipe: South of the Border Soup</b>	<b>From the Kitchen of: Laura</b>								
<p><b>Ingredients:</b></p> <table> <tr> <td>4 boneless skinless chicken breasts</td> <td>1 box chicken broth</td> </tr> <tr> <td>1 jar (48 oz.) Great Northern Beans</td> <td>1 bag Monterey Jack cheese</td> </tr> <tr> <td>1 (16 oz.) jar of medium salsa</td> <td>1 ½ tsp. chili powder</td> </tr> <tr> <td>Salt and pepper to taste</td> <td>1 ½ cup water</td> </tr> </table> <p><b>Directions:</b></p> <p>Cook chicken in broth on high until boiling then on low about 30 minutes. Cut chicken and put back in broth. Add all other ingredients and cook until cheese melts.</p> <p>I usually serve the soup with corn bread (I use the Quaker corn meal recipe and add a little extra sugar.)</p>		4 boneless skinless chicken breasts	1 box chicken broth	1 jar (48 oz.) Great Northern Beans	1 bag Monterey Jack cheese	1 (16 oz.) jar of medium salsa	1 ½ tsp. chili powder	Salt and pepper to taste	1 ½ cup water
4 boneless skinless chicken breasts	1 box chicken broth								
1 jar (48 oz.) Great Northern Beans	1 bag Monterey Jack cheese								
1 (16 oz.) jar of medium salsa	1 ½ tsp. chili powder								
Salt and pepper to taste	1 ½ cup water								

<b>Recipe: Goulash</b>	
<b>Ingredients:</b>	
1 lb. ground beef or ground turkey	1 cup macaroni
3 cups tomato juice	1 teaspoon salt
1 teaspoon chili pepper	½ teaspoon pepper
<b>Directions:</b>	
Brown ground beef or ground in a skillet. Drain off fat. Combine meat and remaining ingredients in the skillet and bring to a boil. Stir well, scraping bottom of the skillet. Turn down and let simmer, covered for about 15 minutes.	

<b>Recipe: Southwest Chicken Soup</b> <b>Serves: 4</b>	<b>From the Kitchen of: Peggy</b>
<b>Ingredients:</b>	
1 pound of chicken breasts cut into 1 inch pieces	1 (11 oz.) can of corn with peppers drained
1 can of cream of potato soup	1 (4 oz.) can of diced green Chile peppers
1 ¼ oz. envelope of taco seasoning	3 cups of chicken broth
8 oz. of sour cream	4 oz. cream cheese (jalapeno or veggie)
<b>Directions:</b>	
In a slow cooker combine chicken, corn, soup, undrained peppers, and taco seasoning. Cover and cook on low 4-6 hours. Stir 1 cup hot soup into sour cream. Stir sour cream mixture and cream cheese into slow cooker. Cover and let stand 5 minutes. Whisk before serving. Serve with crushed tortilla chips.	

<b>Recipe: African Stew - Serve with Tacu Tacu side dish</b>	<b>From the Kitchen of: Meredith and Ewan</b>
<b>Ingredients:</b>	
1 lg onion	1 clove garlic
1 bunch Swiss chard	2 yams (or frozen sweet potato fries)
1 bunch spinach	salt & pepper
¼ bunch sorrel leaves	cayenne pepper
1 can garbanzo beans (chick peas)	¼ stick butter
1 can Mexican tomatoes (w/ jalapenos)	2 TBSP olive oil
<b>Directions:</b>	
Fry onion, garlic and red (or white) stems of Swiss chard until barely limp with olive oil. Add chopped greens (chard leaves, spinach and sorrel) and fry. Add garbanzos, thickly sliced yams, tomatoes, salt, pepper and cayenne. Cook 30 minutes.	

**Recipe: Pot-Au-Feu**

**From the Kitchen of: Kyoko**

**Serves: 2**

**Ingredients:**

4 Sausages	1 potato
½ of onion	2 carrots
¼ cabbage	10 string beans
2 cups water	1 cube chicken bouillon

Salt and pepper to flavoring

**Directions:**

Cut vegetables.

Put water, chicken bouillon, onions, potatoes, carrots and cabbage into a pot and boil them for 15-20 minutes.

Add sausages and string beans into a pot and boil them for 10 minutes.

Add salt and pepper.

# APPETIZERS

<b>Recipe: Easy Appetizer</b>	<b>From the Kitchen of: Peggy</b>
<b>Directions:</b> Serve Humboldt Fog Cheese with Fig Jam and rosemary water crackers.	

<b>Recipe: Peanut Sauce</b> <b>Serves: 6</b>	<b>From the Kitchen of: Kate</b>
<b>Ingredients:</b> 1 cup peanut butter 1 cup boiling water 1 – 2 t. peanut or olive oil 1 t. sesame oil 1 t black pepper or more to taste ¼ cup chopped basil or cilantro ¼ cup cider vinegar 2 minced garlic cloves or more to taste 1-2 t. minced ginger or more to taste 1 t. cayenne pepper or more to taste 1 t. salt juice of 1 lime	
<b>Directions:</b> Place all ingredients in a bowl, adding hot water last. Stir until thoroughly combined. (Will keep several days in the refrigerator.)	

<b>Recipe: Low Fat Artichoke Dip</b> <b>Serves: 2-4</b>	<b>From the Kitchen of: Kim</b>
<b>Ingredients:</b> 1 can artichoke hearts (14 oz.) 1 cup finely shredded sharp cheese (reduced fat) ½ cups light mayonnaise ½ t chili powder 1 can green chilies (4 oz.) ½ cup fat free cream cheese 1 t. bottled minced garlic ½ t. ground cumin	
<b>Directions:</b> Preheat oven at 350 degrees. Drain artichoke hearts. Coarsely chop and place in bowl. Add drained chilies. Stir in remaining ingredients. To bake, spray 9 or 10" baking dish with vegetable oil spray. Place dip in dish and bake 20 minutes or until hot and bubbly. Serve with whole grain bread, tortilla chips or fresh vegetables. Makes 2 cups.	

<b>Recipe: Sausage &amp; Pineapple</b> <b>Serves: 8</b>	<b>From the Kitchen of: Grace</b>
<b>Directions:</b> Cook Halien sausage any way you like. Cut into ½-inch pieces. With a toothpick put together 1 piece of pineapple with 1 piece of sausage.	

**Recipe: Frito Skillet****From the Kitchen of: Beth & Brooke****Ingredients:**

1lb lean ground beef  
1 jar Tostitos salsa  
1 pkg. reduced fat Sargento Mexican Cheese blend  
1 can kidney beans  
1 cup. Brown rice (instant)  
1 bag Fritos or tortillas  
1 cup water

**Directions:**

Brown and drain meat in a large skillet. Add salsa, water, rice, and beans (drained). Mix and simmer covered for 20 min. Top with cheese and heat until melted. Serve on tortillas or with Fritos crushed on top.

# SIDE DISHES

<b>Recipe: Corn Dish</b>	<b>From the Kitchen of: Jill</b>
<b>Ingredients:</b> 1 can corn (drained)                      2 Tbsp. sugar 1 can creamed corn                      1 box corn bread mix	
<b>Directions:</b> Bake at 350 until top is golden brown.	

<b>Recipe: Rice with Vegetables in Coconut Milk</b>	
<b>Ingredients:</b> 1 cup rice 2 cups water Vegetables of choice (onion, zucchini, mushrooms) Tofu (optional) ½ cup vegetable stock 1 can coconut milk 1 TBSP curry paste Soy sauce (a couple dashes)	
<b>Directions:</b> Cook rice with water. Fry vegetables of choice and add tofu (optional). Fry for 5 minutes and add vegetable stock and coconut milk. Finish by adding soy sauce and curry paste. Let cook together for 5 minutes. Enjoy!	

<b>Recipe: Souper Rice</b>	<b>From the Kitchen of: Campbell's</b>
<b>Ingredients:</b> 1 Can Campbell's cream soup (Mushroom, Chicken, or Chicken and Mushroom) 1 can milk 1 can instant brown rice	
<b>Directions:</b> Mix soup and milk and heat to boiling (medium heat), stirring nearly constantly. Add uncooked rice and stir. Cover. Reduce heat to very low for 20 minutes (no stirring). Remove from heat and serve. (Try a little Lowry's Seasoned Salt sprinkled over.)	

<b>Recipe: Zucchini / Squash</b> <b>Serves: 4</b>	<b>From the Kitchen of: Tara</b>
<b>Ingredients:</b> 1 lg zucchini                                      2 yellow squash 1 can diced tomatoes                      ½ t. dill weed ¼ cup (or less) parmesan cheese                      1 sm. Or med. Onion 2 T. olive oil	
<b>Directions:</b> Sauté zucchini, squash & onions in olive oil. Throw in other ingredients & voila!	

<b>Recipe: Cheesy Broccoli Dish</b>	<b>From the Kitchen of: Dawn</b>
<p><b>Ingredients:</b>  10 oz. frozen broccoli – cooked and drained                      2 cup cooked rice  8 oz. jar of cheese whiz    1 can cream of mushroom soup</p> <p><b>Directions:</b>  Mix all ingredients together – adding the broccoli last. Top with French's fried onions. Bake for 30 minutes at 350 degrees. (You can add chicken or ham also)</p>	

<b>Recipe: Scalloped Spinach</b> <b>Serves: 4</b>	<b>From the Kitchen of: Beth</b>
<p><b>Ingredients:</b>  1 – 10 oz. pack frozen chopped spinach, cooked &amp; drained.                      2 T. finely chopped onion  2 beaten eggs    ½ cup milk  ½ cup shredded sharp cheese    salt &amp; pepper  Dash of nutmeg</p> <p><b>Directions:</b>  Combine all ingredients. Pour into loaf pan or large casserole then top with ½ cup buttered bread crumbs. Bake at 350 degrees for ½ hour).</p>	

<b>Recipe: Tomato Tart</b> <b>Serves: 2</b>	<b>From the Kitchen of: Anya</b>
<p><b>Ingredients:</b>  1 avocado    1 pie crust sheet  3 cooked strips of bacon    2 TBSP fresh basil or ½ tablespoon dried  1 garlic clove    ½ - 1 lb. assorted tomatoes  2 TBSP olive oil    salt and pepper to taste  Parmesan cheese</p> <p><b>Directions:</b>  Bake pie crust according to directions. Combine all other ingredients except cheese. Put on pie crust. Sprinkle with cheese. Bake in 400 degree oven for 5-7 minutes.</p>	

<b>Recipe: Tacu Tacu (Served with African Stew (Soups))</b>	<b>From the Kitchen of: Meredith &amp; Ewan</b>
<p><b>Ingredients:</b>  1 can cannellini beans (mashed)    1 onion (finely chopped)  1 cup cooked rice    6 cloves garlic (roasted, chopped)  1 lime (the juice)    salt and pepper  2 Tbsp. olive oil</p> <p><b>Directions:</b>  Drain and cook beans until soft (or use canned), mash with fork. Sautee garlic and onions until golden, add beans and rice. Add salt and pepper, let brown on edges in the pan.</p>	

# MAIN DISHES

## POULTRY

<b>Recipe: Chicken Pot Pie</b> <b>Serves: 6</b>	<b>From the Kitchen of: "5 Ingredients or Less"</b>
<b>Ingredients:</b> 2 cups chicken, cooked & chopped (can also use rotisserie chicken) 2 (10 ¾ oz. ) cans cream of chicken soup 1 (10 ¾ oz.) can cream of mushroom soup 1/4 cup milk 2 cups frozen peas and carrots 1 tube refrigerated biscuits	
<b>Directions:</b> Mix all ingredients in a bowl except biscuits. Place in greased casserole dish. Bake at 400 degrees for 30 minutes. Remove from oven and put biscuits on top. Bake for an additional 10 minutes or until biscuits are done.	

<b>Recipe: Barbecue Chicken</b> <b>Serves: 2-3</b>	<b>From the Kitchen of: Christina</b>
<b>Ingredients:</b> 1lb of chicken (thighs or drumsticks) ½-cup barbecue sauce 1 tsp. of oregano 1 tsp. of cumin 1 tsp. of hot sauce	
<b>Directions:</b> Preheat oven at 375°. Rinse and pat dry chicken, place in greased pan. In small bowl combine ingredients and pour over chicken. Cook for about 45 minutes.	

<b>Recipe: Chicken &amp; Noodles</b> <b>Serves: 4</b>	<b>From the Kitchen of: Elly</b>
<b>Ingredients:</b> Box of macaroni noodles Can of cream mushroom, soup Can of cream chicken soup 2 cans of chicken breast meat in chunks	
<b>Directions:</b> Cook pasta, drain. Stir in both soups and chicken cook on medium heat for 2-3 minutes. Add salt and pepper to taste.	

<b>Recipe: Turkey Tetrazzini</b> <b>Serves: 8</b>													
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 12 oz. package frozen egg noodles</td> <td>½ cup milk</td> </tr> <tr> <td>1 can cream of mushroom soup</td> <td>½ cup water</td> </tr> <tr> <td>2 cups shredded cheddar cheese</td> <td>2 T. pimento</td> </tr> <tr> <td>1 ½ cups frozen peas and carrots (thawed)</td> <td>2 T. parmesan cheese</td> </tr> <tr> <td>¼ cup seasoned breadcrumbs</td> <td>2 T. parsley</td> </tr> <tr> <td>1 ½ cups cubed cooked turkey (or chicken)</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Cook noodles according to package directions. Drain. Meanwhile, combine soup, milk, water &amp; cheese in saucepan. Cook and stir over medium heat until cheese melts &amp; sauce is hot. Stir in cooked noodles, turkey, peas, carrots and pimento. Spoon mixture into greased 9X13 pan. Combine breadcrumbs, parmesan cheese &amp; parsley. Sprinkle over top. Bake uncovered 30 minutes or until hot.</p> <p><b>Tip:</b> this freezes really well! Make in 2 8X8 pans and freeze for later (no need to bake before freezing. Just thaw and then heat).</p>		1 12 oz. package frozen egg noodles	½ cup milk	1 can cream of mushroom soup	½ cup water	2 cups shredded cheddar cheese	2 T. pimento	1 ½ cups frozen peas and carrots (thawed)	2 T. parmesan cheese	¼ cup seasoned breadcrumbs	2 T. parsley	1 ½ cups cubed cooked turkey (or chicken)	
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<b>Recipe: Chicken and Dumplings</b> <b>Serves: 6-8</b>	<b>From the Kitchen of: Rita</b>
<p><b>Ingredients:</b></p> <p>4 boneless, skinless chicken breast halves- FROZEN  2 cans condensed cream of chicken soup  1 large onion  2 celery stalks, chopped  2 large carrots, chopped  2 small (8-10 oz.) packages refrigerator biscuit dough, torn  2-3 cups chicken broth  salt and pepper</p> <p><b>Directions:</b></p> <p>Place chicken, soup, onion, celery, and carrots in Crockpot. Fill with enough chicken broth to cover (water can also be added). Cover and cook for 7-8 hours on low. One hour before serving place torn biscuit dough in the Crockpot. Cover and turn to high. Cook one more hour and serve.</p>	

<b>Recipe: French Onion Chicken</b>	<b>From the Kitchen of: Tanya</b>
<p><b>Directions:</b></p> <p>Crush up French Fried Onions in a baggie. Thaw chicken breasts. Dip in egg whites and then into onions. Dry on rack for 20 minutes. Bake at 400° for 20 minutes or until done.</p>	

<b>Recipe: Chicken Pot Pie</b> <b>Serves: 4</b>	<b>From the Kitchen of: Tami</b>						
<p><b>Ingredients:</b></p> <table> <tr> <td>1 can of condensed cream of chicken soup</td> <td>½ cup milk</td> </tr> <tr> <td>1 can of mixed vegetables (frozen or fresh)</td> <td>Refrigerated pie shells (2)</td> </tr> <tr> <td>Precooked chicken cut into bite sized pieces</td> <td>Pepper to taste</td> </tr> </table> <p><b>Directions:</b></p> <p>Preheat oven as directed for pie shells. In bowl combine soup, milk, vegetables and chicken. Add pepper. Unroll pie crust into pie tin. Pour mixture into pie tin and cover with remaining pie crust. Press edges of pie crusts together and cut away extras. Cut an X in center of pie. Cook as directed by pie crust instructions. If edges brown faster than center, cover with tinfoil sheet with center cut out as well.</p>		1 can of condensed cream of chicken soup	½ cup milk	1 can of mixed vegetables (frozen or fresh)	Refrigerated pie shells (2)	Precooked chicken cut into bite sized pieces	Pepper to taste
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Precooked chicken cut into bite sized pieces	Pepper to taste						

<b>Recipe: Chili Chicken Nuggets</b>	<b>From the kitchen of: MBH Mom</b>						
<p><b>Ingredients:</b></p> <table> <tr> <td>½ T. margarine</td> <td>3 tsp. Worcestershire sauce</td> </tr> <tr> <td>2 tsp. chili powder</td> <td>2 chicken breasts</td> </tr> <tr> <td>Cracker crumbs</td> <td>¼ cup parmesan cheese</td> </tr> </table> <p><b>Directions:</b></p> <p>Melt margarine and add Worcestershire sauce. Cut chicken into nuggets and coat in liquid. In plastic bag mix chili powder, cheese &amp; cracker crumbs; add chicken pieces, shake to coat. Bake at 450 degrees for 7-9 minutes or until no longer pink.</p>		½ T. margarine	3 tsp. Worcestershire sauce	2 tsp. chili powder	2 chicken breasts	Cracker crumbs	¼ cup parmesan cheese
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<b>Recipe: Chicken Pot Pie</b>											
<p><b>Ingredients:</b></p> <table> <tr> <td>2 cups cooked chicken or turkey, chopped up</td> <td>1 can cream of chicken soup</td> </tr> <tr> <td>2 cups uncooked macaroni</td> <td>½ cup milk</td> </tr> <tr> <td>1 can cream of mushroom soup</td> <td>1-3/4 cup chicken broth</td> </tr> <tr> <td>1 cup cheddar cheese</td> <td>1 16oz. package frozen peas and carrots</td> </tr> <tr> <td>1 small onion, chopped (or onion flakes)</td> <td>Salt and pepper to taste</td> </tr> </table> <p><b>Directions:</b></p> <p>Combine all ingredients in large casserole dish. (I use one 1-1/4 pound package of boneless skinless thigh pieces for the chicken.) Bake uncovered at 350 degrees for one hour.</p>		2 cups cooked chicken or turkey, chopped up	1 can cream of chicken soup	2 cups uncooked macaroni	½ cup milk	1 can cream of mushroom soup	1-3/4 cup chicken broth	1 cup cheddar cheese	1 16oz. package frozen peas and carrots	1 small onion, chopped (or onion flakes)	Salt and pepper to taste
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<b>Recipe: Chicken Salsa</b> <b>Serves: 4-8</b>	<b>From the Kitchen of: Jamie</b>				
<p><b>Ingredients:</b></p> <table> <tr> <td>5 lbs. frozen chicken breasts</td> <td>1 - 16 oz. jar salsa (mild or medium)</td> </tr> <tr> <td>Rice or noodles for serving</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Arrange the chicken in a crock pot. Pour the salsa over chicken and cover and cook on low setting for 6 to 8 hours or on high for 5 to 6 hours. Serve chicken over rice or noodles.</p>		5 lbs. frozen chicken breasts	1 - 16 oz. jar salsa (mild or medium)	Rice or noodles for serving	
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Rice or noodles for serving					

<b>Recipe: Chicken Dinner in a Packet</b> <b>Serves: 4</b>	<b>From the Kitchen of: Sarah</b>										
<p><b>Ingredients:</b></p> <table> <tr> <td>4 skinless, boneless chicken breast halves</td> <td>2 T. olive oil</td> </tr> <tr> <td>2 T. lemon juice</td> <td>1 tsp. dried basil</td> </tr> <tr> <td>¼ tsp. salt</td> <td>¼ tsp. pepper</td> </tr> <tr> <td>2 c. pre-sliced mushrooms</td> <td>1 zucchini – cut into thin strips</td> </tr> <tr> <td>2 med carrots – cut into thin strips</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Fold 4 28X12 pieces of foil in half. Place 1 chicken breast on each piece of foil. Fold up edges of foil slightly. In small bowl, mix oil, lemon juice, basil, salt &amp; pepper. Drizzle over chicken. Top with mushrooms, zucchini &amp; carrots. Bring up opposite edges of foil &amp; seal with a double fold. Fold remaining ends to enclose mixture leaving space for steam to build. Place foil packets on shallow baking pan. Bake in 375 degree oven for 30-35 min. or until chicken is done. Serve in foil packets or transfer chicken &amp; veggies to plates &amp; drizzle with juices. Can serve with rice or orzo (optional)</p>		4 skinless, boneless chicken breast halves	2 T. olive oil	2 T. lemon juice	1 tsp. dried basil	¼ tsp. salt	¼ tsp. pepper	2 c. pre-sliced mushrooms	1 zucchini – cut into thin strips	2 med carrots – cut into thin strips	
4 skinless, boneless chicken breast halves	2 T. olive oil										
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<b>Recipe: Cheesy Chicken Crescents</b> <b>Serves: 3-4</b>	<b>From the Kitchen of: Jennie</b>						
<p><b>Ingredients:</b></p> <table> <tr> <td>1 ¾ c Cooked chicken or 10 oz. can of boned chicken</td> <td></td> </tr> <tr> <td>1-2 c shredded American or cheddar cheese</td> <td>1 8oz can refrigerator crescent rolls</td> </tr> <tr> <td>1 can cream of chicken soup</td> <td>1 c milk</td> </tr> </table> <p><b>Directions:</b></p> <p>Combine soup, milk, and half of cheese in saucepan and heat until cheese melts. Pour soup mixture into ungreased 8 in or 9 in baking dish. Place small amount of chicken on wide end of crescent roll and roll up. Arrange filled crescents over hot soup mixture and bake 30 min. at 375 degrees. Sprinkle with remaining cheese and parsley and paprika. Return to oven until cheese melts.</p> <p>Alternates: add frozen peas to cheese sauce. Roll up broccoli pears and/or ham.</p>		1 ¾ c Cooked chicken or 10 oz. can of boned chicken		1-2 c shredded American or cheddar cheese	1 8oz can refrigerator crescent rolls	1 can cream of chicken soup	1 c milk
1 ¾ c Cooked chicken or 10 oz. can of boned chicken							
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1 can cream of chicken soup	1 c milk						

<b>Recipe: Italian Chicken</b>	<b>From the Kitchen of: Cyndie</b>
<p><b>Ingredients:</b></p> <p>Chicken breasts (boneless, skinless)</p> <p>1 egg white – beaten</p> <p>¼ c. bread crumbs</p> <p>¼ c. parmesan cheese</p> <p>lemon slices</p> <p>Italian seasoning</p> <p><b>Directions:</b></p> <p>Coat chicken in egg. Mix breadcrumbs, parmesan, and seasonings. Coat chicken. Squeeze lemon over. Bake at 450 for about 10-15 min. or until juices run clear. Serve over pasta with lemon wedge and extra parmesan.</p>	

<b>Recipe: Mexican Crock Pot Chicken</b>	<b>From the Kitchen of: Stacy</b>
<p><b>Ingredients:</b>  4 chicken breasts  2 cans black beans (do not drain)  1 small can green chilies  16 oz. jar salsa</p> <p><b>Directions:</b>  Cook all ingredients in crock pot for 4 hours. Serve with tortillas and/or over rice.</p>	

<b>Recipe: Chicken Tortillas</b> <b>Serves: 3-4</b>	<b>From the Kitchen of: Mindy</b>
<p><b>Ingredients:</b>  8 Large Tortillas  shredded cheddar cheese</p> <p>2 boneless skinless chicken breasts cut into pieces and fried  1 can chopped black olives</p> <p>Mix together:  ¾ c sour cream  1 can cream of chicken soup  1 can chilies</p> <p><b>Directions:</b>  Glop above mixture in wraps, add chicken pieces and cheese. Roll tightly in pan (9X13) Take left over mixture &amp; spread over top of tortillas &amp; add cheese. Bake at 375 for approx. 30 minutes. Add chips and salsa if desired.</p>	

<b>Recipe: Lemon Chicken</b> <b>Serves: 4</b>	<b>From the Kitchen of: Erin</b>
<p><b>Ingredients:</b>  3 chicken breasts  1 T vegetable oil  1/3 cup chicken stock  2 tsp. sugar  1 T water</p> <p>2 lemons or lemon juice  1 T. butter  2 t. cornstarch  1 T. soy sauce</p> <p><b>Directions:</b>  Cut chicken into strips and brown in the butter and oil. When browned add the minced garlic. Add chicken stock and lemon juice. Bring to a boil, cover, and simmer 5-6 minutes. In a small bowl blend cornstarch, sugar, soy sauce and water. Add soy sauce mixture to chicken, bring to a boil, stir until thickened and smooth.</p>	

<b>Recipe: Chicken in the Pan</b> <b>Serves: 4</b>	<b>From the Kitchen of: Kerstin</b>										
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 lb. chicken meat</td> <td>2 T. oil</td> </tr> <tr> <td>1 onion</td> <td>2 pieces garlic</td> </tr> <tr> <td>1 red and yellow pepper</td> <td>1 zucchini</td> </tr> <tr> <td>3 handfuls of raisins</td> <td>1 container brown beans</td> </tr> <tr> <td>1 box cherry tomatoes</td> <td>salt &amp; pepper</td> </tr> </table> <p><b>Directions:</b></p> <p>Cut the chicken meat in small pieces, in the oil. Then put the garlic, the peppers, the zucchini, this you let bake for about 5 minutes. Then put the raisins and beans in the pan. This all you let stay on a little heat for 10 to 15 minutes. The cherry tomatoes at least warm them up, and serve the dish. You can make it to taste with salt and pepper. Enjoy your meal.</p>		1 lb. chicken meat	2 T. oil	1 onion	2 pieces garlic	1 red and yellow pepper	1 zucchini	3 handfuls of raisins	1 container brown beans	1 box cherry tomatoes	salt & pepper
1 lb. chicken meat	2 T. oil										
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<b>Recipe: 50's Style Creamed Chicken</b> <b>Serves: 6</b>	<b>From the Kitchen of: Kim &amp; Sydney</b>
<p><b>Ingredients:</b></p> <p>10 oz. can chunk chicken breast, drained and flaked  11 oz. can Campbell's Cream of Mushroom Soup  6 oz. can sliced mushrooms, drained  12 oz. bag "No Yolk" egg noodles- Cook according to directions on package  ½ c. chopped onions  2 tsp. olive oil  1 c. fat free sour cream  Dash of pepper  Fresh parsley</p> <p><b>Directions:</b></p> <p>Cook the onion in the olive oil in a large skillet over medium heat, until tender. Add the chicken and stir. Cook for one minute. Add pepper. Stir in the soup and mushrooms. Simmer for ten minutes. Stir in the sour cream over low heat. Heat through and serve over cooked noodles. Garnish with chopped fresh parsley. Only 5 grams of fat per serving! 22g protein / serving.</p>	

<b>Recipe: Mushroom Chicken</b> <b>Serves: 4</b>	<b>From the Kitchen of: Jen</b>
<p><b>Directions:</b></p> <p>4 large chicken breasts – pound flat &amp; sprinkle with garlic salt  Dip chicken into beaten egg then into Italian flavor bread crumbs (Cantadina)  Brown in butter and or olive oil and place in a 13X9 Pyrex baking dish  Cover with one pound fresh sliced mushrooms and slices of Muenster cheese  Bake at 325 for 20-30 minutes or until cheese browns</p>	

<b>Recipe: Chicken Tacos</b>	<b>From the Kitchen of: Tina</b>
<p><b>Ingredients:</b>  1 lb. ground chicken cubed  1 onion chopped  1 clove garlic chopped  1 pepper any color chopped  handful chopped cilantro  1 t chili powder or any such spice  salt and pepper  Corn Tortillas  Queso fresco, crumbled  Salsa, lettuce and fresh tomato</p> <p><b>Directions:</b>  Sautee onion and garlic in olive oil. Add chicken and spices with pepper. Adjust seasoning w/salt and pepper, add cilantro. Briefly fry tortillas in a little oil to soften. Assemble tacos with cheese and some tomato and lettuce. Make a huge batch and freeze filling for quick dinners.</p>	

<b>Recipe: Mango Peanut Chicken</b> <b>Serves: 2</b>	<b>From the Kitchen of: Michelle</b>
<p><b>Ingredients:</b>  2 chicken breast halves, baked  1 mango, diced  1 tsp. Dijon mustard  4 Tbsp. peanut butter  1 clove garlic, minced  1 tbsp. honey</p> <p><b>Directions:</b>  Mix the peanut butter, mustard, garlic and honey together in a small bowl. Heat the mixture in a microwave, stirring occasionally, until melted. Pour the peanut butter sauce over the chicken &amp; top with diced mango. 488 cal, 38 g protein, 33 g carb, 24 g total fat, 4 g fiber</p>	

<b>Recipe: Orange Chicken</b> <b>Serves: 6-8</b>	<b>From the Kitchen of: Beth</b>								
<p><b>Ingredients:</b></p> <table> <tr> <td>6-8 chicken breasts</td> <td>1 teaspoon paprika</td> </tr> <tr> <td>2 cups orange juice</td> <td>1 teaspoon tarragon</td> </tr> <tr> <td>1 can sliced black olives</td> <td>½ cup brown sugar</td> </tr> <tr> <td>1 onion sliced</td> <td>flour and butter</td> </tr> </table> <p><b>Directions:</b>  Brown chicken breasts in butter and dust in flour. Boil orange juice, black olives, onion, paprika, tarragon, and sugar for 3-4 minutes. Pour mixture on top of chicken. Bake in a 350° oven uncovered for 1½ hours.</p>		6-8 chicken breasts	1 teaspoon paprika	2 cups orange juice	1 teaspoon tarragon	1 can sliced black olives	½ cup brown sugar	1 onion sliced	flour and butter
6-8 chicken breasts	1 teaspoon paprika								
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<b>Recipe: Slow Cooker Peanut Chicken</b> <b>Serves: 6</b>	<b>From the Kitchen of: Mary</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 T olive oil</li> <li>8 chicken thighs, skinless, boneless (cut off excess fat)</li> <li>½ cup onion, chopped (about 1 medium)</li> <li>2 cans (14.5 oz. each) diced tomatoes with green chilies, un-drained</li> <li>1 can (14.5 oz.) crushed tomatoes, un-drained</li> <li>2 T honey</li> <li>2 cloves garlic minced</li> <li>1 t. ground cinnamon</li> <li>1 t. ground cumin</li> <li>1 t. ground cinnamon</li> <li>½ c. creamy peanut butter</li> <li>2 c. hot cooked couscous</li> </ul> <p><b>Directions:</b></p> <p>Heat oil in skillet &amp; cook chicken in it for about 4 minutes turning once, until brown. Mix onion, diced and crushed tomatoes, honey, cumin, cinnamon, and garlic in a 4-5 quart slow cooker. Place chicken in slow cooker &amp; spoon tomato mixture over chicken. Cover and cook on low 7-9 hours or until chicken is no longer pink. Stir in peanut butter until melted and well blended. Serve chicken and sauce over couscous.</p>	

<b>Recipe: Herb Chicken</b> <b>Serves: 2-3</b>	<b>From the Kitchen of: Kris</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 pkg. boneless chicken breasts</li> <li>1 can Campbell's Cream of Chicken w/ Herbs Soup</li> <li>1 cup milk</li> </ul> <p><b>Directions:</b></p> <p>Place chicken breasts in greased 9x13 pan. Mix soup and milk. Pour over chicken. Bake at 375 degrees for 45min. Serve with pasta or rice. Very quick and easy!</p>	

<b>Recipe: Chicken Fajita Pizza</b> <b>Serves: 6</b>	<b>From the Kitchen of: Stacey</b>		
<p><b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>20 oz. package boneless skinless chicken breast strips</li> <li>1 c. shredded reduced fat sharp cheddar cheese</li> <li>½ medium red bell pepper</li> <li>1 small onion</li> <li>1 tsp. chili powder</li> <li>1 tsp. vegetable oil</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>Boboli pizza crust</li> <li>1 c. thick and chunky salsa</li> <li>½ medium green bell pepper</li> <li>1 tsp. ground cumin</li> <li>¼ cup chopped cilantro</li> <li>¼ tsp. salt</li> </ul> </td> </tr> </table> <p><b>Directions:</b></p> <p>In a large skillet heat vegetable oil. In oil, cook and stir red bell pepper and green bell pepper, each cut into ¼ in strips; and onion, thinly sliced, over med-high heat about 2 min or until crisp-tender. Remove from skillet. Add chicken strips to skillet, sprinkle with chili powder, cumin and salt. Cook and stir over medium-high heat 3-5 min or until chicken juice runs clear. Place pizza crust on cookie sheet. Spread salsa over crust. Top with chicken, peppers, onions, chopped cilantro and shredded cheese. Bake at 425 degrees for 10-15 min.</p>		<ul style="list-style-type: none"> <li>20 oz. package boneless skinless chicken breast strips</li> <li>1 c. shredded reduced fat sharp cheddar cheese</li> <li>½ medium red bell pepper</li> <li>1 small onion</li> <li>1 tsp. chili powder</li> <li>1 tsp. vegetable oil</li> </ul>	<ul style="list-style-type: none"> <li>Boboli pizza crust</li> <li>1 c. thick and chunky salsa</li> <li>½ medium green bell pepper</li> <li>1 tsp. ground cumin</li> <li>¼ cup chopped cilantro</li> <li>¼ tsp. salt</li> </ul>
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<b>Recipe: Audrey's Chicken</b> <b>Serves: 4-6</b>	<b>From the Kitchen of: Carrienne</b>
<p><b>Ingredients:</b>  4-6 chicken breasts-no skins  1 can Cream of Chicken Soup-undiluted  Swiss cheese slices  1 ½ cups seasoned bread crumbs</p> <p><b>Directions:</b>  Preheat oven to 300. Place chicken breasts in a greased pan (preferably glass). Cover chicken breasts with cheese and cream of chicken soup. Sprinkle crumbs over top. Bake for 1 hour. You may also cover the chicken breasts with ham slices to taste like Chicken Cordon Bleu. Serve with frozen veggie of choice and frozen Inland Valley Mashed Potatoes.</p>	

<b>Recipe: Parmesan Chicken</b> <b>Serves: 6</b>	<b>From the Kitchen of: Michelle</b>
<p><b>Ingredients:</b>  3 whole skinned and boned chicken breasts halved  2 eggs, slightly beaten  1 cup seasoned flour (salt, pepper, herbs) / or bread crumbs  1 ½ cups fresh grated parmesan cheese  3 tbsp. butter  1 can mushrooms  1 large jar of your favorite spaghetti sauce  2 cups grated mozzarella cheese</p> <p><b>Directions:</b>  Dip chicken in egg, dredge in flour or bread crumbs and roll in parmesan. Place chicken in frying pan and brown on both sides. Remove and place in baking dish. Cover chicken with mushrooms, spaghetti sauce, mozzarella and left over parmesan. Bake at 350 until browned on top, about 30 to 60 minutes.</p>	

<b>Recipe: Chicken Rub</b> <b>Serves: 4-6</b>	<b>From the Kitchen of: Rose</b>								
<p><b>Ingredients:</b></p> <table data-bbox="129 1407 1055 1554"> <tr> <td>½ T salt</td> <td>2 t. sugar</td> </tr> <tr> <td>1 tsp. lemon juice</td> <td>¼ t. garlic powder</td> </tr> <tr> <td>¼ t. onion powder</td> <td>¾ t. paprika</td> </tr> <tr> <td>2 T olive oil</td> <td>¼ t. pepper</td> </tr> </table> <p><b>Directions:</b>  Make a paste of ingredients. Rub on chicken breasts (I use boneless, skinless) bake 350 covered 30 min then uncover and bake 10-15 more until done. The paste is enough for about 6 breast halves.</p>		½ T salt	2 t. sugar	1 tsp. lemon juice	¼ t. garlic powder	¼ t. onion powder	¾ t. paprika	2 T olive oil	¼ t. pepper
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<b>Recipe: Parmesan Garlic Chicken</b>	
<b>Ingredients:</b> ½ cup grated parmesan cheese 1 envelope Good Seasons Italian Salad dressing recipe mix ½ t garlic powder 6 boneless chicken breasts	
<b>Directions:</b> Preheat oven to 400 degrees. Mix cheese, salad dressing mix and garlic powder Moisten chicken with water. Coat with cheese mixture. Place in shallow baking dish. Bake 20 – 25 minutes.	

<b>Recipe: Baked Chimichangas</b>	<b>From the Kitchen of: Eva</b>
<b>Serves: 4</b>	
<b>Ingredients:</b> 8 six-inch flour tortillas                      ¾ cup salsa, thick and chunky 1 ½ cups cooked and cubed chicken        2 oz. grated cheddar cheese	
<b>Directions:</b> Preheat oven to 400 degrees. Mix filling ingredients. Warm tortillas until pliable (about 5 seconds each in microwave in a non-stick skillet). Wet one side of tortilla and place wet side down. Spoon on filling ingredients. Fold to hold filling. Spray baking dish with non-stick coating. Lay chimichangas, seam side down, on baking dish. Bake for 15 minutes.	

<b>Recipe: Chicken Enchiladas</b>	<b>From the Kitchen of: Christa</b>
<b>Serves: 4-6</b>	
<b>Ingredients:</b> 6 flour tortillas                                      2/3 cup sour cream 1½ - 2 cups diced cooked chicken            ¼ cup green chilies (diced) 2 cups shredded Monterey Jack              ½ cup chopped green onions 1 can cream of chicken soup	
<b>Directions:</b> Combine soup, sour cream, chilies, and onions in medium pan and simmer 10 minutes. Set aside ¾ cup of sauce. To remaining sauce, add chicken and simmer another 5 minutes. Fill tortillas with chicken filling, add shredded cheese and roll loosely. Place in shallow pan. Pour reserved sauce over tortillas and top with remaining cheese. Bake at 350 degrees for 25-30 minutes. Serve with additional chopped green onions, sour cream, and salsa. *Note: I use canned chicken to make this easy!	

<b>Recipe: Easy Chicken Bake</b>	<b>From the Kitchen of: Kari</b>
<b>Ingredients:</b> 1 package stove top stuffing mix for chicken 1 ½ lb. boneless, skinless chicken breasts, cut into 1 inch pieces 1/3 cup sour cream 1 bag frozen mixed vegetables, thawed and drained 1 can cream of chicken soup	
<b>Directions:</b> Preheat oven to 400 degrees. Prepare stuffing mix as directed on package and set aside. Mix chicken, sour cream, and vegetables in 13X9 baking dish, top with stuffing. Bake 30 min for until chicken is cooked through.	

<b>Recipe: Roast Chicken Chimichangas</b> <b>Serves: 6</b>	<b>From the Kitchen of: Valerie</b>												
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>2 ½ cups of shredded roasted skinless chicken breasts</td> <td>1 (4.5 oz.) can chopped green chilies, drained</td> </tr> <tr> <td>1 cup (4 oz.) crumbled Queso fresco cheese</td> <td>1 minced garlic clove</td> </tr> <tr> <td>¼ cup chopped green onions</td> <td>1 (16 oz.) can of fat-free refried beans</td> </tr> <tr> <td>1 tsp. dried oregano</td> <td>6 8-inch flour tortillas</td> </tr> <tr> <td>¼ tsp. dried cumin</td> <td>Cooking spray</td> </tr> <tr> <td>Salsa</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Preheat oven to 500 degrees. Combine everything but the beans and salsa in a large bowl, toss well. Spread ¼ cup beans down center of each tortilla. Top tortilla with 2/3 cup of chicken mixture. Roll up. Place rolls, seam side down on large baking sheet coated with cooking spray. Coat tops of chimis with cooking spray. Bake at 500 degrees for 7 minutes. Serve with salsa.</p>		2 ½ cups of shredded roasted skinless chicken breasts	1 (4.5 oz.) can chopped green chilies, drained	1 cup (4 oz.) crumbled Queso fresco cheese	1 minced garlic clove	¼ cup chopped green onions	1 (16 oz.) can of fat-free refried beans	1 tsp. dried oregano	6 8-inch flour tortillas	¼ tsp. dried cumin	Cooking spray	Salsa	
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Salsa													

<b>Recipe: 15-Minute Chicken &amp; Rice Dinner</b> <b>Serves: 4</b>	<b>From the Kitchen of: Campbell's</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 tbsp. vegetable oil</li> <li>4 boneless skinless chicken breast halves</li> <li>1 can Campbell's Cream of Chicken or 98% fat free Cream of Chicken Soup</li> <li>1 ½ cups water</li> <li>¼ tsp. each paprika and pepper</li> <li>2 cups Minute White Rice, uncooked</li> <li>2 cups fresh or frozen broccoli flowerets</li> </ul> <p><b>Directions:</b></p> <p>Heat oil in skillet. Add Chicken and cook until browned. Remove chicken. Add soup, water, paprika and pepper, stir. Heat to a boil. Stir in rice and broccoli. Top with chicken. Season chicken with additional paprika and pepper; cover. Cook on low heat 5 min. or until cooked through.</p>	

<b>Recipe: Chicken Bake</b>							
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>Chicken Breasts (boneless, skinless)</td> <td>Bread Crumbs</td> </tr> <tr> <td>Mayo</td> <td>Dijon Mustard</td> </tr> <tr> <td>Olive Oil</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Mix equal portions of mayo and mustard. Spread over chicken breasts that have been salted and peppered. Place into roasting pan and make 20 minutes at 450 degrees (or until cooked through). Mix bread crumbs with olive oil and sprinkle over breasts. Serve with broccoli or rice pilaf.</p>		Chicken Breasts (boneless, skinless)	Bread Crumbs	Mayo	Dijon Mustard	Olive Oil	
Chicken Breasts (boneless, skinless)	Bread Crumbs						
Mayo	Dijon Mustard						
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<b>Recipe: Crispy Onion Chicken</b> <b>Serves: 4</b>									
<p><b>Ingredients:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">½ cup melted butter</td> <td style="width: 50%;">½ tsp. garlic salt</td> </tr> <tr> <td>1T Worcestershire sauce</td> <td>¼ tsp. pepper</td> </tr> <tr> <td>4 boneless skinless chicken breast halves</td> <td>1 tsp. ground mustard</td> </tr> <tr> <td>1 can (6 oz.) cheddar or original French-fried onions (crushed)</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>In a small bowl combine first five ingredients. Dip chicken in mixture then coat with onions. Place in greased baking pan. Top with any remaining onions and drizzle with remaining mixture. Bake uncovered at 350 degrees for 30-35 minutes.</p>		½ cup melted butter	½ tsp. garlic salt	1T Worcestershire sauce	¼ tsp. pepper	4 boneless skinless chicken breast halves	1 tsp. ground mustard	1 can (6 oz.) cheddar or original French-fried onions (crushed)	
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<b>Recipe: Italian Chicken and Couscous</b>	<b>From the Kitchen of: Eric</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 T Olive Oil</li> <li>2 garlic cloves, chopped</li> <li>1 can (14 oz.) stewed tomatoes, liquid reserved</li> <li>1 lb. chicken breast, cut into strips</li> <li>1 onion, thinly sliced</li> <li>1 ½ tsp. chopped fresh, or ½ tsp. dried oregano</li> <li>1/8 tsp. pepper</li> <li>1 ½ c. chicken broth</li> <li>1 zucchini, cut lengthwise in half, then crosswise in ¼ inch slices</li> <li>1 pkg. couscous</li> <li>Feta Cheese</li> </ul> <p><b>Directions:</b></p> <p>Heat oil over medium heat and cook garlic for one minute. Put chicken in skillet and sauté until no longer pink. Stir in ½ cup reserved tomato liquid, onion, oregano and pepper. Cook on medium heat for 5-10 min or until chicken is fully cooked. Stir in broth, heat to boiling. Stir in zucchini, couscous and tomatoes. Remove from heat and let stand for 5 min or until liquid is absorbed and couscous is tender. Top with feta and serve.</p>	

<b>Recipe: Chicken Pot Pie</b> <b>Serves: 4</b>	<b>From the Kitchen of: Hillary</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>½ C. Mayo (can use light mayo or buttermilk)</li> <li>2 T Flour</li> <li>1 tsp. Instant Chicken Bouillon</li> <li>1/8 tsp. black pepper</li> <li>¾ C. milk</li> <li>1 ½ C. cooked chicken (can use rotisserie)</li> <li>10 oz. frozen vegetables, thawed and drained</li> <li>1 refrigerated pie crust</li> </ul> <p><b>Directions:</b></p> <p>Mix dressing, flour, bouillon and pepper, gradually add milk and cook over med-low hear stirring frequently until thickened. Add chicken and vegetables- cook until thoroughly heated- stirring occasionally. Spoon into 8 inch square backing dish. Unroll pie crust and cover the mixture pressing the pie crust around the edges. Bake at 375 degrees for 25 minutes or until browned.</p>	

**Recipe: Buffalo Chicken Quesadillas**

**From the Kitchen of: Mary**

**Serves: 4**

**Ingredients:**

1.5 lbs. chicken tenders or boneless skinless chicken breasts

~1/2 jar of Frank's Red Hot Sauce

Shredded mozzarella cheese

Burrito size tortilla shells

Canola oil

Chopped tomatoes, shredded lettuce, chopped celery, and chopped green onion (optional fillings)

Blue cheese dressing

**Directions:**

Preheat oven to 400°F. Cook chicken for ~20 mins. While still hot, shred chicken using 2 forks. Place shredded chicken and hot sauce in a frying pan on medium heat. Heat through. Assemble quesadillas as follows: on ½ of tortilla shell, place a small amount of mozzarella cheese, then a generous amount of shredded chicken with sauce, then more cheese. Microwave quesadilla 2 at a time for 1 minute on high power. Then fry in a frying pan with canola oil on medium heat until each side is golden brown (flipping once). Open and stuff with desired fillings.

Serve with blue cheese dressing for dipping.

# MAIN DISHES

## MEAT

<b>Recipe: French Beef Dip</b>	<b>From the Kitchen of: Sara</b>
<b>Ingredients:</b> 3-6 lbs. boneless beef (any cut) 3 cans beef broth 1 pkg. onion soup mix 2 cans or bottles of beer 2 tsp. sugar 1 tsp. dried or minced fresh garlic	
<b>Directions:</b> Put all ingredients in slow cooker and cook for at least 6 hours, until meat shreds and is very tender. Serve alone or with rolls for sandwiches.	

<b>Recipe: Crockpot Brats</b> <b>Serves: 6-7 brats</b>	<b>From the Kitchen of: Christen</b>
<b>Ingredients:</b> 1 cup beer ¼ lb. butter or margarine ¼ cup yellow mustard 1 cup ketchup 1 pkg. onion soup mix	
<b>Directions:</b> Brown brats in oven or on grill. Place in slow cooker at least 3 hours with the ingredients listed above.	

<b>Recipe: Slow-Cooked Pulled Pork Sandwiches</b>	<b>From the Kitchen of: Christen</b>
<b>Ingredients:</b> Pork loin roast Pork rub, oil Bottle of BBQ sauce Hamburger buns	
<b>Directions:</b> Prepare pork loin with rub and brown in skillet with oil. Transfer to slow cooker; add ¼ cup water and “drippings” from skillet. Cook on high 4 hours. Shred pork with 2 forks. Add BBQ sauce and serve on buns (or baked potatoes).	

<b>Recipe: Easy Lasagna</b> <b>Serves: 4-6</b>	<b>From the Kitchen of: Tanya</b>										
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>12 lasagna noodles (cooked)</td> <td>1 ½ pounds ground chuck</td> </tr> <tr> <td>1 can mushrooms</td> <td>1 cup cottage cheese</td> </tr> <tr> <td>12 slices American cheese</td> <td>3 bags shredded cheese (mozzarella, cheddar, Colby jack)</td> </tr> <tr> <td>Parmesan cheese</td> <td>1 ½ jars of spaghetti sauce</td> </tr> <tr> <td>Seasonings</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Cook ground chuck. Drain. Add mushrooms. Season as desired. Stir in spaghetti sauce.</p> <p>In cake pan:</p> <p>1<sup>st</sup> Layer - 3 noodles, ¼ meat mixture, 1 kind of shredded cheese</p> <p>2<sup>nd</sup> Layer – 3 noodles, ¼ meat mixture, cottage cheese</p> <p>3<sup>rd</sup> Layer – 3 noodles, ¼ meat mixture, different shredded cheese</p> <p>Final Layer – 3 noodles, rest of meat mixture, 3<sup>rd</sup> kind of shredded cheese</p> <p>Top with cheese slices and parmesan cheese</p> <p>Place on baking sheet. Bake at 350 degrees for 1 hour.</p>		12 lasagna noodles (cooked)	1 ½ pounds ground chuck	1 can mushrooms	1 cup cottage cheese	12 slices American cheese	3 bags shredded cheese (mozzarella, cheddar, Colby jack)	Parmesan cheese	1 ½ jars of spaghetti sauce	Seasonings	
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Seasonings											

<b>Recipe: Hamburger Vegetable Bake</b> <b>Serves: 6</b>	<b>From the Kitchen of: Katie B.</b>
<p><b>Ingredients:</b></p> <p>1 lb. hamburger</p> <p>5-6 med. Sized potatoes</p> <p>1 can cream of chicken soup</p> <p>¾ cup milk</p> <p>¼ lb. Velveeta cheese, cut in small cubes</p> <p><b>Directions:</b></p> <p>Brown hamburger in skillet and drain. Slice potatoes into saucepan and add ½ cup water to steam until tender, about 10-15 min. Combine soup, milk and cheese in a separate lg. saucepan and warm until cheese is melted. Add hamburger to mixture. Grease casserole disk and put in half potatoes, then put half the hamburger mixture, repeat layers. Bake 20 minutes at 350</p> <p>** Alternate way: reduce # of potatoes and add a 17 oz. can of whole corn, drained to the hamburger.</p>	

<b>Recipe: Spanish Rice and Beans</b>	
<p><b>Ingredients:</b></p> <p>1 lb. ground beef or ground turkey, browned and drained</p> <p>1 can tomato soup</p> <p>1 soup can of water</p> <p>1 can kidney beans, drained</p> <p>½ cup minced onions or 1 ½ teaspoon onion powder</p> <p>1/3 cup uncooked rice</p> <p>1 teaspoon salt</p> <p>¼ teaspoon pepper</p> <p><b>Directions:</b></p> <p>Put hamburger &amp; remaining ingredients in 1 ½ - 2 quart casserole. Bake uncovered 1 to 1 ½ hrs. or till rice is soft – you can stir halfway through to help it cook evenly, at 350 degrees.</p>	

<b>Recipe: Stuffed Peppers</b> <b>Serves: 4</b>	<b>From the Kitchen of: Nicole</b>								
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>4 green peppers</td> <td>1 can tomato sauce</td> </tr> <tr> <td>1 lb. ground beef or turkey</td> <td>1 tsp. Worcestershire sauce</td> </tr> <tr> <td>½ onion, chopped</td> <td>sliced cheese (optional)</td> </tr> <tr> <td>½ cup uncooked rice</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Cut off tops of peppers. Brown meat and onion. Drain season w/salt &amp; pepper. Add uncooked rice, tomato sauce and Worcestershire. Mix ingredients &amp; Stuff peppers. Place in 9 x 9 glass pan w/a little water in the bottom. Cover and Microwave for 20 minutes. Top with cheese and melt.</p>		4 green peppers	1 can tomato sauce	1 lb. ground beef or turkey	1 tsp. Worcestershire sauce	½ onion, chopped	sliced cheese (optional)	½ cup uncooked rice	
4 green peppers	1 can tomato sauce								
1 lb. ground beef or turkey	1 tsp. Worcestershire sauce								
½ onion, chopped	sliced cheese (optional)								
½ cup uncooked rice									

<b>Recipe: Slow Cooker Chuck Roast</b>	<b>From the Kitchen of: Sonja</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 (3-4 lb.) boneless chuck roast</li> <li>1 (8 oz.) can tomato sauce</li> <li>1 medium onion, chopped</li> <li>¼ cup water</li> <li>¼ cup cider vinegar</li> <li>¼ cup ketchup</li> <li>1 teaspoon paprika</li> <li>¼ teaspoon beef bouillon granules</li> <li>1/8 teaspoon garlic powder</li> <li>2 teaspoons Worcestershire sauce</li> <li>1 teaspoon prepared mustard</li> </ul> <p><b>Directions:</b></p> <p>Place roast in crock-pot. In a bowl, combine the tomato sauce and the remaining ingredients. Cook on high for 5-6 hours or on low for 10-12 hours until the roast is tender. I love this recipe because it just takes minutes to prepare-toss it all in a crock-pot and that is it! It is always a hit and people think you slaved all day cooking.</p>	

<b>Recipe: Pork Roast</b>	<b>From the Kitchen of: Irene</b>
<p><b>Directions:</b></p> <p>In a crock pot (in the morning) put a defrosted pork roast. Pour over favorite marinade and cook approx. 6-7 hours until temp (I think 160 degrees) is reached. I use Famous Dave's Georgia Mustard – if you shop Menards it is free after rebate quite often. My husband hates crock pots, but will eat this and it is very, very easy.</p>	

<b>Recipe: Super Easy Stir-Fry</b>	<b>From the Kitchen of: Julie</b>
<p><b>Ingredients:</b>  Cooked White Rice  Packet of stir-fry seasoning  Chicken, or pork cubes  Two eggs  Pre-cut veggies from salad bar: Peppers, broccoli, onions, mushrooms, celery, carrots, snow peas (any favorites)  Soy sauce</p> <p><b>Directions:</b>  Cook chicken or pork in frying pan. Add veggies and stir fry until well-cooked but still crisp. In a separate small frying pan scramble eggs, and then add to veggies and meat. Follow directions on stir-fry seasoning packet and add to mixture of meat/veggies. Serve on white rice.</p>	

<b>Recipe: Italian Crock Pot Beef</b>	
<p><b>Ingredients:</b>  2 ½ pound rump roast or chuck roast – thinly sliced (just ask the butcher!)  1 envelope Good Seasons Italian dressing mix  1 package au jus – follow instructions for mixing with water  1-2 sweet bell peppers cut into rings</p> <p><b>Directions:</b>  Place in crock pot, cook on low for 6 hours serve on hearty buns. Freezes great!</p>	

<b>Recipe: Pot Roast</b> <b>Serves: 5-6</b>	<b>From the Kitchen of: Karen</b>
<p><b>Ingredients:</b>  3 lb. pot roast  1 Lipton pouch (onion)  Baby carrots</p> <p>2 cups water  small onion  potatoes</p> <p><b>Directions:</b>  Put roast in roasting pan. Mix onion mix and water pour over the roast and bake at 350 for 2 hours. Add carrots and potatoes for 1 hour lower temp to 325.</p>	

<b>Recipe: Easy Meatloaf</b> <b>Serves: 6</b>	<b>From the Kitchen of: Mrs. Grass</b>
<p><b>Ingredients:</b>  2 lbs. lean ground beef  2 eggs  2/3 cup bread crumbs</p> <p>1 package Mrs. Grass Dry Onion Soup  ½ cup ketchup  2 T. water</p> <p><b>Directions:</b>  Mix ingredients well, mold into meat loaf in shallow pan. Preheat oven to 350 degrees. Cook for an hour or until meat is no longer pink.</p>	

<b>Recipe: Beefed Up Biscuit Casserole</b> <b>Serves: 4</b>	<b>From the Kitchen of: Valerie</b>										
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 lb. ground beef</td> <td>1 can 10-count refrigerator biscuits</td> </tr> <tr> <td>½ cup chopped onion</td> <td>1 ½ cup cheddar cheese, shredded</td> </tr> <tr> <td>¼ cup chopped green pepper</td> <td>½ cup sour cream</td> </tr> <tr> <td>1 (8 oz.) can tomato sauce</td> <td>1 egg slightly beaten</td> </tr> <tr> <td>½ tsp. garlic salt</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Combine ground beef, onion, and pepper in large skillet. Cook until beef is browned. Drain. Add tomato sauce, chili powder, and garlic salt. Mix well and simmer on low. Separate biscuits and cut length wise in half. Press 10 biscuits into ungreased square pan. Combine ½ cup of cheese, sour cream, and egg. Mix well. Remove meat mixture from heat and stir in sour cream mixture. Pour mixture over dough. Arrange remaining 10 biscuits on top. Sprinkle with remaining cheese. Bake at 375 for 25-30 minutes or until biscuits are golden brown.</p>		1 lb. ground beef	1 can 10-count refrigerator biscuits	½ cup chopped onion	1 ½ cup cheddar cheese, shredded	¼ cup chopped green pepper	½ cup sour cream	1 (8 oz.) can tomato sauce	1 egg slightly beaten	½ tsp. garlic salt	
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<b>Recipe: Superfast Salisbury Steaks</b>	<b>From the Kitchen of: Kim</b>								
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>¾ pound ground round</td> <td>1/3 c. dry breadcrumbs</td> </tr> <tr> <td>2 large eggs, ¾ c. water</td> <td>¾ lb. ground turkey</td> </tr> <tr> <td>¼ tsp. ground black pepper or dry sherry</td> <td>1 ½ t. Worcestershire sauce</td> </tr> <tr> <td>1 (10 ½ oz.) can condensed French onion soup</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Combine 1<sup>st</sup> 4 ingredients, divide into 6 equal portions &amp; shape into ½ inch thick patties. Heat large skillet coated with cooking spray over medium high heat. Add patties &amp; cook 6 min or until browned turning after 3 minutes. Remove patties from pan – keep warm. Add water &amp; remaining ingredients – bring to a boil and add patties. Cover, reduce heat &amp; simmer 10 minutes. Uncover and cook until liquid reduced to ¾ cup (about 10 min.)</p>		¾ pound ground round	1/3 c. dry breadcrumbs	2 large eggs, ¾ c. water	¾ lb. ground turkey	¼ tsp. ground black pepper or dry sherry	1 ½ t. Worcestershire sauce	1 (10 ½ oz.) can condensed French onion soup	
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<b>Recipe: Pepper Steak</b>	<b>From the Kitchen of: Laurie</b>												
<p><b>Ingredients:</b></p> <table> <tr> <td>1 lb. ground round cut into 1/8 " strips</td> <td>1 red pepper – cut into squares</td> </tr> <tr> <td>¼ cup soy sauce</td> <td>1 green pepper cut into squares</td> </tr> <tr> <td>1 clove of garlic</td> <td>1 T. Corn starch</td> </tr> <tr> <td>½ t. ground ginger</td> <td>1 cup water</td> </tr> <tr> <td>¼ cup oil</td> <td>1 – 14.5 oz. can diced tomatoes</td> </tr> <tr> <td>1 cup green onion –thinly sliced</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Mix soy sauce, garlic &amp; ginger. Add beef and marinate for at least 15 minutes. Heat oil in large skillet. Add beef and cook on high until browned. Turn to low and simmer for 20 minutes. Turn up heat to medium and add veggies. Cook until veggies are tender but crisp – 10 minutes. Mix cornstarch with water. Add to skillet and cook until thickened. Add tomatoes and heat. Serve over noodles or rice.</p>		1 lb. ground round cut into 1/8 " strips	1 red pepper – cut into squares	¼ cup soy sauce	1 green pepper cut into squares	1 clove of garlic	1 T. Corn starch	½ t. ground ginger	1 cup water	¼ cup oil	1 – 14.5 oz. can diced tomatoes	1 cup green onion –thinly sliced	
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1 cup green onion –thinly sliced													

<b>Recipe: Beef Tips</b>	
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 can cream of mushroom soup</li> <li>1 can golden mushroom soup</li> <li>1 can French onion soup</li> <li>1 cup water</li> <li>3 lbs. beef stew meat</li> </ul> <p><b>Directions:</b></p> <p>Mix soups and water in 9x13 pan. Add meat and bake uncovered for 3 hours at 330 degrees. Serve over noodles or rice.</p>	

<b>Recipe: Special Burritos</b>									
<p><b>Ingredients:</b></p> <table> <tr> <td>2 lbs. chuck roast</td> <td>1 (10 oz.) can chopped Ortega peppers</td> </tr> <tr> <td>1 cup chopped onions</td> <td>1 (4oz) cans tomato sauce</td> </tr> <tr> <td>Refried beans</td> <td>Sour cream</td> </tr> <tr> <td>Grated cheese</td> <td>Flour tortillas</td> </tr> </table> <p><b>Directions:</b></p> <p>The night before, begin cooking chuck roast in slow cooker. Cook all night. In the morning remove the bones and add peppers, onions, tomato sauce. Cook on low heat the rest of the day. Add mixture to flour tortillas. Add refried beans, sour cream and grated cheese with meat. Wrap in foil and bake at 250 degrees for 10 minutes.</p>		2 lbs. chuck roast	1 (10 oz.) can chopped Ortega peppers	1 cup chopped onions	1 (4oz) cans tomato sauce	Refried beans	Sour cream	Grated cheese	Flour tortillas
2 lbs. chuck roast	1 (10 oz.) can chopped Ortega peppers								
1 cup chopped onions	1 (4oz) cans tomato sauce								
Refried beans	Sour cream								
Grated cheese	Flour tortillas								

**Recipe: Shepherd's Pie**

**Serves: 4**

**From the Kitchen of: Sarah**

**Ingredients:**

1 pound ground beef  
1 can 10  $\frac{3}{4}$  ounces Campbell's Condensed Cream of Mushroom with Roasted Garlic Soup  
1 TBSP Worcestershire sauce  
1 bag (16 ounces) frozen vegetable combination (broccoli, cauliflower, carrots) thawed  
2 cups water  
3 TBSP butter  
 $\frac{3}{4}$  cup milk  
2 cups instant mashed potato flakes

**Directions:**

Heat the oven to 400 degrees. Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat. Pour off any fat. Stir the beef,  $\frac{1}{2}$  can of soup, Worcestershire and vegetables in a 2-quart shallow baking dish. Heat the water, butter and remaining soup in a 3-quart saucepan over medium heat to a boil. Remove the saucepan from the heat. Stir in the milk. Stir in the potatoes. Spoon the potatoes over the beef mixture.

Bake for 20 minutes or until the potatoes are lightly browned.

# MAIN DISHES

## SEAFOOD

<b>Recipe: Salmon Hash</b>	<b>From the Kitchen of: Anastasiya</b>
<p><b>Ingredients:</b>                  2 TBSP olive oil                  1 ¼ lbs. fresh salmon fillets, cut into 1" pieces                  5 sm. red potatoes, diced and boiled in water until just cooked through, but still firm                  1 medium onion, diced                  1 medium fennel bulb, quartered and sliced                  1 large bell pepper, seeded and sliced (could use roasted red peppers from a jar)                  2 cloves of garlic, minced (can use more)                  ¾ cup lightly packed fresh basil leaves, chopped (~ 1oz)                  Salt and pepper to taste</p> <p><b>Directions:</b>                  Heat oil in pan. Add all ingredients, except basil, into pan and sauté until salmon is cooked through. Add basil, salt and pepper. Serve immediately.</p>	

<b>Recipe: Orange-Glazed Salmon</b>	<b>From the Kitchen of: Julie</b>
<p><b>Ingredients:</b>                  3 TBS. Cajun Spice                  ¼ tsp. kosher salt                  ¼ cup Seville Orange Marmalade                  Lime wedges</p> <p>1 tsp. brown sugar                  4 Boneless, skinless salmon fillets (6 oz. each)                  1 Tbs. fresh lime juice</p> <p><b>Directions:</b>                  Combine Cajun spice, sugar and salt in a small bowl. Rub over all surfaces of fillets. Sauté fish in oil (2 TSBP veg. oil) in a large skillet over medium-high heat for 3-4 min. Turn and sauté 2 to 3 more minutes. Blend marmalade and lime juice, swirl in pan until melted. Turn fish to glaze all sides. Fish is done when it flakes when tested with a fork. Serve with lime wedges. Great with roasted potatoes or rice, salad or fresh asparagus.</p>	

<b>Recipe: Shrimp Diablo</b>	<b>From the Kitchen of: Elly</b>
<p><b>Ingredients:</b>                  1 lb. of fresh or frozen shrimp                  1 box of spaghetti                  2 cans of diced tomatoes                  1 clove garlic minced or small spoonful of garlic from a jar                  Crushed red pepper or spicy pizza seasoning</p> <p><b>Directions:</b>                  Stir-fry shrimp in olive oil, in same pan add garlic and tomatoes and simmer. Add red pepper or seasoning to desire hotness.</p>	

<b>Recipe: Shrimp Scampi</b> <b>Serves: 2-4</b>	<b>From the Kitchen of: Jill</b>
<p><b>Ingredients:</b></p> <p>2 tsp. olive oil  28 large shrimp, peeled and deveined (you can buy already cooked, peeled and deveined shrimp)  3 garlic cloves minced  1/3 cup Sauvignon Blanc or other dry white wine  ¼ tsp. ground black pepper  ¼ cup chopped fresh flat-leaf parsley  1 tbsp. fresh lemon juice</p> <p><b>Directions:</b></p> <p>Heat oil in a large skillet over medium heat. Add shrimp, sauté 1 minute. Stir in wine, salt, and pepper; bring mixture to a boil. Reduce heat to medium. Cook 30 seconds. Add parsley and juice; toss well to coat. Cook 1 minute or until shrimp are done.</p> <p>I usually serve this with some sourdough or focaccia bread (i.e. from Panera Bread Co.) and a simple tossed salad. It makes for a quick, but somewhat fancy dinner, especially when you add a glass or two of Pinot Grigio or other white wine! *Buying the precooked shrimp is a <u>must</u> in making this a <u>quick</u> meal!</p>	

<b>Recipe: Sesame Shrimp and Asparagus Stir Fry</b> <b>Serves: 4</b>	<b>From the Kitchen of: Rose</b>
<p><b>Ingredients:</b></p> <p>1 c. rice, cooked and hot  mix together: 2 T soy sauce (the light kind), 1 T seasoned rice vinegar and 1 tsp. dried ginger, 2 T vegetable oil  1 lb. asparagus cut into 2 inch pieces  1 pint grape tomatoes  1 lb. cooked shrimp – I use 1 bag cooked shrimp from freezer section  1 T sesame oil</p> <p><b>Directions:</b></p> <p>Over med-hi heat, heat veg oil. Add asparagus and cook 5 min or till tender crisp, stirring frequently. Add tomatoes and cook 2 min. Add shrimp and soy sauce mixture and cook about 1 minute until heated through. Remove from heat and stir in sesame oil. Serve over rice.</p>	

<b>Recipe: Tomato Garlic Glazed Shrimp</b> <b>Serves: 4</b>									
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>3 T. olive Oil</td> <td>2 T. tomato paste</td> </tr> <tr> <td>¼ cup red wine vinegar</td> <td>2 cloves garlic minced</td> </tr> <tr> <td>1 t. dried basil</td> <td>½ t red pepper flakes</td> </tr> <tr> <td>½ t salt</td> <td>1 lb. large shrimp (peeled &amp; deveiled)</td> </tr> </table> <p><b>Directions:</b></p> <p>Combine all and marinade ingredients in a large bowl. Stir until blended and smooth. Add shrimp and toss to coat evenly. Cover and refrigerate for 1 hour. Remove shrimp from marinade and place in a boiler pan coated w/nonstick spray. Broil (4" from heat) for a few minutes on each side. Can also grill the shrimp if you prefer. Serve over brown rice.</p>		3 T. olive Oil	2 T. tomato paste	¼ cup red wine vinegar	2 cloves garlic minced	1 t. dried basil	½ t red pepper flakes	½ t salt	1 lb. large shrimp (peeled & deveiled)
3 T. olive Oil	2 T. tomato paste								
¼ cup red wine vinegar	2 cloves garlic minced								
1 t. dried basil	½ t red pepper flakes								
½ t salt	1 lb. large shrimp (peeled & deveiled)								

<b>Recipe: Grilled Salmon</b>	<b>From the Kitchen of: Catherine</b>														
<p><b>Ingredients:</b></p> <p>Salad:</p> <table border="0"> <tr> <td>1 T. minced shallots</td> <td>2 t. sherry vinegar</td> </tr> <tr> <td>½ t Dijon mustard</td> <td>½ t kosher salt</td> </tr> <tr> <td>¼ t fresh ground black pepper</td> <td>2 T. Extra Virgin Olive oil</td> </tr> <tr> <td>2 ears sweet corn, husked (or canned)</td> <td>½ cup Quartered cherry tomatoes</td> </tr> <tr> <td>½ c finely chopped fresh basil</td> <td></td> </tr> </table> <p>Salmon:</p> <table border="0"> <tr> <td>4 salmon fillets with skin</td> <td>kosher salt</td> </tr> <tr> <td>fresh ground black pepper</td> <td>Extra Virgin Olive oil</td> </tr> </table> <p><b>Directions:</b></p> <p>Whisk together the shallots, vinegar, mustard, salt and pepper. Slowly whisk in the olive oil to make it smooth. Place corn in boiling water, heat covered and cook until barely tender (4-5 minutes). When cooled add to salad along with tomato and basil. Set aside.</p> <p>Season flesh side of fillets with salt and pepper. Generously brush or spray olive oil on fish. Grill flesh side down over direct medium heat until you can lift fillets with tongs without them sticking to the grate (7-8 minutes). Turn, skin side down and finish cooking 2-3 minutes. Slide a spatula between skin and flesh and transfer to plates. Spoon salad over fillets and serve.</p>		1 T. minced shallots	2 t. sherry vinegar	½ t Dijon mustard	½ t kosher salt	¼ t fresh ground black pepper	2 T. Extra Virgin Olive oil	2 ears sweet corn, husked (or canned)	½ cup Quartered cherry tomatoes	½ c finely chopped fresh basil		4 salmon fillets with skin	kosher salt	fresh ground black pepper	Extra Virgin Olive oil
1 T. minced shallots	2 t. sherry vinegar														
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½ c finely chopped fresh basil															
4 salmon fillets with skin	kosher salt														
fresh ground black pepper	Extra Virgin Olive oil														

<b>Recipe: Broiled Parmesan Tilapia</b> <b>Serves: 2-4</b>	<b>From the Kitchen of: Martha</b>										
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>¼ cup parmesan cheese</td> <td>1/8 tsp. basil</td> </tr> <tr> <td>2 T oil or softened butter</td> <td>1/8 tsp. pepper</td> </tr> <tr> <td>1 ½ T mayo (fat-free works fine)</td> <td>1/8 tsp. onion powder</td> </tr> <tr> <td>1 T lemon juice</td> <td>1/8 tsp. celery salt</td> </tr> <tr> <td>1 lb. tilapia fillets (1 package/ 4 frozen fillets- thawed)</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Preheat oven broiler. Line a pan with foil. In a small bowl mix together all ingredients except the fillets and set aside. Arrange fillets in a single layer on the pan. Broil a few inches from the heat for 2-3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the cheese mixture on the top side. Broil for 2 more minutes or until the topping is golden brown and the fish flakes easily with a fork.</p>		¼ cup parmesan cheese	1/8 tsp. basil	2 T oil or softened butter	1/8 tsp. pepper	1 ½ T mayo (fat-free works fine)	1/8 tsp. onion powder	1 T lemon juice	1/8 tsp. celery salt	1 lb. tilapia fillets (1 package/ 4 frozen fillets- thawed)	
¼ cup parmesan cheese	1/8 tsp. basil										
2 T oil or softened butter	1/8 tsp. pepper										
1 ½ T mayo (fat-free works fine)	1/8 tsp. onion powder										
1 T lemon juice	1/8 tsp. celery salt										
1 lb. tilapia fillets (1 package/ 4 frozen fillets- thawed)											

# MAIN DISHES

## PASTA

<b>Recipe: Asian Beef and Noodles</b> <b>Serves: 4</b>	<b>From the Kitchen of: Sarah</b>						
<p><b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1 ¼ lb. ground beef or turkey</td> <td style="width: 50%;">2 - 3 oz. oriental flavor instant Ramen Noodles</td> </tr> <tr> <td>2 cups frozen vegetable mixture</td> <td>¼ tsp. ground ginger</td> </tr> <tr> <td>2 T. thinly sliced green onion</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>In large nonstick skillet brown beef or turkey over medium heat 10-12 min. or until meat is no longer pink, breaking into small pieces. Drain meat. Season with one seasoning packet from noodles. Set aside.</p>		1 ¼ lb. ground beef or turkey	2 - 3 oz. oriental flavor instant Ramen Noodles	2 cups frozen vegetable mixture	¼ tsp. ground ginger	2 T. thinly sliced green onion	
1 ¼ lb. ground beef or turkey	2 - 3 oz. oriental flavor instant Ramen Noodles						
2 cups frozen vegetable mixture	¼ tsp. ground ginger						
2 T. thinly sliced green onion							

<b>Recipe: Pasta No Bake</b>	<b>From the Kitchen of: Amy</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 lb. box of uncooked pasta (rigatoni works well)</li> <li>1 jar pasta sauce</li> <li>1 bag of shredded mozzarella cheese</li> </ul> <p><b>Directions:</b></p> <p>Pour package of uncooked pasta into 9X13 casserole Dish. Pour 1 jar pasta sauce evenly over pasta. Fill sauce jar with water one time and pour over pasta too. Cover with foil and bake at 350 degrees for one hour or until pasta is soft. Add cheese to top cook uncovered 10 minutes until cheese is melted and browned. Serve with garlic bread and salad.</p>	

<b>Recipe: Tortellini with Cherry Tomatoes and Corn</b>	<b>From the Kitchen of: MBH Mom</b>										
<p><b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">9 oz. package fresh cheese tortellini (uncooked)</td> <td style="width: 50%;">10 oz. package frozen corn</td> </tr> <tr> <td>1 clove garlic halved</td> <td>2 c. quartered cherry tomatoes</td> </tr> <tr> <td>¼ cup sliced green onions</td> <td>¼ cup chopped fresh basil</td> </tr> <tr> <td>2 Tbsp. grated parmesan cheese</td> <td>1 tsp. olive oil</td> </tr> <tr> <td>1/8 tsp. pepper</td> <td></td> </tr> </table> <p><b>Directions:</b></p> <p>Cook tortellini in boiling water 3 minutes, omitting salt and fat. Add corn and cook 3 additional minutes, drain well. Rub inside of large serving bowl with garlic halves, and then discard garlic. Add tortellini mixture, quartered tomatoes, and remaining ingredients, tossing gently to coat. Serves 6. 207 calories &amp; 5 g fat per serving.</p>		9 oz. package fresh cheese tortellini (uncooked)	10 oz. package frozen corn	1 clove garlic halved	2 c. quartered cherry tomatoes	¼ cup sliced green onions	¼ cup chopped fresh basil	2 Tbsp. grated parmesan cheese	1 tsp. olive oil	1/8 tsp. pepper	
9 oz. package fresh cheese tortellini (uncooked)	10 oz. package frozen corn										
1 clove garlic halved	2 c. quartered cherry tomatoes										
¼ cup sliced green onions	¼ cup chopped fresh basil										
2 Tbsp. grated parmesan cheese	1 tsp. olive oil										
1/8 tsp. pepper											

<b>Recipe: Bowtie Pasta</b> <b>Serves: 4</b>	<b>From the Kitchen of: Rebecca</b>
<b>Ingredients:</b> ½ package bow-tie noodles 2 cans beef broth 1 tbsp. Italian seasonings 1 lb. hamburger 1 red pepper cut up	
<b>Directions:</b> Cook pasta according to package. Brown hamburger in a skillet. When browned add beef broth and pepper. Cover. When noodles are done add to mixture. Add Italian seasonings. Enjoy.	

<b>Recipe: Simple Bolognese</b>	<b>From the Kitchen of: Sarah</b>
<b>Ingredients:</b> ½ c extra virgin olive oil 2 garlic cloves, minced 1 lb. ground beef chunk ¼ c chopped flat leaf parsley ½ t salt ¼ cup freshly grated Romano cheese 1 med. onion minced 1 carrot, peeled and minced 1 (28 oz.) can crushed tomatoes 8 fresh basil leaves, chopped ½ t fresh ground pepper	
<b>Directions:</b> In a large skillet, heat oil. When hot add onion and garlic and sauté. Add celery and carrot and sauté. Increase heat to high, add beef and sauté until beef is no longer pink. Add tomatoes, parsley, basil, salt and pepper and cook over medium low heat until sauce thickens – about 30 minutes. Stir in cheese and season with additional salt and pepper to taste. Toss with pasta of choice – rigatoni works great. In same skillet combine 2 c. water, vegetables, noodles, ginger & remaining seasoning packet. Bring to boil; reduce heat. Cover. Simmer 3 minutes or until noodles are tender, stirring occasionally. Return meat to skillet & stir in green onion.	

<b>Recipe: Linguine with Shrimp</b> <b>Serves:</b>	<b>From the Kitchen of: Mary &amp; Barefoot Contessa Cookbook</b>
<b>Ingredients:</b> Kosher salt ¼ lb. linguine 3tbs unsalted butter 2 ½ TSBP olive oil 1 ½ TSBP minced garlic 1lb large shrimp (16) peeled & deveined ¼ tsp. ground black pepper 1/3 cup chopped fresh parsley leaves ½ lemon, zest grated ¼ cup freshly squeezed lemon juice (2 lemons) 1/8 tsp. hot red pepper flakes	
<b>Directions:</b> Boil pasta in water with oil. Meanwhile in another pan melt butter, olive oil over medium low heat. Add garlic and sauté for 1 minute. Add the shrimp, 1 ½ tsp. of salt and the pepper and sauté shrimp  (5 min) until pink. Remove from heat add parsley, lemon zest, juice and pepper flakes. Toss to combine. Drain the pasta and put it back into pot. Immediately add the shrimp and sauce, toss and serve.	

<b>Recipe: Pasta with Goat Cheese</b>	
<p><b>Ingredients:</b>  Pasta  Trader Joe's frozen vegetables and balsamic sauce  Goat cheese</p> <p><b>Directions:</b>  Prepare pasta according to directions on box. Top with Trader Joe's frozen vegetables and balsamic sauce (prepared according to directions) and fresh goat cheese. Enjoy!</p>	

<b>Recipe: Mexican Lasagna</b> <b>Serves: 10</b>	<b>From the Kitchen of: Sarah</b>								
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>16 uncooked lasagna noodles</td> <td>15 oz. can refried beans</td> </tr> <tr> <td>15 oz. can corn (drained)</td> <td>3-cup salsa</td> </tr> <tr> <td>4 oz. can green chilies (drained)</td> <td>1-cup vegetable broth</td> </tr> <tr> <td colspan="2">3 cups grated jalapeno jack cheese</td> </tr> </table> <p><b>Directions:</b>  Preheat oven 350 and use 9 x 14 x 2 dish, oiled. Spread 1/3 beans on 4 noodles, place in pan. Sprinkle with 1/2 corn. Spread with 1/4 salsa. Sprinkle with 1/4 cheese. Repeat for second layer using chilies instead of corn. Repeat for third layer using corn. Top with 4 noodles, salsa and cheese. Pour vegetable broth on noodles and at end of dish. Put foil on top. Bake covered 45 min., remove foil, baste, bake 20-30 min., let sit 15 min.</p>		16 uncooked lasagna noodles	15 oz. can refried beans	15 oz. can corn (drained)	3-cup salsa	4 oz. can green chilies (drained)	1-cup vegetable broth	3 cups grated jalapeno jack cheese	
16 uncooked lasagna noodles	15 oz. can refried beans								
15 oz. can corn (drained)	3-cup salsa								
4 oz. can green chilies (drained)	1-cup vegetable broth								
3 cups grated jalapeno jack cheese									

<b>Recipe: Lasagna</b> <b>Serves: 6</b>	<b>From the Kitchen of: Elana</b>								
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 Pack Lasagna Noodles</td> <td>1 Pack frozen spinach</td> </tr> <tr> <td>2 cups part skim ricotta</td> <td>1 Egg</td> </tr> <tr> <td>1 1/2 cups shredded mozzarella cheese</td> <td>1 jar spaghetti sauce</td> </tr> <tr> <td>1 jar spaghetti sauce</td> <td></td> </tr> </table> <p><b>Directions:</b>  Preheat oven to 350. Cook lasagna noodles. Cook spinach according to package instructions. Combine egg, ricotta, and spinach in bowl. Spread a thin layer of sauce on bottom of 13X9 baking dish. Cover with 3 or 4 lasagna noodles. Layer with ricotta-spinach mixture, then 1/3 of the mozzarella. Add two more layers of noodles, ricotta-spinach mixture and sauce. Bake for 30 minutes.</p> <p><b>Tip:</b> Using the Iron Cast Skillet will save a lot of time and it is healthy. Use it with chicken, beef, etc.</p>		1 Pack Lasagna Noodles	1 Pack frozen spinach	2 cups part skim ricotta	1 Egg	1 1/2 cups shredded mozzarella cheese	1 jar spaghetti sauce	1 jar spaghetti sauce	
1 Pack Lasagna Noodles	1 Pack frozen spinach								
2 cups part skim ricotta	1 Egg								
1 1/2 cups shredded mozzarella cheese	1 jar spaghetti sauce								
1 jar spaghetti sauce									

<b>Recipe: Rotini with Salsa di Limone</b> <b>Serves:</b>	<b>From the Kitchen of: Anya</b>
<b>Ingredients:</b>  1 lb. rotini pasta 1 ¼ lb. roma tomatoes, diced Salt and pepper to taste  ¼ cup olive 1 large lemon, zested and juiced 1 cup crumbled ricotta cheese or feta (*I use fresh mozzarella balls)  <b>Directions:</b> Cook pasta according to directions. After pasta is done, combine with other ingredients and ½ cup of the pasta water.	

<b>Recipe: Mac &amp; Cheese</b> <b>Serves: 2-3</b>	<b>From the Kitchen of: Joan</b>
<b>Ingredients:</b> 2 TBSP butter 2 TBSP all-purpose flour ¼ tsp. salt 1 cup macaroni noodles  1/8 tsp. pepper 1 cup milk 1 cup cheddar cheese  <b>Directions:</b> Melt butter in 10 inch frying pan on medium heat. Stir in flour, salt, and pepper. Cook, stirring constantly until mixture is smooth and bubbly, remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Add cheese, stir until melted. Add noodles, serve.	

<b>Recipe: Pesto Chicken Pasta</b> <b>Serves: 4</b>	<b>From the Kitchen of: Amy &amp; Sebastian</b>
<b>Ingredients:</b> 3 chicken breasts Noodles 1 Knorr pesto sauce mix packet Olive oil Tomatoes and zucchini if you choose  <b>Directions:</b> Cook 3 chicken breasts on stove top and chop into smaller pieces. Boil any type of noodles that you like, drain well. Follow simple direction on the back of the Knorr pesto sauce mix to make the pesto. Mix chicken, noodles and sauce together. Add zucchini and tomatoes if you choose.	

<b>Recipe: Simple Spaghetti</b>	<b>From the Kitchen of: Jodie</b>														
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>6 Quarts of water</td> <td>½ cup bread crumbs</td> </tr> <tr> <td>1 Tbsp. salt</td> <td>16 oz. whole wheat spaghetti</td> </tr> <tr> <td>2 pints cherry or grape tomatoes, cut in half</td> <td>3 Tbsp. fresh basil</td> </tr> <tr> <td>½ cup extra virgin olive oil</td> <td>½ cup freshly grated parmesan cheese</td> </tr> <tr> <td>¼ cup balsamic vinegar</td> <td>1/8 teaspoon freshly ground pepper</td> </tr> <tr> <td>¼ tsp. kosher salt</td> <td>¼ cup extra virgin olive oil</td> </tr> <tr> <td>1tsp kosher salt</td> <td></td> </tr> </table> <p><b>Directions:</b>  Bring water &amp; 1Tbs salt to a boil in a stockpot. Toss the tomatoes, ½ cup olive oil, balsamic vinegar, kosher salt &amp; pepper in a bowl until coated. Marinade at room temp while preparing the recipe. Spread the bread crumbs on a baking sheet. Drizzle with ¼ cup olive oil, sprinkle with 1tsp kosher salt and stir until evenly coated. Place baking sheet on middle oven rack. Toast at 400 degrees for 8 minutes or until golden brown. Cook pasta to package directions; drain. Toss pasta with tomato mixture; add basil and ½ break crumbs and mix. Serve topped with bread crumbs and parmesan cheese.</p>		6 Quarts of water	½ cup bread crumbs	1 Tbsp. salt	16 oz. whole wheat spaghetti	2 pints cherry or grape tomatoes, cut in half	3 Tbsp. fresh basil	½ cup extra virgin olive oil	½ cup freshly grated parmesan cheese	¼ cup balsamic vinegar	1/8 teaspoon freshly ground pepper	¼ tsp. kosher salt	¼ cup extra virgin olive oil	1tsp kosher salt	
6 Quarts of water	½ cup bread crumbs														
1 Tbsp. salt	16 oz. whole wheat spaghetti														
2 pints cherry or grape tomatoes, cut in half	3 Tbsp. fresh basil														
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¼ cup balsamic vinegar	1/8 teaspoon freshly ground pepper														
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1tsp kosher salt															

<b>Recipe: Home-Made Spaghetti Sauce</b> <b>Serves: 6</b>	<b>From the Kitchen of: Jamie</b>								
<p><b>Ingredients:</b></p> <table border="0"> <tr> <td>1 quart tomato juice</td> <td>18 oz. Contadina tomato paste</td> </tr> <tr> <td>1 tsp. sugar</td> <td>1 tsp. sugar</td> </tr> <tr> <td>1 whole onion (halved)</td> <td>4-6 garlic cloves (peeled &amp; halved)</td> </tr> <tr> <td>1 lb. ground chuck</td> <td>pinch of parsley flakes, salt, garlic salt, pepper</td> </tr> </table> <p><b>Directions:</b>  Brown meat, parsley, garlic salt, pepper. In crock pot, combine tomato juice, tomato paste, sugar, onion and garlic cloves. Turn crockpot to medium/low and let cook for 2+ hours. Stir occasionally. Add browned meat to crockpot or serve separately. Before eating, remove the chunks of onion &amp; garlic. Freezes well. Homemade canned tomato juice works best for flavor. For extra flavor, add a splash of red wine. Serve over pasta.</p>		1 quart tomato juice	18 oz. Contadina tomato paste	1 tsp. sugar	1 tsp. sugar	1 whole onion (halved)	4-6 garlic cloves (peeled & halved)	1 lb. ground chuck	pinch of parsley flakes, salt, garlic salt, pepper
1 quart tomato juice	18 oz. Contadina tomato paste								
1 tsp. sugar	1 tsp. sugar								
1 whole onion (halved)	4-6 garlic cloves (peeled & halved)								
1 lb. ground chuck	pinch of parsley flakes, salt, garlic salt, pepper								

**Recipe: Low-Carb Macaroni & Cheese****From the Kitchen of: Hillary****Serves: 8****Ingredients:**

1 lb. elbow macaroni	2 (10oz) packages frozen pureed winter squash
2 cups 1 % milk	4 oz. extra sharp cheddar cheese
2 oz. Monterey Jack Cheese	½ cup part-skim Ricotta cheese
1 tsp. salt	2 TBSP bread crumbs
1 tsp. powdered mustard	2 TBSP grated parmesan cheese
1/8 tsp. cayenne pepper	1 tsp. olive oil

**Directions:**

Preheat oven to 375 degrees. Coat a 9x13 pan with cooking spray.

Bring a large pot of water to a boil; add macaroni & cook until tender but firm (approx. 5-8 minutes) and drain.

Place frozen squash and milk in large saucepan over low heat, stirring occasionally and breaking up squash.

Turn up heat and cook until almost simmering, stirring.

Remove pan from heat and stir in cheese and spices.

Combine cheese, macaroni and pour into baking dish.

Combine bread crumbs, parmesan and olive oil. Sprinkle over macaroni.

Bake for 20 minutes, and then broil for 3 minutes.

# MAIN DISHES

## CASSEROLES

<b>Recipe: Corn Casserole</b> <b>Serves: 6</b>	<b>From the Kitchen of: Katie B.</b>
<p><b>Ingredients:</b>            1 lb. hamburger-browned            1 can corn            1 ½ can cream mushroom soup            1/3 package egg noodles (med. width) cooked for 3 minutes</p> <p><b>Directions:</b>            Put in casserole dish and bake uncovered at 350 for 30 minutes</p>	

<b>Recipe: Spaghetti Casserole</b>	<b>From the Kitchen of: Betsy</b>
<p><b>Ingredients:</b>            Handful of spaghetti            1 lb. ground beef            1 small onion, diced</p> <p>1 jar spaghetti sauce            1 can cream of mushroom soup            1-2 cups grated cheese</p> <p><b>Directions:</b>            Boil dry spaghetti until cooked. Brown the ground beef with diced onion. Mix beef and onion with jar of spaghetti sauce, can of mushroom soup and grated cheese. Stir in pasta and put mixture in round casserole dish. Top with grated cheese. Bake at 350 degrees for 30 minutes. Serve with salad and garlic bread.</p>	

<b>Recipe: Hungry Man Casserole</b> <b>Serves: 4</b>	<b>From the Kitchen of: Pamela</b>
<p><b>Ingredients:</b>            1 lb. Ground beef            1 tsp. Salt            1 can Pork and beans            ¼ cup Barbeque sauce            ½ cup Ketchup            2 T Brown sugar            1 T Instant onions            1 can Refrigerator biscuits (cuts in ½)            1 cup Shredded cheddar cheese</p> <p><b>Directions:</b>            Preheat oven to 375 degrees. Brown hamburger with salt and onions. Drain. Hold beans Add beans, barbeque sauce, ketchup and brown sugar. Bring to a boil. Put in an 8X8 dish. Top with uncooked biscuits and shredded cheese. Bake uncovered for 30 min.</p>	

<b>Recipe: Meatball Casserole</b> <b>Serves: 6</b>	<b>From the Kitchen of: Kristy</b>
<b>Ingredients:</b> 30-40 meatballs (can be made ahead of time and frozen or bought) 1 bag Schwann's Garlic Herbed Roasted Vegetable Blend (potatoes, broccoli, carrots, peppers, onions, etc.) 3 cans cream of celery soup  <b>Directions:</b> Mix meatballs, vegetables & soup in large crock-pot. Cook on high 5 hours or low for 8-9 hours. Yummy!	

<b>Recipe: Broccoli &amp; Chicken Casserole</b> <b>Serves: 2</b>	<b>From the Kitchen of: Stacey</b>
<b>Ingredients:</b> 2 – 10 oz. packages chopped frozen broccoli 1 Can Cream of Chicken Soup 1 cup milk 3 cups cooked chicken 1 Can Cheddar Cheese Soup 2 small cans French fried onion rings  <b>Directions:</b> Cook broccoli until done. Cook chicken until done. Put chicken on bottom of casserole dish. Put broccoli over the top of chicken. Mix soups and milk, pour over broccoli and chicken. Sprinkle onion rings on top. Bake uncovered in oven at 350 degrees for 45 minutes.	

<b>Recipe: Vegetable Pasta Casserole</b>	<b>From the Kitchen of: Tonya</b>
<b>Ingredients:</b> 8 oz. pasta shells (uncooked) 8 oz. shredded Mozzarella cheese ½ tsp. oregano ½ tsp. garlic powder 1 stick of margarine 1 small bag of California blend frozen vegetables 1 tbsp. chopped parsley ½ tsp. basil ½ tsp. marjoram ½ lb. cooked Italian sausage  <b>Directions:</b> Cook noodles, rinse and drain. Melt margarine and mix in spices. Toss noodles and vegetables with melted margarine and add Italian sausage. Spread mixture in casserole dish, sprinkle with cheese and cover with tin foil. Bake at 350 degrees for 30 minutes.	

<b>Recipe: Tator Tot Beef Meal</b> <b>Serves: 8</b>	<b>From the Kitchen of: Kyle</b>
<b>Ingredients:</b> 1 lb. ground beef ½ bag frozen tator tots 1 can cheddar cheese or nacho cheese soup 1 can low fat cream of mushroom soup ½ cup milk  <b>Directions:</b> Preheat oven to 350 degrees. Brown hamburger and drain well. Layer ½ bag of tator tots in a 9 x 13 baking dish. Spread drained hamburger on top of tator tots. Mix both soups and milk together until blended. Pour soups and milk mixture on top of hamburger meat, covering well. Place in oven at 350 degrees until bubbly (30-45 min). Take out and add 2 cups shredded cheese if desired.	

<b>Recipe: Mexican Casserole</b> <b>Serves: 6</b>	<b>From the Kitchen of: Emily</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1½ ground beef, browned and drained</li> <li>1 package LaPreferida Spanish rice, prepared according to directions</li> <li>1 can black beans, drained and rinsed</li> <li>1 cup frozen corn</li> <li>1 red pepper, chopped</li> <li>¾ cup salsa</li> <li>1 cup shredded cheese (cheddar, Colby jack, etc.)</li> <li>Sour cream, to garnish</li> </ul> <p><b>Directions:</b></p> <p>Combine browned beef with salsa. Spread rice along bottom of 9x12 baking dish. Add frozen corn on top. Add layer of ground beef mixture. Next, add black beans in a layer, followed by red pepper. Cover the top with shredded cheese. If preparing immediately, put under oven broiler for about 5 minutes or until cheese is bubbling. If frozen, put in preheated 350 degree oven for approximately 1 hr.</p>	

<b>Recipe: Hamburger Rice Hot dish</b>	
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 lb. hamburger (brown with onion)</li> <li>¾ cup rice (I use brown rice)</li> <li>1 can cream chicken soup</li> <li>1 can cream of mushroom soup</li> <li>1 cup Chopped celery</li> <li>½ onion</li> <li>2 cups hot water</li> </ul> <p><b>Directions:</b></p> <p>Mix all together in baking dish.  Bake at 350 degrees for 1 ½ hours with cover.  Stir once in a while.</p>	

# MAIN DISHES

## PIZZA

<b>Recipe: Egg Pizza</b>	<b>From the Kitchen of: Anne</b>										
<p><b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">15 oz. tomato sauce</td> <td style="width: 50%;">rosemary</td> </tr> <tr> <td>basil</td> <td>oregano</td> </tr> <tr> <td>12 egg whites or 6 whole eggs</td> <td>sage</td> </tr> <tr> <td>garlic powder</td> <td>thyme</td> </tr> <tr> <td>onion powder</td> <td>1 cup shredded cheese</td> </tr> </table> <p><b>Directions:</b></p> <p>Spray 8 x 8" dish with cooking spray. Pour half the sauce in pan. Sprinkle with all spices. Place eggs on top. (May also add pizza ingredients such as onion, mushrooms, etc.) Pour remaining sauce over. Sprinkle cheese, top with more of the spices. Bake at 350 degrees for 40-45 minutes.</p>		15 oz. tomato sauce	rosemary	basil	oregano	12 egg whites or 6 whole eggs	sage	garlic powder	thyme	onion powder	1 cup shredded cheese
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<b>Recipe: Pillsbury Grilled Crisp Crust Pizza</b> <b>Serves: 4</b>	<b>From the Kitchen of: Nicole</b>								
<p><b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">4 – 8: flour tortillas</td> <td style="width: 50%;">½ cup sliced green olives</td> </tr> <tr> <td>2 tsp. olive oil</td> <td>½ cup diced tomato, drained</td> </tr> <tr> <td>1 tsp. dried oregano</td> <td>24 slices pepperoni</td> </tr> <tr> <td colspan="2">6 oz. (1 ½ cup) shredded Cheddar &amp; Monterey Jack cheese</td> </tr> </table> <p><b>Directions:</b></p> <p>Heat grill. Place tortillas in ungreased cookie sheets. Brush with oil. Sprinkle with 1 cup cheese. Top with olives, tomato and pepperoni. Sprinkle with remaining cheese &amp; oregano. Slide onto grill using spatula. Cook 3-6 minutes until cheese melts and crust is crisp. Slide back onto cookie sheet.</p>		4 – 8: flour tortillas	½ cup sliced green olives	2 tsp. olive oil	½ cup diced tomato, drained	1 tsp. dried oregano	24 slices pepperoni	6 oz. (1 ½ cup) shredded Cheddar & Monterey Jack cheese	
4 – 8: flour tortillas	½ cup sliced green olives								
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<b>Recipe: Pizza Hot dish</b> <b>Serves: 6-8</b>	<b>From the Kitchen of: Beth</b>
<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>2 cans crescent rolls</li> <li>2 lbs. ground beef</li> <li>2 cans of pizza sauce</li> <li>2 cups mozzarella cheese</li> </ul> <p><b>Directions:</b></p> <p>Preheat oven to 375°. Brown hamburger and drain grease. Mix hamburger with 2 cans pizza sauce. Spread 1 can of crescent rolls in greased 9x13 inch pan. Top with hamburger mix then cheese and finish with 2<sup>nd</sup> can of crescent rolls spread out. This is a favorite of my family and by far one of the easiest recipes!</p>	

# BREAKFASTS

<b>Recipe: Egg Bake</b>	<b>From the Kitchen of: Pam</b>								
<p><b>Ingredients:</b></p> <table> <tr> <td>1 cup cured ham</td> <td>8 oz. shredded cheddar cheese</td> </tr> <tr> <td>2 cups of unseasoned croutons</td> <td>2 cups milk</td> </tr> <tr> <td>½ tsp. salt</td> <td>4 eggs</td> </tr> <tr> <td>1 stick butter</td> <td></td> </tr> </table> <p><b>Directions:</b>            Spray a 9X13 pan and layer ham, cheese and croutons in the bottom of the pan. In separate bowl mix milk, salt and eggs; pour into pan. Melt butter and pour over the top. Cover and refrigerate overnight. Bake at 325 for 1 hour.</p>		1 cup cured ham	8 oz. shredded cheddar cheese	2 cups of unseasoned croutons	2 cups milk	½ tsp. salt	4 eggs	1 stick butter	
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½ tsp. salt	4 eggs								
1 stick butter									

<b>Recipe: Yummy Breakfast</b>	<b>From the Kitchen of: Tara</b>						
<p><b>Ingredients:</b></p> <table> <tr> <td>Cantaloupe</td> <td>Frozen blueberries</td> </tr> <tr> <td>Yogurt</td> <td>Walnuts</td> </tr> <tr> <td>Flax</td> <td></td> </tr> </table> <p><b>Directions:</b>            Clean out seeds from cantaloupe after cutting fruit in half. Dig out a little extra fruit to make room for yogurt, then blueberries, walnuts and flax. Yum!</p>		Cantaloupe	Frozen blueberries	Yogurt	Walnuts	Flax	
Cantaloupe	Frozen blueberries						
Yogurt	Walnuts						
Flax							

<b>Recipe: Overnight French Toast</b> <b>Serves: 6</b>	<b>From the Kitchen of: Sherry</b>										
<p><b>Ingredients:</b></p> <table> <tr> <td>1 cup packed brown sugar</td> <td>2 tablespoon light corn syrup</td> </tr> <tr> <td>12 thick slices sandwich bread</td> <td>1 ½ cup milk</td> </tr> <tr> <td>¼ teaspoon salt</td> <td>½ cup butter</td> </tr> <tr> <td>½ cup chopped walnuts or pecans</td> <td>6 eggs</td> </tr> <tr> <td>1 teaspoon vanilla</td> <td></td> </tr> </table> <p><b>Directions:</b>            Combine sugar, butter and syrup and microwave until butter is melted. Mix and pour into 9x13 pan. Sprinkle on nuts. Place 6 slices of bread on top. Top with remaining slices. Blend eggs, milk, vanilla and salt. Pour mixture over bread. Cover and chill overnight. Bake uncovered at 350 degrees for 40 -45 minutes. Serve by flipping over so caramel is on top. Great for when you have guests.</p>		1 cup packed brown sugar	2 tablespoon light corn syrup	12 thick slices sandwich bread	1 ½ cup milk	¼ teaspoon salt	½ cup butter	½ cup chopped walnuts or pecans	6 eggs	1 teaspoon vanilla	
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¼ teaspoon salt	½ cup butter										
½ cup chopped walnuts or pecans	6 eggs										
1 teaspoon vanilla											

<b>Recipe: Oatmeal Porridge</b> <b>Serves: 1</b>	<b>From the Kitchen of: Halvor's Mum</b>				
<p><b>Ingredients:</b></p> <table> <tr> <td>1 cup water/ or milk (as preferred)</td> <td>½ cup oatmeal</td> </tr> <tr> <td>1/8 t salt</td> <td></td> </tr> </table> <p><b>Directions:</b>            Bring water/milk and salt to a boil, stir in oats; reduce to medium heat and cook 1 minute, stirring occasionally.</p>		1 cup water/ or milk (as preferred)	½ cup oatmeal	1/8 t salt	
1 cup water/ or milk (as preferred)	½ cup oatmeal				
1/8 t salt					

# DESSERTS

<b>Recipe: Super Low Carb Cream Cheese “Cupcakes” (NO BAKE!)</b>	
<b>Serves: 8-12</b>	
<b>Ingredients:</b>	
1 pkg. gelatin	1 cup boiling H2O
2 - 8 oz. cream cheese blocks, softened	1 tsp. vanilla
1/4 cup sour cream	10 packets Nutra Sweet
lemon or orange zest, if desired	
<b>Directions:</b>	
Boil H2O, dissolve gelatin, stirring well. Cut cheese in blocks, add, and mix w/ mixer. Add everything else, mixer it. Pour into cupcake cups. 2 hours in fridge.	

<b>Recipe: Mock Éclairs</b>	<b>From the Kitchen of: Amy</b>
<b>Directions:</b>	
Line a 9X13 pan with whole graham crackers. Mix 2 - 3.4 oz. packages of instant vanilla pudding with 3 cups of milk. Let pudding mix sit for 5 minutes, then fold in one 8 oz. container of cool whip. Spread ½ of pudding mixture over graham crackers. Layer whole graham crackers over pudding mixture. Spread the rest of pudding mix over 2 <sup>nd</sup> layer of crackers. Put a 3 <sup>rd</sup> layer of crackers over pudding mix. Frost the top layer of crackers with one container of chocolate frosting. Put in refrigerator overnight.	

<b>Recipe: Easy Cookies</b>	<b>From the Kitchen of: Carrie</b>
<b>Ingredients:</b>	
¼ c. oil	
2 eggs	
1 cake mix (Triple chocolate Fudge or Funfetti by Betty Crocker good choices)	
<b>Directions:</b>	
Mix together, spoon onto cookie sheet using medium ice cream scoop & bake at 350 for 12-15 minutes.	

<b>Recipe: Cherry Salad</b>	<b>From the Kitchen of: Dawn</b>
<b>Ingredients:</b>	
1 – 8 oz. carton of Cool Whip	1 can Eagle Brand Condensed Milk
1 can crushed Pineapple – drain really well	1 can cheery pie filling
¼ cup lemon juice	
<b>Directions:</b>	
Beat cool whip and condensed milk together until combined and smooth. Stir in remaining ingredients. Chill well before serving.	

<b>Recipe: Decadent Chocolate Delight</b>	<b>From the Kitchen of: Jamie</b>
<b>Ingredients:</b> 1 pkg. chocolate cake mix 1 – 5 oz. package instant chocolate pudding ¾ cup oil 1-cup water 1 pint of sour cream 6 oz. chocolate chips 4 eggs Ice Cream for Serving	
<b>Directions:</b> Grease crock pot: mix all the ingredients except ice cream in it. Cover and cook on low setting for 6 to 8 hours. Do not lift lid to look! Serve immediately with ice cream. Leftovers can be stored in refrigerator.	

<b>Recipe: Frozen Banana Treat</b> <b>Serves: 8</b>	<b>From the Kitchen of: Jen</b>
<b>Ingredients:</b> 4 bananas peeled and halved 1 cup of milk chocolates chips 1 cup of almonds 1 cup of sprinkles 8 wooden craft sticks	
<b>Directions:</b> Insert wooden sticks in to each banana piece. Arrange on parchment paper lined cookie sheet and freeze for about 20 minutes. Melt chocolates in microwave about 60 seconds. Remove bananas from freezer, dip in melted chocolate. Immediately roll in nuts or sprinkles Freeze until solid, 1 hour.	

<b>Recipe: Smoothie</b>	
<b>Ingredients:</b> 1 Mango cut up 12 oz. frozen strawberries 4 carrots Pineapple juice Orange juice	
<b>Directions:</b> Blend ingredients in a blender with enough juice to cover. Any fresh or frozen fruit can be used.	

<b>Recipe: Pumpkin Muffins</b> <b>Serves: Many</b>	<b>From the Kitchen of: Maritha</b>
<b>Ingredients:</b> 1 can pumpkin (15 oz.) 1 box of cake mix (spice cake or chocolate)	
<b>Directions:</b> Mix together pumpkin and cake mix. Spoon into muffin tray and back at 350 for 16-17 minutes or until done	