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*Green Family Recipes*

*Tried and true favorite recipes from*

*family, friends and other sources*

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# Appetizers/Soups

**Amy’s Trail Mix**

Mix together equal amounts of the following:

Dark chocolate chunks/chips

Honey roasted peanuts

Dried cranberries

Raisins

Any other small dried fruit pieces you like

**Bennigan’s Ultimate Baked Potato Soup** 400°

1 tbsp butter

1 ½ c finely chopped onions

2 tbsp minced garlic

1 can (14.5 oz) chicken broth

3 c milk

1 tsp salt

¼ tsp pepper

3 lb all-purpose potatoes, scrubbed & pierced

TOPPINGS:

Shredded cheddar cheese

Crumbled bacon

Chopped scallions

Bake potatoes for 1 hour or until tender when pierced. Peel when cool enough to handle. Melt butter in a 4-6 quart pot over medium-low heat. Stir in onions and garlic, cover and cook 10 minutes until soft, but not brown. Add ⅔ of the potatoes and mash with a potato masher. Add broth, milk, salt and pepper. Bring to a simmer, stirring occasionally. Cut remaining potatoes in small cubes. Add to soup and stir gently to reheat. Sprinkle each serving with toppings.

**Lemon & Dill Dip**

*Courtesy of friend Meredith Principe*

1 pkg (16 oz) cream cheese 1 tbsp lemon juice

¼ tsp ground black pepper ½ tsp garlic powder

½ tsp dried parsley ½ tsp dried basil

½ tsp dried dill weed ½ tsp celery salt

Soften cream cheese and mix in all ingredients in food processor; chill before serving. Serve with Wheat Thins or other crackers or veggies.

**HUMMUS**

Traditional Hummus

1 16 oz can garbanzo beans/chickpeas, drained

1 ½ tbsp tahini

2 tbsp olive oil

3-5 tbsp lemon juice (depending on taste)

2 cloves garlic, crushed

½ tsp salt

*Optional spices:* onion, cumin, cayenne pepper, extra garlic

*Optional add-ins:* ¼ c roasted red peppers or black olives

Blend all ingredients in blender or food processor for 3-5 minutes on low until thoroughly mixed and smooth.

Hummus without Tahini

1 16 oz can garbanzo beans/chickpeas, drained

¼ c olive oil

3 tbsp lemon juice

1 tsp cumin

Follow directions above

Spinach and Feta Hummus

1 can garbanzo beans/chickpeas (15 oz), drained

½ c fresh spinach

3 oz, crumbled feta cheese

¼ c olive oil

3 tbsp lemon juice

2 tbsp tahini

¼ cups red pepper flakes

1 tsp roasted garlic

In a food processor combine, beans, tahini, spinach, garlic, olive oil, and lemon juice. Blend well. Add cheese and red pepper flakes and blend to a smooth and creamy dip.

STORAGE:

Hummus can be refrigerated for up to 3 days and can be kept in the freezer for up to one month. Add a little olive oil if it appears to be too dry. - About.com

**3-Ingredient Chili Bowl (“**[**Hungry Guy Chili”)**](http://chocolatecoveredkatie.com/2011/01/10/how-to-feed-a-hungry-guy-friend/)

*By Chocolate-Covered Katie*

Cooked bulgur (or rice) (cooked with salt)

Daiya Vegan Cheese or shredded cheddar

Amy’s Black Bean Chili

Mix 2 parts bulgur to 3 parts chili (e.g. 2 cans + 2c rice), then cover with cheese and microwave. Stir and serve.

**Fiery Tomatillo-Chipotle Spread and Tortilla Wraps**

*Courtesy of friend Josh White*

*Spread:*

1 lb tomatillos, roughly chopped

1 tsp minced garlic

½ tsp honey

Dash salt

Chipotle peppers in adobo sauce:
 3 chipotles + 1 tbsp sauce

⅓ c chopped cilantro

Corn chips

In a blender or food processor, puree the tomatillos, garlic, honey, and salt until mostly pureed. Add chipotles, adobo sauce and cilantro and blend for another 15 seconds. Serve with the corn chips.

*Wraps:*

4-6” flour tortillas

8 oz rare roast beef, thinly sliced

Spread the tortillas with a generous coating of spread. Top each tortilla with 2 oz of the beef and roll it up.

**Oven Crisp Chicken Wings** 425°

*By Marie, food.com (originally from CDKitchen)*

25 whole chicken wings (5.5 lb), tips removed

1 cup flour

3 tbsp paprika

1 tbsp garlic salt

1 tbsp black pepper

3⁄4 (mild) to 2 tsp (HOT) cayenne pepper

1/2 c butter

* Cut wings in half at joints. Be sure wings are thawed and dry them well with paper towels.
* Shake flour and spices together in a plastic bag. Add wings and shake to coat.
* Put wings on 3 baking sheets lined with parchment paper. Baste with ¼ c butter and bake 30 minutes.
* Turn wings over, baste with ¼ c butter and bake 15 more minutes or until crispy.
* Dip them in your favorite sauce or they are yummy as-is.

*Buffalo sauce:* Mix 3 c Frank's Red Hot Original Sauce (not Wings sauce) with 3 sticks butter.

**Miyabi Japanese Onion Soup**

*By VTodd, Food.com*

3 cups beef broth 7 cups chicken broth

1 large carrot 1 onion, chopped

2 garlic cloves, crushed 1 green onion, sliced

1 mushroom, sliced 1 tbsp fried onions

Combine beef and chicken stock in a pot. Add carrot, onion and garlic. Bring to a boil, lower heat and simmer for 30 minutes. Discard the carrot, onion and garlic and strain the soup through cheesecloth. Place a small amount of each of the green onions, mushrooms and french fried onions in serving bowls and ladle the broth over them. Serve.

**Pita Chips**  400°

*Allrecipes.com*

8 pita bread pockets ½ c olive oil

½ tsp ground black pepper 1 tsp garlic salt

½ tsp dried basil

1 tsp dried chervil (or 1 tsp parsley + 1/8 tsp sage)

Cut each pita bread into 8 triangles. Split each triangle into two thinner ones. Place triangles on lined cookie sheet. (Total 128 chips) In a small bowl, combine the oil, pepper, salt, basil and chervil. Brush each triangle with oil mixture. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily!

# Cakes/Cookies

**Best Vanilla Frosting Ever**

*Courtesy of Elizabeth Dewey*

1 c whipping cream

2 tbsp sugar

1/2 tsp vanilla

8 oz cream cheese

1/2 c sugar

Whip cream until soft peaks form and then whip in the 2 tbsp sugar and vanilla. In a separate bowl, whip together the cream cheese and 1/2 c sugar, and then add to first mixture. Whip everything together.

**Best Cheesecake EVER** 350°

*Courtesy of friend Brent Horine’s mother, Liz Horine*

*Graham Cracker Crust*

1 ¼ c graham cracker crumbs (about 16 crackers)

2 tbsp sugar

3 tbsp melted butter

Stir above ingredients together thoroughly. Press mixture evenly in bottom of 9” buttered spring form pan. Bake 10 minutes at 350. Cool.

*Cream Cheese Filling:*

32 oz cream cheese (4 pkg), softened

1 c sugar

1 tbsp lemon juice

1 tsp vanilla

3 large eggs

Beat cream cheese in large bowl. Gradually add sugar, beating until fluffy not lumpy. Add lemon juice and vanilla. Beat in eggs, one at a time. Pour over crumb mixture and bake 45 minutes. Cool 5 minutes.

*Sour Cream Glaze:*

Mix together 1 c sour cream, 2 tbsp sugar, ½ tsp vanilla and gently spread over baked cream cheese. Bake 20 minutes.

**Top of the Stove Cookies**

*Courtesy of Marian Price’s friend Jeanne Williams*

In saucepan, mix 2 c sugar or sugar substitute, ¼ c unsweetened cocoa, ½ c milk, ¼ c butter or margarine and bring to a rolling boil. Remove from heat and add 1 tsp vanilla, ½ c peanut butter, and 3 c uncooked oatmeal. Stir. Drop by teaspoonfuls on waxed paper.

**Dream Cake** 350°

*Courtesy of Amy’s mother, Marian Price*

1 box yellow cake mix ½ c shredded coconut

½ c cooking oil ½ c water

4 eggs 8 oz sour cream

12 oz chocolate chips 1 c chopped pecans

1 pkg inst vanilla pudding

6 oz bar Baker’s German chocolate, grated

With electric mixer, mix together cake & pudding mix, oil and water. Add eggs, one at a time, beating after each. Stir in sour cream, chocolate chips, pecans, grated chocolate and coconut. Bake in well-greased Bundt or tube pan for about 55 minutes or until toothpick comes out clean.

**Hot Chocolate Cookies** 355°

*By Chocolate-Covered Katie*

2 c spelt or all-purpose flour

1/4 c cocoa powder or hot cocoa mix

1/2 c packed pitted dates (Sunmaid is best)

1/2 tsp salt

1 tsp baking soda

2 c chocolate chips

2 tsp pure vanilla extract

½ c unrefined coconut oil

In a food processor, blend the first five ingredients until dates are finely pulverized. In a separate bowl, combine vanilla, oil, and 3/4 c of the chocolate chips. Microwave 1 minute, then stir til melted. Pour the dry ingredients, as well as the remaining 1/4 cup of chocolate chips, into the wet. Stir until evenly mixed, making sure to break up any big clumps. It’ll seem dry at first, but keep stirring until it all looks dark and shiny. If still too dry, add more oil. Drop by rounded spoonfuls on cookie sheets and bake 7-8 minutes. Take out when still undercooked, as these continue to cook as they cool.

**Mom's Best Chocolate Cake** 350°

*Courtesy of Amy’s mother, Marian Price*

1 chocolate or devil’s food cake mix

1 pkg chocolate pudding mix

1 12 oz pkg chocolate chips

2 eggs

1 ¾ c sour cream

Mix ingredients and bake in a greased, floured tube pan for 50-55 minutes till cake springs back when touched. For frosting (optional), melt more chocolate chips and stir in a little cream.

**Old-Fashioned Extra-Moist Carrot Cake** 350°

*Courtesy of Amy’s mother, Marian Price*

3 c grated carrots 4 eggs, well beaten

2 c sugar 1 tsp vanilla

1 ¼ c cooking oil ½ tsp salt

1 tsp ground cinnamon 2 c all-purpose flour

1 tsp baking powder 2 tsp baking soda

½ c raisins ½ c pecans

Combine carrots, sugar, oil, eggs and vanilla, then stir in remaining ingredients, mixing well. Spoon into greased and floured cake pan. Bake 30 minutes or until a toothpick inserted in center comes out clean. Spread Cream Cheese Frosting (recipe below) between layers and on top of cake while still warm.

*Cream Cheese Frosting*

1 16 oz. pkg powdered sugar

1 8 oz. pkg cream cheese, softened

½ c butter, softened 1 tsp vanilla

Cream all ingredients until well blended.

**Orange Cupcakes** 350°

Courtesy of Amy’s mother Marian Price

Cakes:

1 yellow cake mix

3 eggs

1/3 cup oil

1 ¼ cups orange juice (use undiluted, thawed orange juice concentrate for stronger flavor)

½ zest of one orange

Before mixing, check the directions on the cake mix box and adjust ingredients to match. Mix cake batter with electric mixer according to directions, then gently stir in half of the orange zest by hand. Spoon batter into greased miniature muffin tins, about half full. Bake about 12-14 minutes till top springs back when touched. Cool on racks then remove from tins and frost. (Bake in two batches for best results.)

Frosting:

¼ cup butter or stick margarine, softened

½ tsp salt

3 cups sifted confectioners’ sugar

¼ cup orange juice

½ zest of one orange

Mix the margarine, salt, rest of the zest, and one cup of the sugar. Alternately add the orange juice and the remaining sugar till the frosting is smooth and creamy enough to stay on top of the cakes. Spread it on the tops of the cakes and keep at room temperature till serving time. Once the frosting has “set up,” you can drape aluminum foil over the cakes if you want, but they’ll keep fine without any covering.

**The Best Healthy Chocolate Chip Cookies**380°

*By Chocolate-Covered Katie*

2 ½ c oat flour

½ tsp salt

1 tsp baking soda

½ c coconut sugar or brown sugar

½ c unrefined sugar or xylitol

½ c chopped macadamias or walnuts (optional)

1 cup chocolate chips

2 tsp pure vanilla extract

¼ c vegetable or melted coconut oil or ghee

1/3 c milk of choice (add more if too dry)

Line a baking sheet with parchment paper. Combine all dry ingredients and mix very well. Add wet, and form into a big ball. Make little balls from the big one and place 2” apart on baking sheets. Bake 9 minutes, or until they’ve spread out and look almost cooked. Leave on tray 10 minutes to continue to cook. Refrigerate to firm if needed. Makes 2 dozen.

# Desserts/Sweet Breads

**3-Minute Protein Granola Bars**

*Chocolate Covered Katie*

3 cups quick oats or rolled oats (120g)

1/2 tsp salt

1 cup peanut butter or cashew butter

1 cup agave or honey

1 1/3 cup protein powder of choice

½-2/3 c mini chocolate chips, optional

Stir all ingredients together until well-mixed. Transfer the mixture to a 9×14 pan lined with parchment or wax paper. Place another sheet of parchment or wax over the top and continue to smash down and spread until it fills the bottom of the pan. Freeze until hard, then cut into bars. For optimum freshness, store leftover bars in the freezer for up to a month.

**Amy’s Banana Pudding**

*Adapted from a recipe on box of Murray Nilla Wafers*

1 box Nilla wafers

2 boxes instant vanilla pudding

4 c milk

8 oz sour cream

1 tsp vanilla extract

7 medium bananas, sliced

12 oz whipped topping

Set out whipped topping to soften. Line sides and bottom of 13”x9” pan with one layer Nilla wafers. In large bowl, blend pudding mix, milk, sour cream and extract with an electric mixer for one minute. Stir in sliced bananas. Spread half of mixture into pan, add a layer of Nilla wafers, and spread the remaining half over that. Spread softened whipped topping on top. Sprinkle wafer crumbs on top for decoration. Refrigerate and serve cold.

**Brenda’s Pie Crust** 375°

*Courtesy of friend Brenda Girolamo*

½ c butter (softened) / 1 c. flour / 2 tbsp sugar

Mix together, working with hands (coated with flour) until dough almost holds together. Press into pie plate. Poke the bottom with a fork. Bake at 375 for about 15 minutes. Pour in pie mixture and bake according to recipe. Wrap tin foil around edges of crust to avoid burning.

**Amy’s Wholesome Banana Bread** 350°

*A Christmas favorite! BH&G recipe made healthier and yummier. 4 batches*

*Combine in a very large (12” dia) mixing bowl:*

12 mashed overripe bananas

2 c xylitol or sucralose (replaces 2 c sugar)

2 c applesauce (replaces 4 beaten eggs & 1 c oil)

*Combine in another large (10-12” dia) mixing bowl:*

2 c all-purpose white flour

2 c whole wheat flour (replaces 2c white flour)

2 c wheat germ (replaces 2c white flour)

2 tbsp baking powder

1 tsp baking soda

2 tsp ground cinnamon

½ tsp salt

Stir the flour mixture in batches into the banana mixture (batter will be lumpy). **Let batter sit 10-20 minutes or overnight, to let the flour soak in moisture.** Fold in 2 c chopped walnuts, pecans, or both.

Coat the bottom of 4 large loaf pans (or 6 med or 16 mini pans) with cooking spray. Spoon batter into the prepared pans. Bake 55 minutes (or 45 for med and 35 for mini loaves) or until top is golden and a wooden toothpick in the center comes out clean.

Cool pans on a wire rack for 10 minutes. Remove loaves from pan and cool completely on rack. Loaves can be refrigerated or frozen. They are great toasted and topped with butter, cream cheese or peanut butter.

**Apple Crisp** 375°

*Courtesy of Amy’s parents, Tom and Marian Price*

8 apples ⅓ c orange juice

¾ c sifted flour ¾ c sugar

1 ½ tsp cinnamon 1 tsp ginger

½ tsp nutmeg ½ tsp ground cloves

½ c butter (1 stick)

Peel and slice apples into a greased 8x8 baking dish. Pour orange juice over apples. Combine the flour, sugar and spices in medium mixing bowl. Cut the butter into the flour mixture until it is crumbly with crumbs the size of raisins. Sprinkle flour mixture over apples and bake for 45 minutes or until apples are tender and top is golden brown. Serve with vanilla bean ice cream or whipped cream. Variations: 6 apples + 1c cranberries / 4c blueberries, no apples / 4 apples + 2c blueberries

**Award-Winning Apple Pie** 375°

*Courtesy of Amy’s coworker Paul Prescott*

Ingredients for 2 pies:

4 pre-made frozen deep dish pie crusts 4-5 c sugar

¾ tbsp nutmeg 1 ½ - 2 tbsp cinnamon

10-12 medium sweet apples (Cortland/Macouns)

½ c milk 2 tsp of butter or margarine

1. Leave 2 pie crusts in the freezer and take the other 2 and leave them on the counter to thaw (still in tins).
2. Mix in a bowl the sugar, nutmeg, and cinnamon.
3. Peel, core and slice apples thinly to about ¼”.
4. Take the other 2 pie tins out of the freezer and coat them with a thin layer of milk.
5. Using a tablespoon, spread an even, thin coat of sugar mix in each of the pie crusts.
6. Lay down a single layer of apple slices covering the bottom and sides.
7. Spread more sugar mix on top of the apple slices.
8. Repeat step 7 until you are at the lip of the pie crust.
9. Keep repeating step 7 but angling in so the apple layers start to look like an upside down “V” to fill in the underside of the top crust.
10. Place 3 or 4 small (1/4 tsp or so) wedges of butter on top of the apples.
11. Take the thawed pie crust and carefully peel back the tin trying to keep the pie crust from breaking.
12. Lay the thawed pie crust upside down on top of the apples so it becomes the top crust.
13. Pinch together the edges (I use a fork but fingers work especially well).
14. Coat the top pie crust with milk
15. Spread plenty of sugar on the top pie crust. It will turn hard after caramelizing and cooling.
16. Place on the center rack in an oven preheated to 375 degrees. Note: I like to place a cookie sheet underneath and then loosely lay tin foil on top of that. This catches the juices that can bubble out of the pie and make a smelly, sticky, smoke filled mess in your oven.
17. Cook for about an hour. Use a regular table fork to stick into the pie until it goes in and comes out without resistance. This means the sugary apple mix inside is soft and ready to eat. Cook for less time if you like firmer apples.

**Chocolate Peanut Butter Power Balls**

*By Lisa Leake of 100 Days of Real Food*

¾ cup nuts ¾ cup dates dried, pitted

2 tbsp all-natural peanut butter 3 tbsp cocoa powder

Blend all ingredients in a food processor. Form into balls and keep refrigerated.

**Banana Chocolate Chip Muffins**  380°

*“Breakfast Oatmeal Cupcakes To Go”*

*By Chocolate-Covered Katie*

* 5 cups rolled oats (400g)
* 1 tsp salt
* 1 ¼ tsp NuNaturals stevia (5 packets) (or 5 tbsp pure maple syrup, agave, or honey)
* optional: 2/3 cup mini chocolate chips
* 2 1/2 cups over-ripe mashed bananas
* 2 2/3 c water (or 2 1/3 with liquid sweetener)
* 5 tbsp coconut or veg oil
* 2 1/2 tsp pure vanilla extract
* optional add-ins: cinnamon, shredded coconut, chopped walnuts, ground flax or wheat germ, raisins or other dried fruit, etc.

Grease a cupcake tin. In a large mixing bowl, combine all dry ingredients well. In a separate bowl, combine wet ingredients and banana. Mix wet into dry, then pour into the tin and bake 21 minutes. Broil 1-2 minutes and cool. Taste great when reheated for a quick breakfast or snack.

**B****anana Ice Cream (“Nice Cream”)**

*Chocolate-Covered Katie*

Freeze 2-3 sliced browning bananas for 4 hours or overnight. Add a pinch salt and a few tbsp milk if desired. Add coconut milk or butter for more of an ice cream taste. Blend in a food processor until smooth and creamy. Serve immediately for soft-serve or in 30 minutes for ice cream texture.

* *Chocolate:* 1/4 tsp vanilla and 3 tbsp cocoa powder. Optional: 2 tbsp peanut butter or 4 tbsp Nutella
* *Mint Chocolate Chip:* 1/8+ tsp peppermint extract. Stir in 2 tbsp chips after blending.
* *Cookies ’n Cream:* Stir in crushed Oreos
* *Very Berry:* 1 c frozen berries + 1/8 tsp vanilla extract
* *Vanilla Bean:* 1/2 tsp vanilla bean paste
* *Cinnamon Dulce:* 5 tbsp cond milk, ½ tsp cinnamon
* *Strawberries & Cream:* ½ c chopped frozen strawberries and 2 tbsp cream

**Dairy Queen Blizzard**

1/2 candy bar or 3 sandwich cookies

1 1/4 c ice cream (any flavor)

1/8 c milk (or to texture desired)

Blend all ingredients except candy for about 30 seconds in a blender or 15 in food processor. Cut or crush candy into tiny pieces for a blender and large chunks for a food processor. Add candy and continue blending until at desired texture.

**BEST EVER Black Bean Brownies** 350°

*By Chocolate-Covered Katie*

30 oz black beans, drained and rinsed very well

¼ c cocoa powder

1 cup quick oats

½ tsp salt

2/3 cup pure maple syrup, agave or honey

1/4-1/2 tsp uncut stevia (or ¼ c sugar or another 1 cup maple syrup)

½ cup coconut or vegetable oil

4 tsp pure vanilla extract

1 tsp baking powder

1 cup chocolate chips (not optional)

optional: more chips, for presentation

Combine all ingredients except chips in a good food processor, and blend until completely smooth. Stir in the chips, then pour into a greased 9x13 pan. Optional: sprinkle extra chocolate chips over the top. Cook 16-20 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, refrigerate overnight to firm.

**Curd Tarts** 325°

*This English recipe is from friend Louise Castleman*

Put uncooked ready-made pastry in bottom and sides of greased mini-muffin pans. Add ½ tsp (no more than this!!) of any flavor curd into each pastry. Bake following the directions on the pastry can – about 10 minutes. Cool completely before removing from pans.

**Deep-Dish Cookie Pie** 350°

*By Chocolate-Covered Katie*

2 cans white beans or garbanzos (drained and rinsed) (500g total, once drained)

1 c quick oats

1/4 c unsweetened applesauce

3 tbsp oil (canola, veg, or coconut)

2 tsp pure vanilla extract

1/2 tsp baking soda

2 tsp baking powder

1/2 tsp salt

1 ½ c brown sugar

1 c chocolate chips

Blend everything except the chips very well in a good food processor (not a blender). Mix in chips, and pour into an oiled pan (I used a 10-inch springform pan, but you can use a smaller pan if you want a really deep-dish pie.) Cook 35-40 minutes. Let stand at least 10 minutes before removing from the pan.

**Dessert Pizza** 325°

*The Pampered Chef*

1 pkg (18 oz) refrigerated sugar cookie dough

1 pkg (8 oz) cream cheese, softened

⅓ c sugar

3 c sliced fresh fruit (any combination of berries, kiwis, bananas, peaches, grapes, or mandarin oranges – at least 4 different types)

Shape cookie dough into a ball. Place dough in center of 13” round cookie sheet. Flatten slightly with palm of hand. Using lightly floured fingertips, press dough into a 12-inch circle, about ¼” thick. Bake 18-20 min or until light golden brown. Loosen cookie from sheet with knife. Cool completely. Beat together cream cheese and sugar. Spread over top of cookie. Arrange fruit on top. Chill, cut and serve.

**Easy Chocolate Fudge**

*Courtesy of Annie's Hallmark*

4 oz unsweetened chocolate

2 3/4 cups sugar 3 tbsp butter

1 cup half-and-half 1 tbsp corn syrup

1 tbsp vanilla extract

1 cup chopped, roasted nuts (optional)

* Grease an 8x8 inch pan with butter.
* In a heavy-bottomed saucepan, combine the sugar, chocolate, 1 ½ tablespoons of the butter, half-and-half, and corn syrup. Over medium heat, stir with a wooden spoon until sugar is dissolved and chocolate is melted.
* Increase heat and bring to a boil. Reduce heat to medium-low, cover, and boil for 3 minutes.
* Remove the cover and attach a candy thermometer to the pot. Cook until the thermometer reads 234°F.
* Remove from the heat and add the remaining butter. Do not stir. Let the mixture cool for 10 minutes or until it drops to 130°F.
* Add vanilla and nuts, if desired, and mix until well-blended and the shiny texture becomes matte.

Pour into the prepared pan. Let sit in a cool dry area until firm. Cut into 1 inch pieces and store in an air tight container for up to a week.

**Fudge Squares, any flavor**

*Courtesy of Annie's Hallmark*

1 1/2 cups milk chocolate chips

1 1/2 cups any flavor chips

14 oz can sweetened condensed milk

1 tsp vanilla extract

salt

food coloring and decorations if desired

Put 1 1/2 cups milk chocolate chips and 1/2 can sweetened condensed milk into pan. Stir constantly over medium heat until melted. When chips are smooth and melted, remove from heat and add 1/2 tsp vanilla and a pinch of salt. Line 8″ x 8″ pan with aluminum foil and spray with cooking spray. Pour chocolate mixture into pan. Refrigerate 30 mins.

Repeat: Melt 1 1/2 cups of the other kind of chips with the other half of the can of sweetened condensed milk. Add 1/2 tsp vanilla extract and a pinch of salt. Add food coloring (4 drops). Pour on top of cold chocolate fudge. Add any decorative items to the top (before the fudge hardens). Let fudge cool until it reaches room temperature. Remove aluminum foil. Cut into 20 squares.

**Fudgy Protein Brownies** 375°

*"Chocolate Peanut Butter Protein Bars"*

*By Chocolate-Covered Katie*

¼ c + 2 tbsp cocoa powder

1 cup chocolate protein powder

1 tsp baking powder

1/2 tsp salt

30 oz black beans, drained and rinsed well

2 tbsp pure vanilla extract

2/3 cup pure maple syrup, agave, or honey

½ tsp stevia or ¼ c sugar or liquid sweetener

2 tbsp milk of choice (omit if using 2 tbsp liquid sweetener above)

½ cup peanut butter

1 c mini chocolate chips (not optional)

Line a 9x13 in pan with parchment or grease very well. Blend all ingredients in a food processor until completely smooth. Smooth batter into the prepared pan. Use a second sheet of parchment to press down evenly to pan edges. Bake 15-25 minutes on the center rack. Refrigerate the pan loosely covered overnight to firm. If too dry, decrease cook time for next batch. If too gooey to cut, increase cook time for next batch.

**Hungarian Shortbread** 350°

4 c flour 2 tsp baking powder

¼ tsp salt 4 sticks (2 c) unsalted butter

4 large egg yolks 2 c granulated sugar

Raspberry preserves Confectioner’s sugar

Whisk flour, baking powder and salt together in bowl and set aside. With mixer, beat butter on high speed till fluffy. Add yolks and sugar and beat until mixture is light. Add dry ingredients and beat on low only until incorporated. Cut dough in half, shape each in ball, wrap in plastic and freeze until firm (30 minutes). Use cheese grater to grate half of dough into 9x12 baking pan. Pat gently and then spread on preserves. Grate other half of dough on top and press lightly. Bake for 40 minutes. Dust with confectioner’s sugar while still hot. Cool, then cut into squares.

**Kellogg’s Crispix Mix Sweet Minglers**

1 pkg (6 oz, 1 c) semi-sweet chocolate morsels

¼ c peanut butter

½ c dry roasted peanuts or mixed nuts

6 c Kellogg’s Crispix cereal

1 c confectioners’ sugar

In a double boiler, melt chocolate over low heat, stirring constantly until melted. Remove from heat. Stir in peanut butter and nuts. Pour mixture over cereal. Place confectioners’ sugar in 2-gallon storage bag. Add coated cereal and nuts to sugar and close bag. Gently toss until well coated. Store in airtight container in refrigerator. Yields about 8 cups.

**Key Lime Pie** 325°

*Henry Ross official Key West version*

4 graham cracker pie crusts

10 eggs

1 c sugar

4 cans condensed milk

2 c key lime juice

½ tsp lime zest

1 tsp cream of tartar

Separate eggs. Put whites (with NO yolk) in medium bowl and yolks in large bowl. Beat whites and cream of tartar at highest speed till foamy. Gradually beat in sugar. Continue beating till mixture is firm, and set aside. In separate bowl, beat yolks until smooth. Slowly beat in condensed milk, lime juice and zest. Gently fold in ¾ c meringue mixture. Pour filling into 4 pie crusts. Top with remaining meringue mixture. Bake for 10 minutes or until meringue is lightly browned. Garnish with lime slices. Chill before serving. Makes 4 pies.

**Maple Peach Delight** 6 servings 350°

*Courtesy of Amy’s mother, Marian Price*

2 pkg (4 bars) Nature Valley Maple Brown Sugar

Crunchy Granola Bars

Canned or fresh peach slices

1 pkg prepared vanilla pudding

Put granola bars in a plastic bag and crush with a rolling pin or mallet. Distribute peach slices into 6 sherbet dishes. Sprinkle peaches with 1 tbsp granola crumbs per dish. Cover with pudding. Sprinkle pudding with remaining crumbs (about 1tbsp per dish).

Variations: use other flavors of pudding and granola bars and other fruits.

**Peter Pansicles**

*Courtesy of Amy’s mother, Marian Price*

1 c peanut butter

8 oz plain yogurt

1 c milk (*or* 6 oz can thawed frozen o.j.

and 1 juice can water)

⅓ c sugar

¼ c chocolate sauce (optional when o.j. used)

Combine peanut butter and yogurt. Slowly blend in milk. Add chocolate sauce and sugar. Mix well. Pour into popsicle makers and freeze.

**Praline Apple Crisp** 350°

*From Gooseberry Patch's 303 ‘Round the Clock*

6 apples, cored and sliced (peel if desired)

1 tsp cinnamon

½ c uncooked oats

1/3 c packed brown sugar-packed

¼ c all-purpose flour

½ c chilled butter, diced

½ c chopped pecans

½ c toffee bits

Sprinkle apples with cinnamon and place in a greased crock pot or 8” baking pan. Combine remaining ingredients (except toffee and nuts) until crumbly (cut in or pre-dice butter). Sprinkle mixture over apples and top with nuts and toffee. Bake in crock pot on low for 4-6 hours, or in oven at 350° for 45 minutes. Recipe in crock pot can be doubled or tripled.

**Nestle Peanut Butter Chocolate Layer Bars**

**(“Ooey Gooeys”)** – **doubled recipe** 350°

1 pk + 8 Nutter Butters

2 c flaked coconut

2 cans sweetened condensed milk

2½ c peanuts (optional: honey roasted, chopped)

2 c semi-sweet chocolate morsels

6 tbsp butter

Grease two 13x9” pans. Crush Nutter Butters into fine crumbs in blender or large food processor. Combine cookie crumbs and melted butter; divide evenly and press into bottom of pans. Pour 1 ¼ cup peanuts, 1 cup morsels, 1 cup coconut and 1 can condensed milk evenly over crumb mixture in one pan. Repeat in the other pan. Bake 20 to 25 minutes or until coconut is golden brown. Cool completely in pans on wire rack. Cut into bars.

[**Rich Chocolate Pudding**](http://chocolatecoveredkatie.com/2011/09/06/the-ultimate-chocolate-fudge-pie/)

*“Ultimate Chocolate Fudge Pie” by Chocolate-Covered Katie*

12.3 oz silken or firm tofu (Mori-Nu silken-firm for no aftertaste)

1 1/2 tsp cocoa powder

1 tsp pure vanilla extract

2 tbsp milk of choice

scant 1/8 tsp salt

1 ½ c chocolate chips, melted

2-3 tbsp sweetener of choice

optional: extracts, flavorings, or liqueurs

Blend everything in a food processor til smooth. Fridge until chilled. This gets firmer and firmer, the longer it sits. It’s also firmer if you use firm tofu and more like mousse pie if you use silken.

**Southern Pecan Pie** 325°

*Courtesy of Amy’s mother, Marian Price*

9” pie crust dough 3 eggs

½ c sugar ⅔ c dark corn syrup

⅓ c melted butter 1+ c pecan halves

Beat eggs well with sugar, dash salt, syrup and margarine. Stir in pecans. Pour into uncooked crust. Bake about 50 minutes, till knife inserted halfway between edge and center comes out clean. Cool before cutting.

**Chocolate Pretzel Treats** 175°

1 (15 ounce) package small pretzel twists

1 (8 ounce) package milk Kisses, unwrapped

1 (1.69 ounce) package M&M's)

Arrange pretzels on a baking sheet. Place a candy kiss on the center of each pretzel. Warm pretzels in the preheated 175°oven until candy kiss is shiny and slightly softened, 2 minutes. Place a candy-coated chocolate piece atop the candy kiss on each pretzel; press down. Chill in the refrigerator for 10 minutes.

**The Homestead’s Apple Bread** 325°

*The Homestead Restaurant, Merrimack, NH*

*Combine in a very large (12” dia) mixing bowl:*

4 c flour

1 ¼ tsp salt

1 ¼ tsp baking powder

1 ¼ tsp baking soda

1 ¼ tbsp cinnamon

*Combine in another large (10-12” dia) mixing bowl:*

4 eggs at room temperature (can microwave 30 secs)

3 c sugar

1 ¼ c oil

27 oz applesauce

Stir the flour mixture in batches into the applesauce mixture. Coat the bottom of 4 loaf pans (or 16 mini loaf pans) with cooking spray. Spoon batter into the prepared pans. Bake for 40-60 minutes (or 20-30 minutes for mini loaves) or until a wooden toothpick in the center comes out clean.

Cool pans on a wire rack for 10 minutes. Remove loaves from pan and cool completely on rack. Loaves can be refrigerated or frozen. They are great toasted and topped with butter or cream cheese.

**Fudge Brownie Chocolate Protein Bars** 350°

*By Chocolate-Covered Katie*

15 oz black beans, drained and rinsed very well

3 tbsp dutch or regular cocoa powder

7 tbsp chocolate protein powder

scant 1/4 tsp salt

1/3 cup pure maple syrup or agave or honey

Pinch pure stevia, or 2 tbsp sugar of choice

3 1/2 tbsp oil

1 tbsp pure vanilla extract

1/2 tsp baking powder

1/3 cup to 2/3 cup chocolate chips (Not optional)

Blend all ingredients **except chips** in a food processor until completely smooth. Stir in the chips. Pour into a greased 8×8 square pan. Optional: sprinkle extra chocolate chips over the top. Bake 20-25 minutes on the center rack. Refrigerate the pan loosely covered overnight to firm.

**Ultimate Oreo Pudding**

*Courtesy of friend Shelley Luke*

1 pkg Oreo cookies

2 pkg cream cheese, softened

16 oz whipped topping

2 sticks (1 c) butter

2 large pkg instant chocolate pudding mix

Crush all but 3 or 4 Oreo cookies and line bottom of 13x9 cake pan with crumbs. Melt butter and pour on top. Mix and spread evenly. Chill in refrigerator (NOT freezer). Mix cream cheese with 8 oz whipped topping. Spread evenly over cookie crust. Chill. Prepare pudding and spread pudding evenly over cream cheese mixture. Chill again till the pudding sets. Spread 8 oz whipped topping over pudding. Crush remaining Oreos and sprinkle on top. Serve immediately or chill in fridge.

Milkshakes!!!

**The base** (for 1 person)

1/2 c. milk

1 tbsp sugar

1 ½ c. ice cream (1/8 gallon)

Flavor additions

First mix milk and sugar together in the blender for 15 seconds to dissolve the sugar. Then add the remaining ingredients (add ice cream in small chunks for easier blending) and blend on high till smooth.

For recipes with pieces (candy, cookie, nuts, etc), blend the base first, then add in pieces and blend just until mixed in.

**The flavors (measurements for 1 person)**

Malt (with any flavor): Add 1-2 tbsp instant malted milk powder to the milk & sugar before blending

Vanilla 2 drops vanilla extract in vanilla ice cream

Chocolate 2 tbsp chocolate syrup in chocolate ice cream

Strawberry 5 real strawberries in strawberry ice cream

Jamocha 2 tbsp chocolate syrup and 2 squirts coffee syrup in vanilla ice cream

Candy 1 candy bar or ½ c. candy pieces in chocolate or vanilla ice cream
(suggestions: Reese’s Cups, Heath bar, M&Ms, Peppermint stick, Butterfinger, Lindt Truffles, chocolate chips)

Cookies N Cream 5 Oreos (or any cookie) broken to bits in chocolate or vanilla ice cream

Cookies N Mint 2 drops mint extract and 5 Grasshopper or Oreo (regular or mint) cookies
 in chocolate or vanilla ice cream

Mint Chocolate Chip: 2 drops mint extract and ½ c. chocolate chips in vanilla ice cream

Chocolate Peanut Butter: 5 tbsp peanut butter and 3 tbsp chocolate syrup in chocolate ice cream

Chocolate Hazelnut: 1 tsp hazelnut extract and ½ c. hazelnut pieces in chocolate ice cream

Chocolate Cheesecake: ¼ c cream cheese in chocolate ice cream

Dreamsicle: ¼ c frozen orange juice concentrate in vanilla ice cream

Peaches 'n' Cream: 2/3 c. peaches and 1 drop almond extract in vanilla ice cream

Pumpkin: 2/3 c. pumpkin, 1/3 tsp. cinnamon, 1/3 tsp vanilla in vanilla ice cream

Egg Nog: 1/2 c egg nog instead of milk, dash cinnamon and either nutmeg or ginger

Strawberry Banana

Chocolate Banana

Chocolate Raspberry

Bananas Foster

# Fish/Seafood

**Cajun Pecan Catfish** 425°

1 pound catfish fillets

2 tablespoons olive oil

1 tablespoon Cajun Seasoning

2 teaspoons lemon juice

1 teaspoon thyme

1/3 cup finely chopped pecans

2 tablespoons grated Parmesan cheese

1 tablespoon plain dry bread crumbs

1 tablespoon parsley

Mix oil, Cajun seasoning, lemon juice and thyme in medium bowl. Brush 1/2 the mixture on both sides of fish in shallow dish. Add pecans, Parmesan cheese, bread crumbs and parsley to remaining oil mixture; mix well. Coat fish on both sides in bread crumb mixture. Place fish in shallow baking pan sprayed with no stick cooking spray. Bake 10 to 15 minutes or until fish flakes easily with a fork.

**Crunchy Tilapia**

3/4 cup panko bread crumbs

1/4 cup parsley, chopped

1 large egg, lightly beaten

1 Tbsp milk

1 lb tilapia fillets, halved lengthwise (catfish works, too)

3/4 tsp salt

2 Tbsp canola oil

Combine the panko and parsley on a dinner plate. Mix egg and milk in a bowl. Dip each fish fillet in the egg-and-milk mixture and shake off the excess; dredge lightly in the crumb mixture. Sprinkle with salt. Heat oil in a large nonstick skillet over medium heat. Add the fillets and cook until golden brown on one side, about 4 minutes. Turn, and cook until fish is no longer translucent in the center, about another 4 minutes.

**Fox Point Salmon** 375°

2 fillets of salmon (6-8 oz. each)

1 tsp. Penzeys FOX POINT SEASONING

1 TB. butter

1/2 lemon

Lightly grease a baking sheet. Place the fillets on the sheet, skin side down. Sprinkle with FOX POINT SEASONING. Cut the butter into small pieces and place over the fish. Then squeeze the juice from the lemon over the fillets, then slice the lemon and place on the fish. Cover with aluminum foil and bake for 8-10 minutes.

**Mom's Tuna Penne Salad**

*Courtesy of Amy’s mother, Marian Price*

2 c penne

1 c cauliflower pieces

1 can tuna, drained

Dash salt, pepper, dill weed

2 hardboiled eggs, chopped

⅓ c mayonnaise

1 tbsp mustard

2 tbsp vinegar

Cook penne for 12 min. During last 5 min add cauliflower pieces on top of penne. Drain and rinse in ice water. Drain and place in large bowl. Add tuna, spices and eggs. In separate bowl, mix remaining ingredients; pour this over salad and mix gently. Chill before serving.

**Parmesan Herb Crusted Tilapia** 450°

1/3 cup sliced almonds, finely chopped

¼ cup plain dry bread crumbs

3 tbsp McCormick Parmesan Herb Seasoning

(or Penzeys Brady Street Sprinkle)

½ teaspoon Paprika

1 pound tilapia fillets

Olive oil

Mix almonds, bread crumbs, Seasoning and paprika in shallow dish or plastic bag. Brush fish lightly with oil. Coat or shake evenly with almond mixture. Place fish on greased foil-lined shallow baking pan. Bake 10-12 minutes or until fish flakes easily with a fork.

**Sautéed Shrimp or Chicken with Lemon and Caper Cream Sauce on Angel Hair Pasta**

*Olive Garden*

16 oz angel hair or spagettini pasta, cooked
½ c olive oil
1 lb chicken strips or 40 salad shrimp
2 tsp chopped garlic
¼ c capers
½ c white wine or water
3 c light or heavy cream
¾ c lemon juice
White pepper to taste
Salt to taste

2 tsp chopped fresh parsley (optional)

In a heavy bottom sauté pan heat the olive oil and sauté the shrimp/chicken for 2 minutes. Add garlic and capers and cook 30 seconds. Add wine and lemon juice and reduce by half. Remove the shrimp/chicken to a plate. Add cream and reduce by 1/3. Season sauce with salt, white pepper, and parsley. Toss the cooked angel hair pasta and meat to coat with the sauce.

**Pan-Fried Tilapia with White Wine and Capers**

*Courtesy of WeightWatchers.com*

Prep 8 min / Cook 8 min

¼ cup white wine, dry

¼ cup tomato(es), seeded and chopped

2 tbsp fresh lemon juice

2 tbsp capers, drained

1 medium garlic clove, minced

½ tsp dried basil

1 ½ pounds raw tilapia (four 6-oz pieces)

½ tsp table salt

¼ tsp black pepper, freshly ground

¼ cup all-purpose flour

Cooking spray

1 Tbsp olive oil

2 Tbsp light butter

2 Tbsp parsley, chopped

1 medium lemon, cut in wedges (optional)

Combine first 6 ingredients, stirring well with a whisk; set aside. Sprinkle fillets with salt and pepper. Dredge fillets lightly in flour, and coat both sides of fillets with cooking spray. Heat oil in a large nonstick skillet over medium-high heat. Add fillets; cook 3 minutes. Reduce heat to medium; turn fillets, and cook 3 minutes or until fish flakes easily when tested with a fork. Remove from pan. Add wine mixture to pan; cook 30 seconds, stirring constantly. Remove from heat; stir in butter until melted. Spoon wine mixture over fillets; sprinkle with parsley. Serve with lemon wedges, if desired. Yield: 4 servings (serving size: 1 fillet and 2 tbsp sauce).

**Tuna au Poivre with Lemon-Caper Lentils**

*Good Housekeeping*

1 1/3 c water

2/3 c green lentils

1 tsp salt

2 tsp black pepper

4 (6-ounce) tuna steaks (1 inch thick)

1 tablespoon(s) olive oil

1 medium shallot, finely chopped

1 cup(s) reduced-sodium chicken broth

1 tablespoon(s) capers, chopped

1 tablespoon(s) fresh lemon juice

In 2-quart saucepan, combine water, lentils, and 1/2 teaspoon salt; heat to boiling on high. Reduce heat to low; cover and simmer 20 to 25 minutes or until lentils are tender. Drain lentils and return to pan; cover to keep warm.

Meanwhile, evenly season tuna, on both sides, with 1/2 teaspoon salt and 4 teaspoons pepper, pressing in pepper. In 12-inch cast-iron skillet, heat oil on medium-high until hot. Add tuna and cook 5 to 8 minutes for medium or until desired doneness, turning over once. Transfer to plate; cover to keep warm.

To same skillet, add shallot and cook 1 minute, stirring. Add broth and capers; heat to boiling. Boil 3 minutes or until liquid is reduced by half. Add lentils; heat through. Remove from heat; stir in lemon juice. Serve tuna over lentils.

# Meats

**Amy’s Steak Tips**

Put tips in a mixing bowl and pour over them in generous amounts to coat:

Red wine soy sauce

Worcestershire sauce minced garlic

salt and pepper

Let sit for about 30 minutes. Then pour the tips into a skillet and cook over medium-high heat, stirring occasionally, until done to taste (about 15 minutes).

**Ann’s Awesome Nachos** 350°

*Courtesy of Amy’s aunt, Ann Frome*

1 lb ground beef 1 jar salsa

Cheese singles Lettuce

Tomato Sour cream

1 bag round yellow corn tortilla chips

Brown ground beef in skillet. Drain off fat, and then mix with ½ jar of salsa. Arrange round nacho chips in one layer on a cookie sheet. Top each chip with ¼ of a cheese single. Then top with 1 spoonful of ground beef. Bake for 10 minutes or until cheese is melted. Serve with lettuce, tomato, sour cream and salsa.

**Buckaroo Marinade (For steaks and chops)**

*Courtesy of Justin’s grandmother, Halina Green*

1 ¼ c salad oil ¾ c soy sauce

¼ c Worcestershire sauce 2 tbsp dry mustard

2 ¼ tsp salt 1 tbsp pepper

½ c wine vinegar 1 ½ tsp dried parsley

2 crushed garlic cloves ⅓ c lemon juice

Combine all ingredients; mix well.

**Taco Ring**

*The Pampered Chef*

2 cans crescent roll dough Lettuce

1 lb ground beef Tomato

Taco seasoning pk Sour cream

1 c shredded cheddar cheese Salsa

Brown meat following instructions on taco seasoning packet. On a round baking sheet, arrange the dough strips into a star-shaped ring, with the big ends overlapping on the inside and the points hanging over the edge of the baking sheet. Place meat on the inside of the dough ring and top with cheese. Wrap dough strips around the meat and cheese. Bake following instructions on dough package. Put lettuce, tomato, sour cream, and salsa in serving bowls as toppings.

**Hungarian Goulash**

*From Fix-It and Forget-It Cookbook*

2 lb beef chuck, cubed 1 onion, sliced

1/2 tsp garlic powder 1/2 c ketchup

2 Tbsp Worcestershire 1 Tbsp brown sugar

1/2 tsp salt 2 tsp paprika

1/2 tsp dry mustard 1 c cold water

2 Tbsp onion soup mix 1/2 c water

1/4 c flour

* Toss the beef with the onion soup to coat and brown the beef in a tad of oil. Place in crockpot with onion.
* Combine all the remaining ingredients except the flour and 1/2 cup water. Pour over meat.
* Cover and cook on high for 4 hours; or low 8 hours.
* Dissolve flour in the 1/2 cup water. Stir into meat mixture. Cook on high until thickened; about 10 minutes. Serve over noodles.

**Irish Beef Stew**

*Fix-It and Forget-It Cookbook*

2 lbs. stewing beef, cubed

1 envelope dry onion soup mix

2 10 ¾ oz. cans tomato soup

1 soup can water 1 tsp. salt

1/2 tsp. pepper 2 cups diced carrots (6)

2 red potatoes, diced 1-lb. frozen peas

1/4 cup water

Place everything except peas and water in crockpot. Cover. Cook on Low 8 hours. Add peas and water. Cover. Cook on Low 1 more hour. Makes 4-6 servings. Serve with warm crusty bread.

**Old-Fashioned Beef Stroganoff**

*From an old BH&G book*

1 lb beef sirloin pieces

1 bag large egg noodles

1 tsp shortening or butter

1 onions, sliced

1 clove garlic, minced

1 can cream of mushroom soup

1 cup sour cream

3 oz can mushroom pieces (undrained)

2 tbsp ketchup

1/2 tbsp Worcestershire sauce

Heat water for noodles. Tenderize the meat and season with salt and pepper. Mix sour cream, soup, ketchup, Worcestershire Sauce and mushrooms in mixing bowl. Sauté onions and garlic in pan with shortening until onions start to brown. Add meat and sear until meat is to desired doneness, and set aside. Heat sauce in a separate pot and mix with meat, then serve over noodles.

**Mom’s Delightful Pork Chops**

*Courtesy of Amy’s mother, Marian Price*

1-2 tbsp olive or cooking oil 4 pork chops

2 cans cream of celery soup 12 oz beer

2 onions, sliced vertically

Pepper, thyme, rosemary

2-3 carrots, sliced in thin rounds

Heat oil in skillet to high. Mix beer and soup in a small bowl. Add the pork chops to the skillet and sear on both sides. Reduce heat to medium and pour in beer/soup mix, onions, and carrots; stir to combine. Sprinkle chops with pepper, thyme and rosemary. Cover and cook on low heat about 10 minutes till pork is done. Serve with noodles and a green vegetable like broccoli.

**Mom's BBQ Pulled Pork Sandwiches**

*Courtesy of Amy’s mother, Marian Price*

Put pork shoulder (or Boston butt) in a crockpot and pour in enough root beer to cover it. Cook on low 7 hours. Drain off liquid, then use two forks to pull the pork apart. Mix in about 4 oz barbeque sauce per pound and serve on bulkie or sub rolls.

**Perfect Ham** 350°

*Courtesy of friend Kathy Rose*

8 lb smoked ham

½ c brown sugar

Large can crushed pineapple

In small bowl, mix brown sugar with juice from can of crushed pineapple. Place ham in a roasting pan at least 2 inches deep, and coat with pineapple/brown sugar glaze. Pour 1 in. water in bottom of pan. Spread crushed pineapple all over ham. Cover completely with aluminum foil. Cook for 1 ½ hours.

**Papa's California Burgers**

*Courtesy of Amy’s father, Tom Price*

Hamburger meat 1 egg per 1 lb meat

1 tbsp dried onion per 1 lb meat

2-3 dashes Worcestershire sauce per 1 lb meat

Mix above; let stand 5 minutes. Bake, fry or grill.

**Pirate Stew**

*From Fix-It and Forget-It Cookbook*

¾ cup sliced onion

1 lb. ground beef

¼ cup uncooked, long grain rice

3 cups diced raw potatoes

1 cup diced celery

2 cups canned kidney beans, drained

½ tsp. salt

⅛ tsp. pepper

¼ tsp. chili powder

¼ tsp. Worcestershire sauce

1 cup tomato sauce

½ cup water

Brown onions and ground beef in skillet. Drain. Layer ingredients in crockpot in order given. Cover. Cook on Low 6 hours, or until potatoes and rice are cooked.

**Rouladen**

*German recipe courtesy of Amy’s mother, Marian Price*

2 lb. round steak, fat trimmed Hot prepared mustard

4 slices bacon, cut to fit beef pieces

3 tbsp dill relish or minced pickle

Flour 3 tbsp butter

2 cups beef bouillon 1 onion, chopped (optional)

Red wine (optional)

Cut the meat into 4 thin pieces about 4”x8”. Pound meat with mallet to thin. Spread each piece with mustard; top with bacon and pickle (and onion if desired). Roll up carefully and secure with toothpicks or cotton butcher string, making sure filling is completely enclosed. Dust each roll with flour. Brown on both sides in melted butter. Add bouillon (and wine if desired) and season with salt and pepper. Cook slowly, covered, for 1 hour or until meat is tender. (or use pressure cooker at 10 lb for 30 min). Remove fastenings. Thicken the gravy with corn starch, flour, or sour cream, stir in the parsley, and serve.

**Shepherd’s Pie** 350°

*English recipe courtesy of friend Louise Castleman*

1 lb ground beef

8 ½ oz. canned cream corn

8 ½ oz. canned or frozen sweet peas

1 pkg. herb beef gravy mix (or 1 can)

8 servings mashed potatoes

1 tbsp steak sauce

Brown ground beef, drain and set aside in casserole. Prepare gravy mix in same frying pan. In casserole dish, mix gravy, beef, corn, peas, steak sauce and spices (salt, pepper, onion powder). Top with mashed potatoes and cook in oven for 30 min. Serve with more steak sauce.

**Slow Cooker Chili**

*Christine Gallary, Chowhound.com 6 servings*

Total Time: 45 mins, plus 6 to 8 hours in crockpot

3 tablespoons vegetable oil

2 medium yellow onions, medium dice

1 medium red bell pepper, medium dice

6 medium garlic cloves, finely chopped

1/4 cup chili powder

1 tablespoon ground cumin

2 pounds lean ground beef

1 1/2 teaspoons kosher salt, plus more as needed

1 (28-oz) can diced tomatoes

1 (14-oz) can tomato sauce

2 (15-oz) cans kidney beans, drained & rinsed

1/4 cup coarsely chopped pickled jalapeños or green chiles, drained (optional)

Shredded cheddar cheese

Thinly sliced scallions

Sour cream

Heat the oil in a large frying pan over medium heat until shimmering. Add the onions and bell pepper, season with salt, and cook, stirring occasionally, until softened, about 8 minutes.

Add the garlic, chili powder, and cumin, stir to coat the vegetables, and cook until fragrant, about 1 minute. Add the ground beef and measured salt and cook, breaking the meat into small pieces with a wooden spoon, until the beef is no longer pink, about 7 minutes.

Transfer the mixture to the slow cooker, add the diced tomatoes and their juices, tomato sauce, and beans, and stir to combine. Cover and cook until the chili thickens and the flavors meld, about 8 hours on low or 6 hours on high.

Stir in the jalapeños or green chiles. Taste and season with salt as needed, and serve with the cheese, scallions, and sour cream.

The flavors continue to develop as the chili sits, so go ahead and make it up to 2 days in advance and refrigerate it in a container with a tight-fitting lid. It can also be frozen for up to 1 month.

**Special Sauce for Burgers** (1 cup) *by Bon Appetit*

Combine in a medium bowl:

* 1/2 cup mayonnaise
* 2 tablespoons ketchup
* 1 tablespoon finely grated onion
* 1 tablespoon sweet relish or 1 tablespoon dill pickle relish
* 2 teaspoons adobo sauce from canned chipotle chiles in adobo
* 1/8 teaspoon celery salt
* 1/8 teaspoon kosher salt

**Country-Style Ribs Baked in Barbecue Sauce** 300°

*BEST AND EASIEST RIBS EVER!*

*Adapted from the Joy of Cooking*

4 lbs country-style pork ribs

1 1⁄2 cups favorite barbecue sauce

1 cup orange juice

1 vidalia onion, sliced

Arrange ribs in 9x13 baking dish and top with sliced onions. Whisk together BBQ sauce and Orange juice and pour sauce over ribs and onions. Cover dish tightly with heavy duty aluminum foil and bake for three hours. Uncover, increase oven temp to 350 and bake for one hour longer, turning once after 30 minutes. Remove ribs to a warm platter, cover and let stand for 15 minutes.

Spoon fat off the sauce and serve with the ribs.

**Taco Seasoning bulk mix**

*By Lisa Leake of 100 Days of Real Food*

2 tbsp chili powder

1 tbsp each ground cumin, dried oregano, and salt

Combine all ingredients and store in an airtight container. Stir 2.5 tsp into 1 lb cooked ground beef for tacos.

# Pasta/Grains

**Bow Ties with Pesto, Feta and Cherry Tomatoes**

*Dave Lieberman, Food Network*

16 oz bowtie pasta (farfalle) or 32 oz tortellini

1 c (1/2 pint) cherry tomatoes, halved

1 c (4 oz) crumbled feta cheese

½ c walnuts or pine nuts, optional

Kosher salt and freshly ground black pepper

Olive oil, as needed

Pesto (recipe below)

*Pesto:*

5 big handfuls basil leaves (@2 hefty bunches)

1/2 cup pine nuts or 3/4 cup walnuts

1/2 cup fresh grated Parmesan or Pecorino

Juice of 1 small lemon

2 cloves garlic, peeled

Kosher salt

About 20 grinds freshly ground black pepper

3/4 cup extra-virgin olive oil

Cook pasta according to package directions. While pasta cooks, blend pesto ingredients in a blender. Drain pasta (under cold water if desired for a pasta salad) and combine with the pesto. Toss in the cherry tomatoes and the crumbled feta, and nuts if desired. Season to taste with salt and pepper.

**Carrabba’s Herb-Olive Oil Dip**

1 1/2 teaspoons finely chopped fresh flat-leaf parsley

3/4 teaspoon finely chopped fresh basil

3/4 teaspoon finely chopped fresh rosemary

1/4 teaspoon dried oregano

1/4 teaspoon granulated garlic

1/8 teaspoon crushed red pepper flakes

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/3 cup extra-virgin olive oil

Mix all spices in a small serving bowl. Add the olive oil and stir. Serve with bread for dipping and enjoy.

**Creamy (Whole-Wheat) Mac and Cheese**

*By Lisa Leake of 100 Days of Real Food*

3 c whole-wheat macaroni

¼ c butter

2/3 cup heavy cream plus 2 tbsp, divided

1 ¼ c cheddar or Monterey Jack cheese, grated

1 ¼ c other cheese (Parmesan, gruyere, etc or cheddar)\*

½ tsp salt

pepper to taste (great with pepper on top)

Cook pasta according to package directions and drain. In the pot you used, melt the butter over medium-low heat. Stir in 2/3 c cream until well combined. Turn the heat to low and add the pasta, cheese, salt and pepper and cook while stirring until the cheese melts. Stir in 2 tbsp of cream, season with black pepper and serve.

*\*Bistro Roca: half parmesan, half gruyere*

**Cucumber Sandwiches III**

*Recipe by KIMBEE100 on allrecipes.com*

1 (8 ounce) package cream cheese, softened

1/2 cup mayonnaise

1 (.7 ounce) package dry Italian salad dressing mix

2 loaves French bread, cut into 1 inch slices

2 medium cucumbers, sliced

1 pinch dried dill weed

In a medium bowl, mix together the cream cheese, mayonnaise and Italian dressing mix. Refrigerate for at least 6 hours, or preferably overnight. Spread the cream cheese blend onto slices of French bread. Top with a cucumber slice, and sprinkle with dill. You can make as many or few as you like. The cream cheese mixture keeps for about a week.

**Greek Yogurt Mac & Cheese**

*By Chocolate-Covered Katie*

16 oz cooked elbows or small pasta

4 c shredded cheddar cheese or a mix of cheeses\*

1 cup milk of choice

½ tsp salt

1 cup unsweetened Greek yogurt

optional: spinach, kale, or any other steamed veggies you might wish to add

In a small pot, stir together the milk, cheese, and salt until cheese melts. Add the yogurt and cook on low, just until the sauce is hot. Stir in the cooked pasta and any veggies you desire.

\*Our favorite cheese combos:

1.5 c mozzarella + 1.5 c American + 1 c cheddar

1 c cheddar + ½ c parmesan + ½ c gruyere

**Honey-Cheese Rolls**

*Courtesy of Publix Aprons Simple Meals*

4 oz Deli fresh mozzarella cheese, sliced

1 (11-oz) can thin-crust pizza dough

6 teaspoons unsalted butter, divided

6 teaspoons orange blossom honey, divided

Preheat oven to 400°F. Cut cheese into 6 slices. Unroll dough; cut into 6 even squares. Place 1 cheese slice in center of each dough square; top with 1 teaspoon each butter and honey. Fold corners of dough to center of each square and seal completely closed. Bake 14–15 minutes or until golden and thoroughly cooked. Serve warm. (Makes 6 servings.)

**Justin’s Garlic Bread**

Sub rolls, halved Butter or margarine

Garlic powder Garlic salt

Lemon pepper Season salt

Adobo Oregano

Slather the open-faced bread halves with butter. Sprinkle all with a generous amount of garlic powder, and a small amount of garlic salt. Sprinkle *top halves only* with season salt, lemon pepper, Adobo and oregano. Place top halves on top of bottom halves and wrap with enough foil to keep the butter from leaking out. Bake at about 350° till browned, about 10 minutes.

Make-ahead Garlic Bread Sprinkle: mix in a cup ¼ c garlic powder, 2 tbsp garlic salt, and 1 tbsp each of season salt, lemon pepper, Adobo & oregano. Pour through funnel into spice jar.

**Pull-Apart Herb Biscuits** 450°

1 tube (12 ounces) refrigerated buttermilk biscuits

1/4 cup butter, melted

2 tablespoons grated Parmesan cheese

1 tablespoon sesame seeds

1 teaspoon minced garlic

1 teaspoon dried parsley flakes

1 teaspoon dried basil

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

Separate biscuits and cut into quarters. In an ungreased 9-in. round baking pan, combine the remaining ingredients. Add biscuits and toss to coat. Bake for 8-12 minutes or until golden brown. Invert onto a serving platter. Serve warm.

**Quick and Easy Alfredo Sauce**

*By Dawn Carter, allrecipes.com*

1/2 cup butter

1 (8 ounce) package cream cheese

2 teaspoons garlic powder

2 cups milk

6 ounces grated Parmesan cheese

1/8 teaspoon ground black pepper

Melt butter in a non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked too long. Toss with hot pasta to serve.

**Roasted Butternut Squash Ravioli with a Sage Brown Butter Sauce**

*By Emeril Lagasse, Food Network*

18-20 oz butternut squash ravioli

½ c butter

12 fresh sage leaves (1 tbsp)

¼ c grated Parmigiano-Reggiano cheese

1 tbsp finely chopped fresh parsley leaves

While ravioli cooks, melt the butter in a large sauté pan, then add the sage and continue to cook until the butter starts to brown. Remove from heat. Season cooked ravioli with salt and pepper and place some in the center of each serving plate. Spoon the butter sauce over the pasta. Sprinkle the cheese over each plate and garnish with parsley. ([Original version](http://www.foodnetwork.com/recipes/emeril-lagasse/roasted-butternut-squash-ravioli-with-a-sage-brown-butter-sauce-recipe.html) making the ravioli from scratch)

**Whole-Grain Pumpkin Waffles (and Donuts)**

*By Lisa Leake of 100 Days of Real Food*

2 eggs 1 ¾ cups milk or buttermilk

¼ cup butter melted 1 tablespoon honey

½ teaspoon cinnamon ¼ teaspoon baking soda

1 ½ cups whole-wheat flour

2 teaspoons baking powder

1/8 teaspoon salt

Whisk together the eggs, milk, oil, honey, cinnamon, and baking soda until well combined. Add in the flour, baking powder, and salt and whisk together just until the large lumps disappear. Cook on waffle iron.

# Poultry/Eggs

**Awfully Easy Barbecue Chicken**

*From Fix-It and Forget-It Cookbook*

Place 1/2 c water in bottom of crockpot. Add 2-4 lb chicken legs and thighs. Pour 14 oz. bottle barbecue sauce over top. Cover. Cook on Low 8 hours or High 4 hours. (Optional: put 2 quartered onions on bottom, then water.) Serve additional sauce over mashed potatoes.

**Baked Garlic-Thyme Chicken** 350°

4 tbsp butter, softened 2 green onions, chopped

2 garlic cloves, crushed 1 teaspoon lemon juice

1 teaspoon dried thyme leaves 1⁄2 teaspoon salt

1⁄4 teaspoon fresh ground pepper 1 chicken, cut up

In a small bowl, blend together the butter, green onions, garlic, lemon juice, thyme, salt, and pepper. Arrange the chicken, skin side up, in at 13 x 9" baking dish. Spread seasoned butter over chicken. Bake 50 minutes, or until tender, basting occasionally with the pan juices.

**Caprese Quiche** 375°

*Courtesy of friend Tracy Marston*

6 Eggs

2 c milk

10 cherry tomatoes, quartered

½ c goat cheese, crumbled

1 c mozzarella, diced

½ c sweet onion, diced

1 c fresh basil, chopped

Whisk together milk and eggs. Gently fold in remaining ingredients. Spray two pie dishes and pour ½ egg mixture into each. Bake for 45 minutes or until the tops are golden and the egg is set. Let stand for 10 minutes and serve.

**Honey Lemon Chicken Stir-Fry**

1 c brown rice or lo mein noodles

1 ½ lb chicken breast chunks (1” squares)

2 tbsp olive oil

1 tbsp minced garlic

Juice from one lemon

¼ c honey

2 c frozen mixed stir-fry veggies

Marinate chicken in oil, garlic and lemon juice for 30 minutes. Begin stir-frying chicken mixture, and when chicken is white on the outside, add veggies and honey. Serve atop noodles or rice.

**Chicken Bryan like Carrabba’s**

Serves 6 / Prep. Time: 0:55

1 tbsp minced garlic 1 tbsp minced onion

½ c dry white wine ¼ c fresh lemon juice

2/3 c chicken broth 1 tbsp butter

1 ½ c chopped sun-dried tomatoes ¼ c chopped basil

½ tsp kosher salt ½ tsp white pepper

6 chicken breast halves Extra virgin olive oil

8 oz. caprino or other goat cheese, room temp

Sauté garlic and onion in 1 tbsp olive oil in a large skillet over medium heat until tender. Stir wine and lemon juice into skillet, increase heat to medium high, and simmer to reduce by half. Reduce heat to low and stir in chicken broth and butter. Stir in tomatoes, basil, kosher salt, and white pepper; remove from heat; set aside. Brush chicken breasts with olive oil and sprinkle with ½ tsp each of salt and black pepper. Grill chicken over hot coals 15-20 minutes, or until cooked through. A couple of minutes before chicken is done, place equal amounts of cheese on each breast. Spoon prepared sun-dried tomato sauce over chicken.

**Chicken Piccata**

*By Giada De Laurentiis*

2 skinless and boneless chicken breasts, butterflied and then cut in half

Sea salt and freshly ground black pepper

All-purpose flour, for dredging

6 tablespoons unsalted butter

5 tablespoons extra-virgin olive oil

1/3 cup fresh lemon juice

1/2 cup chicken stock

1/4 cup brined capers, rinsed

1/3 cup fresh parsley, chopped

Season chicken with salt and pepper. Dredge chicken in flour and shake off excess. In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Remove and transfer to plate.

Melt 2 more tablespoons butter and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner. Remove pan from heat and add chicken to the plate.

Into the pan add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes. Remove chicken to platter. Add remaining 2 tablespoons butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.

**Copycat Panda Express Orange Sauce**

*Chocolate-Covered Katie*

1/2 cup vegetable broth (120g)

2 tbsp cornstarch or arrowroot (30g)

3-4 tbsp orange marmalade (45-60g)

2 tbsp minced garlic (30g)

1/2 tsp powdered ginger

2 tbsp plus 2 tsp rice vinegar (45g)

2 stevia packets, or 2 tbsp sugar

2 tbsp soy sauce (or gluten-free soy sauce) (30g)

optional: 1 tsp sesame oil

Optional: green onions for garnish, crushed red chilies for a spicy variation

Whisk broth and cornstarch or arrowroot until dissolved. Add all other ingredients and bring to a boil over medium-low heat, stirring occasionally until thickened; remove from heat. Makes about 1 1/4 cup. Serve over whatever you wish: rice, meat, veggies, soba noodles, tofu, etc.

**Creamy Buffalo Chicken** 350°*Courtesy of friend Jackie Chawla*

4 chicken breasts

½ tbsp canola oil
¼ c cream cheese

¼ c ranch salad dressing
1/8 c buffalo sauce

1/8 tsp garlic powder
¼ c shredded cheddar cheese

Season chicken with seasoned salt, or salt & pepper. Sautee in oil until browned. Place in greased 8x8 baking dish. Beat the cream cheese with a mixer until very smooth, then beat in ranch dressing, buffalo sauce and garlic powder. Stir in shredded cheese, and spread over chicken in baking dish. Bake 20-25 minutes.

**Delores’ Fantastic Fajitas**

*Courtesy of friend Delores Conway*

2 chicken breasts, sliced into strips

1 onion, sliced 1 green pepper, sliced

Shredded lettuce Diced tomato

Grated cheese Southwestern salsa

Sour cream 4-6 soft tortillas, heated

If desired, marinate chicken strips in fajita seasoning. Melt butter in med-high skillet. Sauté onions and peppers for 5 minutes. Add chicken strips and cook til chicken is done, about 10 minutes. Turn the heat up to high and stir until veggies and chicken are browned, 1-2 minutes. Serve with remaining ingredients. Serves 2.

**Hibachi Meal with steak, chicken, veggies, fried rice**

*By jessicapowers, food.com*

Cook the rice first, so that it has time to cool down before you fry it. Serve all with hibachi dipping sauce.

Hibachi chicken & steak:

¾ lb each of chicken breast & top round steak, diced

1 tbsp vegetable oil 1/2 tsp sesame seed oil

1 tbsp butter 3 tbsp soy sauce

2 tsp fresh lemon juice dash salt and pepper

Heat the oils in a large skillet or wok on med high heat. Add other ingredients and sauté for 6-8 minutes or until no longer pink. Keep warm.

Hibachi vegetables:

1 tbsp vegetable oil 1/2 tsp sesame seed oil

1 white onion, sliced 1 large zucchini, diced

1 tbsp butter 2 tbsp soy sauce

dash salt and pepper

Heat the oils in a separate large skillet or wok on med high heat. Add other ingredients and sauté for 6-8 minutes or until tender. Keep warm.

Fried rice:

2 tbsp vegetable oil 1/2 c white onion, chopped

1 c bean sprouts ½ c sweet peas

2 large eggs 4 c cooked, cooled rice

4 tbsp butter 4 tbsp soy sauce

Heat oil on medium high in the pan used for the meat. Add the onion and sauté for 3-4 minutes or until almost tender enough to eat. Add the bean sprouts and peas. Sauté for 1-2 minutes. Move the vegetables to the side of the pan. Add the eggs, lightly scramble as you add them to the skillet. Once scrambled add the rice and butter. Cook for 5 minutes, stirring frequently. Add the soy sauce and cook 1 minute.

**Justin’s Parma Rosa Fettucine**

*A recipe by Justin Green*

24 oz fresh fettucine from the deli

15 oz alfredo sauce

8 oz red pasta sauce

2.25 oz sliced black olives

4 oz sun-dried tomatoes, softened and diced

4 oz chopped fresh mushrooms (optional)

1 boneless skinless chicken breast (or 2 halves)

Mix together the sauces, olives, tomatoes and mushrooms, and heat in saucepan over medium heat, stirring frequently. Sprinkle chicken with salt and pepper, grill or broil, and cut into bite sized pieces. Boil fettucine for about 3 minutes. Mix chicken and fettucine with sauce and serve. Serves 6.

**Miracle Chicken**

*Courtesy of Princess House*

4-5 lbs. fresh whole chicken

1 lemon, sliced into wedges

1/4 cup olive oil

2 tsp. minced garlic

½ tsp. garlic powder

½ tsp. onion powder

½ tsp. oregano

2 tsp. salt

1 tsp. black pepper

Princess House Fantasia Bake, Serve & Store 3-in-1 Miracle Dish (or any glass chicken roaster with a lid)

Rinse chicken and pat dry with a paper towel and place in Fantasia dish. Squeeze lemon over chicken and arrange wedges around and inside of chicken. Combine next seven ingredients in a small bowl and rub mixture all over and inside of chicken. Cover with lid and microwave on high for 35-45 minutes (depending on microwave and size of chicken.)

**Mom's Egg Salad**

*Courtesy of Amy’s mother, Marian Price*

Mix together:

4-6 chopped hard-boiled eggs ¼ cup mayonnaise

1 tsp mustard 1-2 tsp relish

½ tsp curry powder ½ tsp salt

¼ tsp or a grinding of pepper

**Parisian Chicken** 350°

*Courtesy of Amy’s mother, Marian Price*

4-6 boneless skinless chicken breast halves

1 can cream of mushroom soup

1 c low fat sour cream ¼ c sherry Paprika

Put chicken in shallow baking dish. Mix soup, sour cream and sherry and cover chicken with it. Sprinkle with paprika. Bake 40-60 minutes till chicken is done. Serve over rice or egg noodles.

**Parmesan Crusted Chicken** 425°

*By Hellman's*

1/2 cup mayonnaise

1/4 cup grated Parmesan cheese

4 boneless, skinless chicken breast halves

4 tsp. Italian seasoned dry bread crumbs

Combine mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayo mixture, then sprinkle with bread crumbs. Bake until chicken is thoroughly cooked, about 20 minutes.

**Egg Soufflé** 400°

*By Lisa Leake of 100 Days of Real Food*

2 tbsp butter 2 tbsp whole-wheat flour

1 c milk 1/8 tsp salt

pinch pepper 5-6 eggs

1 cup fillings (optional)

Grease a 9-inch round baking dish. Separate the eggs by placing the whites in a separate bowl from the yolks. Whisk the egg whites with a mixer on high speed until soft peaks form (pictured) and set aside.

Melt the butter in a small saucepan over medium heat. Once the foam has subsided, whisk in the whole-wheat flour. Keep whisking until the mixture begins to brown then turn the heat down to low and slowly add the milk while still whisking constantly so lumps do not form. Turn it back up to medium and continue whisking until the milk mixture begins to thicken, about 5 minutes.

Remove the pan from the heat and add salt and pepper. Quickly whisk the egg yolks into the milk mixture without allowing them to cook. Pour the milk/yolk mixture into the fluffy egg whites and using a rubber spatula carefully fold the two together without crushing the air out of the egg whites. Also fold in filling (like ham and/or cheese) if desired. Do not overmix.

Scoop the mixture into the prepared baking dish and bake until lightly brown on top, about 20 – 25 minutes. Serve immediately (otherwise the soufflé will “fall”).

**Peanut Butter Bets**

*Courtesy of Jungle Jim's restaurant*

Grilled chicken breasts or burger patties in buns smothered with hot peanut butter, bacon, cheddar, dill chips, tomato, iceberg and mayo.

**Pineapple Ginger Stir-Fry**

*Adapted from Chocolate-Covered Katie recipe*

1 lb diced chicken breast 12 oz various veggies

Other add-in such as cashews, water chestnuts

1 can pineapple chunks ½ c soy sauce

¼ tsp salt 1 tsp minced garlic

1 tsp ginger

Start preparing rice or soba noodles. Sautee chicken in cooking oil until no longer pink. Add broccoli (if using) and cook until it turns bright green. Add other ingredients except pineapple and stir-fry. Add pineapple and heat through. Serve over rice or soba noodles.

**Teriyaki Chicken or Beef Stir-Fry**

1 pkg frozen stir-fry veggies 1 lb cubed chicken or steak

2 tbsp soy sauce 1 tbsp teriyaki sauce

1 c white or brown rice, cooked

Sautee meat in pan with salt, garlic, and pepper until no longer pink. Add frozen vegetables and sauces and cook until tender. Serve over rice.

**Meat & Cheese Quiche with Whole Wheat Crust**  375°

*By Pillsbury (quiche) and Lisa Leake (crust)*

1 cup evaporated milk, half-and-half or milk

4 eggs, slightly beaten

1/4 teaspoon salt

1/4 teaspoon pepper

8 slices bacon, crisply cooked, crumbled - OR 1 c ham

1 cup shredded Swiss, Mozz or Cheddar cheese (4 oz)

1/4 cup grated Parmesan cheese

1 tablespoon chopped onion, if desired

Whole wheat crust (recipe below)

In medium bowl, mix half-and-half, eggs, salt and pepper; set aside. Layer bacon, cheeses and onion in crust-lined plate. Pour egg mixture over top.

EASY WHOLE-WHEAT PIE CRUST

1 1/2 cups white whole-wheat flour

1/2 cup melted butter

1/2 teaspoon salt

2-3 tablespoons milk

In a 9-inch pie pan, combine all crust ingredients and mix with a fork. Use your hands to finish the mixing and then form a ball in the pan. Press it into the pan and bring it up on the sides, and then pinch the top (with your finger or a fork). Bake at 375 for 30 - 40 minutes or until filling is set.

[**Turkey Roulade**](http://www.marthastewart.com/1095038/turkey-roulade)375°

Perfect for Thanksgiving or Christmas!

Serves 10 / Prep Time 40 mins / Total Time 2 hours

1/2 boneless, skinless turkey breast (2.5-3 lbs)

Coarse salt and freshly ground pepper

Stuffing (see below for recipe or use bag mix)

¼ c chopped craisins (if buying stuffing)

¼ c chopped pistachios (if buying stuffing)

8 oz very thinly sliced bacon

Place turkey, skinned-side down, on a cutting board. Slice through thickest part of breast, creating a flap. Cover with plastic wrap. With a mallet, pound to an even thickness (about 3/4 inch). Remove plastic, season with salt and pepper, and store in refrigerator up to 1 day.

Make stuffing with cranberries and pistachios. Place turkey, skinned-side down, on a work surface. Season with salt and pepper. Spread stuffing over top, leaving a 1/2-inch border. Working from one short side, roll breast up tightly into a log, enclosing stuffing. Turn seam-side down. Drape bacon slices over breast, overlapping slightly to cover completely. With kitchen twine, tie at 4 even intervals; replace any stuffing that falls out.

Roast until a thermometer inserted in thickest part reads 155 degrees (temperature will continue to rise during resting), about 1 hour, 10 minutes. Let rest 15 minutes before slicing and serving.

**Stuffing:**

1/4 loaf seeded rye bread

2 tablespoons unsalted butter

1 small onion, finely chopped

1 stalk celery, finely chopped

3 cloves garlic, minced

1 tablespoon minced fresh thyme

1 tablespoon minced fresh sage

2 teaspoons minced fresh oregano

1/2 cup low-sodium chicken broth

1/4 cup chopped dried cranberries

1/4 cup chopped pistachios

Remove crust from bread and cut into 1/2-inch cubes (makes about 2 cups packed). Bake bread on a baking sheet until dry and edges are golden, about 10 minutes. Transfer to a bowl. Heat butter in a skillet over medium-high heat until foamy. Add onion, celery, garlic, herbs, and 1/2 teaspoon salt. Cook until onion is translucent, about 4 minutes. Transfer to bowl with bread; add broth, cranberries, and pistachios. Stir to combine. Season with salt and pepper.

# Salads/Vegetables

**Alyson’s Broccoli Salad**

*AllRecipes.com*

1 head fresh broccoli, cut into bite size pieces

1/2 cup raisins

1/4 cup red onion, chopped

2 tablespoons white sugar

3 tablespoons white wine vinegar

1 cup mayonnaise

1 cup sunflower seeds

10 slices bacon

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a salad bowl, toss together broccoli, raisins and red onions. In a separate bowl, whisk together the white sugar, vinegar and mayonnaise. Pour over broccoli mixture and toss to coat. Refrigerate for at least 2 hours.

Before serving, sprinkle with sunflower seeds and crumbled bacon. Toss and serve.

**Apple Salad**

*Courtesy of The Rustic Leaf, NH*

10 oz bag baby spinach leaves

1 large sweet apple, chopped

½ c dried cranberries (or raisins)

½ c candied (or toasted) walnuts

6 oz crumbled goat cheese

Poached apple dressing or balsamic vinaigrette

Toss all ingredients together in a large bowl. *Optional:* Bake ½ of the chopped apple at 350 for 20 minutes or until golden and tender.

**Baked Beans**

Simmer 1 cup of canned navy beans with 1 tbsp each of ketchup & brown sugar.

**Balsamic Honey Mustard dressing**

2 tbsp balsamic vinegar

1 tbsp honey

1 tsp Dijon mustard

¼ tsp ground black pepper

¼ c extra virgin olive oil

Whisk vinegar, honey, mustard and pepper in small bowl. Slowly add oil in a thin stream, whisking constantly until well blended. Pour over salad.

**Caribbean Beans and Rice**

2 c Camilla long grain rice 1 c Bohio red or black beans

5 c water chopped onions

garlic thyme

curry powder coconut cream

*Ratio is: 2c rice for each c beans, 1c water for each c beans, 2c water for each c rice.*

Boil beans until soft not soggy. Fry chopped onions in large pot in vegetable oil. Add beans (not water) and cook for 40-50 seconds. Add water. When water comes to a boil, add rice, salt and seasonings. Cook uncovered on one notch above medium heat, until water is almost evaporated. Then lower the heat to 3 notches below medium, cover and cook for 12 minutes.

**Corn on the Cob**

GRILLED *Courtesy of friend Colin Principe*

This is the best way to cook corn. Soak the corn, husks and all, in ice water for 1-2 hours. Place on the grill and cook over medium heat for 15-20 minutes. You can grill your meats or other items alongside, just move the corn off to the side or up to your warming rack. Keep rotating the corn, and the corn is ready to come off when the outer husk is brown but not burnt. Husking the corn hot off the grill can be a challenge. You can either let it cool a little bit, or you can use two pairs of tongs or oven mitts. Watch out for escaping steam.

MICROWAVED *Courtesy of Weight Watchers*

Wrap husked corn in waxed paper and microwave for 1 minute; serve.

BOIILED *Joy of Cooking* – In husk for 1-3 minutes

**Cranberry, Feta and Roasted Walnut Salad**

*cdkitchen.com*

1 package (10 oz.) mixed salad greens

1 c sweetened dried cranberries

1 pkg (4 oz.) crumbled Feta cheese

½ c coarsely chopped toasted walnuts

Balsamic Honey Mustard dressing

Layer salad greens, cranberries, cheese and walnuts in bowl. Top with Balsamic Honey Mustard Dressing.

**Creamy Italian Salad Dressing**

Blend in a blender or food processor:

1/2 cup mayonnaise

1/2 cup oil

2 tsp onion (dry)

2-3 tbsp vinegar

1 tbsp honey (sugar)

1/2 tsp basil

1/4 tsp oregano

1/4 tsp garlic powder

1/4 tsp salt

1/8 tsp pepper

**Fox Point Veggies**

Microwave 1 cup of covered veggies 2-4 minutes (depending on whether frozen or fresh) with

1 tbsp of water. Stir in 1 tbsp butter and 1 tsp Penzeys Fox Point Seasoning and serve.

**Easy Baby Carrots** 425°

Line a baking sheet with foil. Toss 1 lb baby carrots with a drizzle of olive oil and chopped fresh thyme, salt, and pepper to taste. Put the carrots on the sheet. Roast until tender, 25-30 minutes, stirring once halfway through.

**French Fries or Sweet Potato Fries** 350°

Cut sweet or Idaho potatoes in wedges and place in Ziploc bag. Add extra virgin olive oil, just enough to coat. Then add tsp. minced garlic, tsp. minced onion flakes, dash sea salt & pepper. Zip up and shake well. Place on baking sheet sprayed with non-stick cooking spray. Bake 30-45 min. Check on them in between and turn if needed.

**Gorgy Salad**

*Courtesy of friend Mary Lou Wielosynski*

1 head of Romaine lettuce, chopped

1 tomato, chopped Green olives

1 small Vidalia onion, sliced

Mom’s Italian Salad Dressing (see recipe)

Gorgonzola cheese

Mix dry ingredients; toss with dressing; top with cheese.

**Microwaved Sweet Potatoes**

Wash sweet potatoes. Puncture a few times with a fork. Place on paper towel on microwave-safe dish. Cook on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Turn over potatoes halfway through cooking. Top with 1 tsp margarine and sprinkle of cinnamon.

**Greek Dressing**

3 tbsp. lemon juice

3 tbsp. water

1 packet Good Seasons Italian salad dressing mix

2/3 c. olive oil

3 tbsp. Feta cheese, crumbled

1/2 tsp. oregano

Combine lemon juice, water and salad dressing mix in a cruet or jar. Shake well. Add olive oil, Feta cheese, and oregano. Shake well. Make one cup. For salad: Tomato, cucumber, Greek olives, radish, lettuce and spinach.

**Loaded Mashed Potatoes**

*A recipe by Amy Green*

20 oz of potatoes, any kind ¼ c butter

Milk (to texture desired) 1 tbsp bacon

Salt and pepper to taste 1 tbsp fresh chives

¼ c grated parmesan cheese 3 tbsp sour cream

1 tsp minced garlic 1tsp onion powder

Microwave potatoes, covered, for 8 minutes or until very tender. Blend potatoes with all other ingredients using a potato ricer or electric mixer. For regular mashed potatoes, omit all except the milk, butter, salt and pepper.

**Mom’s Italian Salad Dressing**

*Courtesy of Amy’s mother, Marian Price*

Using Good Seasons Italian mix and cruet, follow directions for “To prepare with less oil.” Use extra-light olive oil (¼ c), and white wine vinegar or balsamic vinegar (¼ c).

**Nonna's Tuscan Salad Dressing**

3 tbsp mayonnaise

1/3 cup red wine vinegar

1/2 cup water

2 tsp lemon juice

2 tbsp grated parmesan cheese

3 tbsp olive oil

1 clove minced garlic (optional)

1/4 tsp dried oregano

1/4 tsp dried basil

1/8 tsp black pepper (ground, taste)

Place the mayonnaise, vinegar, water, lemon juice, Parmesan cheese, olive oil, garlic, oregano, basil, and black pepper into a blender. Blend for 2 minutes, then pour into a salad dressing container, and refrigerate at least 1 hour. Shake well before using.

**Nutty Broccoli**

1 package (16 ounces) frozen chopped broccoli, thawed

1/2 cup shredded Swiss cheese

1/2 cup chopped pecans

1/4 cup butter, melted

1/4 teaspoon garlic salt

1/4 teaspoon pepper

Place broccoli in a large microwave-safe bowl. Combine the remaining ingredients; pour over broccoli. Cover and microwave on high for 3-4 minutes or until tender.

**Olive Garden Salad**

*Copykat.com*

Salad:

1 bag Dole American Blend salad
4-5 slices red onion
4-6 black olives
2-4 banana peppers
1/2 c. croutons
1 small tomato, quartered
Freshly grated parmesan cheese

Chill a salad bowl in the freezer for at least 30 minutes. Mix all ingredients in bowl.

Dressing:

1/2 c mayonnaise
1/3 c white vinegar
1 tsp vegetable oil
2 tbsp corn syrup
2 tbsp parmesan cheese
2 tbsp romano cheese
¼ tsp garlic salt - or one clove garlic minced
½ tsp Italian seasoning
½ tsp parsley flakes
1 tbsp lemon juice

Mix all ingredients thoroughly in a blender. Add sugar if too tart. Pour generously over salad.

**Penzey’s Italian Dressing**

To make 1 cup, a standard dressing bottle full, mix 1 TB. seasoning in 1 tbsp water, let stand 5 minutes, then whisk well with 2/3 cup vegetable oil and 1/3 cup vinegar. To reduce the calories, use 2/3 cup of a mild vinegar, such as rice vinegar, and 1/3 cup oil.

**Roasted Asparagus** 400°

*Courtesy of friend Qian Chen*

Brush asparagus with olive oil and bake for 5-8 minutes. Sprinkle with salt and pepper.

**Potato Salad for People Who Don’t Like Potato Salad**

*Courtesy of Morgan Cyr*

5 lb potatoes, cooked and chopped

1 dozen hard-boiled eggs, chopped

1 16 oz pkg maple bacon, cooked and chopped

⅓ c. fresh chive stalks, chopped

½ jar (15 oz) mayonnaise

Cook the potatoes and eggs and cool completely (recommended to refrigerate overnight). Chop and mix all prepared ingredients in large container.

**Roasted Baby Potatoes with Herbs** 400°

*By Giada De Laurentiis*

1 pound small white and red-skinned potatoes (about 1 3/4-inch diameter), scrubbed

1 tablespoon herbes de Provence, plus extra for garnish

3 cloves garlic, minced

1/4 cup extra-virgin olive oil, plus extra for drizzling

Salt and freshly ground black pepper

Put the potatoes into a large bowl. In a small bowl, whisk the herbs, garlic, and oil together until blended, and then pour over the potatoes. Sprinkle generously with salt and pepper and toss to coat. Transfer the potatoes to a baking dish, spacing them evenly apart. Roast until tender and golden, turning occasionally with tongs, about 1 hour. Transfer to a platter and drizzle with extra-virgin olive oil and herbes de Provence, if desired.

**Roasted Veggies** 400°

*Courtesy of Amy’s coworker, Jackie Chawla*

Cut up any veggies and put on a cooking sheet -drizzle olive oil and salt (optionally herbs, garlic etc.), mix with hands. Bake 30-40 minutes.

For asparagus, do the above and also add balsamic vinegar.

For Brussels sprouts, cut in half, microwave, then roast with olive oil, parmesan cheese and crumbled bacon.

**Sautéed or Grilled Squash**

Sautee zucchini or other squash in 1 tsp olive oil with minced garlic. Or grill squash slices for 6 minutes and sprinkle with seasonings.

**Sweet Potato Boats** 400°

Wash & prick 4-6 sweet potatoes. Bake on low rack 45-60 minutes or till fork tender. Let cool. Slice lengthwise in half and scoop out potato flesh, leaving 1/4 inch border of flesh to support potato shape. Use mixer & blend scooped out flesh with 1/3 cup butter, 1/3 cup of honey, and 1/3 cup of sweet creamer (I like to use French Vanilla), dash cinnamon, dash nutmeg. Spoon mixture back into potato shells. Garnish with mini marshmallows. Bake for about 10 minutes or until marshmallows are a golden brown.

**Van Otis Italian Salad**

*Served at Café Van Otis, Manchester, NH*

Mixed greens (including Romaine & spinach)

Grape tomatoes

Diced mozzarella

Sundried tomatoes

Artichokes from a can or jar

Croutons

Grilled chicken (optional)

Mix all ingredients. Top with Mom’s Italian Salad Dressing (see separate recipe).

**Penzey’s Sandwich Dressing**

Mix 1/4 c Penzeys Sandwich Sprinkle with 1/4 c water, let stand 5 minutes, then add 1 c vinegar and 1 1/3 cup oil, shake and store.

# Beverages

**Black Halloween Punch**

1 envelope unsweetened grape soft drink mix

1 envelope unsweetened orange soft drink mix

2 c white sugar

3 quarts cold water

1 liter ginger ale

Stir together grape soft drink mix, orange soft drink mix, sugar and water until solids are dissolved. Combine with chilled ginger ale just before serving.

*To make a frozen hand:* Wash a disposable glove, fill with water, seal with a rubber band and freeze until hard. Dip the frozen hand briefly in warm water, then peel off the glove. Float the prepared hand in the punch bowl for a ghastly effect.

**Boysenberry Punch**

*Courtesy of friend Tracy Marston*

¾ liter ginger ale

1 liter fruit punch

2 pints of boysenberry sorbet

Combine in punch bowl and serve immediately.

**Caramel Apple Cider**

8 oz apple cider caramel sauce

½ tsp cinnamon sugar whipped cream

Stir caramel and cinnamon sugar into steaming cider. Top with whipped cream and a drizzle of extra caramel.

**Chocolate Peanut Butter Banana Protein Shake**

12 oz milk

2 scoops protein powder

1 banana

2 tbsp peanut butter

1 c ice

Blend all in a high-powered mixer. Add water if needed to thin.

**Flip Flop Wine Cooler**

1 oz ginger ale

fill with white wine

splash of favorite fruit juice

float favorite fruit slice

**Homemade Flavored Water**

Add one of the following variations into a large pitcher of water, then add ice and allow to chill for 1 hour before serving.

**Citrus:** Sliced orange, lemon, and lime

**Raspberry Lime:** Sliced lime, handful of raspberries

**Strawberry Basil:** 10 sliced strawberries, 5 basil leaves

**Watermelon Rosemary:** 1/2 c watermelon chunks, two sprigs of rosemary

**Pineapple Mint:** 1/2 c pineapple chunks, 15 mint leaves

**Russian Hot Tea**

1 can pineapple juice

2 cans frozen orange juice concentrate

1 gallon sweet tea

Dash nutmeg, cinnamon and All-Spice

Cinnamon sticks

Bring all ingredients to a boil in pot on stovetop. Reduce heat to simmer and serve hot.

**Chocolate Fudge Protein Shake mix (10 servings)**

*By Chocolate-Covered Katie*

3/4 c Dutch cocoa powder

1 ¼ c chocolate protein powder

1 ¼ c PB2

1 ¼ tsp salt

2 1/2 tsp Nustevia (optional)

To use: Blend 1/2 c mix with 2 c milk, 2 frozen bananas, 1/2 tsp vanilla and 1 tbsp flaxseed oil.