

***IDEA Data and Research
Newsletter Recipes
2007-2015***



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Notes

A good cook has lots of recipes. A great cook wants to share those recipes with everyone. Over the years we have shared 54 recipes and there will be many more to come.

This book contains all the recipes that have appeared in the IDEA Data & Research Newsletters since its first issue in 2007. They are now all here in one place for your enjoyment.



Do you have a special recipe that you would like to share? A family recipe, a self designed recipe? We would love to publish it in our newsletter.

Just email them to Nancy Rea at nerea@ualr.edu

Share those great flavors.

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Watermelon Cake Recipe

Ingredients

Whipped cream for frosting
 1 Large Watermelon
 Blueberries
 Raspberries
 Almonds



Instructions

- ◆ Cut ends off watermelon. Using a long knife inside the rind, cut remaining rind off your watermelon making it look like a tall round cake.
- ◆ Pat the watermelon down drying the outside for decorating.
- ◆ Frost it with whipped cream.
- ◆ Add Almonds on the side

Decorate the top with fresh fruit and nuts of your choice.

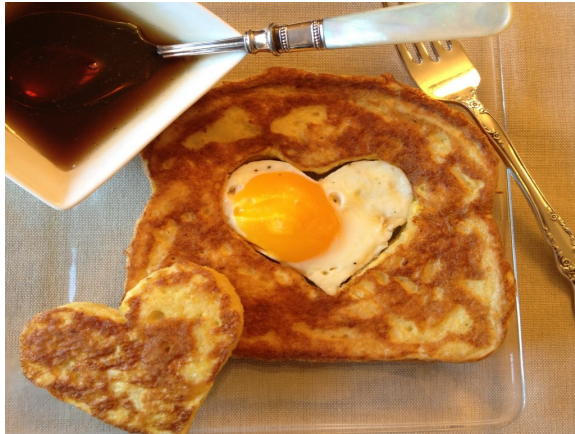
Alternate ideas:

- ◇ Bananas, pineapple and coconut
- ◇ Strawberries, peaches and pecans

Decorate and enjoy your healthy creation.



Valentine French Toast



Ingredients:

4 Slices Whole Wheat Bread
 6 Eggs
 4 Strips of Bacon cooked and crumbled
 ½ c. Milk
 1 t. Vanilla Extract
 Butter
 Maple Syrup
 Salt
 Pepper

Instructions:

- ♦ With a heart shape cookie cutter cut a hole in center of each slice of bread (keep the crust together)
- ♦ Cook and crumble bacon
- ♦ Mix together 2 eggs, bacon, milk and vanilla
- ♦ Melt butter on griddle, spread it out
- ♦ Dip slices of bread (and hearts) in mix, place on skillet
- ♦ Quickly add an egg to the center of each slice of bread
- ♦ Cook to your liking, turn to cook other side
- ♦ Serve with heated maple syrup or jam and whip cream

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3, 2, 1 CAKE

INGREDIENTS

1 box Angel Food Cake Mix
1 box Cake Mix - Any Flavor
2 tbsp. Water



INSTRUCTIONS

In a Ziploc bag, combine two cake mixes and mix well.

For each individual cake serving:

3 tbsp. cake mix combination
2 tbsp. water in a small microwave-safe container
1 minute in the microwave on high

You have your own instant individual little cake! Top with whipped topping and/or fresh fruit.

This recipe is called 3, 2, 1 Cake because all you need to remember is:

3 tablespoons mix,
2 tablespoons water,
1 minute in the microwave!"

One of the mixes has To be Angel Food, it has the eggs whites in it. The other is your choice like carrot, red velvet, pineapple, lemon, orange, etc. Store the mix on a shelf. No need to refrigerate dry mix.

Tres Leches Bread Pudding **with Vanilla Cream Sauce**

Ingredients:

1 loaf French bread, thinly sliced and cut into quarters
2¼ cups whole milk
14 oz can sweetened condensed milk
12 oz can evaporated milk
½ cup sugar
1 Tablespoon vanilla
1 teaspoon salt
9 large egg yolks
¼ teaspoon rum extract
Vanilla Cream Sauce:
1⅓ cups butter
5 Tablespoons flour
3 cups heavy cream
½ teaspoon salt
2 teaspoon vanilla
1¼ cups sugar



Instructions:

- ◆ Grease 9x13 baking pan, place slices in pan, set aside.
- ◆ In a medium bowl, whisk together milk, sweetened condensed milk, evaporated milk, sugar, vanilla, rum extract, salt and egg yolks until smooth.
- ◆ Pour over bread and bake 375 degrees F for 40-50 minutes, until golden brown and set.
- ◆ Serve warm and top with Vanilla Cream Sauce.

Vanilla Cream Sauce:

- ◆ In saucepan, melt butter on medium low heat.
- ◆ Add flour and cook 10 minutes, stir continually.
- ◆ Add salt, cream, and sugar and stir until mixture becomes thick.
- ◆ Remove from heat, stir in vanilla, pour warm over bread pudding.

TRADITIONAL IRISH STEW



Ingredients:

- 1 lb cubed lamb meat
- 1 large onion sliced
- 1 lb baking potatoes, peeled and sliced
- 1 carrot, peeled and sliced
- 1 large stalk celery, sliced
- 2 tablespoons chopped fresh parsley
- salt and pepper to taste
- 2 cups beef stock
- 1 tablespoon chopped fresh parsley, for garnish

Directions:

- ◆ Preheat the oven to 325 degrees
- ◆ Layer the lamb meat, onion, potatoes, carrot and celery in an oven proof pot or casserole dish.
- ◆ Season layers with parsley, salt and pepper as you go.
- ◆ Pour in the beef stock and cover tightly.
- ◆ Bake for 1 1/2 to 2 hours in the preheated oven, until vegetables and meat are very tender.
- ◆ Divide into bowls and garnish with additional parsley.

Apple Dumplings



Ingredients:

- 4 Granny Smith apples, peeled and cut into quarters
- 2 packages of crescent rolls
- 2 sticks real butter
- 1 and ½ cups white sugar
- ½ to one teaspoon cinnamon
- 1 can Sprite (do not substitute diet Sprite)

Directions:

- Roll each apple slice in one crescent roll starting at the large end of the triangle.
- Put all in 9x13 glass dish.
- Melt butter and stir in sugar until dissolved.
- Pour butter/sugar mixture over dumplings.
- Sprinkle tops of dumplings with cinnamon.
- Pour sprite over dumplings.

Bake @ 350 for about 30-40 minutes till brown.

Serve HOT with vanilla ice cream
or cool whip

Ashley's Southwestern Quesadilla Pie

Ingredients:

3 (8-10 inch) flour tortillas
1 pkg shredded cheese
(any flavor you like)
1lb ground beef or turkey
1 pkg taco seasoning
1 can sliced black olives
1 can Ro-tel
1 medium onion (diced)
5 cloves garlic (finely chopped)
1 teaspoon ground cumin (or to taste)
3 tablespoons chopped Cilantro (or to taste)
1 tablespoon Chili Powder (or to taste)
Non-stick cooking spray



Directions:

- ◆ Cook ground beef or turkey according to instructions on taco seasoning package
- ◆ Add in onion and garlic during simmering phase
- ◆ Spray one tortilla with non-stick cooking spray
- ◆ Sprinkle with some of the cumin and chili powder
- ◆ Place tortilla spice-side down in bottom of cake pan
- ◆ Spread ground beef mixture, shredded cheese, black olives, cilantro, and Ro-tel to cover tortilla
- ◆ Repeat entire process ending with the last tortilla on top
- ◆ Spray tortilla with non-stick cooking spray and sprinkle with cumin, chili powder, and cilantro
- ◆ Broil until tortillas are golden and cheese is melted
- ◆ Remove from oven and enjoy!

Notes:

- ◇ Serve with sour cream, salsa, or guacamole on the side
- ◇ For vegetarian, use mushrooms and spinach!
- ◇ Low-fat cheese or goat cheese to reduce calories

The Perfect Strawberry Shortcake

Ingredients:

1/2 cup all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/3 cup sugar
1 tablespoon sugar
1/2 cup (1 stick) cold butter, cut up
1 large egg, separated
1 cup buttermilk

Sugared Strawberries

2 1/2 pound (8 cups) strawberries
2 tablespoon sugar

Whipped Cream

1 cup heavy cream, substitute whipping cream
2 tablespoon sugar
1 teaspoon vanilla extract

Directions: Prepare Shortcakes

- ◆ Preheat oven to 425 degrees F. In bowl, combine flour, baking powder, baking soda, salt, and 1/3 cup sugar. Cut in butter until mixture resembles coarse crumbs.
- ◆ Beat egg yolk with buttermilk; stir into flour mixture just until dough leaves side of bowl.
- ◆ On floured surface knead dough to combine, pat to 3/4"
- ◆ With floured 3-inch biscuit cutter, make shortcakes; place 1" apart on ungreased cookie sheet. Press trimmings together; make 8 biscuits in all.
- ◆ Beat egg white, brush on tops of shortcakes; sprinkle with remaining sugar. Bake 15-20 minutes. Cool on rack

Directions: Prepare Sugared Strawberries:

- ◆ Slice strawberries, add sugar and 1 tablespoon water

Directions: Prepare Whipped Cream:

- ◆ Beat cream, sugar, and vanilla in stiff peaks
- ◆ Split each shortcake. Place bottom on 8 plates.
- ◆ Layer berries and cream on shortcake; replace tops.
- ◆ Dollop with cream and berries.



STUFFED CALZONES



Ingredients:

Pizza dough

¾ cup marinara sauce

1 ½ cup grated cheese

1 ½ cups chopped broccoli crowns or;

1 ½ cups sliced precooked sausage

Directions:

- ◆ Preheat oven to 400° and prepare a large baking sheet.
- ◆ Divide the dough in half. With floured hands, press each half into a large oval, With rolling pin, roll it out until it measures about 6 by 9 inches.
- ◆ Spoon sauce across bottom half of each oval (leave 1" border) sprinkle cheese, broccoli/sausage across both.
- ◆ Use fingertip, lightly moisten entire edge of dough with water, fold the top over and pinch together edges, making sure layers stick.
- ◆ Transfer calzones to baking sheet, make 3-4 small steam vents in top of each one. Let rest for 10 minutes
- ◆ Bake on center oven rack about 30 minutes, until dark and crusty on top and bottom. Let stand for 10 minutes before serving.

Ashley's Stuffed Mushrooms

Ingredients:

20-30 Portobello mushrooms, capped

1 package cream cheese

12-16oz package of bacon

1 10oz package chopped spinach thawed

1 4oz package crumbled feta cheese

1 medium onion finely chopped

4-6 cloves garlic finely chopped

1 block smoked Gouda cheese, shredded

Crushed red pepper to taste (optional)

Sea salt (to taste)

Pepper (to taste)



Directions:

- ◆ Pre-heat oven to 375° F.
- ◆ Cook bacon in skillet until easy to crumble and drain on paper towels . Save 1-2 tsp bacon grease in skillet, let cool slightly.
- ◆ Sauté onions and garlic in skillet until slightly tender
- ◆ In large bowl, toss mushroom caps with remaining bacon grease, sea salt and pepper to taste.
- ◆ Line 2, 13" x 9" pans with foil. Place mushrooms caps opening upwards on pans. Place in oven. Bake until caps fill with liquid (about 20 minutes).
- ◆ Crumble bacon, add spinach, cream cheese, onion and garlic mixture, feta, Gouda, and crushed red pepper. Mix together and put aside.
- ◆ Remove mushrooms from oven and flip over. Return to oven and bake till liquid evaporates (about 25 minutes)
- ◆ Remove from oven, turn back over, stuff mixture into the mushroom caps.
- ◆ Place back in oven, cook for 10-15 minutes.

Remove and enjoy!! Careful, contents will be hot!•

Asparagus, Feta and Couscous Salad



Ingredients:

- 2 cups couscous
- 1 bunch fresh asparagus trimmed, cut into 2-inch pieces
- 8 ounces grape tomatoes, halved
- 6 ounces feta cheese, crumbled
- 3 tablespoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- Black pepper, to taste

Directions:

1. Cook couscous according to package instructions. Put aside and allow to cool slightly.
2. Meanwhile, place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool.
3. Toss the asparagus, tomatoes, and feta with couscous. Add the olive oil, balsamic vinegar, and black pepper and toss to incorporate.

Spooky Jell-O Graveyard

Ingredients:

- 15-20 Chocolate Oreo sandwich cookies crushed
- 3 cups cold milk
- ¼ teaspoon salt
- 2 pkg Jell-O Chocolate Instant Pudding and pie filling
- 12oz Cool Whip
- Oval shaped cookies for tombstones
- Various colors decorating gels
- Candy corn and pumpkins



Directions:

- Pour milk into large bowl, add dry pudding mix
Beat with wire whisk well blended
Let stand 5 minutes
Gently stir in whipped topping and half cookie crumbs
Spread evenly in 13x9-inch baking dish, sprinkle with remaining cookie crumbs
Refrigerate for at least 1 hour
Make sandwich cookies tombstones with gels.
Insert decorated cookies in dessert just before serving.
Add candies as desired for effect
Spoon large drops of remaining whipped topping on for ghosts. Make eyes with decorating gel
- Hide gummy worms in the pudding for an additional surprise!!

Soft Chicken Tacos

Ingredients

1 tspn chili powder
1/2 tspn salt
1/2 tspn ground cumin
1/2 tspn ground black pepper
1 lb skinless boneless chicken thighs
Cooking spray
12 (6") white corn tortillas
1 1/2 cups thin sliced green cabbage
1/4 cup shredded Monterey Jack cheese



Directions

- ◆ Mix spices in small bowl, rub over chicken.
- ◆ Cook chicken on grill 10 minutes each side till done.
- ◆ Let stand 5 minutes; chop.
- ◆ Heat tortillas, divide chicken evenly among tortillas; top each with 2 tablespoons cabbage and 1 teaspoon cheese.
- ◆ Serve with sour cream, if desired.

Bacon Cheese Turtle Burgers

Ingredients

4 lbs ground chuck
10 sausages or hot dogs of your choice
4 slices Pepper Jack or Cheddar Cheese
2 lbs center cut bacon



Instructions

1. Form 4 patties and make them oval like a turtle body. Make 4 holes at the bottom in each corner of the patty for the legs. Make one hole in the center front from the top for the head.
2. Cut sausages in half and insert each half in the holes of the burgers. It will require quite a lot of handling the meat and reforming it, but give yourself a little time and they will eventually look good. Cut the sausages at the end to simulate the "toes" on each foot. Place a slice of cheese on the top of each turtle.
3. Weave a small blanket of bacon like the picture to cover the back of the turtle and place on the back of the turtle, or just make the blanket directly on the turtle.
4. Heat the oven to 400F and place turtles in the oven for 30 to 40 minutes until bacon is nicely browned and crispy.
5. Serve them in a bun with all the fixings or on a salad bed of lettuce onion and croutons. It is all up to you.



Blue Ribbon Harvest Chili



Ingredients:

- 1 butternut squash, halved, roasted, and pureed
(see directions below)
- 1 12oz can pumpkin puree
- 1 pkg extra sage breakfast sausage
- 1lb ground turkey
- 1 can Extra Hot Ro-tel
- 1 15 oz can stewed whole tomatoes
- 2 12oz cans white kidney beans, drained
- 1 12oz bottle Oktoberfest beer
- 3 Serrano peppers, finely chopped
- 1 yellow onion, diced
- 4-6 cloves garlic, finely chopped
- 2 tbsp chili powder (or to taste)
- ½ tbsp ground cumin (or to taste)
- 1tsp fresh grated ginger (or to taste)

Slow Cooker Pepper Steak

Ingredients

- 2 lbs beef sirloin 2 inch strips
- garlic powder to taste
- 3 tablespoons vegetable oil
- 1 cube beef bouillon
- 1/4 cup hot water
- 1 tablespoon cornstarch
- 1/2 cup chopped onion
- 2 large green bell peppers,
roughly chopped
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt



Directions

- ◆ Sprinkle strips of sirloin with garlic powder to taste.
- ◆ In a large skillet over medium heat brown seasoned beef strips. Transfer to a slow cooker.
- ◆ Dissolve bouillon cube in hot water, mix in cornstarch.
- ◆ Pour in slow cooker, add meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.
- ◆ Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

Skinny White Chicken Chili

Ingredients

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 4 cloves garlic, crushed
- 1 (4 ounce) can diced jalapeno peppers
- 1 (4 oz) can chopped green chili peppers
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground cayenne pepper
- 1 teaspoon chili powder
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 2 (14.5 ounce) cans chicken broth
- 2 cups chopped cooked chicken breast
- 2 (15 ounce) cans white beans
- 1 cup shredded reduced-fat Monterey Jack cheese
- 1/4 cup chopped cilantro
- 1 avocado, chopped



Instructions

- ◆ Heat oil in a large saucepan over medium-low heat.
- ◆ Slowly cook and stir the onion until tender.
- ◆ Mix in garlic, jalapeno, green chile peppers, cumin, oregano, chili powder, salt, pepper & cayenne pepper.
- ◆ Stir and cook until tender for about 2 minutes.
- ◆ Mix in chicken broth, white beans, and chicken.
- ◆ Simmer 20 minutes, stirring occasionally.
- ◆ Remove the mixture from heat.
- ◆ Slowly stir in the cheese until melted.
- ◆ Top each serving with fresh cilantro and avocado.

- 1/2 tbsp pumpkin spice
- 1 tbsp extra virgin olive oil
- Brown sugar
- Salt and pepper to taste

Directions for Butternut Squash:

- 1) Preheat oven to 400°F
- 2) Cut butternut squash in half, remove seeds
- 3) Place halves on baking sheet, flesh side up
- 4) Place 1/2 tbsp of butter in the scooped out are of each half
- 5) Sprinkle each half with brown sugar
- 6) Place in oven and bake for 30-45 minutes or until flesh is fork tender
- 7) Remove flesh from rind and place in a food processor
- 8) Puree and set aside

Directions for Chili:

- 1) In a large skillet, heat olive oil. Sauté onions until tender (about 5 minutes), set aside
- 2) In same skillet, brown turkey and sausage, drain
- 3) In a 2qt sauce pan, combine turkey and sausage, beer, onions, garlic, Serrano peppers, tomatoes, Ro-tel, tomatoes, kidney beans, pumpkin, squash, chili powder, cumin, pumpkin spice, ginger, salt, and pepper.
- 4) Stir until well combined
- 5) Heat on high until simmering
- 6) Reduce heat to medium-low, cover and simmer for 1 hour, stirring occasionally
- 7) Remove from heat, and enjoy!

For an added kick, add a little red pepper to the mix!
Also, smoked Gouda cheese, tastes delicious sprinkled over the top of the chili.

Cheesy Vegetable Lasagna

Ingredients:

12 lasagna noodles
2 tablespoons olive oil
2 heads fresh broccoli, chopped
2 carrots, thinly sliced
1 large onion, chopped
2 green bell peppers, chopped
2 small zucchini, sliced
3 cloves garlic, minced
1/2 cup all-purpose flour
3 cups milk
3/4 cup Parmesan cheese, divided
1/2 teaspoon salt
1/2 teaspoon pepper
1 (10 ounce) package frozen chopped spinach, thawed
1 (8 ounce) container small curd cottage cheese
24 ounces ricotta cheese
2 1/2 cups shredded mozzarella cheese, divided



Directions:

- 1) Preheat oven to 375 degrees F (190 degrees C). Grease a 9 x 13 inch casserole dish.
- 2) Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain.
- 3) Heat oil in a large cast iron skillet over medium heat. When oil is hot add broccoli, carrots, onions, bell peppers, zucchini and garlic. Sauté for 7 minutes; set aside.
- 4) Place flour in a medium saucepan and gradually whisk in milk until well blended. Bring to a boil over medium heat. Cook 5 minutes, or until thick, stirring constantly.
- 5) Stir in 1/2 cup Parmesan cheese, salt and pepper; cook for 1 minute, stirring constantly. Remove from heat; stir in spinach.
- 6) Reserve 1/2 cup spinach mixture. In a small bowl combine cottage and ricotta cheeses; stir well.
- 7) Spread about 1/2 cup of spinach mixture in the bottom of the prepared pan. Layer noodles, ricotta mixture, vegetables, spinach mixture and 2 cups mozzarella cheese, ending with noodles. Top with reserved spinach mixture, 1/2 cup mozzarella cheese and 1/4 cup parmesan cheese.
- 8) Bake in preheated oven for 35 minutes, or until lightly browned on top. Cool for approximately 10 minutes before serving.

SHRIMP QUESADILLAS

Ingredients:

2 large ripe tomatoes, cut in half horizontally
1/2 of a large red onion, cut into 1-inch-thick slices
1 large jalapeño pepper
Canola oil for brushing
1 pound large (28-count) raw shrimp, peeled and deveined
1 to 1 1/2 tablespoons seasoning
4 large flour tortillas
2 cups shredded Monterey Jack
1/4 cup chopped fresh cilantro
1/2 teaspoon salt
1 tablespoon fresh lime juice
Sour cream and cilantro to garnish



Directions:

- ◆ Prepare charcoal fire or heat gas grill to medium-high, and oil grates.
- ◆ Brush tomato halves (cut and skin sides), onion slices, and jalapeño with canola oil. Thread shrimp onto skewers, brush with canola oil, and sprinkle on seafood seasoning.
- ◆ Grill vegetables 3 to 4 minutes per side until they have blistered, then transfer to a clean dish.
- ◆ Grill shrimp until turned opaque and firm to touch, 2 to 3 minutes per side. Remove shrimp from the skewers.
- ◆ Place 2 tortillas on grill and quickly top half of each with a quarter of the shrimp and a quarter of the cheese.
- ◆ Fold tortillas in half and grill until have grill marks, flipping once, 2 minutes per side. Grill second batch.
- ◆ Peel the tomatoes, remove seeds and white membrane from jalapeño. Chop all vegetables and put in serving bowl. Stir in the cilantro, salt, and lime juice.
- ◆ Cut the quesadillas into wedges and serve them with the salsa, sour cream, and fresh sprigs of cilantro.

Shepard's Pie

INGREDIENTS

1-1/2 lbs. lean ground beef
1 cup frozen onions and bell peppers
1 can tomato sauce
1 bag frozen corn
1 bag frozen green peas
4 cups mashed potatoes
1/2 cup shredded casserole cheese blend
salt and pepper to taste



DIRECTIONS

- ◆ Heat oven to 350°F.
- ◆ In skillet, cook beef over medium-high heat, stirring frequently, until thoroughly cooked. Drain.
- ◆ Stir in frozen onions and bell peppers. Cook till soft.
- ◆ Stir in tomato sauce. Add salt and pepper to taste.
- ◆ Spread meat mixture in bottom of 9 X 13 baking dish
- ◆ Spread frozen corn over meat mixture followed by frozen green peas
- ◆ Slowly cover peas with mash potatoes. The peas will stick to the potatoes and roll up on top if you are not careful.
- ◆ Sprinkle casserole cheese blend over potatoes.
- ◆ Bake 30-40 minutes until potatoes are lightly golden brown and cheese is melted.

You can:

Substitute the beef with chicken or sausage

Substitute the potatoes with rice

Cheesy Broccoli Chicken Foil Packs

INGREDIENTS

1 package chicken stuffing mix
1 1/4 cups water
4 chicken breast halves
(Boneless skinless)
4 cups broccoli
1 cup Shredded cheddar cheese
4 slices Cooked bacon crumbled
4 tablespoons Ranch dressing



DIRECTIONS

- 1) Preheat oven to 400
- 2) Spray 4 large sheets of heavy-duty foil with oil.
- 3) Combine stuffing mix and water.
- 4) Spoon 1/4 stuffing mixture onto center of each foil.
- 5) Top stuffing with chicken breast half.
- 6) Top chicken with 1 cup broccoli.
- 7) Sprinkle with 1/4 cup cheese, 1 slice crumbled bacon and drizzle with 1 tablespoon ranch dressing.
- 8) Bring up foil sides and fold to seal, leaving room for heat circulation inside.
- 9) Place packets on cookie sheet and bake 35-40 minutes.
- 10) Remove packets and let stand 5 minutes.
- 11) Cut slits in foil to release steam before opening.

Alternate: use pork chops or beef steaks in place of the chicken breast. These can be made ahead and refrigerate or freeze till used.

Chicken & Dumplings

Ingredients:

- 1 Whole Chicken
(or 6 boneless breast)
- 4 Cans Chicken Broth
- 1 Can cream of chicken soup
- 1 pint cream
(whipping or half & half)
- 3-4 cans cheap biscuits
(not flakey or grands)



Instructions:

- 1) Boil chicken in 2 cans chicken broth – when done de-bone and skin. Add the other 2 cans of broth , add cream, chicken soup. Mix and heat.
- 2) The can biscuits come 8 to 10 to a can, pinch off portion sizes and drop into the mixture. Do not stir, this will cause the dumplings to get mushy. The mixture will start to boil, you will have to adjust the heat on the burner.
- 3) You can push the biscuits down into the pot with a wooden spoon to keep from boiling over.
- 4) Cook for about 10 to 15 minutes or until biscuits are done. To check to see if they are done, take a fork and cut one in half to make sure the are not doughy,

Take off burner and add chicken and stir.

Salmon with Lemon, Capers & Rosemary

Ingredients

- 4 (6-oz) salmon fillets
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh rosemary leaves
- 8 lemon slices (about 2 lemons)
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup Marsala wine (or white wine)
- 4 teaspoons capers
- 4 pieces of aluminum foil



Directions

- ◆ Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary.
- ◆ Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal.
- ◆ Top the each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers.
- ◆ Wrap up salmon tightly in the foil packets.
- ◆ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ◆ Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon.
- ◆ Serve in the foil packets.

Razorback Tailgate Chili

Ingredients:

2 lbs. Ground Beef
3 cans diced Ro-tel
1 clove finely chopped garlic
1 yellow onion (large)
1 bell pepper (large)
4-6oz. Teriyaki sauce
2 packet McCormick Chili mix
Chili powder
Salt and Pepper



Directions:

- ◆ Finely chop onion and bell pepper.
- ◆ Brown ground beef over medium heat.
- ◆ Mix chopped garlic, onion, and bell pepper in meat.
- ◆ Season with teriyaki sauce and chili mix.
- ◆ Continue to brown until meat is cooked thoroughly.
- ◆ Drain water from the Ro-tel and add to the meat.
- ◆ Season to taste with chili powder, salt and pepper.
- ◆ Cook for one hour over medium heat, stirring often.
- ◆ Remove from heat. Let stand for thirty minutes.
- ◆ Re-heat for fifteen minutes and serve.

Roasted Pumpkin Seeds

- ◆ Rinse pumpkin seeds under cold water, removing excess pulp just after removing seeds from pumpkin.
- ◆ Place seeds on oiled baking sheet (or use cooking spray) and sprinkle with salt (add other spices to your liking).
- ◆ Bake at 325° until toasted 25 minute). Stir after 10 minutes for a more even toasting.
- ◆ Let cool and store in an airtight container.



Citrus & Beet Spinach Salad



Ingredients:

1 pkg (10 oz.) baby spinach leaves
1 can (14-1/2 oz.) beets, drained, and chopped
2 navel oranges, sectioned
1 small red onion, thinly sliced
1/3 cup coarsely chopped walnuts or pecans, toasted
1/2 cup light raspberry vinaigrette dressing

Instruction:

- 1) Combine all ingredients except dressing in a large bowl
- 2) Add dressing just before serving
- 3) Toss to coat

Easiest Pineapple Cake

CAKE INGREDIENTS:

2 c all purpose flour
2 c sugar
2 eggs
1 tsp baking soda
1 tsp vanilla
pinch salt
20 oz can crushed pineapple (undrained)



FROSTING INGREDIENTS:

1 stick butter
8 oz cream cheese, softened
1 tsp vanilla
1-1/2 c confectioners' sugar
1 c chopped nuts, optional



DIRECTIONS:

- 1) Preheat oven to 350 degree F.
- 2) Mix the cake ingredients together in a bowl.
- 3) Pour in greased 9X13 pan and bake at 350 for 35-40 minutes till top is golden brown
- 4) Beat butter, cream cheese and vanilla together until creamy and gradually mix in powdered sugar
- 5) Frost cake while warm so frosting melts and seeps into cake
- 6) Sprinkle with chopped nuts if desired.



Quick Chicken Salad

Ingredients:

2 (12.5 oz) cans of chicken
(or 3 cups diced cooked chicken)
3/4 cup mayonnaise
1 cup red grapes halved
1 green onion diced
1 stalk celery diced
1/2 cup diced apple
salt and pepper to taste
pecans or cashews chopped
Croissant rolls



Instructions:

- ◆ Slice croissants to make sandwich slices, set aside
- ◆ Combine chicken and mayonnaise in a bowl
- ◆ Add grapes, green onion, celery, apple and nuts, stir until well blended
- ◆ Season with salt and pepper to taste
- ◆ Chill till ready to serve
- ◆ Spread on croissant rolls

Note easy way to cut grapes: Place grapes on paper plate and cover with second plate. With on hand firmly and gently press plate together. With the other hand using a sharp knife, carefully slide blade between plates slicing through grapes held inside. This method also works with grape tomatoes.

Serve with: Personal Veggie and Dip Cup on page 32

Pineapple Upside-Down Cake

Thanks to Carol Parker and Ben Wiley for sharing this recipe!

Ingredients:

3 tablespoons butter
1/2 cup light brown sugar
9 slices canned pineapple in juice, drained
5 maraschino cherries
1 1/2 cups sifted all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1/3 cup vegetable shortening
2/3 cup sugar
1 large egg
3/4 teaspoon vanilla extract
2/3 cup milk



Directions:

- ◆ Preheat oven to 350°F
- ◆ Melt butter in 8x8 pan in the oven. Remove, tip pan to spread the butter evenly over bottom.
- ◆ Sprinkle brown sugar evenly over butter, arrange pineapple rings over butter in 3 rows. Cut cherries in half, place one in center of each pineapple cut side up.
- ◆ Over sheet of parchment paper sift flour, baking powder, and salt together. Sift again.
- ◆ In large bowl, cream shortening and sugar with electric mixer till light and fluffy. Add egg beat till combined. Mix in the vanilla.
- ◆ Start with flour mix, blend in dry ingredients and milk, alternating the two. Stir only enough to combine.
- ◆ Carefully pour batter in pineapple-lined pan. Bake 40 minutes, toothpick inserted at center comes out clean.
- ◆ Run knife around edge, then place a plate upside down on top, invert cake on plate. Wait before removing the pan allowing syrup to soak into the cake.

Easter Bird Nest and Eggs

Ingredients:

1 package Almond Bark
(Vanilla, chocolate, or
Butterscotch)
4 cups Chow Mein Noodles
Malted Milk Robin's Eggs
(Jelly Beans or M&M's)
to fill nest
Butter or cooking spray



Instructions:

- 1) Rub butter in muffin pan or use cooking spray.
- 2) In a large, microwave safe bowl, melt almond bark. Microwave 45 seconds, stir; microwave an additional 45 seconds, stir. Continue till completely melted.
- 3) Add Chow Mein noodles and stir until coated.
- 4) Put butter (spray) on your hands. Spoon the mixture in each cup, use your hands to form little nests.
- 5) Put in freezer for 5 minutes.
- 6) Carefully pop each nest out using a knife or fork.
- 7) Place on serving plate and fill with candy.

Recipe makes 12 nests.

Father's Day Tropical Surf 'N Turf Kabobs



Ingredients:

1-2 lbs steak cut into 1-inch cubes
1 lb uncooked shrimp, peeled and de-veined
1 large purple onion (cut into large slices).
1 container button mushrooms
2 to 3 bell peppers (cut into square pieces)
1 package dried apricots
1 fresh pineapple, cut into 1 inch cubes
4 or 5 cloves garlic finely chopped
1 bottle Allegro Beef Marinade
1 bottle Stubbs Beef Marinade
1-2 cups raspberry vinaigrette or
Caribbean Jerk marinade
2 tablespoons Honey
1 tablespoon lime juice
Extra Spicy Mrs. Dash or red pepper
Salt and pepper to taste

Directions Dressing:

- ◆ Preheat oven to 350 degrees F.
- ◆ Crumble bread in large bowl, add rice and saltines.
- ◆ Cook sausage in a large skillet until it starts to brown.
- ◆ Add celery and onion and sauté until transparent, 5 to 10 minutes. Pour over bread and rice mixture.
- ◆ Add stock and mix well. Add salt, pepper, sage, and poultry seasoning. Mix well. Add the beaten eggs and melted butter. Mix well.
- ◆ Reserve 2 tablespoons of the stuffing mixture for the Mushroom Giblet Gravy.
- ◆ Pour stuffing into a greased pan and bake until cooked through and golden brown, about 45 minutes.

Mushroom Giblet Gravy:

4 cups turkey or chicken stock
Giblets from 1 turkey
2 chicken bouillon cubes
2 tablespoons reserved stuffing mixture
3 tablespoons cornstarch
1/3 cup cold water
2 pints button mushrooms, sliced
3 tablespoons butter
1 hard boiled egg, sliced
Salt and freshly ground black pepper

Instructions Gravy:

- ◆ Bring stock and giblets to a boil.
- ◆ Add bouillon and reserved stuffing mixture. Make slurry by whisking together the cornstarch and water and add to the boiling stock; cook 2 to 3 minutes.
- ◆ Meanwhile, sauté mushrooms until browned in butter.
- ◆ Add mushrooms to gravy with egg
- ◆ Salt and pepper to taste

**Paula Dean's Good Old Country
Dressing and Mushroom Giblet Gravy**



Ingredients Dressing:

2 loaves oven-dried white bread (prefer Pepperidge Farm)
2 cups cooked white rice
1 sleeve crushed saltines
1 pound bulk breakfast sausage
2 cups chopped celery
1 large onion, chopped
7 cups chicken stock
Salt and freshly ground black pepper
1 teaspoon dried sage leaves
1 tablespoon poultry seasoning
3 eggs, beaten
1/4 stick butter, melted

Marinade for steak:

Combine steak, half of garlic, and enough Allegro and Stubbs to cover steak (50/50 mixture). Add salt, pepper, and Mrs. Dash or red pepper to taste. Cover and marinate for a minimum of 30 minutes to overnight!

Marinade for shrimp and vegetables:

Whisk together raspberry vinaigrette or Jerk marinade, honey, rest of garlic, and lime juice. Add salt, pepper, and Mrs. Dash or red pepper to taste. Toss with shrimp, onion, mushrooms, bell pepper, apricots, and pineapple. Cover and marinate for at least 30 minutes.

Directions:

Heat grill to medium-high heat, 350°
Load all ingredients onto metal or bamboo skewers (if using bamboo, make sure to soak them for 30 minutes in water to keep them from burning)
Place loaded skewers onto grill, rotating once for even cooking.
Grill until for around 4 to 7 minutes per side. Time may vary, so keep a watchful eye for desired doneness. Make sure shrimp is pink but not rubbery!
Remove from grill and dig in!

Note:

You may want to baste the kabobs with one or both of the marinades throughout the grilling process.

French Toast Casserole

Ingredient List:

- 1 loaf French Bread
- 2 tbsp sugar
- 5 eggs
- 1 tsp vanilla
- 1 cup Half-n-Half
- 1 cup milk
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 cup butter or margarine
- 1 tbsp light corn syrup
- 1 cup packed light brown sugar
- 1 cup chopped pecans



Instructions:

- 1) The night before serving slice bread into one inch slices. Arrange two layers of bread slices in a greased casserole dish.
- 2) Combine sugar, eggs, vanilla, Hal-n-Half, milk, ¼ tsp cinnamon, and ¼ tsp nutmeg.
- 3) Pour mixture over sliced bread.
- 4) Cover with foil and refrigerate overnight.
- 5) The next morning melt butter, and combine with light corn syrup, brown sugar, chopped nuts, ½ tsp cinnamon, and ½ tsp nutmeg.
- 6) Pour over bread.
- 7) Cook at 350 degrees for 40 minutes until puffed and golden.

Serve hot with your favorite morning beverage

Mom's Cream-Cheese Cherry Pie!

Ingredients Pie Crust:

- 1 cup Corn Flake crumbs
- 1/3 cup sugar
- 1/4 cup melted butter

Ingredients Pie Filling:

- 1 can cherry pie filling, chilled
- 8oz cream cheese, softened
- 1 can sweetened condensed milk
- 1/3 cup real lemon juice
- 1 teaspoon vanilla extract



Direction for pie crust:

- ♦ Combine Corn Flake crumbs, sugar, and butter
- ♦ Mix thoroughly
- ♦ Press into 12" pie plate

Direction for pie filling:

- ♦ Beat cream cheese with a hand mixer until soft
- ♦ Add sweetened condensed milk and beat till smooth
- ♦ Add lemon juice and vanilla and beat until well mixed
- ♦ Pour filling into pie plate
- ♦ Chill pie for 24 hours
- ♦ Top with chilled cherry pie filling

Serve and enjoy!!!

Molten Chocolate Lava Cakes **with Raspberry Sauce**

Cake Ingredients:

6 1oz bittersweet chocolate squares
2 1oz semi-sweet chocolate squares
10 tablespoons butter (1¼ stick)
½ cup all-purpose flour
1½ cups confectioners' sugar
3 large eggs
3 egg yolks
1 teaspoon vanilla extract
2 tablespoons Grand Marnier or
other orange liqueur



Directions:

- ◆ Preheat oven to 425°F, grease 6 (6oz) custard cups
- ◆ Melt chocolate and butter in microwave or double boiler
- ◆ Add flour and sugar to chocolate mixture, stir in eggs and yolks until smooth, stir in vanilla and Grand Marnier
- ◆ Divide batter evenly among custard cups
- ◆ Bake for 14 minutes. Edges firm but center runny, invert on dessert plate. Top with raspberry sauce

Sauce Ingredients:

10 oz package raspberries, thawed, drained, juice reserved
¼ cup white sugar
2 tablespoons cornstarch
2 tablespoons raspberry or orange flavored liqueur

Directions:

- ◇ Add water to juice to measure 1 cup
- ◇ Stir together sugar and cornstarch in saucepan, add juice and raspberries. Heat to boiling over medium heat. Boil and stir for 1 minute
- ◇ Stir in liqueur
- ◇ Cool slightly before drizzling over lava cakes

Green Bean Bundles



Ingredients:

3-4 cans cut green beans
1- 12 ounce package thin sliced bacon
1 stick margarine or butter
1 Tablespoon garlic powder
1 Cup brown sugar

Directions:

Cut the bacon strips in half
Roll 4-6 pieces of green beans in a half strip of bacon.
Place loose end down in an oven safe dish. Continue making rolls till dish is full
Melt margarine or butter in sauce pan. Stir in brown sugar and garlic powder. Drizzle over bundles and cover with aluminum foil.
Preheat oven to 425 degrees F. Bake for 30 minutes, remove foil and bake an additional 15 minutes to brown.

Now that's a different kind of green bean!

Grilled Halibut **with Blueberry-Pepper Jam**



Ingredients:

- 4 5- to 6-ounce fresh halibut steaks or fillets
1 inch thick (may also use salmon or sea bass)
- 1 cup blueberries
- 1 teaspoon fresh sage
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon finely shredded orange peel
- 1 cup garlic croutons, coarsely crushed
- 1/4 cup snipped fresh sage
- 1 teaspoon freshly ground black pepper
- 2 tablespoons orange juice
- 1 tablespoon olive oil

Mini Sausage Wreath



Ingredients:

- Mini Sausages
- Refrigerated Crescent Rolls Dough
- Red Bell Pepper
- Diced Rosemary
- 1/3 cup Butter
- 1/2 cup BBQ Sauce
- 1/2 cup Whole Berry Cranberry Sauce

Directions:

- ◆ Preheat the oven to the temperature specified on the package of Refrigerated Crescent Dough Rolls. Drain the liquid off of the mini sausages.
- ◆ Unroll the crescent dough and separate at the perforations to create 4 rectangles. Press together the remaining perforation in each rectangle. With a knife or pizza cutter, cut each rectangle lengthwise into 8 strips making a total of 32 strips.
- ◆ Wrap one strip of dough around each mini sausage. Lay out the crescent-wrapped sausages with their sides touching on an ungreased cookie sheet in a circle forming a wreath shape.
- ◆ Bake for 11-15 minutes or until golden brown. Melt 1/3 cup of butter and brush the butter on top of the crescent-wrapped sausages. Sprinkle the rosemary on top of the butter.
- ◆ Cut a red bell pepper into a bow shape for garnish.
- ◆ Combine the BBQ sauce and cranberry sauce in a small saucepan over low heat, stirring until heated through. Serve with wreath for dipping.

Kings Hawaiian **Baked Ham & Swiss Sandwiches**

Ingredients:

- 12 pack of King's Hawaiian Rolls
- 1 lb. deli ham, shaved
- 1 lb. Swiss cheese, thinly sliced
- 1 1/2 sticks butter
- 3 tablespoons Dijon mustard
- 1/2 teaspoon Worcestershire sauce
- 3 teaspoons of poppy seeds
- 1 onion, chopped



Directions:

- ◆ Heat oven to 350. Melt butter and mix in mustard, Worcestershire sauce, onion and poppy seed. Simmer for several minutes.
- ◆ Cut entire pack of rolls in half horizontally, keeping top and bottom halves together.
- ◆ Place bottom half of rolls in a greased 9×13 pan and spread 1/3 of the onion mixture over the bottom of the rolls followed by the ham and cheese.
- ◆ Replace tops of rolls and spread remaining onion mixture over top.
- ◆ Cover and bake for 15-20 minutes. Separate to serve.

Personal Veggie and Dip Cup

- 1 bunch carrots
- 1 stalk celery
- 1 bottle salad dressing
- 24 small plastic cups



- ◆ Clean celery & carrots cut in 3"-4"sticks
- ◆ Pour 2 tablespoons salad dressing in each cup
- ◆ Add 6 carrot and 6 celery to cup
- ◆ Chill and serve

Directions for Fish:

- ◆ Rinse fish and pat dry.
- ◆ In small bowl combine crushed croutons, the 1/4 cup Sage, the orange peel, and 1/4 teaspoon pepper
- ◆ Stir in orange juice and 1 teaspoon olive oil until lightly moistened; set aside
- ◆ For a charcoal grill, grill fish, skin side up if using fillets, on the greased rack of an uncovered grill directly over medium coals for 5 minutes.
- ◆ Turn and top fish evenly with crouton mixture, gently pressing onto fish.
- ◆ Grill for 7 to 10 minutes more until fish flakes easily when tested with a fork.
- ◆ For a gas grill, preheat grill, reduce heat to medium, and grill covered following same directions above.
- ◆ To serve, place fish on serving platter. If desired, drizzle fish with additional olive oil.
- ◆ Serve with Blueberry-Pepper Jam (recipe below)

Blueberry-Pepper Jam:

- ◆ In a medium bowl mash 3/4 cup of the blueberries with potato masher or fork.
- ◆ Stir in remaining 1/4 cup blueberries, the 1 teaspoon Sage, and the 1/2 teaspoon pepper.
- ◆ Cover and chill until ready to serve.
- ◆ Place over fish and enjoy!!

Happy Holiday Marshmallow Fudge



Ingredients:

- 4 1/2 cups sugar
- 1- 12 ounce can evaporated milk
- 1 Cup margarine or butter
- 1-8 ounce jar marshmallow cream
- 2 Tablespoons vanilla
- 2- 12 ounce bags chocolate chips
- 1-2 Cups chopped nuts (optional)

Directions:

- ◆ Preheat oven to 375 degrees F (190 degrees C)
- ◆ Butter the bottom and sides of a 9 x 13 inch baking pan
- ◆ Combine the milk and sugar, and stir over the stove until it comes to a boil.
- ◆ Boil for 8 minutes.
- ◆ Remove from heat, add the margarine, marshmallow crème, vanilla and chocolate chips.
- ◆ Stir until glossy and then add nuts.
- ◆ Pour into buttered dish and chill.
- ◆ Cut when firm.

Johnsonville Wake-up Cups



Quick and simple answer for busy holiday breakfast.

INGREDIENTS:

- 2 links Johnsonville® Breakfast Sausage
Fully Cooked cut into 1/2-inch pieces
- 1/2 cup frozen shredded hash brown potatoes
- 1 egg
- 1 tablespoon milk
- 2 tablespoons shredded Cheddar cheese
- Salsa, optional

INSTRUCTIONS:

- ◆ Coat 12oz microwave-safe coffee cup with cooking spray.
- ◆ Add hash browns and microwave on high 1 minute.
- ◆ In small bowl, combine egg, milk, sausage and cheese; pour over hash browns. Stir until blended.
- ◆ Microwave on high 30 seconds. Stir. Microwave 30 second intervals more until eggs are set.

Serve with salsa if desired.

Independence Day Triple- Berry Trifle

Ingredients:

1 package white cake mix
2 cups blueberries
2 cups raspberries
2 cups strawberries, halved
1/3 cup granulated sugar
1/4 cup raspberry flavored Liqueur
or cranberry-raspberry juice
1 cup whipping cream
2 tablespoons powdered sugar



Directions:

- ◆ Place large mixing bowl in refrigerator for chilling
- ◆ Bake cake as directed on box
- ◆ Let cake cool completely, about 1 hour
- ◆ While the cake is cooling, gently mix berries, sugar, and raspberry liqueur in medium sized bowl
- ◆ In large chilled bowl, beat whipping cream and powdered sugar with an electric mixer on high speed until stiff peaks form
- ◆ Cut or tear cake into 1 inch pieces
- ◆ Place half the cake pieces at the bottom of a 3-quart glass trifle bowl
- ◆ Spoon half the berry mixture over cake layer
- ◆ Layer half the whipping cream on top of berries
- ◆ Repeat layers, finishing with whipped cream layer
- ◆ Garnish with fresh berries and a sprig of mint if desired
- ◆ Refrigerate at least 1 hour before serving
- ◆ Eat and enjoy!!

Healthier Banana Nut Bread

Moist honey-sweet loaf with lots of banana flavor

Ingredients:

No-Stick Cooking Spray
1-3/4 cups All Purpose Flour
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon salt
1/2 cup honey
1/4 cup Pure Canola Oil
1/2 cup Egg Beaters®
3 medium very ripe bananas,
mashed
1 teaspoon vanilla extract
1/4 cup chopped pecans



Instructions:

- ◆ Preheat oven to 350°F. Spray 9x5-inch loaf pan with cooking spray; set aside.
- ◆ Stir together flour, baking soda, cinnamon and salt with wire whisk in medium bowl; set aside.
- ◆ Mix honey and oil together in medium bowl until well combined. Add Egg Beaters; mix well. Add banana and vanilla; mix well.
- ◆ Blend in flour mixture and nuts. Spread batter in prepared pan.
- ◆ Bake 55 to 60 minutes or until wooden pick inserted in center of loaf comes out clean.
- ◆ Cool 20 minutes before removing from pan.

Store leftovers in airtight container up to 3 days.

Hearty Chicken Pot Pie

Ingredients:

Chicken and Stock:

3-4 lbs chicken thighs
1 carrot
1 celery stalk
1 small onion, halved
2 tsps salt

Filling Ingredients:

6 tbsp unsalted butter
1¼ cups onion, diced
3 carrots, thin sliced diagonal
3 celery stalks thin sliced diagonal
½ cup all-purpose flour
1½ cups milk
1 tsp chopped fresh thyme leaves
¼ cup dry sherry
¾ cup green peas, frozen (thawed) or fresh
2 tbsp minced fresh parsley
2 tsp salt
½ tsp freshly ground black pepper

Egg Wash:

1 egg whisked with 1 Tbsp water

Pie Crust:

2 refrigerated or frozen pie crusts



Directions:

Cook the chicken & make the chicken stock:

- ◆ Combine chicken, carrot, celery, onion & salt into a large stock pot. Add cold water until just covered & bring to a boil over high heat. Reduce the heat to a simmer & cook for 45 minutes.
- ◆ Remove the chicken from the pot & let cool for 15 minutes. While the chicken is cooling, continue to boil the remaining water & vegetables in the pot.
- ◆ When the chicken has cooled enough to touch, strip away as much of the meat as you can, set aside.
- ◆ Return bones & skin to stockpot, continue to boil on high heat until stock has reduced to 1 or 1½ quart
- ◆ Use 2½ cups stock for recipe and store remainder for another time.

Prepare the filling:

- ◆ Preheat oven to 400°
- ◆ In a large skillet, melt butter on medium heat, add onions, carrots and celery, cook 10 minutes.
- ◆ Add flour & cook, stirring, one minute. Whisk in 2 1/2 cups of chicken stock and milk.
- ◆ On low heat simmer 10 minutes, stirring often.
- ◆ Add chicken meat, thyme, sherry, peas, parsley, salt & pepper. Stir well.
- ◆ Taste & adjust seasoning if necessary.

Prepare the pie:

- ◆ Place 1 pie crust in deep-dish pie plate. Add filling & top with the other crust. Cut 1" vent in top of pie.
 - ◆ Apply egg wash to the pie with a pastry brush .
 - ◆ Line baking sheet with foil & place pie on top.
 - ◆ Bake at 400° for 45 minutes or until the pastry is golden brown & the filling is bubbling.
- Let cool at least 5 minutes before serving.