

BECK'S FAVORITE CHICKEN ENCHILADAS

Robin Harger

2 cups cooked diced chicken
2 cups sour cream
2 (4 oz.) cans chopped mild green chilies
1 cup chopped green onion
½ tsp. salt

4 cups shredded Monterey Jack cheese
12 flour tortillas
1 (10 oz.) can mild enchilada sauce

In large bowl, combine first 5 ingredients & 2 cups cheese. Dip tortillas in enchilada sauce. Spread chicken mixture down middle of tortilla and roll up. Place seam side down in 13 x 9" baking dish. Repeat with the remaining tortillas. Top with remaining cheese. Bake uncovered at 350°F for 25 minutes or until cheese is melted and enchiladas are baked through. Yield: 6-8 servings.

BOURBON CHICKEN

Christi Floeck
from BigOven.com

2 lb. boneless chicken breasts,
cut into bite-size pieces
1 tbsp. olive oil
1 garlic clove; crushed
¼ tsp. ginger
¾ tsp. crushed red pepper
flakes

¼ c. apple juice
⅓ c. light brown sugar
2 tbsp. ketchup
1 tbsp. cider vinegar
½ c. water
⅓ c. soy sauce
1 tbsp. corn starch

Heat oil in a large skillet. Add chicken pieces and cook until lightly browned. Remove chicken. Add remaining ingredients, heating over medium heat until well blended and dissolved. Add chicken and bring to a hard boil. Reduce heat and simmer for 20 minutes uncovered. Serve over hot rice.

DAVID'S FAVORITE TURKEY MEATBALLS

The Satterwhite Family

1 lb. ground turkey

½ c. low fat ricotta cheese

½ c. dry bread crumbs (we use Italian)

¼ c. chopped fresh basil (we use 1 T. dry)

¼ tsp. pepper

¼ tsp. salt

Preheat oven to 375°F. Combine all ingredients in a bowl then shape mixture into about 18 meatballs. Bake 15 minutes and then turn meatballs. Bake another 15 minutes or until done.

EASY CHICKEN CURRY

Steve Slawson

Blake Chapin

1 cup butter

1 chopped onion

1 T. minced garlic

1 (15 ounce) can tomato sauce

3 cups heavy cream

2 tsp. salt

1 tsp. cayenne pepper

1½ - 2½ skinless boneless chicken breast

2 T. vegetable oil

2 T. curry powder

Melt a few tablespoons of butter in skillet over medium heat. Stir in onion and minced garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes. Meanwhile melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, and cayenne pepper. Bring to a simmer, then reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions. Cube the chicken to bite sized piece, add the vegetable oil and cook on a stove top in a large skillet until no longer pink in the center. Once done add the chicken to the sauce and simmer for at least 10 minutes before serving.

SLOW COOKER POTATO SOUP

Paige Gill

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|---------------------------------------|--|
| 8 cups diced potatoes (peeled) | 1 tsp. pepper |
| ½ cup diced carrots | 1 clove garlic, minced |
| ½ cup diced celery | ½ pounds bacon, cooked and crumbled |
| 3 (14½ oz.) cans chicken broth | 5 T. flour |
| 1 can cream of chicken soup | 1 (8 oz.) package cream cheese |
| 1 T. parsley | |
| 2 tsp. salt | |

In a large slow cooker/crock pot, combine all above ingredients, minus the flour and cream cheese. Salt and pepper to taste. (You can opt to add the bacon at the end as a “garnish”, but I always just throw it in at the beginning.) Cook on low for 8-10 hours, or until potatoes are done. About an hour before you serve the soup, add the cream cheese. Stir until blended.

Note: We like our soup thick, so you can remove 1-2 cups of the soup into a separate bowl. Add the flour, whisking constantly to avoid any lumps. Then as you are stirring the soup, add flour/soup mixture back into the slow cooker. Replace lid and allow the soup to cook for another 20-30 minutes (or until you’re ready to serve).

SLOW COOKER PULLED PORK

Elizabeth Elliott

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|--|--|
| 1 (2 lb) pork tenderloin or pork loin roast | 1 (18 oz) bottle KC Masterpiece barbecue sauce (or your favorite) |
| 1 (12 oz) can or bottle root beer | 8 hamburger buns |

Place the pork tenderloin or pork loin roast in a slow cooker; pour the root beer over the meat. Cover and cook on low for 6 hours, until well cooked and shreds easily. Drain well. Stir in barbecue sauce and serve on hamburger buns. Can top with cole slaw if desired.

Note: This is the top rated pulled pork recipe on allrecipes.com, with thousands of people giving it 5 stars. Winner, winner, pulled pork dinner!

MEATS

AMAZING BEEF MARINADE

Susan Byrd

1/4 c. canola oil

1/4 c. dry vermouth

1/4 c. soy sauce

1 tsp. yellow mustard

1/2 tsp. dry mustard

1 clove garlic, minced

1/4 tsp. pepper

1/2 tsp. salt

2 tsp. Worcestershire

Put all ingredients in a blender and mix for 2-3 minutes. Pour mixture on meat and marinate for at least 5 hours. The longer the better..overnight the best. Turn meat frequently.

Note: This is amazing with flank steak! This recipe has been passed down in our family - always a crowd pleaser! Grill, slice meat thinly at an angle and enjoy!

BAKED BURGERS WITH GRAVY

Jennifer Brannen

**1 1/2 lbs. lean ground round
beef**

1/4 cup finely chopped onion

**12 finely crushed saltine
crackers (or cracker of
choice)**

1 egg, beaten

**1 can Campbell's cream of
mushroom soup**

**1 tsp. vegetable oil
salt and pepper**

Sauté onion in vegetable oil for 5 minutes to soften. Add onion to raw ground round in large bowl; mix in egg, cracker crumbs and 1/4 cup of undiluted mushroom soup. Season with salt and pepper. Shape into 6 or 7 oval patties and place in shallow baking dish. Bake in 350°F oven for 30 minutes. Remove from oven and spoon off any accumulated grease. Mix the remaining canned soup with 1/3 cup water and pour over patties. Return to oven to bake another 15 minutes. Serve with mashed potatoes or rice.

POPPY SEED CHICKEN CASSEROLE

Kara McAfee

3 cups chopped cooked
chicken
1 (10¾ oz) can cream of
chicken soup, undiluted
1 (8 oz) carton sour cream

1 T poppy seeds
1½ cups crushed Ritz crackers
(about 40 crackers)
¼ cup butter or margarine,
melted

Combine first 4 ingredients and spoon into a lightly greased 11 x 7 baking dish. Combine crushed crackers and butter, and sprinkle over chicken mixture. Bake uncovered at 350°F for about 30 minutes.

Note: This is a great dish to take to friends when you need to deliver a meal. It can be prepared early and then just thrown into the oven later.

QUICK AND EASY CHICKEN CASSEROLE

Karen Martin

3 c. cooked chicken, cubed
1½ c. celery, cut fine
1½ c. cooked rice
1 can drained water chestnuts,
chopped
1 c. mayonnaise

1½ tsp. chopped onion
1½ tsp. lemon juice
1½ tsp. salt
3 hard-boiled eggs, chopped
1 can Campbell's chicken
broth

Mix all ingredients and put into a casserole dish. Bake for 45 minutes at 375°F.

Note: This is a regular request from my granddaughter Camille Gagnon.

ROASTED GARLIC LIME CHICKEN

Rebecca Brown

6 boneless chicken breasts
2 T. lime or lemon juice

2 tsp. garlic salt
1 tsp. seasoned pepper

Spray baking dish with cooking spray. Sprinkle chicken with lime juice, salt and pepper. Roast in 400°F oven until meat is cooked through at 170°F, about 30 minutes

TEXAS CAVIAR (WITH CHICKEN) **(Southern Living Easy Weeknight Meals)**

Heather Gonzales

2 (15 oz.) cans black beans,
rinsed and drained
1 (10 oz.) can diced tomato
and green chilies
2 avocados, diced
1 small green bell pepper,
diced

1/2 cup red onion
3/4 cup zesty Italian dressing
1 Tbsp. fresh lime juice
1/2 pkg. frozen corn
1 1/2 to 2 cup diced or shredded
chicken, cooked
corn chips

1. Cook corn and set aside. 2. Stir together all ingredients except corn chips. 3. Cover and chill at least 30 min. The longer it sits, the better the juices "mingle." 4. Serve with corn chips.

Note: *This is a great summer/pool dinner; so quick and can be eaten with fingers if you get the scoop Fritos.

THAI HERB-GRILLED CHICKEN

Jennifer & Greg Scheland

1/3 c. finely chopped fresh basil
1/3 c. finely chopped fresh mint
1/3 c. finely chopped cilantro
3 T. finely chopped peeled
fresh ginger
4 garlic cloves
1 1/2 T. soy sauce
1 1/2 T. fish sauce (nam pla)

1 1/2 T. canola oil
1 1/2 T (packed) dark brown
sugar
1 serrano or jalapeño chili,
chopped
6 boneless, skinless chicken
breasts (about 2.5 lbs.)

Combine all ingredients (except chicken) in food processor and blend well. Scrape down sides of bowl occasionally. Coat chicken with herb mixture and cover in dish or seal in ziploc bag. Chill at least 2 hours or overnight. To cook, heat grill to medium and cook about 5 minutes per side. Cut chicken crosswise into slices. Delicious with basmati rice.

SLOW COOKER CREAM CHEESE CHICKEN CHILI

Kara McAfee

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|-------------------------------------|-------------------------------------|
| 1 can black beans | 1 T. chili powder |
| 1 can corn, undrained | 1 tsp. onion powder |
| 1 can Rotel, undrained | 1 8 oz. package cream cheese |
| 1 package Ranch dressing mix | 2 chicken breasts |
| 1 tsp. cumin | |

Drain and rinse black beans. Place chicken at the bottom of the crockpot, then pour in the whole can of corn (undrained), Rotel (undrained), and black beans. Top with seasonings and ranch mix. Stir together. Place cream cheese on top. Cover with lid and cook on low for 6-8 hours. Stir cream cheese into chili. Use 2 forks to shred chicken. Stir together and serve.

Note: This "chili" recipe has won 2 friendly neighborhood chili contests and is sure to please the whole family! Plus it is SO easy - the best kind of recipe!

EASY CHICKEN SPAGHETTI

Michelle Payne

1 rotisserie chicken or 4
chicken breasts cooked
12 oz. cooked spaghetti
2 (5 oz.) cans of PET
evaporated milk fat free or
reduced fat (not sweetened)

2 cans Cream of Mushroom
Soup 98% Fat Free
1 stick Margarine or Butter
melted
8 oz. shredded cheese
salt and pepper to taste

De-bone chicken into bite size pieces. Mix all ingredients except cheese together. Pour into casserole dish. Top with cheese. Bake uncovered at 350°F for 20-30 min.

EASY LASAGNA

Sue Bach

1 (8 oz.) pkg. lasagna noodles,
uncooked
1½ lbs. ground beef
1 (32 oz.) jar of thick spaghetti
sauce
¾ c. water

1 tsp. salt
½ tsp. sugar
1 lb. small curd cottage cheese
3 c. shredded mozzarella
½ c. grated parmesan cheese
Garlic salt to taste

Brown beef, drain. Add sauce and salt. Boil for several minutes. In a 9x13 dish, layer ⅓ sauce, ½ noodles, 1 c. cottage cheese, and ⅓ of the cheeses. Repeat layers, ending with sauce and the remaining cheeses. Cover with foil. Bake one hour at 350°F. Let set a few minutes before serving.

10/14

CHICKEN ARTICHOKE BAKE

Paige Gill

6 boneless, skinless chicken
breasts

2 jars marinated artichokes

1 can cream of chicken soup

¼ cup white wine

Breadcrumbs

Parmesan cheese

Roll chicken in breadcrumbs and Parmesan cheese. Pour artichokes and juice into bottom of casserole dish and chop the artichokes with a knife. Mix soup and wine and pour into casserole dish. Place chicken on top and bake at 350°F until chicken is done, about 35-45 minutes. Serve with rice and steamed asparagus.

CHICKEN BASEBALLS

Elizabeth Elliott

1 (3 ounce) pkg cream cheese,
softened

1 tsp margarine

¼ tsp salt

¼ tsp pepper

2 T chopped onion

2 T milk

2 cups cooked, cubed chicken

1 (8 ounce) pkg refrigerated
crescent rolls

Preheat oven to 350°F. Stir together cream cheese, margarine, salt, pepper, milk and onion. Fold the chicken into the cream cheese mixture. Separate crescent rolls into 4 rectangles and smooth the perforations. Spoon ½ cup of the chicken into the center of each rectangle. Fold the corners over the chicken mixture and pinch along the edges to seal into a ball shape. Arrange on a baking sheet and bake until browned, about 20 minutes.

Note: This recipe makes 4 baseballs, which is never enough at our house so I always double it. An easy crowd pleaser.

PENNE A LA VODKA

Joi Morley

coarse salt

¼ c. extra virgin olive oil

1 lb. dried penne pasta

1 medium onion, halved

4 c. tomato purée, or crushed
tomatoes for chunkier sauce

1 c. half-and-half

½ c. finely grated Pecorino

Romano cheese, plus more
for garnish

¼ c. vodka

4 leaves basil, coarsely
chopped

diced chicken or seafood
(optional)

Cover a large pot of salted water and bring to a boil. Add 1 tbsp. olive oil to the pasta, stirring to keep the pasta from sticking together. Cook until al dente. Meanwhile, heat remaining 3 tbsp. olive oil. Add onion halves, cut side down. Season with salt. Cook 2 minutes. Add tomato purée, half-and-half and cheese; stir to combine. Pour in vodka. Add basil, and cook until heated through. Drain pasta. Remove onion from sauce, and discard. Add pasta to skillet, and toss until pasta is well coated with sauce. Garnish with cheese, if desired. Can add chicken or seafood if desired. Serve immediately with crusty bread and salad.

SUPER EASY CROCK POT ROAST

Callie Scott

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|---|--|
| 1 pot roast (whatever meat you prefer) | 1 package Lipton Beefy Onion soup mix |
| 1 can Cream of Chicken | 1 T. salt |
| 1 can Cream of Mushroom | ½ T. pepper |
| 1 small white onion | 2 baking potatoes |
| 1 can worth red wine | 5 carrots |

Start with one can Cream of Chicken, one can Cream of Mushroom, and pour red wine into empty soup can (to the top) along with one package Lipton Beefy Onion soup mix into a crock pot. Stir ingredients together until soup, Lipton Beefy Onion, and wine mix smoothly together. Gently place roast in crock pot (I start fatty side up) and salt and pepper your roast liberally. Cut onion into large pieces (no need to dice) and place in sauce and along top of roast. Cook on low heat around 10 hours or cook on high heat around 6 hours. Peel baking potatoes and cut into 4 large sections. Peel carrots and cut in half. Place in crock pot last 2 hours of cook time. **DO NOT PLACE POTATOES AND CARROTS IN AT THE BEGINNING OF COOK TIME.** You will have mush. This recipe makes a wonderful gravy when finished cooking. So easy!

TACO CASSEROLE

(Lower fat recipe)

Jennifer Alpard

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|--|----------------------------------|
| 2 lbs. 97/3 ground turkey meat | 1 bag Baked Tostitos |
| 2 cans low sodium, fat free cream of chicken soup | 2 cups shredded cheese |
| 1 can corn, drained | 1 can Rotel |
| 1 can black beans | 2 packages taco seasoning |

Brown turkey meat and season with taco seasoning, combine meat, cream of chicken, corn, black beans and Rotel. Crush chips in a sprayed casserole dish to layer the bottom, add a layer of the meat mixture, top with cheese and repeat all 3 layers. Bake at 350° F for 30 minutes. (Double the recipe and freeze one!) Your family will YUM it up!!!

FAT TUESDAY FETTUCINE

Jennifer Scheland

1½ c. butter
3 onions, finely chopped
2 bell peppers, finely chopped
3 ribs celery, finely chopped
4 cloves garlic, minced
3 T parsley
2 lbs. shrimp, raw, peeled & deveined

½ c. flour
2 c. half & half
16 oz. shredded jack cheese
(jalapeño jack optional)
18 oz. fettuccine
¾ c. grated Parmesan

Sauté vegetables in butter until softened (5-7 minutes). Add flour and cook 1 more minute. Stir in shrimp and cook until barely pink. Add half & half, and cheese. Stir until thickened. Mix with pasta and pour into greased casserole dish. Sprinkle with Parmesan and bake at 350°F until bubbly. (Approx. 30 minutes)

FETTUCINE ALFREDO WITH GRILLED CHICKEN

(“Addisyn Able’s Favorite Dinner”)

Jeannie Able

1 lb. fettuccine noodles, whole wheat organic pasta
¼ lb. butter
1 egg yolk
¼ cup heavy cream

½ up freshly grated Parmesan cheese
salt and pepper
grilled chicken

Cook noodles and set aside. Grill chicken and set aside. Cream butter until fluffy on low / medium heat. Add egg yolk and cream, beat constantly while adding cheese... a tablespoon at a time. Put drained noodles in a large heated serving bowl. Add cheese mixture to fettuccine and season with salt and pepper. Serve immediately with grilled chicken on top.

Note: We add a green salad to help balance out the carbohydrates.

BOURSIN POTATO GRATIN

Monica Lovoi

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| 2 c. heavy cream | salt and freshly ground pepper |
| 1 - 5 oz pkg Boursin cheese
with cracked black pepper | 2 T. chives, chopped |
| 2 T. minced shallots | 2 T. fresh italian parsley,
chopped |
| 1 garlic clove, minced | |
| 2½ lbs red potatoes, scrubbed
and sliced ¼ inch thick | |

Generously butter a 12x9x2 baking dish. In a heavy 1½qt sauce pan, heat cream, Boursin cheese, shallots, garlic over medium heat, stirring until cheese melts. Preheat oven to 400°F. Arrange half of sliced potatoes in the baking dish, in slightly overlapping rows. Generously season with salt and pepper. Pour half of cheese mixture over potatoes. Sprinkle with chives. Repeat layering with remaining potato slices, more salt and pepper and cheese mixture. Bake about 1 hour or until potatoes are tender and top is golden brown. Sprinkle with parsley.

CARROT SOUFFLÉ

Paige Gill

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|-------------------------------------|----------------------|
| 2 lbs carrots, cooked and
mashed | 3 T. flour |
| ½ cup butter | 1 tsp. baking powder |
| 2 eggs, beaten | ¾ cup sugar |
| | 1 pinch cinnamon |

Combine all ingredients and pour into a 2-quart soufflé dish. Bake at 400°F for 15 minutes. Reduce heat to 350°F and bake an additional 45 minutes.

CORN CASSEROLE

Cindy Leatham

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|---|---|
| 1 (15 $\frac{1}{4}$ -oz) can whole kernel corn, drained | 1 cup sour cream |
| 1 (14 $\frac{3}{4}$ -oz) can cream-style corn | $\frac{1}{2}$ cup butter, melted |
| 1 (8-oz) package corn muffin mix (Jiffy) | 1 to 1 $\frac{1}{2}$ cups shredded cheddar cheese |

Preheat oven to 350°F. In a large bowl, stir together the two cans of corn, corn muffin mix, sour cream, and melted butter. Pour into a greased 9x13 in. casserole dish. Bake for 45 min. Remove from oven and top with cheddar cheese. Return to oven for 5 to 10 min., or until cheese is melted. Let stand for at least for 5 min. and then serve warm.

CORN CASSEROLE

Gayle Swearer

Family favorite during the holidays

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|--------------------------------|--------------------------------|
| One can of corn drained | One box of Jiffy cornbread mix |
| One can of cream style corn | |
| One pint of low fat sour cream | Shredded cheese |
| One stick of butter | |

Preheat oven to 350°F. Spray 8 x 11" pan with cooking spray. Place stick of butter in dish and melt in the oven. Remove from oven. Mix drained corn, cream style corn, cornbread mix and sour cream with the butter. Cook for 30 minutes. Remove and sprinkle with desired amount of cheese and place back in oven for 15 minutes. Stays warm for a long time, great for holiday dinners and potlucks.

CORN SOUFFLÉ

Isabel Asander

1 box Jiffy Corn Bread
2 cans of cream style corn
1 large bag of steam fresh corn
1 egg

1 16 ounce container of sour cream
 $\frac{3}{4}$ of a bag of finely shredded cheddar cheese

Grease a soufflé bowl. Steam the corn in the microwave. Beat egg in separate bowl. Mix all ingredients together in the soufflé bowl, add in the egg last so the steamed corn has cooled enough so as not to scramble the egg. After all the ingredients are mixed well, bake in the oven at 350°F for 45 minutes. This will rise very pretty like a soufflé and should be a little brown on the top.

CRASH HOT POTATOES

Lisa Manke

New potatoes or other small round potatoes
Olive Oil
Kosher Salt

Black Pepper
Rosemary, or other desired herbs.

Bring a pot of salted water to boil. Add in as many potatoes as you wish and cook them until fork-tender. On a sheet pan, generously drizzle olive oil. Place tender potatoes on the sheet, leaving plenty of room between potatoes. With a potato masher or large fork, gently press down on each potato until it slightly mashes, then rotate the masher and press again. Lightly brush the tops of the potatoes with olive oil. Sprinkle potatoes with kosher salt, pepper and herbs of your choice. Bake in a 450°F oven for 20-25 minutes until golden brown and crisp on the edges.

Note: These potatoes rarely make it to the table, everyone wants to eat them right off the cookie sheet! The thinner you mash the potatoes, the crisper they will be.

POTATO SOUP

Jami Brown

2 cups water

2 cups diced potatoes

½ cup diced carrots

½ cup diced celery

½ cup diced onions

1 teaspoon salt

½ teaspoon pepper

¼ cup butter

2 cups evaporated milk or
milk

¼ cup flour

1-2 cups grated cheddar cheese

In a pot, combine water, potatoes, carrots, celery, onions, salt, and pepper. Boil for 10-15 minutes or until potatoes are soft when pricked with a fork. Remove from heat and set aside. In a separate saucepan, melt butter. Add in flour and stir with a whisk to prevent lumps. Slowly add in milk while whisking. When butter, flour, and milk are combined, cook over medium-high heat until thick. Remove from heat. Stir in 1-2 cups of grated cheese to flour mixture. Now add flour mixture to pot of vegetables and water. Stir gently to combine. Heat on low to medium for 10-15 minutes to season flavors together. Do not boil. Garnish with extra cheese.

Note: I prefer to only add one cup of cheese to the soup. Also, evaporated milk makes a richer, creamier soup. I use regular milk if it is what I have on hand.

RED BEANS & RICE

Melynda Boerm

1 lb. dried red kidney beans

2 qt. water

1 medium onion, chopped

6 stalks celery, chopped

1 bell pepper, chopped

2½ tsp. salt

1½ tsp. thyme

1½ tsp. oregano

1 ¼ tsp. garlic powder

¾ tsp. cayenne pepper

2 bay leaves

1 lb. smoked sausage*, cut into
½ inch slices

Rice, cooked according to
package directions

Wash beans under cold, running water. Place in a heavy stock pan. Cover with 2 quarts water and let soak overnight. Two hours before serving, add chopped onions, celery, bell pepper and spices. Cover pot and bring to boil. Reduce heat and simmer for 1 ½ hours. Add sausage to pot. Cover and let simmer 30 minutes until beans are completely soft. Serve over rice. *May use turkey sausage.

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BEST EVER BANANA BREAD

- makes 4 loaves!

(Published in the Houston Chronicle from
The Recipe Hall of Fame Cookbook)

Jami Brown

2 loaves

2 loaves

1 c. butter

1/2 c

2 tsp. vanilla

1 tsp

3 c. sugar

1.5 c

4 to 5 bananas, mashed

2-3

6 eggs

3 eggs

1 tsp. salt

1/2 tsp

3 c. sour cream

1.5 c

5 c. all-purpose flour

2.5 c

4 tsp. baking soda

2 tsp

Preheat oven to 350°F. Cream butter, sugar, and eggs. Mix sour cream and soda in a separate bowl: let stand until foamy. Add vanilla, bananas, salt, and flour; mix well. Add in sour cream mixture. Optional: Fold in 1-2 cups of chopped nuts or mini chocolate chips. Place in 4 greased, floured 9-by5-by3-inch loaf pans. Bake 50 minutes or until a toothpick inserted in center comes out clean. Makes 4 loaves. Freezes well.

Note: It is easy to cut this recipe in half to make only 2 loaves if you prefer.

BIG APPLE PANCAKE

Chris Vierra

recommended by Maggie Vierra

1/4 c. whole wheat flour

1/4 c. butter

1/4 c. unbleached flour

2 apples, peeled & sliced

2 eggs

1/4 c. sugar

1/2 c. milk

2 tsp. cinnamon

Preheat oven to 400°F. Mix together flour, eggs and milk and set aside. Melt butter in a skillet and cook apple over medium heat until soft. Add sugar and cinnamon. Pour liquid over the top of the cooked apple and cook in oven for 20 minutes. Turn over onto a plate immediately, apple side up. Yield: 4 servings.

Note: This is also a tasty dessert topped with Cool Whip.

REDUCED-SUGAR PUMPKIN BREAD

(Your house will smell like fall!)

Marty Chapman

recommended by Julia and Jake Chapman

3½ c. flour

2 tsp. baking soda

1½ tsp. salt

1½ tsp. cinnamon

½ tsp. ground nutmeg

½ tsp. ground ginger

¼ tsp. ground cloves

1¾ c. sugar

1 c. vegetable oil

4 eggs

⅔ c. orange juice

1 can pumpkin

Preheat oven to 350°F. Spray two large or three small loaf pans with cooking spray. In a large bowl, sift the dry ingredients together (flour through sugar). In medium bowl, mix together the wet ingredients (oil through pumpkin). Add the wet ingredients to the dry ingredients and mix well. Pour the batter into the loaf pans and bake for 1 hour.

RISE & SHINE SMOOTHIE

Charlotte Crawford

**Fresh, frozen, no sugar added
strawberries and blueberries
2 bananas**

**Fresh spinach
1 c. Greek Yogurt or to taste
Orange Juice**

Fill Vitamix blender ½ way with spinach. Add berries and press down into blender. Add yogurt, OJ and bananas. Blend on high. Enjoy!

Note: Fill Vitamix with spinach and berries when you get up to defrost berries a bit before you mix and serve.

TEXAS GOLDEN CORN BREAD

Vivian Grigg

1 beaten egg

1 c. milk

¼ c. cooking oil

1 c. yellow corn meal

1 c. flour

½ c. sugar

4 tsp. baking powder

½ tsp. salt

⅓ c. chopped pickled
jalapeños, optional

Beat egg, then add milk and oil, mix well. In a separate bowl combine all dry ingredients. Add wet ingredients and mix. Heat oven to 400°F. Pour batter in greased 9x9 baking pan. Let sit for 1 min. Bake 20-25 min. Inserted knife will come out clean when done.

THOMAS' FAVORITE CINNAMON ROLLS

The Satterwhite Family

1½ c. pecan halves

24 frozen Rhodes dinner rolls

1 (3.4-oz.) pkg. butterscotch
instant pudding

½ c. brown sugar

½ c. butter, melted

1 tsp. cinnamon

Generously grease a 12-cup Bundt pan. (Coat sides of pan to the top because the dough rises past the top overnight) Evenly distribute pecans on bottom of pan. Place rolls in pan. Sprinkle instant pudding over frozen dough. Combine melted butter and brown sugar and pour over dough. Sprinkle dough with cinnamon. Place Bundt pan in a cold oven. Leave overnight or for 8 hours. Remove from oven. Preheat oven to 350°F. Bake rolls for 25-30 minutes. Invert pan immediately using a large plate. Serve warm.

FLAVORFUL RED POTATOES

Loretta Hendrickson

recommended by Abigail & Nathan Dunaway

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| 12 small red potatoes | 2 T. capers, drained |
| ½ cup grated Parmesan cheese
(can use grated 4 Italian
cheese) | 2 T. sliced green olives |
| ½ cup olive oil | 1 T. thinly sliced green onions |
| 2 T. minced fresh parsley | 1 tsp. white wine vinegar |
| | ¼ tsp. pepper |

Place potatoes in a large saucepan, cover with water. Bring to a boil and cook 20 minutes or until tender. In a small bowl, combine the remaining ingredients. Drain the potatoes and cool slightly. Cut into halves or fourths. Add cheese mixture and toss gently to coat.

FOURTH OF JULY POTATO SALAD

Darcy Martin Gagnon

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| 3 lbs. red potatoes | 1 c. mayonnaise or Miracle
Whip |
| 1 white onion, chopped | 1½ T. mustard |
| 1 bunch celery and leaves,
inner stalks only, chopped | 1 tsp. celery seed |
| 2 hard boiled eggs, chopped | Salt and pepper to taste |

1. Boil potatoes until tender, drain and cool until okay to comfortably handle. Peel, cube, and place into mixing bowl. 2. Add onion, celery and eggs. 3. Mix mayonnaise, mustard, and celery seed, then add to the potatoes. 4. Mix well and refrigerate until served.

GREEN BEAN BUNDLES

The Satterwhite Family

Sharon Appel

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|---------------------|--|
| 1 cup brown sugar | 2 cans vertical pack green
beans, drained |
| 1 cup melted butter | 6 slices of bacon |
| ½ tsp. garlic salt | |
| 1 tsp. soy sauce | |

Combine sugar, butter, garlic salt and soy sauce for marinade. Arrange 10 beans together. Wrap ½ slice of bacon around bundle and secure with a toothpick. Arrange bundles in a 9 x 13 casserole. Pour marinade over them and refrigerate overnight. Bake 350°F for 30 minutes.

CHOCOLATE CHIP BUNDT CAKE

(Keep this recipe handy; it will be requested often!)

The Ashmore Family

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| 1 pkg. yellow cake mix | 1½ c. water |
| 2 small pkgs. instant vanilla pudding | ½ c. oil |
| 4 eggs | 1 t. vanilla |
| | 1 pkg. (12 oz.) chocolate chips |

Preheat oven to 325°F. Grease and flour bundt pan (Pam Spray with Flour recommended). In a large mixing bowl, mix the first six ingredients for 2 minutes. Stir in chocolate chips. Pour into the greased bundt pan and bake for 1 hour. Cool 15 minutes before turning over and gently removing from pan.

CHOCOLATE CHIP CAKE

Gina Poteet

- | | |
|---------------------------------------|--------------------------|
| 1 box of devils food cake mix | 1½ c. of water |
| 1 small instant vanilla pudding mix | ½ c. of oil |
| 1 small instant chocolate pudding mix | 3 eggs |
| | 1 pkg of chocolate chips |
| | powdered sugar |

Preheat oven to 350°F. Grease and flour bundt cake pan. Mix all dry ingredients and then add liquid ingredients. Mix well. Pour into bundt cake pan and cook for 45 minutes. Let cool for 10 minutes in pan and then remove. Sprinkle with powder sugar when cooled.

GRANDMA BELTER'S SUGAR COOKIES

Joi Morley

2½ c. flour
2 sticks butter
1½ c. powdered sugar
1 tsp. vanilla

1 tsp. baking soda
¼ tsp. salt
1 tsp. cream of tartar
1 egg

Blend wet ingredients (butter, sugar, vanilla, egg) and dry ingredients in separate bowls. Slowly add dry ingredients into wet using mixer. Put dough into saran wrap and refrigerate about 1 hour (dough can be frozen and used later). Roll out onto floured surface in small amounts to desired thickness (thinner will be crispier) and use cookie cutters to cut cookies until all dough is used. Heat oven to 400°F and bake on greased cookie sheet or parchment paper (preferred) for 4-5 minutes until just turning golden in color (watch carefully). When cooled, frost with homemade frosting (powdered sugar and milk with vanilla or other flavor as well as optional food coloring) or use store bought frosting. Decorate with sprinkles. The powdered sugar in this recipe is the key that keeps these cookies so smooth and delicious. Enjoy!

GRANDMA'S APPLE DUMPLINGS

Lisa Manke

4 granny smith apples, peeled,
cored & halved
1 tube (16 oz.) refrigerated
flaky biscuit mix
1 cup white sugar

1 cup water
½ cup butter, melted
2 teaspoons vanilla extract
½ teaspoon ground cinnamon

Preheat oven to 350°F. Butter a 7 x 11 inch baking pan. Separate biscuit dough into 8 pieces. Flatten out each piece into a circle. Wrap one biscuit around each apple half (doesn't have to be perfect) and place, seam side down, in the prepared baking dish. In a small bowl, combine sugar, water, melted butter and vanilla. Mix well. Pour mixture over dumplings in pan, sprinkle with cinnamon. Bake 35-20 minutes, until golden. Serve hot.

GONE IN 60 SECONDS

Kerry Moore
Leibman's

1/2 cup chopped pecans
1/4 cup mayonnaise

1 cup shredded cheddar cheese
1/2 cup chopped green onions

Combine ingredients & pack in a shallow mold or bowl. Refrigerate overnight. When ready to serve, turn mold over onto a serving plate. Cover mixture with Chile Berry Jam (can be purchased at Leibman's). Serve with tortilla strips.

HAM AND CHEESE PINWHEELS

Philip Martin

1 can crescent rolls
1 package thinly sliced deli ham

shredded cheddar cheese
mustard

Roll out crescent roll package into a single layer and pinch together seams with fingers. Spread a thin layer of mustard over crescent rolls. Place ham slices in a thin layer. Sprinkle shredded cheddar cheese on ham. Roll dough up from the long side to create a long roll. Slice with a knife into 1/2 inch thick slices and place on cookie sheet. Bake according to directions on crescent roll package.

Note: These are yummy and part of the traditional Martin Family Christmas breakfast.

HEARTS OF PALM DIP

Gina Poteet

1 jar of hearts of palm
chopped
2 cups of Parmesan cheese
1 can of artichoke hearts
chopped
1 cup of mayonnaise

garlic powder to taste
juice of 1 lemon
dash of Tabasco
salt and pepper to taste
paprika

Combine all ingredients except paprika in a bowl. Stir well. Pour into an 8x8 baking dish. Sprinkle with paprika. Bake at 350°F for 30 min or until bubbling. Let cool and serve with crackers, pita chips or bread. Enjoy!

EASY STUFFED MUSHROOMS

Joi Morley

whole mushrooms

bacon bits (real, not imitation)

cream cheese (full fat or
reduced, not fat free)

I get so many compliments on these when I serve them, it is almost embarrassing to share the "recipe" because they are so simple and yet delicious. Clean and remove stems from mushrooms. Preheat oven to 375°F and line pan with tin foil to prevent mushrooms from sliding. Using spoon, scoop cream cheese and fill each mushroom with a heaping amount of cream cheese. Pour bacon bits into shallow bowl or plate and press the top of each mushroom into them until coated with bacon bits. Place stuffed mushrooms into pan and bake for 30-45 minutes until bacon bits start to crisp. Remove and let cool at least 5 minutes before serving as mushrooms will be quite hot inside. Enjoy! This makes a great side dish for steak dinners as well.

FESTIVE CHEESEBALL

Darcy Martin Gagnon

1 lb. mild grated cheddar
cheese

1 c. chopped pecans

½ c. mayonnaise (not diet)

½ c. chopped onion

2 cloves chopped garlic

1 T. Tabasco sauce

1 jar Smucker's raspberry or
strawberry preserves

Mix first 6 ingredients and chill. Right before serving cover with preserves. Serve with Fritos and/or crackers.

FETA DIP

Meka Arend

⅓ c. olive oil

3 Roma tomatoes, seeded and
diced

4 - 5 green onions, thinly
sliced

8 oz. feta cheese block,
crumbled

2 - 3 tsp. Cavender's Greek
seasoning

fresh baguettes, thinly sliced

Cover bottom of serving dish with olive oil. Add tomatoes, green onions, feta cheese and Greek seasoning. Mix well and serve with warm thinly sliced baguettes.