



Apple Dip

Ingredients:

1 bag of Brickle (heath chips)
8 oz. cream cheese, softened
3/4 c. brown sugar
1/2 c. sugar
1 tsp. vanilla

Directions:

Mix well and serve with sliced apples. (Granny Smith)



Artichoke Dip

Ingredients:

1/2 c. mayonnaise, can use light

1/2 c. sour cream, can use light

1 - 14 oz. can artichoke hearts, drain, remove center fibers and chop

1/3 c. fresh grated parmesan cheese

Directions:

Stir all ingredients together and spoon into small baking dish.

Bake at 350 degrees for 30 minutes or until bubbly.

Serve with crackers

Makes 2 cups



Black-eyed Pea Dip

Ingredients:

1 med. onion (chopped)
1/2 c. sour cream
1 pkg. Orig. Ranch Dressing Mix
6 oz. jar artichoke hearts, drained and chopped
1 1/2 c. canned black-eyed peas, rinsed, drained & slightly mashed
2-3 Tbsp. butter
1/2 c. mayonnaise
2 Tbsp. grated parmesan
1/4 c. chopped pecans
4 oz. grated mozzarella

Directions:

Saute onions in butter; set aside.
In large bowl, combine mayo, sour cream and dressing mix.
Add parmesan, artichokes, peas and pecans.
Pour into buttered baking dish.
Bake at 325 degrees for 15-20 minutes. Top with mozzarella and return to oven till melted. Serve warm with Frito's or crackers.



Chicken Dip

Ingredients:

2 cans chicken breast
1 can cream of chicken soup
1 can Ro-Tel tomatoes
1 c. grated Mexican cheese
1 small container sour cream
jalapenos to taste

Directions:

Mix and heat in microwave or crock pot.
Serve with chips.



Frito's Scoops or crackers Cheese Ball

Ingredients:

1 - 8 oz. pkg. cream cheese, softened
3 green onions
2 tsp. Accent
1 - 3 oz. pkg. wafer-sliced beef, diced
3 tsp. Worcestershire sauce

Directions:

Mix well, form into ball and chill.

Note: I usually double the recipe for parties.



Jorgee's Hot Salsa

Ingredients:

12 tomatillas
12 roma tomatoes
6 jalapenos
cilantro
1 small onion
garlic powder, to taste
salt, to taste
1 lime, juice only

Directions:

Peel outer husk and wash tomatillas. Boil tomatillas until they are translucent.

Put in food chopper and puree. Pour into a bowl. Chop tomatoes in food processor.

(Do not let them turn to liquid.) Add to tomatillas.

Chop jalapenos and cilantro in food processor. (I only put the seeds to one jalapeno, depending on how hot you want it to be. One is mild.) Add to tomatillas.

Dice onion with knife. (Do not put in food processor, it makes too much onion juice.)

Add to tomatillas. Sprinkle with a layer of garlic powder and salt to taste. Add juice of lime and stir.



Ninfa's Green Sauce

Ingredients:

3 med. size green tomatoes, coarsely chopped
4 tomatillas, coarsely chopped
1-2 jalapeno peppers, stems removed and coarsely chopped
3 small cloves garlic
3 med. ripe avocados
4 sprigs cilantro
1-2 tsp. salt
1 1/2 c. sour cream

Directions:

Place green tomatoes, tomatillas, jalapeno peppers, and garlic in a saucepan, bring to a boil, lower heat; simmer 15 minutes or until tomatoes are soft. Remove from heat, cool slightly.

Peel, seed and slice avocados; set aside.

In food processor, place part of the green tomato mixture with part of the avocados, cilantro and salt, cover. Process until smooth, turn into large bowl. Repeat with remaining green tomato mixture and avocado. Add to mixture in bowl. Stir in sour cream; cover with plastic wrap. Chill

Makes: 5-6 cups

Note: can use imitation sour cream also.



Salsa

Ingredients:

1 -16 oz. can tomato sauce
1 jar hot taco sauce
1 - 4 oz. can chopped green chilies
1 purple onion, chopped
1 can Ro-Tel tomatoes, mashed

Directions:

Mix all ingredients and chill.



Salsa Guasacaca

Ingredients:

3 ripe avocados
1 large onion
1/4 c. vinegar
3 Tbsp. jalapenos
1/2 tsp. pepper
2 med. tomatoes
1 bell pepper
1/4 c. olive oil
1 tsp. salt

Directions:

Mix together avocados, onion, jalapenos, tomatoes, bell pepper.
Then mix the dressing: vinegar, pepper, salt and olive oil.
Pour over avocado mix.



Savory Cheesecake

Ingredients:

3 - 8 oz. cream cheese
1 c. sour cream
1 can cream of celery soup
3 eggs
1/2 c. grated parmesan cheese
3 garlic cloves, minced
1 Tbsp. cornstarch
2 tsp. dried basil
1 tsp. dried thyme
1/2 tsp. Italian seasoning
1/2 tsp. ground pepper
Assorted crackers

An elegant & delicious appetizer

Directions:

In a mixing bowl, beat the cream cheese, sour cream and condensed soup until smooth. Add the eggs, parmesan cheese, garlic, cornstarch, and spices beat until smooth.

Pour into a greased 9springform pan. Place pan on a baking sheet. Bake at 350 degrees for one hour or until center is almost set. Cool on a wire rack for ten minutes. Carefully run knife around the edge of pan to loosen; chill for at least four hours or overnight.

When ready to serve, remove sides from pan and slice into wedges.



Scotch Eggs

Ingredients:

1 dz. eggs, (hard boil and peel)

1 lb. sausage

Deli style mustard to taste

Directions:

Great as an appetizer or brunch.

Pat sausage around boiled, peeled eggs and pan fry (or bake at 350 degrees for 30-40 minutes on a broiler pan) until sausage is well cooked and browned.

Serve with mustard.



Spicy Sausage Roll Ups

Ingredients:

1 lb. hot breakfast sausage
3 - 8 oz. pkgs. cream cheese
8 oz. sour cream
4 Tbsp. picante sauce
1/4 c. onion
4 fresh jalapeno peppers (cut off stem)
1/2 tsp. garlic salt
1 pkg. large flour tortillas

Directions:

Cook breakfast sausage, cool and process in food processor until chopped very fine
Chop onion, whole jalapenos and picante sauce in food processor until chopped very fine.
Mix everything with softened cream cheese and sour cream.
Spread mixture on flour tortillas and roll them up. Wrap the roll ups in saran wrap and chill.
Cut before serving.



Spinach Dip

Ingredients:

- 1 box chopped frozen spinach, cooked and drained
- 1 c. mayonnaise
- 1 c. sour cream
- 1 pkg. Knorr's French Onion Soup mix (Do not use Lipton's)
- 1 can finely chopped water chestnuts

Directions:

Mix well, chill for 2 hours.
Serve with crackers.



Texas Caviar

Ingredients:

1 lrg. onion, chopped
1 lrg. tomato, chopped
1 bell pepper, chopped
3 jalapenos, chopped without seeds
3 celery ribs, chopped
4 cans drained black-eyed peas
cilantro
1 bottle Viva Italian Dressing

Directions:

Mix all ingredients.



Texas Tortilla Twisters

Ingredients:

- 1 - 8 oz. pkg. cream cheese, softened
- 1 - 8 oz. sour cream
- 5 green onions, chopped (green & white parts)
- 1 - 4 oz. can chopped green chilies, drained
- 1/2 c. shredded sharp cheddar cheese (2 oz.)
- 2 Tbsp. chopped black olives
- 1 - 12 ct. pkg. large flour tortillas
- 1 - 8 oz. jar picante sauce

Directions:

Combine cream cheese, sour cream, green onions, chilies, cheddar cheese and olives; process until smooth.

Spread mixture on flat tortillas. Roll up tortillas. Wrap each rolled tortilla individually in damp paper towels.

Place in airtight plastic bags, refrigerate until ready to serve.

To serve: remove rolled tortillas from plastic bags and paper toweling. Slice each rolled tortilla crosswise into 1-inch pieces or pinwheels.

Serve with picante sauce.



Cherry Limeade Sherbet Punch

Ingredients:

1 container cherry limeade sherbet

1 - 12 oz. frozen limeade

2 - 2 liters of Lemon-Lime Soda

Directions:

In a punch bowl mix limeade, and soda; add sherbet



Hot Rum Punch

Ingredients:

3 - 46 oz. cans pineapple
2/3 c. orange juice
1/2 c. brown sugar
4 cinnamon sticks
1 Tbsp. butter
1 Tbsp. rum flavor
1 Tbsp. butter flavor

Directions:

Simmer and serve hot.



Barbara's Banana Nut Bread

Ingredients:

1/2 c. shortening
2 c. sugar
3 eggs
2 c. flour
1 tsp. baking soda
3 ripe bananas, mashed
1/2 c. chopped nuts
1 tsp. vanilla

Directions:

Cream shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each addition.

Combine flour and soda. Add one-third of mixture at a time stirring after each addition. Add bananas, nuts and vanilla blend well.

Spoon into two greased and floured 9x5x3 inch loaf pan.

Bake at 325 degrees for 1 hour.

Note:

Bananas should be over ripe.

For more moist bread add 1 or 2 extra bananas. Beat them with the mixer.



Cinnamon Bread

Ingredients:

1 1/2 c. sugar, divided
1 Tbsp. cinnamon
2 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 c. buttermilk
1/4 c. vegetable oil
1 egg

Glaze:

1/4 c. powdered sugar
1 1/2 -2 tsp. milk

Directions:

Preheat oven to 350 degrees

Combine 1/2 c. sugar and 1 Tbsp. of cinnamon, set aside.

Combine flour, baking soda, salt and remaining sugar, set aside.

Combine buttermilk, egg and oil. Stir into dry ingredients, only until combined.

Grease bottom only of loaf pan and pour half of the batter into pan. Sprinkle half of cinnamon mixture over batter and carefully add remaining batter and sprinkle remaining cinnamon.

Bake for 45-50 minutes.

Cool in pan 10 min. and move to wire rack to cool completely.

Drizzle on glaze.



Corn Bread

Ingredients:

1 c. butter, softened

2 packets Splenda

5 eggs - room temp.

1 1/2 c. almond flour

1/2 c. hazelnut flour

(you can use all almond flour, but the hazelnut flour gives it more of a corn flavor/consistency - especially if you are not using the corn meal option below.)

1 tsp. baking powder

2 tsp. butter flavor extract

Optional: 1/4 c. corn bran or coarse grain corn meal (reduce almond flour to 1 1/4 c. if you use this option)

Directions:

Preheat oven to 350 degrees

Cream butter and Splenda well. Add eggs - one at a time - beating well after each.

Mix almond and hazelnut flours (and corn meal if using) with baking powder and add egg to mixture a little at a time while beating.

Add butter flavoring. Pour into greased 9-10 Spring form pan (or 9 round cake pan) and bake at 350 degrees for 50-55 minutes.

Makes 12 servings.

Without corn meal: 3 grams per serving.

With corn meal: 5 grams per serving.



Dense Spicy Pumpkin Bread

Ingredients:

3/4 c. vanilla whey protein powder
1/8 c. Just Whites (egg white powder)
1 Tbsp. baking powder
1 tsp. cinnamon
1/2 tsp. ground clove
1/2 tsp. nutmeg
1/8 tsp. mace
1/8 tsp. ginger
2/3 c. Splenda
1/8 tsp. salt
1 - 12oz. can pumpkin
1/4 c. heavy cream
3 large eggs
1/8 c. water
3 Tbsp. light olive oil or sweet almond oil

Directions:

Preheat oven to 375 degrees. Oil a Pyrex loaf pan* and set aside.

Mix all dry ingredients in a small bowl. Mix all liquid ingredients (including pumpkin) in a large bowl; then add dry ingredients and mix with hand mixer for one minute. Pour into loaf pan and bake for 1 hour and 20 minutes; * or times vary so test with a toothpick for doneness.)

Allow to cool thoroughly before slicing.

Make 1 loaf or square snack-cake. Entire loaf is 38 carbs accounting for fiber. Slice into 10 slices for 3.8 carbs each, or 15 slices for 2.5 carbs each.



Fry Jacks

Ingredients:

3 c. flour
3 tsp. baking powder
2 Tbsp. shortening
1/4 tsp. salt or less
1 to 1 1/2 c. water
Vegetable oil for frying

Directions:

Sift flour in mixing bowl. Add baking powder and salt. Cut shortening into flour, baking powder and salt. Add enough water to make soft, but not sticky dough.
Knead for 1 to 2 minutes or until easy to handle. Cut and shape into small balls. Cover and leave for 10 to 15 minutes. Flatten and cut each ball into two or four pieces.
Heat oil and fry on both sides until golden brown.

Note:

This is a favorite Belizean food. Very good for breakfast with butter and honey.



Garlic Cheese Rolls

Ingredients:

2 c. Bisquick

2/3 c. milk

1 c. shredded cheese

1/4 c. margarine

1/4 tsp. garlic powder (or more)

Directions:

Preheat oven to 450 degrees

Mix Bisquick, milk and cheese until soft dough forms. Beat 30 seconds. Drop by rounded spoonfuls on ungreased cookie sheet.

Bake 10 minutes until golden brown.

Mix butter and garlic, brush 2-3 times before removing from cookie sheet.



Ginger Bread

Ingredients:

2 c. flour
1 c. sugar
4 tsp. cinnamon
2 tsp. ginger
1 tsp. nutmeg
1 tsp. soda
1/8 tsp. salt
1 c. cooking oil
1 c. Blackburn-Made syrup (blue label)
2 eggs
1 c. buttermilk

Directions:

Sift together; flour, sugar, cinnamon, ginger, nutmeg, soda, salt.

In a separate bowl mix; oil, syrup, eggs and buttermilk.

Mix with dry ingredients and pour into greased loaf pans.

Bake at 350 degrees for 35-40 minutes or until center is done.

Hard Sauce:

1 c. powdered sugar
6 tsp. butter
1 tsp. vanilla
pinch salt
1-2 Tbsp. boiling water

Spread over warm bread.



Monkey Bread

Ingredients:

2 cans crescent rolls
2 tsp. cinnamon
1 c. sugar
1 1/2 sticks butter

Directions:

Heat butter, sugar and cinnamon in a sauce pan until sugar is dissolved.

Layer one can rolls and drizzle mixture then another can of rolls and the rest of the mixture.

Works best in a bundt pan.

Bake at 350 degrees for 20 - 30 minutes.



Pumpkin Bread

Ingredients:

3 c. sugar
1 c. oil
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. soda, dissolved in 2/3 c. water
1 tsp. vinegar
2 c. pumpkin
3 1/2 c. flour
4 eggs
1 c. chopped pecans

Directions:

Mix all ingredients well in mixer.
Bake in greased and floured bundt pan or 2 loaf pans.
Bake at 350 degrees for 1 1/2 hours.



Sour Cream Biscuits

Ingredients:

2 c. self-rising flour

2 sticks butter, melted

1 - 8oz. carton sour cream

Directions:

Mix ingredients and drop by spoonful onto cookie sheet. Bake at 400 degrees



Spoon Rolls

Ingredients:

1 pkg. dry yeast
2 c. warm water
1 1/2 sticks butter, melted
4 c. self-rising flour
1/4 c. sugar
1 egg, slightly beaten

Directions:

Place yeast in warm water; set aside
Cream sugar and butter in large bowl.
Add egg and dissolved yeast to creamed mixture.
Add flour and stir until well mixed.
Drop by teaspoonful into greased muffin pan.
Bake at 350 degrees about 20 minutes or until brown.

Note: If you do not have self-rising flour, substitute regular flour. For each cup of flour add 1 1/2 tsp. baking powder and 1/2 tsp. salt.



Strawberry Bread

Ingredients:

1 c. butter
1 1/2 c. sugar
1 tsp. vanilla
1 tsp. salt
1 tsp. lemon juice or 1/4 tsp. lemon extract
4 eggs
1/2 tsp. soda
1/2 c. sour cream
3 c. flour
1 c. strawberry preserves
1/2 c. chopped pecans
1 tsp. red food coloring

Directions:

Blend together; butter, sugar, vanilla, salt, lemon juice, eggs.

Dissolve 1/2 tsp. soda into 1/2 c. sour cream and add to blended ingredients.

Fold in; flour, strawberry preserves, pecans and red food coloring.

Pour into greased loaf pans and bake at 350 degrees 35-40 minutes or until bread pulls away from pans and center is not wet.



Almond Cookies

Ingredients:

1 c. oat flour (can substitute oatmeal ground in food processor)
1 c. almond meal (can substitute almonds ground in food processor)
1/2 c. butter
6 Tbsp. brown sugar OR 6 Tbsp. Splenda + 1 tsp. molasses for low carb
1 tsp. vanilla
1 tsp. cinnamon

Directions:

If using as a crust leave out cinnamon.
For cookies: roll up in balls and press with a fork.
Bake at 300 degrees for 20 - 35 minutes or until golden brown.

Note: can buy Bob's Red Mill Whole grain oat flour at any grocery store.



Best-Ever Cookies

Ingredients:

1/2 c. sugar
1/2 c. packed brown sugar
1/2 c. margarine
1/2 c. oil
1 egg
1/2 tsp. vanilla extract
1 3/4 c. flour
1/2 tsp. baking soda
1/2 tsp. cream of tartar
1/2 tsp. salt
1/2 c. oats
1/2 c. crisp rice cereal
1/2 c. flaked coconut
1/2 c. chopped pecans

Directions:

Cream sugars and margarine in a large bowl until light and fluffy. Add oil, egg and vanilla; mix well. Mix flour, soda, cream of tartar, and salt in small bowl. Stir into creamed mixture. Add oats, cereal, coconut and pecans; mix well. Drop by rounded teaspoonfuls onto cookie sheet. Flatten slightly.

Bake at 350 degrees for 10-12 minutes or until lightly browned.

Yield: 48 cookies

Approx. per cookie: Cal 86; Prot 0.8 g; carbs 8.9g; T fat 5.4 g; chol. 5.7 mg; potas. 24.9 mg; sod 65.1 mg



Carmel Corn

Ingredients:

- 1 c. margarine
- 2 c. brown sugar
- 1/2 c. white syrup
- 1/2 tsp. baking soda
- 1 tsp. vanilla
- 15 -20 c. popped popcorn (1 1/2 - 2 c. unpopped popcorn will make 15-20 cups.)

Directions:

In a saucepan combine margarine, brown sugar, and white syrup. Boil 5 minutes, and stir. Remove from heat and add soda and vanilla. Cover popped corn with syrup, bake in pans or cookie sheets in a 250 degree oven for 1 hour. Stir every 15 minutes. Add nuts if desired.

Cool and store in airtight container.



Cherry-Pistachio Slices

Ingredients:

1/4 c. shortening
1/4 c. butter
1/2 c. sugar
1/4 tsp. baking soda
dash salt
1 egg yolk
2 Tbsp. milk
1/2 tsp. vanilla
1 1/2 c. flour
3/4 c. maraschino cherries, drained and finely chopped
1/2 c. finely chopped pistachios

A delicious holiday cookie

Directions:

Beat shortening and butter with electric mixer, on medium to high speed for 30 seconds. Add sugar, baking soda and salt; beat until combined. Beat in egg yolk, milk, and vanilla until combined. Beat in as much flour as you can with the mixer. Stir in cherries and remaining flour with a wooden spoon. Shape dough into a 10roll. Roll dough in nuts until covered. Wrap and chill at least 4 hours.

Cut dough into 1/4" thick slices. Place slices 2" apart on an ungreased cookie sheet. Bake at 375 degrees for 8 - 10 minutes or until edges are firm and bottoms are light brown. Cool on wire rack.

Makes: about 36



Chocolate Chip Cookies

Ingredients:

1 stick butter, softened
1 egg
1/2 c. white sugar
1/2 c. brown sugar
3/4 tsp. vanilla
1 1/4 c. flour
1/2 tsp. salt
1/2 tsp. baking soda
1 bag chocolate chips

Directions:

Preheat oven to 325 degrees. Cream butter with sugars, add egg and vanilla. Mix flour, salt and baking soda in separate bowl. Add dry ingredients to butter mixture and incorporate well. Add chocolate chips. Spoon mixture onto cookie sheet (preferably baking stone). Bake until light golden brown, approximately 8-10 minutes. Cool on cookie rack.

Tip: For thicker cookies, add a little more flour to get a stickier dough.



Chocolate Chip/Peanut Butter Dip or Fudge

Ingredients:

1 c. chocolate chips
1 c. peanut butter
1/4 c. butter

Fudge:

8 c. corn flakes

Directions:

For Dip:

Melt chocolate chips, peanut butter and butter for 30 seconds in the microwave.

Good for dipping fruit, graham crackers or vanilla wafers etc.

For Fudge:

Mix the same way but add corn flakes and spread in 9x13 pan and cool.



Chocolate No-Bakes

Ingredients:

2 c. sugar
1/4 c. cocoa
1/2 c. milk
1/2 c. butter
1/2 c. peanut butter
1/2 tsp. vanilla
3 c. oats

Directions:

In a saucepan bring sugar, cocoa, milk and butter to a boil. Boil 1 minute stirring constantly. Remove from heat. Stir in peanut butter, vanilla and oats mixing well. Drop by teaspoonfuls onto wax paper. Cool.



French Cookies

Ingredients:

2 c. graham cracker crumbs
2 c. chopped nuts
12 oz. chocolate chips
1 stick butter or margarine, softened
1 c. brown sugar
1 c. half & half

Directions:

Mix all ingredients together in a large bowl. Fill as much as you want in Petit-four cups - they do not rise.

Bake at 375 degrees for 12 minutes.

Makes: 100 or more cookies

Note: Can do ahead and you can freeze.



Honey Butter Balls

Ingredients:

1 c. butter
1/4 c. honey
2 c. flour
1/2 tsp. salt
1 tsp. vanilla
1 c. chopped pecans
powdered sugar

Directions:

Combine butter, honey, flour, salt and vanilla. Mix well. Add pecans and roll into small balls. Bake on greased cookie sheet at 350 degrees for 10 minutes. Roll in powdered sugar.



Ice-Capped Gingersnaps

Ingredients:

2 sticks butter, softened
1 1/2 c. dark brown sugar
2 eggs
1/2 c. dark molasses
2 tsp. apple cider vinegar
4 c. flour
4 tsp. ground ginger
1 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/4 tsp. ground cloves
1/4 tsp. ground allspice
1/2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt

Frosting:

1 1/2 c. powdered sugar
2 Tbsp. whipping cream
2 Tbsp. milk
1/4 tsp. vanilla

Directions:

Preheat oven to 350 degrees. Butter two cookie sheets. Beat butter until creamy. Add brown sugar and eggs and beat until well combined, then add molasses and sugar and beat thoroughly. Sift together all the dry ingredients and add gradually to butter mixture. Using a 1 1/2 Tbsp. scoop, or a heaping tablespoon, space cookies about 2 apart on sheets. Bake 10-12 minutes, until cookies have puffed and flattened and appear slightly dry. Allow cookies to cool on sheet 1 minute, and then transfer to racks and allow cookies to cool completely.

Frosting: In a shallow bowl, mix all ingredients well with a whisk. Holding the cooled cookies upside down by edges, dip the tops into icing. Allow cookies to cool, icing side up, on racks until icing hardens. Store, layers of wax paper between, in airtight container.

Makes: 5 dozen



Meltaways

Ingredients:

2 sticks butter
1/3 c. powdered sugar
3/4 c. cornstarch
1 c. flour

Icing:

1 small cream cheese, softened
1 c. powdered sugar
1 tsp. vanilla
Food coloring, any color, if desired

Directions:

Cream butter, powdered sugar, cornstarch, and flour. Blend well. Drop on greased cookie sheet in small balls. Refrigerate 1 hour.
Bake at 350 degrees for 10 minutes on top shelf.
For icing: mix cream cheese, powdered sugar and vanilla. Add food color if desired.
Makes: 50-60 cookies



Pan de Polvo

Ingredients:

2 lbs. flour
1 lb. shortening
1 tsp. baking powder
1 c. sugar
1/4 c. cinnamon tea(boil cinnamon sticks to make tea)
ground cinnamon
sugar

Mexican Wedding Cookies

Directions:

Melt shortening and keep lukewarm.

Mix flour and baking powder, well. Add melted shortening and mix with hand mixer, mix well. Add tea and sugar alternating to mixture. Form 3 to 4 balls of dough. Press each ball with hand on a cutting board to 1/4 thickness. Cut with cookie cutter and bake on ungreased cookie sheet at 350 degrees for 15 minutes. Let cool in same baking sheet. Roll in sugar and cinnamon mixture.

Makes: 9-10 dozen (regular size)



Snickerdoodles

Ingredients:

1/2 c. butter or margarine
1/2 c. shortening
1 1/2 c. sugar
2 eggs, lightly beaten
2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. baking soda
1/2 tsp. salt
2 Tbsp. sugar
2 Tbsp. cinnamon

Directions:

Cream butter, shortening and sugar; beat well and add eggs. Sift dry ingredients together and combine. Chill dough several hours or overnight. Mix sugar and cinnamon. Roll dough to size of walnuts and coat in sugar and cinnamon before baking.

Bake at 400 degrees for 10 minutes on a well greased cookie sheet. Do not over bake. Cookies will puff up and fall after cooling.



Snickerdoodles

Ingredients:

1 c. shortening
1 1/2 c. sugar
2 eggs
2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. baking soda
1/4 tsp. salt
2 Tbsp. sugar
2 Tbsp. cinnamon

Directions:

Combine shortening, sugar and eggs. Sift together flour, cream of tartar, baking soda and salt. Combine all ingredients; chill dough. Roll into balls the size of a walnut. Then roll balls in a mixture of sugar and cinnamon. Place 2 apart on an ungreased cookie sheet. Bake at 400 degrees for 8-10 minutes.



Special K Candy

Ingredients:

5 c. Special K cereal
1 c. sugar
1 1/4 c. karo syrup
12 oz. peanut butter

Directions:

Place cereal in large bowl.

Bring sugar and karo syrup to a boil. Remove from heat and add peanut butter. Stir well and pour over cereal until well coated. Drop by spoonfuls onto waxed paper.



Stephanie's Chocolate Chip Cookies

Ingredients:

1 c. butter flavor Crisco
¾ c. sugar
¾ c. brown sugar
2 teas. Pure Vanilla
2 eggs
2¼ c. flour*
1 teas. salt
1 teas. baking soda
2 cups or 1 - 12 oz pkg Nestle Tollhouse Chocolate Chips
1 c. pecans (optional)

Preheat oven to 350 degrees.

Cream together: butter flavor Crisco, sugar, brown sugar and vanilla.

Add eggs and mix well.

Combine dry ingredients and mix into creamed mixture.

Add choc chips and pecans(optional).

If making cookies spoon onto cookie sheet.

Bake for 10 – 12 minutes.

***To make gluten free cookies replace the flour with Bob's Red Mill Flour to Flour gluten free flour.**

If making bars grease pan or line with parchment paper. Spread cookie dough onto jelly roll pan.

Bake for 20 minutes at 350 degrees.



4 Layer Delight

Ingredients:

1 stick margarine, melted
1 c. flour, sifted
1/2 c. chopped nuts
1 - 8oz cream cheese
1 c. powdered sugar
1 c. cool whip
1 large pkg. instant chocolate pudding
3 c. milk

Directions:

Melt margarine, add flour and nuts. Pat into bottom of 9x13 baking dish. Bake at 350 degrees for 30 minutes. Cool.
Mix cream cheese, powdered sugar and 1 cup of cool whip. Spread over crust.
Mix pudding with milk and spread on top of the cheese mixture. Let pudding set in fridge until firm.
Add remaining cool whip before serving.



Angel Delight

Ingredients:

1 pkg. Duncan Hines Golden Butter Cake mix
1 small pkg. instant vanilla pudding
3 eggs
1/2 c. oil
1/2 c. water
1 - 8oz. carton sour cream
1 bar Baker's German Sweet Chocolate
1 - 6oz. pkg. chocolate chips

Directions:

Beat butter cake mix, vanilla pudding, eggs, oil, and water.

Beat in sour cream. Grate bar of chocolate and add. Stir in chocolate chips.

Bake in greased bundt pan for 55 to 60 minute at 350 degrees. Cool cake at least 20 minutes before turning out of pan.



Apple Dumplings

Ingredients:

2 granny smith apples
2 cans crescent rolls
2 sticks butter
1 1/2 c. sugar
1/4 c. flour
1 tsp. cinnamon
1 can sprite

Directions:

Peel and slice apples.

Roll 2 slices of apples into rolls, place in 9x13 baking dish. Melt butter and mix with flour, sugar and cinnamon. Pour over rolls. Then pour the can of sprite over the rolls.

Bake at 350 degrees for 30 - 40 minutes or until brown.



Apple Pie

Ingredients:

7 apples, sliced
1 1/3 c. sugar
1/2 c. water
3/4 stick oleo
Salt, sprinkle
Cinnamon, sprinkle
Nutmeg, sprinkle
1 tsp. lemon juice
1 tsp. vanilla

Directions:

Bring sugar, water, margarine, salt, cinnamon, and nutmeg to a boil. Boil for 5 minutes. Remove from heat and add lemon juice and vanilla.

Line pie plate with crust, put in sliced apples. Pour the syrup over the apples and put crust on top.

Slit in middle and another 3 or 4 areas to let steam out.

Bake at 350 degrees for 45-60 minutes.



Apricot Bread Pudding

Ingredients:

1 lb. loaf firm white bread, crusts trimmed, cut in 1 cubes
1/2 c. sweetened shredded coconut
1/3 c. dried sliced apricots
2 1/2 c. canned cream of coconut
2 c. milk
1/2 c. sugar
1 Tbsp. vanilla extract
6 large eggs
powdered sugar
whipped cream (optional)

Directions:

Preheat oven to 350 degrees. Arrange half of bread in 9x13 glass dish. Sprinkle with half the coconut and all the apricots. Arrange rest of bread over top and sprinkle rest of coconut. Combine cream of coconut, milk, sugar and vanilla in heavy large saucepan. Stir over medium heat until sugar dissolves and mix is just warm. Remove from heat. Whisk eggs in large bowl to blend. Whisk in mixture. Pour over bread. Use back of spoon to push bread in mixture. Let stand 15 minutes. Bake until set and golden, about 50 minutes. (My experience, more like 80 minutes.) Cool slightly. Sift powdered sugar over. Serve warm, topped with whipped cream.



Bakewell Tarts

Ingredients:

Pastry: I use Pillsbury refrigerated pie crust

1 jar preserves, any flavor (I use apricot or strawberry)

Filling:

1/2 c. butter

1/2 c. sugar

1 egg

1/2 c. flour

1/2 c. ground almonds

1 tsp. almond flavoring

1 pkg. natural sliced almonds for garnish

Glaze:

1/2 c. powdered sugar

1-2 tsp. milk

Directions:

Preheat oven to 350 degrees.

Pastry: cut pie crust into 2 1/2 diameter circles. Put into mini-muffin pan with tart shaper (wooden tool w/ball shape at each end).

Add 1/2 tsp. preserves into each tart.

Filling: Cream together butter and sugar; add egg, almonds, flour and flavoring. Mix well.

Add approximately one teaspoon of filling on top of preserves.

Bake for 15 minutes.

Let cool.

Decorate with sliced almonds and then glaze.

Makes: 24 tarts



Banana Pudding

Ingredients:

1 can eagle brand milk
1 - 8oz. tub cool whip
8 oz. cream cheese, softened
2 boxes instant vanilla pudding
3 c. whole milk
1 box vanilla wafers, divided
6 bananas

Directions:

Mix instant pudding and milk. Add Eagle Brand milk, cool whip and cream cheese and mix well. Slice bananas and spoon into mixture. Layer vanilla wafers in a 9x13 pan. Spoon mixture over top. Place vanilla wafers all around the sides of pan. Crumble 5 or 6 cookies on top. Chill for 1 to 2 hours. Serve.



Barbara's Banana Pie

Ingredients:

Pie crust
2/3 c. sugar
2 Tbsp. corn starch
1 Tbsp. flour
1/2 tsp. salt
2 c. milk
2 egg yolks
1 tsp. vanilla
2 Tbsp. butter
2 bananas
whipping cream
1/4 c. sugar
1 tsp. vanilla

Directions:

Mix sugar, corn starch, flour and salt in 10 skillet. Add milk, stir constantly, and turn the heat on high until it begins to cook. When thickened, add some sauce to egg yolks, blend, and pour back into the skillet. Cook until thick, remove from heat, add butter and vanilla.

Slice bananas, put in a baked pie crust. Pour mixture over bananas.

Beat whipping cream add 1/4 c. sugar and 1 tsp. vanilla. Put cream on top of banana pie and keep in refrigerator until ready to serve.



Brownie Cake

Ingredients:

2 c. flour
2 c. sugar
1 stick oleo
1 c. water
4 Tbsp. cocoa
1/2 c. oil
1/2 c. buttermilk
2 eggs, slightly beaten
1 tsp. soda
1 tsp. vanilla

Icing:

1 stick oleo
4 Tbsp. cocoa
6 Tbsp. milk
1 tsp. vanilla
1 box powdered sugar, sifted

Directions:

Combine flour, sugar, and set aside. In saucepan put 1 stick butter, water, cocoa, and oil bring to rapid oil and pour over dry ingredients. Mix well. Add 1/2 c. buttermilk, eggs (slightly beaten), soda and vanilla. Mix well and pour into greased and floured 9x13 baking dish.

Bake at 400 degrees for 20 minutes.

Icing: In saucepan bring oleo, cocoa, and milk to boil. Remove from heat and add vanilla and powdered sugar. Mix well and pour over warm cake.



Buttermilk Pie

Ingredients:

Pie shell
2 c. sugar
1/2 c. margarine, melted
3 heaping Tbsp. flour
3 eggs
1 c. buttermilk
1 tsp. vanilla

Directions:

Mix together sugar, margarine, flour, eggs, buttermilk and vanilla.
Pour into an unbaked pie shell.
Bake at 350 degrees for 45-50 minutes or until center is not runny.



Cherry Pie

Ingredients:

1 c. sugar
2 1/2 Tbsp. flour
1 can tart cherries
1/4 tsp. almond extract
dash of cinnamon
red food color, few drops
1 Tbsp. butter
pie crust

Directions:

In sauce pan mix sugar, flour, juice from cherries, dash of cinnamon, red food color, and almond extract. Cook until thickened. Add cherries and boil for 1 minute. Pour into unbaked crust. Dot with butter and cover with crust. Make a few slits to vent juice. Bake at 375 degrees for 35 to 45 minutes.



Chocolate Cherry Cake

Ingredients:

1 box devil's food cake mix
1 - 21oz. can cherry pie filling
1 tsp. almond extract
2 eggs, beaten
1 c. sugar
5 Tbsp. oleo
1/3 c. milk
1 - 6oz. pkg. semisweet chocolate chips

Directions:

Preheat oven to 350 degrees. Grease and flour a 9x13 pan.

Combine cake mix, cherry pie filling, almond extract and eggs. Mix well. Pour into 9x13 pan.

Bake for 25 to 30 minutes or until pick comes out clean. Frost while warm.

Frosting: In saucepan, combine sugar, oleo and milk. Cook until it comes to a boil, stirring constantly. Cook, stirring one minute longer. Remove from heat and add semisweet chocolate chips. Stir until smooth.



Chocolate Earthquake Cake

Ingredients:

1 c. chopped nuts
1 - 3.5oz. can sweetened flaked coconut
1 box German chocolate cake mix, prepared according to package directions
1/2 c. margarine
8 oz. cream cheese, softened
3/4 lb. confectioners' sugar

Directions:

Preheat oven to 350 degrees. Grease a 9x13 cake pan. Cover the bottom of the pan with nuts then the coconut. Pour the cake batter on top.

Melt margarine in a bowl. Add the cream cheese and confectioners' sugar; stir to blend. Spoon over unbaked batter; bake 40 to 42 minutes. (Note: you cannot test for doneness with a cake tester, as the cake will appear sticky even when it is done.) The icing sinks into the batter as it bakes, forming a white ribbon inside.

Makes: 16 servings



Chocolate Pecan Pie

Ingredients:

2/3 c. evaporated milk
2 Tbsp. butter
1/2 c. semi-sweet chocolate chips
2 eggs, beaten
1 c. sugar
2 Tbsp. flour
1/4 tsp. salt
1 tsp. vanilla
1 c. pecan halves

Directions:

Melt together evaporated milk, butter, and chocolate chips.
Add eggs, sugar, flour, salt, vanilla, and pecan halves. Pour into 9 pie shell (DEEP).
Bake at 375 degrees for 35-40 minutes.



Chocolate Pie

Ingredients:

1 baked pie crust
1 c. sugar
3 Tbsp. flour
3 Tbsp. cocoa
2 c. milk
3 egg yolks, beaten well
2 Tbsp. butter
1 tsp. vanilla
3 egg whites
1/4 c. sugar

Directions:

In a saucepan mix together sugar, flour, and cocoa. Add milk stir to mix. Beat in egg yolks. Stir over medium heat until thick. Remove from heat and add butter and vanilla. Pour into pie crust. Top with meringue made from 3 egg whites beaten until stiff. Add 1/4 c. sugar. Brown in 350 degree oven about 10 minutes.



Chocolate Sheath Cake

Ingredients:

2 c. sugar
2 c. flour
1 stick oleo
1/2 c. Crisco
4 Tbsp. cocoa
1 c. water
1/2 c. buttermilk
1 tsp. baking soda
2 eggs
1 tsp. vanilla

Frosting:

1 stick butter
4 Tbsp. cocoa
6 Tbsp. buttermilk
1 box powdered sugar
1 tsp. vanilla
1 c. chopped pecans

Directions:

Sift together sugar, and flour. Put oleo, Crisco, cocoa and water into sauce pan. Bring to a boil, pour over flour and sugar mixture. Mix well. Add to batter buttermilk mixed with baking soda. Add to the buttermilk eggs and vanilla.

Put in a 16x11 pan.

Bake at 400 degrees for 20 minutes.

Frosting: Begin making frosting 5 minutes before cake is done.

In a saucepan melt butter. Add cocoa, and buttermilk. Bring to a boil. Remove from heat and add powdered sugar, vanilla and pecan. Mix until smooth. Pour over warm cake.



Classic Almond Flour Pound Cake

Ingredients:

1/2 c. butter, softened at room temperature
1/2 c. full fat cream cheese
1 c. Splenda
5 eggs, at room temperature
2 c. almond flour
1 tsp. baking powder
1 tsp. lemon extract
1 tsp. vanilla extract

Directions:

Cream butter, cream cheese, and Splenda well. Add eggs, one at a time, beating well after each.

Mix almond flour with baking powder and add egg to mixture a little at a time while beating. Add lemon and vanilla extracts. Pour into greased 9-10 springform pan, ring pan. (or 9 round cake pan).

Bake at 350 degrees for 50-55 minutes.

Note: You can change the flavor of this cake by using different extract flavors and even food color if you like!

Makes: 12 servings

6.1 effective grams of carbohydrate per serving.



Cobbler

Ingredients:

1/2 c. margarine, melted
1/2 c. flour
1/2 c. sugar
1/2 c. milk
1 tsp. baking powder
1/8 tsp. salt
1 can fruit or pie filling, any flavor

Directions:

Melt margarine in 9x9 baking dish. Mix flour, sugar, milk, baking powder and salt and pour over margarine. Do not mix. Add fruit on top of flour mixture. Do not mix.

Bake at 350 degrees for 55 minutes.



Cream Cheese Pound Cake

Ingredients:

1 1/2 c. butter, softened
1 - 8oz. cream cheese, softened
3 c. sugar
6 eggs
1 1/2 tsp. vanilla
3 c. flour
1/4 tsp. salt
powdered sugar, if desired

Directions:

Heat oven to 325 degrees. Grease and flour bottom and sides of a 10 tube pan or 12 cup bundt pan.

In a large bowl, beat butter and cream cheese on medium speed until well mixed. Add sugar; beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Add flour and salt. Beat just until mixed. Spoon batter into greased pan.

Bake at 325 degrees for 1 hour 35 minutes to 1 hour 45 minutes or until toothpick inserted 1 inch from edge comes out clean. Cool in pan 5 minutes. Turn out onto wire rack and cool completely. Sift with powdered sugar. Serve with fresh fruit, if desired. Store in refrigerator.

Makes: 20 servings.



Double Chocolate Bars

Ingredients:

1 box German chocolate cake mix
2 c. coconut
1 can sweetened condensed milk
1 c. chocolate chips (milk or semi-sweet)
1 c. chopped pecans
1 egg
1/2 c. margarine, melted

Directions:

Melt margarine in large bowl in microwave. Stir in cake mix and egg. Spoon into 9x13 pan that has been sprayed with oil. Spread evenly over bottom of pan.

Sprinkle with coconut, chips and nuts. Drizzle condensed milk over top.

Bake at 350 degrees for 30 minutes. It is done when sides start to come away from pan and middle is almost set.

Cool completely. Cut into squares.

Makes: 24 squares



Easy Carrot Cake

Ingredients:

1 1/4 c. miracle whip salad dressing
1 yellow cake mix
4 eggs
1/4 c. cold water
2 tsp. ground cinnamon
2 c. finely shredded carrots
1/2 c. walnuts

Frosting:

1 - 8 oz. pkg. cream cheese
1 Tbsp. vanilla
3-3 1/2 c. sifted powdered sugar

Directions:

Cake: Heat oven to 350 degrees.

Beat salad dressing, cake mix, eggs, water, and cinnamon at medium speed with electric mixer until well blended. Stir in carrots and walnuts. Pour into greased 9x13 baking pan.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely.

Frosting: Beat cream cheese and vanilla at medium speed with electric mixer until well blended. Gradually add sugar, beating until light and fluffy. Frost cake. Garnish with shredded carrots and chopped walnuts, if desired.

Makes: 10-12 servings



Extra Rich Banana Pudding

Ingredients:

2 reg. size pkgs. French vanilla pudding
whole milk
eagle brand milk
8 oz. cool whip
1 box vanilla wafers, divided
8 - 10 sliced bananas

Directions:

Prepare vanilla pudding according to package directions using whole milk. Blend together evenly with eagle brand milk and cool whip.
Layer: Cookies, bananas and pudding mixture. Repeat ending with pudding mixture.
Sprinkle crushed wafers on top of layers. Chill and serve.



Fresh Apple Cake

Ingredients:

1 1/2 c. Wesson oil
2 c. sugar
2 eggs
3 c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
3 c. raw diced apples
1 c. raisins
1 c. pecans
1 tsp. vanilla

Caramel Icing:

1 c. sugar
1 c. brown sugar
1/2 c. milk
1 stick oleo
2 tsp. vanilla
2 Tbsp. white corn syrup
1/2 c. chopped nuts

Directions:

Mix oil, sugar and eggs, set aside.

Sift together flour, soda, salt, and cinnamon in separate bowl. Mix, by hand, with oil mixture.

Add apples, raisins, pecans and vanilla. Mixture will be thick.

Bake in bundt or tube pan.

Bake at 350 degrees for 1 to 1 1/2 hours.

Caramel Icing:

Combine sugar, brown sugar, milk, oleo, and corn syrup in a saucepan. Stirring well, bring to boil and boil for 2 minutes. Cool and add vanilla. Beat until creamy. Spread on cake and sprinkle with nuts. (I only use half of the icing.)



Johnnie Belle's Pound Cake

Ingredients:

3 c. sugar (or 1 1/2 c. Splenda + 1 1/2 c. sugar)
1/2 c. canola oil
1/2 c. applesauce
5 eggs (egg substitutes work for low fat, not for low sodium)
3 c. flour
1 tsp. baking powder
1 c. skim milk
1 tsp. lemon extract
1 tsp. vanilla

(An adapted recipe for low fat, low sodium, low sugar)

Directions:

Preheat oven to 350 degrees
Spray pan with cooking spray and sprinkle with sugar.
Mix all ingredients and pour into bundt pan.
Bake for 1 1/2 hours.
Makes: 22 servings
53 mg sodium per serving



Lemon Squares

Ingredients:

1 c. flour
1/2 c. margarine
1/4 c. powdered sugar
2 eggs
1 c. sugar
1/2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. lemon juice

Directions:

Cream flour, margarine and powdered sugar. Press into 9x9 pan. Bake at 350 degrees for 20 minutes.

Blend eggs, sugar, baking powder, salt and lemon juice until light and fluffy. Then pour this over crust and bake for 25 minutes longer.

Cool and cut into squares.



Lethal Layers

Ingredients:

1/2 c. butter
1/2 c. dark brown sugar
1 c. flour
1 c. pecan halves
2 eggs
1 c. packed dark brown sugar
1 tsp. vanilla
1/2 tsp. salt
1 tsp. baking powder plus additional flour (see directions)*
1 c. semi-sweet chocolate chips

Directions:

Preheat oven to 375 degrees. In food processor, combine butter, brown sugar and flour with metal blade until crumbly. (This can also be done with 2 knives or a pastry cutter.) Pat this crust into a buttered 9x13 pan. Bake for 10 minutes. Cool.

When crust is cool, spread pecans evenly over surface. Beat eggs with brown sugar until thick. Add vanilla. *Put salt and baking powder in bottom of 1/4 c. measure; fill rest of measure with flour. Stir into egg mixture. Pour over crust. Sprinkle chocolate chips evenly over mixture. Bake for 20 minutes or until center is baked. Cool, and cut into 32 pieces.

Makes: 32 bars



Martha's Black & White Brownies

Ingredients:

2 pkgs. Walnut brownie mix
1/4 c. butter or margarine
2 c. powdered sugar
4 tsp. milk
1 c. milk chocolate frosting

Directions:

Preheat oven to 350 degrees. Grease bottom only of 9x13 glass pan. Prepare 2 brownie mixes as directed on package. Pour into greased pan. Bake approx. 40 minutes or until done. Completely cool in pan.

Beat butter until smooth in large mixing bowl. Stir in powdered sugar and milk. Beat until smooth and of spreading consistency. Spread over brownies; chill. Top with frosting; chill 2-4 hours.

Cut into bars and serve at room temperature. Enjoy!!



Mexican Fruitcake

Ingredients:

20 oz. can crushed pineapple
2 c. flour
2 tsp. baking soda
1 tsp. vanilla
2 c. sugar
2 eggs
1 c. chopped nuts
8 oz. cream cheese, softened
2 c. powdered sugar
5 1/2 Tbsp. margarine, melted

Directions:

Combine pineapple, flour, soda, vanilla, eggs, granulated sugar and nuts.
Coat sides and bottom of 9x13 pan with melted butter. Spoon batter into 9x13 pan.
Bake at 350 degrees for 45 minutes.
Combine cream cheese, melted margarine, and powdered sugar.
Spoon over warm cake.



Milky Way Cake

Ingredients:

6 - 2.10oz. or 13 fun size milky way candy bars
1 c. butter, divided
2 c. sugar
4 eggs
2 1/2 c. flour
1/2 tsp. baking soda
1 c. buttermilk
2 tsp. vanilla
1/2 to 1 c. pecans, chopped (Optional)

Frosting:

2 - 2.10oz. milky way candy bars
1 stick butter
2 c. powdered sugar
2 tsp. vanilla
1-3 tsp. buttermilk

Directions:

Preheat oven to 350 degrees. Grease a tube or jellyroll pan.

Melt candy bars and 1/2 c. butter in the top of a double boiler over simmering water. Set aside.

Cream remaining butter and sugar together. Add eggs, one at a time. Mix thoroughly. Mix flour and baking soda together; add alternately with buttermilk to creamed mixture. Add melted candy mixture. Mix well. Stir in vanilla and nuts, if using. Pour batter into greased tube for jellyroll pan.

Bake for 1 hour or until top springs back when lightly touched. It may take less time in a jellyroll pan. Remove cake from pan and allow cake to cool on a wire rack. Frost.

Makes: 20 servings

Frosting: Melt 2 milky way candy bars and 1/2 c. butter in a double boiler. Remove from heat. Stir in powdered sugar and vanilla. Add enough buttermilk to make it spreadable. Frost cooled cake.



N. M. Squares

Ingredients:

1 box yellow cake mix
1/2 c. margarine, melted
4 eggs
1 - 8oz. pkg. cream cheese
1 1lb. box confectioners sugar
1/2 c. flake coconut
1/2 c. chopped pecans

Directions:

Beat 2 eggs. Mix with cake mix and margarine. Pat into 8x12 pan.

Mix cream cheese, 2 eggs, and stir in confectioner's sugar. Add coconut and pecans. Spread over cake. Bake in preheated 325 degrees oven for 45 minutes.



No-Bake Cheesecake

Ingredients:

16 oz. full-fat cream cheese
1 small box sugar free jell-o, any flavor
1 1/2 c. heavy cream
1/2 c. sour cream
1 tsp. food color to match jell-o flavor
1/4 c. Splenda
1 tsp. vanilla
low carb cookies, opt.
sweetened nut flour, opt.
fresh berries, opt.

Directions:

Put 1 cup water in small pot, bring to boil. Place cream cheese in medium bowl and microwave for 1 minute to soften. Remove boiling water from burner, add gelatin and stir to dissolve. Add to cream cheese and mix. Blend in cream, sour cream, vanilla, food color, and Splenda. If desired, sprinkle crushed low carb cookie or sweetened nut flour over top. Refrigerate until set, 3 to 4 hours. Serve with fresh berries if desired.

Serves: 8

3.4 grams of carbs per serving.

Serves: 12

2.3 grams of carbs per serving.

Note: This is the original recipe that I modified to create the No Bake Chocolate Cheesecake.



No-Bake Chocolate Cheesecake

Ingredients:

16 oz. cream cheese (low or full fat)
1 box sugar free chocolate pudding
3/4 c. heavy cream
3/4 c. skim milk
1/2 c. sour cream (low or full fat)
3 Tbsp. cocoa
1/3 c. Splenda
1 tsp. vanilla
1/4 c. semi-sweet mini chocolate chips, Optional (adds approx. 27 grams of carbs to whole cheesecake)

Directions:

Place cream cheese in medium bowl and microwave for 1 minute to soften. Blend in heavy cream, skim milk, sour cream, vanilla, cocoa, and Splenda. Add box of pudding mix and mix well. Spoon into pan and refrigerate for 30-60 minutes. Note: mixture should be about the consistency of creamy peanut butter.

Crust: Follow recipe for Almond cookies and then press batter into bottom of cheesecake pan. Bake the crust according to the cookie recipe. Scatter chocolate chips across crust while still warm and then place in refrigerator. Allow the crust to completely cool before adding cheesecake mixture.

Serves: 8 @ 11.9 grams of carbs per serving. With chocolate chips 15.3 grams of carbs per serving.

Serves: 12 @ 7.9 grams. With chocolate chips 10.2 grams



No Bake Fruit Cake

Ingredients:

1 can angel flake coconut
1 box raisins
1 can eagle brand sweetened condensed milk
2 bottles maraschino cherries, drained
1 box graham crackers, crushed
1 quart pecan halves

Directions:

Mix all well. Press into foil lined tins. Cover with foil and lid. Refrigerate 2 to 6 weeks. The older the better.



Pecan Cups

Ingredients:

1 stick margarine
1 c. flour
3 oz. cream cheese
1 c. brown sugar
1 egg
1/2 c. chopped nuts
powdered sugar

Directions:

Mix margarine, flour and cream cheese. Roll into ball and press into small muffin pan.

Filling: Mix brown sugar, egg, and nuts. Fill 3/4 full.

Bake at 350 degrees for 25-30 minutes. Sprinkle with powdered sugar.

Makes: 24



Pineapple Carrot Cake

Ingredients:

4 eggs
2 tsp. vanilla extract
1 3/4 c. sugar
1 1/2 c. oil
2 c. grated carrots
1 - 8oz. can crushed pineapple w/juice
2 1/2 c. flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt

Icing:

1 box powdered sugar
1 - 8oz pkg. cream cheese
1 stick butter
1 tsp. vanilla extract

Directions:

Preheat oven to 325 degrees

Cream sugar, oil, eggs, soda, salt and cinnamon. Beat well. Add carrots then pineapple w/juice. Gradually add flour. Pour into greased and floured 9 round cake pans.

Bake for 40 to 50 minutes or until toothpick comes out clean.

Icing:

Melt cream cheese in microwave for about 30 seconds. Melt butter in microwave for about 20 seconds. Add to powdered sugar and vanilla. Mix with beaters until smooth and creamy.



Pumpkin Roll

Ingredients:

Cake:

3 eggs

2/3 c. pumpkin

1 tsp. baking powder

1/2 tsp. nutmeg

1 c. sugar

3/4 c. flour

1 tsp. ginger

1 tsp. salt

Filling:

1 1/3 c. powdered sugar

5 Tbsp. margarine

1 - 8oz. cream cheese

3/4 tsp. vanilla

Directions:

Cake:

Combine eggs and sugar in a bowl. Add pumpkin; sift in flour, baking powder, spices and salt.

Put piece of wax paper in bottom of large cookie sheet, spread batter in cookie sheet.

Bake at 375 degrees for 13-15 minutes.

Filling:

Cream together powdered sugar, margarine, cream cheese and vanilla while cake is baking. Put powdered sugar on spread out towel. Lay pumpkin cake on sugared towel, wax side up. Carefully peel off wax. Spread cream cheese on top of cake then slowly roll up.



Quickie Cobbler

Ingredients:

2 c. flour
1 c. sugar
1-1 1/2 c. milk
1 tsp. salt
2 tsp. baking powder
2 cans or 1 quart of any fruit (undrained) or filling
1 stick butter or margarine

Directions:

Melt butter in 8x13 baking dish in 400



Red Velvet Cake

Ingredients:

1/2 c. shortening
1 1/2 c. sugar
2 eggs
2 Tbsp. cocoa
2 oz. red food coloring
1 tsp. salt
1 tsp. vanilla
1 c. buttermilk
2 1/2 c. cake flour
1 1/2 tsp. baking soda
1 Tbsp. vinegar

Icing:

5 Tbsp. flour
1 c. milk
1 1/2 sticks margarine
1 c. sugar
1 tsp. vanilla
8 oz. pkg. of shredded coconut

Directions:

Heat oven to 325 degrees. Grease and flour two 9 layer cake pans. Cream together shortening, sugar and eggs. Make paste of cocoa and food coloring. Add to creamed mixture. Mix together salt, vanilla and buttermilk. Add to first mixture alternately with flour. Mix soda and vinegar. Fold into mixture. Do not beat.

Bake for 30 minutes.

Icing:

Mix flour with milk in sauce pan. Cook over low heat, stirring constantly, until very thick. Set aside to cool. Cream margarine, sugar, and vanilla, add cooled flour mixture and beat until creamy. Stir in coconut, reserving about 1/2 c. to sprinkle over top of cake.



Ruth Larson's Slush - A frozen dessert

Ingredients:

1 1/3 c. water
1 2/3 c. sugar
2 sm. cans frozen orange juice
2 small cans water
1 lemon, juice only
1 small jar maraschino cherries
4 sliced bananas
1 - 20 oz. can crushed pineapple

Directions:

Boil water and sugar for 5 minutes and cool.

Add orange juice, water, lemon juice, cherries, bananas, and pineapple to cooled liquid. Pour into shallow dish and freeze overnight. Thaw for 30 minutes before serving.



Strawberry Pie

Ingredients:

Strawberries

1 c. sugar

1 c. water

3 1/2 Tbsp. cornstarch

1 dry pkg. strawberry jell-o

Pie crust, cooked

Cool whip

Directions:

In a saucepan add sugar, water, and cornstarch. Cook until thick. Add strawberry jell-o. Pour over strawberries and chill.

Top with cool whip before serving.



Strawberry Pie

Ingredients:

Pie crust:

- 1 1/2 c. flour
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1/2 c. Mazola oil
- 2 Tbsp. cold milk

Filling:

- 3/4 c. sugar
- 2 Tbsp. white Karo syrup
- 2 Tbsp. cornstarch
- 1 c. water
- red food coloring
- 2 Tbsp. strawberry jell-o
- 1 small container of strawberries
- 1 small container cool whip

Directions:

Preheat oven to 400 degrees

For pie crust mix flour, sugar, salt, oil and milk. Press into pie pan. Bake for 12 minutes.

For filling combine sugar, syrup, cornstarch and water. Add food coloring (will be red but cloudy), boil until red. Put strawberry jell-o in. Let cool (lukewarm). Place dry strawberries in pie crust and pour in filling. Place scoop of cool whip on each piece as you serve.

Chill 2 hours.



Vanilla Ice Cream

Ingredients:

- 1 large instant vanilla pudding
- 1 can Eagle brand condensed milk
- 1 quart half & half (or coffee creamer) milk

Directions:

Mix pudding, eagle brand milk, half and half in mixing bowl and pour into ice cream freezer bucket, fill to full line with milk. Freeze according to directions in ice cream freezer manual.



Barbecued Beef Brisket

Ingredients:

1 - 4 to 5 lb. beef brisket
1/2 tsp. onion salt
1/2 tsp. celery salt
1/4 tsp. garlic powder
2 Tbsp. liquid smoke
1/4 c. plus 2 Tbsp. Worcestershire sauce
3/4 c. commercial barbecue sauce
(I use Head Brand Barbecue Sauce)

Directions:

Sprinkle beef with onion salt, celery salt and garlic powder; place in shallow dish.
Pour liquid smoke and Worcestershire sauce over meat and cover with foil. Refrigerate several hours or over night turning once.
Bake covered at 300 degrees for 4 to 4 1/2 hours or until tender.
Pour commercial barbecue sauce over beef and bake uncovered an additional 30 minutes.
Serves: 8-10
This is very good.



Country Style Ribs

Ingredients:

Ribs
Brown sugar
Salt
Pepper
Paprika

BBQ Sauce:

2 c. ketchup
1 med. Onion, sliced
1/4 c. cider vinegar
1/4 c. molasses
1 Tbsp. soy sauce
1/8 tsp. barbecue seasoning

Directions:

Rub down the meat with brown sugar, salt, pepper and paprika to taste.
Cook and smoke on grill. Low temperature for 30 minutes.
Take off grill. Cover pan with foil and put in the oven. Cook at 250



Enchiladas

Ingredients:

1 lb. ground beef
1 can Hormel chili, no beans
1 onion, chopped
1 pkg. shredded cheddar cheese
1 pkg. corn tortillas
1 can tomato sauce
1 can enchilada sauce
1 c. water
salt
pepper

Directions:

Brown meat, onions. Add tomato sauce. Salt and pepper. In skillet put 4 Tbsp. of enchilada sauce and one cup water, cook until it starts to boil. Dip tortillas in sauce until soft. Fill with meat sauce and cheese, roll and put in pan. Keep repeating until pan is full (I use the Pampered Chef bar pan). Pour rest of enchilada sauce and chili on top and sprinkle with cheese. Bake at 350 degrees until hot and cheese has melted.



Mark's Easy & Quick Chili

Ingredients:

2 lbs. ground beef
1 onion, diced
1 jalapeno, diced
1-2 Tbsp. minced garlic
1 - 26 oz. can Ranch Style Beans
2 Tbsp. Penzeys Southwest Seasoning
2 Tbsp. Penzeys Chili con Carne Seasoning
Salt, to taste
Pepper, to taste

Directions:

Brown beef in large pot. Add onion, jalapeno and garlic. Allow this mixture to saute for approximately 3-5 minutes. While the beef is sauteing, place Ranch Style Beans into blender and puree. Add bean puree to beef mixture. Add Penzeys spices. Salt and pepper to taste.

This chili can literally be ready to serve in under 20 minutes.

Suggestions:

Top with cheddar cheese
Makes great chili for Frito Pie or Chili Dogs
For lower fat: substitute beef with ground chicken or turkey



Mark's Oven Baked Baby Back Pork Ribs

Ingredients:

3 racks baby back ribs
1 bottle Emeril Lagasse chipotle maple marinade
1 bottle Stubbs pork marinade
2 Tbsp. Penzeys southwest seasoning
1 Tbsp. Penzeys fajita seasoning
1 Tbsp. Worcestershire sauce
2 bottles of any barbecue sauce

Directions:

In a large bowl mix chipotle maple marinade, pork marinade, southwest seasoning, fajita seasoning, and Worcestershire sauce. Cut racks apart into 3-4 rib sections and then add to marinade. Let ribs marinade for 2-4 hours.

Grill rib sections on high to sear meat. (2-3 minutes per side should be sufficient.) Mop remaining marinade on ribs while grilling.

Remove ribs from grill and place in large baking dish. Pour both bottles of barbecue sauce over ribs. Cover tightly with aluminum foil and bake at 300 degrees for 3-4 hours. Check for doneness: Ribs should easily pull away from meat. Serve and enjoy!

Penzeys spices can be ordered at www.penzeys.com (<http://www.penzeys.com/>)



Meatloaf

Ingredients:

1 1/2 lbs. hamburger meat
1 c. dry bread crumbs
1/2 c. milk
1/4 tsp. sage
1/4 tsp. nutmeg, or less
1 egg
1/4 c. grated onion
1 tsp. salt
1/2 tsp. pepper
1 tsp. mustard
1 Tbsp. brown sugar
Barbecue sauce, steak sauce or ketchup

Directions:

In a bowl mix dry bread crumbs and milk. Let bread soak up milk.
Add sage, nutmeg, egg, onion, salt, pepper, mustard and brown sugar. Mix well. Add meat and mix well.
Press meat mixture into a loaf pan.
Bake at 350 degrees for one hour or until done.

Top with your favorite sauce.



Meat Loaf

Ingredients:

1 lb. ground meat
1 c. Pepperidge Farm bread crumbs
1 egg, slightly beaten
3/4 c. milk
1 med. Onion, chopped
1 garlic glove, chopped
1 tsp. Worcestershire sauce
1/2 tsp. celery salt
1/4 tsp. salt
1/4 tsp. pepper
1/2 c. ketchup

Piquant Sauce:

4 Tbsp. brown sugar
1/2 c. ketchup
1 tsp. Worcestershire sauce
1/4 tsp. nutmeg
1 tsp. dry mustard

Directions:

Mix all ingredients and make 2 small loaves in greased pan.

To make piquant sauce mix brown sugar, ketchup, Worcestershire sauce, nutmeg, dry mustard.



Mexican Casserole

Ingredients:

1 lb. ground beef
chopped onion, to taste
1 can cream of mushroom soup
1 can cream of chicken soup
1 can Ro-Tel tomatoes
1 soup can milk
1 lb. grated cheese
1 pkg. corn tortillas

Directions:

Brown meat and onion.

Mix soups, Ro-Tel and milk together.

Place tortillas in bottom of baking dish.

Pour 1/2 of soup mixture into baking dish. Add all meat then 1/2 of cheese. Add layer of tortillas, pour remaining soup mixture on top.

Top with remaining cheese.

Bake at 350 degrees for 30 minutes.



Pizza Bundle

Ingredients:

1/2 lb. sausage
1/2 lb. hamburger
1/2 c. chopped onion, opt.
1/2 c. chopped green pepper, opt.
1/2 tsp. salt
1 - 14 3/4 oz. can pizza sauce
2 - 8 oz. cans crescent rolls
1 c. cheddar cheese, shredded
1/4 c. parmesan cheese
2 - 7x14 slices mozzarella cheese
1 Tbsp. evaporated milk
1 Tbsp. sesame seed, opt.

Directions:

Brown sausage and hamburger. Drain. Add onion, green pepper, salt, and pizza sauce. Set aside.

On large cookie sheet, press the crescent rolls into a 15x13 rectangle.

Spoon half the meat mixture onto the dough, leaving a border on the sides and enough dough at the top and bottom to enclose ingredients like a letter inside an envelope.

Sprinkle with shredded cheese and Parmesan cheese. Spoon on the remaining meat mixture. Place the sliced mozzarella cheese on last.

Enclose ingredients, pressing dough together with fingers. Brush with milk. Sprinkle with sesame seeds.

Bake at 375 degrees for 25 minutes or until crust is golden brown.



Sausage Quiche

Ingredients:

1 unbaked pie crust
1 pkg. Stouffer spinach souffle, thawed
2 eggs
2 Tbsp. milk
2 Tbsp. onion, chopped
1/2 c. sliced mushrooms
3/4 c. sausage, cooked
3/4 c. Swiss cheese, grated

Directions:

Combine spinach souffle, eggs, milk, onion, mushrooms, sausage and Swiss cheese. Pour into pie shell.

Bake at 400 degrees for 25-30 minutes.

Serves: 6



South of the Border Supper

Ingredients:

2 lbs. ground beef
2 cloves garlic, chopped
2 tsp. chili powder
2 - 3 tsp. cumin
2 tsp. Accent (MSG)
1 large onion, chopped
2 cans 15 oz. tomato sauce
5 cans of water
3 small cans tomato paste
2 tsp. oregano
2 tsp. salt
4 Tbsp. sugar

Garnishes:

Onion
Avocado
Lettuce
Tomato
Grated cheese
Chopped black olives
Green peppers
Sour cream
Hot sauce

Directions:

Brown meat with onion and drain off fat.

Combine garlic, water, chili powder, cumin, accent, tomato sauce, tomato paste, oregano, salt and sugar. Simmer 40 minutes.

Serve over tortilla chips.

Garnishes (stack like nachos); chopped onions, avocado, tomatoes, grated cheese, chopped black olives, chopped green peppers. Top with sour cream and hot sauce.

Serves: 8-10



Speedy Shepherd's Pie

Ingredients:

12 oz extra-lean ground beef
1/2 c. chopped onion
1 c. sliced baby carrots
1 c. frozen baby peas
1/2 c. low-sodium beef broth
2 c. prepared instant potato flakes(prepared according to package directions)
Dash paprika

Directions:

Preheat oven to 375 degrees

In 10 skillet cook beef over medium heat, stirring with a wooden spoon to break up meat, 3-4 minutes, until no longer pink. Add onion; cook, stirring constantly, until onion is softened, 2-3 minutes. Add carrots and peas; continue to cook and stir until vegetables are tender, about 5 minutes. Add broth; bring mixture to a boil. Reduce heat to low; let simmer until most of the liquid is absorbed, about 10 minutes.

Transfer mixture to 1 1/2 quart casserole. Top mixture with prepared potato flakes, spreading and fluffing with a fork; sprinkle with paprika. Bake until heated through, 15-20 minutes.

Serves: 4



Apricot Chicken

Ingredients:

6 skinless, boneless chicken breasts
1 c. apricot preserves
1 Tbsp. distilled white vinegar
1 Tbsp. brown sugar

Directions:

Preheat oven to 350 degrees

Place the chicken breasts in a 9x13 inch baking dish. Combine the apricot preserves, vinegar and brown sugar. Pour the preserve mixture over the chicken, cover and bake for 50 minutes. Remove cover and bake for 10 more minutes.

A fruity, tangy, baked chicken recipe with hardly any preparation!

Serve with a mixed green salad if desired.

Serves: 6

Printed from allrecipes.com



Baked Chicken

Ingredients:

chicken pieces salted and peppered
1(5 1/2 oz.) pkg. slivered almonds
1 can cream of mushroom soup
1 can cream of celery soup
1/4 cup dry wine or cooking sherry (optional)
parmesan cheese

Directions:

Lay chicken in shallow baking pan.
Cover with 2/3 of the almonds.
Mix soups together and pour over the chicken and almonds.
Sprinkle parmesan and rest of nuts over top.
Bake at 300 degrees for 2 hours.



Baked Chicken Breasts With Stuffing

Ingredients:

6 - 8 chicken breasts (cut in pieces)
2 cans cream of chicken soup
1/4 c. water
1 c. grated Swiss cheese (or Swiss cheese slices)
2 c. herb seasoned stuffing mix
1/2 c. melted butter

Directions:

Place chicken pieces in lightly greased baking dish.

Combine soup and water in a small mixing bowl. Pour over chicken. Layer cheese next.

Mix stuffing mix and melted butter. Spread over top of casserole.

Bake at 350 degrees for 60-75 minutes.



Cheesy Chicken Spaghetti

Ingredients:

1 stick butter, melted
5 Tbsp. flour
1 can hot Ro-Tel
1 can evaporated milk
1 can cream of mushroom soup
1 can cream of chicken soup
1 lb. Velveeta cheese
1 sm. can mushrooms, drained
1 fully cooked chicken, diced
1 pkg. spaghetti, cooked
cheddar cheese

Directions:

Melt the stick of butter and stir in flour.
Mix in Ro-Tel, milk, soups, Velveeta cheese, and mushrooms.
Add in diced chicken and spaghetti.
Pour into a 9x13 casserole dish.
Bake at 350 degrees until bubbles.
Sprinkle cheddar cheese on top and serve.
Note: Can be made and frozen ahead of time.



Cheezit Chicken

Ingredients:

1 lb. chicken breasts
1 box Mexican Velveeta
1 stick butter
1 box Cheezit crackers
Mexican seasoning

Directions:

Flatten one pound of chicken breasts. Cube Velveeta cheese and place in center of chicken pieces. Fold over. Dip in melted butter. Dip in mixed crushed Cheezit crackers and Mexican seasoning.

Stuff in muffin tins.

Bake at 350 degrees for 30 minutes or until juices run clear.



Chicken Bake

Ingredients:

1 chicken cut up (or 8-10 pieces that you like)

1 envelope dry onion soup mix

1 - 8 oz. bottle French salad dressing

Directions:

Preheat oven to 350 degrees

Put chicken pieces in flat bottom baking dish or pan.

Combine salad dressing and soup mix. Pour over chicken pieces.

Bake in oven uncovered for 1 1/2 hours.



Chicken & Broccoli Casserole

Ingredients:

2 pkgs. frozen broccoli
4 - 6 chicken breasts
2 cans cream of chicken soup, undiluted
3 - 4 Tbsp. butter
1 c. mayonnaise
1 tsp. lemon juice
1/2 c. mild shredded cheese
1/2 c. toasted bread crumbs

Directions:

Cook chicken breasts and cut into large pieces

Cook broccoli according to package directions. Drain and arrange in greased 2 quart baking dish.

Place chicken on broccoli. Season with salt & pepper to taste.

Mix soup, mayonnaise and lemon juice. Pour over chicken and broccoli. Top with cheese and bread crumbs. Dot with butter.

Bake at 350 degrees for 35 minutes.



Chicken Enchiladas

Ingredients:

1 large onion, chopped
3 Tbsp. butter
1 - 13 oz. canned milk
2 cans cream of mushroom soup
1 - 4oz. can chopped green chilies
1 whole fryer
12 corn tortillas
2 c. grated cheddar cheese or more if needed.

Directions:

Boil chicken, de-bone & chop.
Saute onion in butter. Add milk and soup. Stir until smooth. Add chilies and chicken. Stir all together.
Grease 9x13x2 inch baking dish. Line pan with 6 tortillas.
Pour in 1/2 of the chicken mixture. Sprinkle on 1/2 of the cheese. Repeat with other half.
Bake at 350 degrees for 45 minutes.
Can be frozen.



Chicken Pot Pie

Ingredients:

3 Tbsp. butter
1/4 c. flour
1 1/4 c. chicken broth
1 c. milk
2 c. cooked chicken, cubed
1 2/3 c. cooked peas and carrots
1 1/2 tsp. salt
1/4 tsp. poultry seasoning
1/8 tsp. pepper
1 hard cooked egg, chopped
1 pkg. Pillsbury refrigerated pie crust OR use Flaky Pastry recipe in the This & That Category

Directions:

Melt butter in a large, heavy saucepan; blend in flour. Cook over low heat until bubbly, stirring constantly.

Gradually add broth and milk; cook until thickened, stirring constantly.

Stir in chicken, peas and carrots, seasoning, and egg; heat. Spoon chicken mixture into a 1 1/2 quart casserole dish, and top with flaky pastry, (can use top and bottom crust) Turn pastry edges under and press firmly to rim of casserole dish. Cut slits in top of pastry to allow steam to escape.

Bake at 400 degrees for 30 minutes, or until pastry is golden brown.

Yield: 6 servings



Chicken & Rice Casserole

Ingredients:

1 can cream of mushroom soup
1 can cream of celery soup
1 can cream of chicken soup
1 1/2 cans water
long grain & wild rice - Original recipe
pepper to taste
chicken breasts (fresh or frozen)

Directions:

Mix together the soups and water with a whisk in a casserole dish.
Add the whole box of rice (rice & seasonings) into the mixture.
Put in the chicken, make sure the chicken is covered with the rice mixture, and add the pepper on top.
Bake at 350 degrees for 1 hour.



Chicken Roll Ups

Ingredients:

8 boneless chicken breasts
1 c. chopped unpeeled tart apple
1/2 c. dates, chopped
1/2 c. celery, chopped
1/2 c. sliced almonds
1 Tbsp. poultry seasoning
1/2 c. melted butter
2 c. Italian seasoned bread crumbs

Directions:

Combine apple, dates, celery, almonds and seasoning in small bowl.

Flatten chicken breasts to 1/2 inch thickness. Spoon mixture on each breast. Roll up and secure with toothpicks.

Coat chicken with butter. Roll in bread crumbs to coat. Place in lightly greased 12 x 9 inch dish.

Drizzle remaining butter over roll-ups.

Bake at 375 degrees for 45 minutes or until juices run clear.



Chicken Ro-Tel

Ingredients:

2 frying chickens
1 1/2 - 10 oz. can Ro-Tel tomatoes
2 bell peppers, chopped
1 - 6 oz. can mushrooms, drained
2 onions, chopped
1/2 stick butter
16 oz. pkg. vermicelli
1 tsp. Worcestershire
1 lb. velveeta cheese

Directions:

Boil chicken until tender. Cut chicken into bite-size pieces. Reserve 2 quarts broth.

Preheat oven to 300 degrees. Saute onions and peppers in butter, add Worcestershire.

Cook vermicelli in reserved broth and drain. Add cheese to hot vermicelli and allow cheese to melt. Blend in remaining ingredients and place in two 3-quart dishes.

Bake 20-30 minutes. (This makes a ton)

May also cook noodles using 2 cans broth and adding extra water.

May also use chicken breasts.



Chicken Spaghetti

Ingredients:

1 whole chicken
2 boxes spaghetti
1 small green pepper
1 lrg. onion
dash garlic salt
1 can diced tomatoes
2 cans mushroom soup
1 lb. grated cheese

Directions:

Boil whole chicken. Take meat off bone (no liver). Not much water.

In broth cook 2 boxes spaghetti first. Add large onion, green pepper, dash garlic salt, diced tomatoes and 2 cans mushroom soup. Cook 30 minutes. Add chicken & 1 lb grated cheese. Cover and cook 10 minutes.



Chicken Spaghetti

Ingredients:

1 chicken
1 onion
1 bell pepper
1 tsp. chili powder
1/4 tsp. Tabasco sauce
1 can tomato soup
1 can cream of chicken soup
1 can cream of celery soup
2 Tbsp. butter
10 oz. grated cheddar cheese
10 oz. cooked spaghetti

Directions:

Boil chicken and remove bone.

Saute onion and pepper in butter. Pour in soups, broth and tomatoes - simmer; add chicken - simmer; add cheese - simmer - add 10 oz. cooked spaghetti.

Save chicken broth in which chicken was cooked in case you need extra liquid when recipe is completed.



Chicken Spectacular

Ingredients:

- 1 fryer, boiled and meat picked from the bone
- 1 pkg. Long grain and wild rice, cooked as directed on package.
- 1 onion, chopped
- 1 can water chestnuts, drained & chopped
- 1 can seasoned French style green beans, drained
- 1/2 c. real mayo (salad dressing will not work)
- 1 can cream of celery soup
- 1 c. grated cheese, your choice

Directions:

Spray large casserole dish with cooking spray.

Mix chicken, rice, onion, water chestnuts, green beans, mayonnaise and soup. Place in casserole dish.

Top with grated cheese.

Bake at 350 degrees for 30 to 45 minutes or until thoroughly heated.



Chicken & Wild Rice

Ingredients:

2 c. chicken, cooked, and cut up
1 box Uncle Ben's wild rice (cooked)
1 lrg. jar pimentos
1 can French cut green beans
1 can water chestnuts
1 Tbsp. mayonnaise
1 can cream of celery soup
chicken broth

Directions:

Combine all ingredients.
Bake in 350 degree oven until heated through.



Cream Cheese Chicken Croissants

Ingredients:

4 chicken breasts
1 stick margarine, melted
6 oz. cream cheese, softened
1/2 c. mushrooms, chopped
1/4 c. green onions, chopped
black pepper
1 pkg. Schilling chicken gravy mix
1 can cream of chicken soup
1 1/2 c. chicken broth
2 pkgs. Refrigerated croissant dough

Directions:

Boil, skin, and de-bone breasts and cut bite size pieces. Mix the chicken with the margarine, cream cheese, mushrooms, and green onions.

Unroll croissant dough and spoon a little chicken mixture onto each dough triangle.

Roll the dough up and bend into a crescent shape.

Bake at 350 degrees for 20 minutes or until golden brown.

Meanwhile, in a saucepan over medium heat, stir together the cream of chicken soup, gravy mix, and the broth. Heat until thickened.

Serve this gravy over the croissants.



King Ranch Chicken

Ingredients:

1 pkg. corn tortillas
1 c. diced chicken
1 can Ro-Tel tomatoes
1 med. Onion, chopped
1 c. chicken broth
1 can cream of mushroom soup
1 can cream of chicken soup
1/4 tsp. Black pepper
1 c. cheddar cheese

Directions:

Preheat oven to 350 degrees

Bake for 45 minutes.

Mix all ingredients except cheddar cheese and tortillas. In a 9x13 pan layer tortillas and chicken mixture. Repeat until chicken mixture is gone. Top with cheddar cheese.

Note:

If you want to freeze this recipe.

I used 2 - 8x8 square pans. Layer ingredients in pans, and put directly into freezer.

To cook if frozen: Preheat oven to 350 degrees. Cook covered 45 minutes. Uncover and cook 15 minutes more.



Lovey Chicken

Ingredients:

1 c. butter, melted
3/4 c. parmesan cheese
1 Tbsp. garlic powder
6-8 chicken breasts
1 1/2 c. bread crumbs

Directions:

Dip chicken into mixture of butter, cheese and garlic.
Roll in bread crumbs.
Bake at 350 degrees for 1 hour.



Mexican Chicken

Ingredients:

1 can cream of mushroom soup
1 can cream of chicken soup
1 onion, chopped
1 lrg. pkg. corn chips
1 1/2 c. grated cheddar cheese
2 to 3 c. chicken, cooked and diced
1 can Ro-Tel tomatoes
1/2 c. chicken broth or bouillon cubes.

Directions:

Heat soup, broth and tomatoes in sauce pan. Set aside.
Place in layers in casserole dish
Chicken, onion, chips and cheese.
Pour sauce over layers.
Bake at 350 degrees for 30 minutes.



Mexican Corn Chowder

Ingredients:

1 1/2 lbs. chicken breast, cut into bite size pieces
1/2 c. chopped onion
1 tsp. garlic powder
3 Tbsp. butter
2 chicken bouillon cubes in 1 c. boiling water
1 tsp. ground cumin
1 c. half & half
1 c. milk
2 c. Monterey jack cheese, shredded
1 - 16oz. can cream style corn
1 can Mexi corn
1 - 4oz. can chopped green chilies, undrained
1/4 to 1 tsp. hot pepper sauce (optional)
1 med. tomato chopped

Directions:

Brown chicken, onion and garlic in butter. Dissolve bouillon cube in hot water and add to pan along with cumin. Bring to a boil, reduce heat and cover and simmer for 5 minutes.

Add cheese, half & half, milk corn, chilies, and hot pepper sauce. Cook on low heat until cheese melts.

Stir in tomatoes and serve.

Salt and pepper to taste.

Chicken does not brown well. I cook it until it is tender. I add about 1 tsp. salt while cooking.



Pineapple Chicken With Orange Rice

Ingredients:

1/4 c. water
1/4 c. packed brown sugar
2 Tbsp. cornstarch
1- 8oz. can pineapple chunks, drain & reserve juice
1/4 c. vinegar
1 Tbsp. soy sauce
1/2 tsp. salt
2 c. cooked chicken, cut into bite size pieces
3/4 c. green pepper, cut into pieces
1/4 c. green onion, sliced

Orange rice:

1 c. chopped celery
1 - 11oz. can mandarin oranges, drained
1/2 c. butter
2 c. cooked rice

Directions:

Combine first 7 ingredients using pineapple juice (not the chunks). Add cooked chicken and simmer 30 minutes. Add pineapple chunks, green pepper and onion. Cook an additional 15 minutes.

Orange rice: Saute celery and oranges in butter, until tender. Mix with rice. Top with chicken mixture and serve.

Serves: 4

Makes a great meal when having company.



Savory Chicken Casserole

Ingredients:

1 can cream of mushroom soup
1 can cream of chicken soup
1/2 can chicken broth
1/2 small onion, finely chopped
3 c. cooked minute rice
3 c. cooked chicken, cut into small pieces
salt & pepper to taste
1 Tbsp. chopped pimento
1 c. grated cheese

Directions:

Mix soups and broth, add remaining ingredients together, except cheese.
Pour into a 2 1/2 quart greased casserole dish. Top with cheese.
Bake at 375 degrees for 25-30 minutes.



Artichoke-Spinach Lasagna

Ingredients:

1/2 c. chopped onion
4 cloves garlic, finely chopped
1 - 14 1/2 oz. can ready-to-serve vegetable broth
1 Tbsp. chopped fresh or 1 tsp. dried rosemary leaves
1 - 14oz. can artichoke hearts
1 - 10oz. pkg. frozen chopped spinach, thawed and squeezed to drain
1 - 16oz. jar roasted garlic parmesan or Alfredo pasta sauce
9 uncooked lasagna noodles (9 ounces)
3 c. shredded mozzarella cheese
1 - 4oz. pkg. crumbled herb & garlic feta cheese

Directions:

Heat oven to 350 degrees. Spray 9x12x2 baking dish with cooking spray.

Spray 12 in nonstick skillet with cooking spray; heat over medium high heat. Cook onion and garlic in skillet about 3 min. stirring occasionally, until onion is crisp tender. Stir in broth and rosemary. Heat to boiling. Stir in artichokes and spinach reduce heat. Cover and simmer 5 minutes. Stir in pasta sauce.

Spread 1/4 of artichoke mixture in bottom of baking dish top with 3 noodles. Sprinkle with 3/4 c. of mozzarella cheese. Repeat layers 2 more times. Spread remaining artichoke mixture; sprinkle with remaining mozzarella cheese. Sprinkle with feta cheese.

Cover and bake 40 min. Uncover and bake 15 min. Let stand 10 min. before cutting.

Serves: 8

Weight Watchers: 9 pts each serving



Breakfast Casserole

Ingredients:

1 lb. hash browns

1 lb. sausage

Grated cheddar and Monterey jack cheese

Directions:

Layer hash browns, sausage, and cheeses.

Mix 2 c. milk and 6 or 8 eggs. Pour over layers. Salt and pepper to taste.

Cover with foil and let set in refrigerator overnight.

Bake for 1 hour in a 350 degrees oven.



Breakfast Hot Dish

Ingredients:

1 lb. sausage
8 slices bread
1/2 lb. cheddar cheese
4 eggs
1 can cream of mushroom soup
2 1/4 c. milk
1 - 4oz. can mushrooms

Directions:

Fry out sausage and drain. (The more grease you drain off, the better it is.)

Cube bread and place in the bottom of a buttered dish.

Add sausage and cheese.

Beat eggs and pour over sausage and cheese. Add soup, milk and mushrooms. Pour over other ingredients. Let it set overnight in refrigerator, covered.

Bake at 350 degrees for 1 1/2 hours. Let stand 10 minutes and cut into squares. Serves 8 -10.

This is best served with Ruth Larson's Slush. Makes a yummy breakfast treat!!



Chipotle Seasoned Pork Loin in Juniper Berry Sauce

Ingredients:

1 pork loin

Onion Marinade:

2 Tbsp. fajita seasoning

1 Tbsp. southwest seasoning

2 Tbsp. Barbecue of the Americas

1/2 tsp. cracked black pepper

Seasoning Mix:

1 tsp. ground chipotle

1 tsp. garlic powder

1 tsp. juniper berries

1/2 tsp. salt

Seasoning list purchased online at www.penzeys.com (<http://www.penzeys.com/>)

Directions:

Slice one large onion and place in zip-lock bag with marinade mix. Shake to mix thoroughly. Set aside for about 30-60 minutes.

Place pork loin in a pan that can be covered. Season top of loin liberally with chipotle/juniper berry mix. Do not worry about the extra mix that falls to bottom of pan. (There is enough mix here to season 8-12 lbs.)

Spread the onion over and round the pork.

Fill pan with enough beef broth to a depth of about 1/2 - 2/3 of the loin. (Careful not to wash the seasoning mix off the top of the meat).

Cover pan and place in oven at 350 degrees for 3-5 hours. Test for doneness when meat falls apart.

Note: May cook meat 1-2 days ahead and heat back up at serving time.



Cornbread Casserole

Ingredients:

2 pkgs. Jiffy cornbread mix
3/4 -1 lb hamburger meat
1/2 chopped onion
1 can cream corn
cheddar cheese
chili powder
salt
pepper

Directions:

Preheat oven to 375 degrees
Mix cornbread mix according to directions on the back of the box. One at a time.
Brown meat with onions, season with chili powder, salt and pepper.
Spray casserole dish with cooking spray.
Layer one jiffy mix on bottom of dish, meat mixture, corn, cheese and top with other jiffy mix.
Bake at 375 degrees until cornbread is brown.



Greek Stir-Fry

Ingredients:

1 c. uncooked rice
1 c. chicken broth
1 c. water
1 med. onion, chopped
1 c. sliced fresh mushrooms
2 garlic cloves, minced
cooking spray
1 Tbsp. lemon juice
2 tsp. fresh oregano, chopped
6 c. fresh spinach leaves, shredded (about 1/4 lb.)
3 oz. feta cheese, crumbled
1 c. chopped ham
ground pepper, to taste

Directions:

Combine rice, broth, and water in saucepan. Bring to a boil, stir, reduce heat, cover and simmer 20 minutes. While rice cooks, saute onion, mushrooms and garlic in large skillet coated with cooking spray. Saute till onion is tender. Stir in lemon juice and oregano. Add spinach, cheese, ham and pepper; toss lightly until spinach is wilted.
Serves: 6-8 (Makes leftover ham gourmet)



Heavenly Broiled Fish

Ingredients:

2 lb. fish fillets (orange roughy pref.)

2 Tbsp. lemon juice

1/2 c. grated parmesan

1/4 c. butter, softened

3 Tbsp. chopped green onion

3 Tbsp. mayonnaise

1/4 tsp. salt

Tabasco sauce, dash

Directions:

Place fillets in a single layer on a well greased baking platter. Brush with lemon juice.

Combine remaining ingredients and set aside.

Broil fillets about 4 inches from heat for 4-6 minutes or until fish flakes easily.

Remove from heat and spread above mixture. Broil 2-3 minutes more or until lightly browned. Serve immediately.

Serves: 6



Pork Chop Casserole

Ingredients:

3/4 c. flour
1 tsp. salt
1/2 tsp. pepper
6 pork chops
2 Tbsp. oil
1 can cream of mushroom soup
2/3 c. chicken broth
1/2 tsp. ginger
1/4 tsp. rosemary
1 c. sour cream, divided
1 - 2.8 oz. can French fried onions, divided

Directions:

Mix flour, salt and pepper. Dredge chops in flour mixture.

Heat oil and cook chops until brown. Layer in baking dish.

Combine cream of mushroom soup, chicken broth, ginger, rosemary and 1/2 cup sour cream. Pour over chops. Put half of the onions on top and cover.

Bake at 350 degrees for 40-50 minutes.

Remove from oven stir in remaining sour cream and top with remaining onions. Bake uncovered for 10 minutes.



Texas Potatoes Casserole

Ingredients:

2 lbs. frozen hash brown potatoes, thawed
1 lg. onion, chopped
1 can cream of chicken soup
1 can cream of mushroom soup
1 -16oz. sour cream
8 oz. cream cheese
1/2 lb. cheddar cheese, grated
1 sm. pkg. Pepperidge Farm Stuffing Mix
1 stick margarine

Directions:

Mix potatoes and onion. Place in large baking dish (9x13).

Mix soup, sour cream and cream cheese. Pour over potatoes. Sprinkle with grated cheese. Top with stuffing mixed with one stick of melted margarine.

Bake at 350 degrees for 45 minutes.



Vegetable Potluck Casserole

Ingredients:

1/2 lb. bacon
1 lg. sweet onion, chopped
1 green pepper, chopped
2 Tbsp. sugar
1 can whole kernel corn
1 can peas
1 can lima beans
1 can pork & beans, without sauce
1/2 c. milk
salt & pepper, to taste

Directions:

Cut bacon in small pieces and brown in skillet.
Add chopped onion and green pepper and saute until tender.
Pour into large casserole dish;
Add remaining ingredients (do not drain vegetables.)
Bake 3 hours at 325 degrees, stirring occasionally.



Broccoli Salad

Ingredients:

3 c. broccoli heads, chopped
1 c. golden raisins
1 c. chopped celery
6 chopped green onions
2 c. purple seedless grapes, cut in half
1 pkg. of almond slices
1 lb. cooked bacon, crumbled

Directions:

Dressing:

1 c. mayo
2 Tbsp. vinegar
1/2 c. sugar



Broccoli Salad

Ingredients:

4 c. chopped broccoli
1/2 c. chopped onion
10 slices chopped crisp bacon
1/2 c. raisins
1/3 c. walnuts

Directions:

Dressing:

3/4 c. mayo or miracle whip
2 Tbsp. vinegar
1/2 c. sugar



Broccoli Salad

Ingredients:

3 bunches broccoli, chopped
1/2 c. chopped red onion
1 c. chopped pecans or sunflower seeds
1 c. golden raisins
1 c. finely shredded cheddar cheese
1 c. mayonnaise
2 Tbsp. red wine vinegar
1/2 c. sugar
1/2 c. bacon bits

Directions:

Mix together broccoli, onion, cheese, sunflower seeds (or pecans) and raisins.
Mix together mayo, sugar, and vinegar. Add to broccoli mixture.
Top with bacon bits.
Optional: Cauliflower can be added.



Cauliflower Salad

Ingredients:

1 head cauliflower, chopped
1 bunch broccoli, chopped
1 red onion (I use 1/2 of red onion)
1 - 2 1/4 oz. can sliced black olives
1 c. mayonnaise
1/2 c. sugar
3/4 c. oil
1/2 c. vinegar
1 tsp. mustard

Directions:

Put cauliflower, broccoli, onion and olives in a large bowl.

Mix mayo, sugar, oil, vinegar and mustard together and pour over salad; mix well. Refrigerate.

Serves: 12



Chinese Cole Slaw

Ingredients:

1 large cabbage, shredded
1 bunch green onion, sliced
2 pkg. chicken ramen noodles
1/4 c. sesame seeds
2 Tbsp. butter
4 oz. almonds, sliced
3/4 c. oil
6 Tbsp. vinegar
4 Tbsp. sugar
1 Tbsp. Accent
1 tsp. salt
1 tsp. pepper

Directions:

Mix cabbage and onion in large bowl.
Break up noodles in separate bowl, mix with seasoning.
Saute almonds in butter.
To make dressing combine oil, vinegar, sugar, accent, salt and pepper. Mix well.
Just before serving, combine all ingredients and toss well.
Serves: 30



Clam Chowder

Ingredients:

1 can cream of mushroom
1 cream of potato
1 cream of celery
1 New England clam chowder
1 pint half & half

Directions:

In crock-pot, cook all on low 8-10 hours, makes 2 1/2 quarts.

*Optional: add shredded carrot, chopped onion, bacon, clams, and potatoes.



Congeaed Salad

Ingredients:

1 lrg. pkg. Jell-o, lime or strawberry
1 lrg. can crushed pineapple
1 c. sugar
1 pint whipping cream
1 c. grated cheese
1 c. nuts

Directions:

Dissolve one large package Jell-o in one cup cold water.

Heat one large can crushed pineapple and one cup sugar to boiling point. Stir in Jell-o. Mix and let congeal.

Beat one pint whipping cream, add cream, one cup grated cheese and one cup nuts in Jell-o.



Cranberry Salad

Ingredients:

1 can whole cranberry sauce
1 lrg. pkg. strawberry Jell-o
1 1/2 c. hot water
1 - 4 1/2 oz. jar applesauce
1 pint sour cream
1 c. marshmallow cream

Directions:

Mix first four ingredients pour into mold and chill.

Mix next two ingredients and pour over Jell-o.



Cranberry Salad

Ingredients:

1 lb. cranberries ground (food processor)
4 c. sugar
2 sm. pkgs. Cherry or raspberry Jell-o
4 diced apples
1 med. can crushed pineapple
1 c. ground nuts, optional

Directions:

Mix cranberries and sugar and let stand.
Dissolve two small packages Jell-o in only two cups boiling water.
Mix the Jell-o, boiling water, diced apples and pineapple with the cranberry mixture.
Chill all of the mixture in large Pyrex dish at least 24 hours.
It is very important to chill a couple of days ahead of time.
Keeps well.



David's Sugar-Free Holiday Cranberry Salad

Ingredients:

1- 6 oz. pkg. sugar-free Jell-o, cherry or raspberry
2 c. boiling water
1 c. cold water
3 small apples
2 c. raw cranberries
1 orange
1 c. finely chopped celery
1 c. crushed pineapple, undrained
3 packets Granulated sweetener,
(I added a couple more packets.)

Directions:

Dissolve gelatin in boiling water. Add cold water and set aside to cool.

In food processor, chop apples, cranberries, and orange. Add pineapple and sweetener. Stir into gelatin and pour into 9x13 dish. Cover and refrigerate overnight.

(Keep making this for David it is very good.)



Frito Salad

Ingredients:

1 lrg. head lettuce
1 1/2 c. shredded cheese
6 or 7 green onions
1 - 26 oz. can Ranch Style Beans
1 - 8oz. bottle Catalina dressing
1 c. diced tomatoes
1 - 15oz. bag original Fritos

Directions:

Tear lettuce; add cheese, onions, and tomatoes.

Just before serving, drain ranch style beans and add to salad.

Stir in Fritos and Catalina Dressing.

To make this a Taco Salad:

First brown and drain 1 1/2 lbs. ground chuck (I sometimes use ground turkey)

Heat beans with 1 1/2 Tbsp. chili powder-simmer for ten minutes. Let cool and continue with the Frito salad recipe.



Fruit Salad

Ingredients:

2 apples, diced
2 bananas, sliced
1 can pineapple tidbits, drained
1 can mandarin oranges, drained
1/2 c. pecans
1/2 c. orange juice
1/4 c. honey
1 Tbsp. lemon juice

Directions:

Add apples, bananas, pineapple, oranges, and pecans in a bowl. Set aside.
Mix orange juice, honey and lemon juice. Pour over fruit and chill.



Italian Vegetable Soup

Ingredients:

1 lb ground beef
1 c. diced onion
1 c. sliced celery
1 c. sliced carrots
1 clove garlic, minced
1 can tomatoes
1 can tomato sauce
1 can red kidney beans, undrained
2 c. water
5 beef bouillon cubes
1 Tbsp. dried parsley flakes
1 tsp. salt
1/2 tsp. oregano
1/2 tsp. sweet basil
1/4 tsp. black pepper
2 c. shredded cabbage (optional)
1 c. frozen, canned or fresh green beans
1/2 c. small elbow macaroni
parmesan cheese

Directions:

Brown beef and drain. Add all ingredients except cabbage, green beans and macaroni.
Bring to boil. Lower heat; cover and simmer 20 minutes.
Add cabbage, green beans and macaroni. Bring to boil and simmer until vegetables are tender.
Sprinkle with parmesan cheese before serving.



Old Fashioned Onion Soup

Ingredients:

3 lbs. large onions, peeled & thinly sliced
1/2 c. butter, melted
6-8 slices French bread, cubed
4-5 c. chicken broth

Directions:

Place sliced onions in crock pot; pour in butter and mix to coat onions thoroughly.

Stir in cubed bread. Add chicken broth to cover; stir well.

Cover and cook on low for 10 - 18 hours or on high for 4 - 5 hours, stirring occasionally. Stir well during last hour.

Serves: 6-8



Pink Salad

Ingredients:

1 can cherry pie filling
1 can eagle brand milk
1 - 16 oz. cool whip
1 c. pecans

Directions:

Mix all ingredients together and chill until ready to serve.



Seven Layer Salad

Ingredients:

green leaf lettuce
iceberg lettuce
2 stalks celery, chopped
4 green onions, chopped
1 1/2 c. baby peas
1/2 to 2/3 c. real mayo
1/8 c. sugar
2 c. cheddar cheese
8 slices bacon, cooked crisp and chopped

Directions:

In a salad bowl layer lettuce, celery, green onions, and peas.
Spread mayo on top of peas. Sprinkle sugar on top of mayo.
Add cheese layer and top with bacon.



Spinach Salad

Ingredients:

1 pkg. fresh spinach, torn into pieces
1 - 4oz. can water chestnuts, sliced
5 strips bacon, cooked crisp and crumbled
2 hard cooked eggs, chopped
1 can bean sprouts, drained

Dressing:

1 c. salad oil
3/4 c. sugar
1/4 c. vinegar
1/3 c. catsup
2 tsp. Worcestershire sauce
1 med onion, chopped fine

Directions:

Layer ingredients in a salad bowl; add dressing and toss well just prior to serving to serving.



Strawberry Whip Salad

Ingredients:

1 large can crushed pineapple
1 small pkg. strawberry Jell-o
1/2 - 1 c. chopped nuts
16oz. carton small curd cottage cheese
9oz. carton cool whip

Directions:

Boil pineapple 5 minutes then add Jell-o and nuts.
Cool till thickened.
Fold in cottage cheese and cool whip.



Tortellini Salad

Ingredients:

1 lb. stuffed tortellini (in refrigerated section)
1 1/2 c. shredded parmesan cheese
1 c. sliced black olives
1 tsp. chopped garlic
4 Tbsp. fresh or dried basil
salt
pepper

Vinaigrette:

1/4 c. red wine vinegar
1 tsp. Dijon mustard
3/4 c. oil
salt
1/2 tsp. sugar (optional)
freshly ground pepper

Directions:

Cook pasta according to package directions. Toss with the cheese, olives, ham and vinaigrette. Add salt, pepper, and basil. Serve room temperature. If made ahead, refrigerate, but bring to room temperature before serving.

Vinaigrette:

Mix vinegar and mustard in bowl. Whisk in oil. Add sugar, salt and pepper.

Variations:

Add 1/2 lb cooked ham or prosciutto sliced.
Add 2 c. roasted, peeled and sliced red peppers
Serve on a bed of spinach
Serves: 12



Tropical Chicken Salad

Ingredients:

2 c. chicken, boiled
1 c. chopped celery
1 c. mayonnaise
1 tsp. curry powder
1 - 20oz. can pineapple, drained
2 large bananas
1 - 11oz. can mandarin oranges
1/2 c. coconut
3/4 c. cashews

Directions:

Mix chicken with celery.
Mix mayo with curry powder. Add to the chicken mixture and chill 30 minutes.
When chilled add the pineapple, bananas, oranges, and coconut.
Top with cashews.
Yummy!!



BBQ Sauce by Dave

Ingredients:

1 c. dry minced onion
4 lbs. margarine
1/2 c. granulated garlic
1/4 c. celery seed
3 Tbsp. salt
3 lbs. brown sugar
2/3 c. dry mustard
2 quarts cold water
1 quart plus 1 c. apple cider vinegar
2/3 c. chili powder
2 quarts hunt's tomato paste
6 quarts hunt's tomato ketchup
1 quart Worcestershire sauce
1 Tbsp. ground cayenne pepper, optional

Directions:

Method: Bring water and vinegar to a boil. Reduce heat and add dry mustard and chili powder and stir well. Add rest of ingredients and simmer for 15 minutes. Let stand refrigerated for 24 hours.

Dave says to use a whisk to stir the sauce; use a stainless steel or enamel pot; and when adding ingredients, stir after each ingredient is added.

Makes: 4 gallons



Cheese Puffs

Ingredients:

1 small pkg. (3-4 oz.) cream cheese
1/4 lb. sharp cheddar cheese, grated or shredded
1 stick butter
2 egg whites, room temperature
1/4 tsp. cream of tarter
1 bag (full size 3-4 oz.) plain pork rinds

Directions:

Melt cream cheese, cheddar cheese and butter in a double boiler or in microwave. Cool for 5 minutes.

Meanwhile, beat egg whites with cream of tarter until stiff but not dry. Carefully fold cheese mixture into beaten egg whites, being careful not to break down whites. Dip pork rinds into mixture to evenly coat and then place on wax paper or parchment covered plate. Let stand in refrigerator overnight.

Preheat oven to 250 degrees

Bake until golden brown.



Cinnamon Crispas

Ingredients:

1 bag, full size 3-4 oz. plain pork rinds
15 pkts. Splenda
4 Tbsp. butter
1 Tbsp. cinnamon

Directions:

Drizzle melted butter over the rinds or put in a plastic bag and shake well to coat. Mix Splenda and cinnamon in a paper bag, then drop pork rinds into bag and shake, shake, shake!

If they become soft or soggy later, put them in a warm oven and let them crisp up again.

Serves 4: 3 carbs per serving



Cream of Chicken/Cream of Celery Soup Base

Ingredients:

2 c. instant nonfat milk
3/4 c. cornstarch
1/4 c. low sodium chicken bouillon granules (Wyler's low sodium)
1 tsp. onion powder
1/4 tsp. pepper
1/2 tsp. dried thyme
1/2 tsp. dried basil

(low fat, low sodium substitute for canned soup)

Directions:

Combine and store in tight container.

Makes 3 cups of mix.

To Use:

1 can of soup = 1/2 c. mix + 1 c. water. Bring to a boil and cook until thickened. Cool. (140 mg sodium)

Celery soup: Add celery seed before boiling.



Deep South Sauce

Ingredients:

1 gallon vinegar

3/4 c. salt

2 Tbsp. cayenne pepper

3 Tbsp. dried red pepper

1/2 c. molasses OR 1 c. brown sugar (some eliminate the sweetness)

Directions:

Combine all ingredients. Allow to stand for 4 hours.



Eagle Brand Milk Substitute

Ingredients:

1 c. instant nonfat dry milk
2/3 c. sugar or Splenda
1/3 c. boiling water
3 Tbsp. melted margarine (unsalted for low sodium)

(low fat, low sodium, low sugar)

Directions:

Combine all ingredients in blender. Process until smooth. Store in refrigerator.
Equivalent to one 14 oz. can of Eagle Brand Milk.



Five-Star BBQ Sauce

Ingredients:

1 onion, diced fine
1/2 lb. celery, diced fine
1/2 lb. margarine
1 1/2 c. brown sugar
3 Tbsp. granulated garlic
2 Tbsp. dry mustard
2 Tbsp. chili powder
2 1/2 c. apple cider vinegar
1 Tbsp. non-iodized salt
1 1/2 c. tomato paste
3/4 c. Worcestershire sauce
5 1/2 c. Heinz ketchup

Directions:

Method:

Saute onion and celery until onion are clear. In a shaker jar, put 1/2 c. cold water, mustard and chili powder and shake well. Put all other ingredients in a 1 1/2 gallon pot and bring to a boil, stirring often. Add shaker contents and reduce heat to simmer. Simmer 15 minutes, stirring often. Refrigerate until needed.

Note: The onions and celery can be put through a blender or food processor for a finer sauce. Do not liquefy veggies. If the sauce is to be used on the side; cook 5 to 10 minutes longer.

Add a pint of water if you want a thinner sauce.

Makes: 1 gallon



Flaky Pastry

Ingredients:

1 c. all-purpose flour
3/4 tsp. baking powder
1/2 tsp. salt
1/3 c. shortening
3 Tbsp. ice water

Directions:

Combine flour, baking powder, and salt; cut in shortening until mixture resembles coarse meal. Add ice water and stir lightly. (Dough will be just moist enough to cling together when pressed into a ball.) Turn dough out on a lightly floured board or cloth. Roll to 1/4 thickness, trim to 1/2 larger than casserole.

For use as a top crust for the Chicken Pot Pie recipe. Double the recipe for the top and bottom crust.



Italian Shake and Bake

Ingredients:

2 c. whole wheat flour
1 1/2 tsp. paprika
1/2 tsp. pepper
1 1/2 tsp. onion flakes
1/4 tsp. oregano
1/4 tsp. sage
1/4 tsp. poultry seasoning
1/2 tsp. celery seed
1/4 tsp. garlic powder
1/4 c. canola oil

(Coating for Meat - low fat, low sodium)

Directions:

Mix wheat flour, paprika, pepper, onion flakes, oregano, sage, poultry seasoning, celery seed, and garlic powder.
Then mix in canola oil with a fork.
Store in cool place in tight container.



Mamas Elephant Stew

Ingredients:

- 1 large elephant
- 2 rabbits - optional

Directions:

Secure one large elephant. Kill and cut into small cubes. This will take about one month.
Put in LARGE pot and simmer over kerosene heat at 560



Ranch Dressing

Ingredients:

1 clove garlic or 1/2 tsp. garlic powder
3/4 c. real mayo
1/2 c. buttermilk
1 tsp. dried parsley flakes
1/2 tsp. dried minced onion
1/2 tsp. salt
1/8 tsp. pepper

Directions:

Combine all ingredients and mix until smooth. (I use a wire whisk.)
Keeps well in the refrigerator for at least 2 weeks.



Sweet Italian Salad Dressing

Ingredients:

1/2 c. sugar

1/2 c. Splenda

1/2 tsp. celery seed

1/2 tsp. mustard seed

1/2 c. vinegar

2 Tbsp. water

1 Tbsp. canola oil

1 tsp. Italian seasoning

(low fat, low sodium, low sugar)

Directions:

In a saucepan bring sugar, splenda, celery seed, mustard seed, vinegar and water to a boil.

Remove from heat. Add canola oil and Italian seasoning.



Broccoli & Rice Casserole

Ingredients:

1 pkg. frozen broccoli
1/2 c. chopped onion
1/2 c. chopped celery
2 Tbsp. cooking oil
2 c. rice, cooked
1 can cream of chicken soup OR mushroom soup
1 sm. can evaporated milk
1 sm. jar cheese whiz

Directions:

Saute broccoli, onion, and celery in cooking oil in large pan until softened.
Add cooked rice, soup, milk, and cheese whiz to broccoli mixture.
Bake at 350 degrees for 45 minutes in 9x13 inch buttered casserole dish.
Can be made ahead of time.



Cream Cheese Corn

Ingredients:

2 sm. pkgs. or boxes frozen corn
1 stick butter
2 - 3oz. pkgs. cream cheese
jalapenos, optional

Directions:

Cook corn as directed.
Add one stick butter and cream cheese, melt slowly.
Add finely chopped jalapenos, if desired.



Garlic Mashed Potatoes

Ingredients:

2 lbs red or Idaho potatoes, unpeeled, quartered
1/2 c. milk
1/2 c. miracle whip salad dressing
3/4 tsp. garlic powder OR 2 to 3 cloves garlic, minced
salt
pepper

Directions:

Cover potatoes with water in large saucepan. Bring to a boil; reduce heat to medium. Cook 20 minutes or until tender. Drain.
Beat potatoes, milk, dressing and garlic powder with electric mixer on medium speed until fluffy or mash until desired consistency.
Season to taste with salt and pepper. Garnish with red pepper curls and Italian parsley.
Makes: 6 servings

Note: Wait a few minutes before increasing garlic after preparation as garlic flavor will build over time.



Green Bean Bundles

Ingredients:

fresh cooked whole green beans (or canned)

1/3 c. margarine

1/2 tsp. garlic powder

bacon

1 Tbsp. brown sugar

Directions:

Wrap a bundle (10-12) of beans with half slice of bacon. Place in casserole dish with seam side down. Combine melted butter, brown sugar and garlic powder and drizzle over bundles.

Bake at 350 degrees for 30-40 minutes.



Hash Brown Casserole

Ingredients:

30 oz. frozen hash browns, thawed
3 c. grated cheddar cheese
2 Tbsp. dried chives
2 Tbsp. dried onion
1 stick melted butter
2 cans cream of chicken soup
1 pint sour cream
Seasoned bread crumbs

Directions:

Preheat oven to 350 degrees

Thaw hash browns for 45 minutes.

Combine all ingredients except bread crumbs. Put into 9x13 baking dish and top with bread crumbs. Bake for one hour.

This recipe is easy to prepare the night before - just bake it in the morning.



Killer Corn

Ingredients:

2 bags frozen corn

2 sticks butter

1 - 8oz. pkg. cream cheese

Directions:

Place corn in 9x13 baking dish. Cut butter and cream cheese into small squares and add to corn.

Cover and bake @350 degrees for 1 1/2 hours. Stir and serve.



Marinated Carrots

Ingredients:

2 lbs. carrots, cooked firm & cooled
1 onion, sliced
1 bell pepper, sliced
1 can tomato soup
1/2 c. oil
1/2 c. vinegar
3/4 c. sugar
1 Tbsp. prepared mustard
1 tsp. Worcestershire sauce

Directions:

Cook carrots firm and cool.

Slice onion and bell pepper and add to cooled carrots.

Mix tomato soup, oil, vinegar, sugar, mustard, Worcestershire sauce together. Add to carrots and marinate overnight.

Serve cold.



Mixed Vegetable Casserole

Ingredients:

2 cans mixed vegetables, drained
1 c. grated cheese
1 c. mayonnaise
1 large onion, chopped
salt & pepper to taste
Ritz crackers
2 Tbsp. butter or margarine, melted

Directions:

Stir together mixed vegetables, grated cheese, mayo, onion, salt and pepper. Place in 9x13 baking dish.

Topping:

Mix crushed butter flavored Ritz crackers with melted butter to coat.
Spread over vegetable mixture.
Bake at 350 degrees for 30 minutes.

Note: Can saute onion to soften taste and texture.



Nancy's Yams

Ingredients:

- 1 - 29oz. canned yams (slice to 1/4 in. & save juice)
- 1 lrg. pippin or granny smith apple, peel and slice
- 1/2 c. pecans
- 1/2 stick butter
- 3 Tbsp. brown sugar and dash cinnamon (combine)
- 1 c. brown sugar with a dash of cinnamon
- 1 c. mini marshmallows

A Family Tradition

Directions:

Spread apples and top with sugar/cinnamon mixture.

In an 8x8 casserole oven dish, alternate slices of yam and apples in rows. Top with pecans.

On the stove, combine yam juice, butter and a dash of cinnamon and simmer.

In a 350 degree oven, bake for one hour, basting (4 times total) initially and every 15 minutes. Just before serving toast marshmallows on top.

This dish can be cooled, stored in fridge (before marshmallows are applied), keeps well, approx. 5 days. This doubles in a 9x13 easily.



Oriental Green Beans

Ingredients:

1 1/2 lbs. green beans, trimmed
3 Tbsp. soy sauce
1 Tbsp. oriental sesame oil
1 tsp. granulated sugar
6 garlic cloves, minced

Directions:

In a large pot of rapidly boiling water, cook green beans until just tender, 4-5 minutes.

While beans are cooking, in small bowl combine soy sauce, oil, and sugar; set aside.

Drain beans; set aside.

Spray wok or 10 inch skillet with nonstick cooking spray; place over medium-high heat. Add garlic; cook, stirring constantly, until softened, 20-30 seconds. Add green beans; cook, stirring and turning constantly, until well coated, about 2 minutes.

Add soy sauce mixture; continue to stir and turn until most of the liquid is absorbed, 1-2 min.

Makes: 6 servings



Oven Baked Fried Okra

Ingredients:

Fresh okra

Directions:

Cut and wash okra. Dredge in Jiffy Cornmeal mix with salt. Spray baking pan and spread okra in a single layer. Then spray top of okra with cooking spray.

Bake at 375 degrees for 45 minutes, stir every 15 minutes.



Pineapple Cheese Dish

Ingredients:

1 - 16oz. can pineapple chunks
3/4 c. sugar
3 Tbsp. pineapple juice
1/2 c. crushed Ritz crackers
1 c. grated cheddar cheese
3 Tbsp. flour
1/2 stick butter, melted

Directions:

Drain pineapple, reserving three tablespoons juice.
Heat sugar, flour, and juice.
Add cheese and pineapple.
Put in flat baking dish; top with cracker crumbs and drizzle butter over crackers.
Bake at 350 degrees for 20-25 minutes.



Sassy Sour Cream Green Beans

Ingredients:

2 Tbsp. unsalted butter
1 sm. onion, chopped
1 lb. canned green beans, drained
3/4 c. sour cream
3 Tbsp. flour
3/4 c. shredded cheddar cheese
3/4 c. breadcrumbs
4 slices cooked bacon, crumbled

Directions:

Preheat oven to 350 degrees

Melt one tsp. butter in a heavy non-stick skillet on medium. Saute onion five minutes, or until tender.

Combine green beans, bacon, sour cream and flour in a bowl. Salt and pepper to taste.

Add sauted onion and stir, and pour into a buttered casserole dish.

Sprinkle with cheese.

Melt remaining butter and stir into breadcrumbs. Mix in cooked bacon. Sprinkle over casserole and bake 25 minutes.

Serves: 4



Spanish Rice

Ingredients:

1 c. long-grain rice
1 Tbsp. vegetable oil
1 can tomato sauce
1 tsp. cumin powder
1 clove garlic, minced
1/2 of small onion, chopped
1/2 of green pepper, chopped
1/2 of small tomato, chopped (optional)
1 Tbsp. of Knorr chicken flavor bouillon powder
1/2 tsp. black pepper
2 1/4 c. water

Directions:

Saute rice in hot oil until rice turns brown.

Add cumin, garlic, black pepper, onion, green pepper, tomato.

Stir and add tomato sauce, water and bouillon powder. Bring to a quick boil and then simmer for about 25 minutes covered. (Do not let it completely dry, leave moist.)

Serves: 6-8



Sweet Potato Casserole

Ingredients:

3 c. sweet potatoes, about 4 good-sized ones
1/2 c. sugar plus 2 Tbsp.
2 eggs, beaten
1/2 c. butter
1/3 c. milk
1 tsp. vanilla
1/3 c. melted butter
1 c. light brown sugar
1/2 c. flour
1 c. chopped pecans

Directions:

Peel and cut potatoes into 1/2 pieces. Boil and mash potatoes. Mix in sugar, butter, eggs, milk and vanilla. Put in greased 9x13 baking dish.

For topping mix melted butter, brown sugar, flour and pecans. Sprinkle on top of potato mixture.

Bake at 350 degrees for 25 minutes.

Yield: 10-12 servings.