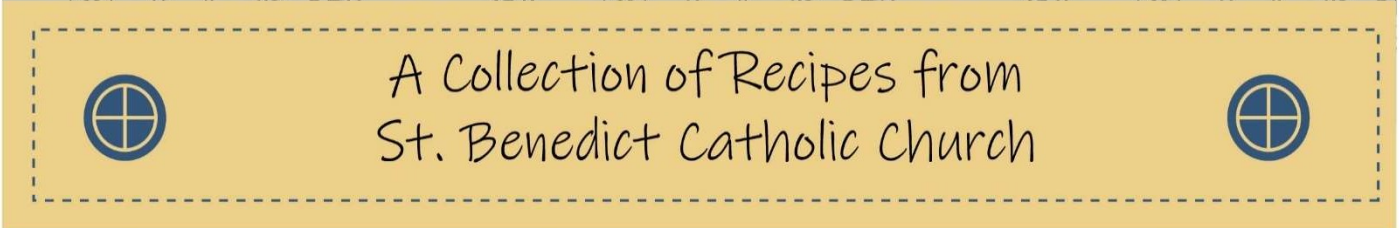




# ST. BEN'S BITES



A Collection of Recipes from  
St. Benedict Catholic Church



*Introduction from Father James:*

*St. Ben's Bites* is dedicated to all of our St. Benedict parishioners. Special thanks to the members of the St. Benedict Event Ministry, the parish staff and all those who contributed to the success of this book.

The initiative for the cookbook was born out of the need to unite our parish and recognize how we creatively used the time given to us during the Coronavirus pandemic to remain hopeful and focused on our faith. Sharing our favorite recipes with the community is an innovative way to “break bread” with our loved ones, especially during this challenging time of physical and social distancing. This is what God commanded us to do, “Keep doing good works and sharing your resources, for these are the kinds of sacrifice that please God” (Hebrews 13:16).

## Prayer before a meal

Bless us Oh Lord, and these thy gifts, which  
we are about to receive, from thy bounty,  
through Christ, Our Lord. Amen.



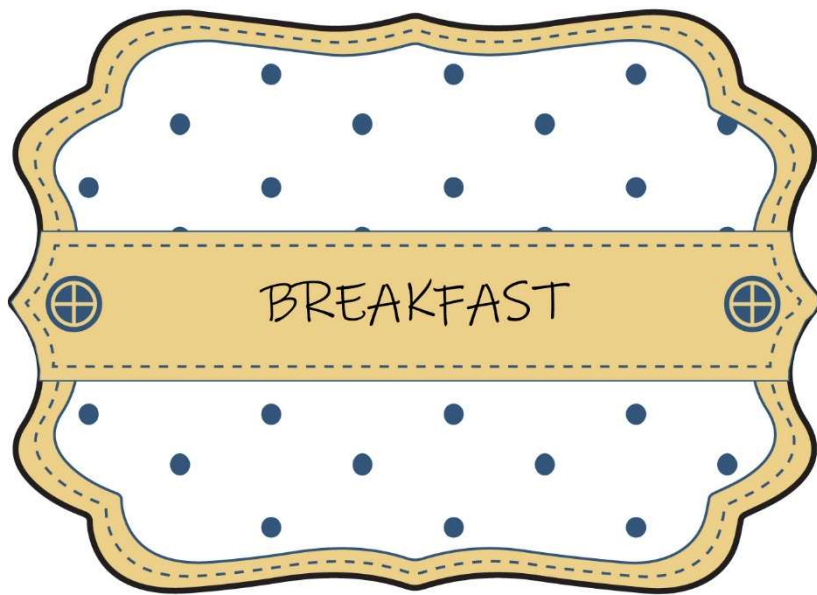
## Prayer after a meal

We give Thee thanks for all Thy benefits, O  
Almighty God, who livest and reignest world  
without end. Amen. May the souls of the  
faithful departed, through the mercy of God,  
rest in peace. Amen.

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## McCann's Irish Quick Oatmeal Pancakes

Submitted by: Gayle Siewert



### Ingredients:

- 1 ¼ C McCann's Irish Quick Oatmeal (can't use Quaker oatmeal)
- 1 C Yogurt
- 1 C Milk
- ½ t Vanilla
- 1 t Sugar
- ¼ C Flour
- ¼ C Whole wheat flour
- 1 t Baking soda
- 1 t Salt
- ¼ t Cinnamon
- 2 Eggs, beaten
- ¼ C Chopped walnuts

### Directions:

In a large bowl, combine oats, yogurt, milk, vanilla & sugar. Stir in flours, soda, cinnamon & salt. Add beaten eggs & mix well. Add chopped walnuts. Batter will be thick. Heat large skillet or griddle over medium heat (350 degrees). Spoon about 1/3 c. batter onto griddle for each pancake. Cook until bottoms are browned & bubbles on top start to pop, about 3 minutes. Flip & cook until other sides are done about 2 minutes. Add a little more milk if too thick. Makes about 12 pancakes

## Palm Sunday Casserole

Submitted by: Carol Engel



### Ingredients:

- 10 Large Eggs
- ½ C Flour
- 1 t Baking powder
- 1 Pint small curd cottage cheese
- 1 ½ Lbs. shredded Monterey Jack cheese
- ½ C Melted butter

### Optional – ¼ to ½ C each:

- Diced ham
- Chopped tomatoes
- Olives
- Green Onions
- Mushrooms
- Diced chili's
- Chopped basil

### Directions:

Whip eggs. Add remaining ingredients. May add diced ham, chopped tomatoes, olives, green onions or diced chilis. Pour into a greased 9" x 13" pan. Bake at 350 degrees for 30-35 minutes. Serve with salsa and sour cream. Enjoy!

Note: I added about 1/2 C salsa to the eggs and it increased the cook time by about 15 minutes. I usually mix this the night before and then pop it into the oven for a quick breakfast.



## Easiest Chocolate Crescent Rolls

Submitted by: Lani Gore



### Ingredients:

For 8 croissants:

- 1 Tube of Crescent Roll dough
- 3/4C Semi Sweet Chocolate Chips
- 1 Egg slightly beaten

### Directions:

Preheat oven to 425 degrees. Cover a cookie sheet with parchment paper (not waxed paper). Divide crescent roll dough into 8 triangles lay flat on cookie sheet. Portion chocolate chips on the wide end of the dough, leaving half an inch at the top. From the wide end of each crescent roll, roll tightly towards the small end. Stretch the tip of the dough slightly and fold over the top of each crescent.

Brush the slightly beaten egg over the tops of the rolls and bake until golden brown – approx. 15 – 20 minutes. Watch them carefully as they will burn easily.



## Breakfast Pizza

Submitted by: Jennifer Swenson



### Ingredients:

- 1 Premade pizza crust
- OR
- 2 Cans of buttermilk biscuits
- 1lb Breakfast sausage
- 5 Eggs
- Frozen hash browns
- Cheddar cheese

### Directions:

Spread the pizza crust or unbaked biscuits on a medium non-stick cookie sheet. Cook the sausage and spread it on top of the crust. Spread frozen hash browns and cheddar cheese on top. Beat eggs in a bowl before pouring over on top.

Bake at 350 degrees for 45 minutes until cooked.

## Overnight Crockpot Pumpkin Spice Steel Cut Oats

Submitted by: Lani Gore



### Ingredients:

Cooking Spray or a crock pot liner bag

6 C Water  
1 15 oz can pumpkin puree (not pumpkin pie filling)  
1 ½ C Steel Cut Oats  
1C Brown Sugar packed  
2T Ground cinnamon  
1T Pumpkin pie spice  
Dash of salt

### Toppings:

Whole Pecans  
Honey  
Heavy Cream  
Add'l Cinnamon

### Directions:

Stir all ingredients together and place in slow cooker. Cook on low for approx. 6 hours.

Serve with Toppings.

## Egg Casserole with Potatoes

Submitted by: Mary Dozbaba



### Ingredients:

2 C Chopped ham  
24 oz Shredded frozen potatoes  
12 Eggs  
1 t Salt  
1 ½ C Cheddar cheese, grated  
1 ½ C Pepper jack cheese, grated  
2 C Half and half

### Directions:

Grease a 9x13 inch pan. Add the frozen and shredded potatoes to the bottom of the pan. Sprinkle with salt and pepper.

In a large bowl, whisk the eggs together. Then add half and half, seasoned salt, cheddar cheese, pepper jack cheese and chopped ham.

Pour over the top of the frozen potatoes. Cover with foil and refrigerate for 2 hours or overnight.

Bake covered at 350 degrees for 90 minutes. Let rest for 10 minutes before serving.

(Serves 6-8 easily)

## Oven Baked Sugar Donuts

Submitted by: Lani Gore



### Ingredients:

- 1 Can (12 oz) Pillsbury™ refrigerated Buttermilk biscuits
- 3 T Butter, melted
- ½ C Sugar

### Directions:

Heat oven to 375°F.

Separate dough into 12 biscuits. With 1-inch round cookie cutter, cut hole in center of each biscuit.

Dip both sides of biscuits and holes into melted butter, then into sugar. Place on ungreased large cookie sheet.

Bake 10 to 15 minutes or until golden brown. Serve warm

### Alternative toppings:

- Add 1T of cinnamon to the sugar
- Make a glaze – mix ingredients together adding milk slowly until a slightly thick glaze is achieved. Drizzle over baked donuts.
  - 1/2C Powdered sugar
  - 1T unsweetened cocoa powder
  - 1T milk

## Sour Cream Cinnamon Coffee Cake

Submitted by: Evyann Kory



### Ingredients:

1 C (2 sticks) unsalted butter, room temperature  
2 C All-purpose flour  
1 C Granulated sugar  
2 Large eggs  
1 t Vanilla extract  
1 C Sour cream  
1 ½ t Baking powder  
½ t Baking soda  
1 t Ground cinnamon – or a little more if you prefer  
½ t Salt  
Non-stick spray (or extra butter and flour to ‘grease the baking pan)

### Glaze:

2/3 C Powdered sugar  
1 T Milk  
½ t Vanilla extract

### Directions:

Preheat oven to 350 degrees. Either liberally coat the inside of a 9 – 10 inch Bundt baking pan, sprinkle a little flour and turn to coat evenly, then tip out and discard the excess flour OR spray the inside of the pan with non-stick spray.

In a large bowl, use an electric mixer to beat together the butter and sugar. Beat in the eggs one at a time, then beat in the vanilla and sour cream.

In a medium bowl, whisk together the 2 cups of flour, baking powder, baking soda, cinnamon, and salt. Stir the dry mixture into the butter mixture until just combined. Scrape into the prepared Bundt pan and spread so the top is even. Bake for 45 minutes, or until a wooden toothpick or skewer inserted at the center comes out clean. Let cool for at least 10 minutes in the pan on a rack, then flip the cake out of the pan and let cool completely on the rack.

While the cake is cooling, make the glaze. Sift the powdered sugar into a small bowl, add the milk and vanilla, stir until smooth. When the cake is cool, transfer to a serving platter and use a teaspoon to drizzle the glaze back and forth in a zigzag pattern across the top of the cake. Serves at least 10.

## Low Carb Chile Relleno Casserole

Submitted by: Lani Gore



This is vegetarian, but you can add cooked ground beef, shredded chicken, beef, pork or chorizo to the egg mixture.

### Ingredients:

- 8 Eggs or 2C egg substitute
- ¼ C Milk - only if you use real eggs
- ½ C Sour Cream
- 1 4 oz block of cream cheese softened in the microwave for 20 seconds
- 2C Shredded Cheddar and Monterey jack cheese
- 1 Large can of whole, hatch green chilies, drained and rinsed in a colander
- 1 T Flour
- Salt and pepper to taste
- Meat of your choice (optional)

### Directions:

Preheat oven to 350 degrees. Spray the bottom and sides of an ovenproof medium casserole dish.

In a bowl, combine the eggs, milk, sour cream, softened cream cheese, half of the shredded cheese, flour and salt and pepper to taste and meat if desired. Whisk together until blended – mixture will be thick.

Pour half of the egg mixture in the casserole dish. Slice the green chiles into strips and place on top of the egg mixture covering the bottom of the dish. Pour remaining egg mixture on top and bake for 20 minutes.

Sprinkle with remaining cheese and bake until it starts to puff up in some areas.

Remove from oven, cool for 5 minutes before serving. Makes approx. 6 servings.





## **Black Bean Salsa with Corn Chips**

Submitted by: Gayle Siewert



### **Ingredients:**

2 (15oz) cans	Black beans, drained & rinsed
15 oz can	Corn, drained
1 can	Mild Rotel tomatoes with green chiles
1	Jalapeno, finely diced (more or less, according to taste)
½ C	Diced sweet onion
1-2 cloves	Garlic, pressed
1/3 C	Finely snipped cilantro
	Juice of a lemon
½ t	Salt
¼ t	Pepper

### **Directions:**

Combine all ingredients together and chill for an hour or so to let the flavors blend together. Serve with scooper style corn chips.

## **Cranberry Pinot Noir Meatballs**

**Submitted by: Evyann Kory**



### **Ingredients:**

- 26 oz Bag of frozen Italian style meatballs
- 16 oz Can of whole cranberry sauce – or homemade cranberry sauce
- 1 C Brown sugar packed
- 1 c Pinot Noir wine
- 1 t Prepared spicy brown mustard or 2 tsp prepared hot mustard

### **Directions:**

Prepare the meatballs according to package instructions.

In a saucepan, combine the cranberry sauce, brown sugar, Pinot Noir, and mustard. Whisk to combine over medium heat. Bring to a boil, lower the heat and simmer about 5 minutes until the mixture has thickened some. Stir frequently. Remove from heat and pour sauce over the meatballs.

Serve immediately or keep warm. These are great out of a crockpot on warm or low setting. Makes at least 8 servings

## Glazed Pecans

Submitted by: Carol Engel



### Ingredients:

1/2 LB pecan halves  
1 egg white  
1/2 tsp cinnamon  
1/2 tsp salt  
1/2 C sugar  
1 tsp water

### Directions:

Beat egg whites and water together. Add pecans to coat well. Mix sugar, cinnamon and salt, add  
pour over the pecans, toss to coat.

Spread on a buttered cookie sheet with an edge. Bake at 20 minutes at 250 degrees, stir  
through to turn  
over and bake an additional 20 minutes. Cool slightly and remove from the pan to cool  
completely. Enjoy!

## **Peanut Nuggets**

**Submitted by: Debi Sroka**



### **Ingredients:**

- ⅓ C Creamy peanut butter
- ¼ C Butter or margarine
- 3 C Mini marshmallows
- 4 C Life cereal
- ¾ C Dry roasted peanuts

### **Directions:**

Melt peanut butter and butter in a large saucepan over low heat. Add marshmallows; cook and stir until melted. Remove from heat. Stir in cereal and peanuts; mix well. Spread onto a greased baking sheet.

Cool. Break into bite-sized pieces. Chill one hour. Store in fridge.

Yields: 8 cups

## Olive Spread

Submitted by: Kathleen Byrnes



### Ingredients:

8 oz Cream cheese (softened)  
½ C Mayonnaise  
2 T Milk  
1 C Green olives with pimento (sliced)  
½ C Chopped pecans  
Dash of black pepper

### Directions:

Slice the olives and mix the first five ingredients together very well.

Chill for at least 1-2 hours.

Top with chopped pecans and serve with crackers. (Makes about 2 cups)

## Swedish Meatballs

Submitted by: Marge Garvy



### Ingredients:

#### Meatballs:

- 1 Can cream of celery soup mixed w/ 1/2 soup can of water
- 1 lb Ground round
- 1 Egg slightly beaten
- 2/3 C Bread crumbs
- 1 Onion chopped fine
- 2 T Parsley chopped
- Salt & pepper

#### Sauce in which to simmer meatballs:

- 1 Lg. dill pickle chopped (I use 2 pickles sometimes)
- Rest of soup mixture

### Directions:

Mix: meat, egg, 1/2 cup of soup mixture, bread crumbs, onion, Salt, pepper and parsley. Form into meatballs.

Brown in sauté pan.

Add sauce & simmer 20 - 30 minutes.

For a main dish - Serve w/ rice.

## Jalapeño Jelly

Submitted by: Phil Wilkins and Mary Hoffman



This Jalapeno jelly is an adaptation of a recipe we first saw on TV years ago. We have tweaked it to get to a lower sugar, spicier type jelly. It is excellent on your post-Thanksgiving turkey sandwich! Also, it can be served over cream cheese, as a dip or appetizer spread, thinned out and used as a marinade for chicken or pork chops, thinned out and used in a vinaigrette. It is outstanding in a peanut butter and jelly sandwich! ENJOY. Recipe yields 4 - 8 ounce jars

Sterilize 4, 8 oz. jars, lids and rings.

### Ingredients:

½ C Chopped green bell pepper

½ C Chopped Jalapeno/Serrano or similar pepper

We usually add in the seeds and ribs, depending on the heat of the peppers. If we end up coughing as the mixture heats up, we know it's hot enough!

1 ½ C Apple cider vinegar

4 C Splenda

2 C Sugar

2 1.75-ounce boxes of SUREJELL low sugar pectin.

(we have tried other low sugar pectins but have not had good luck with them)

a couple drops of green food color

### Directions:

Process bell and hot peppers in food processor until finely minced.

combine peppers, vinegar, sugar and Splenda in a large saucepan and bring to a rolling boil.

Remove from heat and add pectin and food color.

We have had success with one person constantly stirring the mixture once off the heat and the other S L O W L Y adding the pectin.

Pour the mix into a spouted bowl or large measuring cup and pour into prepared jars. Affix lids, turn upside down and allow to self-seal. Keeps in the cupboard for up to a year.



## BBQ Meatballs

Submitted by: Mary Dozbaba



(This recipe uses frozen meatballs and a homemade BBQ sauce. Frozen meatballs are usually fairly small and work perfectly for this recipe. My mom made this as her go-to appetizer for years, but you can also use it as a quick dinner, serving it with rice.)

### Ingredients:

One package of frozen meatballs. You can make your own meatballs, but the frozen ones work fine.

### Sauce:

$\frac{3}{4}$  cup ketchup

$\frac{3}{4}$  cup water

$\frac{1}{4}$  cup brown sugar

2 Tablespoons vinegar

1 Tablespoon mustard

### Directions:

Mix the sauce in a bowl. Put the frozen meatballs in a pot over medium heat. Pour the BBQ sauce over the meatballs and cook slowly for about 45 minutes. Watch carefully and stir often. The longer it cooks, the better the sauce develops and seeps into the meatballs.

## **Candied Kielbasa Bites**

**Submitted by: Mary Dozbaba**



### **Ingredients:**

- 1 lb Kielbasa (or other rope-type sausage), sliced on the diagonal
- $\frac{3}{4}$  C Brown Sugar
- $\frac{1}{2}$  t Cayenne pepper

### **Directions:**

Arrange kielbasa slices in single layer on foil-lined baking sheet.

In small bowl, mix  $\frac{3}{4}$  cup brown sugar with  $\frac{1}{2}$  tsp. cayenne pepper. Sprinkle evenly on kielbasa.

Bake at 350 degrees until golden brown and bubbly. About 30 minutes.

## Homemade Pepperoni Pizza Rolls

Submitted by: Lani Gore



### Ingredients:

- 2 Tubes of refrigerated pizza crust
- 1 ½ t Garlic Salt (or to taste)
- 1 ½ t Italian Seasoning (or to taste)
- 1 C Shredded Mozzarella cheese
- ½ C Shredded Parmesan Cheese
- 1 C Sliced and chopped pepperoni
- Jarred Marinara sauce for dipping

### Directions:

Preheat oven to 425 degrees.

Dust a large surface with flour and roll out each pizza crust. Divide garlic salt and Italian seasoning and sprinkle all over each crust. Sprinkle the dice pepperoni, mozzarella and parmesan cheese over the crust to within ½" of the edges.

Starting with the short end of each crust, carefully roll each crust into a tight log, turn with the seam side down. Using a serrated knife gently cut each roll in half, then in half again, enough times to make 1" sections.

Place the pizza rolls on a lightly greased pan and bake for 10-12 minutes or until golden brown and cheese is bubbly. Serve with the warmed up marinara sauce.

**Buffalo Chicken Dip**  
Submitted by: Sean Arnold



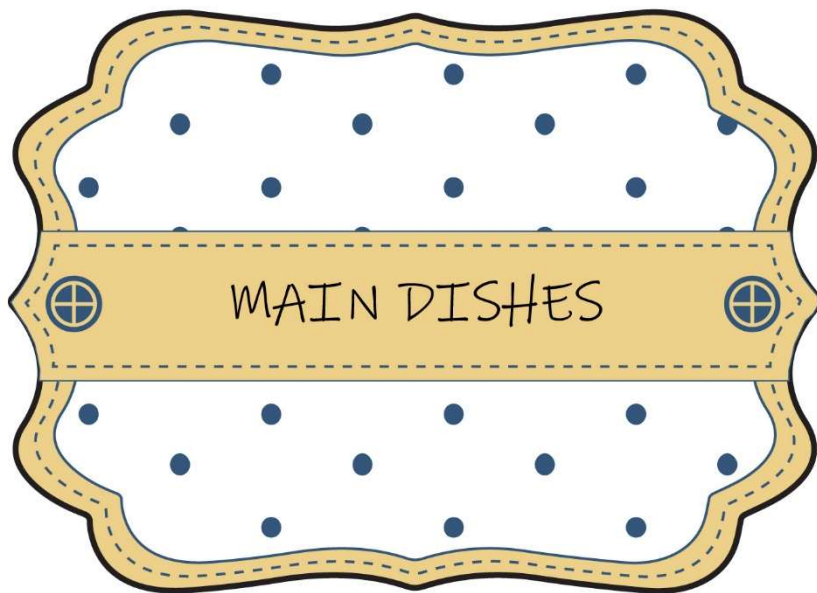
**Ingredients:**

- 3 Chicken breasts, cooked
- 1 C Mozzarella
- 1 C Ranch dressing
- 1 ½ C Frank's Red Hot Sauce

**Directions:**

Shred chicken breasts. Then add together all ingredients in a crock pot to warm and combine.

Serve hot and enjoy with tortilla chips for dipping.



## Crockpot Chili (easy and yummy)

Submitted by: Mary Dozbaba



You can make this in a large pot or the crock pot

### Ingredients:

- 1 C Chopped onion (good size chunks, not diced)
- 1 C Chopped green pepper (or any color pepper you want)
- 2 Cans stewed tomatoes (I usually chop them up a bit in a small food processor, but if you don't have one, it doesn't matter)
- 1 Can black beans
- 1 lb Ground meat (beef or turkey, whatever you want or whatever is on sale)
- 2 Pkg of Chili O seasoning packet
- Salt and pepper and chili powder to taste
- Shredded Cheese

### Directions:

Brown meat, and remove and drain grease. Sauté onions and pepper in the same pan. Add the rest of the ingredients to a large pot or put in the crockpot and cook. In the crock pot it can cook several hours. On the stove, cook on low heat about an hour or so, but keep stirring and keep an eye on it. Stir in shredded cheese at the end. (Serves 6-8)

**Patti's Super Soup for Four  
(possibly one, it's that good!)**

**Submitted by: Patti Manarin**



**Ingredients:**

- 1 Lb Ground Turkey (93% lean Patti's choice)
- 1 Sweet chopped Onion
- ¼ Head of Red Cabbage
- 2 Cut carrots
- 3 Mini potatoes
- 6 Chopped Mushrooms
- A small handful of Green String beans
- 1 Can of Black Beans
- 1 Small Can of Tomato Soup
- 1/2 bag of Petite White Corn

(A few small Tomatoes were added in this time for fun!)

**Directions:**

In a pot, brown the ground turkey. Add in the rest of the ingredients and simmer until vegetables are cooked to desired doneness.



## Easy Lasagna (no cook noodles)

Submitted by: Judi Davis



### Ingredients:

#### Sauce:

- 1lb Ground Beef
- ½ lb Italian Sausage
- 1C Chopped sweet onion
- 1C Chopped green bell pepper
- 28 oz Spaghetti sauce (Prego is good)
- 8 oz Tomato sauce or spaghetti sauce
- 1 ½ C Water to hydrate dry noodles

#### Filling:

- 14 oz Ricotta cheese
- 12 oz Shredded mozzarella, 4 cheese or Monterey jack cheese
- ¾ C Grated parmesan cheese
- 2 Eggs beaten
- ¼ C Chopped parsley
- 1 t Salt
- ¼ t Pepper
- 9 Regular Lasagna noodles uncooked

### Directions:

Brown ground beef and Italian sausage, drain. Add onion and bell pepper to meat, cook partially. Add spaghetti sauce, tomato sauce and water – simmer 10 minutes. Hold back a small amount (1 oz) of shredded cheese and 1/4 c. of parmesan cheese. Combine filling remaining ingredients except noodles and mix well. Pour 1 cup of sauce in base of pan. Layer 3 noodles. Add sauce, and 1/2 cheese mixture. Repeat 2nd layer. Hold back 1/2 to 1 cup of sauce for the top. Add last 3 noodles, sauce and sprinkle with shredded and 1/4 c. parmesan cheese. Cover with aluminum foil. Bake 55-60 minutes, remove foil and bake 10 minutes longer. Remove from oven and let rest for 10 minutes.

## The Easiest Slow Cooker Shredded Beef

Submitted by: Lani Gore



This recipe sounds almost too easy to be as great as it is - but make it and thank me later. It is best shredded beef around.

Serves approx 5 adults

### Ingredients:

- |          |                                                                            |
|----------|----------------------------------------------------------------------------|
| 1 - 2 lb | Rump roast, trimmed of any heavy fat on the bottom                         |
| 1        | 14 ½ oz can good quality peeled, diced tomatoes in juice - I use S&W brand |
| 1        | Small can diced green chiles                                               |
| 1        | Medium onion cut into medium size chunks                                   |
| ½ C      | Water                                                                      |
| 2        | Beef bouillon cubes                                                        |

### Directions:

Spray the crock pot bottom and sides with cooking spray. Put in the roast. Add the water, and bouillon cubes – no need to break them up.

Spread the onion around the roast in the bottom of the crock pot, pour the tomatoes and green chilies on the top of the roast and let them stay there – don't stir in.

Cook on low over night i.e 9:30 to 7 a.m. or cook on high about 6 hours until meat is fork tender and shreds easily. Shred meat using the tines of two forks and mix in with the onions, chile's and tomatoes.

Serve in burritos or in taco shells.

## Classic Chili

Submitted by: Jennifer Swenson



### Ingredients:

- 1 T Olive oil
- 1 Medium yellow onion diced
- 1lb Lean ground beef
- 2.5 T Chili powder
- 2 T Ground cumin
- 2 T Granulated sugar
- 2 T Tomato paste
- 1 T Garlic powder
- 1.5 t Salt
- 1/2 t Ground black pepper
- 1.5 C Beef broth
- 1 (15 oz) can petite diced tomatoes
- 1 (16 oz) can of dark red kidney beans, drained and rinsed
- 1 (16 oz) can of light red kidney beans, drained and rinsed
- 1 (8 oz) can of tomato sauce

### Directions:

Add the olive oil to a large soup pot and heat. Add the onion and cook until soft. Add the ground beef and cook thoroughly. Mix together in a small bowl the chili powder, cumin, sugar, tomato paste, garlic powder, salt and pepper. Stir well and then add to the beef mixture. Add the broth, diced tomatoes (in juice), drained beans and tomato sauce. Stir well.

Bring chili to a low boil. Then reduce heat to low and let simmer for 30-45 minutes.

Top with cheese, sour cream or Saltine crackers. Kids also love it served over cooked macaroni noodles.

## Slow Cooker Honey Garlic Salmon

Submitted by Debbie Chavez



The most delicious way to enjoy salmon is in a honey garlic glaze. This recipe cooks in just 2 short hours in the slow cooker, and paired with potatoes or salad, it's the perfect meal.

### Ingredients:

1 -2 lbs	Salmon, skin on
½ C	Honey
1T	Minced Garlic
1T	Worcestershire sauce
1T	Soy sauce

### Directions:

Cover the bottom of the slow cooker with parchment paper. Place the salmon skin side down on the paper. In a small bowl mix honey, garlic, Worcestershire sauce and soy sauce together. Pour over salmon. Cook on low for 2 hours.

## **Beef Noodle Casserole**

**Submitted by: Jennifer Swenson**



### **Ingredients:**

- 12 oz Egg noodles
- 2 t Olive oil
- 1 ¼ LB Lean ground beef
- 1 Small onion finely chopped
- 2 t Minced garlic (or 3 cloves crushed)
- Salt and pepper to taste
- 16 oz Can tomato sauce
- 15 oz Can diced tomatoes
- 2 t Italian seasoning
- 2 C Shredded cheddar cheese
- Cooking spray

### **Directions:**

Preheat the oven to 400F. Cook egg noodles according to the package and drain. Heat olive oil in a large pan. Add the ground beef and cook for 5 minutes. Add the onion and garlic to the beef and cook thoroughly. Add the tomato sauce, tomatoes and Italian seasoning to the beef and stir to combine. Add the noodles to the beef mixture and blend well.

Pour the mixture into a 9 x 13" pan that has been coated in cooking spray. Top with cheddar cheese.

Bake for 15-20 minutes or until the cheese is melted.

## Baked Spaghetti

Submitted by: Evyann Kory



### Ingredients:

- 1 pkg Spaghetti (16 ounce) thin spaghetti or small ziti creates nice nooks & crannies for sauce
- 1lb Lean ground beef or ground turkey
- 1 Medium yellow onion chopped
- 8 oz Sliced mushrooms
- 1 jar (24 ounce) meatless tomato based pasta sauce
- Additional dried herbs and/or seasonings to taste (oregano, basil, thyme, seasoned salt, etc)
- 2 Eggs
- ½ to ¾ C Grated Parmesan cheese
- 5 T Butter, melted
- 2 C (16 ounces) cottage cheese (lo-fat works nicely)
- 4 C (16 ounces) shredded mozzarella cheese

### Directions:

Cook spaghetti according to the package directions. Meanwhile, in a large skillet, cook meat, onion, and mushrooms over medium heat until the meat is no longer pink, the onion is translucent, and the mushrooms have softened through. Stir in the sauce and maybe ¼ cup of water to rinse the sauce container (don't worry about the sauce being too runny, it's better on the runny side for this end product. Add seasonings if desired, stir. Remove from heat.

In a large bowl, whisk the eggs, butter, and Parmesan cheese. Drain the spaghetti when cooked to your taste. Add the drained spaghetti to the egg mixture and toss to coat. Place half the spaghetti mixture in a greased 10 X 15 (5 quart) casserole or baking dish. Top with half of the cottage cheese, followed by meat sauce, followed by mozzarella cheese. Repeat layers. Top with a bit more shredded mozzarella if you have it available. Cover and bake at 350° for 40 minutes. Uncover and bake 20-25 minutes longer until the top cheese layer is melted and bubbly. Makes 10 hearty servings

You can make more than 1 smaller size casserole / baking dishes just leave yourself with enough pasta, sauce, and cheese to accommodate each.

## Mom Evy's Lasagna

Submitted by: Terri Bauer



### Ingredients:

- 1 16 oz package lasagna noodles
- ½ lb Ground pork
- ½ lb Lean ground beef
- 1 8 oz can tomato sauce
- 1 28 oz can crushed tomatoes
- 1 T Chopped fresh parsley
- 1 Clove garlic, crushed
- ½ t Dried oregano
- ½ C Minced onion
- ⅛ t White sugar
- 1 ½ t Dried basil
- 1 ½ t Salt
- 1 lb Small curd cottage cheese
- 3 Large eggs
- ¾ C Grated Parmesan cheese
- 2 t Salt
- ¼ t Ground black pepper
- 1 lb Shredded mozzarella cheese

### Directions:

Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain and set aside.

Place pork and beef in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in tomato sauce, crushed tomatoes, parsley, garlic, oregano, onion, sugar, basil and salt.

Simmer over medium-low heat for 30 minutes, stirring occasionally.

In a large bowl, combine cottage cheese, eggs, Parmesan cheese, parsley, salt and pepper.

In a 9x13 inch baking dish, place 2 layers of noodles on the bottom of dish; layer 1/2 of the cheese mixture, 1/2 of the mozzarella cheese and 1/2 of the sauce; repeat layers.

Cover with aluminum foil and bake in preheated oven for 30 to 40 minutes. Remove foil and bake for another 5 to 10 minutes; let stand for 10 minutes before cutting; serve.

Makes 8 servings



## Sloppy Joes II

Submitted by Debbie Chavez



### Ingredients:

1 lb Ground beef  
¼C Chopped onion  
1/4C Diced Green bell pepper  
1/2t Garlic powder  
1t Classic yellow mustard  
3/4C Ketchup  
3t Brown Sugar  
Salt to taste  
Ground black pepper to taste

### Directions:

In a medium skillet over medium heat, brown the ground beef, onions and green pepper, drain off liquids. Stir in the garlic powder, mustard, ketchup and brown sugar, mix thoroughly. Reduce heat and simmer for 30 minutes. Season with salt and pepper.

## Kim's Not Jay's Salmon with Pecan Crunch Coating

Submitted by Jay Iole



### Ingredients:

4 Salmon Fillets  
1/8 t salt  
1/8 t pepper  
2 T Butter Melted  
2 T Dijon Mustard  
1 ½ T Honey  
¼ Cup soft Bread Crumbs  
¼ Cup finely chopped Pecans  
2 T Parsley

### Directions:

Sprinkle Salmon with salt and pepper. Place fillets skin side down in a lightly greased 13x9x2 pan. Combine butter, mustard, and honey, brush on fish. Combine breadcrumbs, pecans, and chopped parsley. Spoon mixture evenly on each fillet. Bake fillets at 450 for 15 minutes or when fish flakes easily with a fork. Serves 4

## Spaghetti Squash

Submitted by: Jennifer Swenson



### Ingredients:

- 1 Spaghetti squash, halved lengthwise and seeded
- 2 T Vegetable oil
- 1 Medium onion chopped
- 2 Garlic cloves, minced
- ½ C Tomatoes chopped
- ¾ C Feta cheese, crumbled
- 3 T Sliced black olives (preferably greek)
- 3 T Fresh basil, chopped (add more to your taste)

### Directions:

Preheat the oven to 350F. Lightly grease a baking sheet. Place spaghetti squash, cut-sides down, on the baking sheet and bake for 30 minutes or until a sharp knife can be inserted with only a little resistance. Remove squash from the oven and set aside to cool.

Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic and sauté for 2-3 minutes. Stir in tomatoes and cook until tomatoes are warm. Use a large spoon to scoop the stringy pulp from the squash halves and place in a bowl. Toss with the sauteed vegetables, feta cheese, olives and basil. Serve warm.

## Spaghetti Pizza

Submitted by: Gayle Siewert



### Ingredients:

#### Crust:

16 oz Pkg spaghetti (cooked al dente)  
4 T Butter  
2/3 C Parmesan  
3 Eggs, beaten

#### Sauce:

¾ lb Ground beef  
½ C Onion  
20 oz Jar Ragu spaghetti sauce

#### Top:

Sprinkle 8 oz of shredded mozzarella cheese.

### Directions:

Cook spaghetti, al dente. Drain. Mix the butter, parmesan and eggs into the hot spaghetti. Place in a greased, 9x13 glass pan. Spread about 1 ½ c. of cottage cheese over the spaghetti crust. Brown the ground beef with onion. Drain. Add the spaghetti sauce to the beef. Simmer sauce ingredients for about 5 minutes. Spread the sauce mixture over the cottage cheese. Top with shredded parmesan. Bake for about 30 -40 minutes at 350 degrees. Let stand for 10 minutes before serving. Cut into squares and enjoy!

## Cheese Filled Jumbo Shells

Submitted by: Debbie Chavez



### Ingredients:

1 Pkg (12 oz)	Jumbo Shells, uncooked
2 Containers (15 oz)	Ricotta Cheese
2C (8 oz)	Shredded mozzarella cheese
$\frac{3}{4}$ C	Grated parmesan cheese (plus additional $\frac{1}{4}$ C for sprinkling on the top)
2	Eggs
1T	Chopped, fresh parsley
$\frac{3}{4}$ t	Dried oregano leaves
$\frac{1}{2}$ t	Salt
$\frac{1}{4}$ t	Ground black pepper
3 C (26 oz)	Jarred spaghetti sauce

### Directions:

Heat oven to 375 degrees. Cook shells according to package directions. In a large bowl stir together cheeses, eggs, parsley, oregano, salt and pepper. In 13x9x2 baking dish spread  $\frac{1}{2}$  Cup of the spaghetti sauce on the bottom. Fill each cooked shell with about 2T of the cheese mixture. Layer one half of the filled shells in the baking dish. Spread one half of the remaining sauce over the shells. Layer remaining filled shells over sauce. Spread remaining sauce over the shells. Sprinkle with additional parmesan cheese if desired. Cover with foil and bake 35 minutes or until hot and bubbly. Serves 8-10

## Slower Cooker Pesto Chicken

Submitted by: Mary Dozbaba



### Ingredients:

- 4 Boneless skinless chicken breasts
- 6 oz Jar pesto (I used basil pesto)
- 1 Pkg Ranch dressing seasoning mix
- ½ C Chicken broth

### Directions:

1. Spray slow cooker with cooking spray and place chicken breasts in the bottom.
  2. Sprinkle ranch packet over the chicken breasts, pour pesto over the top, and then add the chicken broth.
  3. Cook on low for 4-6 hours.
- (Serves 4)

## Sloppy Joes

Submitted by: Judi Davis



### Ingredients:

- 1 lb Lean ground beef
- ½ C Chopped green pepper or celery
- ½ C Chopped onion
- 1T Brown sugar
- 1t Dry mustard
- ¼ t Salt
- 1/8 t Pepper
- ½ C Ketchup
- 1T Vinegar
- 1T Worcestershire sauce
- 1 8 oz can tomato sauce
- 6 Sandwich buns, split

### Directions:

In a large skillet, combine ground beef, bell pepper or celery and onion. Cook over medium heat for 8 to 10 minutes, until beef is thoroughly cooked, stirring frequently, drain well.

Add remaining ingredients (except buns); mix well. Cover and simmer 15 – 20 mins, stirring occasionally, serve in buns.

## **Skinny Chicken Tortilla Soup**

**Submitted by: Mary Dozbaba**



### **Ingredients:**

- 1 Can (16 oz) fat-free refried beans
- 1 Can (15 oz) black beans, rinsed and drained
- 1 Can (14 ½ oz) chicken broth
- 1 ½ C Frozen corn
- ¾ C Salsa
- ¾ C Cubed cooked chicken breast
- 2 C (8 oz) cheddar cheese, divided
- Tortilla chips

### **Directions:**

In a large saucepan, combine the first six ingredients. Bring to a boil. Reduce heat, cover and simmer for 10 minutes. Add 1 cup of cheese, cook and stir over low heat until melted.

Crumble half of the tortilla chips into soup bowls. Ladle soup over the chips. Top each serving with some more crumbled chips, sprinkle with remaining cheese. (Serves 4-6)



## Easy, Creamy Lemon Garlic Skillet Chicken

Submitted by: Lani Gore



### Ingredients:

- 4 Boneless, skinless chicken breasts (about 2 pounds total), pounded to 1/2-inch thickness
- ½ t Salt, plus more for seasoning
- ¼ t Freshly ground black pepper, plus more for seasoning
- 1 T Olive oil
- 3 T Unsalted butter
- 1 Small shallot, finely chopped
- 4 Cloves garlic, minced
- 2 T All-purpose flour
- 1 C Half-and-half or whole milk
- ½ C Low-sodium chicken broth
- Juice of 1 medium lemon (about 3 tablespoons)
- 2 T Chopped fresh parsley leaves
- 1 Small lemon, thinly sliced
- Sliced olives for garnish

### Directions:

Thoroughly dry the chicken with paper towels. Generously season all over with salt and pepper. Heat the oil in a 10-inch or larger skillet over medium-high until shimmering. Working in batches if needed, add the chicken and sear until deeply browned on the bottom, 6 to 7 minutes. Flip with tongs and sear the other side until browned, 6 to 7 minutes. Transfer the chicken to a plate; set aside. Reduce the heat to medium and add the butter. When melted, add the shallot, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until just starting to soften, about 1 minute. Add the flour, stir to evenly coat the shallots and garlic, and cook for 1 minute more. Stir in the half-and-half or milk and broth until no lumps from the flour remain, making sure to scrape up any browned bits from the bottom of the pan. Bring to a boil. Reduce the heat to a simmer. Return the chicken to the pan and simmer until the sauce is thickened enough that it coats the back of a spoon and the chicken is cooked through, 3 to 4 minutes. Stir the lemon juice into the sauce. Garnish with the parsley, olives and lemon slices and serve immediately.

## Herbed Chicken in Wine Sauce

Submitted by: Gayle Siewert



### Ingredients:

2 lbs Boneless chicken breasts  
¼ C Flour, plus 1 Tbls  
¼ C Butter  
2 T Olive oil  
½-1 t Salt  
1/8 t Pepper  
1 Bunch green onions, sliced  
1 ½ C Chicken broth (1 can)  
1 C Dry white wine  
3 Cloves garlic, minced  
2 T Fresh parsley, chopped  
1 t Italian herb seasoning  
Hot cooked rice or noodles

### Directions:

Trim excess fat from chicken breasts, cut into 1" cubes, and dredge in flour. Don't cut them too small or they overcook and dry out. It's easier to put the flour in a gallon size plastic bag and add the chicken and shake until well coated. Sauté the chicken in butter & olive oil in a large skillet until lightly browned.

Remove chicken from skillet and put in a 13x9 inch glass pan; sprinkle with salt and pepper. Sauté green onions in pan drippings for 2 minutes. Stir in chicken broth, wine, minced garlic, chopped parsley, and Italian herbs in the skillet. Mix well and pour onion mixture over chicken. Bake uncovered at 350 degrees for 1 hour. Serve over hot cooked rice or noodles.

You can prepare this dish hours before and just throw it in the oven an hour before your guests arrive.

## Turkey Taco Chili

Submitted by: Gayle Siewert



### Ingredients:

- 1 lb Ground turkey
- ½ Medium onion, chopped
- 1 T Minced garlic
- 1 (1 oz) pkg of taco seasoning
- 1 (1 oz) pkg Ranch Salad Dressing and Seasoning Mix
- 4 C Water
- 1 (10 oz) can diced tomatoes with green chilies
- 1 (15.5 oz) can black beans, drained and rinsed
- 1 (15.5 oz) can pinto beans, drained and rinsed
- 1 (14 oz) can corn, drained or you can use frozen corn instead

### Directions:

Brown turkey with onion. Add garlic, taco seasoning, and Ranch seasoning. Add water, tomatoes, beans, and corn. Simmer for 30 minutes.

## Pizza Casserole

Submitted by: Jennifer Swenson



### Ingredients:

- 1 Package of pepperoni slices
- 1 lb Cooked spaghetti noodles
- 2 16oz jars of spaghetti sauce
- 2 C Shredded mozzarella cheese
- 1 C Milk
- 2 Eggs
- 1lb Hamburger meat

### Directions:

Beat milk and eggs together, then toss with cooked spaghetti noodles in a large bowl. Add sauce and mix well. Put spaghetti noodle mix in a 9 x 13" pan. Spread cooked hamburger on top. Layer pepperoni slices on top of the hamburger. Cover with mozzarella cheese.

Cover with foil and bake on 350F for 45 minutes to 1 hour. Spray foil with cooking spray to avoid it sticking to melted cheese.

## Chicken Curry Casserole

Submitted by: Kathleen Byrnes



### Ingredients:

4-5 C	Cooked chicken (or turkey)
2	Cans of Cream of chicken soup
1 C	Mayonnaise (light okay)
½ t	Curry powder
1 t	Lemon juice
16-20 oz	Broccoli (fresh cooked to crisp tender or frozen that is defrosted)

Cracker crumbs (I like to use Ritz)

### Directions:

Butter a 2 qt casserole dish. Mix mayonnaise, lemon juice, curry and chicken soup. Arrange half the chicken and broccoli in dish, top with half of the soup mixture, repeat. Top with crumbs. Bake uncovered at 325° for 1 hour.

Makes about 6-8 servings.

Note: You can serve with rice.

## Corn Chowder

Submitted by: Lani Gore



### Ingredients:

- 1 Large onion, chopped
- 2 Stalks celery, chopped
- ½ Green bell peppers, chopped
- ¼ C Butter
- 2 T Olive oil
- 2 Cloves garlic, minced
- 8 C Chicken stock
- ½ t Dried thyme, crumbled
- 1 bay leaf
- 1 t Salt
- 2 Carrots, chopped
- 1 Large potato, peeled and cut into cubes the size of corn kernels
- 4 C Corn kernels, fresh or frozen
- 1 C Half-and-half

### Directions:

Cook onion, celery, and bell pepper in butter and oil over moderately-low heat, stirring, until vegetables are softened. Add garlic and cook 1 minute. Add stock, thyme, bay leaf, salt, carrots, and potato and simmer, covered, for 15 minutes or until vegetables are just tender (if using frozen corn, add at this point too). Add fresh corn and simmer 5 minutes. Discard bay leaf.

Transfer 2 cups of the solids with a slotted spoon to a blender, add half and half, and puree.

Add puree back to the hot soup and heat.

Season to taste and serve hot.

## Chicken or Turkey One-Pot Dinner

Submitted by: Mary Dozbaba



### Ingredients:

- |         |                                                                              |
|---------|------------------------------------------------------------------------------|
| 1 2/3 C | Hot water                                                                    |
| 1 pkg   | (16 oz) of Stove Top Stuffing Mix (turkey or chicken)                        |
| 3 C     | Cooked chopped turkey or chicken                                             |
| 1       | (10 oz) frozen mixed vegetables or peas (or whatever veggie you like) thawed |
| 1       | (12 oz) jar turkey or chicken gravy                                          |

### Directions:

Preheat oven to 375 degrees. Add water to stuffing mix in a small bowl, mix until just moistened. Set aside.

Place turkey or chicken and veggies in a 2-quart casserole dish. Pour gravy over meat and veggies. Stir gently. Top with prepared stuffing.

Bake 30 minutes or until heated through. (Serves 4-6)

## Flavorful Chicken Thighs

Submitted by: Mary Dozbaba



### Ingredients:

- 6 Skinless, boneless chicken thighs
- ½ C Breadcrumbs
- 1 t Curry powder
- 1 t Cumin
- 1 t Chili powder
- 1 t Paprika
- 1 t Salt
- 1 t Pepper

### Directions:

Preheat oven to 400 degrees.

Wash chicken and pat dry. In a gallon-size zip-close bag, place breadcrumbs, curry powder, cumin, chili powder, paprika, salt and pepper. Shake to combine. Drop chicken (a few thighs at a time) into bag and shake bag to completely cover thighs. Repeat until all the thighs are coated. Place chicken on a shallow baking sheet.

Cook about 20 minutes on one side. Turn chicken and cook for another 15-20 minutes or until done. (Serves 4-6)

(Note: I put a wire baking rack, like the one for cooling cookies, in the baking sheet, spray it with pam and put the chicken on the wire rack. It keeps the chicken from getting soggy.)



## Hot Chicken Salad

Submitted by: Carol Engel



### Ingredients:

- 4 C Cooked and diced chicken (3 chicken breasts)
- 4 Hardboiled eggs
- 2 C Chopped celery
- 1 C Grated cheddar cheese
- $\frac{3}{4}$  C Light mayo
- 1 can Cream of Chicken soup
- 1 t Minced onion
- 1 small jar of chopped pimentos
- 2 T Lemon juice
- $\frac{2}{3}$  C Sliced almonds

### Topping:

Crushed potato chips or Ritz crackers

### Directions:

Combine all ingredients and place in a 9" x 13" pan and refrigerate overnight. Add the crumb topping and bake at 400 degrees 30-40 minutes. Serves 12.

## Corn Chowder

Submitted by: Carol Engel



### Ingredients:

- 1 LB Bacon
- 1 Stick butter
- ½ Green bell pepper chopped
- 1 Onion chopped
- 1 Stalk of celery chopped
- 2 Cans Creamed corn
- 1 Quart half n half
- 2C Frozen Hash Browns

### Directions:

Cut bacon in to bite sized pieces and fry until crisp, drain off fat. Simmer stick of butter with green pepper, onion and celery. Cook just until soft and NOT brown.

In a large pot, combine 2 cans of creamed corn, half n half. Stir in the bacon and vegetables. Add 1-2 cups frozen hash browns (thawed). Simmer for at least 30 minutes (stirring frequently).

Serve warm...it's rich and delicious.  
Be careful not the scald or burn.

## Chicken and Spinach Enchiladas

Submitted by: Carol Engel



### Ingredients:

- 12 Chicken breast halves, skinned
- 1 t Salt
- 2 10oz pkgs frozen chopped spinach
- 1 C Diced onion
- 1 T Butter melted
- 1 Can Cream of Chicken soup undiluted
- ¼ C Milk
- 3 4oz cans of diced chilis, drained
- 3 8oz cartons of sour cream
- 3 C Shredded Monterey Jack cheese, divided
- 16 Flour tortillas

### Directions:

Place chicken in a Dutch oven: add salt and water to cover. Bring to a boil; cover, reduce heat and simmer 40 minutes or until tender. Remove chicken and cool slightly. Bone chicken, dice and set aside. Cook spinach according to package directions; drain well and reserve 1 C of spinach broth. Set aside. Sauté onion in butter in Dutch oven until tender. Stir in spinach and chicken and set aside.

Combine the soup, reserved spinach broth, mild green chilis, sour cream and 1/2 of the cheese in a bowl; mix well. Stir 1/2 sauce mixture into the chicken mixture. Reserve the remaining sauce. Spoon chicken mixture evenly down the center of each tortilla; roll up the tortillas and place seam side down in two lightly greased 9" x 13" baking dishes.

Bake uncovered at 350 \* for 25 minutes. Sprinkle sauce over the tortillas. Bake an additional 5 minutes.

Note: Casseroles may be frozen prior to baking. To serve, remove from freezer; let thaw in fridge. Bake as directed.

## Chicken Spinach Vermicelli

Submitted by: Janis and Ron Tomas



### Ingredients:

- 1 Pkg (8 or 10 oz) vermicelli. I break it into thirds when putting it in the boiling water.
- 2 T Olive oil
- 3 C Sour cream (24 oz)
- 2 Pkgs (10 oz each) frozen chopped spinach (cooked & drained)
- 1 Lb Monterey Jack cheese, shredded (with extra for top)
- 1 t Onion flakes
- ½ t Salt
- ¼ t Pepper
- 4 Chicken breasts, cooked & shredded or buy a roasted chicken, remove skin and shred it.
- 20 oz Chicken broth

### Directions:

Cook noodles. Drain. Add olive oil and mix together. Add sour cream, mix together. Add spinach and mix together. Add ½ of cheese and mix together. Add chicken, onion flakes, salt & pepper and mix together. Add enough chicken broth to moisten. Taste and add more salt and pepper if desired.

Pour into 9 x 13 pan.

Sprinkle rest of cheese on top.

Bake at 350 degrees for ½ hour or until nicely browned on top

(I usually find that it doesn't get brown enough so after ½ hour I put it under the broiler until brown)

Let stand for a few minutes before serving.

## Salted Standing Rib Roast

Submitted by: Carol Engel



### Ingredients:

- 1 Small end rib roast with 4 ribs, back strap, chine bone and feather bones removed (8-10LBS)
- 2 C Kosher salt
- ¼ C Peppercorn mélange, cracked
- 2 T Fresh chopped rosemary
- 1/3 C Water

### Directions:

Preheat oven to 450\*. Coat a 9" x 13" baking dish with nonstick spray. Combine salt, peppercorns and rosemary in a mixing bowl. Slowly whisk in water until mixture resembles slush.,

Pat beef dry; place roast, bone side down in the prepared dish. Carefully rub salt mixture all over the roast, making a coating 1/4-1/2 inch thick. Insert an ovenproof meat thermometer or an automatic oven probe into the thickest part of the roast.

Place the roast in the oven. Immediately reduce the temp to 325 degrees. Roast meat to desired doneness...135 degrees for medium rare, 2 1/2-2 3/4 hours.

Remove the roast from the oven, tent meat with foil. Let the roast rest for 15 minutes.

Completely remove salt crust before serving. Makes 8 servings Enjoy!

## Frank's (Fall off the Bone) Baby Back Ribs

Submitted by: Frank Polimene



This recipe can be used with a BBQ grill or smoker. (See Additional Notes)

My favorite store for purchasing is either Costco or Sam's. Both offer high quality ribs sold in a 3 pack for approximately 25% less than the grocery stores.

### Ingredients:

- 3 racks of ribs
- Your favorite Pork Rub. Mine is Traeger's Pork and Poultry Apple Honey Rub
- 12 oz Apple Juice
- Honey
- Brown Sugar
- French's Mustard
- Your favorite BBQ sauce. Mine is KC Masterpiece Original BBQ Sauce (not required for dry rubbed ribs)

### Other Items:

- Wide HD Aluminum foil
- Large shallow pan or edged cookie sheet.
- Plastic disposable gloves
- Basting brush
- Hickory chips (If desired)

*The night before \**

All Baby Back ribs have a membrane on the bottom side that you will have to remove. With a sharp knife loose the membrane at the small end like you are trying to unstick the end of scotch tape that is stuck to the roll. You'll need a strong grip or pair of pliers to start but it should peel off in one piece easily.

1. Apply mustard to the ribs by completely rubbing over all surfaces with plastic gloves.

### **Frank's (Fall off the Bone) Baby Back Ribs (cont')**

2. Cover all surfaces with a generous sprinkle of the rub and place meat side up on the cookie sheet or pan.
3. Cover with plastic wrap and refrigerate

\*Allow an extra day to thaw if required.

#### *Cooking Instructions (Start 6 hours before serving time)*

1. Remove from the Fridge and allow to stand for 1 hour at room temperature.
2. Preheat your cooking source to 250 degrees. See note below for Grills.
3. Move the ribs to the grill and cook uncovered for two hours.
4. Cut 2 pieces of foil long enough to seal each rib rack (6 pcs. For 3 ribs) and stack them in the shallow pan.
5. After 2 hours, remove the ribs one at a time from the cooking source and place on the foil.
6. Apply a squiggle line of honey to the top side of the ribs and lightly sprinkle with brown sugar.
7. Using 2 sheets of the foil, form it around the ribs as to make a boat.
8. Pour 3 -4 ounces of apple juice around the ribs (not on) and seal the foil the rest of the way.
9. Return to the heat source and repeat step 7 & 8 for the rest of ribs.
10. Cook for another 2 hours.
11. Remove from heat source one at a time and place in the shallow pan. Carefully unwrap the foil, dispose the liquid. It will be steamy hot.
12. If desired, apply BBQ sauce with a basting brush on all sides and return to the heat source meaty side up. For dry rub, lightly sprinkle a small amount of the rub over the meaty side of the ribs. Repeat step 11 & 12 for the rest of the ribs.
13. Cook for an additional hour, add more BBQ sauce (If desired) and serve.

#### **ADDITIONAL NOTES:**

Ribs like to be cooked in indirect heat. If using a Grill, place an additional foiled lined rack between the flame and cooking rack.

If you never cooked ribs on a grill before, it is a good idea to make sure you can control it between 230 and 250 degrees. You can test with a thermometer and adjust by slightly propping the cover open if it is too hot.

Use a small pan with moistened hickory chips just beneath your cooking rack for added flavor.

## Baked Chicken Chimichangas

Submitted by: Judi Davis



### Ingredients:

8 oz pkg	Cream cheese, softened
8 oz	Pepper jack cheese, shredded
1 ½ T	Taco seasoning
1 lb	Cooked chicken, shredded (I use Costco shredded chicken)
8	Flour tortillas
	Non Stick cooking spray

### For Serving:

Shredded cheddar cheese  
Green onions, for garnish  
Sour cream  
Salsa

### Directions:

Stir together cream cheese, Pepper jack cheese and taco seasoning. Fold in chicken and divide among flour tortillas. Tuck in sides, and roll up each tortilla. Lay seam side down in a sprayed 9 X 13 baking dish. Spray tops of tortillas with cooking spray.

Bake at 350° oven for 15 minutes

Turn chimi's over, and bake an additional 15 minutes

Serve with cheddar cheese, green onion, sour cream and salsa on top.



## Oregano Chicken

Submitted by: Jennifer Swenson



### Ingredients:

¼ C Melted butter  
¼ C Lemon juice  
2 T Worcestershire sauce  
2 T Soy sauce  
1 ½ t Dried oregano  
2 Cloves of garlic, crushed  
6 Chicken breasts  
Hot cooked rice or cooked orzo pasta

### Directions:

Combine the first 6 ingredients and stir well. Place chicken in an ungreased 9 x 13 inch baking dish. Pour butter mixture over chicken. Cover with foil and bake at 375 degrees for 30 minutes. Uncover and bake for 15 additional minutes. Serve chicken and juices over rice or orzo pasta.

## Easy One Pan Baked Taco Chicken Fingers with Cheesy Roasted Broccoli

Submitted by: Judi Davis



### Ingredients:

- 1 pkg McCormick Original Taco Seasoning Mix
- ½ C Panko bread crumbs
- 4 C Small broccoli florets
- 3 T Oil, divided
- 1 Lb Boneless chicken breast tenderloins
- ½ C Shredded reduced fat Mexican cheese blend

### Directions:

Preheat oven to 450°. Mix seasoning mix and panko in a shallow dish until well blended. Place broccoli in large bowl. Add 2 tablespoons of oil the oil, toss to coat. Sprinkle 3 tablespoons of the panko mixture, toss until evenly coated. Place broccoli on one side of a foil-lined pan shallow baking pan, sprayed with nonstick cooking spray

Brush chicken with remaining 1 tablespoon oil. Coat evenly on sides with remaining panko mixture. Place chicken on the other side of the baking pan.

Bake for 12 minutes. Sprinkle cheese evenly over the broccoli. Bake 3 minutes longer or until chicken is cooked through and cheese is melted. 4 Servings

## BUMSTEAD SANDWICHES

Submitted by: Marilyn Senn



### Ingredients:

- ¼ lb Sliced American Cheese
- ½ C Mayonnaise
- 3 Hard boiled eggs, chopped
- 1 Can Tuna - 6 1/2 oz.
- 2 T Chopped green Pepper
- 2 T Chopped sweet pickles
- 2 T Chopped green olives

### Directions:

Mix all ingredients (except cheese) together and spread on buns or pieces of bread. Top each with a slice of cheese. Bake at 350 degrees until cheese melts.

## **Crescent Roll Hot Dish**

**Submitted by: Val Van Vianen**



Preheat oven to 350 degrees. Spray a 9x13 pan with non-stick spray.

### **Ingredients:**

1 ½ lb Ground hamburger  
1T Garlic powder  
1t Onion powder  
1t Salt  
1 Pepper  
1t White sugar  
1 8 oz can Tomato Sauce  
1 14.5 oz can Italian Style stewed tomatoes with basil, oregano and garlic  
8 oz Shredded cheddar cheese  
2 cans (8oz each) Pillsbury Crescent Rolls  
1 C Sour Cream  
1T Italian Seasoning

### **Directions:**

Mix together in large fry pan or Dutch oven the hamburger, garlic powder, onion powder, salt and pepper. Cook until no redness, stirring often to crumble the meat up. Drain the meat and pour into 9x13 pan. Add can of tomato sauce and Italian tomatoes into meat mixture and stir until mixed. Spread meat evenly in the pan.

Sprinkle the sugar evenly over the meat mixture. Sprinkle the cheese over the meat and spread evenly. Mix Italian seasoning in the cup of sour cream.

Open Crescent Rolls and pull apart as instructed on label. Spread even amount of sour cream on 16 rolls. Roll up dough according to directions. Line 8 rolls on top of hamburger mixture in two rows.

Bake uncovered for 40 minutes or until golden brown. Wait 5 minutes before serving. Serves 6-8 people.

## Saturday Night Special

Submitted by: Marilyn Senn



### Ingredients:

- 3 Large red onions, sliced
- 2 Large green peppers, cut in strips
- ½ C Olive oil
- 2 Large red peppers, cut in strips
- 3 Cloves Garlic
- 1 T Salt
- 2 T Water
- 2 Tomatoes peeled, chopped
- 1 Sausage ring
- 1 Loaf French bread

### Directions:

Sauté vegetables in olive oil until onions are tender. Add salt & water, cover & cook 10 minutes. Add tomatoes & cook 10 minutes. Add sausage & heat through. Cut up sausage and serve on French bread.

## Shrimp Tacos with Creamy Coleslaw

Submitted by: Judy and Lou Amadee



Prep time: 10 minutes, cook time: 20 minutes

### Ingredients for Tacos:

1 ½ lbs Shrimp peeled and cleaned  
½ t Each smoked paprika, ancho chile powder, and Cumin  
¼ t Ground coriander  
½ C Bone broth or stock  
1 C Of your favorite salsa  
1 T Butter  
Avocado oil  
Kosher salt and pepper  
Tortillas

### For the Slaw:

12 oz Bag of slaw mix  
2 Leaves of lacinato/black kale finely chopped  
2-3 T Raisins  
2-3 T Pepitas  
½ C Avocado oil mayonnaise  
Juice of half a lime  
½ t Tamari soy sauce  
½ t Stone ground or Dijon mustard  
½ t Prepared horseradish (optional)  
Kosher salt and pepper

### Directions:

1. Start by adding the shrimp to a large bowl and drizzle over 1 tsp of oil along with the paprika, cumin, Chile powder, and coriander. Mix well and let marinate at room temperature for 10-20 minutes. Remember to add Salt right before the shrimp go in the pan, adding now will draw out too much water.

## **Shrimp Tacos with Creamy Coleslaw (cont')**

2. Meanwhile, make the slaw by adding the slaw mix to a large bowl along with the finely chopped kale, raisins, pepitas, ¼ teaspoon salt, and a couple cracks of pepper. In a separate bowl, make the slaw dressing by adding the mayonnaise, lime juice, tamari, mustard, horseradish, ¼ tsp salt, and a couple cracks of pepper. Mix well and check for seasoning, you may need a bit more lime because you want the flavor to be on the acidic side. Don't mix the slaw with dressing until ready to serve.

3. Cook the shrimp by pre-heating a pan, ideally cast iron, but non-stick works too, over medium-high heat with 2 Tbl of oil. Add just under 1 tsp of salt to the shrimp and mix well. Once the pan is really hot, add the shrimp, making sure not to overcrowd the pan, so you may need to work in two batches. Let the shrimp cook for 2-3 minutes, until very crusty, flip and cook for only 30-60 seconds more. Remove shrimp from the pan. Wipe out any excess oil and then add the bone broth and turn the heat down to low.

Add 1 cup of salsa and turn the heat to medium. Allow the sauce to reduce in half, should take about 5 minutes. Meanwhile, roughly chop the shrimp to get them ready to go back in the pan. Add the butter and mix well so the sauce gets silky and creamy, then add the shrimp and juices to the pan. Turn the heat off and mix the shrimp well to coat in the buttery salsa.

4. To serve the tacos, warm some tortillas, place a little slaw in the bottom, top with the shrimp, and extra salsa, Enjoy! Serves: 3 people

## Beef Burgundy

Submitted by: Marilyn Senn



### Ingredients:

- 3 lb Stew meat trimmed, raw, cut into bite size pieces
- 2 Cans cream of Mushroom soup, undiluted
- 1 8 oz can mushroom pieces, drained, or fresh mushrooms
- 1 Pkg dry Lipton onion soup mix
- 3 T Minute Tapioca
- 1C Cabernet Sauvignon wine
- 8 Servings cooked egg noodles

### Directions:

Put all (except noodles) in large pot and stir well. Cover and bake at 325 degrees for 3 hours, stirring occasionally.

Option: Cook in slow cooker- perhaps 5-6 hours.  
Serve on cooked noodles. Serves 8



## Joe Berry's Potato Soup Recipe (aka "Best Soup Ever")

Submitted by: Julia Smith



### Ingredients:

- 3 C Water
- 3 Chicken-flavored bouillon cubes
- 3 Large potatoes diced
- 1 Medium onion diced
- 1 C Carrots diced
- ½ C Green pepper diced
- 1/3 C Butter
- 1/3 C Flour
- 3 ½ C Milk
- 2 C Shredded cheddar cheese
- 2 C Shredded Velveeta (you can find this with packaged cheese)
- ½ Jar of diced pimientos – drained (if you can find the 2 oz. jar, use the whole jar)
- 3-4 Slices of crisp bacon broken into small pieces

### Directions:

1. Combine water and bouillon cubes in a large pot (Dutch oven) and bring to a boil.
2. Add vegetables; cover and simmer until vegetables are tender (about 15 minutes).
3. Melt butter in a large sauce pan over low heat; after melted, add flour, stirring constantly until smooth (about 1 minute).
4. Slowly add in milk; cook over medium heat, stirring constantly, until thickened and bubbly (about 15 minutes).
5. Add cheese, stirring until melted. Stir in pimientos and bacon.
6. Combine cheese mixture with vegetable mixture.

Ready to serve! ENJOY! Serves 6-8 people

## Pork Schnitzel

Submitted by: Marilyn Senn



### Ingredients:

- 6 Pork loin cutlets (1-1/2 lb)
- 1 Egg beaten
- ¼ C Flour
- 2 T Milk
- ¾ C Fine dry bread crumbs
- 1 t Seasoned salt
- ¼ t Ground black pepper
- 1 t Paprika
- 3 T Shortening or cooking spray
- ¾ C Chicken broth
- 1 ½ T White flour
- ¼ t Dried dillweed
- ½ C Dairy sour cream

### Directions:

Pound cutlets 1/4 to 1/8 " thick-slit open edges. Coat meat in flour mixed with seasoned salt and pepper. Dip into egg & milk, then crumbs with paprika. Cook in large skillet coated with cooking spray, keeping warm after done. Put flour in pan drippings, and blend in broth and thicken. Put in sour cream and dillweed.

Put done cutlets on a serving tray and pour sauce over them. Serve.

## Easy Chicken Mole

Submitted by: Kim Dorney



### Ingredients:

- 1 lb. Boneless chicken breast, cubed
- 2 T Cooking oil
- ½ C Finely chopped onion (or 1 T onion powder)
- 3 Cloves garlic (or 1/2 t garlic powder)
- 2 T Unsweetened cocoa
- 2 t Chili powder
- ½ t Ground cumin
- 1 t Dried oregano
- ½ t Kosher salt (or table salt to taste)
- 1 8 oz. can tomato sauce
- 1 4 oz. can dices roasted green chilis

Optional garnish: shredded lettuce, chopped tomatoes, avocado slices

### Directions:

1. Stir fry chicken in cooking oil
  2. Add onions, sauté 4 minutes
  3. Add garlic, sauté 1 minute
  4. Stir in cocoa, chili powder, cumin, salt, oregano (if using powdered onion and garlic, add all at the same time.
  5. Add tomato sauce and green chilis
  6. Simmer 5 to 10 minutes to ensure chicken is completely done and sauce is thick.
- Serve on rice or flour tortillas with garnish (optional).

## Basic Pizza Sauce

Submitted by: Marilyn Senn



### Ingredients:

- 1 Can 28 oz crushed tomatoes
- 1 Med. sweet onion, minced
- 2 Med. cloves garlic, minced
- 2 T Olive Oil
- 2-3 Fresh Basil leaves or 1/2 tsp dried
- 1 t Dried oregano
- ¼ t Salt

### Directions:

Sauté onion & garlic until translucent. Add tomatoes, stir & bring to simmer. Add spices & simmer about 20 minutes. Let cool a bit.

For pizza - put on unbaked Pizza crust. Add meat and/or vegetables. Bake according to pizza crust directions.

## Nora Phillip's White Bean-Turkey Chili

Submitted by: Nora Phillips



Prep Time: 20 minutes (Ready in 35 minutes)

### Ingredients:

- 1 t Oil
- 1 lb Ground turkey
- 1 C Chopped onion
- 2 (14 1/2-oz) cans ready to serve chicken broth (with less sodium)
- 1 (6oz.) can no-salt added tomato paste
- 2 (15.5 oz) cans Great Northern Beans, drained
- 2 (4.5 oz) cans chopped green chiles undrained. Hatch brand is the best.
- 1 t Cumin

### Directions:

1. Heat oil in Dutch oven over medium-high heat until hot. Add turkey and onions; cook and stir until turkey is no longer pink.
2. Stir in all remaining ingredients. Bring to a boil. Reduce heat to low; simmer 10 to 15 minutes, stirring occasionally.

Makes 8 (1 ¼ cup servings)

Serve with cornbread or warm flour tortillas.

## Shawnn's Shrimp

Submitted by: Phil Wilkins and Mary Hoffman



Really unsure of the origin of this recipe. I received it from my sister, who got it from....somewhere! One favorite memory attached to the dish is the first time we made it for our middle son and his family while on vacation in San Diego. Shawnn was so taken by the dish that we now call it Shawnn's Shrimp.

Serves 4-6 adults...depends on how hungry you are after a day on the beach!

### Ingredients:

2 lbs Shrimp, shelled and deveined. (I personally like the U-20 size)  
2 T Each of salt and sugar  
¼ C Olive oil  
¼ C Chopped parsley  
1 T Lemon peel  
1 T Lemon juice  
2-3 Garlic cloves (minced)  
1 t Black pepper

### Directions:

Combine salt and sugar. Coat shrimp in salt/sugar combination and chill for 45 mins- 1 hour. Rinse and pat dry

Combine olive oil, chopped parsley, lemon peel, lemon juice, garlic, and black pepper. coat shrimp in the mixture. Thread onto skewers and grill over medium hot coals for 2-3 mins each side.

Serve with green salad, crusty rolls and a happy family.

## Cauliflower Soup

Submitted by: Marge Garvy



### Ingredients:

- 1 Head Cauliflower, Stem and Leaves Removed
- Olive oil and salt
- 4 Strips Bacon, chopped
- ½ Whole Onion, diced
- 3 cloves Garlic, minced
- 1 c Chicken stock
- 1 t Dried thyme
- 4 oz Weight grated Gruyere cheese, divided
- ½ C Heavy Cream --- I used whole milk or half & half
- Chives or other herbs, for garnish (optional)
- Bread, for serving (optional)

### Directions:

Preheat oven to 400°F. Cut or break the cauliflower into large chunks, then break one or two chunks into bite-sized florets (about 1 cup total). Spread the florets on a baking sheet and drizzle with olive oil and sprinkle with salt. Roast cauliflower for 20–25 minutes until dark at the edges and soft.

In a soup pot, add bacon pieces and turn heat to medium-high. Cook bacon until crispy, stirring as you go, for 7 minutes or so until bacon is crisp. Remove it to a paper towel to drain, leaving the drippings in the pot. Reduce heat on the pot to medium, and add onion. Stir for 1 minute, scraping the bottom of the soup pot, then add garlic and stir for 1 minute more. Add stock and stir for another minute, then add remaining cauliflower chunks and the thyme.

Cover the pot and reduce the heat to medium-low. Cook the soup for 30 minutes or as long as necessary for the cauliflower to be very well cooked, almost falling apart. When cauliflower is cooked through in the soup pot, transfer the entire mixture to a blender, in batches. blend until very smooth, then return the soup to the pot. Stir in half of the cheese and all of the cream, taste the soup and add salt and pepper to your preference.

Serve the soup topped with bacon, roasted cauliflower, and remaining grated cheese. Sprinkle with herbs if you'd like and serve with bread for dipping.

## Good Housekeeping Tetrazzini

Submitted by: Evyann Kory



Great for left over roast turkey or chicken

This makes about 12 servings, reduce amounts down to make less

### Ingredients:

- 16 oz Package of pasta – spaghetti works great
- ½ C Butter or margarine if you prefer
- 1 Large yellow onion, diced
- ½ C (or so) flour
- 5 ½ C Milk, the higher the fat content, the creamier the dish
- 8 oz Sliced mushrooms
- 1T Heaping tablespoon chicken consommé (powder) - Knorr makes a good one
- ½ t Salt (Optional)
- ½ C Grated Parmesan cheese or to preference
- 4 C Bite size cooked turkey or chicken
- 6 Slices white bread if you choose

### Directions:

Preheat oven to 350 degrees. Cook pasta, as label directs, drain and return to pot.

In a large, deep saucepan over medium heat, add about 5 (or more if you prefer) tbsp butter, cook the onion until tender and translucent. Add the mushrooms and cook until they soften and change color. Sift in the flour and stir until blended. As soon as it's blended, gradually stir in the milk, consommé powder, and salt. Cook, but don't boil, stirring and scraping bottom of the pot until the mixture is slightly thickened. Remove from heat and stir in the Parmesan cheese.

Cut the bread slices into approx ½ inch cubes. In a small saucepan melt about 2 or 3 tbsp butter, remove from heat and stir in the bread cubes so they all absorb some of the butter. To the pasta in the saucepot, add the sauce mixture and then the turkey. Gently toss to mix well. Spoon mixture into a large deep baking dish or split into smaller size baking dishes. Top with bread cubes. Cover with foil or dish lid. Bake 20 minutes or until heated through. Remove cover and bake about 5 minutes until top is brown.



## Salmon and Asparagus Packets

Submitted by: Mary Dozbaba



### Ingredients:

- 4 Sheets of aluminum foil
- 4 5 oz salmon filets
- 1 lb Asparagus
- 1 Fresh lemon, juiced
- 1-2 t Lemon pepper seasoning to taste

### Directions:

Preheat oven to 450 degrees.

Snap the ends off the asparagus spears and divide into 4 equal portions. Spray the center of each foil sheet with non-stick cooking spray. Place a salmon filet in the center of each sheet, sprinkle with lemon pepper seasoning, top with a serving of asparagus and drizzle with lemon juice then sprinkle with a bit more seasoning.

Bring up the sides of the foil and fold the top over twice. Seal the ends, leaving room for air to circulate inside the packets.

Place the packets on a cooking sheet and bake at 450 degree for 15-18 minutes or until the salmon is opaque. Serve with lemon wedges on the side.

Please use caution when opening the packets, as the steam is very hot. (Serves 4)

## Chicken pie

Submitted by: Marge Garvy



### Ingredients:

- 1 Cooked rotisserie chicken from grocery store --shredded or diced
- 2 Cans cream of potato soup
- $\frac{3}{4}$  C Chicken broth & milk - together to equal  
 $\frac{3}{4}$  C of liquid --mix this into the 2 cans of soup.
- 2 Carrots - sliced
- 2 Celery stalks - sliced

handful or so of frozen peas - no need to cook ahead of time - add to the soup mix

$\frac{1}{4}$  t Thyme

Salt & pepper

Refrigerated double pie crust to roll out

### Directions:

1. Simmer carrots & celery for 10 minutes, drain off the water
2. Line pie dish w/ 1 rolled out crust
3. Mix all ingredients & pour into pie crust lined dish
4. Cover w/ another pie crust - crimp edges
5. Brush crust w/ milk to brown crust
6. Cut a few slits in crust to vent

Place on foil lined sheet & bake at 375 degrees for 50-60 minutes or until bubbly & crust is brown.

Let sit for 10 min before serving

## Super Simple sort-of Salisbury Steak

Submitted by: Evyann Kory



### Ingredients:

- 1 Can Cream of Mushroom soup, divided
- 1lb Lean ground beef - or ground turkey
- 1/3C Dry bread crumbs
- 1 Egg
- ¼ C Finely chopped yellow onion
- 8 oz Sliced mushrooms

### Directions:

Thoroughly mix ¼ cup of the soup, ground meat, bread crumbs, egg, and onion. Shape into 6 firmly shaped patties, consistent in thickness.

In a large skillet over medium heat, cook patties, a few at a time, until browned on all sides. Remove from skillet (but they'll be put back). Spoon off excessive grease, but leave enough to cook the mushrooms in.

Add the mushrooms to the residual grease in the skillet, sauté until softened. Add the rest of the soup, stir well. Return the patties to the skillet, reduce heat to low. Cover and simmer about 20 minutes, turning the patties occasionally until cooked through. Makes 6 servings

## **Cheeseburger Soup**

**Submitted by: Dorene Healy**



### **Ingredients:**

½ lb Ground beef  
2 t Olive oil  
1/8 Large onion, chopped finely (about 2 Tbsp)  
½ Celery stalk, chopped  
1 Red bell pepper, diced  
½ Carrot (julienned)  
1 Medium potato (yellow or red is best)  
½ t Dried parsley flakes  
¼ t Dried basil  
1 Can chicken broth  
2 T Butter  
1 ½ T Flour (can use up to 2 tablespoons)  
1 C Half-and-half or milk  
½ C Sharp cheddar cheese (can use up to ¾ C)  
Salt & pepper to taste

### **Directions:**

In a large Dutch oven brown ground beef, onion, and celery in a large saucepan or stockpot until onion and celery is almost tender; add a little olive oil if necessary. Add the diced red bell pepper and cook for a few minutes longer. Add the chicken broth, carrot, potato, parsley and basil. Blend. Bring to a boil. Reduce heat to low; cover and simmer for 20 to 30 minutes, or until vegetables are tender.

In a saucepan, melt butter over medium low heat; stir in flour until smooth, about 30 seconds. Slowly stir in the half-and-half or milk. Continue stirring until begins to thicken, Stir in cheese. Continue cooking, stirring, until cheese is melted and the mixture is thick and begins to bubble. Stir the milk mixture into the soup mixture until well blended. Taste and add salt and pepper as needed. Heat thoroughly. Serves 3 to 4.

## Butternut Squash Velvet Soup

Submitted by: Marge Garvy



### Ingredients:

- 1 Butternut squash (about 1½ pounds), peeled, seeded, and cut into 2-inch pieces
- 1 C Sliced leek, including some of the lighter green inner leaves
- 1 T Extra-virgin olive oil
- ½ t Salt
- ¼ t Freshly ground black pepper
- 1½ C Chicken stock, homemade, or low-salt canned chicken broth
- 1 C Water
- ½ C Heavy cream

### Garnishes:

- ¼ c Crushed pistachio nuts
- A few sprigs fresh chervil, dill, chopped fresh tarragon, or chives

### Directions:

Add the squash, onions, leek, olive oil, salt, pepper, stock, and water in a large saucepan. Bring to a boil, cover partially, reduce the heat to low, and boil gently for 20 minutes. Emulsify with an immersion blender until smooth. You can use a regular blender or food processor, but an immersion blender is more convenient. (The soup can be prepared to this point a day ahead, covered, and refrigerated. It also freezes well.)

At serving time, add the cream and bring the soup to a boil. Serve garnished with a sprinkling of crushed pistachios and a sprig of fresh chervil or dill or a sprinkling of tarragon or chives. --

Serves: Makes 4 servings.

## **Parmesan Crusted Chicken**

**Submitted by: Evyann Kory**



### **Ingredients:**

- ½ C Mayonnaise
- ¼ C Grated Parmesan cheese
- 4 Boneless, skinless chicken breast halves
- 4 t Italian seasoned dry crumb crumbs

### **Directions:**

Preheat oven to 425°

Combine the mayonnaise and cheese in a medium bowl. Arrange the chicken on a baking sheet. Spread the mayonnaise mixture evenly over the top of the chicken, then sprinkle evenly with bread crumbs.

Bake until the chicken is cooked through, about 20 minutes.

Makes 4 servings

## Hearty Vegetable Soup

Submitted by: Marge Garvy



### Ingredients:

- 8 Carrots, sliced
- 2 Large onions, chopped
- 4 Celery ribs, sliced
- 1 Large green pepper, seeded and chopped
- 1 T Olive oil
- 1 Garlic clove, minced
- 4 C Water
- 1 Can (28 ounces) diced tomatoes, undrained
- 2 C V8 juice
- 2 C Chopped cabbage
- 2 C Cut green beans
- 2 C Frozen peas
- 1 C Frozen corn
- 1 Can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 2 t Chicken bouillon granules
- 1 ½ Dried parsley flakes
- 1 t Salt
- 1 t Dried marjoram
- 1 t Dried thyme
- 1 Bay leaf
- ½ t Basil
- ¼ t Pepper

### Directions:

In a large pot, sauté the carrots, onions, celery and green pepper in oil until crisp-tender. Add garlic; cook 1 minute longer. Stir in the remaining ingredients. Bring to a boil.

Reduce heat; cover and simmer for 1 ½ hours or until vegetables are tender. Discard bay leaf.

Yield: 14-16 servings (4 quarts).

## Spaghetti Squash and Crispy Prosciutto

Submitted by: Brian Picco



### Ingredients:

- 3 oz Prosciutto, thinly sliced cross wise and crisped in a bit of olive oil
- 2 Hard boiled, peeled eggs
- 1 Spaghetti Squash
- 2 Cloves Garlic, chopped
- 2 Scallions, thinly sliced
- 4 oz Grape Tomatoes, halved
- 2 T Mascarpone Cheese
- 2 T Butter
- ¼ C Grated Parmesan Cheese
- 1/4 t Crushed Red Pepper Flakes

### Directions:

**Cook the Squash:** Using a sharp, sturdy knife, carefully halve the squash lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with olive oil; season with salt and pepper. • Microwave - Working in two batches if necessary, transfer the prepared squash to a microwave-safe baking dish, cut side down. Fill with 1/2 inch of water. Microwave on high 8 to 10 minutes, or until the flesh easily pulls away from the skin.

**Make the Sauce:** Heat the skillet you crisped the prosciutto in and add the white bottoms of the scallions, chopped garlic, halved tomatoes, and as much of the red pepper flakes as you'd like. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened and combined. Add 1/4 cup water and cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off. Turn off the heat.

**Serving:** When cool enough to handle, using a fork, scrape the flesh of the cooked squash into a bowl; separate any clumps. Discard the skins. Add the squash strands, butter, and mascarpone to the pan of sauce; season with salt and pepper. Cook on medium-high, stirring frequently, 2 to 3 minutes, or until combined and the butter is melted. Taste, then season with salt and pepper if desired. Divide the finished spaghetti squash between two serving dishes and top with the crisped prosciutto and seasoned eggs. Garnish with the sliced green tops of the scallions and parmesan. Enjoy!



## Easy Chicken Piccata

Submitted by: Evyann Kory



### Ingredients:

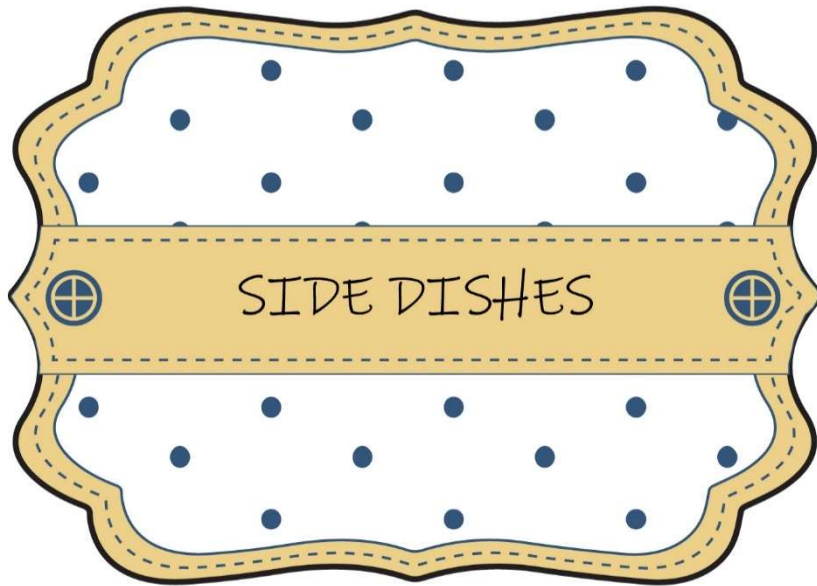
- 1 lb Boneless skinless chicken breasts, cut into thin, consistent thickness fillets about 2 or 3 inches wide
- Salt & pepper to taste
- ½ C Flour
- 2 T Vegetable oil, divided
- 2 Cloves garlic minced
- 1 C Sliced mushrooms (add more or less to preference)
- ½ C Chicken broth
- 2 T Fresh lemon juice
- 1 T Butter

### Directions:

Sprinkle the breast fillets with salt and pepper. Dust with flour, shaking off the excess. Heat 1 tbsp oil in skillet over medium-high heat. Add the breast fillets and sauté 2 to 3 minutes per side until golden brown and cooked through. Remove from skillet and set aside.

Add the remaining tbsp oil, garlic, and the mushrooms to the skillet. Sauté until the mushrooms are browned. Add the chicken broth. Heat to boiling, scraping to loosen browned bits from the pan. Turn down the heat and simmer about 2-3 minutes. Stir in the lemon juice and butter.

Return the breast fillets to the skillet. Heat through, turning them to coat with sauce. You're ready to serve. Makes 4 servings



## Arugula and Fresh Citrus Salad

Submitted by: Lani Gore



Serves approx. 3 adults

### Ingredients:

- 1 12oz bag prepared, prewashed arugula (or field greens)
- ½ Medium orange cut into segments with the pith and membrane removed, use juice from other half for dressing
- ¼ C Olive Oil
- ¼ C Champagne or rice wine vinegar
- 1t Finely chopped shallot
- Salt
- Freshly ground pepper

Optional:

Feta Cheese

### Directions:

#### For Salad:

Place arugula in a serving bowl with orange segments that have been cut into bite sized pieces.

#### For Dressing:

In a small bowl combine the juice squeezed from the remaining half of the orange, shallot and champagne vinegar. Using a whisk, slowly stream in the olive oil until it has emulsified the vinegar and orange juice. Add salt and pepper to taste and a splash more vinegar if the dressing is too sweet. Alternatively, you can use a small mason jar and shake all dressing ingredients together.

Pour ½ of the dressing around the outer edge of the bowl. Using tongs, gently toss the arugula and orange segments to coat. Reserve remaining dressing to serve at the table. Sprinkle with Feta cheese if desired.

## Parmesan Risotto

Submitted by: Marie and Micah Zawtocky



For the Pressure Cooker or Instant Pot. Credits to the Instant Pot Cookbook

### Ingredients:

- 2 Shallots finely chopped (you can substitute 1/2 yellow onion)
- 1 T Butter (use real butter!)
- 1 T Olive Oil
- 1 ½ C Arborio Rice (10 1/2 oz)
- Pinch Saffron (optional - we may substitute anything in the garden)
- ½ C Dry white wine or vermouth -- nearly anything in the fridge works well
- 4 C (32 oz) low-sodium vegetable or chicken broth
- ½ C (or more) Parmesan cheese freshly grated, plus shavings for garnish  
(optional: add some favorites --like pecorino or romano)

### Directions:

In the pressure cooker pot, sauté the shallots in the butter and oil until softened, about 2 minutes. Add the rice and saffron and cook, stirring for 1 minute to toast slightly.

Pour in the wine and stir until it evaporates. Pour in 3 1/2 cups of the broth, or all 4 cups, depending on your preference. Switch off the sauté function.

Lock the lid into place and cook on high pressure for 6 minutes. Quick-release the steam. When the pressure valve drops, remove the lid, tilting it away from your face to allow residual steam to escape.

Stir the rice and taste for doneness: it should be al dente and the liquid should be soupy. If it is not done, stir in the remaining 1/2 cup broth and cook over medium high heat (such as sauté) stirring until the rice is cooked. Turn off the heat and stir in the parmesan. Serve, adding cheese shavings to each portion.

Serve with chicken, pork, or fish and a salad.

## Baked Mashed Potatoes Casserole

Submitted by: Marge Garvy



### Ingredients:

1 T Butter  
4 lbs Russet potatoes, peeled, cut into 1-inch pieces  
1 C Whole milk  
½ C (1 stick) butter, melted  
Salt and freshly ground black pepper

### Directions:

Preheat the oven to 400 degrees F. Coat a 13 by 9 by 2-inch baking dish with 1 tablespoon of butter and set aside.

Cook the potatoes in a large pot of boiling salted water until they are very tender, about 15 minutes. Drain; return the potatoes to the same pot and mash well. Mix in the milk and melted butter. Season, to taste, with salt and pepper.

Transfer the potatoes to the prepared baking dish.

Recipe can be prepared up to this point 6 hours ahead of time; cover and chill.  
Bake, uncovered, until the top is golden brown, about 20 minutes. --- 8 servings

## Slow Cooker Ratatouille

Submitted by: Evyann Kory



### Ingredients:

- 1 Medium yellow onion, roughly chopped
- 2-4 Garlic crushed depending on taste
- 1 Medium eggplant, skin on and diced to about 1 ½ inch
- 1 Medium bell pepper, diced to about 1 inch
- 1 Medium red or yellow pepper, diced to about 1 inch
- You can customize the peppers to your preference. All green, one green & one red, one red & one yellow, etc.
- 1 Good size zucchini, diced to about 1 inch
- 1 Yellow squash, diced to about 1 inch
- About 1/2 cup extra virgin olive oil
- 1 6 ounce can tomato paste
- 1 28 ounce can crushed tomatoes
- 1 t Dried basil, or to taste
- ½ t Dried thyme, or to taste
- ¼ C Fresh chopped parsley
- Salt & black pepper to taste

### Directions:

Heat a large skillet on medium heat. Add a drizzle of oil and when hot, quickly toss the onions and garlic. Cook for about 2 minutes then add the tomato paste and stir. Place in the slow cooker.

Place the skillet back on the heat. Heat another drizzle of oil then add the eggplant, peppers, zucchini, and squash. Sauté until just tender. Add to slow cooker

Stir in the crushed tomatoes and dried herbs. Set the slow cooker to low and cook about 5 hours.

Serve as a side dish or entrée, sprinkle with parsley. This is really good reheated too. Can serve up to 12 depending on serving size.

## Butternut Squash Rolls

Submitted by Marge Garvy



### Ingredients:

- 1 pkg (1/4 oz) active dry yeast
- 1 C Warm milk (110-115 degrees)
- ¼ C Warm water
- 3 T Softened butter
- 2 t Salt
- ½ C Sugar
- 1 C Mashed, cooked butternut squash
- 3 C Flour

### Directions:

1. In large bowl, dissolve yeast in milk & water, w/pinch of sugar. Add butter, salt, sugar, squash & 3 C flour; beat until smooth. Add enough remaining flour to form soft dough.
2. Turn onto floured surface & knead until smooth & elastic, about 6-8 min. Place in greased bowl, turning once to grease the top. Cover & let rise in warm place until doubled, about 1 – 2 hours.
3. Punch down & form into 24 rolls. Place in 2 greased 9" round pans. Cover & let rise until doubled, about 30 min.
4. Bake at 375 degrees for 20-25 min or until golden brown.

## Seven Layer Salad

Submitted by: Terri Bauer



### Ingredients:

- 1 Head lettuce shredded
- ½ C Diced red onion
- 2-3 Stalks celery sliced (about 1 cup)
- 12 oz Frozen peas thawed
- 1 C Mayonnaise
- 1 T Sugar
- 1 C Shredded cheddar cheese
- ½ lb Bacon fried and crumbled

### Directions:

1. Spread the lettuce evenly in the bottom of a glass bowl. Top with red onion, celery, and peas.
  2. Spread mayonnaise on top of celery and sprinkle with sugar.
  3. Top with cheddar cheese and bacon. Cover and refrigerate at least 2 hours or overnight.
- (12 servings)



## GERMAN POTATO SALAD

Submitted by: Bette Laatsch



### Ingredients:

- 18 Small red potatoes
- 3 Slices bacon, cut into cubes
- 1 Rounded T flour
- 1 T Butter
- ¼ C Vinegar
- ¾ C Water
- ¼ C Sugar
- 1 T Salt
- ½ t Pepper
- 1 Small onion

### Directions:

Cook potatoes until soft. (I add some of the salt to the water when cooking the potatoes) Peel and slice. Add sliced onion. Fry bacon until golden brown, remove from pan. To the bacon fat, add the butter and flour. Stir and add vinegar, water, sugar, salt and pepper. Bring to a boil and pour over potatoes. Sprinkle bacon on top of salad. Serves 4 – 6.

(I mix the water, vinegar, sugar, salt and pepper together before adding it to the bacon fat, butter and flour.)

## Oven Baked Cauliflower

Submitted by: Judi Davis



### Ingredients:

- 1 Head of Cauliflower
- Olive oil or Avocado oil
- Salt/pepper
- Butter
- Parsley, chopped

### Directions:

Preheat oven to 400°

Trim bottom of the cauliflower and remove all the leaves and the hard stem – but without breaking apart the cauliflower. Give it a quick rinse, patting it dry. Generously drizzle your oil on top. It's the key to perfectly roasted Cauliflower head. Then add salt/pepper, using your hands, spread the oil and salt/pepper all around the cauliflower. Put it in an oven safe pan or cast-iron skillet. Covering it with foil, without leaving any gaps. Cook in the oven for 40-50 minutes, depending on the size. Remove foil and allow it to roast for an extra 5-10 minutes so it turns golden brown. Keep an eye on it, so it doesn't burn.

Melt 3 Tbsp of butter and mix in the parsley, then drizzle or brush on the cauliflower while it's still hot. Once it is sliced, it may need extra salt. Cut into wedges and serve. Enjoy!

## Comfort Rice

Submitted by: Evyann Kory



### Ingredients:

- 1 Can Cream of Mushroom soup
- 1 Can French Onion soup
- 1 Can of water
- 1 C Rice (not instant rice)

### Directions:

Whisk together the soups and water. Place in a greased (for easier cleaning) 1 ½ qt baking or casserole dish. Add the rice, stir

Bake at 325° for 1 ½ hours (uncovered) stirring half-way through.  
(You can adjust cook time if oven is in use at a different temperature)  
Makes 4 big servings

## Crunchy Vegetable Casserole

Submitted by: Carol Engel



### Ingredients:

- 1 7 oz can sliced water chestnuts
- 1 6 oz can shoe peg corn
- 1 16 oz can green beans
- 1 16 oz Cream of Celery soup
- 1 C Chopped celery, onions & green bell pepper
- 1 C Shredded sharp cheddar cheese
- 1 C Sour cream
- 4 C Crushed Ritz crackers
- 1 2oz pkg sliced almonds

### Directions:

Preheat oven to 350\*. Combine the first 9 ingredients in a 9" x 13" glass baking dish. Mix well.

Toss the crumbs with the almonds and butter and sprinkle over the veggies. Bake 30 - 40 minutes. Makes 16 servings. Enjoy!

## Orzo with Parmesan and Basil

Submitted by: Mary Dozbaba



### Ingredients:

2 T Butter  
1 C Uncooked orzo pasta  
1 (14.5 oz) can chicken broth  
½ C Grated Parmesan cheese  
¼ C Chopped fresh basil  
Salt and pepper to taste

### Directions:

Melt butter in heavy skillet over medium-high heat. Stir in orzo and sauté lightly until browned.

Stir in chicken stock and bring to a boil. Cover. Reduce heat and simmer until orzo is tender and liquid is absorbed. About 15-20 minutes.

Mix in Parmesan cheese and basil. Season with salt and pepper. (Serves 4-6)

## Easy Potato Rolls, enough to bake and freeze for later

Submitted by: Rebecca Stewart



### Ingredients:

½ C      mashed potatoes  
2 C      milk  
1        stick butter (8 Tablespoons)  
½ C      sugar  
1        package dry yeast  
1 t      salt  
1 t      baking powder  
About six cups flour

### Directions:

Melt butter, Warm milk, Warm potatoes, soft and smoothly mashed or lumps will appear in rolls. Add all three in mixer and cool to warm (not hot, risk to yeast). In warm mixture add sugar, yeast, salt, baking powder and 3 cups of flour. Mix with dough hook, then add 3 more cups flour, 1 cup at a time. Dough will look sticky, all over the hook, it's OK

Scrape onto floured surface with spatula, it will be a bit sticky but with floured hands will handle as soft, manageable ball. Cut into four equal pieces, put one aside. For future use, take each one of three left and place inside Ziploc bag and label potato rolls. Cut into desired size and shape. Bake as directed below.

#### For remaining dough ball, plan time for rising of dough:

- 12 Crescent Rolls: Either roll our round and cut into 12 equal pizza triangles, rolling from wide end to small to form crescent rolls, placed on dressed sheet to rise with seam side down, let rise and bake at 400 for 8 minutes.
- 9 Dinner rolls: form 9 balls and place in 8x8 greased pan, let rise and bake at 400 for 8 minutes
- 6 Hamburger buns: form 6 balls, roll out to hamburger size, let rise, bake 400 for 10 minutes.
- Pizza: form 2 balls for individual or one for large pizza, roll out thin on cornmeal and place on greased cookie sheet. Spread with sauce and topping, not cheese yet, and bake at 450 until desired crispness. Add cheese and bake 2 more minutes.

## The Best Macaroni Salad...ever!

Submitted by: Carol Engel



### Ingredients:

- 4 C Dry elbow macaroni
- 3 Whole roasted red peppers, chopped. More to taste and may also use pimentos
- 1/2 C Black olives chopped fine
- 6 Whole sweet SPICY pickle slices, diced (about 1/2 C diced)
- 3 whole green onions, sliced (white and dark green parts)

### Dressing:

- 1/2 C Mayo
- 1 T Red wine or distilled vinegar
- 3t Sugar (more or less to taste)
- ¼ t Salt (more or less to taste)
- Plenty of black pepper
- ¼ C Milk (more if needed)
- Splash of sweet/spicy pickle juice
- Extra pickle juice to taste

### Directions:

Cook the macaroni in lightly salted water according to directions. Drain, rinse under cold water and set aside.

Mix together mayo, vinegar, sugar, salt and pepper, splash in enough milk to make it pourable. Splash in pickle juice for extra flavor. Taste and adjust seasonings as needed. Set aside.

Place cooled macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you'd like. Dressing will appear a little thin but will thicken as the salad chills. Stir in olives, red peppers, pickles and green onions. Add more of any of the ingredients if you'd like more stuff going on! At the end, splash in a little more pickle juice and stir. Serves 12

Chill for at least 2 hours before serving. Sprinkle with a little green onion to serve.



## Best Pasta Salad

Submitted by: Gayle Siewert



### Ingredients:

#### Salad:

- 8 oz Rotini pasta, cooked & drained
- ½ c Sweet peppers, diced
- ½ c Red onion, chopped
- 8 oz Grape tomatoes, sliced in ½ or ¼
- 1 c Broccoli, cut in small pieces
- 4 oz Shredded parmesan cheese
- ¼ c Black olives, sliced
- ¼ c Chopped parsley
- 2 oz Boar's Head hard salami, sliced in strips (optional)\*

#### Dressing:

- ½ c Olive oil
- ¼ c Red wine vinegar
- 2 t Italian seasoning
- ½ t Sugar
- 1 Clove garlic, minced
- ¾ t Salt
- ¼ t Pepper

### Directions:

Mix dressing ingredients together. Add onions to the dressing & allow to marinade while you prepare the rest of the ingredients. Let salad sit in the frig for 1-2 hours before serving to blend flavors.



## Irish Soda Bread

Submitted by: Marge Garvy



### Ingredients:

3 C Flour  
2/3 C Sugar  
1 T Baking powder  
1 t Baking soda  
1 t Salt  
1 ½ C Golden raisins  
2 Eggs, well beaten  
1 ¾ C Buttermilk  
2 T Melted butter/ margarine

### Directions:

1. Heat oven to 350
2. Sift dry ingredients together
3. Add rest of ingredients and mix until moistened
4. Add more flour, maybe another cup or so, stir well in the bowl until it's thick & still slightly sticky
5. Turn into greased bread pan (9x5x2) or 2 smaller bread pans
6. Bake until toothpick in the center comes out clean--about 45-60 min.
7. Cool on wire rack for several minutes, then remove from pan

## Vinegar-Based Carolina Slaw

Submitted by: Linda Powers



### Ingredients:

- 1 Large head cabbage, shredded
- 1 Medium bell pepper, finely chopped
- 1 Medium sweet onion, finely chopped
- 2 Carrots, grated

For the dressing:

- 1 C Granulated sugar (or as much as desired)
- 1 t Salt
- 2/3 C Oil (use grapeseed, safflower, peanut or canola oil)
- 1 t Dry mustard
- 1 t Celery seeds
- ¼ t Ground black pepper
- 1 C Vinegar (white or apple cider vinegar)

### Directions:

Prepare the vegetables:

In a large serving bowl, combine the shredded cabbage, chopped bell pepper, onions, and grated carrots.

Make the dressing:

In a medium saucepan over medium heat, combine the sugar, salt, oil, dry mustard, celery seed, pepper and vinegar. Bring to a boil. Simmer, stirring frequently, until sugar is dissolved. Remove pan from heat and cool slightly. When cool, pour dressing over the vegetables and toss well.

Cover and refrigerate the coleslaw until chilled.

## **Butternut Squash with Caramelized Onions**

**Submitted by: Joe & Vickie Schmitz**



### **Ingredients:**

- 2 Slices of bacon, chopped
- 1 Small onion, thinly sliced
- 2 lbs Butternut squash, peeled and thinly sliced (for easier slicing, microwave whole washed squash for 5-10 minutes)
- Salt & pepper to taste
- 3 T Parmesan cheese, grated

### **Directions:**

Preheat oven to 350 degrees

In sprayed 13 X 9" pan, mix bacon & onion. Arrange butternut squash slices on top. Season with salt & pepper. Cover with foil and bake for 30 minutes.

Increase oven temperature to 400 degrees. Uncover squash and continue baking until tender, approximately 10 minutes. Sprinkle with parmesan cheese and continue baking until cheese has melted, approximately 10 minutes.

Serves 6-8



## **Pumpkin Cookies with Frosting**

**Submitted by: Dawn Arnold and Bobbie Frink**



Note: These may look funny but they are yummy and rarely last long once out of the oven.  
Preheat oven to 400 degrees.  
Grease cookie sheet OR use Parchment Paper.

### **Ingredients:**

2 ¼ C Flour  
1 t Baking Soda  
1 t Baking Powder  
1 ½ t Pumpkin Pie Spice  
½ t Salt  
¾ C Sugar  
¾ C Brown sugar  
1 C Pumpkin (canned is fine)  
1 Whole egg  
1 t Vanilla  
½ C Butter, melted

### **Directions:**

In a large bowl:  
Mix all WET ingredients.  
Fold in all DRY ingredients.  
“Plop” (yep Dawn’s words) one tablespoon of mix on baking sheet.  
Bake at 400 degrees for 10 minutes.

### **Frosting:**

1/2 box powdered sugar  
1/4 cup melted butter  
3 ounces Cream Cheese Mix all together, frost cooled cookies and ENJOY. (Betcha can’t eat just one)

## Chocolate Chip Pan Chewies

Submitted by: Judi Davis



### Ingredients:

- 1/2C unsalted butter, melted
- 1 C brown sugar
- 1 egg
- 2 t vanilla extract
- 1 C all-purpose flour
- ½ t baking powder
- ½ t salt
- ¼ t baking soda
- 1 C chocolate chips

### Directions:

Preheat oven to 350°F and grease a 9 x 9 inch baking pan with nonstick spray

In a medium bowl, stir together melted butter, brown sugar, vanilla and egg until well combined

Add flour, baking powder, salt, and baking soda and stir to combine

Stir in chocolate chips and pour into prepared pan. Bake for 20-25 minutes. Serves 12

Enjoy!!!

## Carrot Cake Loaf

Submitted by: Terri Bauer



### Ingredients

1 ½ C Flour  
1 t Baking powder  
¼ t Baking soda  
¼ t Salt  
1 t Ground cinnamon  
½ t Ground ginger  
¼ t Ground nutmeg  
½ C Vegetable oil, canola oil,  
2 Large eggs, at room temperature  
1 C Packed light or dark brown sugar\* (see note)  
1/3 C Unsweetened applesauce or yogurt, at room temperature  
1 t Pure vanilla extract  
1 ½ C Peeled and shredded carrots\* (about 3 large carrots)  
optional add-in: ¾ cup chopped walnuts or pecans, raisins, or dried cranberries

### Cinnamon Cream Cheese Frosting (Optional)

4 oz Block cream cheese, softened to room temperature  
2 T Unsalted butter, softened to room temperature  
1 C Confectioners' sugar  
½ t Pure vanilla extract  
¼ t Ground cinnamon  
pinch salt

### Directions:

1. Preheat the oven to 350°F Grease a 9x5 inch loaf pan.
2. Whisk the flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg together in a large bowl until combined. Set aside. In a medium bowl, whisk the oil, eggs, brown sugar, applesauce, vanilla, and carrots together until combined. Pour the wet ingredients into the dry ingredients and gently whisk until \*just\* combined. Fold in the nuts/add-in. Batter will be semi-thick.
3. Spread the batter into prepared loaf pan. Bake for 55 – 65 minutes. (I like to loosely cover the bread with aluminum foil halfway through to prevent heavy browning on top.) Baking times vary so keep an eye on yours. The bread is done when a toothpick inserted in the center comes out \*mostly\* clean with zero raw batter. Remove the bread from the oven.
4. Cool completely in the pan set on a wire rack before removing and frosting.
5. Optional Frosting: Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese in a medium bowl on medium-high speed until smooth and creamy. Beat in the butter until combined. Add the confectioners' sugar, vanilla, cinnamon, and a pinch of salt.

## Lemon Pie

Submitted by: Carol Lawless



### Ingredients:

#### Pie Crust:

1 1/2 cup flour  
1/2 cup oil  
2 Tbsp. milk  
2 Tbsp. sugar  
1/2 tsp. salt

#### Directions:

Mix all ingredients well and pat with fingers into pie pan. Bake for 10 minutes at 450 degrees.

#### Filling:

1 1/4 cup sugar  
4 Tbsp. flour  
1 1/2 cup water  
1 tsp. butter  
3 eggs (room temp.)  
dash of salt  
1 lemon & grated rind

#### Directions:

Mix sugar, flour, lemon & rind. Separate egg yolks & whites. Add beaten egg yolks. Gradually add water. Cook to thick custard. Stir constantly, add butter. Pour into pie crust.

Whisk egg whites into meringue.

Brown meringue in oven.



## **Cranberry Squares**

**Submitted by: Carol Engel**



### **Ingredients:**

1 can whole cranberry sauce  
1/2 C crushed pineapple  
1/2 TB vanilla  
Mix and set aside

### **Crumb Topping:**

1 ½ C Quick oats  
1 ½ C Flour  
1 C Brown sugar  
¼ t Baking soda  
pinch of salt  
¾ C Crisco

### **Directions:**

Filling: In a medium bowl - mix cranberry sauce, crushed pineapple and vanilla and set aside.

Crumb Topping: In a medium bowl - mix oats, flour, brown sugar, baking soda and salt. Cut in ¾ C Crisco

Press 1/2 of crumb mixture into a 9" x 13" greased pan. Top with the filling and then sprinkle the remaining crumb mixture on top.

Bake 25 minutes at 400\*. Cool and cut into squares. Enjoy!

## Wonder Drop No Bake Cookies

Submitted by: Carol Engel



### Ingredients:

- 2 C Sugar
- ½ C Milk
- ½ C Unsweetened cocoa powder
- 1 Stick butter (½ C)
- ½ t Vanilla
- ½ C Crunchy peanut butter or other nut butter
- 3 C Quick Cooking oats (uncooked)

### Directions:

Combine sugar, milk, cocoa, and butter in a large sauce pan. Bring mixture to a rolling boil. Boil the mixture for 1 minute. Remove from heat and add crunchy peanut butter or other nut butter and vanilla. When the peanut butter is melted, add 3 C quick cook oatmeal.

Drop by teaspoon on waxed or parchment paper.

## Goosey Butter Coffee Cake

Submitted by: Carol Engel



### Ingredients:

#### Filling:

- 1 Box yellow cake mix
- 2 Eggs
- 1 Stick butter

#### TOPPING:

- 8oz Cream cheese
- 2 Eggs
- 1 Box powdered sugar

### Directions:

#### Filling:

Melt butter in 9" x 13" cake pan. Pour melted butter over cake mix and beaten eggs. Mix by hand. Press evenly into the butter coated pan.

#### Topping:

Beat the above ingredients with a mixer, pour topping over cake batter evenly. Bake for 35 minutes at 350\*. Remove from the oven and sprinkle with powdered sugar.

Enjoy!

## Squash Bread

Submitted by: Marilyn Johnston



### Ingredients:

1 ½ C Flour  
1/2C Sugar  
1/2C Vegetable Oil  
1 ½ C Grated squash  
1 Large Egg  
1 t Cinnamon  
½ t Nutmeg  
½ t Salt  
1t Baking Powder  
¼ C Raw Oats

### Directions:

Preheat oven to 325 degrees, grease one 8x4 loaf pan. Combine sugar, egg, vegetable oil, salt, squash, cinnamon and nutmeg in a large bowl. With a fork, cream the ingredients until they are well incorporated. On top of the wet ingredients, sift in the flour and baking powder. Stir until the mixture forms into a bread batter. Pour the mixture into the loaf pan and smack the pan against the counter a couple of times to release the air bubbles. Sprinkle the top with oats and bake for 50-60 minutes until a sharp knife can be inserted in the center of the bread and removed cleanly. Cool on a baking rack for at least 30 mins before cutting.

## CATHOLIC NEW YEAR'S PRETZEL

Submitted by: Amy Fletcher



This is a traditional good luck bread served by German families at New Years and simply delicious!

### Ingredients:

2/3 cup dry milk  
1/2 cup sugar  
2 teaspoon salt  
2 cups lukewarm water  
2 cakes yeast (or equivalent in dry yeast)  
2 eggs  
1/2 cup shortening  
7 to--7-1/2 cups flour  
Butter and coarse salt  
powdered sugar (if desired)  
nuts, cherries for decoration (if desired)

### Directions:

Mix dry milk, sugar, salt, and water in a large mixing bowl. Stir in yeast until it dissolves. Add eggs and shortening, stir. Add flour, cup by cup, beating in with mixer on high speed, until about half the seven is used. Mix in remaining flour. Knead until smooth. Let rise until doubles. Punch down and let rise again. Take half of the dough and roll it to form a long strip and shape into a pretzel, twisting once at the center. Repeat with remaining half. Bake about 20 minutes at 350°. Remove from oven and brush with butter. Sprinkle the course salt on top, or frost while still warm with a thin powdered sugar and water frosting. Sprinkle with chopped nuts or decorate with candied cherries, etc., if desired.

Serves: 16 Yields: 2 large pretzels Prep time: 3-1/2 hours

## Strawberry Buttermilk Cake

Submitted by: Carol Picco



### Ingredients:

- 1 ½ C All Purpose Flour
- ¾ t Baking Powder
- ¼ t Baking Soda
- ¼ t Salt
- 6 T Butter, softened
- ½ C Granulated Sugar
- ½ C Turbinado Sugar, plus more for sprinkling
- 2 Eggs
- 1t Vanilla extract
- 1 ½ C Strawberries (use the smallest ones you can or cut the larger ones into halves)
- ¼ C Buttermilk

### Directions:

1. Preheat oven to 400 degrees
2. Combine flour with baking powder, baking soda and salt
3. Beat butter and sugars together until fluffy, about 3 mins  
Add eggs, vanilla and beat well. At low speed, add flour mixture alternatively with buttermilk, and beat until just blended. Spoon batter into prepared springform pan, top with strawberries and sprinkle with extra turbinado sugar.
4. Bake for 30 – 40 minutes until a pick inserted in the center comes out clean. Let cool. Release the sides of the pan and invert onto serving platter. Serves 10.

## Amy's Zucchini Bread Recipe

Submitted by: Amy Fletcher



I brought this to the office and everybody raved about it. Very moist and delicious.

### Ingredients:

- 1 1/2 cups grated zucchini - lightly packed -do not drain liquid
- 1 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1/2 cup unsweetened applesauce
- 1/3 cup vegetable oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

### Directions:

Preheat oven to 350 degrees F. Spray a 9x5 inch loaf pan with cooking spray. In a large bowl, add the grated zucchini, sugar, brown sugar, applesauce, oil, eggs, and vanilla. Whisk until well combined. Add the flour, baking powder, baking soda, salt, and cinnamon. Stir just until no dry flour remains, trying not to over mix. Pour the batter into the loaf pan. Bake for 50 to 54 minutes.

A toothpick inserted into the center of the bread should come out with moist crumbs on it. Cool in the pan for 10 minutes. Remove from the pan and transfer to a wire cooling rack to cool completely before slicing.

## Chocolate chip cookie Pie

Submitted by Debbie Chavez



### Ingredients:

1 unbaked 9" pie crust (I used Marie Calendars 9" deep dish)  
2 large eggs  
½ C Flour  
½ C Sugar  
½ C packed brown sugar  
¾ C butter softened  
1 C semi sweet or milk chocolate chips

### Directions:

Pre heat oven to 325 Degrees  
Beat eggs in a large bowl until foamy (approx. 1 minute)  
On low speed, beat in flour and both sugars, then add butter, mix until combined and stir in chocolate chips  
Spoon batter into unbaked pie crust. Spread batter evenly  
Bake for 55 mins, (check for doneness by inserting a knife halfway between the center and the edge and it comes out clean)  
Let cool at least 30 mins to an hour before slicing.  
Serve with whipped cream, ice cream or both



## **Fruit Pizza**

**Submitted by: Drew Caveness**



### **Ingredients:**

1 roll of refrigerated sugar cookie dough  
1 8 oz pkg cream cheese  
1 cup powdered sugar  
Fruit (strawberries, bananas, kiwi, blueberries, etc.)

### **Directions:**

Roll out sugar cookie dough on pizza pan (use floured rolling pin or smooth glass/cup)  
Bake at 350 degrees for 13-15 minutes  
Cool completely  
Mix softened cream cheese and powdered sugar together  
Spread mix on cookie  
Slice fruit and place on cookie

## Go To School Cookies (by Emma Hurley)

Submitted by: Julia Smith



### Ingredients:

#### For cookies:

- 1 C Brown sugar packed
- ½ C Crisco
- 2 oz 2 Squares of melted unsweetened chocolate
- 1 egg
- 1 ½ C Flour
- ¼ t Baking Soda
- ½ t Baking Powder
- ½ t Salt
- ½ C Milk
- ½ t Vanilla
- ¼ C Chopped pecans (optional)

#### Icing:

- 1/2 C Crisco
- 3-4 C Powdered sugar
- 1/2 t Salt
- 1 t Vanilla

#### Directions:

In a large mixing bowl - cream together brown sugar and Crisco until light and fluffy. Add melted chocolate and one egg and mix together until blended.

In a small bowl combine flour, baking soda, baking powder and salt. In a measuring cup add milk and vanilla. To the sugar and Crisco mixture - alternate the dry ingredients with the milk ending with the dry ingredients. Stirring after each addition. Stir in pecans (optional).

Spoon batter onto greased cookie sheet and bake at 350 degrees for 12-15 minutes.

Mix all icing ingredients together. After cookies have cooled top with icing.

## Lemon Coconut Neiman Marcus Bars

Submitted by: Carol Engel



9 x 13 greased pan, preheat oven to 350 degrees

### Ingredients:

- 1 Box lemon cake mix
- 4 Large eggs
- 1 Stick melted butter
- 1 Box powdered sugar (4C)
- 8oz Cream cheese
- 2C Flaked coconut

### Directions:

Mix cake mix, 2 eggs and butter, spread in the bottom of the greased 9" x 13" pan.

Mix powdered sugar, 2 eggs and softened cream cheese, stir in coconut. Spread over first layer.

Bake 35-40 minutes until the edges are brown and the center is set. It will be wiggly!

Cool for 30 minutes. Refrigerate 2 hours - 2 days.

Slice into bars, you choose the size!

Enjoy!

## Raspberry Coconut Layer Bars

Submitted by: Carol Engel



### Ingredients:

- 1 2/3 C Graham cracker crumbs
- 1/2 C Margarine, melted (or may use butter)
- 2 2/3 C Flaked coconut
- 1 1/4 C Sweetened condensed milk
- 1 C Seedless Red Raspberry jam
- 1/3 C Finely chopped walnuts
- 1/2 C Chocolate morsels, melted
- 1/4 C White chips, melted

### Directions:

In a medium bowl, combine melted margarine and cracker crumbs. Press into a greased 9" x 13" pan. Sprinkle the coconut evenly and pour the condensed milk over the top. Bake in a preheated 350\* oven for 20-25 minutes. Cool. Spread the jam over and chill for 3-4 hours. Sprinkle with walnuts. Drizzle first chocolate and then melted white chips to make a lacy effect.

Chill. Cut into squares and enjoy! Approximately 24 bars

## Gramma Traple's Coffee Cake

Submitted by: Marge Garvy



### Ingredients:

2 C     Flour  
1 C     Sugar  
3 t     Baking powder  
1 t     Salt  
1 t     Vanilla extract  
2       Eggs  
 $\frac{3}{4}$  C    (Approx) Milk

### Directions:

Put 2 eggs in 1 cup measuring cut - then add milk to = 1 cup liquid  
(I beat the eggs a little before adding the milk).

In a mixing bowl, mix all dry ingredients together with a spoon, add the eggs and milk mixtures. Spread in a greased 9x9 square pan.

### Layer any of these fruits:

Blueberries - a pint or more  
Prune plums - slice in half, remove pit, fill holes w/ sugar  
Peaches - sliced  
Apples -- sliced as for pie

### Top with streusel:

$\frac{1}{2}$                  Stick butter / margarine  
 $\frac{1}{2}$  to  $\frac{3}{4}$  C        Flour  
 $\frac{1}{2}$  to  $\frac{3}{4}$  C        Sugar  
 $\frac{1}{4}$  cup oatmeal (optional)

Mix streusel ingredients with your fingers until crumbled together; sprinkle on top of fruit & bake. (350 degrees for 35 to 45 min. until lightly browned.

## **Yummy Banana Bread**

**Submitted by: Carol Engel**



### **Ingredients:**

1 C Sugar  
½ C Butter  
2 Eggs  
2-3 Ripe bananas, mashed  
1 C Flour  
1 t Baking powder  
1/4 t Salt  
1 t Vanilla

### **Directions:**

Cream sugar and butter thoroughly. Beat in eggs, one at a time. Blend in bananas. Stir in flour with baking powder and salt then add vanilla. Place in a buttered 9" x 5" loaf pan.

Bake at 350 degrees for 45 minutes until a sharp knife inserted in the center comes out clean.

When cool, make a powdered sugar and milk glaze to drizzle.

Enjoy!

## Harvest Loaf Cake

Submitted by: Carol Engel



### Ingredients:

1 3/4 C flour  
1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp salt  
1/2 tsp nutmeg  
1/4 tsp ginger  
1/4tsp ground cloves  
1/2 C butter  
1 C sugar  
2 eggs  
3/4 C canned pumpkin  
3/4 C chocolate morsels  
3/4 C chopped walnuts

### Spice Glaze:

Combine 1/2 C powdered sugar, 1/8 tsp nutmeg and cinnamon. Blend with 1-2 TBSP of cream until the consistency of a glaze. Drizzle over cooled loaf and allow to completely dry.

### Directions:

Grease the bottom of a 9 x 5" loaf pan. Combine the flour, soda, salt and spices. Cream the butter and sugar, then blend in the eggs. Add the dry ingredients alternating with the pumpkin. Stir in the chocolate morsels and 1/2 C walnuts. Pour in to the pan and top with remaining walnuts. Bake for 65-75 minutes until a sharp knife inserted in the center comes out clean. Cool. Drizzle with powdered sugar glaze. Wait at least 6 hours before slicing.

## **Molasses Raisin Cookies**

**Submitted by: Janis and Ron Tomas**



### **Ingredients:**

1C Butter or margarine softened  
1C Sugar  
1C Molasses  
2 Eggs  
4  $\frac{3}{4}$  C Flour  
1T Baking powder  
2t Cinnamon  
2t Ginger  
1t Cloves  
1/2t Salt  
1/4C Milk  
1  $\frac{1}{2}$ C Raisins

### **Directions:**

In mixing bowl, cream butter and sugar. Beat in molasses and eggs. In another bowl sift together flour, baking powder, spices and salt; add to creamed butter sugar mixture alternating with milk. Stir in raisins. Drop heaping teaspoonfuls of dough 2 inches apart onto greased baking sheets. Bake in 350 degree oven for 15 mins until just springy to the touch. Remove from pans to cooling racks. Brush with icing while warm. Makes approx. 4 doz cookies.

### **Icing:**

2C Sifted powdered sugar  
3T Milk  
1t vanilla

Directions: Mix until blended smooth



## Carrot Cake

Submitted by: Janis and Ron Tomas



### Ingredients:

Cake:

- 2C Sugar
- 1 ¼ C Vegetable oil
- 4 Large eggs
- 2C Flour
- 2 t Baking soda
- 1 T Cinnamon
- 1 t Salt
- 3 C Grated carrots (about 4 large carrots)
- 1 C Chopped walnuts or pecans

### Directions:

Preheat oven to 350 degrees. In large bowl beat sugar and oil together. Add eggs and beat well. Sift together flour, soda, cinnamon and salt, add to egg mixture, and mix well. Fold in carrots and nuts. Place batter in greased 9- by 13-inch pan. Bake for approximately 35 to 40 minutes. Don't overbake. Cake is done when toothpick comes up clean.

### Frosting:

Ingredients:

- 12 oz Powdered sugar
- 1 Package (8 ounces) cream cheese, softened
- 2 t Pure vanilla extract
- 2 T Butter
- 2 T Cream or milk

### Directions:

Beat together cream cheese and butter. Then add powdered sugar, vanilla and milk. Spread on cooled carrot cake.

## Oatmeal Chocolate Chip Cookies

Submitted by: Jennifer Swenson



### Ingredients:

1 ½ C Granulated sugar  
1 ½ C Brown sugar  
1 C Crisco shortening  
1 C Butter, softened  
4 Eggs  
2 t Vanilla  
1 Water  
4 ½ C Flour  
2 Baking soda  
2 t Salt  
1 ½ C Oatmeal (uncooked)  
12 oz Chocolate chips

### Directions:

Blend all together wet ingredients together. Slowly add all dry ingredients.  
Drop cookie dough in small balls onto a cookie sheet and bake for 10-12 minutes at 350 degrees.

## Banana Nut Bread

Submitted by: Shannon Durham



### Ingredients:

- 1/3 C Unsalted Butter
- ½ C Sugar
- 2 Eggs
- 1 ¾ C Sifted Flour
- ½ t Baking Soda
- ½ t Salt
- 1 C Bananas – usually two
- ½ C Walnuts

### Directions:

1. Preheat oven to 350 F
2. Grease loaf pan
3. Cream together butter and sugar
4. Add eggs
5. Combine dry ingredients in separate bowl – flour, baking soda and salt
6. Mash bananas to make one cup – usually 2 bananas
7. Add mashed bananas and dry ingredients alternately to creamed butter and sugar.
8. Stir in walnuts, spread in loaf pan

Bake at 350 degrees for 40-45 minutes

## Soft Molasses Cookies

Submitted by: Jennifer Swenson



### Ingredients:

½ C Butter, softened  
½ C Crisco shortening  
1 ½ C Granulated sugar  
1/2C Molasses  
2 Eggs  
4 C Flour  
½ t Salt  
2 ¼ t Baking soda  
2 ¼ t Ginger  
1 ½ t Cloves  
1 ½ t Cinnamon

### Directions:

Blend all ingredients together. Roll dough into 1.5-inch balls and then roll in granulated sugar. Place on a cookie sheet and bake for 11 minutes on 350F. Do not overbake.

## The Best Elvis Presley Cake

Submitted by: Lani Gore



### Ingredients:

1 Box yellow or pineapple cake mix

Ingredients needed to make the cake mix – eggs, oil and water as directed on the box

1 20 oz Can crushed pineapple in juice, not heavy syrup

1 C Sugar

### Frosting:

1 8oz block of cream cheese softened

½ C Unsalted Butter (1 stick at room temperature)

1t Vanilla

3C Powdered Sugar

½ C Chopped pecans (optional)

### Directions:

1. Prepare cake mix according to package directions and pour into a 9x13 pan, bake until a toothpick inserted in the center comes out clean and the cake pulls away from the side of the pan
2. While cake is baking, stir together the pineapple and sugar in a small saucepan over medium heat. Bring to a boil, stirring constantly until the sugar is dissolved (approx. 2-3 mins). Remove from heat.
3. Once the cake has finished baking and while still hot, poke holes all over the top with a fork, approx. ¼" deep, pour the warm pineapple mixture over the cake and spread evenly.
4. While the cake cools completely, make the frosting by beating together the cream cheese, butter and vanilla. Slowly add the powdered sugar until desired consistency is achieved, stir in pecans (optional).
5. Drop the frosting by dollops onto the cake and spread gently to coat the top.
6. Cover and refrigerate until completely cooled – approx. 2 hours.

Makes approx. 12 large servings

## Frosted Pumpkin Squares

Submitted by: Gayle Siewert



### Ingredients:

#### Cake:

4	Eggs
1 2/3C	Sugar
16 oz	Can pumpkin
1 C	Vegetable oil
2 C	Flour
2 t	Baking powder
2 t	Cinnamon
1 t	Salt
1 t	Baking soda

#### Cream Cheese Frosting:

½ C	Butter, softened (room temperature)
8 oz	Cream cheese, softened (room temperature)
1lb	Box powdered sugar
1 t	Vanilla

### Directions:

Beat eggs & sugar together. Add pumpkin & oil and stir well. Combine the dry ingredients of flour, baking powder, cinnamon, salt & baking soda together and add to the pumpkin mixture. Spread in a 15x10x1 pan. Bake at 350 degrees for 25 minutes. When cake is cooled, make the frosting. Mix the butter and cream cheese together until blended well. Add the vanilla & powdered sugar and mix until creamy.

After the cake is frosted, we usually cut it into squares and freeze them in a Tupperware type container. That way, they are a convenient dessert and easy to defrost at room temperature. However, we enjoy eating them while they are a little frozen.

### 3 ingredient Peach Cobbler with Cake Mix

Submitted by: Judi Davis



#### Ingredients:

- 1 Large can of sliced peaches, or two small cans w/juice
- 1 Box yellow cake mix
- 1 Stick of butter, melted

#### Directions:

Start by pouring a large can of peaches in the bottom of a 9 x 13 casserole dish. Also include the juice from the can.

Sprinkle a bag of yellow cake mix evenly over your peaches in the casserole dish. You don't mix the cake mix with anything else, just cut open the bag and sprinkle evenly over the peaches. You don't need to mix or stir either.

Melt one stick of butter (8 tablespoons) and evenly distribute the butter over your peach cobbler with cake mix. The juices from the can of peaches and the melted butter will moisten the cake mix and it will turn out perfectly, no need to mix.

Now, just bake at 350° for 30 minutes.

Add a scoop of vanilla ice cream while still warm and enjoy!

## **My Kids Favorite Brownies**

**Submitted by: Lani Gore**



Serves about 5 kids (including the big ones)

These brownies go so fast that the package may say they make 12 or 24 brownies, but who are they kidding – no one can eat just one of these.

### **Ingredients:**

- 1 Box of chewy brownie mix
- ¼ C Water
- 2 Large eggs
- ½ C Vegetable oil
- 2/3 C Toffee baking pieces
- 3/4C Mini marshmallows
- Vanilla ice cream
- Jarred hot fudge sauce, heated in the microwave for 30 seconds with the lid off!

### **Directions:**

Prepare brownie mix according to package directions. Stir toffee baking pieces and mini marshmallows into the batter. Pour into an 8x8 pan for thicker brownies or a 9x13 pan for thinner brownies.

Bake as directed. Cool only slightly, these are best when eaten very warm out of the oven. For leftovers if there are any, reheat individual brownies in the microwave for 15 to 20 seconds.

Serve these brownies in a sundae dish topped with a scoop of vanilla ice cream and some bottled hot fudge sauce heated in the microwave!



## Carmel Apple Cupcakes

Submitted by: Terri Bauer



Family favorite recipe easy and gives you all the flavors of the fall and holidays

### Ingredients:

2 ½ T	Unsalted butter melted
1 ½ C	Store-bought apple-pie filling
¼ C	All-purpose flour
4 C + 2 T	Packed brown sugar
¼ C	Chopped walnuts optional
¼ C	Cinnamon baking chips or butterscotch chips
1 can 12.4 oz	Pillsbury refrigerated cinnamon rolls
	Icing from the cinnamon rolls package (optional)
	Whipped cream optional
	Caramel-flavored syrup optional

### Directions:

1. Preheat oven to 400F. lightly spray muffin or cupcake tin.
2. Mix together butter, flour, brown sugar, walnuts, and baking chips. set aside
3. Take out 1 ½ C of apples from the filling container. Separate the apples as much as possible – chop into small pieces, set aside.
4. Take each cinnamon roll and flatten into a thin disc. place each in a muffin cup. Press them down firmly into each muffin/cupcake cup and try to bring them up the sides as much as possible
5. Place a spoonful of apple filling into each cup
6. Top each with the brown sugar/walnut mixture
7. Bake for 10-15 minutes or until the cinnamon rolls are fully cooked
8. Take out of the oven and allow to cool slightly before taking out of muffin/cupcake tin
9. Drizzle each with the icing and top with whipped cream and caramel (optional)

## Marzipan Bars

Submitted by: Mary Ann Kwilosz



### Ingredients:

- ½ C Butter, softened
- ½ C Packed brown sugar
- 1 Large egg yolk
- 1 t Vanilla extract
- 2 C All-purpose flour
- ½ t Baking soda
- ¼ t Salt
- ¼ C Milk
- 1 jar (10 ounces) seedless raspberry jelly

### Filling:

- 1 can (8 ounces) almond paste, cubed (I buy the almond paste at World Market in a plastic pouch)
- 3 T Butter, softened
- ½ C Sugar
- 1 large egg white
- 1 t Vanilla extract
- 3 Large eggs
- 6 Drops green food coloring

### Icing:

- 2 oz Unsweetened chocolate
- 1 T Butter
- 2 C Confectioners' sugar
- 4 to 5 Tablespoons milk
- 1 t Vanilla extract

### Directions

In a bowl, cream butter and brown sugar. Add egg yolk and vanilla; mix well. Combine flour, baking soda and salt; add to creamed mixture alternately with milk. Press into a greased 15x10x1-in. baking pan. Spread with jelly.

For filling, combine almond paste, butter, sugar, egg white and vanilla in a bowl. Beat in eggs. Add food coloring; mix well. Pour over jelly layer. Bake at 350° for 35 minutes or until set. Cool on a wire rack.

For icing, heat chocolate and butter in a small saucepan on low until melted. Add confectioners' sugar and enough milk to make a smooth icing. Stir in vanilla. Immediately spread over bars. Cover and store overnight at room temperature before cutting. *I cut them in very small squares and place them in tiny paper cupcake liners.*

*\*Each small square may be decorated with flowers or nuts*

## Apple Crisp

Submitted by: Dorene Healy



### Ingredients:

5 C Peeled and diced apples (approx.  
4 to 5 large apples)

### Sauce for diced Apples:

½ C Butter (1 stick)  
3 T Flour or (1 1/2 T cornstarch if gluten intolerant)  
½ C Sugar  
½ C Packed brown sugar  
¼ C Water

### Crumb Topping:

¾ C Oatmeal  
¾ C Flour  
¾ C Packed brown sugar  
¼ t Baking powder  
¼ t Baking soda  
½ C (1 stick) melted butter  
1-2 t Cinnamon

### Directions:

1. Melt butter in a sauce pan. Whisk in flour to form a paste. Add white sugar, brown sugar and water. Bring to a boil. Reduce temperature, and simmer for 2 to 3 minutes.

2. Put apples in an 8x8 pan. Pour sauce over apples.

3. Combine all of the crumb topping ingredients and mix together well. Use a fork or pastry blender. Crumble evenly over apple mixture.

Bake in 350 degree oven for 45 minutes or until apples are bubbly and softened.

**Sand Dune Cookies**  
**Submitted by: Stasa Arnold**



**Ingredients:**

2 C Sugar  
3 C Flour  
2 Eggs (plus 1 additional beaten egg to brush over cookies)  
1 C Butter  
\* a little lemon juice

**Directions:**

Mix all ingredients (sugar, flour, 2 eggs, butter, and lemon juice) together in a large bowl. Roll dough thin and cut into squares or circles. Brush beaten egg over the tops.

Bake 8 to 10 minutes at 375°. Let cool, then enjoy!

Yields about 3 dozen cookies

## Pumpkin Log

Submitted by: Bette Laatsch



Prepare pan by greasing jelly roll pan (10 x 15 x 2). Place waxed paper over greased pan and then grease again. I use any cooking oil.

### Ingredients:

3 Eggs  
1 t Baking soda  
2/3 C Pumpkin  
½ t Cinnamon  
1 C Sugar  
¾ C Flour

### Directions:

Mix above ingredients and pour into prepared cookie sheet. Sprinkle with chopped nuts (optional). Bake at 375 degrees for 15 minutes. Turn onto well sugared tea towel. Remove waxed paper and roll like a jelly roll – towel and all. Cool for one hour on rack, then fill.

### Filling:

2 T Butter  
8 oz Cream cheese  
¾ t Vanilla  
1 C Powdered sugar

Mix together and spread on unrolled cooled cake. Re-roll with filling and wrap in saran wrap or foil. They need to be kept in the refrigerator or freezer until ready to eat.

Note: 1 large can (29 oz.) pumpkin make 5 rolls.

## Raspberry Mousse

Submitted by: Kathy McCluskey



### Ingredients:

- 3 Egg yolks
- 1/8 t Salt
- 1 C Milk
- 1 Package (6 ounces) or 2 packages (3 ounces) raspberry flavored gelatin
- 2 Containers (8 ounces each) raspberry-flavored yogurt
- 3 T Orange-flavored liqueur (can use orange juice in place)
- 3 Egg whites
- ¼ C Sugar
- 1 C (1/2 pint) heavy cream
- Raspberries for decoration
- Whipped cream for decoration

### Directions:

Beat egg yolks in saucepan blend in salt and milk. Cook over low heat, stirring constantly about 5 minutes or until mixture thickens slightly. Remove from heat. Blend in gelatin; stir until dissolved. Cool. Blend in yogurt and orange liqueur. Chill until mixture mounds slightly. Beat egg whites until foamy; beat in sugar, 1 tablespoon at a time. Whip cream. Fold meringue and whipped cream into gelatin mixture. Turn into 8-cup mold. Chill several hours until quite firm. Unmold onto serving plate. Serve with fresh fruit surrounding ring, with whip cream in the middle. Can also fill small glasses with mousse, topped with fresh raspberries. (Makes 10-12 servings)

### **Caramel Ice Cream Pie**

Submitted by: Patricia Giallanza



#### **Ingredients:**

- ½ C Butter
- ½ C Chopped pecans
- 1 C Flour
- ¼ C Brown sugar
- ½ Gallon vanilla ice cream
- 1 Jar caramel topping

#### **Directions:**

Combine butter, pecans, flour, and sugar with pastry cutter. Spread on cookie sheet and bake at 325°F for 20 minutes. Let cool, then sprinkle 2/3 of crumbs on bottom of 10-inch deep-dish pie plate. Pour ½ jar of caramel over crumbs.

Spread softened ice cream on top of caramel, and then top with remaining caramel and crumbs. Freeze. Serves 8.

## Grandma Kay's Lemon Pie

Submitted by: Cathy Templeton



### Ingredients:

1 Cooked pie crust  
2 C Boiling water  
½ C Water  
¼ C Corn Starch  
¼ C Flour  
1 ¼ C Sugar  
5 Egg  
½ C Lemon Juice  
Rind Of 1 Lemon  
4 T Butter Unsalted  
Pinch Salt

### Directions:

In a saucepan, boil the 2 Cups of water. In a bowl mix by hand, the ½ C water, and the corn starch, then add the salt, sugar, flour and egg yolks. Mix until smooth. Slowly add this mixture to the boiling water and stir until thick. Remove from the heat and stir in the lemon juice, lemon rind and butter. Pour into pie crust and allow to cool. If desired, top with whipped cream or cool whip.

Note: for deep pie pan, double the recipe.

Note: for a lemon chiffon pie, beat 3 egg whites until stiff peaks form, then fold the egg whites into the lemon custard. Pour into the pie crust and top with whipped cream or cool whip.

Note: for lemon meringue pie, beat 3 or 4 egg whites until stiff. Top the pie with the egg whites and place under broiler to brown the peaks. Watch carefully to prevent burning.



## Mini Cherry Cheesecake

Submitted by: Mary Dozbaba



### Ingredients:

24 foil (has to be foil, not paper) cupcake holders  
24 Vanilla wafers  
2 (8 oz.) pkgs of cream cheese, softened  
 $\frac{3}{4}$  C Sugar  
2 Eggs  
1 T Lemon juice  
1 t Vanilla  
1 can (21 oz) cherry pie filling

### Directions:

Set baking cups in muffin pan. Put vanilla wafer in center of each cup. Beat cream cheese, sugar, eggs, lemon juice and vanilla with mixer until smooth and fluffy. Fill cups two-thirds full with cream cheese mixture.

Bake in preheated 350-degree oven for 15-20 minutes. When cool, add the cherry pie filling or any topping (fresh strawberries, blueberries, colorful sprinkles) or nothing at all. Cover and refrigerate.

(The cheesecakes don't really brown on the top so it's best to test with a toothpick or cake tester to see if they are done. As you let them cool, you'll notice that they caved in on the top, but it's fine.

## Graham Cracker Cake

Submitted by: Marge Garvy



### Ingredients:

- ¾ C Butter or margarine
- 1 ¼ C Sugar
- 5 Egg yolks
- 1 t Vanilla extract
- 5 t Baking powder
- 1 ½ C Milk
- 1 Box graham cracker crumbs (13 ½ oz.)
- 5 Egg whites - beaten stiff but not dry

### Directions:

Beat butter & sugar til creamy. Add yolks - 1 at a time & beat well.  
Add vanilla & baking powder. Then add milk & crumbs - alternately in small amounts, ending with milk. Carefully fold in egg whites.  
Pour into greased & floured pan/ pans (9x13 or 2 – 9” round)  
Bake @ 350 for 30-35 minutes.

### Frost w/ cream cheese frosting:

- 4 oz Cream cheese- softened
- 1 t Vanilla extract
- 1 lb Or less of powdered sugar - add small amounts at a time.
- milk - enough to make spreading consistency - between 1/4 to 1/3 cup,  
(I don't measure) - just add in small amounts at a time.

## **Snickerdoodle Bars**

**Submitted by: Dorene Healy**



### **Ingredients:**

#### **Cookie Bars:**

- 1 C     Unsalted butter (softened)
- 2 C     Brown sugar (packed)
- 2       Eggs
- ½ t     Salt
- 2 t     Baking powder
- 2 t     Vanilla extract
- 2 ⅔ C   All-purpose flour

#### **Topping:**

- 1/8 cup granulated sugar
- 2 teaspoons cinnamon

### **Directions:**

Preheat oven to 350

Step 1: In a mixing bowl cream together the butter and sugar. Add the eggs, vanilla, and salt, and mix well. Add the baking powder and flour, a little at a time, and mix until incorporated. Spread into a greased 9x13 pan.

Step 2: Mix together sugar and cinnamon and sprinkle evenly over cookie dough.

Bake for 20 minutes or until a toothpick inserted in the center of the pan comes out with fudgy crumbs. Do not over bake.

Let cool before cutting. Store tightly covered.

## Butter Crescents

Submitted by: Kathy Templeton



### Ingredients:

- 2 C Sifted flour
- 1 C Butter (2 sticks)
- ½ lb. Blanched almonds chopped fine (or walnuts or pecans)
- ½ lb. Powder sugar
- 1 t Vanilla

### Directions:

Whip butter and powder sugar together. Add the vanilla. Slowly add the flour and mix well. Fold in the chopped nuts.

Roll the dough to the thickness of a pencil. Cut into 2 ½ inch pieces and shape each piece like a crescent. Place on a greased cookie sheet.

Bake in a 350-degree oven until brown. Roll cookies in powder sugar while still warm.

Acknowledgements:

All Recipes submitted by the Community of St. Benedict

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