

Social Services



**Classic Recipes
2000**

From Our Homes



To yours

Easy Orange Salad

by Andrea Price

- 1 8 oz container of low-fat small curd cottage cheese
- 1-8 oz container fat free cool whip
- 1 large can crushed pineapple
- 1 package sugar free orange Jell-O

Drain pineapple. Mix together all ingredients. Let sit in refrigerator 6 - 8 hours. Enjoy!

This is a very low-fat, low carb and low-calorie snack filled with protein. You can also add: small can of drained mandarin oranges, coconut, maraschino cherries.

Summer Salad

by Anne Turlo

- 1 3-oz pkg. sugar-free cherry Jell-O
- 1 10-oz can mandarin oranges, drained
- 3/4 c. fat-free sour cream
- 1 - 2 Tbs. chopped nuts, walnuts or pecans
- 1 16-oz. can whole cranberry sauce

In mixing bowl, combine jello and 1 cup boiling water. Stir until jello is dissolved. Add sour cream and cranberry sauce. Mix with electric mixer at low speed until well blended (this can splatter, so I put the bowl in the sink). Add mandarin oranges and nuts. Stir. Chill until set. Enjoy!

Ramen Cabbage Salad

By Linda Burhart

- 1/4 cup sesame seeds
- 1/3 cup sliced almonds
- 1 head of cabbage (finely chopped)
- 6 green onions (sliced thin)
- 2 pkgs. Ramen noodles (original)
- 2/3 cup oil
- 2 tbs. water
- 1/4 cup cider vinegar

Toast sesame seeds and almonds on a cookie sheet in oven until lightly toasted. Watch carefully, they can burn quickly.

Mix cabbage and green onions in a large bowl. Crush ramen noodles in the package. Open and remove broth packets.

To make dressing, mix oil, water, and vinegar in a jar with a tight lid. Add sugar and 1 packet of broth. Shake well.

Just before serving, add crushed noodles, almonds and sesame seeds to cabbage mixture. Pour on dressing and toss well. Serve immediately.



Taco Salad Dip

by Suzanne McQuarrie

8 oz. package cream cheese
15 oz. sour cream
1 package taco seasoning mix
3/4 cup salsa
1/2 head lettuce, shredded
2 tomatoes, diced
1 can black olives, sliced
3/4 cup shredded cheese

Mix cream cheese, sour cream and taco seasoning. Spread on large platter. Top with Salsa, lettuce, tomatoes, black olives and cheese, in that order. Decorate with jalapeno slices. Chill at least one hour and serve with nacho chips.



Tomato Vegetable Soup

by Celine Denis

- 1/2 lbs. hamburger
- 1 - 15 oz. can stewed tomatoes
- 2 10 oz. cans tomato soup
- 2 cups water
- 1 - 10 oz. package frozen mixed vegetables

Brown hamburger, drain fat. Add other ingredients and simmer until ready.

Option - I added small amount vermachilli noodles cut into fourths. Simple, easy and quick. I haven't tried it yet, but substituting chicken for hamburger might be tasty as well.

Beef Stew

by Anne Turlo

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|---|-----------------|
| 2 tbs. vegetable oil | 2 tsp. salt |
| 1 - 1 1/2 lbs. stew beef
cut in 3/4" cubes | 1/4 tsp. pepper |
| 1 large onion, chopped | 3 tbs. catsup |
| 1 tsp. celery seed | 6 cups water |
| 6 carrots, sliced | 1 tsp. parsley |
| 6 small potatoes, cubed | 1 tsp. basil |

Heat kettle. Add oil. When oil is hot, add beef that has been dredged in flour. brown over medium heat. Add water, onion, celery seed, parsley, basil, salt, pepper, and catsup. Stir, simmer for one hour. Add carrots and potatoes.

Baked Beef Stew

By Anne Turlo

- 1 can 14 1/2 oz. diced tomatoes, undiced
- 1 cup water
- 3 tbs. quick-cooking tapioca
- 2 tsp. sugar
- 1 1/2 tsp. salt
- 2 lbs. lean beef stew, in 1-inch cubes
- 4 med. Carrots, cut into 1-inch chunks
- 3 med. Potatoes, peeled, quartered
- 2 celery ribs, cut in 3/4" chunks
- 1 med. Onion, cut into chunks
- 1 slice bread, cubed.

In a large bowl, combine tomatoes, water, tapioca, sugar, salt, and pepper.

Add remaining ingredients; mix well.

Pour into a greased 9 x 13 x 2" baking pan or 3 quart baking dish.

Cover and bake at 375 degrees for 1 3/4 to 2 hours, or until meat and vegetables are tender.

Makes 6-8 servings.

Clam Dip

by Suzanne McQuarrie

- 8 oz. package cream cheese, room temperature
- 1 cup sour cream
- 1 can minced clams, drained (reserve 1 tablespoon liquid)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon finely grated onion

Mix all together and chill for one hour in the fridge

Raisin Sauce (for ham)

by Shirley Hallett

- | | |
|-----------------------|--------------------|
| 1/3 cup raisins | 2 tbs. brown sugar |
| 1/2 cup water | 1 tbs. cornstarch |
| 1/3 cup currant jelly | Dash ground |
| 1/2 cup orange juice | allspice |

Combine raisins, water, jelly and juice and boil. Mix brown sugar, cornstarch, and allspice. Add slowly to orange mixture. Cook and stir until thick and bubbly. (Can be made ahead and stored in refrigerator)



Shrimp Dip

by Linda Burkhart

- 1 can Campbell Tomato Soup
- 1 pkg. Knox Gelatin
- 1-8 oz pkg. cream cheese cut in cubes
- 2-4 oz cans tiny shrimp, rinsed & drained
- 1 cup mayo
- 1 cup celery, chopped fine
- 1/4 cup onion, chopped fine

Bring soup and 1/2 can water to a boil. Add cream cheese and all other ingredients except mayo. Stir until well mixed and cream cheese melts. Fold in mayo. Put in Jell-O mold. Chill for 8-10 hours.

Hot Salsa and Bean Dip

by Suzanne McQuarrie

- 1 1/2 packages cream cheese (12 oz.)
- 1 cup salsa
- 1 large can refried beans
- 1 large clove garlic
- 1 cup shredded cheddar cheese

Spread cream cheese in bottom on 8x8 square pan. Mix refried beans and garlic. Spread on cream cheese. Top with salsa and then cheese. Bake at 325 degrees for about 20 minutes. Serve warm with nacho chips.

Beef Stew, German Style

by Anne Turlo

- 1 1/4 lbs beef stew meat
- 2 T. margarine
- 1 onion, chopped
- 2 tsp. salt
- 1/4 tsp. pepper
- 2 carrots, peeled and cut into chunks
- 4 medium potatoes, peeled, cut into chunks
- 1/2 cup undiluted skim evaporated milk
- 2 T. catsup
- 1 T. flour

Brown meat on all sides in margarine in kettle. Add onion and brown lightly. Add 1 1/2 cups water and the seasonings. bring to boil, cover and simmer one hour or until meat is almost tender. Add vegetables and cook 20 minutes or until vegetables are tender. Blend remaining ingredients and stir, until slightly thickened. Makes 4 servings.



Spinach & Cheese Dip

by Linda Burkhart

- 1 pkg. Knorr Vegetable Soup Mix
- 2 cups sour cream
- 1/2 cup mayo
- 10 oz. frozen chopped spinach, thawed & well drained
- 2 cups shredded Swiss cheese
- 8 oz can water chestnuts, coarsely chopped

Blend soup mix, sour cream & mayo. Stir in spinach, cheese and water chestnuts. Cover and chill for 2 hours. Serve with bread. I hollow out a loaf of French bread (or any bread you choose) and use it as a serving dish.

Artichoke Dip

by Linda Burkhart

- 2 cans artichokes, mashed
- 1 cup mayo
- 3/4 cup Parmesan cheese

Mix together. Place in a pie plate or Pyrex dish. Cook at 400 until the top and sides are brown. Serve warm.

Hot Crabmeat Dip

by Lanelle Morin

8 oz. crabmeat
1 small clove garlic
2 teaspoons confectionery sugar
8 oz. cream cheese
1/4 cup cooking sherry
1/2 teaspoon dry mustard
1/2 cup mayo
1/2 cup sliced almonds

Mash cream cheese with mayo; add sherry, sugar, mustard, and garlic. Stir in crabmeat and almonds.

Bake at 350 degrees for 30 minutes.

Mexican Layer Dip

by Kristen Travers

Layer 1 can of hot refried Beans on a plate/platter. On top of this put your favorite taco meat. I usually use beef cooked with a packet of regular taco seasonings.

Continue to layer whatever you want. I do cheese, diced tomatoes, lettuce and sour cream and salsa or taco sauce.

I then provide a bowl of tortillas and a large spoon and let people eat as a dip or spoon some onto their own plates.

It's that easy.

Spanokopeta (Greek Spinach Pie)

by Becky French

1 bunch fresh scallions	1/2 cup fresh parsley
3 10 oz. pkgs. fresh spinach, pre-washed	
1 - 1 lb. package Fillo dough	1 tsp. oregano
6 eggs	1 tsp. basil
3/4 lb. feta cheese	1/2 cup olive oil
fresh ground pepper (black)	2 tbs. olive oil
1 stick butter or margarine	1 tbs. dill weed

Thaw Fillo dough according to directions on package. Sauté scallions in 2 Tbs olive oil until tender. Set aside in bowl. Tear and de-stem all spinach, place in large pot and sprinkle with a little water. Cover and cook on low. Stir often until spinach wilts. Press out extra liquid after placing spinach in a colander. In large bowl beat the eggs, herbs and cooked scallions together. Crumble feta cheese and add to egg mixture. Grate in fresh black pepper. Stir in cooked spinach. Set mixture aside while preparing crust.

Crust

Melt butter, add 1/2 cup olive oil. Mix well. Lay out Fillo dough on counter. (You will need lots of space and be prepared to get olive oil and butter everywhere.) Use a 9 x 13 inch baking pan, glass or metal. Spread top layer of Fillo dough with olive oil and butter mixture using a pastry brush or pour butter, olive oil mixture into spray bottle and spray it on. Place first layer into pan and continue buttering and layering each piece of Fillo dough one on top of the other in pan making sure you cover all sides of pan and bottom. Sides should have Fillo dough hanging over them. Use all the Fillo dough except 6-8 pieces, which you save for the top. Pour filling into pan and fold sides over filling.

Brush folded sides with butter mix. Cover top with remaining Fillo dough brushing each layer with butter mixture. Tuck in edges around top to make it look neat. Make 3 diagonal slits in the top. Bake in 350 oven for 6 minutes. Cool 30 minutes. Cut and enjoy!

NOTE: This dish takes about 2 hours to make. I make it on special occasions like birthdays and holidays.

Orzo with Broccoli

by Jan Murton

- 1/2 (1-pound) pkg. Orzo, uncooked
- 3 cups small broccoli florets, cooked
- 1/2 cup fresh or 1 tsp. dried basil leaves
- 1/3 cup olive oil
- 3 tablespoons Feta cheese
- 2 cloves garlic, chopped
- 1/4 tsp. pepper
- 1/4 cup pine nuts, toasted
- black olives
- Grated Parmesan cheese

Cook orzo as package directs. Right before it is cooked, add broccoli and let cook. Drain. Combine with the remainder of the ingredients. Mix well. Serve immediately with Parmesan cheese.

Springtime Chicken Stir-Fry

by Anne Turlo

- 3-oz. low-fat chicken ramen noodle soup mix
- 2 cloves mince garlic
- 1/4 cup water
- 1 large carrot, thinly sliced
- 1/4 cup garlic-ginger stir-fry sauce
- 1/2 medium red onion (halved lengthwise),
cut into thin wedges
- 4 boneless skinless chicken thighs cut into pieces
- 2 cups fresh sugar snap peas (1/2 lb.),
trimmed

In medium saucepan boil 2 cups water, break up ramen and add. Boil 2 minutes, stirring occasionally. Drain.

In small bowl combine seasoning packet from noodle soup mix, 1/4 cup water and stir-fry sauce; blend well. Set aside.

Spray large non-stick skillet with cooking spray. Heat over medium heat until hot. Add chicken and garlic. Cook and stir 2 minutes.

Add carrot and onion; cook and stir an additional 3 minutes or until chicken is no longer pink.

Add sugar snap peas and sauce mixture; cook until bubbly. Reduce heat to medium-low. Add cooked noodles; toss to mix. Cook until heated through.

(I use any mixture of fresh vegetables --broccoli, red and/or green peppers, mushrooms, etc. -- regular onions and sometimes frozen pea pods. Experiment. Enjoy!)

Mexican Rice

by Suzanne McQuarrie

Sauté in 1 tablespoon oil:

1 small green pepper

1 small onion

Add:

1 (10 oz) bag frozen corn, thawed

1 cup chicken broth

1 cup salsa

Bring to a boil and stir in 1 1/2 cup minute rice. Cover and simmer for 5 minutes. Sprinkle 1/4 cup shredded cheese on top and serve.

Roasted Onions and Potatoes

by Suzanne McQuarrie

2 lbs. Potatoes, scrubbed and cut into wedges

2 onions, cut into chunks

1/3 cup olive oil

1/2 stick butter, melted

1 envelope onion soup mix

1 teaspoon thyme

1 teaspoon oregano

1 teaspoon marjoram

Preheat oven to 450. Combine all ingredients in large roasting pan. Mix well. Bake until potatoes are crisp and golden, stirring occasionally, about 1 hour and 10 minutes.

Easy Lasagna

by Anne Turlo

1 27 oz. jar spaghetti sauce
garlic powder to taste
15 oz. low-fat ricotta cheese
4 oz. shredded mozzarella
8 oz. low-fat cottage cheese
9 lasagna noodles, uncooked
2 tbs. dried parsley
1/4 c. grated Parmesan cheese

Preheat oven to 350 degrees. Spray 7 x 11 pan with cooking spray. In bowl, mix Ricotta cheese, cottage cheese, parsley, and garlic powder. Pour 1 cup sauce in bottom of pan. Arrange 3 noodles in pan so that they touch but do not overlap. Spread 1/2 cheese mixture over noodles. Top with 1/2 mozzarella. Top this with 1 cup sauce, 3 noodles, rest of cheese mixture and rest of mozzarella. Add another cup of sauce, another layer of noodles and the remainder of sauce. Sprinkle with Parmesan cheese. Bake, covered tightly with aluminum foil, for 1 hour.

This can be made the night before and refrigerated without baking. Increase baking time by 15 minutes.

Spaghetti Pie

by Katie Varney

6 oz. spaghetti
2 T. butter
2 beaten eggs
1 cup cottage cheese
1/3 cup grated Parmesan cheese
1lb. hamburger
1/2 cup chopped onion
1/4 cup chopped green pepper
8 oz. can tomatoes
6 oz. can tomato paste
1 tsp. sugar
1 tsp. oregano
1/2 tsp. garlic salt
1/2 cup Mozzarella cheese

Cook spaghetti: drain.

Stir butter into hot spaghetti. Stir in eggs and Parmesan cheese.

Form spaghetti into a crust in a greased 10-inch pie plate. Spread with cottage cheese. Cook hamburger, onion and green pepper; drain. Stir in tomatoes, paste, sugar, oregano and garlic salt. Heat through. Turn meat mixture into spaghetti crust. Bake, uncovered at 350 for 20 minutes. Sprinkle with Mozzarella cheese.

Bake until melted about 5 minutes.

Makes 6 servings

Five Cheese Lasagna

by Kristen Travers

Sauce:

2 Tbs. margarine
8 oz cream cheese
2 1/2 cups milk
2 Tbs. corn starch
6 oz blue cheese

Filling:

2 Tbs. margarine
1 cup onions, chopped
2 large red peppers, chopped
8 oz mushrooms, sliced
2 cloves of garlic, minced
15 oz ricotta cheese, part skim
8 oz shredded mozzarella cheese
3/4 cup grated Parmesan cheese
1 tsp. salt
2 pkg. frozen chopped spinach, cooked and
squeezed dry
16 oz lasagna noodles, cooked, drained,
and set aside in cold water

To prepare sauce: Melt the margarine in a pan over medium heat. Stir in the cream cheese and gradually stir in the milk and corn starch. Stirring constantly, bring to a boil and continue boiling for 1 minute. Remove from the heat. Stir in the blue cheese until it melts.

To prepare filling: Heat the margarine in a large skillet. Add the onions, peppers, mushrooms, and garlic and sauté for 3 (5 Cheese) minutes or until tender. In a large

bowl, combine the ricotta, mozzarella, 1/2 cup of Parmesan and the salt. Stir in the spinach and the sautéed vegetables.

To Assemble: Pour 1 cup of the sauce into 13x9x2-inch baking dish. Layer one-third of the lasagna noodles, half the filling, and 1 cup of sauce. Repeat once and top with the remaining lasagna noodles, sauce, and Parmesan cheese. Bake at 350 for 55 minutes or until bubbling.

Chicken and Rice Casserole

by Anne Turlo

- 1 cup uncooked rice (not instant)
- 1 pkg. Lipton onion soup
- 4 skinless, boneless chicken thighs
- 1 can chicken broth or water
- 1 can cream of chicken soup

In medium bowl, mix rice, soup, broth and Lipton onion soup. Spray 7 x11" pan with cooking spray. Place rice mixture in pan; place chicken thighs on top of mixture, pressing in slightly. Cover tightly with aluminum foil. Bake at 350 for 1 1/4 hours or until chicken is done and rice is tender.

Taca Casserole

by Lanelle Morin

- 1 pound cooked hamburger
- 1 can strained whole kernel corn
- 3/4 cup miracle whip or mayo
- 16 oz. restaurant style salsa mild or hot
depending on taste
- 1 tbs. chili powder
- 1/2 bag tortilla chips
- 2 cups shredded cheddar cheese

Mix hamburger, corn, mayo, salsa & chili powder. Place 1/2 of mixture in a 9x13 pan. crush half of the tortilla chips and place on the mixture, top with one cup of cheese. Repeat this with the remaining ingredients. Bake at 350 degrees for 20 minutes or until heated through.

Italian Meatballs

by Andrea Price

- 2 lbs. ground pork
- 1 egg
- 1/2 cup breadcrumbs
- 1/2 tsp. basil
- 2 tsp. parsley flakes
- salt & pepper
- 1 small onion chopped very fine

Mix all ingredients well. Form into meatballs. Drop into boiling water until they float (about 2 minutes - this cooks off some of the fat). Remove meatballs from water and place in pot of spaghetti sauce (I use canned Hunts, but any spaghetti sauce will do). Simmer for about an hour. I find that the meatballs taste better if they are made up a day ahead of time, and just rewarmed before eating.

Vermont Apple Casserole

by Suzanne McQuarrie

This can be cooked either on the stovetop or in a slow cooker.

Kielbasa, thickly sliced

4 or 5 large potatoes, peeled and cut in large chunks

2 large onions, cut in chunks

4 or 5 apples, peeled and cut in chunks

Apple Juice

A few spices of your choice. I use a little dry mustard, tarragon and rosemary.

If you are cooking on stove top. Combine kielbasa, potatoes, onions and cover with apple juice. Simmer on stovetop until potatoes are almost tender. Add apples and cook until they are tender.

If you are cooking in slow cooker, combine kielbasa, potatoes, and onion. Cover with apple juice. Cook on High for 4 to 5 hours or low for 7 to 8. Add apples during last hour.



Baked Ziti

by Anne Turlo

1 lbs. ziti, cooked and drained
15 oz. Ricotta cheese
8 oz. shredded mozzarella cheese
1 egg, slightly beaten
1 tsp. salt
1/4 tsp. pepper
27 oz. jar spaghetti sauce, divided
1/4 grated Parmesan cheese

mix ziti, Ricotta, mozzarella, egg, salt, pepper and 1 ½ cups of spaghetti sauce. In a 2 ½ quart (or 7 x 11) shallow baking dish spread ½ cup spaghetti sauce, then ziti mixture. Top with remaining 1 ½ cups sauce; sprinkle with Parmesan cheese. Bake in preheated oven at 375 degrees for 30 minutes or until sauce is bubble and top lightly browned. Let stand 10 minutes before cutting. Makes 8 servings (you be the judge of that).



Ratatouille

by Anne Turlo

1 Spanish onion
2 large red peppers
2 large green peppers
1 lbs. zucchini
1 lbs. tomatoes
3-4 cloves of garlic
2-3 tbs. oil
salt and black pepper

Chop the onions, cut the peppers into strips, slice the zucchini and chop the tomatoes. Mince the garlic. Heat some oil in a large pan; put in the chipped onions and cook until slightly softened, about 10 minutes. Add the peppers and cook for another 10 minutes. Add the zucchini and cook for another 10 minutes, then mix in the tomatoes and minced garlic, adding more oil as needed to prevent sticking. Cook until the mixture is softened and well mixed, a further 10-15 minutes. Season with salt and black pepper, and serve hot, warm, or cold. Like many dishes this is best made a day in advance to allow the flavors to develop, and reheated.



Quick Lasagna

by Anne Turlo

27 oz. jar spaghetti sauce
15 oz. container Ricotta cheese
8 oz. low-fat cottage cheese
2 tbs. dried parsley
Garlic powder to taste
4 oz. shredded mozzarella cheese
9 lasagna noodles (uncooked)
¼ cup grated Parmesan cheese

Preheat oven to 350 degrees. Spray a 7 x 11-inch pan with cooking spray. In medium bowl, mix Ricotta cheese, cottage cheese, parsley, and garlic. Pour 1 cup sauce in bottom of the pan. Arrange 3 noodles in the pan so that they touch but do not overlap. Spread ½ cheese mixture over noodles. Top with ½ mozzarella cheese. Top this with 1 cup of sauce, 3 noodles, rest of cheese mixture and rest of mozzarella. Add another cup of sauce, another layer of noodles and the remainder of the sauce. Sprinkle with Parmesan cheese. Bake, covered tightly with aluminum foil, for 1 hour. Enjoy!

Note: This can be made the night before and refrigerated without baking. Increase baking time by 15 minutes.

Sweet & Sour Party Franks

by Andrea Price

2 lbs. all beef franks cut into bite size pieces

10 oz. jelly (I use grape, but you could also use peach, apple, or other seedless flavors)

3-4 tbs. mustard (if the mixture tastes too much like jelly, add more mustard to balance the flavors)

2 tsp. vinegar

Combine jelly, mustard, and vinegar in a skillet or slow-cooker until melted together. Add franks and simmer in mixture for 20 minutes or so. Best made the previous day, and reheated immediately before serving.



Tuna Noodle Casserole

by Jennifer Cross

8 oz. small shells or specialty pasta
non-stick vegetable spray or butter
1 ½ cups low-fat sour cream or plain yogurt
1 egg
½ tsp. salt
Freshly ground black pepper
2 cans (7.5 oz.) white Albacore Tuna, drained

Topping:

1/4 cup dry breadcrumbs
1/3 cup grated Parmesan cheese
1 1/2 tbs. butter, melted

Preheat oven to 350 degrees. Cook pasta according to package directions, drain. Either coat a 2-quart casserole with nonstick vegetable spray or grease with butter. In the casserole, blend together sour cream or yogurt, egg, salt and pepper. Stir in tuna and drained noodles. In a small bowl, blend together bread crumbs, Parmesan cheese and butter for the topping. Sprinkle over top of casserole. Bake, uncovered, 30-35 minutes until hot, golden and bubbly. Let cool slightly before serving.

Baked Omlet

by Suzanne McQuarrie

3 eggs
1 cup milk
1/2 tsp. salt
1/2 pound cooked ham, diced
1/2 cup shredded mild cheddar cheese
1/2 cup shredded sharp cheddar cheese
1 tbsp. Onion, minced

Preheat oven to 350 degrees. Grease one 8 x 8 inch casserole dish and set aside. Beat together the eggs and milk. Add salt, ham, cheese, and minced onion. Pour into prepared casserole dish. Bake uncovered at 350 degrees for 40 to 45 minutes.



Classic Herb Chicken

by Celine Denis

- 1 envelope Lipton Recipe Secrets Savory Herb with Garlic Soup Mix
- 1/3 cups mayonnaise
- 2 tbs. water
- 4 boneless, skinless chicken breast halves

Preheat oven to 425 degrees. In a small bowl, blend Soup mix, mayonnaise and water. In a 13 x 9-inch baking or roasting pan sprayed with nonstick cooking spray, arrange chicken; brush with 1/2 of the soup mixture. Bake uncovered, turning once and brushing with remaining soup mixture, 25 minutes or until chicken is no longer pink.



One-Dish Chicken Bake

by Anne Turlo

1 pkg. (6 oz.) Stove Top Mushroom & Onion Stuffing Mix
4 boneless skinless chicken breast halves (about 1 1/4 pounds)
1 can (10 3/4 oz.) condensed cream of mushroom soup
1/3 cup sour cream or milk

Stir stuffing crumbs, seasoning packet, 1 1/2 cups hot water and 1 tablespoon margarine just until moistened; set aside.

Place chicken in 12 x 8 baking dish sprayed with Pam. Mix soup and sour cream; pour over chicken. Top with stuffing.

Bake at 375 for 35 minutes or until chicken is cooked through.

(After spreading it over the chicken, I sprinkled the soup/sour cream mixture with some garlic powder, basil and poultry seasoning to add flavor. I also added a 4 oz. drained can of sliced mushrooms to the stuffing.)



Charly's Chili

by Danielle Murray

1 lb. hamburger	1/2 green pepper
1 can kidney beans	1 cup water
1 jar salsa (medium or hot)	1 pkg. chili seasoning
1 small onion, chopped	

Brown onions, peppers and hamburger. Add rest of ingredients. Simmer. Better if made the day before and allowed to sit.

Brisholle

by Danielle Murray

6 minute steaks	3 tbs. chopped parsley
4 cloves garlic	3 tbs. chopped basil
1 tbs. olive oil	

In a mixing bowl, blend parsley, garlic, basil and olive oil until you have a spreadable paste. Lie out steaks and spread paste on all six. Roll just like a jellyroll, and tie together like a roast. In a lightly oiled frying pan, brown the steaks and add to spaghetti sauce during the final 1-1/2 hours of cooking.

Baked Chicken and Potato Dinner

by Anne Turlo

- 4 skinless, boneless chicken breast halves
- 2 T. melted butter
- 4 med. potatoes, unpeeled, cut into 1" cubes 1/4 c.
- grated Parmesan cheese
- 1 tsp. garlic powder
- 1 red or green pepper, cut into 1x1 1/2 pieces
- 1 tsp. paprika
- 1 medium onion, cut into 8 wedges

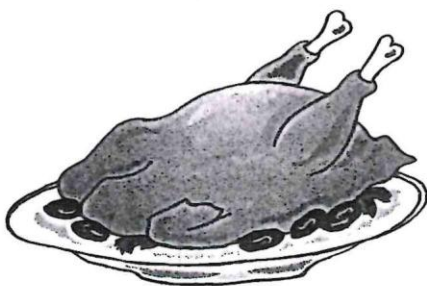
Heat oven to 400.

Spray 15x10x1 pan with cooking spray.

Put 1 breast half in each corner of pan.

Place vegetables in center. Brush all with butter; sprinkle with garlic powder and paprika. Bake 30 - 35 minutes until chicken juices run clear. Stir vegetables once halfway through cooking.

Fat 11 g.; Chol. 80 g.; Carb. 35 g.; Fiber 4 g.;
Protein 33 g.



Greek Casserole

by Suzanne McQuarrie

- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 1/2 lb hamburger
- 2 small cans tomato sauce
- 1 lb noodles (egg or ziti), cooked and drained
- 1 (8 oz.) cream cheese
- 1 cup sour cream
- 1 cup cottage cheese

Brown hamburger and drain grease. Sauté together with onion and garlic. Stir in tomato sauce. Combine cream cheese, sour cream, and cottage cheese. Butter a 13x9 casserole. Layer 1/2 noodles and 1/2 cheese mixture. Repeat. Top with tomato mixture. Bake at 375 for 45 minutes.

Chicken Casserole

by Suzanne McQuarrie

- 8 boneless chicken breasts cut into bite size pieces
- 2 cans cream of chicken soup
- 1/4 cup sour cream
- 2 boxes Stove Top stuffing mix, prepared as directed on box
- Shredded cheese (Swiss or whatever kind you prefer)

Butter a 13x9 pan. Put chicken in pan. Mix soup with sour cream and pour over chicken. Top with a layer of cheese. Put prepared stuffing mix on top of chicken mixture. Cover pan with foil and bake at 350 for 1 1/2 hours.

Broccoli Casserole

by Linda Burkhart

- 2 pkgs. frozen broccoli, chopped
- 2 eggs beaten
- 1 onion, chopped fine
- 1 can cream mushroom soup
- 1/2 cup mayo
- 1 cup grated cheddar cheese
- 1/4 cup melted butter
- 1/2 pkg. Bell's stuffing mix

Steam broccoli. Combine onions, soup, mayo, & eggs. In 2-quart casserole dish place a layer of broccoli, a layer of cheese, one half of the sauce. Repeat layers. Sprinkle top with dry stuffing. Drizzle with melted butter. Cook for 30 minutes at 350.

Marinated Italian Garlic Chicken

by Linda Burkhart

- 1/2 cup mayo
- 1/2 cup Italian dressing
- 1/4 tsp. garlic powder
- 1/8 tsp. red pepper
- 4 chicken breast halves

Mix dressing and seasonings. Pour over chicken. Cover and refrigerate for at least an hour. Drain. Cook chicken on grill over medium heat - or - broil in oven.

Cheese Ball

by Linda Burkhart

- 1 8 oz pkg. cream cheese
- 1/4 cup mayo
- 2 cups ham, cut up small
- 1 onion, minced
- 1/4 tsp. dry mustard
- 1/2 cup crushed peanuts

Mix everything together except the nuts. Shape into a ball and chill for 1/2 hour. Roll ball in the crushed nuts. Serve with crackers.

Chicken & Beef

by Lanelle Morin

- 1 jar of dried beef
- 4-6 boneless chicken breasts
- 1 cup sour cream
- 1 can cream of mushroom soup

Place dried beef in bottom of baking pan, cover with boneless chicken. Mix cream of mushroom soup with sour cream and pour over chicken. Bake at 350 degrees for 1 1/2 hours. You can also do this in the crock pot on low for 6 hours.

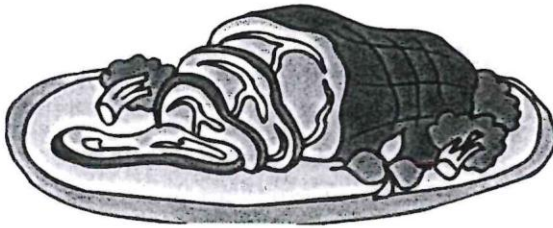
Meatloaf

by Anne Turlo

1 1/2 lb. lean hamburger 1/3 cup catsup
3/4 cup Quaker Oats 2/3 cup water
1 egg, beaten
1/4 cup chopped onion
1 tsp. Worcestershire Sauce
1/4 tsp. pepper
1 tsp. beef bullion granules

Heat oven to 350°. Combine all ingredients in mixing bowl. Mix lightly, but thoroughly. Press into 8 x 4 loaf pan. Spread topping (see below) on meatloaf. Bake 1 hour. Drain; let stand 5 minutes before serving.

Topping: 1/4 c. catsup, 1/2 tsp. mustard, 2 tsp. brown su
Mix together and spread on top of meatloaf.



Squash Casserole

by Michele Allen

- 1 large acorn squash
- 1 chopped onion
- 1 can cream of chicken soup
- 2/3 - whole carton (16 oz.) of light sour cream
- 1 bag Peppridge Farm Stuffing mix
- 1/3 - 1/2 stick margarine
- 2-3 grated carrots

Boil or steam vegetables until soft. Mash all vegetables together. Add soup and sour cream. Fold in 2/3 stuffing. Pour in casserole dish. Melt margarine and toss with remaining stuffing. Spread on top of casserole. Bake at 350 for approx. 40 minutes.

Pasta Primavera

by Linda Burkhart

- 1/2 cup mayo
- 1/2 cup Italian Dressing
- 1/2 tsp Italian Seasoning
- 3 cups vegetables, cut in chunks
(cukes, carrots, red bell peppers, green peppers, broccoli, etc.)
- 2 cups Rotini, cooked and drained
- 4 oz Provolone Cheese, cubed

Mix dressings and seasonings in bowl. Add remaining ingredients. Toss lightly. Chill.

No Boil Mac 'N' Cheese Bake

by Jeanine Deas

- 2 tbs. butter or margarine
- 2 cups uncooked noodles
- 2 cups shredded cheddar cheese
- 2 cups milk (whole)

Melt and brush butter onto casserole dish, then cheese, then milk. Cover and bake at 350 degrees for 45 minutes. Stir after 20 minutes, recover, and stir again at 30 minutes. Add ½ cup more of cheese and breadcrumbs. Bake uncovered for remainder of the time. Enjoy!

Cheese-Stuffed Shells

by Anne Turlo

- 2 eggs, beaten
- 2- 15 oz. containers Ricotta cheese
- 8 oz. shredded mozzarella cheese
- 1 cup grated Parmesan cheese, divided
- 1/4 cup dried parsley
- 1/8 tsp. pepper
- 1 tsp. salt
- 12 oz. jumbo shells, cooked, drained
- 27 oz. jar spaghetti sauce

Cook pasta shells according to package directions. Drain and cool shells. In medium bowl combine eggs, Ricotta, mozzarella, 3/4 cup Parmesan, parsley, salt, and pepper. Spoon about 2 tablespoons of mixture into each shell. Arrange in a 9 x 13 baking dish sprayed with cooking

spray. Top with spaghetti sauce. Sprinkle with remaining Parmesan cheese. Bake at 350 for 30 minutes or until heated through.

Crockpot Stuffing
by Suzanne McQuarrie

1 cup butter	1 tsp. thyme
2 cups chopped onion	½ tsp. pepper
2 cups chopped celery	½ tsp. marjoram
12-13 cups dry bread cubes	
1 tsp. poultry seasoning	2-2 ½ cups chicken
1 ½ tsp. salt	broth
1 ½ tsp. sage	2 eggs, slightly
	beaten

Melt butter in skillet and saute onion and Celery. Pour over bread cubes in a very large bowl. Add seasonings and toss well. Pour in enough broth to moisten, add beaten eggs and mix together well. Pack lightly into crockpot, cover, and cook on High for 45 minutes. Reduce to Low and cook for 4 to 8 hours.

Note: You may use two-7 oz. packages of seasoned stuffing instead of bread cubes, but omit herbs and salt and increase liquid to 3 to 3 ½ cups

Black Bean Chili with Spice Tomato Salsa

by Deb Stinneford

Black Bean Chili:

- 1 lb dried black beans, soaked overnight
and drained, or fresh black beans
(they can be used immediately)
- 1 medium onion, diced
- 3 garlic cloves, minced
- 4 serrano chilies, finely chopped
- salt and freshly ground black pepper

Spicy Tomato Salsa:

- 4 medium tomatoes, diced
- 1/2 medium cucumber, diced
- 1 bunch cilantro, coarsely chopped
- 1 medium red onion, diced
- 2 Serrano chilies, finely chopped
- 1 garlic clove, minced
- Juice from 2 limes

For the Chili:

Place the beans in a large stockpot. Add water until the level is 2 inches above the beans. Add the onion, garlic, and chilies. Turn the heat to high. As the beans heat up, skim the foam off the top. When the beans come to a boil, turn the heat to low and simmer until tender.

For the Salsa:

Gently combine all the salsa ingredients in a nonreactive bowl and set aside for the flavors to combine, about 30 minutes.

Serve chili in bowls with a large spoonful of salsa.

Serve with lavish bread or a fat-free whole-wheat tortilla. This is yummy and contains no added fat! Use leftover chili the next day spooned inside a warmed whole-wheat tortilla with salsa to make a black bean burrito.

Bruchetta

by Michele Allen

8 plum diced tomatoes
3-4 diced scallions
2 tsp. minced garlic
1/4 cup balsamic vinegar
1/2 cup olive oil
basil, oregano, parsley, pepper to taste

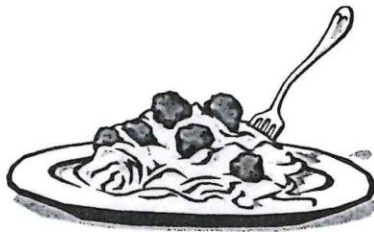
Serve with toasted Italian bread, sliced and brushed with olive oil.

Chicken in Tangy Vegetable Sauce

by Anne Turlo

4 - 6 skinless chicken thighs
3 tbs. wine vinegar
1 tbs. vegetable oil
3/4 tsp. salt
1 c. sliced fresh mushrooms
1/4 tsp. granulated sugar
1/2 c. chopped onion
dash pepper
1 tsp. dried basil leaves
flour-water mixture
1 16-oz. can diced tomatoes

In large skillet, brown chicken in oil. In same skillet, sauté mushrooms, onion and basil. Stir in tomatoes and next 4 ingredients. Return chicken to skillet. Cover; simmer 30 to 35 minutes, basting occasionally. Thicken sauce with flour-water mixture. Serve chicken and sauce over rice or pasta.



Copper Penny Carrots

by Linda Burhart

- 2 lbs. carrots
- 1 green pepper (thinly sliced)
- 1 onion (thinly sliced)
- 1 cup sugar
- 1 tsp. Worcestershire sauce
- 1 can tomato soup
- 1/2 cup vegetable oil
- 3/4 cup cider vinegar
- 1 tsp. prepared mustard
- salt and pepper to taste

Cook carrots in salted boiling water until cooked, but still crispy. Rinse in cold water. Arrange layers of carrots, green peppers and onions in a container with a tight lid. Combine all remaining ingredients in a saucepan, bring to a boil, stirring until thoroughly blended. Pour marinade over carrots, cover and refrigerate until the flavor is absorbed, at least 12 hours. Will keep for weeks in the refrigerator. Leftover marinade may be used again.



Muffin-Topped Vegetable Casserole

by Linda Burkhart

- 2 tsp minced garlic
- 1 pkg (10 oz) frozen chopped kale
- 3 carrots, sliced 1/2" thick
- 1 sweet potato, cut in 1" chunks
- 1 red bell pepper, cut in 1" chunks
- 1/4 tsp ground black pepper
- 1 can (19 oz) white kidney or black beans,
rinsed and drained
- 1 can (14.5 oz) stewed tomatoes
- 1 box (8.5 oz) corn muffin mix (Jiffy)

1 - Heat oven to 400. Coat an 8 1/2" square baking dish with cooking spray.

2 - In a large skillet: add garlic and cook over medium heat two minutes until fragrant. Place frozen kale in middle of skillet. Surround kale with potato and red bell pepper. Add 1/2 cup water and black pepper. Cover and simmer 15 minutes or until veggies are tender. Gently stir in beans and tomatoes. Spoon into prepared dish.

3 - While veggies are cooking prepare muffin mix, substituting 2 egg whites for whole egg and using 1% milk. Drop by large spoonfuls on the veggie mixture in the baking dish.

4 - Bake 20 minutes or until cornbread is puffed and lightly browned.

Honey-Mustard Chicken

by Celine Denis

- 1/3 cup Dijon mustard
- 1/3 cup honey
- 2 tbs. chopped fresh dill or 1 tbs. dried dill
- 1 tsp. freshly grated orange peel
- 1 (2 1/2 lbs.) chicken, quartered

Preheat oven to 400 degrees. Combine mustard and honey in a small bowl. Stir in dill and orange peel.

Line a baking sheet with foil. Place chicken, skin-side down, on prepared pan. Brush sauce on top of chicken; coat well

Turn chicken over. Gently pull back skin and brush meat with sauce. Gently pull skin back over sauce.

Brush skin with remaining sauce. Bake until juices run clear when thickest portion of meat is pierced with a knife, about 30 minutes.



Angel Pasta Chicken

by Suzanne McQuarrie

- 6 skinless, boneless chicken breast halves
- 4 tbs. butter
- 1 pkg. dry Italian salad dressing mix
- 1/2 cup white wine
- 1 can golden mushroom soup
- 4 oz. cream cheese with chives
- 1 lb. angel hair pasta

In a large saucepan, melt butter or margarine over low heat. Add package of dressing. Blend in wine and can of soup. Blend in cream cheese and stir until smooth. Heat through.

Arrange chicken breasts in a baking dish. Pour sauce over them. Bake at 325 degrees for 60 minutes. As baking time nears, cook angel hair pasta until al dente. Drain well. Serve chicken over warm angel hair pasta.

Over-The-Rainbow Macaroni & Cheese

by Suzanne McQuarrie

- 1 tbs. vegetable oil
- 1 lbs. elbow macaroni
- 1 stick butter, plus 1 tbs. butter
- 1/2 cup shredded Muenster cheese
- 1/2 cup shredded mild Cheddar cheese
- 1/2 cup shredded sharp Cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 2 cups half-and-half
- 1 cup Velveeta, cut into small cubes

2 large eggs, slightly beaten
1/4 tsp. seasoned salt

Preheat oven to 350 degrees. Lightly butter a deep 2 1/2 quart casserole.

Bring the large pot of salted water to boil over high heat. Add the oil, then the elbow macaroni, and cook until the macaroni is just tender, about 7 minutes. Do not overcook. Drain well. Return to the cooking pot.

In a small saucepan, melt eight tablespoons of the butter. Stir into the macaroni. In a large bowl, mix the Muenster, mild and sharp Cheddar, and Monterey Jack cheeses. To the macaroni, add the half-and-half, 1 -1/2 cups of the shredded cheese, the cubed Velveeta, and the eggs. Season with salt and pepper. Transfer to the buttered casserole dish. Sprinkle with the remaining 1/2 cup of shredded cheese and dot with the remaining one-tablespoon of butter.

Bake until it's bubbling around the edges, about 35 minutes. Serve hot.

Vegetarian Mexican Pie

by Lani (Becky's Daughter)

6-8 flour tortillas torn into 1" to 2" pieces
8 oz. salsa
2 cups grated cheddar or Monterey jack cheese
1 cup cooked corn
½ cup chopped green pepper
½ cup chopped red pepper
¼ cup chopped onion
2 eggs
1-cup vanilla yogurt
2 tbs. vegetable oil
Garlic to taste
Sour cream

Sauté onions, peppers, and garlic until tender and set aside. Mix together eggs and yogurt until well blended and set aside. Spray bottom and sides of 8 or 9-inch cake pan with non-stick cooking spray. Layer bottom with half of the tortilla pieces and cover with half of the salsa. Add corn to sautéed veggies, mix well and spread over salsa layer. Cover with 1 cup shredded cheese. Pour on egg and yogurt mixture. Next, put another layer of tortilla pieces, and then cover with salsa and last cover with cheese. Sprinkle with paprika. Bake on 350 degrees for 45 minutes or until puffed and golden brown. Serve by cutting into pie wedges and top with sour cream.

Pecan Pie
(Martha Stewart recipe)

by Katie Varney

1 pie crust	4 eggs
1/2c. sugar	1/2c. flour
1 tablespoon vanilla	1 c white corn syrup
1 c of dark corn syrup	2 c pecan halves

Roll out pastry and line a 9-inch pie plate. Crimp the rim and chill.

Preheat oven 375.

Beat the sugar and eggs thoroughly. Add the flour and vanilla. Add the syrup and pecans. Mix well, pour into piecrust and bake for 45 minutes. Cool before serving.

Quick Party Bars

by Jeanine Deas

1 stick margarine	1 cup choc. chips
1 egg (beaten)	1 tsp. vanilla
1/2 cup flour	1/4 cup coconut
1/2 cup quick cooking oatmeal	
1/2 cup chopped nuts (optional)	

Note: There is no baking soda or powder in this recipe!

Cream together margarine and sugar, then add egg and vanilla. Combine flour and oatmeal and add to mixture. Can add chopped nuts to mixture. Spread in greased 8 x 8 pan and bake at 350 degrees for 20 minutes. While hot, spread chocolate chips over the top and smooth w. a knife. Sprinkle coconut over the chocolate. Cool before cutting. Enjoy!

Cool Black Forest Cake

by Linda Burkhart

First Layer—

- 1 cup flour
- 1 stick soft margarine
- 1/2 cup finely chopped walnuts

Blend together and press evenly into one 9 x 13 pan (or two 8 x 8 pans). Bake at 350 degrees for 20 minutes.
Cool

Second Layer—

- 18oz. package cream cheese
- 1 cup confectionary sugar
- 2 cups cool whip

Mix well and spread over crust.

Third Layer—

- 1 pkg. Instant chocolate pudding
- 1 pkg. Instant vanilla pudding

Mix with 2 ½ cups milk. Spread over second layer. Top with 2 cups cool whip and chopped nuts, cherries, and/or shaved chocolate (optional).

Summer Dessert

by Anne Turlo

In a 9 x 13 inch pan, place in layers:

2 layers of graham crackers
prepared 6-ounce package instant vanilla pudding
one layer of sliced strawberries
one layer of sliced bananas
20 oz. can of crushed pineapple, drained well
12 oz. container of Cool Whip

Allow to set a few hours.

Quick Pop Overs

by Erica Gower

2 eggs
1 cup milk
1 tbs. melted butter or oleo
1 cup white flour
1/4 tsp salt

DO NOT preheat oven. Generously butter 10 muffin tins. Be sure to butter them well, or pop overs will stick. Melt butter or oleo in sauce pan; let cool some before adding eggs (usually add milk first, then eggs). Add salt and flour. Stir thoroughly, 30 seconds or so, until you get the lumps out. Fill muffin tins half full; put in cold oven and set the heat at 450 degrees. Bake for 15 minutes. Reduce oven to 350 and bake for 30 minutes.

Chocolate Dream Cake

by Becky French

- 1/4 cup unsweetened cocoa powder
- 1/4 cup sugar
- 1/2 cup boiling water
- 1 pkg (16 oz) angel food cake mix
- 1 1/4 cup water
- 1 tbs instant coffee powder
- 1 1/2 cup skim milk
- 1 pkg (1 1/3 oz) whipped topping mix
- 1 pkg (1.4 oz) sugar-free instant chocolate pudding mix

Preheat oven to 350. Line a 10x15 inch jelly roll pan with waxed paper. Whisk together cocoa, sugar, and boiling water. Cool to lukewarm.

Prepare cake mix per package directions, using 1 1/4 cup water and adding cocoa mixture. Spread batter evenly in the pan. Bake 20 minutes or until top looks dry. Invert onto a large wire rack. Remove the pan and waxed paper. Cool.

In a medium bowl, dissolve coffee in milk. Add topping and pudding mixes. Beat on low speed until moistened. Beat at high speed until soft peaks form. Chill 5 minutes.

Cut cake crosswise into thirds. Cover each with topping. Stack. Chill 2 hours.

Forgotten Cookies

by Shirley Hallett

Heat oven to 350.

Beat:

3 egg whites and 1 tsp. vinegar until stiff

Add:

1 cup sugar, 1 teaspoon at a time

Beat:

1/4 tsp. peppermint flavoring (pink or green food coloring optional)

Fold in:

1 pkg. chocolate chips or mint
flavored chocolate chips

Drop by teaspoon on waxed paper lined cookie sheet

Turn off oven as soon as you put cookies in. Leave in oven for 6 hours or overnight.

DO NOT open oven door after the cookies are inside!

Store in covered container when done.

(Note: Michele loves these!!!)

Apple Crisp

by Erica Gower

4 cups sliced apples
1 tbs. real lemon
1/2 cup flour, sifted
1 cup uncooked oats
1/2 cup brown sugar
1/2 tsp. salt
1 tsp. cinnamon
1/2 cup butter

Place apples in greased shallow pan. Sprinkle with lemon juice. Combine dry ingrediants until crumbly. Spread over apples. Bake at 350 degrees for 30 minutes in 8 or 9 inch pan.

Microwave Apple Crisp

by Erica Gower

6 large Granny Smith apples
8 graham cracker squares
3/4 cup brown sugar
1/2 cup rolled oats
1/2 cup flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 cup butter or margarine

Peel, core, and slice apples. Fill 8x8 inch square pan 3/4 full. Finely chop graham crackers; mix with sugar, oats, flour, and spices. Sprinkle mixture over apples. Pour melted butter over all. Microwave on HIGH 12-15 minutes, turning after 6 minutes (until apples are tender). Cool. Serve with whipped cream or ice cream.

Pumpkin Bread

by Danielle Murray

2 cups sugar	1 tsp. baking soda
1 cup vegetable oil	3/4 tsp. baking powder
3 eggs	2 tsp. cinnamon
1 can pumpkin	1-1/2 tsp. nutmeg
3 cups flour	1 tsp. cloves
3/4 tsp. salt	1 tsp. mace

Combine sugar, oil and eggs. Add pumpkin, spices, baking powder, soda and salt. Add flour. Pour into 2 loaf pans and bake 45 minutes at 325 degrees.

Lemon Bread

by Danielle Murray

Beat together:

6 tbs. shortening	2 eggs
1 cup sugar	

Mix and sift together:

1-1/2 cups flour	1/2 cup milk
1/2 tsp. salt	1 tsp. baking powder

Add the rind of a medium or small lemon and 1/2 cup chopped walnuts. Let set in 1/3 cup of sugar and juice of above lemon until bread is done. Bake bread for 1 hour at 325 degrees. When the hour is up, open the oven door and leave for 5 minutes. Take out of oven and pour juice mix over bread pan. Let stand about 10-15 minutes. Take bread out of pan and place on rack to cool.

Party Blizzard

by Katie Varney

- 2 cups oven toasted cereal squares (Chex cereal - corn & rice)
- 2 cups small pretzel twists
- 1 cup dry roasted peanuts
- 1 cup of caramels, coarsely chopped
- 2 cups Nestles Toll House premier white morsels

Combine cereal, pretzels, and caramels in large bowl. Place morsels in microwave safe bowl. Microwave on high for about 1 minute. Stir until smooth. Pour over cereal mixture; stir to coat evenly. Spread mixture into 13x9" pan coated with nonstick cooking spray. Let stand for about 30 minutes or until firm. Break into pieces.

Granola

by Katie Varney

- | | |
|-----------------------|----------------------|
| 3 c. old fashion oats | 1/3c. sliced almonds |
| 1/2c. oat bran | 1 teaspoon cinnamon |
| 1/2c. wheat germ | 1/2c. raw sunflowers |

Cook-

- 1/3c honey
- 1/3c. O.J
- 2 tablespoons of butter (don' let it boil).

Pour over ingredients. Toast in oven for 15 minutes, stirring every 5 minutes.

Let it cool, then add about 1 cup of whatever dry fruit you like (raisins, apricots, figs, etc)

Hot Fudge Pudding Cake

by Danielle Murray

- 1 1/4 cups granulated sugar
- 1 cup all-purpose flour
- 7 tbs. cocoa, divided
- 2 tsp. baking powder
- 1/4 salt
- 1/2 cup milk
- 1/3 cup butter or margarine, melted
- 1 1/2 tsp. vanilla extract
- 1/2 cup packed light brown sugar
- 1 1/4 cups hot water
- Whipped topping (optional)

Heat oven to 350 degrees. In a large bowl, stir together 3/4 cup granulated sugar, flour, 3 tablespoons cocoa, baking powder and salt. Stir in milk, butter and vanilla; beat until smooth. Pour batter into 8- or 9-inch square pan. Stir together remaining 1/2 cup granulated sugar, brown sugar and remaining 4 tablespoons cocoa; sprinkle mixture evenly over batter. Pour water over top. *Do Not Stir*. Bake 35 to 40 minutes or until center is almost set. Cool 15 minutes; spoon into dessert dishes. Spoon sauce from bottom of pan over top of cake. Serve warm with whipped topping, if desired. Garnish as desired.



APPLE CAKE

by Lanelle Morin

Mix and let stand for 15-20 minutes:

3 1/4 cups sliced apples

2 cups of sugar

Add to above mixture:

2 eggs

1 cup oil

1 t. vanilla

Stir together the following while the apples sit:

3 Cups flour

1 t. baking soda

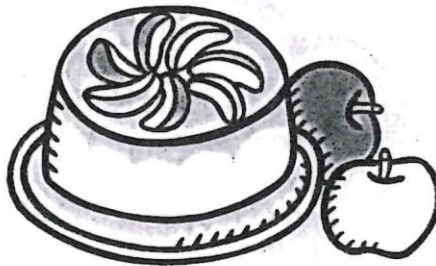
2 t. cinnamon

1 t. allspice

1 t. salt

You may add raisins
and nuts

Mix the dry ingredients to the apple mixture and place in 9x13 inch pan. Bake at 350 degrees for 55 minutes.



Death By Chocolate

by Jan Murton

- 1 box chocolate cake mix
- 2 packages instant chocolate pudding
- 3 cups milk
- 12 oz. Cool Whip (extra creamy)
- 4 Heath or Skor Bars, frozen
- 1/3 cup Kahlua

Bake cake according to directions. Cool and cut into cubes.

Mix pudding with milk and set aside.

Place one half of cake cubes in dish.

Pour 1/2 Kahlua over cake.

Put 1/2 of pudding over Kahlua

Crush candy bars and place 1/2 of them on top of pudding.

Spoon 1/2 Cool Whip over candy bars.

Top with other 1/2 of cake, add Kahlua, add pudding, add candy bar, top with cool whip.

Garnish with slivered almonds or strawberries.

Frosted Banana Bars

by Shirley Hallett

Combine:

- 1/2 cup butter or margarine (softened)
- 2 cups sugar
- 3 eggs

Beat above together.

Add:

- 3 very ripe bananas, mashed
- 1 tsp. vanilla
- 2 cups all purpose flour
- 1 tsp. baking soda

Pour into greased 15x10x1 inch pan. Bake for 25 minutes at 350. Cool.

Frosting:

- 1/2 cup butter or margarine, softened
- 1 pkg. (8 oz) softened cream cheese
- 4 cups confectioners' sugar
- 2 tsp. vanilla

Cream butter and cheese. Add sugar gradually, then vanilla. Beat well. Spread over bars.

(Note: Makes a lot of frosting that will keep in refrigerator)

Snickers

by Celine Denis

6 oz. milk chocolate morsels

6 oz. semi-sweet chocolate

1/4 cup peanut butter

Melt together and pour in greased 9x12 pan (layer 1)

1/4 cup butter

1 cup sugar

1/4 cup evaporated milk

Melt butter then add sugar and milk. Boil 5 minutes.

Then add:

1 1/2 cup fluff

1/4 cup peanut butter

1 1/2 cup chopped peanuts

1 tsp. vanilla

Pour over layer one.

1/4 cup whipping cream

14 oz. caramels

Combine in pan over low heat and melt. Pour over layer
nugget mixture.

6 oz. milk chocolate morsels

6 oz. semi-sweet chocolate

1/4 cup peanut butter

Melt together and pour over caramel mixture (top layer).

Put pan in refrigerator to let each layer set before adding
the next layer.

Cherry Cheese Bars

by Linda Burkhart

Crust:

- 1 cup walnut pieces, divided
- 1 1/4 cups all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1/2 cup Butter Flavor Crisco
- 1/2 cup flake coconut

Filling:

- 2 pkgs. (8 oz each) cream cheese (softened)
- 2/3 cup granulated sugar
- 2 eggs
- 2 tsp. vanilla
- 1 can (21 oz.) cherry pie filling

Heat the oven to 350 degrees. Grease

13 x 9 x 2 inch pan with Butter Flavor Crisco. Set aside.

Chop 1/2 cup nuts coarselt for topping. Set aside. Chop remaining 1/2 cup finely.

For the Crust:

Combine flour and brown sugar. Cut in Butter Flavor Crisco until fine crumbs form. Add 1/2 cup finely chopped nuts and coconut. Mix well. Remove 1/2 cup. Set aside. Press remaining crumbs in bottom of pan. Bake at 350 degrees for 12 to 15 minutes, until edges are lightly browned.

For the Filling:

Beat cream cheese, granulated sugar, eggs and vanilla in a small bowl at medium speed until smooth.

Spread over hot baked crust. Return to oven. Bake 15 minutes longer.

Spread cherry pie filling over cheese layer.

Combine reserved coarsely chopped nuts and reserved crumbs. Sprinkle evenly over cherries. Return to oven. Bake 15 minutes longer. Cool. Refrigerate several hours. Cut into bars, about 2 x 1 ½ inches.

Norwegian Apple Pie

by Celine Denis

3/4 cups sugar
1/2 tsp. vanilla
1/4 tsp. salt
1 egg
1/2 cup flour
1 tsp. baking powder
1/2 cup chopped nuts
1 cup diced apples

Combine flour, salt, and baking powder. In a separate bowl, cream sugar, egg and vanilla. Add dry ingredients, beat until smooth. Stir in nuts and apples. Spoon into buttered 8 or 9" pie plate (I use 8"), Bake for 30 minutes at 350.

Note: I have also substituted blueberries for apples and it is very good!

Refrigerator Apple Bran Muffins

by Mary Ann Pickard

2 cups shreds of whole bran cereal
1 1/2 cups lowfat buttermilk
2 cups flour
1/2 cups whole wheat flour
1 cup sugar
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. ginger
1/4 tsp. salt
1/2 cups raisins
1 cup unsweetend applesauce
1/2 cup oil
4 egg whites

In a medium bowl, combine cereal and buttermilk; let stand 5 minutes or until cereal is softened. Meanwhile, combine dry ingrediants and raisins in a large bowl; mix well. To cereal mixture, add applesauce, oil and egg whites; blend. Add to dry ingrediants all at once; stir only until mixture is evenly mosit. Batter can be baked immediately or stored for up to two weeks in tightly covered container in fridge. Fill spray-coated muffin cups 3/4 full. Bake at 400 degrees for 15-20 minutes.

Note: to substitute for lowfat buttermilk, use 4 1/2 tsp. vinegar or lemon juice plus skim milk to make 1 1/2 cups.

Chocolate Mint Pound Cake

by Danielle Murray

- 1/2 cup butter or margarine, softened
- 4 oz. cream cheese
- 3/4 cup sugar
- 2 eggs
- 1 tsp. vanilla extract
- 1 cup flour
- 1 tsp. baking powder
- 1 cup mint chocolate chips
- 3 to 4 drops green food coloring (optional)

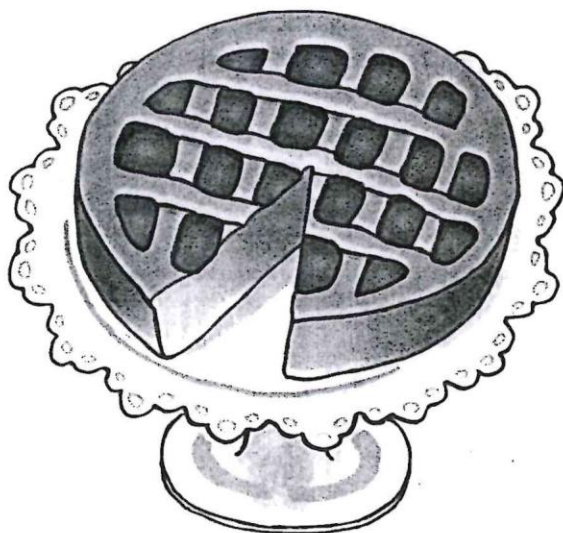
Heat oven to 325 degrees. Grease and flour 9x5x2 3/4-inch loaf pan. In a small mixer bowl, beat butter, cream cheese and sugar until light and fluffy. Add eggs and vanilla; beat well. Blend in combined flour and baking powder; stir in mint chocolate chips and green food color; if desired. Pour batter into prepared pan. Bake 45 to 50 minutes or until cake pulls away from sides of pan. Cool 10 minutes; remove from pan to wire rack. Cool completely.

Chocolate Chunks Peanut Butter Coffeecake

by Danielle Murray

- 1 2/3 cups peanut butter chips
- 2 tbs. shortening
- 2 1/4 cups flour
- 1 1/2 cups packed light brown sugar
- 1/2 cup butter or margarine, softened
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1 cup milk
- 3 eggs
- 1 tsp. vanilla extract
- 1 3/4 cups semi-sweet chocolate chunks

Heat oven to 350 degrees. Grease bottom of 13x9x2-inch baking pan. In microwave-safe bowl, place peanut butter chips and shortening. Microwave at HIGH 1 minute; stir. If necessary, microwave at HIGH an additional 15 seconds at a time, stirring after each heating, just until chips are melted when stirred. In large mixer bowl, combine flour, brown sugar, butter and peanut butter chips mixture. Beat on low speed of electric mixer until mixture resembles small crumbs; reserve 1 cup crumbs. To remaining crumb mixture, add baking powder, baking soda, milk, eggs, and vanilla; beat until well combined. Pour batter into prepared pan; sprinkle with reserved crumbs. Bake 35 to 40 minutes or until wooden toothpick inserted in center comes out clean. Remove from oven to wire rack; immediately sprinkle chocolate chunks over top. Cool completely.



Peanut Butter Cheesecake Squares

by Linda Burkhart

Base:

- 1 1/2 cups graham craker crumbs
- 3 tbs. sugar
- 1/4 cup Butter Flavor Crisco, melted
- 1 tbs milk

Filling:

- 1 pkg (3oz) cream cheese, softened
- 1/4 cup Cramy Jif Peanut Butter
- 1/4 cup sugar
- 1/4 cup milk
- 1 egg
- 1/4 cup chopped peanuts

Drizzle:

- 1/4 cup semi-sweet chocolate chips
- 1 tsp. Butter Flavor Crisco

Heat oven to 350 degrees.

For the Base:

Combine crumbs and 3 tablespoons sugar in a small bowl. Combine melted Butter Flavor Crisco and one tablespoon milk. Stir into crumbs. Press lightly into 8 x 8 x 2-inch pan. Bake for 20-22 minutes.

For the Filling:

Beat cream cheese and peanut butter in a small bowl at medium speed until well blended. Add 1/4 cup sugar, 1/4 cup milk and egg. Beat well. Stir in chopped nuts. Sprinkle over baked crust. Return to oven and bake 20 to 22 minutes, or until set.

For the Drizzle:

Melt chocolate chips and Butter Flavor Crisco on very low heat or at 50% power in microwave. Stir to combine. Drizzle from end of spoon back and forth over the top. Chill. Cut into 2 x 2-inch squares. Cover and store in the refrigerator.



Peanut Butter Mini Muffins

by Jennifer Cross

- 1 1/3 cups all-purpose flour
- 2/3 cups firmly packed brown sugar
- 2 1/2 tsp. baking powder
- 1/4 tsp. salt
- 3/4 cup milk, at room temperature
- 2/3 cups peanut butter, smooth or chunky
- 1/4 cup vegetable oil
- 1 large egg, at room temperature
- 1 1/2 tsp. vanilla extract

Preheat oven to 350 degrees. Lightly butter 24 miniature muffin cups. Stir together flour, brown sugar, baking powder and salt in a large bowl. In another bowl, stir together milk, peanut butter, oil, egg, and vanilla extract until blended.

Make a well in the center of the dry ingredients. Add liquid ingredients and stir just to combine. Spoon batter into prepared muffin cups. Bake 15-20 minutes, or until toothpick inserted into the center of one muffin comes out clean. Cool muffins in pan for 5 minutes, and remove.

Note: for a special treat, stir in about 2/3 cup of miniature sweet chocolate chips before spooning batter into cups.

