Introduction

Since starting our Assisted Living business, I realized how important good tasting food was for seniors. I always believed that taste buds was one of the very few things our residents still had, so why not splurge and enjoy!

This is a collection of favorite recipes our residents and their families have put together over the last several years. Many recipes, however, were pulled from the internet and in some cases slightly modified. This is still work in progress and we will continue to add/modify additional recipes as we continue to grow our recipe book.

- Arkadiy and Alla
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BREAKFAST
Breakfast Pizza

Servings 6-8

Ingredients
- pizza dough
- 2-3 eggs (depending on your taste)
- 1/4 cup milk
- 6 ounces shredded yellow cheddar cheese
- 6 ounces shredded mozzarella cheese
- 3 ounces deli ham, sliced into 2 inch strips
- 3 ounces cooked bacon, crumbled
- 5 breakfast sausage links, chunked
- 1/4 minced onion (optional)
- chopped chives (for garnish)

Directions
1. This recipe is a lot quicker if you precook your Bacon and Sausage the night before and store them in your refrigerator as I do -- the prep time will be based on this.
2. Preheat your oven to 400°F
3. For the Pizza Dough, if you can find it frozen, uncooked, and preshaped. it's a huge time saver. If not, just prepare it as you would normally on a large pizza pan (I make the crust about 1/4 thick). Excluding the 1 1/2 of the outer crust, make little indentations with your fingertips in the dough. This helps the egg settle and cook more evenly.
4. Beat the eggs with the milk, and pour over the center of the crust. Use your fingers, or a pastry brush to evenly disperse the egg.
5. Evenly cover the egg with the strips of ham.
6. Scatter the sausages, and if you want to have them, add the onion. Salt and pepper it lightly.
7. Add a blanket of the Mozzarella cheese, then the Cheddar.
8. Sprinkle the crumbled bacon.
9. Put this wonderful pie in the oven on the center rack and check it after 15 minutes. It's hard for me to give an approximate cooking time as I used a ride through oven for 7 minutes at 475°F at my work. If it looks done, then it is. The egg layer is thin enough to cook in 10 minutes or so, so it's really just about the crust and how you like it.
10. Once you've deemed it to be done, take it out of your oven and garnish it with some chopped chives. Slice, and enjoy! It's great on the go, and is wonderful hot or cold. I'm hoping this recipe will make your household as happy as it made my customers :).

Source: Food.com
French Toast

Serving 6-8

Ingredients

4 eggs
2/3 cup whole milk
1/3 cup sugar
1/2 teaspoon vanilla
1/4 teaspoon salt
1/8 teaspoon cinnamon
6 slices Texas toast thick bread
3 tablespoons butter
powdered sugar
butter
syrup

Directions
1 Mix together the eggs, milk, sugar, vanilla, salt & cinnamon.
2 Heat a large skillet, or griddle.
3 When the skillet is hot, add 1 tablespoon butter.
4 If the butter smokes, your pan is too hot; turn down the heat.
5 Dip each slice of bread into the batter for 30 seconds on each side.
6 Let some of the batter drip off, then put in skillet.
7 Cook each slice 1 1/2-2 minutes per side until each side is golden brown.
8 Add more butter, if necessary, to cook all of the slices.
9 To serve, put on plate, dust with powdered sugar. Serve with butter & hot syrup.
Fruit Plate with Nuts

**Ingredients**
- assorted fruit (3-4 different kinds)
- 1 ounce seeds (mixed nuts: sunflower, walnuts, pecans, brazil, cashew)

**Directions**
Cut up fruit and
- sprinkle seeds and crushed walnuts, or mixed nut assortment on top
- or
- serve nuts beside fruit
Cinnamon Fruit Oatmeal

**Ingredients**  
Serves 1

- 1 cup water
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/2 cup old-fashioned rolled oats
- 1/2 cup blueberries
- 2 apples, chopped
- 2 tablespoons chopped walnuts
- 1 tablespoon ground flax seeds
- 1/4 cup raisins

**Directions**

1. In a saucepan, combine water with the vanilla and cinnamon. Bring to a boil over high heat. Reduce the heat to a simmer and stir in the oats.
2. When the mixture starts to simmer, add the blueberries. Remove from heat when berries are heated through.
3. Cover and let stand for 15 minutes until thick and creamy.
4. Mix in apples, nuts, flax seeds, and raisins.
Oatmeal, Ol’ Fashion

Servings 1

Ingredients

1/2 cup old fashioned oats
1 cup water or 1 cup milk
1 dash salt

Additions

2 teaspoons brown sugar
1 tablespoon raisins or 1 tablespoon craisins
1 tablespoon chopped nuts

Directions:

1 Place oats and water ( or milk) in a microwave-safe bowl. Add dash salt and stir. Place in microwave on High for 2 1/2 to 3 minutes. Stir. Add optional ingredients of your choosing and enjoy.
Omelette

Serving 1

Ingredients

1/2 teaspoon butter
2 eggs
1 tablespoon water or 1 tablespoon milk
cheese, grated (or sliced)
ham, chopped
chives, chopped
salt
pepper

Directions:

1 Heat a non-stick skillet until butter sizzles.
2 Scramble eggs; add to skillet (no need to fuss over lifting the solidified edges to let the liquid eggs underneath).
3 Sprinkle eggs evenly with cheese, ham, chives, salt and pepper (or herbs de Provence, baby spinach, smoked salmon, pre-sauteed mushrooms, onions, peppers, anything you like).
4 Cover and cook over low flame until eggs solidify, about 5 minutes.
5 Slide from skillet to plate, folding omelette in half with edge of skillet.
Pancakes

Yields 9

Ingredients:

1 egg
3/4 cup milk
2 tablespoons margarine, melted
1 cup flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon salt

Directions:

1 Beat egg until fluffy.
2 Add milk and melted margarine.
3 Add dry ingredients and mix well.
4 Heat a heavy griddle or fry pan which is greased with a little butter on a paper towel.
5 The pan is hot enough when a drop of water breaks into several smaller balls which 'dance' around the pan.
6 Pour a small amount of batter (approx 1/4 cup) into pan and tip to spread out or spread with spoon.
7 When bubbles appear on surface and begin to break, turn over and cook the other side.
Quick Banana “Cereal”

**Ingredients**

- 1 banana
- 1/2 cup blueberries
- 1/4 cup walnut pieces
- 3/4 cup milk

**Serves 1**

**Directions**

1. Slice banana into a cereal bowl, add blueberries, walnut pieces, and milk, and
2. Enjoy like a bowl of cereal.
Regular Eggs with Turkey Bacon

Serving 1

Ingredients

1 egg
1 tablespoon parmesan cheese
2 teaspoons ground pepper (to taste)
2 teaspoons rosemary (to taste)
Turkey bacon

Directions:

1 In a nonstick pan, pour egg inches Neaten up edges with a spatula. In another nonstick pan, put little vegetable oil, let it heat up and put turkey bacon. Flip turkey bacon in about 30 seconds. Ready to serve once cooked on both sides.
2 Sprinkle cheese over the entire egg.
3 Sprinkle rosemary leaves generously over egg. Sprinkle pepper over egg to taste.
4 Once cheese has melted, gently flip the egg over.
5 If you like your yolk more firm, cook it longer.
6 Once the egg is cooked, serve onto a plate - be careful not to break the yolk.
7 Enjoy!
Southern style Grits

Serving 4

Ingredients

2 cups water
1 1/4 cups milk
1 teaspoon salt
1 cup quick-cooking grits, not instant (I use Quaker)
1/4 cup butter

Directions:

1 In a small pot, bring water, milk, and salt to a boil.
2 Slowly stir grits into boiling mixture.
3 Stir continuously and thoroughly until grits are well mixed.
4 Let the pot return to a boil, cover pot with a lid, lower the temperature, and cook for approximately 30 minutes stirring frequently.
5 Add more water if necessary.
6 Grits are done when they have the consistency of stiff cream of wheat.
7 Stir in butter.
8 Serve with additional butter on top of each portion, or serve with fruit or with a savory meal.
Spinach Sausage Fritta

Ingredients

- 4 oz. Swiss cheese
- 4 eggs
- 1/2 c. milk
- 2 green onions, cut in 1 inch pieces
- 1 (10 oz.) pkg. frozen spinach, thawed
- 1/2 lb. bulk mild breakfast sausage
- 1/4 c. cooking wine
- Salt and pepper to taste

Serves 4

Directions

1. Cut cheese into 1 inch cubes. Chop into 1/4 inch pieces (by hand or in food processor).
2. Add eggs, milk and onions. Mix well.
3. Add spinach and process until spinach is chopped into 1/2 inch pieces (or chop by hand).
4. Saute sausage in skillet over medium heat until browned well.
5. Add cooking wine and cook 2 minutes. Add egg mixture. Cook until egg mixture is set, stirring.
6. Add salt and pepper to taste. Makes 4 servings.
Waffles

Serving 6

Ingredients

2 eggs
1 2/3 cups milk (I particularly like canned evaporated milk for some of it)
1/3 cup vegetable oil
2 cups all-purpose flour (you can substitute wheat germ for 1/4 cup of white flour)
1 tablespoon baking powder
2 tablespoons sugar
1/2 teaspoon salt
1 teaspoon vanilla
1 teaspoon maple extract (optional)

Directions:

1 Mix all dry ingredients together using a large whisk.
2 Mix the wet ingredients together.
3 Gently combine but don't overmix.
4 Cook as your waffle maker directs.
5 Sprinkle with powdered sugar.
6 Cover with toasted nuts, bananas, and real maple syrup.
7 Pour on Maple Cream Syrup and serve!
SOUPS
Beans, Greens & Garlic Soup

**Ingredients**

- 2 tablespoons olive oil
- 4 cloves garlic, peeled and chopped
- 1 onion, chopped
- 6 cups chicken broth (no sodium)
- 1 (15.5 ounce) can cannellini beans, drained and rinsed
- 1 cup ditalini or other small pasta
- 1 (10 ounce) bag baby spinach, rinsed and dried
- black pepper to taste

**Serves 6**

**Directions**

Heat the olive oil in a large stockpot over medium heat.
Stir in the garlic and onions; cook and stir until the onions are transparent, 8 to 10 minutes.
Add the chicken broth, increase the heat to high, and bring the mixture to a boil.
Stir in the beans and pasta; lower heat to medium, and simmer, uncovered, until the pasta is al dente, or 8 to 10 minutes.
Add the spinach and stir just until wilted.
Season with salt and pepper to taste.
Beef and Bean Soup

Ingredients

- 1/2 cup all-purpose flour
- 1 tablespoon paprika
- 1/4 teaspoon cayenne pepper
- 2 1/2 pounds beef stew meat, cut into 1 inch cubes
- 3 tablespoons olive or vegetable oil, divided
- 2 medium onions, thinly sliced
- 2 cups water
- 1 (6 ounce) can tomato paste
- 3/4 teaspoon rubbed sage
- 1/2 teaspoon dried thyme
- 1 (16 ounce) can kidney beans, rinsed and drained

Directions

1. In a large re-sealable plastic bag, combine the flour, paprika and cayenne. Add beef and shake to coat.
2. In a Dutch oven over medium heat, brown beef in 2 tablespoons oil. Remove with a slotted spoon.
3. In the same pan, sauté onions in the remaining oil. Add water, tomato paste, sage and thyme; mix well.
4. Return beef to pan. Bring to a boil; reduce heat. Cover and simmer for 1-1/4 hours, stirring occasionally. Add more water if needed.
5. Stir in beans. Cover and simmer 15 minutes longer or until meat is tender.
Beef and Vegetable Soup

Ingredients

- 2 (14.5 ounce) cans beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground mustard
- 1/4 teaspoon pepper
- 3 medium potatoes, peeled and cubed
- 6 medium carrots, cut into 1/2-inch slices
- 3 cups cooked cubed beef
- 2 cups frozen cut green beans, thawed
- 2 cups sliced fresh mushrooms
- 1 cup frozen peas, thawed
- 1 (15 ounce) can tomato sauce
- 2 tablespoons minced fresh parsley

Serves 12

Directions

1. In a Dutch oven or soup kettle, combine the broth, Worcestershire sauce, mustard and pepper.
2. Stir in potatoes and carrots. Bring to a boil. Reduce heat; cover and simmer for 12 minutes or until carrots are crisp-tender.
4. Simmer, uncovered, for 5 minutes or until the vegetables are tender.
Beef Broth with Herbs and Vegetables

Ingredients

- 3 cups finely shredded cabbage
- 1 (16 ounce) package frozen cut green beans
- 2 celery ribs, thinly sliced
- 2 medium carrots, thinly sliced
- 2 small zucchini, chopped
- 1 small onion, chopped
- 3 cups tomato juice
- 2 teaspoons chicken bouillon granules
- 1 teaspoon salt-free seasoning blend
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried rosemary, crushed
- 1/2 cup Beef Broth

Serves 6

Directions

1. In a large saucepan, combine the cabbage, beans, celery, carrots, zucchini, onion and tomato juice; bring to a boil.

2. Reduce heat; cover and cook for 15 minutes or until vegetables are tender.

3. Add the bouillon, beef broth, seasoning blend, basil and rosemary; bring to a boil.

4. Reduce heat; cover and simmer for 10 minutes.
Butter Nut Squash Soup

**Ingredients**

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock (low or no sodium)
- salt and freshly ground black pepper to taste

**Directions**

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned.

2. Pour in enough of the chicken stock to cover vegetables.

3. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

4. Transfer the soup to a blender, and blend until smooth.

5. Return to pot, and mix in any remaining stock to attain desired consistency.

6. Season with salt and pepper.
Cabbage Soup

Ingredients

- 3 tablespoons olive oil
- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 2 quarts water
- 4 teaspoons chicken bouillon
- 1 teaspoon salt, or to taste
- 1/2 teaspoon black pepper, or to taste
- 1/2 head cabbage, cored and coarsely chopped
- 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

Directions

In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage.
Simmer until cabbage wilts, about 10 minutes.
Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.
Chicken and Corn Soup

Ingredients

- 2 (14 ounce) cans chicken broth (no sodium)
- 1 (14.75 ounce) can cream-style corn
- 1/2 cup shredded, cooked chicken meat
- 1/4 teaspoon ground white pepper
- 2 tablespoons cornstarch
- 1/2 cup water
- 1 tablespoon sesame oil
- 1 egg white

Directions

1. In a medium stock pot combine broth, corn and chicken. Bring to a boil, reduce heat and add pepper. Bring back to a boil.
2. In a separate bowl mix the corn starch with water. While the soup is boiling add this mixture, and stir constantly until well mixed.
3. Season with sesame oil by adding a few drops at a time.
4. Reduce heat, and slowly add egg white while swirling the soup with a fork in order to break egg pieces apart.
5. Add chopped scallion to garnish, and serve hot.
Chicken and Rice Soup

**Ingredients**

- 1 1/2 cups chopped celery
- 1 1/2 cups chopped onion
- 2 cups uncooked brown rice
- 1 teaspoon chicken bouillon powder
- 2 (14 ounce) cans chicken broth (no sodium)
- 1 1/2 cups water
- 1 cup margarine
- 3/4 cup all-purpose flour
- 3 cups chopped, cooked chicken meat
- 6 cups milk, divided
- salt and pepper to taste

**Directions**

In a large pot over high heat, combine the celery, onions, rice, bouillon, broth and water and bring to a boil.
Reduce heat to low, cover and simmer for 30 minutes, or until the rice has absorbed most of the liquid. Remove from heat and set aside.
In a medium saucepan over medium heat, melt the butter or margarine. Slowly add the flour, stirring often, to make a roux. Add 4 cups of milk, 1/2 cup at a time, while constantly stirring. Add this and the chicken to the rice mixture and return the rice mixture to the stovetop over low heat.
If the soup seems too thick, add some or all of the remaining 2 cups of milk.
Season with salt and pepper to taste and allow to simmer for at least an hour, stirring every 15 minutes.
Chicken Noodle Soup

Ingredients

- 1 tablespoon butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 4 (14.5 ounce) cans chicken broth (no sodium)
- 1 (14.5 ounce) can vegetable broth (no sodium)
- 1/2 pound chopped cooked chicken breast
- 1 1/2 cups egg noodles
- 1 cup sliced carrots
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- pepper to taste

Directions

In a large pot over medium heat, melt butter. Add onion and celery. Cook in butter until just tender, 5 minutes.

Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano and pepper.

Bring to a boil, then reduce heat and simmer 20 minutes before serving.
Chunky Potato and Beef Soup

Ingredients

- 1 1/2 pounds lean ground beef
- 1 (46 fluid ounce) can tomato-vegetable juice cocktail
- 1 onion, diced
- 4 potato, diced
- pepper to taste

Serves 6

Directions

1. In a large saucepan or stockpot, brown and drain ground beef.
2. Add juice, onion, potatoes. Bring to a boil and let simmer until potatoes are tender.
3. Season with pepper to taste.
Colorful Chicken ‘n’ Squash Soup

Servings 14

Ingredients

1 broiler/fryer chicken (4 pounds), cut up
13 cups water
5 pounds butternut squash, peeled and cubed (about 10 cups)
1 bunch kale, trimmed and chopped
6 medium carrots, chopped
2 large onions, chopped
3 teaspoons salt

Directions

1. Place chicken and water in a stockpot. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until chicken is tender.
2. Remove chicken from broth. Strain broth and skim fat. Return broth to the pan; add the squash, kale, carrots and onions. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender.
3. When chicken is cool enough to handle, remove meat from bones and cut into bite-size pieces. Discard bones and skin. Add chicken and salt to soup; heat through. Yield: 14 servings (5-1/4 quarts).
Corn Chowder

**Ingredients**

- 1 large onion, chopped
- 1/2 cup butter
- 2 1/2 cups water
- 2 (14.75 ounce) cans cream-style corn
- 4 medium potatoes, peeled and cut into 1/2-inch cubes
- 2 cups milk
- 3/4 teaspoon pepper
- Minced fresh parsley

**Serves 8**

**Directions**

In a Dutch oven, sauté onion in butter until tender. Add the water, corn and potatoes; bring to a boil. Reduce heat; cover and simmer for 16-20 minutes or until potatoes are tender. Reduce heat to low. Stir in the milk and pepper. Cook for 5-10 minutes or until heated through, stirring occasionally. Sprinkle with parsley.
Cream of Broccoli Soup

**Ingredients**

2 cups chicken broth (no sodium)  
2 1/2 cups fresh broccoli  
1/4 cup chopped onion  
1 cup milk  
2 tablespoons all-purpose flour  
1 cup shredded Cheddar cheese (optional)  
1/2 teaspoon dried oregano  
salt and pepper to taste

**Directions**

Bring broth to a boil. Add broccoli and onion. Cook for five minutes, or until broccoli is tender.

In a separate bowl, slowly add milk to flour, and mix until well blended. Stir flour mixture into broth mixture. Cook, stirring constantly, until soup is thick and bubbly.

Add cheese if desired; stir until melted.

Add seasonings and serve.
Cream of Chicken

Servings 4-6

Ingredients
1/2 cup unsalted butter
1 medium Spanish onion, chopped
2 stalks celery (with leaves), chopped
3 medium carrots, chopped
1/2 cup plus 1 tablespoon flour
7 cups chicken broth, homemade or low-sodium canned
3 sprigs parsley
3 sprigs fresh thyme
1 bay leaf
2 3/4 cups cooked, diced chicken
1/2 cup heavy cream
2 1/2 teaspoons dry sherry
1 tablespoon kosher salt
Freshly ground black pepper to taste
2 tablespoons chopped flat-leaf parsley

Directions

Melt the butter in a large soup pot over medium heat. Add the onion, celery, and carrots and cook, covered, stirring occasionally, until soft, about 12 minutes. Add the flour and cook, stirring with a wooden spoon, for 2 minutes more.

Pour in the broth and bring to a boil while whisking constantly. Tie the parsley sprigs, thyme, and bay leaf together with a piece of kitchen twine and add to the soup. Lower the heat and simmer for 15 minutes.

Stir in the chicken and bring to a boil. Remove from the heat.

Whisk the heavy cream, sherry, and salt into the soup and season with pepper to taste. Remove and discard the herb bundle. Divide among soup bowls, sprinkle the top of each soup with the chopped parsley and serve immediately.
Cream of Chicken and Wild Rice

Ingredients

4 cups chicken broth  
2 cups water  
2 cooked, boneless chicken breast halves, shredded  
1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
3/4 cup all-purpose flour  
1/2 cup butter  
2 cups heavy cream

Serves 8

Directions

1. In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

2. In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux.

3. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

4. Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.
Cream of Mushroom

**Ingredients**

*Serves 4*

1/4 cup chopped onion

2 tablespoons butter

3 cups sliced fresh mushrooms

6 tablespoons all-purpose flour

2 (14.5 ounce) cans chicken broth (no sodium)

1 cup half-and-half cream

1/2 teaspoon salt

1/8 teaspoon pepper

**Directions**

1. In a large saucepan, sauté onion in butter until tender. Add mushrooms and sauté until tender.

2. Combine flour and broth until smooth; stir into the mushroom mixture.

3. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cream, salt and pepper.

4. Simmer, uncovered, for 15 minutes, stirring often.
Cream of Pea

Ingredients

1 (15 ounce) can peas or fresh peas
2 tablespoons chopped onion
1/4 cup butter or margarine
1/4 cup all-purpose flour
1 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon rubbed sage
2 cups water
1 (12 ounce) can evaporated milk
4 bacon strips, cooked and crumbled

Directions

1. Drain peas, reserving 1/3 cup of liquid. Place peas and liquid in a blender or food processor; cover and puree until smooth. Set aside.

2. In a saucepan, sauté the onion in butter until tender. Stir in the flour, sugar, salt, pepper and sage until smooth.

3. Gradually add water; bring to a boil. Boil and stir for 2 minutes.

4. Stir in milk and pureed peas; heat through.

5. Garnish with bacon.
Creamy Potato Soup

**Ingredients**

- 8 slices bacon
- 1 cup chopped onion
- 4 cups cubed potatoes
- 2 (10.75 ounce) cans condensed cream of chicken soup (lo salt)
- 2 1/2 cups milk
- salt to taste
- ground black pepper to taste
- 1 teaspoon dried dill weed

**Serves 6**

**Directions**

1. In a large saucepan, cook bacon until crisp. Remove bacon, and set aside. Drain all but 3 tablespoons bacon fat from the pan.

2. Brown onions in bacon fat over medium heat.

3. Add potatoes, and enough water to cover. Cover and cook until potatoes are tender, 15 to 20 minutes.

4. Stir together soup and milk until smooth; add to potato mixture. Heat, but do not boil.

5. Add salt and pepper to taste, and stir in dill weed.

6. Crumble bacon; stir in just before serving soup, or sprinkle on top to garnish.
Creamy Tomato-Basil Soup

Ingredients
4 tomatoes - peeled, seeded and diced
4 cups tomato juice
14 leaves fresh basil
1 cup heavy whipping cream
1/2 cup butter
salt and pepper to taste

Serves 4

Directions

1. Place tomatoes and juice in a stock pot over medium heat. Simmer for 30 minutes. Puree the tomato mixture along with the basil leaves, and return the puree to the stock pot.

2. Place the pot over medium heat, and stir in the heavy cream and butter. Season with salt and pepper.

3. Heat, stirring until the butter is melted. Do not boil.
French Onion Soup

**Ingredients**

Serves 5

- 3 large onions, chopped
- 1/4 cup butter or margarine
- 3 (10.5 ounce) cans condensed beef broth, undiluted
- 3/4 teaspoons Worcestershire sauce
- 2 bay leaves
- 5 slices French bread, toasted
- Shredded Parmesan and mozzarella cheeses

**Directions**

In a large skillet, sauté onions in butter until crisp-tender. Transfer to an ungreased 5-qt. slow cooker.

Add the broth, Worcestershire sauce and bay leaves.

Cover and cook on low for 1-2 hours or until the onions are tender.

Discard bay leaves. Top each serving with French bread and cheeses.
Gazpacho

Ingredients

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<tr>
<th>Item</th>
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<tr>
<td>2 Roma (plum) tomatoes, quartered</td>
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<td>1 (4 ounce) jar diced pimento peppers, drained</td>
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<tr>
<td>1/4 cup chopped fresh chives</td>
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Serves 6

Directions

1. In a blender combine one tomato, half the cucumber, half the onion, a green bell pepper quarter, the pimento and 1/2 cup tomato juice. Blend at high speed for 30 seconds to puree the vegetables.

2. In a large bowl mix the pureed vegetables with remaining tomato juice, 1/4 cup olive oil, vinegar, hot pepper sauce, salt and ground black pepper. Cover mixture and refrigerate until it is well chilled (about 2 hours).

3. Meanwhile sauté the croutons in oil and add the garlic; transfer to a small bowl.

4. Place remaining chopped tomato, cucumber, onion and green bell pepper in separate bowls.

5. Serve soup in chilled bowls, garnish with chives, and serve chopped vegetables and croutons as accompaniments.
Hearty Winter Broth

Ingredients
1 medium carrots, diced
2 medium potatoes, peeled and diced
1 medium turnip, peeled and diced
1 stalks celery, sliced
3 cups Swanson® Vegetable Broth (low or no sodium, Certified Organic) reserve ½ cup for pesto sauce.
1 (19 ounce) can white kidney beans (cannellini), rinsed and drained
1 bay leaf
1/4 teaspoon crushed red pepper
Easy Basil Pesto (see note)
basil leaves,
3 tablespoons grated Parmesan cheese,
3 cloves garlic and
1/2 cup reserved broth

Directions
Heat the carrots, potatoes, turnip, leeks, celery and 1 3/4 cups broth in a 6-quart saucepot over medium-high heat to a boil.
Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender-crisp.
Reserve 1/2 cup of broth for the Easy Basil Pesto. Stir the remaining broth, beans, bay leaf and red pepper in the saucepot and heat to a boil.
Reduce the heat to low. Cook for 15 minutes or until the vegetables are tender.
Remove the bay leaf. Serve topped with the Easy Basil Pesto.

Footnotes: Easy Basil Pesto: Mix 2 cups packed fresh basil leaves, 3 tablespoons grated Parmesan cheese, 3 cloves garlic and 1/2 cup reserved broth in a food processor or blender. Cover and process until smooth.
Kale and Potato Soup

Ingredients

- 4 teaspoons olive oil
- 1 medium-size yellow onion, chopped
- 8 cups chicken broth
- 1 bunch kale, rinsed and sliced
- 1 1/2 pounds potatoes (about 3), cut into chunks
- 4 cloves garlic, chopped
- freshly ground black pepper to taste

Serves 8

Directions

1. In a large heavy saucepan, heat the olive oil over moderate heat, add the onion and cook, uncovered, until soft-about 5 minutes.

2. Add the chicken broth; cover, raise the heat to moderately high, and bring to a boil-about 4 minutes.

3. When it comes to a boil, add the kale, potatoes, and garlic. Season with ground black pepper.

4. Simmer covered over low heat for 1 1/2 hours.
Lentil Soup

**Ingredients**

- 1 cup dried lentils, rinsed
- 6 cups chicken broth (low or no sodium)
- 2 cups chopped onion
- 1 garlic clove, minced
- 1 tablespoon vegetable oil
- 2 1/2 cups chopped fresh tomatoes
- 1 cup sliced carrots
- 1/2 teaspoon dried thyme

**Directions**

In a large saucepan, bring lentils and chicken broth to a boil. Reduce heat; simmer for 30 minutes.

Meanwhile, in a large skillet, sauté onion and garlic in oil; add to saucepan. Add the tomatoes, carrots, thyme. Cook 30 minutes longer or until lentils and vegetables are tender.

Lentil and Spinach Soup

Follow above directions. Add fresh spinach last two minutes
Minestrone

Ingredients

- 4 cups vegetable stock (low or no sodium)
- 2 (14.5 ounce) cans stewed tomatoes
- 1 large potato, cubed
- 1 onion, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 large head cabbage, finely chopped
- 2 tablespoons Italian seasoning
- 1 (15 ounce) can kidney beans
- 3 cups fresh corn kernels
- 1 large zucchini, sliced
- 1 cup uncooked orzo pasta
- salt and pepper to taste

Directions

1. In a large soup pot combine the vegetable stock, the un-drained tomatoes, potato, onion, celery, carrot, cabbage and Italian seasoning. Bring to a boil and reduce heat.

2. Simmer for about 15 minutes.

3. Stir in the beans, corn, zucchini and pasta; simmer for 10 to 15 more minutes until the vegetables are tender.

4. Season with salt and pepper
Onion Soup (Creamy)

Ingredients

- 3 onions, sliced
- 3 (10.5 ounce) cans condensed beef broth (no sodium)
- 2 (10.5 ounce) cans condensed chicken broth (no sodium)
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 tablespoons margarine
- 2 tablespoons all-purpose flour
- salt to taste
- ground black pepper to taste

Directions

1. Melt the butter or margarine in a large pot or Dutch oven. Add the onions, and cook over medium heat until the onions are translucent and tender.
2. Stir in the flour. Blend in the broths and soup. Heat to boiling, and then reduce to simmer.
3. Season to taste with salt and pepper.
Potato and Kale Soup

Serving 6

Ingredients:

- 2 tsp olive oil
- 1 medium sweet onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 cup diced carrots
- 1 pound yellow or white potatoes, peeled and diced
- 4 cups fat-free, low-sodium chicken broth
- 2 cups water
- 1/2 tsp dried sage
- 1/2 tsp dried thyme
- 3 cups chopped kale
- 1 1/2 cups chopped cooked chicken breast

Directions:

Heat oil in a Dutch oven or large saucepan over medium heat.

Saute onions until softened, about 5 minutes.

Stir in garlic, carrots and potatoes and cook for 2 minutes.

Add broth, water and herbs. Bring to a boil, then reduce heat, cover and simmer for 10 minutes, until potatoes are almost tender.

Stir in kale and chicken and simmer for 10 minutes.
**Sausage and Red Cabbage Soup**

**Ingredients**

- 1 tablespoon vegetable oil
- 1/2 onion, chopped
- 1/2 pound smoked sausage, sliced
- 1 1/2 cups water
- 1/2 head of red cabbage, cored and coarsely chopped
- 1 carrots, sliced
- 1 stalks celery, sliced
- 1/3 cup uncooked long grain white rice
- 1 can of red beans, with liquid
- 1 (8 ounce) can tomato sauce
- 1 (16 ounce) can crushed tomatoes
- 2 cubes chicken bouillon
- salt to taste
- 1 bay leaf
- 1/2 teaspoon crushed dried thyme

**Directions**

1. Heat the vegetable oil in a large pot over medium heat, and cook the onion until lightly browned.

2. Place sausage in the pot, and pour in water. Mix in cabbage, carrots, celery, rice, beans, tomato sauce, and crushed tomatoes. Dissolve bouillon in the mixture. Season with salt, bay leaf, and thyme.

3. Bring to a boil. Reduce heat to low, and cook at least 1 hour, until vegetables are tender and rice is cooked.
Spiced Pumpkin Soup

Ingredients  Serves 5

- 2 1/2 cups pumpkin puree
- 1 cups vegetable broth
- 1 cups heavy cream
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 ounces dry pasta
- 1/4 teaspoon pumpkin pie spice
- 1/4 cup fresh parsley, minced
- 1/4 cup cilantro, minced
- 1/4 cup butter, softened
- 1/4 cup plain yogurt
- 1/4 cup sour cream, for topping
- 1/4 cup shredded mozzarella cheese
- 1/8 cup toasted almonds

Directions

1. In a large saucepan, mix the pumpkin, vegetable broth, heavy cream, garlic powder and onion powder. Bring to a boil.

2. Stir in the pasta. Cook 12 minutes, or until pasta is tender but firm.

3. Reduce heat to simmer.

4. Stir in pumpkin pie spice, parsley and cilantro.

5. Slowly stir butter, plain yogurt and sour cream into the mixture, making sure they do not curdle.

6. Stir in the cheese, allowing it to melt.

7. Serve topped with nuts.
Split Pea Soup

Ingredients

- 1/4 pound sliced bacon, diced
- 1/2 large onion, chopped
- 1 celery ribs, sliced
- 1/2 pound dried green split peas
- 1 quart of water
- 1 medium potatoes, peeled and diced
- 1 cups diced fully cooked ham
- 1 teaspoons salt
- 1 bay leaf
- 1/4 teaspoon pepper
- 1/2 cup heavy whipping cream (omit if you want a healthier soup)

Directions

1. In a Dutch oven or soup kettle, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon to paper towels; drain, reserving drippings.
2. Add onion and celery to drippings. Sauté until vegetables are tender; drain.
3. Add the peas, water, potatoes, ham, salt, bay leaf and pepper. Bring to a boil. Reduce heat; cover and simmer for 45 minutes or until peas are very tender, stirring occasionally. Discard bay leaf.
5. Return to Dutch oven; stir in cream. Heat through (do not boil). Garnish with reserved bacon.
Split Pea and Potato Soup

**Ingredients**

- 1 tablespoon unsalted margarine
- 1 medium-size yellow onion, chopped
- 2 cups low-sodium beef broth
- 2 cups water
- 1 ½ cups dried split green peas, rinsed and sorted
- 2 medium-size potatoes, peeled and quartered
- Add black pepper to taste

**Directions**

1. In a large heavy saucepan, melt the margarine over moderate heat. Add the onion and cook, uncovered, until soft-about 5 minutes.
2. Stir in the beef broth and water and bring to a boil about 4 minutes.
3. Add the peas and potatoes; adjust the heat so that the mixture bubbles gently, cover, and cook for 30 minutes or until the peas and potatoes are tender.
4. Remove from the heat and cool for 10 minutes.
5. In an electric blender or food processor, puree the soup in 5 batches, whirling each batch about 15 seconds. Return to the pan, set over low heat, and bring to serving temperature, stirring often.
6. Add the pepper.
Sweet Potato Soup

Ingredients

- 2 tablespoons canola oil
- 1 large sweet onion, sliced
- 2 teaspoons ground cumin
- 3 sweet potatoes, peeled and cubed
- 1 1/2 quarts chicken broth (low or no sodium)
- 1 3/4 cups plain yogurt
- 2 tablespoons chopped parsley or cilantro

Directions

1. In a soup pot heat oil. Add onions and cumin and sauté 3-4 minutes.
2. Add potatoes and chicken broth and bring to a boil. Reduce heat and simmer soup 20-25 minutes.
3. Puree soup with 1-1/2 cups Plain Yogurt and parsley or cilantro.
4. Serve each portion of soup with a dollop of remaining yogurt.
Turkey-white Bean Soup

**Ingredients**

- 1 pound ground turkey
- 1 cup chopped onion
- 1 cup chopped celery
- 1 tablespoon olive oil
- 1 (49.5 fluid ounce) can chicken broth
- 2 cups frozen corn
- 1 (15 ounce) can cannellini or white kidney beans, rinsed and drained
- 1 cup frozen lima beans
- 1 (4 ounce) can chopped green chilies
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- Shredded Cheddar cheese

**Directions**

In a Dutch oven, cook the turkey, onion and celery in oil over medium heat until meat is no longer pink.

Add the broth, corn, beans, chilies, oregano, cumin, chili powder and salt. Bring to a boil.

Reduce heat; cover and simmer for 30 minutes or until heated through.

Serve with cheese if desired.
Vegetable Soup

**Ingredients**

Serves 8

1 teaspoon vegetable oil
1/4 cup chopped onion
1 clove garlic, minced
1/4 teaspoon dried parsley flakes
1/4 teaspoon dried thyme leaves, crushed
3 1/2 (14 ounce) cans Swanson® Beef Broth (no Sodium)
2 medium carrots, sliced
2 medium potatoes, cut into 1-inch pieces
1 cup fresh or frozen cut green beans

**Directions**

Heat the oil in a 3-quart saucepan over medium-high heat. Add the onion, garlic, parsley and thyme and cook until the onion is tender-crisp.

Add the carrots, potato green beans and broth to the saucepan and heat to a boil. Reduce the heat to low.

Cover and cook for 15 minutes or until the vegetables are tender.
SALADS
Broccoli Salad

Servings 8-10

Ingredients

2 Heads fresh broccoli
1 red onion
½ pounds bacon
¾ cup raisins
¾ cup sliced almonds
1 cup mayonnaise
½ cup white sugar
2 tablespoons white wine vinegar

Directions

1. Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.
2. Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well.
3. To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.
Chicken Salad

Servings 4

Ingredients

4 cups diced poached chicken, recipe follows
1 stalk celery, cut into 1/4-inch dice
4 scallions, trimmed and thinly sliced or 1/4 cup sweet onion cut into 1/4-inch dice
1 1/2 teaspoons finely chopped fresh tarragon or fresh dill
2 tablespoons finely chopped parsley
1 cup prepared or homemade mayonnaise
2 teaspoons strained freshly squeezed lemon juice
1 teaspoon Dijon mustard
2 teaspoons kosher salt
Freshly ground black pepper

POACHED CHICKEN FOR SALADS
10 sprigs parsley
2 sprigs fresh thyme
1 small onion, halved
1 small carrot, halved
1 stalk celery, halved
3 pounds chicken breasts halves, on the bone and fat trimmed
5 to 6 cups chicken broth, homemade or low-sodium canned

Directions

In a mixing bowl, toss together the chicken, celery, scallions and herbs. Set aside.
In a small bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper to taste.
Add to the chicken and mix gently until combined. Refrigerate until ready to serve.

Cook's Note: Serve on a bed of lettuce with sliced tomatoes, in half an avocado or in a chicken club sandwich made with artisanal bread, crispy smoked bacon, vine-ripened tomatoes and lettuce.

Put the parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken for 20 minutes or until firm to the touch. Remove the pan from the heat, uncover, cool the chicken in the liquid for 30 minutes.
Transfer the chicken to a cutting board and reserve the liquid. Bone and skin the chicken and cut the meat into 1 inch cubes. Discard the bones and skin.
Strain the broth and store, covered, in the refrigerator for 3 days or freeze for later use. Remove any fat from the surface of the broth before using. Yield: 4 cups cubed chicken or 4 to 6 servings
Carrot Salad

Servings 6

Ingredients

1/4 cup olive oil
2 tablespoons lemon juice
1 tablespoon chopped flat-leaf Italian parsley
1 teaspoon Dijon mustard
1 teaspoon salt
1/2 teaspoon sugar
1 bag (10 ounces) shredded carrots
1/2 cup dried cranberries
1 small red onion, chopped
1/2 cup slivered almonds, toasted

Directions

Combine olive oil, lemon juice, parsley, mustard, salt and sugar in small bowl.

Combine carrots, cranberries, onion and almonds in large bowl. Add dressing. Cover and refrigerate 2 hours or overnight.
Carrot Pineapple Salad

**Ingredients**

- 4 cups grated carrots
- 1 1/2 cups crushed pineapple, in own juice
- 3/4 cup raisins
- 1/2 cup chopped pecans, reserving 1/4 cup
- 1/4 cup unsweetened shredded coconut*, reserving 2 tablespoons
- 1/4 teaspoon cinnamon

**Directions**

1. Combine all ingredients.
2. Sprinkle with reserved pecans and coconut.
Potato Salad with Green Beans and Salsa Verde

Servings 4-6

Ingredients

1. 1/4 cup extra-virgin olive oil
2. 1/4 cup minced chives
3. 1/4 cup finely chopped parsley
4. 2 tablespoons finely chopped mint
5. 1 teaspoon finely grated lemon zest
6. 2 tablespoons fresh lemon juice
7. 1 large garlic clove, minced
8. Salt
9. 1 1/4 pounds Yukon Gold potatoes, peeled and cut into 1-inch cubes
10. 2 tablespoons unsalted butter
11. 1 1/2 pounds green beans, trimmed
12. Chive blossoms, for garnish (optional)

Directions

1. In a medium bowl, combine the olive oil with the chives, parsley, mint, lemon zest, lemon juice and garlic and season with salt. Let the salsa verde stand at room temperature for 15 minutes to 1 hour.
2. Meanwhile, in a large saucepan, cover the potatoes with cold water, add a large pinch of salt and bring to a boil. Cook the potatoes over moderately high heat until just tender, about 8 minutes; drain and return them to the saucepan. Add 1 tablespoon of the butter and toss to coat. Season with salt.
3. Bring a large pot of salted water to a boil. Add the beans and cook until crisp-tender, 4 minutes; drain. Return the beans to the pot and stir in the remaining 1 tablespoon of butter. Season with salt.
4. Add half of the salsa verde to the potatoes and half to the beans, stirring to coat. Transfer the beans to a serving bowl. Top with the potatoes, garnish with the chive blossoms and serve right away.
Egg Salad

Servings 8

Ingredients

1/2 medium red onion, chopped
12 large eggs
1 stalk celery (with leaves), chopped
1/2 cup mayonnaise
2 tablespoons chopped fresh dill
2 tablespoons whole-grain mustard
1 tablespoons plus 1 teaspoon freshly squeezed lemon juice
2 teaspoons kosher salt
Freshly ground black pepper

Serving suggestions: 8 slices country-style sourdough bread, sliced tomatoes, or salad greens

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Directions

In a small bowl, soak the onions in cold water, for 15 minutes. Drain.

Meanwhile, in a large saucepan, with a tight-fitting lid, place the eggs and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover the eggs, remove from the heat, and set aside for 8 minutes. Drain the water from the pan and cool the eggs in the pan under cold running water. Peel the eggs and cut into sixths.

In a large bowl, mix together the onion, celery, mayonnaise, dill, mustard, lemon juice, and salt.

Add the eggs to the mayonnaise mixture and gently mix them together. Season with pepper to taste. Use in sandwiches, with lettuce and tomatoes, or in a salad.
Fruit Salad with Pudding

Serving 15

Ingredients

1 (29 ounce) can peach slices, undrained
1 (20 ounce) can pineapple chunks, undrained
1 (3 1/8 ounce) box dry vanilla instant pudding mix
1 lb strawberry, stemmed and quartered
1 banana, sliced
1/2 pint blueberries
1 bunch grapes (I use the red ones)
1-2 tablespoon sugar (optional)

Directions

1 In a large bowl, combine peaches, pineapples, and vanilla pudding mix.
2 This includes the juices from the cans.
3 Mix well until pudding is dissolved.
4 Stir in strawberries, banana, blueberries, grapes, and sugar if desired.
5 Chill.

A simpler version: Cut up 3-4 different types of fruits you can find. Add a little bit of orange juice (or any other juice that you have available). Mix it and serve.
Lime Gelatin Salad

Serving 8-10

1 (6 ounce) package lime flavored Jell-O mix
1 ½ cups boiling water
1 (8 ounce) package cream cheese
1 (20 ounce) can crushed pineapple with juice
2 cups heavy whipping cream
1 cup chopped pecans

Directions

1. Pour 1 cup boiling water over the gelatin mix in a large bowl. Stir it until it is dissolved. Add 1/2 cup pineapple juice. Place it in the refrigerator to partially gel. It is important that the gelatin is only partially gelled.
2. Meanwhile, cook the pineapple in a small saucepan until it boils. Let it cook about 5 minutes. Cool it to room temperature.
3. When the gelatin is partially gelled, blend the softened cream cheese into it until it is creamy. Mix in the cooled, cooked pineapple.
4. Whip the cream until it is fluffy. Fold it into the gelatin-cream cheese mixture. Fold the nuts into the gelatin mixture. Pour it all into a pretty crystal bowl and place it in the refrigerator to completely gel.
Layered Salad

Ingredients

- 6 cups chopped lettuce
- salt and pepper
- 6 hard-cooked eggs, sliced
- 2 cups frozen peas, thawed
- 8 to 16 ounces bacon, crisp-cooked, drained, and crumbled
- 2 cups (8 ounces) shredded mild Cheddar cheese
- 1 cup mayonnaise
- 1 to 2 tablespoons sugar
- 1/4 cup sliced green onion with tops
- paprika

Directions

Place 3 cups of the lettuce in bottom of large bowl; sprinkle with salt and pepper. Layer egg slices over lettuce in bowl and sprinkle with more salt and pepper. Continue to layer vegetables in this order: peas, remaining lettuce, crumbled bacon, and shredded cheese, along with light sprinklings of salt and pepper. Combine mayonnaise and sugar; spread over top, spreading to edge of bowl to cover entire salad. Cover and chill 24 hours or overnight. Garnish with green onion and a little paprika. Toss before serving.
Lentil and Rice Salad

Serving 4

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon Dijon mustard
- 1/2 teaspoon paprika, preferably smoked
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups cooked brown rice
- 1 15-ounce can lentils, rinsed, or 1 1/3 cups cooked lentils
- 1 carrot, diced
- 2 tablespoons chopped fresh parsley

Directions

1. Whisk oil, vinegar, shallot, mustard, paprika, salt and pepper in a large bowl. Add rice, lentils, carrot and parsley; stir to combine.
Pasta Salad

Servings 6

Ingredients salad:

1 pound farfalle pasta
Freshly ground black pepper
1 tablespoon olive oil
1 yellow squash, sliced into 1/4-inch thick discs
1 zucchini squash, sliced into 1/4-inch thick discs
1 cup diced sun-dried tomatoes
1 cup packed fresh basil leaves
1/2 cup fresh packed parsley leaves

Ingredients Dressing:

2 tablespoons apple cider vinegar
2 garlic cloves, lightly crushed with the side of a knife blade, and quartered
1 teaspoon stone ground mustard
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1/2 cup extra-virgin olive oil

Directions

Boil the pasta in salted water until al dente and drain well. Toss with ground black pepper and olive oil.

For the dressing, add the vinegar to a blender and replace the lid. Turn on the blender add, 1 at a time through the feed opening, garlic, mustard, oregano, basil, salt, and black pepper. Leaving the blender running, add the olive oil in a slow thin stream.

Toss together the pasta, yellow squash, zucchini, sun-dried tomatoes, basil and parsley with enough of the dressing to coat. Serve any additional dressing on the side.
Potato Salad

Serving 4

Ingredients

2 pounds small potatoes
2 large eggs
Kosher salt
1/2 bunch sliced scallions, white and green parts
2 tablespoons drained capers
2 cups mayonnaise
1/4 cup Dijon mustard
1/4 cup finely chopped dill pickles with 1/4 cup juice, about 2 pickles
1/2 small red onion, chopped
2 tablespoons chopped fresh flat-leaf parsley
1/2 bunch dill, chopped
1/2 lemon, juiced
Freshly ground black pepper
Extra-virgin olive oil, for drizzling

Directions

Put the potatoes and eggs into a big saucepan of cold salted water. Bring to a simmer. After 12 minutes remove the eggs with a slotted spoon and let cool. Continue cooking the potatoes until a paring knife poked into them goes in without resistance, about 3 minutes longer. Drain the potatoes in a colander and let them cool.

Reserve some scallion greens and capers for garnish. Meanwhile, stir together the mayonnaise, mustard, pickles and their juice, onion, remaining scallions and capers, parsley, and lemon juice in a bowl large enough to hold the potatoes. Peel the cool eggs and grate them into the bowl. Stick a fork into the potatoes and lift 1 at a time out of the colander. Break up the potatoes by hand into rough chunks, add them to the bowl and toss to coat with the dressing. Season, to taste, with salt and pepper. Drizzle with a little olive oil before serving.
Tuna Fruit Salad

Ingredients

- 2 med. unpeeled apples
- 4 c. torn lettuce
- 9 1/2 oz. can water packed tuna
- 1 c. seedless green grapes
- 2/3 c. lo cal mayonnaise
- 1 tbsp. lemon juice
- Salt

Directions

1. Cut apples in 1/2 inch cubes.
2. Tear lettuce.
3. Toss apples, lettuce, tuna and grapes together.
4. Combine mayonnaise, lemon juice and salt. Toss with tuna mixture.
Tossed Salad

Servings 4

Ingredients

2 hearts romaine lettuce
2 small plum tomatoes, diced
1 Kirby cucumber or 1/4 European seedless cucumber, diced
1 small yellow onion or 1/2 red onion, chopped
1 carrot, peeled and shredded
1/4 cup (a couple of glugs) extra-virgin olive oil,
2 to 3 tablespoons (a couple of splashes) red wine vinegar
1 teaspoon sugar
Coarse salt and black pepper

Directions

Place salad greens in a salad bowl and top with tomatoes, cucumbers, onion, and carrot. Place oil, vinegar and sugar in a small plastic container. Put the lid on the container and shake dressing until sugar dissolves, about 1 minute. Pour dressing over salad. Season salad with salt and pepper, to taste, and toss to combine.
Tarragon Chicken Salad

Servings 3

Ingredients

2 cups diced cooked chicken
1 small tart apple, cored and diced (about 1 1/2 cups)
1/3 cup diced celery
1/4 cup diced red onion
3/4 cup mayonnaise
1 tablespoon fresh lemon juice
2 tablespoons chopped fresh tarragon leaves
1 tablespoon chopped fresh parsley leaves
1 tablespoon chopped fresh chives
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/3 cup lightly salted, roasted cashews, roughly chopped
4 cups arugula, washed and dried
Olive oil, for dressing arugula

Directions

Combine the chicken, apple, celery, and onions in a medium bowl. In a small bowl, combine the mayonnaise, lemon juice, tarragon, parsley, chives, salt and pepper. Pour dressing over the chicken mixture and stir to combine. Refrigerate for at least 1 hour. Just before serving, lightly dress arugula with olive oil. Serve chicken salad on a bed of arugula and top with cashews.
Waldorf Salad

Ingredients  Serves 2

- 1/2 cup chopped, slightly toasted walnuts
- 1/2 cup celery, thinly sliced
- 1/2 cup red seedless grapes, sliced
- 1 sweet apple, cored and chopped
- 3 tablespoons plain nonfat yogurt
- 1 tablespoon fresh lemon juice
- Salt
- Pepper
- Butter lettuce leaves for garnish

Directions

1. In a medium sized bowl, whisk together the yogurt and the lemon juice.
2. Add 1/2 teaspoon of salt and freshly ground pepper to taste.
3. Mix in the apple, celery, grapes, and walnuts. Serve on a bed of fresh lettuce.
SIDE DISHES
Asparagus Roll-Ups

Ingredients

- 16 fresh asparagus spears
- 16 slices sandwich bread, crusts removed
- 1 (8 ounce) package cream cheese, softened
- 8 bacon strips, cooked and crumbled
- 2 tablespoons minced fresh chives
- 1/4 cup butter or margarine, melted
- 3 tablespoons grated Parmesan cheese

Serves 10

Directions

1. Place asparagus in a skillet with a small amount of water; cook until crisp and tender, about 6-8 minutes. Drain and set aside.

2. Flatten bread with a rolling pin. Combine the cream cheese, bacon and chives; spread 1 tablespoonful on each slice of bread. Top with an asparagus spear. Roll up tightly; place seam side down on a greased baking sheet. Brush with butter and sprinkle with Parmesan cheese. Cut roll-ups in half. Bake at 400 degrees F for 10-12 minutes or until lightly browned.
Baby Limas

Ingredients

- cooking spray
- 1/2 medium onion, finely chopped
- 1 1/2 cups chicken broth
- 1 (16 ounce) package frozen baby lima beans

Serves 6

Directions

1. Heat a large saucepan over medium heat, and spray with cooking spray.
2. Saute onions until soft and translucent.
3. Pour in chicken broth, and bring to a boil.
4. Add lima beans, and enough water just to cover. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes, until beans are tender.
Baked Potato

Ingredients

- 1 baking potato

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Scrub the potato and prick it with a fork to prevent steam from building up and causing the potato to explode in your oven.
3. Bake for 1 1/2 hours.
Black-eyed Peas

**Ingredients**

- 1 cup butter
- 2 onions, sliced into thin slivers
- salt and pepper to taste
- 2 cloves garlic, sliced, or to taste
- 3 (16 ounce) packages frozen black-eyed peas

**Directions**

Melt the butter in a large saucepan over medium-low heat.
Cook and stir the onions in the melted butter until translucent, about 5 minutes.
Stir in salt and pepper. Cook, stirring occasionally.
Stir in the garlic and peas; pour in enough water to cover. Bring the mixture to a boil, cover, and simmer over low heat until the peas change color and are tender and hot, and almost all of the liquid has been absorbed, about 1 hour.
Brussel Sprouts

**Ingredients**
- 3 cups water
- 1 pound Brussels sprouts, trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper

**Serves 4**

**Directions**
Bring the water to a boil in a large saucepan. Add Brussels sprouts, and cook for 5 to 7 minutes. They should still be slightly firm. Drain, and rinse with cold water. Slice the sprouts in half, and set aside.
Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the garlic; cook and stir for about 5 minutes, until garlic is lightly browned. Add the remaining olive oil and Brussels sprouts. Reduce the heat to medium and cook, stirring until the sprouts are well coated with the flavor. Season with salt and pepper, and cook for 5 more minutes before serving.
Butter Peas

**Ingredients**
1/2 pound fresh snow peas
1 tablespoon water
1 teaspoon minced garlic
1 tablespoon butter, melted
1 teaspoon lemon juice
1/2 teaspoon Italian seasoning

**Serves 2**

**Directions**
In a microwave-safe dish, combine the snow peas, water and garlic. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. Combine the butter, lemon juice and Italian seasoning. Drizzle over peas; toss to coat.
California Creamed Kale

**Ingredients**

- 2 bunches kale, leaves removed from tough stems and chopped
- 1 cup raw cashews
- 1 cup unsweetened almond milk
- 4 tablespoons onion flakes
- 1 tablespoon Dr. Fuhrman's VegiZest (optional)

**Serves 4**

**Instructions**

1. Place Kale in a large steamer pot. Steam 10-20 minutes until soft.
2. Meanwhile, place remaining ingredients in a high-powered blender and blend until smooth.
3. Place kale in colander and press with a clean dish towel to remove some of the excess water. In a bowl, coarsely chop and mix kale with the cream sauce.

   **Note:** Sauce may be used with broccoli, spinach, or other steamed vegetables.
Cole Slaw

**Ingredients**

- 1 medium head cabbage, shredded
- 1 carrot
- 1/4 onion, chopped
- 1/4 cup vegetable oil
- 1/4 cup vinegar
- 1/4 cup white sugar

**Serves 8**

**Directions**

1. In a large bowl, combine cabbage, carrot, onion, vegetable oil, vinegar and sugar.
2. Stir until the ingredients are well mixed.
3. Chill in the refrigerator until serving.
Fried Okra

**Ingredients**
- 10 pods okra, sliced in 1/4 inch pieces
- 1 egg, beaten
- 1 cup cornmeal
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup vegetable oil

**Directions**
In a small bowl, soak okra in egg for 5 to 10 minutes. In a medium bowl, combine cornmeal, salt, and pepper.
Heat oil in a large skillet over medium-high heat. Dredge okra in the cornmeal mixture, coating evenly. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown, and cook until golden.
Drain on paper towels.
Glazed Carrots

**Ingredients**

- 2 (16 ounce) packages fresh baby carrots
- 1/2 cup butter or margarine
- 1/2 cup packed brown sugar
- 2 (1 ounce) packages ranch salad dressing mix

**Serves 10**

**Directions**

1. Place carrots in a saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and cook for 8-10 minutes or until crisp-tender. Drain and set aside.
2. In the same pan, combine butter, brown sugar and salad dressing mix until blended.
3. Add carrots. Cook and stir over medium heat for 5 minutes or until glazed.
Green Bean Casserole

**Ingredients**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 ounces</td>
<td>processed cheese food, cubed</td>
</tr>
<tr>
<td>1 (10.75 ounce)</td>
<td>can condensed cream of chicken soup</td>
</tr>
<tr>
<td>2 (15 ounce)</td>
<td>cans green beans, drained</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Cajun seasoning</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>ground black pepper</td>
</tr>
<tr>
<td>1 (2.8 ounce)</td>
<td>can French-fried onions</td>
</tr>
</tbody>
</table>

**Serves 6**

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).
Place the processed cheese into a large microwave-safe bowl along with the cream of chicken soup. Heat on full power for 2 minutes, stirring occasionally, or until cheese is melted.
Season with salt, pepper, and Cajun seasoning.
Stir in the green beans. Pour into a 1 1/2 quart casserole dish, and sprinkle the French fried onions over the top.
Bake for about 20 minutes in the preheated oven, or until the top is crispy.
Hoppin' John

**Ingredients**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups</td>
<td>dry black-eyed peas</td>
</tr>
<tr>
<td>1 pound</td>
<td>ham hocks</td>
</tr>
<tr>
<td>1</td>
<td>onion, chopped</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>crushed red pepper flakes</td>
</tr>
<tr>
<td></td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>4 cups</td>
<td>water</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>long-grain white rice</td>
</tr>
<tr>
<td>1 cup</td>
<td>shredded smoked Cheddar cheese</td>
</tr>
</tbody>
</table>

**Directions**

In a large pan place the peas, ham hock, onion, red pepper, salt and pepper. Cover with water and bring to a boil. Reduce heat to medium-low and cook for 1 1/2 hours.

Remove ham hock and cut meat into pieces. Return meat to pot. Stir in the rice, cover and cook until rice is tender, about 20 to 25 minutes. Season to taste with salt and pepper.

Sprinkle shredded cheese over top, if desired. Serve
Mac and Chesse

**Ingredients**
- 4 ounces elbow macaroni
- 4 ounces cubed processed cheese food
- 2 fluid ounces milk
- 1/4 teaspoon ground black pepper

**Serves 6**

**Directions**
Bring a large pot of lightly salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain.
Place a saucepan over medium-low heat. Combine the cheese food, milk, and pepper in the saucepan; cook until the cheese has melted, stirring frequently.
Stir in the drained macaroni until evenly coated.
Macaroni and Cheese (Baked)

Ingredients

1/2 pound elbow macaroni
3 tablespoons butter
3 tablespoons flour
1 tablespoon powdered mustard
3 cups milk
1/2 cup yellow onion, finely diced
1 bay leaf
1/2 teaspoon paprika
1 large egg
12 ounces sharp cheddar, shredded
1 teaspoon kosher salt
Fresh black pepper

Topping:
3 tablespoons butter
1 cup panko bread crumbs

Directions

Preheat oven to 350 degrees F.

In a large pot of boiling, salted water cook the pasta to al dente.

While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.

Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.

Melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

Remember to save leftovers for fried Macaroni and Cheese.
Onion Rings

**Ingredients**

- 1 quart oil for frying
- 1 cup dry pancake mix
- 1 large Spanish onion, sliced into rings

**Directions**

Heat the oil in a large, deep skillet over medium high heat.
Prepare pancake mix according to package directions.
One at a time, dip Spanish onion rings into the prepared pancake batter, then into the hot oil. Fry until crispy and browned, about 3 minutes.
Drain on paper towels.
Pickled Beets

**Ingredients**

- 1 pounds fresh small beets, stems removed
- 1/2 cup of white sugar
- 1 tablespoon pickling salt
- 1/4 quart white vinegar
- 1/8 cup whole cloves

**Serves 15**

**Directions**

If beets are large, cut them into quarters. Place beets in a large stockpot with water to cover. Bring to a boil, and cook until tender, about 15 minutes depending on the size of the beets. Drain, reserving 2 cups of the beet water, cool and peel.

Sterilize jars and lids by immersing in boiling water for at least 10 minutes. Fill each jar with beets and add several whole cloves to each jar.

In a large saucepan, combine the sugar, beet water, vinegar, and pickling salt.

Bring to a rapid boil. Pour the hot brine over the beets in the jars, and seal lids.

Place a rack in the bottom of a large stockpot and fill halfway with water.

Bring to a boil over high heat, then carefully lower the jars into the pot using a holder.

Leave a 2 inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars.

Bring the water to a full boil, cover the pot, and process for 10 minutes.
Roasted Potatoes

Ingredients

- 2 pounds red potatoes, cut into quarters
- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon dried rosemary, crushed

Servings 4

Directions

1. Preheat oven to 450 degrees F (250 degrees C).
2. Place potatoes in a large roasting pan and toss with oil, salt, pepper, and rosemary until evenly coated. Spread out potatoes in a single layer.
3. Bake in preheated oven for 20 minutes, stirring occasionally. Serve immediately.
Steamed Cabbage

**Ingredients**

- 1 medium onion, chopped
- 2 tablespoons butter
- 4 medium carrots, thinly sliced
- 6 cups chopped cabbage
- 1/2 cup chicken broth
- 1 teaspoon salt
- 1 teaspoon sugar

**Directions**

1. In a large skillet, saute onion in butter until tender.
2. Add carrots; cook and stir for 2-3 minutes.
3. Stir in the remaining ingredients; bring to a boil.
4. Reduce heat; cover and simmer for 5-7 minutes or until vegetables are tender.
5. Serve with a slotted spoon.
Stewed Corn

Ingredients

- 6 cups frozen corn
- 1 cup water
- 1 Tomato Chopped
- ½ Red BellPepper
- 1/2 cup butter, cubed
- 2 tablespoons minced fresh parsley
- 2 teaspoons salt
- 1 teaspoon dill weed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon dried thyme

Directions

1. In a large saucepan, combine corn and water. Bring to a boil. Reduce heat; cover and simmer for 4-6 minutes or until corn is tender.
2. Drain; stir in the remaining ingredients.
Stuffed Mushrooms

Ingredients

- 20 fresh mushrooms, stems removed
- 2 (6.5 ounce) cans minced clams, drained (artificial crab meat may also be used)
- 2 cloves garlic, peeled and minced
- 1/2 cup grated Parmesan cheese
- 1 small onion, finely chopped
- 3/4 cup dry bread crumbs
- 1/2 cup chopped green bell pepper
- 2 tablespoons dried parsley
- 2 tablespoons Italian-style seasoning
- ground black pepper to taste
- 1 1/2 cups butter, melted
- 1/2 cup shredded mozzarella cheese

Serves 10

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. Arrange mushroom caps hollow side up in the baking dish.
3. In a medium bowl, mix together minced clams, garlic, Parmesan cheese, onion, bread crumbs, green bell pepper, parsley, Italian-style seasoning and black pepper. Slowly stir in approximately 1/2 the butter, enough to make the mixture slightly moist.
4. Generously fill the mushroom caps with the clam mixture. Sprinkle with mozzarella cheese. Drizzle with remaining butter.
5. Bake in the preheated oven 30 minutes, or until lightly browned.
Sweet Potato Fries

Ingredients

- 3 sweet potatoes, cut into french fries
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- 4 tablespoons light brown sugar
- kosher salt and ground black pepper to taste
- 3 tablespoons light olive oil

Directions

1. Preheat an oven to 350 degrees F (175 degrees C).
2. Rinse the sweet potato fries with cold water and drain. Spread onto a baking sheet.
3. Stir the cinnamon, cardamom, ginger, coriander, and brown sugar together in a bowl; sprinkle over the fries. Drizzle the olive oil over the fries.
4. Bake in the preheated oven until tender, about 30 minutes. Season with salt and pepper to serve.
Sweet Potato Souffle

**Ingredients**

- 3 cups mashed sweet potatoes
- 3/4 cup white sugar
- 1/3 cup butter, softened
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup milk
- 1 1/2 cup of marshmallow’s
- 1 cup flaked coconut
- 1/3 cup all-purpose flour
- 1 cup packed brown sugar
- 1 cup chopped walnuts
- 1/3 cup melted butter

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine the mashed sweet potatoes with the white sugar, soft butter or margarine, beaten eggs, vanilla and milk. Spoon into a 2 quart oven proof baking dish.
3. Sprinkle marshmallow’s over the sweet potatoes
4. Combine the coconut, flour, brown sugar, chopped nuts and melted butter. Sprinkle over the top of the marshmallows.
5. Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes.
Turnip Greens

**Ingredients**

- 3 bunches fresh turnip greens
- 1/4 cup butter
- 1/2 cup dill pickle juice
- 5 slices bacon
- 1/3 cup sliced onion
- salt and pepper to taste

**Serves 5**

**Directions**

1. Rinse the mustard and turnip greens thoroughly to remove gritty dirt, and place in a 12 quart pot with 8 cups of water.
2. Add the butter, pickle juice, bacon and onion, and bring to a rolling boil.
3. Continue cooking at a full boil for 20 minutes, then reduce the heat to low, and simmer for an additional 30 minutes, until tender.
4. Taste and season with salt and pepper.
Whipped Potatoes and Gravy

Ingredients
2 pounds potatoes, peeled and cubed
1/4 cup butter
2 tablespoons milk (optional)
1 teaspoon dry mustard powder
salt and ground black pepper to taste
1 tablespoon butter
2 large onions, chopped
6 cups beef broth
2 cups red wine

Directions
Preheat oven to 200 degrees F (95 degrees C).
Place potatoes into a saucepan over medium heat, cover with water, and boil gently until potatoes are tender, 10 to 15 minutes. Drain and allow to steam dry for a minute or two.
Mix in 1/4 cup of butter, milk, dry mustard, salt, and black pepper; mash until fluffy and smooth. Set aside.
Melt 1 tablespoon butter in a skillet over medium-high heat; cook the onions until translucent and just starting to brown, about 8 minutes.
Pour in the beef broth and red wine; boil the mixture down to about half its volume, about 10 minutes.
Season with salt and black pepper.
To serve, plate 1/2 cup of mashed potatoes. Pour the onion gravy over the potatoes.
Green Beans with Lemon and Garlic

Ingredients

2 pounds green beans, ends trimmed
1 tablespoon extra-virgin olive oil
3 tablespoons butter
2 large garlic cloves, minced
1 teaspoon red pepper flakes
1 tablespoon lemon zest
Salt and freshly ground black pepper

Directions

Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.

Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and red pepper flakes and saute until fragrant, about 30 seconds. Add the beans and continue to saute until coated in the butter and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.
Pinto Beans

Ingredients

Dried pinto beans
Water
Salt

Directions

1. Wash pinto beans in water. Sort out any rocks or other items, if needed. Be sure you're using beans that aren't too old, or they will never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

   **Overnight Soak:**

   Place washed beans in a large stock pot. The pot should be no more than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold water. Allow beans to soak overnight or at least 6-8 hours. Drain soaking water. Rinse beans.

   **Quick Soak:**

   Use 10 cups of water per pound of dried pintos. Put water and beans into a large stock pot. Bring to a boil. Boil 2 minutes and then allow beans to rest in the water for an hour, covered. Rinse beans.
Southern Baked Beans

Servings 4

Ingredients

1 large onion, diced
2 (16-ounce) cans pork and beans
3 tablespoons prepared yellow mustard
1/4 cup maple syrup
1/4 cup light brown sugar
4 tablespoons ketchup
1 tablespoon lemon juice
1/2 pound bacon strips, cut into 1/2-inch pieces

Directions

Preheat oven to 350 degrees F.

In an oven, mix onion, pork and beans, mustard, maple syrup, light brown sugar, ketchup, and lemon juice. Top with the bacon pieces. Bake, covered, for 45 to 60 minutes.
Fried Green Tomatoes

Ingredients

1 cup stone-ground cornmeal
1 cup all-purpose flour
1 tablespoon garlic powder
Pinch cayenne
1 1/2 cups buttermilk
Kosher salt and freshly ground black pepper
4 large unripe tomatoes, cut into 1/2-inch thick slices, ends removed
1/2 cup vegetable oil
1 tablespoon unsalted butter
Hot pepper sauce, for serving
Lemon wedges, for serving

Directions

In a large bowl, combine the cornmeal, flour, garlic powder, and cayenne together. Pour the buttermilk into a separate bowl and season with salt and pepper. Dip the tomatoes in the buttermilk and then dredge them in the cornmeal mixture, coating both sides well.

Place a large cast iron skillet over medium heat and coat with the oil. When the oil is hot, pan-fry the tomatoes (in batches if necessary) until golden brown and crispy on both sides, about 3 to 4 minutes on each side. Carefully remove the tomatoes and drain on paper towels. Serve with hot pepper sauce and lemon.
Creamed Corn

Servings 4

Ingredients

12 ears fresh corn, shucked
8 tablespoons butter
Salt and pepper

Directions

Remove corn from cob using a corn grater or knife, and mash the whole kernels a little. Place corn in a glass dish and add the butter on top. Cook in the microwave on high for 7 to 10 minutes, stopping to turn and stir a couple of times. Be careful not to over cook the corn. If corn seems too dry, add a little milk or water. Season with salt and pepper, to taste.

Serve as a side dish with favorite meal.
Scalloped Au Gratin Potatoes

Servings 8

Ingredients

Olive oil spray
3 pounds yellow potatoes, like Yukon gold, unpeeled, sliced into 1/4-inch slices
3 cups cold milk (1 percent low-fat)
1/4 cup all-purpose flour
2 cloves garlic, minced
1 large or 2 small sprigs thyme
1 3/4 cups grated Gruyere cheese (6 ounces)
1 1/2 teaspoons salt

Directions

Preheat the oven to 350 degrees F. Spray a 2 quart, shallow baking dish with olive oil spray.

Put the potatoes into a large pot and cover with water. Bring to a boil over medium heat. Reduce the heat and simmer until the potatoes are just tender, about 8 minutes. Drain and set aside to cool somewhat.

Put the milk and flour into a large saucepan and whisk until the flour is dissolved. Add the garlic and thyme and heat over a medium-high heat, stirring constantly, until the mixture comes to a boil and is thickened, about 8 minutes. Remove from the heat, discard the thyme sprig, and stir in the salt. Add 1 cup of the cheese and stir until melted.

Arrange half of the potatoes in the baking dish. Pour over half of the cheese sauce. Add the remaining potatoes and top with rest of the sauce. Sprinkle with the remaining cheese and bake for 25 minutes, until bubbling. Put under the broiler and broil on high until the top is browned, about 2 minutes. Serve hot.
Hash Brown Potatoes

Ingredients

5 medium baking potatoes, like russets (about 4 pounds), scrubbed
1/4 cup vegetable oil
3 tablespoons unsalted butter
1 cup diced yellow onions
2 teaspoons minced garlic
1 teaspoon Essence, recipe follows
1 teaspoon chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Essence (Emeril's Creole Seasoning):
2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Directions

Place the whole potatoes in a large pot, cover with water, and bring to a boil. Lower the heat and simmer until half-cooked and almost tender, about 15 minutes. Drain and let sit until cool enough to handle. Slip the skins from the potatoes and cut into 1/2-inch dice.

Heat the oil and melt the butter in a skillet over high heat. Add the onions and cook, stirring, for 2 minutes. Add the garlic, and cook, stirring, for 20 seconds. Add the potatoes, Essence, thyme, salt, and pepper, and cook without stirring, but shaking the pan occasionally to keep from burning, until the potatoes begin to color and crisp on the underside, about 4 minutes. Turn the potatoes with a spatula being careful not to mash, and continue cooking until uniformly golden.

Remove from the pan and serve hot.
Essence (Emeril's Creole Seasoning):

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup
Sautéed Spinach

Servings 2

Ingredients

1 tablespoon butter
1 tablespoon extra-virgin olive oil
1 small shallot, chopped
10 ounce package baby spinach
Salt and freshly ground black pepper

Directions

Heat a large skillet. Melt the butter, then add the olive oil and chopped shallot. Cook until soft, about 3 minutes. Add the spinach and cook, stirring, until spinach is wilted. Season with salt and pepper and toss again. Serve warm.
Sausage Balls

Ingredients

1 (1-pound) package ground sausage
3 cups baking mix (recommended: Bisquick)
4 cups grated sharp Cheddar
1/8 tablespoon pepper

Dip:
1 cup mayonnaise
1 tablespoon mustard

Directions

Preheat the oven to 375 degrees F. Spray a baking sheet with vegetable oil cooking spray. Combine all ingredients in a large glass bowl. Mix well with your fingers. The mixture will be very crumbly. Form into 1 inch balls, squeezing the mixture so it holds together, then rolling it between the palms of your hands to form balls. Place the balls on the baking sheet. Bake for 18 to 20 minutes or until golden brown. To prevent sticking, move the balls with a spatula halfway through cooking. To make the dip, combine the mayonnaise and mustard. Serve with sausage balls.
BBQ Mini Sausages

**Ingredients**

1 lb. bacon slices, cut in half lengthwise and then to thirds

2 lb. cocktail-sized smoke sausages

3/4 cup Smokey Mesquite Bar-B-Q Sauce

**Directions**

Wrap each sausage with bacon. Secure with a toothpick.

Baste the sausages and cook on a baking sheet in a 350°F oven for 20 minutes.
Brown Rice with Toasted Pine Nuts

Ingredients

1/4 cup pine nuts
1 tablespoon unsalted butter
1/2 small onion, minced
1 cup long grain white rice
2 cups water

Directions

Spread pine nuts on baking sheet and bake in oven set at 350 degrees until golden brown. Melt butter in saucepan. Add onion and sauté until softened. Add rice and stir until coated with butter. Add water, bring to a boil, cover and reduce heat. Continue to cook until water absorbs and rice is light and fluffy, about 20 minutes. Toss in pine nuts and serve.
Broccoli & Cauliflower Sauté with Garlic & Ginger

Serving 6

Ingredients

2 tablespoons vegetable oil
2 garlic cloves, minced
2 teaspoons gingerroot, fresh, minced
5-6 cups broccoli, florets and julienned stems
2 tablespoons water
1 tablespoon soy sauce

Directions:

1 Heat vegetable oil in a wok.
2 Add garlic and gingerroot.
3 Add broccoli. Stir fry to coat with oil.
4 Add water and soy sauce.
5 Continue to stir fry until broccoli is bright green and tender crisp, 3-4 minutes.
6 Serve at once.
Great Greens Salad

Servings 4

Ingredients

Mustard Vinaigrette:
1 garlic clove, sliced in 1/2
1 teaspoon Dijon mustard
1 tablespoon balsamic vinegar
Small splash soy sauce
Salt and freshly ground black pepper
3 tablespoons olive oil

Directions

3 cups mixed greens, the darker the better (not iceberg)

Rub the inside of a large wooden bowl with the garlic clove and then either discard it or save it for another use. Put the mustard in the bowl and whisk in the balsamic vinegar and soy sauce (a French secret!) vigorously for about 10 seconds to get a creamy consistency. Season with salt and pepper, to taste. Drizzle in the olive oil as slowly as possible with 1 hand while whisking as quickly as possible with the other hand to emulsify. Lay the salad greens on top of the dressing and toss just before serving.
Lemon Zest Spinach

Servings 6

Ingredients

- 1 tsp. olive oil
- 2 green onions, chopped, including green portions
- 2 garlic cloves, minced
- 1 1/4 lb. fresh spinach leaves, cleaned, dried and stemmed
- 1 1/2 Tbs. balsamic vinegar
- 3 tsp. grated lemon zest
- 1 tsp. sesame seeds, toasted

Directions:

In a large stockpot over medium heat, warm the olive oil. Add the green onions and garlic and cook, stirring, until softened slightly, about 1 minute.

Add the spinach leaves, packing them in. If you cannot fit them all at once, cover the pan for about 30 seconds to wilt the spinach a little, then add the remaining spinach in batches. Cover the pan tightly and cook, stirring once or twice, until all the spinach is wilted and tender but still bright green, 3 to 5 minutes.

Remove from the heat. Add the vinegar and lemon zest and stir to combine.

To serve, transfer the spinach to a platter. Sprinkle with the sesame seeds. Serve hot or cold.
Green Beans Almondine

Serves 6

Ingredients

1 lb green beans or 2 (9 ounce) packages frozen French-cut green beans
2 tablespoons slivered almonds
2 tablespoons butter or 2 tablespoons margarine
1 teaspoon lemon juice

Directions

1 Slice fresh beans French style and cook, covered in a small amount of boiling salted water until crisp-tender.
2 (Or cook frozen beans according to package directions).
3 Drain.
4 Cook almonds in butter over low heat, stirring occasionally, until golden.
5 Remove from heat and add juice.
6 Pour over beans.
Green Beans in a Cloud

Ingredients

4 cups fresh cut green beans
2 teaspoons Dr. Fuhrman's VegiZest
1/8 cup water
1 1/2 tablespoons cashew butter
1 teaspoon stoneground mustard, no salt added
1 clove garlic, minced
1 tablespoon finely chopped onion
1 teaspoon lemon juice

Directions

Steam green beans for 8 minutes or until crisp tender.

Mash the water and cashew butter together with a fork to thin, and then whisk in remaining ingredients and toss with steamed green beans.
Balsamic-Glazed Green Beans

Ingredients

1 lb. fresh green beans, trimmed
1/3 cup dried cranberries
2 tsp. butter
1/2 cup finely chopped sweet onions
1 Tbsp. brown sugar
2 Tbsp. KRAFT Balsamic Vinaigrette Dressing
1/4 cup PLANTERS Slivered Almonds

Directions

COOK beans and cranberries in simmering water in skillet 4 to 5 min. or until beans are crisp-tender; drain. Rinse with cold water; drain again.

MELT butter in large nonstick skillet on medium heat. Add onions and sugar; cook and stir 5 min. Add bean mixture; cook and stir 3 min. or until heated through.

ADD dressing; cook and stir 1 min. Top with nuts.
Garlic-Roasted Green Beans & Shallots with Hazelnuts

Servings 4

Ingredients

1 pound green beans, trimmed
1 shallot, thinly sliced
4 cloves garlic, crushed
3 tablespoons olive oil
Salt and freshly ground pepper
1 teaspoon grated lemon zest
1/4 cup hazelnuts, toasted and chopped

Directions

Preheat oven to 425 degrees F.

Toss together green beans, shallots, garlic, oil and salt and pepper in a medium roasting pan. Roast in the oven until the beans are cooked through and light golden brown. Remove from the oven and stir in the lemon zest and hazelnuts. Transfer to a platter and serve.
Brown-Butter Green Beans with Pine Nuts

Servings 8

Ingredients

2 (1-pound) bags cut green beans, frozen
2 tablespoons water
1 stick butter
1 teaspoon crushed garlic
1/2 cup pine nuts
Salt and freshly ground black pepper

Directions

Place green beans with 2 tablespoons of water in a microwave-safe bowl. Cover and cook for 6 to 7 minutes.

Meanwhile, melt butter in a large skillet over medium low heat. As the butter bubbles it will start to turn brown and give off a nutty aroma. Once it has reached a light brown color, add garlic, cooked and drained green beans and pine nuts. Toss to combine and saute for 1 minute until heated through. Season, to taste, with salt and pepper.

Serve immediately.
Baked Sweet Potatoes with Apples and Cranberries

Ingredients

6 med. sweet potatoes  
2 c. fresh or frozen cranberries  
1/2 c. water  
1 lg. red apple  
1/2 c. packed brown sugar  
1/8 tsp. cinnamon  
1/4 c. butter  
1/2 c. water or orange juice

Directions

Cook potatoes in water until nearly done. Drain. Peel and cut in 1/2 inch slices.

In another pot, cook sugar, water and cranberries until berries pop. This doesn't take long. Preheat oven to 350 degrees. Grease a 9x13x2 inch pan.

Arrange a layer of potatoes; then a layer of thinly sliced apple with peeling; then half of cranberries. Put remaining potatoes on top; remaining apples; remaining cranberries and pour liquid over all. Sprinkle with brown sugar and cinnamon. Dot with butter. Pour orange juice or water over all. Bake for 30 minutes.
Roasted Potatoes with Blue Cheese-Walnut “Butter”

Servings 4

Ingredients

1 pound thin-skinned baby potatoes, halved
1 1/2 teaspoons olive oil
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
1/2 cup coarsely chopped walnuts
2 ounces crumbled blue cheese
2 scallions, thinly sliced

Directions

1. Preheat the oven to 425°F. Coat a 9" x 9" baking dish with cooking spray or line with parchment paper. Place the potatoes in the prepared dish and toss with the oil, pepper, and salt. Turn cut side down in the pan. Roast for 30 to 35 minutes or until very tender and lightly golden on the underside.
2. Meanwhile, put the walnuts in a small baking pan or skillet and place in the oven to toast for 6 to 8 minutes. Tip into a bowl and let cool. Add the blue cheese and scallions and crumble with your fingers.
3. When the potatoes are done, turn them over and sprinkle evenly with the walnut mixture. Bake for 5 minutes longer or until the cheese is melted.
Garlicky Sautéed Greens

Servings 4

Ingredients

- 2 large bunches greens (chard, collards, kale or mustard)
- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- Few pinches red pepper flakes
- 1 tablespoon sherry vinegar or cider vinegar
- 1/2 teaspoon fine sea salt, plus more to taste

Directions

Rinse greens well. Tear or cut leaves away from stems and discard stems. Coarsely chop.

Heat a large skillet over high heat. Cook garlic and pepper flakes in oil briefly, then add greens, a few handfuls at a time, stirring in between.

Stir in vinegar and salt. Cover. Cook until just tender, 2-10 minutes, depending on the type of greens and your preference.
Potatoes Roasted with Olive Oil and Bay Leaves

Servings 6

Ingredients

- 8 medium-size red-skinned potatoes
- 1/2 cup olive oil
- 40 small bay leaves
- 1 tablespoon coarse sea salt
- 2 teaspoons herbes de Provence*
- 1 1/2 teaspoons coarsely cracked black pepper

Directions

Preheat oven to 350°F. Using small sharp knife and working on 1 potato, make 5 crosswise vertical cuts, spaced evenly apart, from 1 side to other side (do not cut through). Place potato in 13x9x2-inch broilerproof baking dish. Repeat with remaining potatoes. Add some of oil to dish and toss potatoes to coat. Slide 1 bay leaf into each cut in each potato. Mix salt, herbs, and pepper in small bowl and sprinkle over potatoes. Roast potatoes until tender, about 55 minutes. Remove dish from oven. Preheat broiler. Drizzle remaining oil over potatoes. Broil until potatoes begin to brown, about 4 minutes.

*A dried herb mixture available at specialty foods stores and in the spice section of some supermarkets. A combination of dried thyme, basil, savory, and fennel seeds can be substituted.
Winter Vegetable Roast

Servings 4-6

Ingredients

- 2 lb/910 kg winter squash or pumpkin, parsnips, carrots, beets/beetroots, or a mix
- 2 medium red or yellow onions, quartered
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- Handful of fresh parsley, coarsely chopped, for garnish

Directions

Preheat the oven to 400°F/200°C/gas 6. Peel and cut the vegetables into equal sized pieces, about 1–in/2.5-cm chunks. Toss vegetables and onions in olive oil in a large bowl and season generously with salt and pepper.

Spread the pieces out in a single layer on one or two roasting pans/trays so that the vegetables don't touch. Roast until the veggies are lightly browned and just tender, 45 minutes to 1 hour, depending on the vegetable. Remove and toss with additional olive oil. Season with salt and pepper and garnish with parsley before serving.

P.S. Oven-Roasted Tomatoes Baked tomatoes make a quick garnish or side to anything from Baked Risotto to Iron Skillet Steak. Replace the vegetables with 2 lb/910 kg halved plum tomatoes or small tomatoes on the vine and roast until they are just soft, about 30 minutes.
Brussels Sprouts with Mustard Sauce

Servings 4

Ingredients

1/2 cup water
2 to 4 tablespoons butter
1/2 teaspoon salt
1 pound Brussels sprouts, trimmed of yellow or wilted leaves and halved lengthwise
2 tablespoons Dijon mustard

Directions

Bring the water, butter, salt and Brussels sprouts to a boil in a Dutch oven or a large deep skillet. Cover and steam over medium-heat until the Brussels sprouts are brightly colored and just tender, 5 to 10 minutes.

Remove the lid and continue to cook until the liquid evaporates, 1 to 2 minutes longer. Saute to intensify flavors, 1 to 2 minutes longer. Adjust seasonings, including pepper to taste, and serve.

Remove Brussels sprouts from pan. Add mustard to remaining liquid in pan. Stir and make sauce.

Pour over Brussels sprouts.
Steamed Broccoli with Olive Oil, Garlic, and Lemon

Servings 2

Ingredients

- 1 small bunch broccoli (about 3/4 pound)
- 1 garlic clove
- 1 1/2 tablespoons olive oil
- 1 1/2 teaspoons fresh lemon juice

Directions

Discard tough lower third of broccoli stem. Peel remaining stem and cut crosswise into 1/2-inch-thick slices. Cut broccoli into 2-inch florets. In a steamer set over boiling water steam broccoli, covered, until crisp-tender, 4 to 5 minutes.

While broccoli is steaming, finely chop garlic and in a small skillet combine with oil, lemon juice, and salt and pepper to taste. Heat garlic mixture over moderate heat until garlic is fragrant. In a bowl toss broccoli with garlic mixture.
Quick-Braised Vegetables with Mustard & Lemon

Fresh vegetables—choose from:
1 lb. medium or thick asparagus;
1 lb. (1 bunch) carrots;
3/4 lb. green beans; or
1 lb. total mix of carrots, beans and asparagus

1 Tbs. extra-virgin olive oil
1 Tbs. unsalted butter
Scant 1/2 tsp. kosher salt
1/3 cup homemade or low-salt chicken broth
1 to 2 tsp. fresh lemon juice
1 tsp. Dijon mustard

Tip:
Choose young, slim carrots with their bright leafy tops on. Choose medium or thick asparagus (12 to 34 inch wide). Don’t use thin spears for braising— they will overcook. Choose fresh young green beans (but not ultra-thin ones) as close to uniform thickness as possible.

Directions

Trim the vegetables following the instructions below. If you have a scale, weigh the vegetables after trimming: you should have 10 oz. trimmed asparagus, 10 oz. trimmed green beans, 12 oz. peeled and trimmed carrots, or 10 oz. total of a mix of all three trimmed vegetables. If you don’t have a scale, spread the vegetables in a 10-inch straightsided sauté pan to see if you have about the right amount; they should cover the bottom of the pan with a minimum of overlapping (a little bit is fine, as the vegetables will shrink as they cook).

Heat the olive oil and 2 tsp. of the butter in a 10-inch straight-sided sauté pan over medium-high heat. Be sure the pan you choose has a lid. When the milk solids in the butter are just beginning to turn a nutty brown, add the vegetables and salt and toss well with tongs. Arrange the vegetables in one layer (or as many as possible in one layer). Cook without stirring until the bottoms are nicely browned, 3 to 4 min. Toss and turn over, and cook for another 2 min. to lightly brown another side. Pour in the chicken broth, immediately cover the pan, and simmer until the liquid has almost completely evaporated, 2 to 3 min. Remove the pan from the heat, add the lemon juice, Dijon, and remaining 1 tsp. butter and toss to combine well with the vegetables, scraping any browned bits from the bottom of the pan with a heatproof spatula or wooden spoon. Serve right away as individual servings or pour and scrape the contents of the pan onto a small platter and serve family style.

For even cooking, trim the vegetables to a uniform size
**Carrots**
Trim the tops and tails and peel the carrots. Cut them in half crosswise and then cut the thicker end in half lengthwise to get pieces of about the same width, no more than 3/4 inch (the length can vary).

**Asparagus**
Cut off the tough ends so that all the spears are about 6 to 7 inches long.

**Green beans**
Cut away any brown spots. Trim off the stem end (and the tail end, if wilted).

**Variations**

**Add:** 3 medium shallots, peeled and halved. Put them in the pan with the vegetables at the start, and do not remove.

**Add:** 2 or 3 sprigs fresh thyme and rosemary, tied together in a little bundle. Put the bundle in with the vegetables at the start and remove just before adding the Dijon and lemon juice.

**Substitute:** 1 tsp. balsamic vinegar and 1 Tbs. orange juice for the Dijon and lemon juice.
Roasted Medley of Root Vegetables

Servings 10-12

Ingredients

8 to 12 slender carrots, peeled and trimmed
8 to 12 baby turnips, peeled
6 to 8 fingerling potatoes, scrubbed and cut lengthwise in halves
1 or 2 large parsnips, peeled, trimmed, and cut diagonally into 1-inch-thick slices
1 or 2 medium onions, trimmed, peeled and halved, each 1/2 cut into quarters
1 or 2 large beets, peeled and cut into thick wedges
1 or 2 kohlrabi bulbs, peeled and cut into thick wedges
1 celery root, trimmed and halved, halves cut crosswise into 1-inch-thick slices
1 whole head garlic, separated into cloves, unpeeled
2 or 3 sprigs fresh rosemary, sage, or thyme
Salt
Freshly ground black pepper
Extra-virgin olive oil

Directions

Preheat the oven to 400 degrees F.

Put all the vegetables and the herb sprigs in a large baking dish. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly.

Put the baking dish in the preheated oven and cook, stirring the vegetables occasionally, until they are tender and golden brown, about 45 minutes. Serve the vegetables from their baking dish or transfer them to a platter to accompany a roasted main course.
“Fried” Zucchini Sticks With Marinara Sauce

Servings 4

Ingredients

1/4 C olive oil (MUFA), divided add to shopping list
2 lg egg whites
3/4 C plain trans-free panko bread crumbs
3 tbsp grated Parmesan cheese
3/4 tsp salt-free Italian herb seasoning
1/4 tsp salt
1/2 C marinara sauce, warmed
2 med zucchini (about 12 oz total), halved crosswise and then cut lengthwise into 1" wedges (16 total)

Directions

1. Preheat oven to 425 degrees F. Brush 17" x 14" jelly roll pan with 1 tablespoon of the oil (or use 2 smaller rimmed baking sheets, brushing each with 1/2 tablespoon of the oil, and switch positions of pans halfway through baking).
2. Put egg whites in shallow dish and beat lightly. In another shallow dish, mix panko, cheese, Italian seasoning, and salt.
3. Dip zucchini in egg whites, one at a time, letting excess drip off. Roll in crumbs, pressing them so they adhere. Arrange close together but not touching on prepared pan. Drizzle with remaining 3 tablespoons oil.
4. Bake without turning, 25 to 30 minutes, until zucchini is crisp and golden. Serve with marinara sauce for dipping.
Biscuits

Ingredients

2 cups All Purpose Flour (An entire bag of flour costs less than 1 can of biscuits, fyi.)

1 Tbs baking powder (The stuff in the white can, not the stuff in the orange box that you can also brush your teeth with or add in with your laundry detergent...pro-tips!)

1 Tsp salt

1 Tbs granulated sugar (That's the stuff you put in your coffee, not the stuff you find on doughnuts. Mmmm....doughnuts.)

1/3 cup of shortening (I use an organic butter substitute - because I'm fancy. I don't use butter because it's a little too delicate for the high heat these bad boys get baked at. But you know what, if you want to use regular margerine, you do it. Because it's your house and you make the rules, dang it!)

1 cup of milk (If you use one of the non-milks like soy or almond, this recipe is vegan. But, I guess if you're vegan you know that already. Carry on.)

Directions

Preheat your oven to 425 degrees. I know the packaged biscuits only say 375, but that's because their chemical additives make them weak!

In a large-ish bowl (The one you use to make cookies in should be fine. You don't make cookies from scratch? Well, that's a discussion for another day. Also, your family doesn't love you as much as they could.*) mix together all the dry ingredients. Cut in the margarine. That means to cut up the margarine into cute little square pats and put them into the bowl. Then, mix in the margarine (I've found hands work best for this...but when do they not?) until what's in the bowl resembles coarse meal. Gradually stir in the milk until the dough pulls away from the sides of the bowl. If your dough seems too sticky, add a tablespoon or two more flour. If it's too dry, add more milk.

Turn out the dough onto a floured surface (like your counter top, or a large cutting board placed on top of your counter top). Knead the dough. You don't want to over work it. Just until there are no sticky parts. Roll out the dough to about 1/4 inch thickness. Use a round cookie cutter (or the rim of a glass if you're cool like me) to punch out the biscuits. Or, you could just pull off a little less than a handful and call them drop biscuits, if presentation means nothing to you.
Place the cut outs onto a greased cookie pan. Place in the oven for 13 to 15 minutes, or until the
tops and edges start to brown. Now, I'm guessing some of you math smarties are going to say
that the cooking time alone is more than ten minutes, and I started this whole thing off by saying
you could make these biscuits in under 10 minutes. The dough can be made, rolled and cut out in
under 10 minutes. Even can biscuits take time to bake. Smarty.
Cornbread

Servings 4-6

Ingredients

- 6 tablespoons unsalted butter, melted, plus butter for baking dish
- 1 cup cornmeal
- 3/4 cup all-purpose flour
- 1 tablespoon sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 1/2 cups buttermilk

Directions

Preheat the oven to 425 degrees F. Lightly grease an 8-inch baking dish.

In a large bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt.

In a separate bowl, mix together the eggs, buttermilk, and butter. Pour the buttermilk mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy). Pour the batter into the prepared baking dish.

Bake until the top is golden brown and tester inserted into the middle of the corn bread comes out clean, about 20 to 25 minutes. Remove the cornbread from the oven and let it cool for 10 minutes before serving.
**Muffins**

**Ingredients**

- 2 cups all-purpose flour, or 2¼ cups pastry flour, sifted
- ½ cup granulated sugar
- 1 Tbsp baking powder
- ½ tsp salt
- 1 cup whole milk
- 1 tsp pure vanilla extract
- 1 large egg (or 2 medium)
- 4 Tbsp butter (½ stick) or shortening

**Directions**

Preheat oven to 400° F.

Combine the flour, baking powder and salt.

Unwrap the butter and heat it in the microwave, in a microwave-safe bowl, for about a minute, until it's thoroughly melted. Set it aside at room temperature to cool, but don't let it solidify again.

Beat the eggs in a separate bowl and then add the sugar, milk and vanilla to the eggs.

Thoroughly grease and flour a muffin pan (or use paper muffin liners).

Pour a tiny bit of the melted butter into the egg-vanilla-milk mixture and stir it in. Repeat 3-4 more times, adding a slightly larger amount of the liquid butter each time until it is all incorporated.

**IMPORTANT:** Don't add hot melted butter to the egg mixture as the heat from the butter would cook the egg, and that's not what you want to do!

Add the liquid ingredients to the dry ones and mix *no more than ten seconds*. The batter should be visibly lumpy, and you may see pockets of dry flour. That's OK! It's extremely important not to overmix the batter, or the resulting muffins will be too hard.

Gently pour the batter into the prepared muffin pan and bake immediately.

**TIP:** The dry and wet ingredients, respectively, can be mixed in advance, but as soon as the wet and dry ingredients have been combined with each other, the liquid will activate the baking powder and the batter must be baked right away.

Bake 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
Pumpkin Bread

Serving 1 loaf

Ingredients

2 cups all-purpose flour
2 teaspoons cinnamon
1 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cups sugar
3/4 cup vegetable oil
3 large eggs
1 teaspoon vanilla extract
3 cups shredded fresh pumpkin
1 cup toasted pumpkin seeds

Directions

Preheat the oven to 325 degrees F.

Sift the flour, cinnamon, baking soda, baking powder, and salt together.

In a separate bowl, mix the sugar, vegetable oil, eggs, and vanilla. Combine both mixtures and fold in the shredded pumpkin and pumpkin seeds. Once the ingredients are all incorporated pour into a non-stick 9 by 5 by 3-inch loaf pan. If your pan is not non-stick coat it with butter and flour.

Bake for 1 hour and 15 minutes. At this point a knife inserted into the middle of the loaf should come out clean. Cool for 15 minutes and turn out onto a cooling rack. Cool completely. For muffins temperature should also be 325 degrees F., but bake for 30 minutes.
Banana Bread
Serving 1 Loaf

Ingredients

1 cup granulated sugar
8 tablespoons (1 stick) unsalted butter, room temperature
2 large eggs
3 ripe bananas
1 tablespoon milk
1 teaspoon ground cinnamon
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt

Directions

Preheat the oven to 325 degrees F. Butter a 9 x 5 x 3 inch loaf pan.

Cream the sugar and butter in a large mixing bowl until light and fluffy. Add the eggs one at a time, beating well after each addition.

In a small bowl, mash the bananas with a fork. Mix in the milk and cinnamon. In another bowl, mix together the flour, baking powder, baking soda and salt.

Add the banana mixture to the creamed mixture and stir until combined. Add dry ingredients, mixing just until flour disappears.

Pour batter into prepared pan and bake 1 hour to 1 hour 10 minutes, until a toothpick inserted in the center comes out clean. Set aside to cool on a rack for 15 minutes. Remove bread from pan, invert onto rack and cool completely before slicing.

Spread slices with honey or serve with ice cream.
Zucchini Bread

Serving 2 loaves

Ingredients

3 1/4 cups all-purpose flour
1 1/2 teaspoons salt
1 teaspoon ground nutmeg
2 teaspoons baking soda
1 teaspoon ground cinnamon
3 cups sugar
1 cup vegetable oil
4 eggs, beaten
1/3 cup water
2 cups grated zucchini
1 teaspoon lemon juice
1 cup chopped walnuts or pecans

Directions

Preheat oven to 350 degrees F. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray, for 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.
Lemon Poppy Seed Muffins

Serving 12 muffins

Ingredients

2 cups unbleached all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon fine salt  
1/2 cup unsalted butter, at room temperature, plus more for greasing the pan  
1 teaspoon finely grated lemon zest  
2/3 cup granulated sugar, plus up to 1 tablespoon for topping the muffins, if desired  
2 large eggs, at room temperature  
4 teaspoons poppy seeds  
1/2 cup milk

Directions

Preheat the oven to 375 degrees F. Lightly brush a 12-cup muffin tin with butter and set aside.  
Sift the flour, baking powder, and salt into a medium bowl and set aside.

In a standing mixer fitted with the paddle attachment, or with an electric hand-held mixer in a large bowl, cream the butter, zest, and 2/3 cup sugar until light and fluffy, about 2 minutes.  
Scrape down the sides of the bowl with a rubber spatula. Add the eggs, one at a time, beating well after each addition. Remove the bowl from the mixer. Stir in the poppy seeds.

Fold the flour in 3 parts into the butter mixture, alternating with the milk in 2 parts, until just combined. Take care not to overmix the batter. Divide the batter evenly into the muffin tin and sprinkle the tops with sugar. Bake until golden brown, about 25 minutes. Cool muffins in the pan on a rack. Serve warm.

Cook's Note: Poppy seeds can go rancid easily and should be stored in the refrigerator or freezer.
Blue Berry Muffins

Serving 12 muffins

Ingredients

12 1/2 ounces cake flour
1 teaspoon baking soda
2 teaspoons baking powder
Heavy pinch salt
1 cup sugar
1/2 cup vegetable oil
1 egg
1 cup yogurt
1 1/2 cups fresh blueberries
Vegetable spray, for the muffin tins

Directions

Preheat oven to 380 degrees F.

In a large bowl sift together the flour, baking soda, baking powder, and salt and set aside.

In another large bowl, whisk together the sugar, oil, egg and yogurt. Add the dry ingredients reserving 1 tablespoon of the dry ingredients and toss with the blueberries. Stir mixture for a count of 10. Add 1 cup blueberries to mixture and stir 3 more times. Reserve the 1/2 cup of blueberries.

Using an ice cream scoop, add the mixture to greased muffin pans. Sprinkle the remaining 1/2 cup of berries on top of muffins and press down lightly. Place into the oven and increase the temperature to 400 degrees. Bake for 20 to 25 minutes, rotating pan halfway through. Remove from oven and turn out, upside down on tea towel to cool completely. Serve immediately or store in airtight container for 2 to 3 days.
Yeast Rolls

Serving 24 rolls

Ingredients

1/2 cup sugar, plus a pinch
1/2 cup warm water (105 to 115 degrees F)
2 packages active dry yeast
2 teaspoons salt
1/3 cup solid vegetable shortening
1 cup cold water
1 egg, well beaten
4 1/2 cups all-purpose flour
2 tablespoons butter, melted

Directions

In a large bowl, add a pinch of sugar to the warm water. Sprinkle the yeast over the top and let stand until foamy, about 5 minutes. Stir to dissolve yeast. Beat in the remaining sugar, salt, shortening, cold water, and egg until well blended. On low speed, beat in 2 cups of flour and beat for 2 minutes. Beat in enough of the remaining flour, 1/2 cup at a time, to make soft dough. Place the dough in a well-greased bowl and turn to coat the dough. Cover with a towel and let rise until doubled in bulk, about 1 1/2 hours.

Punch the dough down and refrigerate for 2 hours. The dough will almost double in bulk. Grease 2 (9-inch) cake pans. Turn the dough out onto a floured surface. Pull off pieces of the dough, about a 1/4 cup each and shape into 24 rolls. Place 12 rolls, sides touching in each of the 2 prepared pans. Brush with butter. Let rise in a warm place for 1 hour or until doubled.

Preheat oven to 425 degrees F. Bake the rolls until well browned on the top, about 15 minutes. Transfer the pan to wire racks to cool for 5 minutes.
Angel Biscuits

Ingredients

- 1 package active dry yeast (about .25 ounce)
- 1/4 cup warm water, about 110° F.
- 2 cups warmed buttermilk, about 110° F.
- 5 to 5 1/4 cups all-purpose flour
- 1/4 cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon salt
- 3/4 cup chilled shortening
- 4 tablespoons chilled butter
- melted butter

Directions

Dissolve the yeast in the 1/4 cup of warm water. Set aside.

In a large mixing bowl combine flour, sugar, baking powder, baking soda, and salt. Cut in shortening until mixture resembles coarse meal, with some small pea-size pieces of fat. Stir in yeast mixture and buttermilk, blending well. Turn dough out onto a lightly floured surface and knead with floured hands just a few turns. Pat into a round about 1/2-inch thick. Cut with 2- to 2 1/2-inch biscuit cutters. Place cut out biscuits on a lightly greased baking sheet. Cover with a dish cloth and let rise in a warm place for about 30 minutes. Bake at 400° for about 15 to 20 minutes. Brush tops with the melted butter while still hot. Makes about 2 to 3 dozen angel biscuits, depending on size.
Monkey Breads

Serving 10

Ingredients

3 (12 ounce) packages refrigerated biscuit dough
1 cup white sugar
2 teaspoons ground cinnamon
1/2 cup margarine
1 cup packed brown sugar
1/2 cup chopped walnuts (optional)
1/2 cup raisins

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9 or 10 inch tube/Bundt® pan. Mix white sugar and cinnamon in a plastic bag. Cut biscuits into quarters. Shake 6 to 8 biscuit pieces in the sugar cinnamon mix. Arrange pieces in the bottom of the prepared pan. Continue until all biscuits are coated and placed in pan. If using nuts and raisins, arrange them in and among the biscuit pieces as you go along. In a small saucepan, melt the margarine with the brown sugar over medium heat. Boil for 1 minute. Pour over the biscuits. Bake at 350 degrees F (175 degrees C) for 35 minutes. Let bread cool in pan for 10 minutes, then turn out onto a plate. Do not cut! The bread just pulls apart.
ENTREES
Chicken
Baked Chicken

Servings 4

Ingredients

- 3 to 4 lb chicken, cut into 8 parts (2 breasts, 2 thighs, 2 legs, 2 wings) excluding the back
- Olive oil
- Salt and freshly ground pepper
- 1/2 cup of chicken stock* or white wine for the gravy (optional)

Directions

1. Preheat oven to 400°F. Rinse chicken pieces in water and pat dry with paper towels. Coat the bottom of a roasting pan with olive oil. Rub some olive oil over all of the chicken pieces in the roasting pan. Sprinkle both sides of the chicken pieces with salt and freshly ground black pepper. Arrange the pieces skin-side up in the roasting pan so the largest pieces are in the center (the breasts) and there is a little room between pieces so they aren't crowded in the pan.

2. Cook for 30 minutes at 400°F. Then lower the heat to 350°F and cook for 10-30 minutes more (approximately 14 to 15 minutes per pound total cooking time) until juices run clear (not pink) when poked with a sharp knife or the internal temperature of the chicken breasts is 165°F and the thighs 170°. If your chicken pieces aren't browning to your satisfaction, you can put them under the broiler for the last 5 minutes of cooking, until browned sufficiently.

3. Remove roasting pan from oven. Remove chicken from roasting pan to a serving plate. Tent with aluminum foil and let rest for 5 to 10 minutes before serving.

4. To make gravy for the chicken, take the roasting pan with its drippings and place on a medium setting on the stovetop. Use a metal spatula to scrape up the drippings stuck to the bottom of the pan. Add a half cup of white wine or chicken stock* to the pan to help deglaze the drippings from the pan.

Pour the wine/stock and dripping mixture into a small saucepan and heat on medium high to reduce to desired thickness.

*While the chicken pieces are baking, if you bought a whole chicken that was then cut into pieces, you may have the back, the neck, and some gizzard pieces to use for making chicken stock. You can chop up the back a little, put it and the neck and gizzards (not the liver) into a small saucepan, barely cover with water, bring to a simmer, cook while the chicken is cooking. When the chicken in the oven is done cooking, use the stock from simmering the extra pieces to make the gravy.

Serve with steamed rice, mashed potatoes, or Spanish rice.
BBQ Chicken

Servings 4-6

Ingredients

3 pounds chicken leg quarters
2 1/2 cups barbecue sauce (recommended: Butch's Smack Your Lips Mild BBQ Sauce)
1/4 cup seasoning rub (recommended: Butch's Smack Your Lips Magic Dust)
1/4 cup apple cider vinegar

Directions

Put the chicken in a non-reactive bowl. Combine 2 cups barbecue sauce, the seasoning rub, and vinegar and pour it over the chicken. Cover and marinate the chicken in the refrigerator at least 4 hours, preferably overnight.

Preheat the oven or smoker to 225 degrees F.

Remove the chicken and shake off the excess marinade. If cooking in an oven, place on a rack over a pan to catch drippings. If cooking in a smoker, place directly on a rack. Use your favorite wood, I use New Jersey hickory. Cook until the internal temperature, using an instant-read thermometer, registers 165 degrees F, about 1 1/2 to 2 hours.

Remove the chicken from the rack and place it in a foil pan. Brush with the reserved 1/2 cup barbecue sauce, cover with foil, and place back in the oven or smoker for 1/2 hour. Remove the chicken from the pan and finish off on a grill. Using medium to hot flame, grill until the outer skin is crisp and marked (a few minutes should do it). Serve immediately. You may also place chicken in a clean foil pan and cover with foil to keep warm until serving.

Cook's tip 1: Before adding your wood, make sure the cooking temperature has been achieved. Add meat, then wood. This will prevent the meat from looking too dark.

Cook's tip 2: For a sweeter taste, add 1/4 cup apple juice to your marinade. Adding apple juice to the barbecue sauce while grilling will give it a nice glaze, too.
Chicken Alfredo

Servings 4

Ingredients

- 3 tablespoon of olive oil
- 1¼ pounds of boneless, skinless chicken breasts
- 2 cloves of garlic, minced
- 1 14 oz can of low sodium chicken broth
- 1 cup of heavy cream
- ½ a pound of penne pasta, or any bite-sized shape pasta, uncooked
- 2 cups of freshly shredded real parmesan cheese
- Salt and pepper
- Flat leaf parsley for garnish

Directions

1. Start by cutting chicken breasts into 1 inch pieces. Season with ½ a teaspoon of kosher salt and a few turns of pepper.
2. Brown chicken in olive oil over medium high heat.
3. It does not need to be cooked through at this point, it will continue cooking as it simmers.
4. Once chicken is browned, add minced garlic and saute for about one minute.
5. Add chicken broth, cream, and uncooked pasta to pan and stir.
6. Bring to a boil, then cover and reduce to a simmer.
7. Simmer for 15-20 minutes or until pasta is tender.
8. Remove from heat and stir in shredded parmesan cheese.
9. Season with salt and pepper as needed.

Note: Keep pan covered while pasta and chicken simmer.
Chicken and Dumplings

Servings 4-6

Ingredients

Chicken:
1 (2 1/2-pound) chicken, cut into 8 pieces
3 ribs celery, chopped
1 large onion, chopped
2 bay leaves
2 chicken bouillon cubes
1 teaspoon House Seasoning, recipe follows
1 (10 3/4-ounce) can condensed cream of celery or cream of chicken soup

Dumplings:
2 cups all-purpose flour
1 teaspoon salt
Ice water

House Seasoning:
1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Directions

Dumplings:

To start the chicken: Place the chicken, celery, onion, bay leaves, bouillon, and House Seasoning in a large pot. Add 4 quarts of water and in water and bring to a simmer over medium heat. Simmer the chicken until it is tender and the thigh juices run clear, about 40 minutes. Remove the chicken from the pot and, when it is cool enough to handle, remove the skin and separate the meat from the bones. Return the chicken meat to the pot. Keep warm over low heat.

To prepare the dumplings: Mix the flour with the salt and mound together in a mixing bowl. Beginning at the center of the mound, drizzle a small amount of ice water over the flour. Using your fingers, and moving from the center to the sides of the bowl, gradually incorporate about 3/4 cup of ice water. Knead the dough and form it into ball.

Dust a good amount of flour onto a clean work surface. Roll out the dough (it will be firm), working from center to 1/8-inch thick. Let the dough relax for several minutes.

Add the cream of celery soup to the pot with the chicken and simmer gently over medium-low heat.
Cut the dough into 1-inch pieces. Pull a piece in half and drop the halves into the simmering soup. Repeat. Do not stir the chicken once the dumplings have been added. Gently move the pot in a circular motion so the dumplings become submerged and cook evenly. Cook until the dumplings float and are no longer doughy, 3 to 4 minutes.

To serve, ladle chicken, gravy, and dumplings into warm bowls.

Cook’s Note: If the chicken stew is too thin it can be thickened before the dumplings are added. Simply mix together 2 tablespoons cornstarch and 1/4 cup of water then whisk this mixture into the stew.

House Seasoning:

Mix ingredients together and store in an airtight container for up to 6 months.

Yield: 1 1/2 cups
Chicken Noodle Casserole

Servings 8

Ingredients

6 tablespoons unsalted butter, plus more for greasing dish
Kosher salt
12 ounces extra-wide egg noodles
10 ounces white mushrooms, halved or quartered
Freshly ground pepper
1/3 cup all-purpose flour
1 1/2 cups frozen pearl onions, thawed
1 medium carrot, halved lengthwise and sliced thinly across
1 large stalk celery, sliced thinly
2 sprigs fresh thyme
1/2 cup dry white wine or vermouth
4 cups chicken broth
1 cup heavy cream
2 cups shredded rotisserie chicken, skin and bones discarded
2 tablespoons chopped parsley
1 cup shredded Gouda (about 4 ounces)

Directions

Preheat the oven to 375 degrees F. Butter a 3-quart casserole dish.

Bring a large pot of generously salted water to a boil. Add the egg noodles and cook until al dente, about 4 minutes. Strain.

Meanwhile, heat 2 tablespoons of the butter in a large Dutch oven or pot over medium-high heat. Add the mushrooms and cook, stirring occasionally, until browned all over, about 3 minutes. Season with 1/2 teaspoon salt and a few grinds of pepper. Transfer to a small bowl and set aside.

Lower the heat to medium and melt the remaining 4 tablespoons butter in the Dutch oven. Whisk in the flour to form a loose paste. Stir in the onions, carrots, celery and thyme and season with 1/2 teaspoon salt and a few grinds of pepper. Cook for 5 minutes to soften, then add the wine. Whisk for 30 seconds, then add the chicken broth and heavy cream. Bring to a boil, reduce heat and simmer for 10 minutes. Remove the thyme sprigs; fold in the noodles, mushrooms, chicken and parsley and season with salt and pepper. Transfer to the buttered casserole dish and top with the Gouda.

Bake until bubbly and brown on top, 40 to 45 minutes.
Chicken Stir-fry

Serves 4-6

Ingredients

1 tablespoon vegetable oil
1 tablespoon sesame oil
2 pounds boneless, skinless chicken breast, cut into 1/2-inch pieces
1 bunch broccoli, cut into florets
1 package shiitake mushrooms
2 to 3 carrots, thinly sliced
1 red bell pepper, chopped
1 cup onion, diced
1 (8-ounce) can sliced water chestnuts, drained
1 cup chicken broth
1/4 cup hoisin sauce
1 tablespoon soy sauce
1 teaspoon powdered ginger
2 tablespoons cornstarch
Serving suggestion: Hot, cooked rice noodles

Directions

In a large skillet, heat the oils over medium-high heat. Add the chicken and cook for 4 to 5 minutes or until lightly browned. Add broccoli, mushrooms, carrots, pepper, and onion and cook an additional 5 minutes, stirring frequently. Stir in the water chestnuts. In a small bowl, combine broth, hoisin sauce, soy sauce, ginger, and cornstarch. Add to chicken mixture and bring to a boil over medium-high heat. Reduce heat to medium to medium-low, and simmer for 4 to 5 minutes, or until sauce thickens. Serve over hot, cooked rice noodles.
Chicken Tenders

Servings 3-5

Ingredients

Peanut oil, for frying
2 pounds boneless, skinless chicken breasts
3 eggs
1 cup all-purpose flour
2 cups panko bread crumbs
1 teaspoon garlic powder
1 teaspoon lemon-pepper
1/2 teaspoon cayenne
1/2 teaspoon salt
1/2 teaspoon pepper

Honey Mustard:
1/2 cup Dijon mustard
1/2 cup honey
2 tablespoons mayonnaise
1 tablespoons lemon juice
Salt and pepper

Directions

Preheat oil to 350 degrees F.

Cut the chicken breasts into long strips and set aside.

Beat the 3 eggs in a separate bowl and measure the flour into another separate dish.

Measure the panko into a pie plate or shallow bowl and season with garlic powder, lemon-pepper, cayenne, salt and pepper.

Dip the chicken strips into the flour, the beaten egg and then dredge them into the seasoned panko.

Fry in the hot peanut oil for 6 to 8 minutes, until golden brown, and remove to a paper towel lined sheet tray. Serve with honey mustard sauce.

Honey Mustard:

Mix all the ingredients in a small bowl and season with salt and pepper. The sauce can be held in the refrigerator for 1 week.
Country Fried Chicken

Servings 4-5

Ingredients

2 teaspoons salt
2 cups water
1 chicken (fryer), cut into pieces
1 1/2 cups self-rising flour
1 teaspoon black pepper
1/2 teaspoon salt
1 1/2 cups shortening

Directions

In a bowl, mix 2 teaspoons salt with 2 cups water. Put in the chicken parts and let soak for 15 to 20 minutes. Drain. Mix together the flour, pepper and salt and batter the chicken by dipping the pieces in the flour mixture until they are coated on all sides, shaking off excess flour.

In a skillet, over medium heat, heat the shortening. It should be at 350 degrees. If the shortening appears too hot, remove the skillet from the heat and let it cool a little. Brown the chicken on all sides, reducing the heat if needed as it cooks. It takes about 20 minutes to fry chicken for it to be well done.
Buttermilk “Fried” Chicken

Servings 4

Ingredients

1 (3 1/2 pound) chicken, cut into 8 pieces  
2 cups buttermilk  
Salt  
Vegetable oil, for frying  
1 cup self-rising flour  
1/2 teaspoon sweet paprika  
Freshly ground pepper  
1/4 teaspoon garlic powder

Directions

Toss the chicken, buttermilk and 1 teaspoon salt in a bowl. Cover and refrigerate, 1 hour.

Heat 1 inch of vegetable oil in a large deep skillet over medium-high heat until a deep-fry thermometer registers 360.

Mix the flour, paprika, 1/4 teaspoon pepper and the garlic powder in a shallow bowl. Remove the dark meat from the buttermilk, shake off the excess and roll in the flour mixture. Shake off the excess flour, place in the hot oil and fry, turning occasionally, until golden brown and cooked through, about 15 minutes (adjust the heat as needed). Drain on paper towels.

Reheat the oil to 360 degrees F. Repeat with the chicken breasts and wings, frying for about 15 minutes. Serve hot or at room temperature.
Chicken with Mango Salsa

Servings 4

Ingredients

1 fresh, ripe mango
1/2 red onion, finely diced
1 bunch cilantro, finely chopped
1/2 green bell pepper, minced
1 fresh red chile pepper, seeded and chopped
4 skinless, boneless chicken breasts
1 egg
1/4 cup milk
1 cup dried bread crumbs
1/4 cup olive oil
1 sprig fresh cilantro, for garnish

Directions

TO MAKE SALSA: In a small bowl, combine the mango, onion, cilantro, green bell pepper and red chile pepper. Put aside until serving time.

Lightly pound the chicken breasts with a mallet to flatten. Beat the egg and milk together. Then coat them in the egg/milk mixture then the breadcrumbs. Chill for 1/2 hour.

Saute the chicken in olive oil until cooked through and juices run clear. Drain and serve with the mango salsa. Garnish with cilantro leaves.
Turkey

Servings 10

Ingredients

1 tablespoon smoked paprika
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 teaspoon cayenne pepper
1 teaspoon dried thyme
Kosher salt and freshly ground black pepper
1 14 -pound turkey, giblets removed, washed and dried
Extra-virgin olive oil, for drizzling
Fresh thyme, for garnish

Directions

Mix the smoked paprika, garlic powder, onion powder, cayenne pepper, dried thyme, 1 tablespoon salt and 1 1/2 teaspoons black pepper in a bowl. Sprinkle some of the spice rub inside the cavity of the turkey. Separate the skin from the breast meat with your fingers, starting at the top of the breast and sliding to the right and left, then working down. Massage some of the rub onto the meat under the skin. Sprinkle the remaining rub on the turkey's skin. Place the turkey on a sheet tray and cover with plastic wrap. Refrigerate overnight or up to 24 hours so the flavors can marry.

Set a rack at the lowest position in the oven and preheat to 325 degrees F. Remove the turkey from the refrigerator to bring to room temperature. Tie the legs together and tuck the wing tips under. Place the turkey in a roasting pan. Drizzle the outside of the turkey with a few tablespoons of olive oil and sprinkle with salt and pepper. Roast the turkey about 3 hours, or until a thermometer inserted into the thickest part of the thigh registers 165 degrees F. Transfer the turkey to a platter, cover loosely with foil and let rest 30 minutes before carving.
Brunswick Stew

Servings 8

Ingredients

4 tablespoons (1/2 stick) butter
3 cloves garlic, minced
1 large Vidalia onion, finely chopped
One 15-ounce can fire roasted tomatoes (with their juices)
4 cups homemade chicken stock
1 1/2 cups barbecue sauce
2 tablespoons Worcestershire sauce
1 tablespoon light brown sugar
1/4 teaspoon cayenne pepper
1 1/2 pounds smoked pulled pork
Half 16-ounce bag frozen corn kernels
Half 16-ounce bag frozen baby lima beans
Pinch salt and ground pepper
Hot sauce, for serving
Cornbread or soda crackers, for serving

Directions

Melt the butter in a large Dutch oven over medium-high heat. Once melted and foamy, add the garlic and onions and saute until soft, about 4 minutes. Stir in the tomatoes, chicken stock, barbecue sauce, Worcestershire, brown sugar, cayenne, smoked pork, lima beans, corn and a big pinch of salt and pepper. Bring the mixture to a boil, reduce to a simmer and cook over medium-low until thick and stewey, about 1 1/2 hours, stirring on occasion.

Serve with hot sauce, cornbread or soda crackers.
Roasted Turkey

Servings 8-10

Ingredients

1 (8 to 10 pound) turkey
Kosher salt and freshly ground black pepper
1 medium onion, quartered
1 head garlic, halved
Several sprigs fresh herbs, such as thyme, parsley, rosemary, and sage
2 bay leaves
8 tablespoons unsalted butter (1 stick), melted
Serving Suggestions: Sage, Sausage and Apple Dressing, recipe follows

Sage, Sausage and Apple Dressing:
16 -ounce bag stuffing cubes
6 tablespoons unsalted butter, plus more for greasing the pan and topping
1 pound fresh sage sausage, casing removed
1 medium onion, chopped
2 cooking apples, such as Gravenstein, Rome, or Golden Delicious, peeled, cored, and chopped
1 to 2 ribs celery with leaves, chopped
1/2 teaspoon kosher salt
3 cups chicken broth, homemade or low-sodium canned
1/4 cup chopped fresh flat-leaf parsley
1/2 cup walnut pieces, toasted (See Note)
2 eggs, beaten

Directions

Adjust a rack to lowest position and remove other racks. Preheat oven to 325 degrees F. Remove turkey parts from neck and breast cavities and reserve for other uses, if desired. Dry bird well with paper towels, inside and out. Salt and pepper inside the breast cavity and stuff the onion, garlic, herbs, and bay leaves inside. Set the bird on a roasting rack in a roasting pan; breast side up and brush generously with half the butter and season with salt and pepper. Tent the bird with foil.

Roast the turkey for 2 hours. Remove the foil and baste with the remaining butter. Increase oven temperature to 425 degrees F and continue to roast until an instant read thermometer registers 165 degrees F in the thigh of the bird, about 45 minutes more.

Remove turkey form the oven and set aside to rest for 15 minutes before carving. Carve and serve with dressing.

Sage, Sausage and Apple Dressing:
Preheat oven to 325 degrees F.

Put the stuffing cubes in a large bowl and set aside. Butter a 3-quart casserole dish.

Melt 2 tablespoons of butter in a large skillet over medium-high heat. Add the sausage and break up with a wooden spoon. Cook until it loses most of its pink color, but not so much that it's dry, about 5 minutes. Add the sausage and pan drippings to the stuffing cubes. Melt the remaining butter in the pan. Add the onion, apple, celery, and salt. Cook until the vegetables get soft, about 5 minutes. Add the broth and parsley and bring to a boil.

Pour the vegetable mixture over the stuffing cubes and toss until evenly moistened. Mix in the walnuts and eggs. Loosely pack the dressing in the prepared pan and cook uncovered until the top forms a crust, about 40 minutes. Drizzle about 2 tablespoons of turkey pan drippings or melted butter over the top. Cook until the top is crisp and golden, about 20 minutes more. Set immediately or warm.

Tips: Put the dressing in the oven during the last hour of cooking the turkey

Note: To toast nuts, spread them out on a baking sheet and toast in a 350 degree F oven until golden, about 7 minutes
Turkey Burgers

Servings 4

Ingredients

Meyer Lemon-Honey Mustard:

1/4 cup Dijon mustard
1 heaping tablespoon clover honey
1 tablespoon fresh orange juice
1/2 teaspoon lemon zest
1 teaspoon fresh Meyer lemon juice, from Meyer lemons, if possible
Salt and freshly ground black pepper

Burgers:

1 1/2 pounds 90-percent lean, freshly ground turkey (not all white meat), chilled
Salt and freshly ground black pepper
8 slices goat cheese, sliced 1/2-inch thick
4 sesame seed hamburger buns, split and lightly grilled
Watercress, for serving

Directions

For the Meyer lemon-honey mustard: Whisk together in a small bowl the mustard, honey, orange juice, lemon zest, lemon juice and season with salt and pepper. Cover and refrigerate for at least 30 minutes and up to 24 hours to allow the flavors to meld.

For the burgers: Preheat the grill to high. Form the meat into four 6-ounce burgers. If you are not going to cook right away, keep the burgers cold in the refrigerator. Sprinkle the burgers on both sides with salt and pepper. Grill until cooked through, 3 to 4 minutes on each side. During the last minutes of cooking, add 2 slices of cheese to each burger, cover the grill and let the cheese soften slightly, about 1 minute. Put the burgers on the buns, drizzle with some of the Meyer lemon-honey mustard and top with a few sprigs of watercress. Serve with extra mustard on the side.

Cook's Note: If you are unable to find Meyer lemons, mix 1/2 teaspoon fresh orange juice and 1/2 teaspoon fresh lemon juice.
Turkey Chili

Servings 5 (1 cup)

Ingredients

1 tablespoon olive oil
1 cup chopped sweet onions
1 tablespoon minced garlic
1/4 cup chopped yellow bell peppers
1 pound ground turkey
1 (28-ounce) can crushed organic tomatoes, undrained
1 (16-ounce) can red kidney beans, drained and rinsed
1 tablespoon chili powder
1 tablespoon sugar
2 cups low-sodium chicken stock
1/2 teaspoon garlic powder
1 teaspoon hot sauce (recommended: Tabasco)
1 1/2 teaspoons sea salt
1 teaspoon dried basil
1/2 teaspoon dried oregano

Directions

In a large skillet, saute onions, garlic and bell peppers in olive oil over medium heat until onions are translucent. Add ground turkey and cook until browned.

Add remaining ingredients and stir well to combine. Reduce heat to low and simmer for 1 hour, stirring occasionally.
Turkey Pot Pies

Servings 4

Ingredients

2 tablespoons butter
1 onion, chopped
2 stalks celery, chopped
3 carrots, chopped
4 tablespoons flour
4 cups chicken or turkey stock
2 potatoes, peeled and diced
2 cups shredded turkey
2 tablespoons chopped parsley
1/2 cup frozen peas, thawed
1 prepared pie crust
1 egg, lightly beaten

Directions

Preheat oven to 350 degrees F.

Melt butter in saucepan and cook chopped onion until tender. Stir in celery and carrots and cook for 2 minutes. Stir in flour and cook for 2 minutes. Add chicken stock and bring to a simmer. Add potatoes and simmer until tender. Stir in turkey, parsley and peas. Pour mixture into casserole. Top with pie crust and brush with egg. Bake for 30 minutes until crust is golden.
Beef
Stir-Fried Beef and Broccoli

Servings 2

Ingredients

For the beef

- 2 teaspoons soy sauce
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- 3/4 pound boneless sirloin, cut across the grain into 1/4-inch-thick slices

For the sauce

- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1 tablespoon medium-dry Sherry or Scotch
- 1/4 cup chicken or beef broth or water
- 1 teaspoon sugar
- 2 teaspoons Oriental sesame oil
- 3 tablespoons vegetable oil
- 1 tablespoon minced peeled fresh gingerroot
- 1 tablespoon minced garlic
- a 4-inch fresh red chili, seeded and minced (wear rubber gloves) or 1/2 tablespoon dried hot red pepper flakes
- 1 pound broccoli, cut into flowerets and the stems peeled and cut into 1/2-inch-thick
- cooked rice as an accompaniment

Directions

Prepare the beef:
In a small bowl stir together the soy sauce, the sugar, and the salt, add the beef, and let it marinate for 20 minutes.

Make the sauce while the beef is marinating:
In a small bowl dissolve the cornstarch in the soy sauce and stir in the Sherry, the broth, the sugar, and the sesame oil.

Heat a wok or large heavy skillet over high heat until it is hot, add 2 tablespoons of the vegetable oil, and heat it until it just begins to smoke. Stir-fry the beef in the oil in batches for 1 minute, or until it is no longer pink, and transfer it as it is cooked with a slotted spoon to a plate. Add the remaining 1 tablespoon vegetable oil to the wok, heat it until it is hot but not smoking, and in the
oil stir-fry the gingerroot, the garlic, and the chili for 30 seconds, or until the mixture is fragrant. Add the broccoli and stir-fry the mixture for 1 minute. Add 1/3 cup water and steam the broccoli, covered, for 1 1/2 to 2 minutes, or until it is crisp-tender. Stir the sauce, add it to the wok with the beef and any juices that have accumulated on the plate, and cook the mixture, stirring, for 2 minutes, or until the sauce is thickened and the beef is heated through. Transfer the mixture to a heated platter and serve it with the rice.
Beef Macaroni Casserole

Servings 6

Ingredients:

- 8 ounces elbow macaroni, uncooked
- salt
- 1/4 cup chopped onion
- 1 medium green pepper, chopped
- 1 clove garlic, minced
- 1/4 cup butter
- 1/2 teaspoon pepper
- 1 pound ground beef
- 1 medium bay leaf
- 1 can (14.5) ounces stewed tomatoes
- 2 cups shredded cheddar cheese

Directions

Cook macaroni in boiling salted water according to package directions. In a large saucepan, combine 1/4 teaspoon salt, onion, green pepper, garlic, butter, pepper, ground beef, bay leaf, and stewed tomatoes. Cook slowly for 20 minutes; stir in 1 1/2 cups of the Cheddar cheese. Spoon about half of the macaroni into a buttered 2-quart casserole. Top with cooked meat mixture then remaining macaroni and reserved cheese. Bake beef macaroni casserole, uncovered, at 350° for 30 minutes.
Beef Stew

Servings 4-6

Ingredients

2 tablespoons olive oil
2 pounds beef stew meat, cut into 1-inch pieces
1 1/2 teaspoons kosher salt
1 teaspoon Essence, recipe follows
3/4 teaspoon cracked black pepper
2 tablespoons unsalted butter
1/2 pound button mushrooms, thinly sliced
3 tablespoons all-purpose flour
3 cups veal or beef stock, at room temperature
2 tablespoons tomato paste
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/8 teaspoon ground allspice
1 pound small (golf ball size) new potatoes, quartered
1 cup diced carrots
1 cup frozen pearl onions, thawed
1/2 cup frozen green peas, thawed
1 tablespoon chopped fresh parsley leaves

Directions

Set a 12-inch saute pan over medium-high heat. Add 1 tablespoon of the olive oil to the pan and season the beef with 1 teaspoon of the salt, 1 teaspoon Essence and 1/2 teaspoon of the black pepper. Sear the beef (in 2 batches) in the saute pan for about 2 or 3 minutes per side.

Add the butter, mushrooms, flour, veal stock, tomato paste, herbs, spices, and browned meat to a slow cooker. Cover the slow cooker and set the temperature to high. Cook for 1 hour. Add the potatoes and carrots and continue to cook the stew for another 7 hours. During the last hour of cooking, add the pearl onions and replace the lid. Once the stew is cooked, stir in the peas and parsley and serve immediately.
Beef Stroganoff

Servings 4

Ingredients

1 1/2 pounds cubed round steak, cut into thin strips
House Seasoning, recipe follows
All-purpose flour
2 tablespoons olive oil
2 tablespoons butter
1 medium onion, sliced
8 ounces fresh mushrooms, sliced
1 (10 3/4-ounce) can beef broth
1 (10 3/4-ounce) can cream of mushroom soup
Salt and black pepper
1 cup sour cream
Cooked egg noodles

House Seasoning:
1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Directions

Sprinkle the steak strips with House Seasoning to light cover them, and then dust with flour. In a large skillet, quickly brown them on both sides in the olive oil and butter. Remove the steak from the pan. Add the onion slices and mushrooms to the pan drippings. Saute for a few minutes, until the onion is tender. Sprinkle with 1 teaspoon flour. Put the steak back into the pan with the onion and mushrooms. Add the mushroom soup and beef broth. Cook over low heat for about 30 minutes, covered. Adjust seasoning to taste, adding salt and pepper, as needed. Stir in the sour cream the last few minutes, right before you serve. Serve over cooked noodles.

House Seasoning:

Mix the ingredients together and store in an airtight container for up to 6 months.

Yields: 1 1/2 cups
Cheese Burgers

Servings 4

Ingredients

Canola oil or nonstick grilling cooking spray, for oiling the grates
1 medium red onion, thinly sliced
Kosher salt and freshly ground black pepper
2 tablespoons ketchup
2 tablespoons yellow mustard
4 whole wheat English muffins, split
1 medium ripe tomato, cored and cut into 4 thick slices
1 pound 90-percent lean ground beef
2 ounces 50-percent reduced-fat sharp Cheddar, grated (about 1/2 cup)
Pickles, for serving, optional

Directions

Heat a grill to medium-high direct heat and lightly oil the grates using a paper towel soaked in canola oil or nonstick grilling cooking spray.

Spread a 16-inch-long piece of nonstick aluminum foil on a cutting board (or mist a piece of regular aluminum foil with nonstick cooking spray). Top with the onions, 1/4 teaspoon each salt and pepper and 1 tablespoon water. Bring two sides of the foil together, fold over twice to create a seal and then seal the remaining two ends. Put on the grill and cook for 12 minutes, flipping once. The onions should be tender with only a bit of charring. Carefully open the top of the foil to let all the steam out and continue to cook the onions, tossing, until browned and lightly charred, 3 minutes longer. Remove from the heat.

While the onions cook, mix the ketchup and mustard together in a small bowl. Season with pepper and set aside.
Lightly toast the English muffins on the grill and place one top and bottom on each of 4 plates. Spread some of the ketchup sauce on the bottom half of each muffin and top with a slice of tomato.

Divide the beef into 4 patties about 4 inches in diameter and just under 1/2-inch thick. Sprinkle with a total of 1/2 teaspoon salt and 1/4 teaspoon pepper. Place the burgers on the grill. Cook until the edges of the burgers are browning, 3 to 5 minutes, and then flip. Brush the burgers with the remaining ketchup sauce and evenly top with the shredded cheese. Cover the burgers with the grill lid or a large heatproof bowl and continue to cook until the cheese has melted and the burgers are still a bit pink on the inside, about 3 minutes more.

Put one burger on top of the assembled muffin bottom and top with some of the grilled onions and the top of the muffin. Serve with pickles if desired.
Chili

Servings 6-8

Ingredients

2 pounds ground beef
2 cloves garlic, chopped
One 8-ounce can tomato sauce
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground oregano
1 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 cup masa harina (corn flour, found in the Mexican food section of many supermarkets)
One 15-ounce can kidney beans, drained and rinsed
One 15-ounce can pinto beans, drained and rinsed
Shredded Cheddar, for serving
Chopped onions, for serving
Tortilla chips, for serving
Lime wedges, for serving

Directions

Place the ground beef in a large pot and throw in the garlic. Cook over medium heat until browned. Drain off the excess fat, and then pour in the tomato sauce, chili powder, cumin, oregano, salt and cayenne. Stir together well, cover, and then reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add 1/2 cup water at a time as needed.

After an hour, place the masa harina in a small bowl. Add 1/2 cup water and stir together with a fork. Dump the masa mixture into the chili. Stir together well, and then taste and adjust the seasonings. Add more masa paste and/or water to get the chili to your preferred consistency, or to add more corn flavor. Add the beans and simmer for 10 minutes. Serve with shredded Cheddar, chopped onions, tortilla chips and lime wedges.
Country Style Chopped Sirloin with Old Fashion Onion Mushroom Gravy

Servings 2

Ingredients

1 large egg  
1/3 cup quick oats (oatmeal)  
1/4 teaspoon salt, plus more to taste  
1/8 teaspoon ground black pepper, plus more to taste  
8 ounces ground sirloin (90% lean)  
1 cup finely chopped onion  
1 cup finely chopped button mushrooms  
up to 2 tablespoons vegetable oil, divided use  
3 tablespoons all purpose flour  
about 1 cup warm tap water

Directions

1. In a large bowl, combine the egg, oats, 2 tablespoons of onion, 1/4 teaspoon salt and 1/8 teaspoon pepper and mix well. Crumble the ground beef well over the egg mixture. Using your hands mix well.* Form into two patties about 3 inches wide and 3/4-inch thick.
2. Heat 1 tablespoon oil in a regular (not nonstick) skillet over medium high heat. When oil is hot, add patties and cook about 3 minutes on each side or until golden brown. Remove to a plate and hold.
3. In the same skillet, add the remaining onion and mushrooms. Cook until tender and mushrooms have released their water, about 3 minutes. Scrap onto plate with beef patties.
4. Reduce heat to medium low and add another 1 to 3 teaspoons of oil, enough to cover the bottom of the skillet in a thin pool. Sprinkle the flour over the oil and stir well, forming a thick paste. Continue to cook the paste until it turns a medium brown and all the bits and pieces of the beef are incorporated in the paste. Slow and carefully add the water stirring, constantly to form the gravy. Once the gravy has come to a low boil and begins to thicken, add the beef patties and the veggies back to the skillet. Lower the heat to simmer (low) and spoon the gravy over the meat. Simmer for 5 to 15 minutes until ready to serve. Add a few more tablespoons of water if gravy becomes too thick. Taste and adjust seasoning with additional salt and pepper, if desired. Serve.
Corned Beef

Servings 6-8

Ingredients

2 quarts water
1 cup kosher salt
1/2 cup brown sugar
2 tablespoons saltpeter
1 cinnamon stick, broken into several pieces
1 teaspoon mustard seeds
1 teaspoon black peppercorns
8 whole cloves
8 whole allspice berries
12 whole juniper berries
2 bay leaves, crumbled
1/2 teaspoon ground ginger
2 pounds ice
1 (4 to 5 pound) beef brisket, trimmed
1 small onion, quartered
1 large carrot, coarsely chopped
1 stalk celery, coarsely chopped

Directions

Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. Cook over high heat until the salt and sugar have dissolved. Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 45 degrees F. Once it has cooled, place the brisket in a 2-gallon zip top bag and add the brine. Seal and lay flat inside a container, cover and place in the refrigerator for 10 days. Check daily to make sure the beef is completely submerged and stir the brine.

After 10 days, remove from the brine and rinse well under cool water. Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender. Remove from the pot and thinly slice across the grain.
Country Fried Steak and Gravy
Servings 4

Ingredients

1 1/2 cups, plus 2 tablespoons all-purpose flour
1/2 teaspoon freshly ground black pepper
8 (4-ounce) tenderized beef round steak (have butcher run them through cubing machine)
1 teaspoon House Seasoning, recipe follows
1 teaspoon seasoning salt
3/4 cup vegetable oil
1 1/2 teaspoons salt
4 cups hot water
1/2 teaspoon monosodium glutamate (recommended: Ac'cent), optional
1 bunch green onions, or 1 medium yellow onion, sliced

Directions

Combine 1 1/2 cups flour and 1/4 teaspoon of pepper in a small bowl. Sprinkle 1 side of the meat with the House Seasoning and the other side with the seasoning salt, and then dredge the meat in the flour mixture. Heat 1/2 cup oil in a large heavy skillet over medium-high heat. Add 2 or 4 of the steaks to the hot oil, and fry until browned, about 5-6 minutes per side. Remove each steak to a paper towel-lined plate to drain. Repeat with the remaining steaks, adding up to 1/4 cup more oil, as needed.

Make the gravy by adding the 2 tablespoons remaining flour to the pan drippings, scraping the bottom with a wooden spoon. Stir in the remaining 1/4 teaspoon pepper, and the salt. Reduce the heat to medium and cook, stirring frequently, until the flour is medium brown and the mixture is bubbly. Slowly add the water and the Ac'cent, if using, stirring constantly. Return the steaks to the skillet and bring to a boil over medium-high heat. Reduce the heat to low, and place the onions on top of the steaks. Cover the pan, and let simmer for 30 minutes.

House Seasoning:

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

Yield: 1 1/2 cups
Beef or Cheese Enchiladas

Ingredients

- 12 corn tortillas
- 1 28oz can of red enchilada sauce
- 2 cups (16 oz) mozzarella or queso blanco
- 1 1/2 cups meat (optional) shredded beef or chicken
- 2-3 tablespoons oil

Directions

Coat each tortilla with oil using your hands or a brush. Spread out on a cookie sheet or baking dish and bake in a 500 degree oven for about 7 minutes. Take out to cool until they are warm to the touch.

The cheese can be shredded, or just cut into slices 3-4 inches long, and 1/4 inch thick. (Or thicker if you like them really cheesy.)

Pour just enough sauce in the bottom of a 9x13 glass baking dish to cover the it. Pour the rest of the sauce in a large bowl. Dip tortillas, one at a time, in the bowl to coat with sauce.

Lay the tortilla in baking dish and if you're using the meat, put in about 2-3 tablespoons. Place the cheese on top of the meat. Fold one edge over the cheese, then the other one, then turn the whole thing over, folded side down, in baking dish. Repeat for each tortilla. Sprinkle any leftover sauce and/or cheese on top of enchiladas.

Place in 400 degree oven for 15 minutes or until cheese is melted.
Hawaiian Meatballs

Servings 10

Ingredients

- 2 lbs lean ground beef
- 8 ozs water chestnuts (drained and finely chopped)
- 2 tbsps soy sauce
- 1 tbsp brown sugar
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 cup apricot preserves (or jam)
- 3 tbsps apple cider vinegar

Directions

Preheat oven to 400 degrees F (200 degrees C).

Mix together ground beef, chestnuts, soy sauce, brown sugar, onion powder, and garlic powder thoroughly in a large bowl. Form the mixture into 2 tablespoon-sized balls, and place onto a baking sheet.

Bake in preheated oven until no longer pink in the center, about 15 minutes. Stir together the apricot preserves and the cider vinegar, toss with meatballs in a clean bowl, then return to baking sheet, and bake for an additional 5 minutes.
Jambalaya

Servings 4

Ingredients

12 medium shrimp, peeled, deveined and chopped
4 ounces chicken, diced
1 tablespoon Creole seasoning, recipe follows
2 tablespoons olive oil
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/4 cup chopped celery
2 tablespoons chopped garlic
1/2 cup chopped tomatoes
3 bay leaves
1 teaspoon Worcestershire sauce
1 teaspoon hot sauce
3/4 cup rice
3 cups chicken stock
5 ounces Andouille sausage, sliced
Salt and pepper

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):
2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme

Directions

In a bowl combine shrimp, chicken and Creole seasoning, and work in seasoning well. In a large saucepan heat oil over high heat with onion, pepper and celery, 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes. When rice is just tender add shrimp and chicken mixture and sausage. Cook until meat is done, about 10 minutes more. Season to taste with salt, pepper and Creole seasoning. Emeril’s ESSENCE Creole Seasoning (also referred to as Bayou Blast):

Combine all ingredients thoroughly.
Yield: 2/3 cup
Lasagna

Servings 6-8

Ingredients

Kosher salt
1 1/2 (16-ounce) boxes lasagna noodles
Olive oil
1 pound bulk Italian sausage
4 cloves garlic, smashed, divided
Crushed red pepper flakes
1 (12-ounce) package cremini mushrooms, stems removed, caps sliced
1 zucchini, cut in 1/2 lengthwise and cut on the bias
2 cups ricotta
2 cups grated Parmigiano-Reggiano, divided
2 eggs
6 to 7 basil leaves, cut into chiffonade
1 recipe Chef Anne's All-Purpose Marinara Sauce, recipe follows
1 pound grated mozzarella

Chef Anne's All-Purpose Marinara Sauce:
1/4 cup extra-virgin olive oil
1/4 pound pancetta, diced
2 large Spanish onions, cut into 1/4-inch dice
Kosher salt
4 large cloves garlic, smashed and chopped
4 (28-ounce) cans Italian plum San Marzano tomatoes

Directions

Bring a large pot of well-salted water to a boil. Working batches, cook the lasagna noodles until they are soft and pliable but not limp, 6 to 7 minutes. Remove the pasta from the boiling water and lay flat on a sheet tray to cool. Reserve.

Coat a large saute pan with olive oil and bring to medium-high heat. Add the sausage and cook until brown and crumbly. Remove from pan and reserve on paper towels.

Ditch the fat from the pan and add new olive oil along with 2 cloves of garlic and a pinch of crushed red pepper. Bring the pan to medium-high heat. When the garlic becomes golden and very aromatic, remove it from the heat and discard. Toss in the mushrooms and season them with salt. Cook the mushrooms until they are soft and wilted and dark brown, 4 to 5 minutes. Remove from pan and reserve. Repeat this process with the remaining garlic and the zucchini.

In a small bowl, combine the ricotta, 1/2 the Parmigiano-Reggiano, the eggs, and the basil. Mix to combine well and season with salt.
Preheat the oven to 350 degrees F.

In the bottom of a 9 by 13-inch deep-dish baking dish, add a couple ladlefuls of sauce and spread out in an even layer. Arrange a layer of the lasagna noodles to completely cover the sauce. Spread 1/3 of the ricotta mixture over the pasta. Place a layer of pasta going in the other direction as the first layer (this will give a little more stability). Spread a light layer of sauce on the pasta and sprinkle 1/3 of the sausage over the sauce, repeat this process with 1/3 of the mushrooms and zucchini. Sprinkle a layer of mozzarella and some of the remaining Parmigiano-Reggiano over the veggies. Repeat these layers until all the ingredients have been used up or the pan is full. Be sure that there is a layer of pasta on top covered with sauce and sprinkled with mozzarella and Parmigiano. Cover with foil.

Place the lasagna on a baking sheet and bake in the oven until the lasagna is hot and bubbly, about 1 hour 15 minutes, removing the foil for the last 15 minutes of cooking. Let cool for 20 minutes before slicing.

Note: For optimal slicing, make and bake the lasagna the day before. Heat it up again before slicing.

Chef Anne's All-Purpose Marinara Sauce:

Coat a large saucepot with olive oil and add the pancetta. Bring the pot to medium-high heat and cook the pancetta for 4 to 5 minutes. Add the onions, season generously with salt, and stir to coat with the olive oil. Cook the onions for 6 to 7 minutes, stirring frequently; the onions should become very soft and aromatic but have no color. Add the garlic and cook for another 2 to 3 minutes, stirring frequently.

Pass the tomatoes through a food mill. Be sure to pass all of the pulp through the holes leaving only the stems and the seeds, and be sure to scrape the pulp off of the bottom of the food mill. That's all of the big money stuff! Add the tomatoes to the pot and rinse out one of the empty tomato cans with water and add that water to the pot (about 2 to 3 cups). Season generously with salt and taste it; tomatoes take a lot of salt. Season in baby steps and taste every step of the way. Cook the sauce for 2 to 3 hours, stirring occasionally and tasting frequently.

Use the sauce right away on pasta or for any other tomato sauce need. This sauce can also be cooled and stored in the fridge for a few days or it freezes really well.
Sauteed Calf’s Liver with Onions, Balsamic Vinegar and Pancetta

Ingredients

- 8 tablespoons extra-virgin olive oil, divided
- 2 large onions, thinly sliced
- 1/4 pound pancetta
- 1 cup red wine vinegar
- 1/2 cup sugar
- 1 cup dry red wine
- 12 baby turnips with tops, halved
- 1 pound calf’s liver, cut into 1/4-inch-thick slices
- 2 cups instant flour (recommended: Wondra), seasoned with salt and pepper
- 1/2 cup dry white wine
- 1/4 cup balsamic vinegar
- 1/4 cup finely chopped Italian parsley leaves

Directions

Preheat oven to 400 degrees F.

In a large saute pan, heat 4 tablespoons olive oil over medium heat. Add onions and cook slowly until onions are caramelized. Remove to a bowl and reserve pan.

Slice pancetta into thin rounds, and place on a baking sheet and cook in the oven until crisp, about 12 to 15 minutes. Remove and place on paper towels to drain.

Place vinegar, sugar and red wine into a 6-quart saucepan and bring to a boil. Add turnips with tops and cook for 5 minutes or until tender. Remove, drain, and set aside.

Turn the heat up to medium-high on the large skillet and add the other 4 tablespoons of olive oil. Dredge the liver in the seasoned flour and place in the pan, in batches. Cook until quite dark brown on one side, about 3 to 4 minutes, without moving, then remove from the pan. When both batches have been cooked, return it all to the pan, turning over onto the uncooked side, and add the white wine, balsamic vinegar, and caramelized onions; bring to a boil and then reduce heat and simmer 3 minutes.

Add parsley and stir to combine. Remove liver to 4 serving plates, pour sauce over, place 1 or 2 rounds of pancetta over, top with turnip halves, and serve.
Meatloaf

Servings 6

Ingredients

1 tablespoon good olive oil
3 cups chopped yellow onions (3 onions)
1 teaspoon chopped fresh thyme leaves
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
3 tablespoons Worcestershire sauce
1/3 cup canned chicken stock or broth
1 tablespoon tomato paste
2 1/2 pounds ground chuck (81 percent lean)
1/2 cup plain dry bread crumbs (recommended: Progresso)
2 extra-large eggs, beaten
1/2 cup ketchup (recommended: Heinz)

Directions

Preheat the oven to 325 degrees F.

Heat the olive oil in a medium saute pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown. Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly.

In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meat loaf will be dense. Shape the mixture into a rectangular loaf on a sheet pan covered with parchment paper. Spread the ketchup evenly on top. Bake for 1 to 1 1/4 hours, until the internal temperature is 160 degrees F and the meat loaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.) Serve hot.
Pizza

Servings 4

Ingredients

1 package of active yeast
1 cup warm water (110 degrees F)
1/4 cup olive oil
3 to 4 cups flour
2 teaspoons salt
1 cup tomato sauce
4 ounces grated Mozzarella cheese

Garnishes:
1/4 pound pepperoni slices
1/4 pound ground hamburger meat, browned
1/4 pound ground sausage, browned
1 cup sliced mushrooms
1 tomato, julienne
4 ounces grated Cheddar cheese
1/2 cup hamburger dill pickles
2 bags of M&M's
1 cup shredded lettuce
Tortilla chips

Directions

Preheat the oven to 400 degrees F. In an electric mixing bowl, whisk the yeast, water and oil together, to make a paste. Add the flour and salt and mix, using a dough hook, until the dough comes away from the sides and crawls up the dough hook. Remove the dough from the bowl. Grease the bowl with olive oil and place the dough back in the bowl. Cover the bowl with plastic wrap and let the dough rise until double in size, about an hour. Turn the dough out onto a floured surface and divide it into four ounce portions. Roll the dough into balls, cover and let the dough rest for 15 to 20 minutes. The dough is ready to be shaped into four individual pizzas. Press the dough out into four individual pizzas. Place the pizza dough on parchment-lined baking sheets. Spread 1/4 cup of the tomato sauce evenly over each pizza dough. Sprinkle each pizza with 1 ounce of the grated cheese. Top the pizzas with whatever you wish and place in the oven. Bake the pizzas for 15 to 20 minutes or until golden brown. Remove the pizza from the oven and slice into 4 slices.
Pot Roast

Servings 8

Ingredients

1 (3 to 4-pound) boneless chuck roast
1 teaspoon House Seasoning, recipe follows
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons vegetable oil
1 cup thinly sliced onion wedges
3 cloves garlic, crushed
2 bay leaves
1 (10 3/4-ounce) can cream of mushroom soup
1/4 cup red wine
2 tablespoons Worcestershire sauce
1 tablespoon beef bouillon granules
3/4 cup water

House Seasoning:
1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Directions

Preheat oven to 350 degrees F.

Add the House Seasoning, salt and pepper to a small bowl. Rub seasoning into the roast on both sides. Heat oil in a large skillet and brown the roast, searing it on both sides. Place the meat in a roaster pan. Add onions and garlic to skillet for 1 to 2 minutes to absorb leftover roast juice. Place into roaster pan with meat and bay leaves.

Combine the mushroom soup, wine, Worcestershire sauce and beef bouillon into a bowl. Pour over the roast. Add water.

Cover pan with foil and bake for 3 to 3 1/2 hours or until tender.

Remove and discard the bay leaves.

*Cook's Note: If the gravy is not thick enough, remove the meat from the pan and pour the gravy into a saucepan. Bring to a boil and thicken it by adding 2 tablespoons of cornstarch mixed with 1/4 cup cold water, stirring constantly.
House Seasoning:

Mix ingredients and store in an air tight container for up to 6 months.
Classic Roast Prime Rib of Beef au Jus

Ingredients

- 1 standing beef rib roast (4 to 7 ribs, 9 to 18 pounds)
- fresh course-ground black pepper, as needed
- kosher salt (or other larger grain, flake-style salt), 1/2 teaspoon per bone
- softened butter, 1/2 tbsp per rib of beef
- large metal roasting pan with at least 3-inch sides.
- 2 tbsp flour
- 1 quart cold beef broth

Directions

1. Remove the prime rib from the refrigerator and place in the pan. No rack is needed as the rib bones form a natural rack, and will keep the prime rib off the pan. Rub the entire surface of the cold roast with butter, and coat evenly with the kosher salt and black pepper.

2. Leave the prime rib out at room temperature for 2 hours. Preheat the oven to 450 degrees F. When the oven is hot, put the roast in and cook for 20 minutes to sear the outside of the roast. After 20 minutes turn the oven down to 325 degrees F. and roast until the desired internal temperature is reached (see guide below). For medium-rare this will take approximately 15 minutes per pound.

3. Transfer to a large platter, and let the prime rib rest, loosely covered with foil for 30 minutes before serving. Cutting into the meat too early will cause a significant loss of juice.

To Make the "Au Jus" Sauce

While the prime rib is resting, pour off all but 2 tablespoons of the fat from the pan and place on the stovetop over medium heat. Add the flour and cook, stirring, for 5 minutes to form a roux. Pour in the beef broth and whisk into the roux, scraping all the caramelized beef drippings from the bottom of the pan.

Turn heat to high and cook the sauce for 10 minutes until it reduces and thickens slightly (this is not a gravy, so don't expect a thick, heavy sauce). Adjust seasoning, strain and serve along side the prime rib.

Internal Temperature Guide

Below are the internal temperatures to go by, depending on how done you like your prime rib. Remember, these are the temperatures to remove the beef, and not the final temperature. The roast will continue to cook after it's removed.
Rare: remove at 110 degrees F. (final temp about 120)

Medium-Rare: remove at 120 degrees F. (final temp about 130)

Medium: remove at 130 degrees F. (final temp about 140)
Savory Macaroni and Beef

Servings 8-10

Ingredients

1 -pound box elbow macaroni
2 tablespoons vegetable oil
2 cups chopped green bell pepper
2 cups chopped onion
1 tablespoon chopped garlic
2 pounds lean ground beef
3 cups canned crushed tomatoes
Salt and pepper
1 teaspoon each dried basil, ground cumin, and dried oregano
2 to 3 cups grated Cheddar

Directions

Heat the oven to 350 degrees F.

Cook the macaroni according to package directions; drain and set aside. Heat the oil in a skillet; add the peppers, onion, and garlic, and saute until soft. Add the ground beef and saute until browned. Add the tomatoes, salt and pepper, to taste, and the basil, cumin, and oregano. In a large bowl, combine the macaroni and the beef mixture. Spread this mixture into a 9 by 13-inch baking dish. Top with the cheese and bake for 20 to 25 minutes, or until the cheese is lightly browned and bubbly.

Cook's Note: Ground turkey or chicken can be used in place of beef, if desired.
Sausage Balls

Servings 5 dozens balls, about 1 cup dip

Ingredients

1 (1-pound) package ground sausage
3 cups baking mix (recommended: Bisquick)
4 cups grated sharp Cheddar
1/8 tablespoon pepper

Dip:
1 cup mayonnaise
1 tablespoon mustard

Directions

Preheat the oven to 375 degrees F. Spray a baking sheet with vegetable oil cooking spray. Combine all ingredients in a large glass bowl. Mix well with your fingers. The mixture will be very crumbly. Form into 1 inch balls, squeezing the mixture so it holds together, then rolling it between the palms of your hands to form balls. Place the balls on the baking sheet. Bake for 18 to 20 minutes or until golden brown. To prevent sticking, move the balls with a spatula halfway through cooking. To make the dip, combine the mayonnaise and mustard. Serve with sausage balls.
Sloppy Joes

Servings 4

Ingredients

1 tablespoon extra-virgin olive oil, 1 turn of the pan
1 1/4 pounds ground beef sirloin
1/4 cup brown sugar
2 teaspoons to 1 tablespoon steak seasoning blend, such as McCormick brand Montreal Seasoning
1 medium onion, chopped
1 small red bell pepper, chopped
1 tablespoon red wine vinegar
1 tablespoon Worcestershire sauce
2 cups tomato sauce
2 tablespoons tomato paste
4 crusty rolls, split, toasted, and lightly buttered
Garnish: sliced ripe tomatoes, pickles, Deviled Potato Salad, recipe follows

Directions

Heat a large skillet over medium high heat. Add oil and meat to the pan. Spread the meat around the pan and begin to break it up. Combine brown sugar and steak seasoning. Add sugar and spice mixture to the skillet and combine. When the meat has browned, add onion and red peppers to the skillet. Reduce heat to medium and cook onions, peppers, red wine vinegar and Worcestershire sauce with meat for 5 minutes. Add tomato sauce and paste to pan. Stir to combine. Reduce heat to simmer and cook Sloppy Joe mixture 5 minutes longer. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted, buttered bun bottoms and cover with bun tops. Serve with your favorite sides or sliced tomatoes seasoned with salt and pepper, dill pickles and Deviled Potato Salad. Have plenty of napkins on hand!

Deviled Potato Salad:

5 all-purpose potatoes, peeled and diced

Coarse salt

1/4 onion

3 tablespoons prepared yellow mustard

1/2 cup mayonnaise, eyeball the amount

1 teaspoon sweet paprika
1 teaspoon hot cayenne pepper sauce (recommended: Tabasco or Frank’s Red Hot)

Salt and freshly ground black pepper

2 scallions, thinly sliced, for garnish

Boil potatoes in water seasoned with coarse salt until they are tender, about 10 minutes. Drain cooked potatoes and return to the warm pot to dry them out. Let the potatoes stand 2 minutes, then spread potatoes out on to a cookie sheet to quick-cool them.

In the bottom of a medium mixing bowl, grate 1/4 onion using a hand grater. Add mustard and mayonnaise, paprika and cayenne pepper sauce to the grated onion and stir to combine. Add potatoes to the bowl and stir to evenly distribute dressing. Season potato salad with salt and pepper and taste to adjust your seasonings. Top servings of salad with chopped scallions.

Yield: 4 servings

Preparation time: 10 to 15 minutes

Cooking time: 10 to 12 minutes

Ease of preparation: easy
Soft Tacos

Ingredients

1 Tbsp. oil
1 lb. boneless skinless chicken breasts, cut into thin strips
2 cups water
1 cup TACO BELL® Thick & Chunky Mild Salsa
1 pkg. (1-1/4 oz.) TACO BELL® Taco Seasoning Mix
2 cups instant white rice, uncooked
10 flour tortillas (6 inch)
¾ cup KRAFT 2% Milk Shredded Cheddar Cheese

Directions

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook and stir 4 min. or until done.

ADD water, salsa and seasoning mix; stir. Bring to boil. Stir in rice; cover. Reduce heat to low; cook 5 min.

SPOON chicken mixture evenly onto tortillas; sprinkle with cheese. Fold up sides of tortillas to enclose filling.
Spaghetti Sauce Recipe with Lean Ground Beef

Ingredients:
- 12 ounces dry spaghetti, uncooked
- 1 pound ground sirloin beef (90% lean)
- 1 small onion, chopped
- 2 cans (15 oz each) Hunt's® Tomato Sauce
- 1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic & Oregano, undrained
- 1 tablespoon olive oil
- 3 tablespoons firmly packed brown sugar

Directions

1. Cook spaghetti according to package directions, omitting salt.
2. Meanwhile, cook beef with onion in large skillet over medium-high heat 7 minutes or until beef is crumbled and no longer pink, stirring occasionally; drain. Stir in tomato sauce, undrained tomatoes, oil and brown sugar; blend well.
3. Simmer covered over medium-low heat 15 minutes or until hot and flavors have blended. Drain spaghetti; serve with sauce.
Swedish Meatballs

Servings 4-6

Ingredients

- 2 slices fresh white bread
- 1/4 cup milk
- 3 tablespoons clarified butter, divided
- 1/2 cup finely chopped onion
- A pinch plus 1 teaspoon kosher salt
- 3/4 pound ground chuck
- 3/4 pound ground pork
- 2 large egg yolks
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon freshly grated nutmeg
- 1/4 cup all-purpose flour
- 3 cups beef broth
- 1/4 cup heavy cream

Directions

Preheat oven to 200 degrees F.

Tear the bread into pieces and place in a small mixing bowl along with the milk. Set aside.

In a 12-inch straight sided saute pan over medium heat, melt 1 tablespoon of the butter. Add the onion and a pinch of salt and sweat until the onions are soft. Remove from the heat and set aside.

In the bowl of a stand mixer, combine the bread and milk mixture, ground chuck, pork, egg yolks, 1 teaspoon of kosher salt, black pepper, allspice, nutmeg, and onions. Beat on medium speed for 1 to 2 minutes.

Using a scale, weigh meatballs into 1-ounce portions and place on a sheet pan. Using your hands, shape the meatballs into rounds.

Heat the remaining butter in the saute pan over medium-low heat, or in an electric skillet set to 250 degrees F. Add the meatballs and saute until golden brown on all sides, about 7 to 10 minutes. Remove the meatballs to an ovenproof dish using a slotted spoon and place in the warmed oven.

Once all of the meatballs are cooked, decrease the heat to low and add the flour to the pan or skillet. Whisk until lightly browned, approximately 1 to 2 minutes. Gradually add the beef stock and whisk until sauce begins to thicken. Add the cream and continue to cook until the gravy reaches the desired consistency. Remove the meatballs from the oven, cover with the gravy and
serve.
Fish
Lemon Garlic Cod

Servings 4

Ingredients:

- 4 6-ounce pieces cod
- 2 cloves garlic, crushed
- 1/2 tbsp butter
- 1 tbsp olive oil
- Juice of 1 lemon
- 2 tbsp chopped flat leaf parsley

Directions

Preheat oven to 400 degrees.

Place fish in a baking dish large enough to hold the fish in one layer. Season fish with a little sea salt and freshly ground black pepper.

Place butter and olive oil in a small nonstick skillet. Heat on medium low. Add garlic and sauté for 1 minute. Add lemon and parsley, then remove from heat. Drizzle garlic mixture over top of fish. Bake for 12-14 minutes until fish flakes easily with a fork.
Southern Fried Fish Fillet

Servings 3-4

Ingredients

- 1 pound fish fillets, such as haddock, tilapia, cod, etc.
- oil for deep frying
- 1/2 cup flour
- salt and pepper to taste
- 1/4 teaspoon paprika

Directions

Pour 1 inch of oil in skillet; heat to 375°. Combine flour, salt, pepper, and paprika. Dip fish fillets into flour mixture. Fry fish for about 5 minutes on each side; remove to a platter.
Fried Shrimp

Servings 4

Ingredients

1 cup milk
1 cup buttermilk
1 cup hot sauce
2 cups self-rising flour
1/4 cup self-rising cornmeal
2 tablespoons coarse ground black pepper
3 tablespoons salt
2 pounds medium shrimp, peeled and deveined with tails left on
Peanut oil, for frying

Directions

Preheat oil to 375 degrees F.

Line a baking tray with paper towels and set aside. In a shallow baking dish, whisk together milk, buttermilk and hot sauce. In a separate shallow baking dish, whisk together flour, cornmeal, pepper and salt. Make sure your shrimp are dry and dredge in the dry mixture first, then wet mixture and finally the dry mixture again. Shake off excess between each dredging.

Deep-fry in batches, but do not overload the fryer. Fry for 2 minutes or until golden brown. Remove from oil with a slotted spoon and drain on the paper towel lined baking tray. Serve warm.
Mediterranean Baked Fish

Servings

Ingredients

- 1 cup thinly sliced leeks (white portion only)
- 2 garlic cloves, minced
- 2 teaspoons olive oil
- 12 large fresh basil leaves
- 1-1/2 pounds orange roughy fillets
- 1 teaspoon salt
- 2 plum tomatoes, sliced
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1 medium lemon
- 1/8 teaspoon pepper
- 4 fresh rosemary sprigs

Directions

In a nonstick skillet, saute leeks and garlic in oil until tender; set aside. Coat a 13-in. x 9-in. baking dish with cooking spray. Arrange basil in a single layer in dish; top with fish fillets. Sprinkle with salt. Top with leek mixture. Arrange tomatoes and olives over fish. Thinly slice half of the lemon; place over the top. Squeeze juice from remaining lemon over all. Sprinkle with pepper. Cover and bake at 425° for 15-20 minutes or until fish flakes easily with a fork. Garnish with rosemary.
Nutty Oven Fried Fish

Servings 4

Ingredients

4 (4 ounce) fish fillets (your choice)
3/4 cup seasoned dry bread crumb
1/3 cup finely chopped nuts, pecan is my choice
1 1/2 teaspoons lemons, zest of
1/2 cup low-fat buttermilk

Directions

1 Preheat the oven to 400 degrees.
2 Spray baking sheet with nonstick cooking spray.
3 Mix breadcrumbs, chopped nuts and lemon zest together, and place on a large plate.
4 Dip each fish fillet in buttermilk, then into the breadcrumb/nut mix.
5 Press gently to coat.
6 Place each fillet on baking sheet, bake 10 minutes or until fish flakes easily with a fork.
Citrus Baked Salmon

Servings 4

Ingredients

4 slices fresh lemon
4 slices fresh orange
4 (6 to 8-ounce) skinless salmon fillets
Sea salt and freshly ground black pepper
2 tablespoons freshly chopped dill
2 tablespoons sun-dried tomatoes in oil, plus 1 tablespoon oil from jar
2/3 cup white wine

Directions

Preheat the oven to 375 degrees F.

In a large 9 by 13 shallow baking dish place 1 lemon slice with 1 orange slice side by side so you'll end up with 4 groups. Each salmon fillet will have its own bed of citrus. Season each fillet with salt and pepper then place each salmon fillet over the 2 slices of lemon and orange. In a small bowl mix the dill, sun-dried tomatoes and tomato oil. Divide mixture on top of the salmon fillet, then drizzle with the wine. Place the baking dish in the oven and cook for 8 to 10 minutes or longer for well done.
Baked Sole and Roasted Asparagus with Sesame

Servings 4

Ingredients

2 cups chicken stock or 2 cups broth
1 tablespoon vegetable oil, plus some for drizzling
1 cup white rice
2 inches piece fresh ginger, peeled and grated
4 tablespoons tamari
2 garlic cloves, chopped
1 lemon, juice of
6 scallions, thinly sliced
2 teaspoons toasted sesame oil
4 (6-7 ounce) sole fillets
2 lbs asparagus, trimmed to 4-5 inch tips
3 tablespoons sesame seeds
salt and pepper

Directions

1 Preheat oven to 400.
2 Bring the stock and a drizzle of vegetable oil to a boil. Add the rice and stir. Return to a boil, then lower the heat, cover, and simmer for about 18 minutes, until tender.
3 In a shallow baking dish, combine the ginger, tamari, garlic, lemon juice, scallions, 1 teaspoon of the toasted sesame oil, and a drizzle of vegetable oil. Add the sole fillets to the shallow dish and coat in the mixture. Let the fish sit while you prepare the asparagus.
4 Place the asparagus on a rimmed cookie sheet and drizzle with the tablespoon of vegetable oil, the remaining teaspoon of sesame oil, the sesame seeds, salt, and pepper. Toss the asparagus around to make sure it is thoroughly coated. Transfer the fish and the asparagus to the oven and roast for 12 to 14 minutes, or until the fish is cooked through and the asparagus is tender.
5 When the rice is tender, fluff it with a fork and remove from heat.
6 Serve the baked sole alongside the roasted asparagus with the white rice.
Shrimp Alfredo

Servings 4

Ingredients

1 lb large shrimp, shelled and deveined
1/4 cup minced shallot
2 minced garlic cloves
1/4 cup butter
1/2 lb fettuccine pasta, cooked al dente
4 large egg yolks
1 cup half-and-half
1/2 cup freshly-grated parmesan cheese
2 teaspoons minced parsley

Directions

1 In a large skillet, cook the shrimp, the shallot and garlic in the butter over moderate heat, stirring, for 3-4 minutes, or until shrimp are just firm to touch and opaque.
2 Reduce heat to moderately-low and stir in the fettucine.
3 In a bowl, beat together the yolks, half and half and the Parmesan.
4 Add the egg mixture to the shrimp mixture and cook until the sauce is thickened, tossing all the while so the egg doesn’t curdle, about 3-4 minutes.
5 Do not let sauce boil.
6 Stir in parsley and salt and pepper to taste.
Stuffed Fish Fillets with Nutmeg Sauce

Servings 4

Ingredients

2 tbsp. diet butter
1 green onion, chopped
1/3 c. coarsely grated carrots
1/2 c. cooked brown rice
1 tsp. grated lemon rind
1 tsp. ground nutmeg
1/4 tsp. black pepper
1/8 tsp. salt
1 tsp. lemon juice
4 sm. flounder, sole or white fish fillets
4 tbsp. flour
3/4 c. low-sodium chicken broth
1/8 tsp. white or black pepper
1/4 c. dry white wine
1 tbsp. minced parsley
Lemon wedges (opt.)

Directions

Preheat the oven to 350 degrees. In a heavy skillet melt half of the butter. Add green onion and carrots. Cook until tender. Stir in the rice and half of the lemon rind, lemon juice, nutmeg and black pepper. Add the salt. Sprinkle the fillets with remaining 1/8 teaspoon pepper. Place 1/4 of the rice mix on half of each fillet and gently pack to compress. Fold other half of fillet over filling and pin ends together with wooden toothpicks. Bake fish in lightly greased 8 x 8 x 2 inch baking pan for 25 to 30 minutes.

Meanwhile, prepare sauce. Melt remaining butter in small heavy saucepan. Blend in flour and cook 3 to 5 minutes. Add chicken broth and the remaining lemon rind, lemon juice, nutmeg and white pepper. Cook, stirring constantly until thickened and smooth. Stir in wine and parsley. Transfer fish to platter. Serve with the sauce.
Tuna Casserole

Servings 6

Ingredients

12 ounces egg noodles
1 (15 3/8 ounce) can cream of celery soup
3/4 cup mayonnaise
1 1/8 cups evaporated milk
1 1/2 cups grated cheddar cheese, divided
3/4 cup finely chopped celery
3/4 small onion, finely chopped
6 ounces mushrooms, drained (optional)
1 1/2 teaspoons black pepper
1 (10 1/2 ounce) can tuna, with juice

Directions

1 Cook egg noodles to al dente in boiling salted water; drain well.
2 Preheat oven to 325°F.
3 Mix all ingredients together in a large casserole dish, reserving 1/2 cup of cheese.
4 Sprinkle reserved cheese over the top.
5 Bake for 30 minutes.
6 Serve hot.
Lamb
Slow-cooked Leg of Lamb with Garlic, Lemon & Rosemary (in the CrockPot!)

Ingredients

1 leg of lamb (that will fit in your CrockPot – if not, get the butcher to cut off the shank end) – with or without bone

1 lemon
4-5 garlic cloves, sliced or crushed
1 Tbsp. fresh rosemary, chopped
1 Tbsp. olive oil
1 tsp. coarse salt
1 tsp. freshly ground black pepper

some wine, chicken or beef stock, tomato juice or water

Directions

On a chopping board, pat your lamb dry with paper towels. Finely grate about half the zest off the lemon and grind into a paste with the garlic, rosemary, oil, salt and pepper using a mortar and pestle. Rub the paste all over the lamb. If you like, let it sit on the countertop for half an hour or so, or refrigerate for a few hours or overnight.

Put it into the CrockPot. Add about half a cup of liquid. Squeeze the juice of the lemon overtop too. Cover and cook on low for 6-8 hours.
Pork
Pork Chops

Servings 6

Ingredients

6 - 12 pork chops, 1/2 inch to 3/4 inch thick
3/4 cup chicken broth
3/8 cup honey
3/8 cup soy sauce
3 tablespoons ketchup
3/4 teaspoon ginger
3/8 teaspoon garlic salt

Directions

1 Brown chops on both sides.
2 Place in greased casserole dish.
3 Mix all remaining ingredients and pour over pork chops.
4 Bake, uncovered, at 350 for one hour.
Pork Chops with Butternut Squash, Escarole, and Walnuts

Servings 6

Ingredients

- 1 1/2 tbsps extra-virgin olive oil
- 6 pork chops (boned, sometimes called pork cutlets; about 1 1/4 lbs. total)
- 11/8 tsps kosher salt (divided)
- 11/8 tsps pepper (divided)
- 1 1/2 bunches escarole (about 12 oz.)
- 1/3 cup reduced sodium chicken broth (divided)
- 3 tbsps apple cider vinegar
- 1 1/2 tbsps light brown sugar (packed)
- 7 1/2 shallots (peeled and cut in half)
- 18 ozs butternut squash (peeled, cubed)
- 3 tbsps chopped fresh sage (roughly)
- 1/3 cup chopped walnuts (roughly)

Directions

1. Preheat oven to 450°. Heat oil in a large ovenproof frying pan over medium-high heat. Rub pork chops with 1/2 tsp. salt and 1/2 tsp. pepper and cook until golden brown on one side, about 3 minutes. While pork cooks, core and roughly chop escarole. Transfer pork to a plate.
2. Add 2 tbsp. broth, the vinegar, brown sugar, and remaining 1/4 tsp. each salt and pepper to pan and simmer 1 minute. Add shallots, squash, sage, and escarole to pan. Cook until escarole has wilted, about 5 minutes, mixing occasionally with tongs.
3. Put frying pan in oven and bake, uncovered, until squash is just tender, about 20 minutes. Remove from oven and fit pork, browned side up, between vegetables. Drizzle remaining broth over mixture and sprinkle walnuts on top. Return to oven and bake, uncovered, until vegetables begin to turn golden and pork is cooked through, 5 to 10 minutes.
Pork Posole

Servings 6-8

Ingredients

1. 4 pounds pork butt, cut into 1 1/2-inch cubes
2. 1 head of garlic, halved crosswise
3. 1 onion, quartered
4. 10 cups water
5. Two 28-ounce cans hominy, drained and rinsed
6. 2 tablespoons dried oregano
7. 1/2 teaspoon cayenne pepper (can use black pepper instead)
8. Kosher salt and freshly ground pepper
9. Chopped cilantro, chopped red onion and lime wedges, for serving

Directions

1. In a large soup pot, bring the pork, garlic, onion and water to a simmer. Cover and cook over low heat until the pork is very tender, about 2 hours.
2. Transfer the pork to a large bowl. Strain the broth into the bowl; discard the garlic and onion. Return the pork and broth to the pot and skim any fat from the broth. Stir in the hominy, oregano and cayenne and season the broth with salt and pepper. Bring to a simmer. Ladle the posole into bowls. Pass with the cilantro, red onion, jalapeño and lime wedges at the table.

Make Ahead The posole can be refrigerated for up to 3 days.
Roasted Pork with Garlic and Rosemary

Servings 6-8

Ingredients

- 4 large garlic cloves, pressed
- 4 teaspoons chopped fresh rosemary or 2 teaspoons dried
- 1 1/2 teaspoons coarse salt
- 1/2 teaspoon ground black pepper
- 1 2 1/2-pound boneless pork loin roast, well trimmed
- Fresh rosemary sprigs (optional)

Directions

Preheat oven to 400°F. Line 13 x 9 x 2-inch roasting pan with foil. Mix first 4 ingredients in bowl. Rub garlic mixture all over pork. Place pork, fat side down, in prepared roasting pan. Roast pork 30 minutes. Turn roast fat side up. Roast until thermometer inserted into center of pork registers 155°F., about 25 minutes longer. Remove from oven; let stand 10 minutes.

Pour any juices from roasting pan into small saucepan; set over low heat to keep warm. Cut pork crosswise into 1/3-inch-thick slices. Arrange pork slices on platter. Pour pan juices over. Garnish with rosemary sprigs, if desired.
Tofu
Vegetarian Orange Glazed Tofu

Ingredients

- 2 cloves garlic, minced
- 1 block firm or extra-firm tofu, well pressed and diced into cubes
- 2 tbsp olive oil
- 3 tbsp soy sauce
- 1/2 cup orange juice
- 2 tbsp rice vinegar
- 1/4 cup orange marmalade
- 1/2 tsp fresh ginger, minced
- 1 1/2 tsp cornstarch dissolved in 3 tbsp water

Directions

Sauté tofu and garlic in olive oil for 3-4 minutes, until tofu is just lightly browned.

Stir in soy sauce, orange juice, rice vinegar, marmalade and ginger, whisking to combine and coat tofu.

Heat for 3-4 minutes, then add cornstarch and water, stirring to combine. Bring to a boil and cook until sauce thickens.

Serve over rice or another whole grain.
Vegan Tofu "Fish" Sticks

Ingredients

- 2 blocks firm or extra firm tofu, pressed
- 1/4 cup soy milk
- 2 tbsp soy sauce
- 2 tbsp lemon juice
- 1 cup bread crumbs
- 2 tbsp crumbled nori seaweed
- 1 tsp lemon pepper

Directions

Pre-heat oven to 375 degrees.

Slice tofu into strips and coat well with flour.

In a pie plate or shallow bowl, whisk together the soy milk, soy sauce and lemon juice. In a separate bowl or pie plate, combine bread crumbs, nori and lemon pepper.

Carefully dip floured tofu in soy milk mixture, then coat well in bread crumbs.

Bake for 40-45 minutes, turning over once, until crispy and golden brown. Or, pan fry on both sides in a bit of oil.

Serve with vegetarian Tartar sauce.
Vegan Lemon "Chicken" - Baked Tofu Recipe

Ingredients

- 2 blocks firm or extra-firm tofu, well pressed
- 2 tbsp soy sauce
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 2 tbsp Dijon mustard
- 1 tsp sugar
- 1 tsp basil
- 1 tsp thyme
- salt and pepper to taste

Directions

Slice your pressed tofu into 1/2 inch thick strips.

Whisk together all ingredients except for tofu. Transfer to a shallow pan or zip-lock bag and add tofu, coating well.

Allow tofu to marinate for at least 1 hour (the longer the better!), turning to coat well with marinade.

Heat oven to 375 degrees.

Transfer tofu and marinade to baking dish and bake for 20-25 minutes, turning halfway through and pouring extra marinade over the tofu as needed.
Vegetarian
Cabbage-Noodle Casserole

Ingredients

6 slices bacon  
1 tsp. salt  
1 med. head cabbage, chopped  
1 (5 oz.) pkg. noodles, cooked  
1 c. sour cream  
2 tsp. sugar  
Dash of black pepper  
Dash of paprika

Directions

Fry bacon until crisp; remove from pan. Crumble. Add sugar, salt, pepper, and onion powder to drippings. Stir in cabbage and stir until well mixed. Cover and simmer 10 minutes. Combine cabbage, noodles, sour cream and bacon in a 1 1/2 quart casserole. Sprinkle with paprika and bake at 325 degrees for about 45 minutes.
Cucumber and Lemony Dill Cream Cheese Tea Sandwiches

Ingredients

4 ounces cream cheese, at room temperature
2 tablespoons chopped fresh dill
Zest and juice of 1 lemon
Kosher salt and freshly ground black pepper
6 slices good-quality white bread*
1/3 large English seedless cucumber (about 4 inches), thinly sliced
*Cook's Note: Can cut off the bread crusts, if desired.

Directions

In a small bowl, combine the cream cheese, fresh dill, lemon zest, and lemon juice. Season the mixture with salt and pepper.

Lay the slices of bread on your work service and distribute the cream cheese evenly among each slice, spreading into a thin layer. Arrange the cucumber slices in rows over 3 slices of the bread. Top with the remaining bread, and cut into quarters so there are 4 pieces from each sandwich. Serve immediately.
Green Bean Casserole

Servings 6

Ingredients

1/3 stick butter
1/2 cup diced onions
1/2 cup sliced fresh mushrooms
2 cups sliced green beans
3 cups chicken broth
1 (10 3/4-ounce) can cream of mushroom soup
1 (2.8-ounce) can French-fried onion rings
Pinch House Seasoning, recipe follows
1 cup grated Cheddar

Directions

Preheat the oven to 350 degrees F.

Melt the butter in a large skillet. Saute the onions and mushrooms in the butter. Boil green beans in chicken broth for 10 minutes and drain. Add the green beans, mushroom soup, onion rings, and House Seasoning, to taste, to the onion mixture. Stir well. Pour into a greased 1 1/2-quart baking dish. Bake for 20 minutes, then top the casserole with the Cheddar and bake for 10 minutes longer, or until the casserole is hot and cheese is melted.

House Seasoning:

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.
Stuffed Mushrooms

Ingredients

1/2 cup Italian-style dried bread crumbs
1/2 cup grated Pecorino Romano
2 garlic cloves, peeled and minced
2 tablespoons chopped fresh Italian parsley leaves
1 tablespoon chopped fresh mint leaves
Salt and freshly ground black pepper
1/3 cup extra-virgin olive oil
28 large (2 1/2-inch-diameter) white mushrooms, stemmed

Directions

Preheat the oven to 400 degrees F.

Stir the bread crumbs, Pecorino Romano, garlic, parsley, mint, salt and pepper, to taste, and 2 tablespoons olive oil in a medium bowl to blend.

Drizzle a heavy large baking sheet with about 1 tablespoon olive oil, to coat. Spoon the filling into the mushroom cavities and arrange on the baking sheet, cavity side up. Drizzle remaining oil over the filling in each mushroom. Bake until the mushrooms are tender and the filling is heated through and golden on top, about 25 minutes. Serve.
Spinach and Rice Loaf with Mushroom Sauce

Servings 4

Ingredients

3/4 lb. very lean ground beef
1 med. yellow onion, minced
1/2 c. cooked rice
2 cloves garlic, minced
1/2 (10 oz.) pkg. frozen chopped spinach, drained & thawed
2 tsp. Dijon mustard
1/2 tsp. each dried thyme & rosemary, crumbled
1/4 tsp. black pepper
Non stick cooking spray

Mushroom Sauce:

1 c. dry red wine
1/2 med. size yellow onion, minced
1/4 lb. mushrooms, sliced thin
1/8 tsp. each dried thyme & rosemary, crumbled
1 1/2 c. beef broth
1 tbsp. tomato paste
1 tbsp. cornstarch blended with 2 tbsp. water

Directions

Preheat oven to 350 degrees. In a large mixing bowl, combine the beef, onion, rice, garlic, spinach, mustard, thyme, rosemary and pepper; pack into 9"x5"x3" loaf pan lightly coated with cooking spray. Bake, uncovered for 45 minutes or until browned. Remove from pan and drain.

Meanwhile, prepare sauce. In a small heavy saucepan, combine the wine, onion, mushrooms, thyme and rosemary; boil, uncovered over moderately high heat until the liquid is reduced to 1/2 cup, 3 to 5 minutes. Add the beef broth and tomato paste; cover and simmer for 30 minutes. Blend in the cornstarch mixture and cook, stirring, until slightly thickened, 1 to 2 minutes. Transfer the meat loaf to a warm serving platter, spoon some sauce over it and pass the rest.
Desserts
Apple Pie

Ingredients

- 2 tablespoons all-purpose flour, plus more for dusting
- Pate Brisee (Pie Dough)
- 12 Granny Smith apples, peeled, cored, and sliced
- 3/4 cup sugar, plus additional for pie top
- Zest and juice of 1 lemon
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- Pinch ground cloves
- 2 tablespoons unsalted butter
- 1 large egg, beaten

Directions

1. Heat oven to 375 degrees. On a lightly floured surface, roll out pate brisee into two 1/8-inch-thick circles to a diameter slightly larger than that of an 11-inch plate. Press one pastry circle into the pie plate. Place the other circle on waxed paper, and cover with plastic wrap. Chill all pastry until firm, about 30 minutes.
2. In a large bowl, combine apples, sugar, lemon zest and juice, spices, and flour. Toss well. Spoon apples into pie pan. Dot with butter, and cover with remaining pastry circle. Cut several steam vents across top. Seal by crimping edges as desired. Brush with beaten egg, and sprinkle with additional sugar.
3. Bake until crust is brown and juices are bubbling, about 1 hour. Let cool on wire rack before serving.
Banana Pudding

Servings 8-10

Ingredients

3/4 cup sugar
2 tablespoons cornstarch
3 cups milk
4 egg yolks
1 teaspoon vanilla extract
2 ounces (1/2 stick) butter
3 medium bananas, sliced
1 (12-ounce box) vanilla wafers
For the meringue topping, optional:
3 egg whites
1/4 teaspoon cream of tartar
1/4 cup sugar

Directions

For the meringue topping, optional:

Mix together sugar and cornstarch and slowly add milk. This should be cooked in the top of a double boiler, but you can cook it over low to medium heat, stirring constantly until it thickens--do not leave it unattended. Slightly beat egg yolks and temper with a small amount of the hot custard; stir well. Add egg mixture to custard pot and cook 2 more minutes. Remove from heat and add vanilla and butter. Let cool. In a 9 by 9-inch oven proof baking dish, alternate pudding, bananas, and wafers, beginning with pudding and ending with pudding. Add topping, if desired.

For the meringue topping, if using:

Beat egg whites and cream of tartar until soft peaks form. Gradually add sugar until stiff peaks form, then spread onto top of pudding mixture. Bake until golden brown.
Janice’s Family Favorite Fudge Pie

Ingredients

3 T cocoa
1/4 cup butter (1 stick melted)
1/2 cup nuts
1/2 cup flour
1 t vanilla
1 cup sugar
1/4 t salt
2 eggs

Directions

Add vanilla, salt to butter
Add sugar to mixture
Stir in dry ingredients
Bake 20 min 350 degree oven
Bread Pudding

Ingredients

- 2 cups granulated sugar
- 5 large beaten eggs
- 2 cups milk
- 2 teaspoons pure vanilla extract
- 3 cups cubed Italian bread, allow to stale overnight in a bowl
- 1/2 cup packed light brown sugar
- 1/4 cup (1/2 stick) butter, softened
- 1 cup chopped pecans

For the sauce:
- 1 cup granulated sugar
- 1/2 cup (1 stick) butter, melted
- 1 egg, beaten
- 2 teaspoons pure vanilla extract
- 1/4 cup brandy

Directions

Preheat the oven to 350 degrees F. Grease a 13 by 9 by 2-inch pan.

Mix together granulated sugar, eggs, and milk in a bowl; add vanilla. Pour over cubed bread and let sit for 10 minutes.

In another bowl, mix and crumble together brown sugar, butter, and pecans.

Pour bread mixture into prepared pan. Sprinkle brown sugar mixture over the top and bake for 35 to 45 minutes, or until set. Remove from oven.

For the sauce:

Mix together the granulated sugar, butter, egg, and vanilla in a saucepan over medium heat. Stir together until the sugar is melted. Add the brandy, stirring well. Pour over bread pudding. Serve warm or cold.
Fudgy Brownies

Ingredients

- 10 tablespoons (145 g) unsalted butter
- 1 1/4 cups (250 g) granulated sugar
- 3/4 cup plus 2 tablespoons (65 g) unsweetened cocoa powder (natural or Dutch-process)
- 1/4 rounded teaspoon Kosher salt
- 1 teaspoon vanilla extract
- 2 large eggs, cold
- 1/2 cup (70 g) all-purpose flour (we use Gold Medal unbleached all-purpose flour)
- 2/3 cup (75 g) chopped walnuts or pecans (optional)

Directions

1. Position an oven rack in the lower third of the oven and heat to 325 degrees F (163 C). Line the bottom and sides of an 8-inch (20cm) square baking pan with parchment paper or aluminum foil, leaving an overhang on two opposite sides. (This helps when removing the baked brownies from the pan, once cooled).
2. Add enough water to a medium saucepan so that it is 1 to 2 inches deep. Heat water until barely simmering. Combine butter, sugar, cocoa powder and the salt in a medium heat-safe bowl. Rest bowl over simmering water (if the bottom of the bowl touches the water, remove a little water).
3. Stir mixture occasionally until the butter has melted and mixture is quite warm. Don’t worry if it looks gritty, it will become smooth once you add the eggs and flour.
4. Remove the bowl from heat and set aside for 3 to 5 minutes until it is only warm, not hot.
5. Stir in vanilla with a wooden spoon or spatula. Then, add eggs, one at a time, stirring vigorously after each one.
6. When the batter looks thick, shiny and well blended, add the flour and stir until fully incorporated, then beat with the wooden spoon or spatula for 40 to 50 strokes. (The batter will be quite thick). Stir in nuts, if using. Spread evenly in lined pan.
7. Bake 20 to 25 minutes or until a toothpick can be inserted into the center and come out almost clean (you want it to be a little moist with batter). Note: Some have found they need to bake an extra 10 minutes, so keep an eye on the doneness of the brownies and use the toothpick test as your guide.
8. Cool completely then remove from pan. For the cleanest lines when cutting, place into freezer for 20 to 30 minutes to firm up. Cut into 16 squares.

Update: These are on the bittersweet side – we like that, but if you are more into milk chocolate than semi-sweet or dark, these may be a little bitter for you.
Cheesecake

Ingredients

1-1/2 cups graham cracker crumbs
3 Tbsp. sugar
1/3 cup butter or margarine, melted
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
1 cup sugar
1 tsp. vanilla
4 eggs

Directions

HEAT oven to 325°F.

MIX graham crumbs, 3 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan.

BEAT cream cheese, 1 cup sugar and vanilla with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 55 min. or until center is almost set. Loosen cake from rim of pan; cool before removing rim. Refrigerate 4 hours.
Coke Float

Ingredients

- 1 pint of vanilla ice cream (which makes about 3-4 cups)
- According to the number of participants, equally distribute 1 cup, straw, and spoon to each individual person
- 1 liter of Coca-Cola or any kind of soda that you prefer
- 1 ice cream scooper

Directions

1 Put all of your cups on the table.
2 Open the pint of ice cream and allow it to set in room temperature for 5 minutes, allowing the ice cream to soften.
3 Use the scooper and take out 3 or 4 scoops of ice cream from the pint of vanilla ice cream and put it in the cup. If the ice cream sticks, use a spoon to push the ice cream off the scooper into the cup.
4 Open the bottle of Coca-Cola.
5 Fill each cup about 1/2 full of the Coca-Cola, making sure the foam does not overflow from the cup.
6 Repeat steps 3-5 according to the number of cups you have.
7 Use a spoon for each cup and mix the Coke and ice cream together by moving the spoon along the inside circle of the cup at least 4 times. Leave the spoon in the cup to eat the ice cream with.
8 Place 1 straw in each cup.
Chocolate Pudding

Servings 6

Ingredients

2 cups whole milk  
1/2 cup sugar  
1/3 cup natural cocoa powder  
4 teaspoons cornstarch  
3 large egg yolks  
2 teaspoons pure vanilla extract  
1/4 teaspoon fine salt  
3/4 cup whipping cream

Directions

Put 1 1/2 cups of the milk, the sugar, and the cocoa in a nonreactive saucepan. Bring to a simmer, over medium-high heat. Remove from the heat.

Meanwhile, whisk the remaining 1/2 cup of the milk, cornstarch, salt, egg yolks, and vanilla in a bowl. Gradually whisk the hot milk into the egg mixture. Return to the saucepan and cook over medium-high heat whisking constantly, until the pudding comes to a full boil. Reduce the heat to maintain a simmer, and continue whisking until thick, about 2 or 3 minutes more.

Pour the pudding into 6 small cups. Cover with plastic wrap and refrigerate for at least 4 hours or ideally overnight until set.

Just before serving pour the cream into a chilled bowl. Whip the cream with a whisk or a hand held mixer, and continue beating until soft peaks form. Take care not to over-beat the cream or it will be grainy. Serve each pudding with a dollop of whipped cream on top.
Georgia Peach Cobbler

Ingredients

3/4 c plus 2 tbsp granulated sugar
1 c self-rising flour
1/4 c plus 1/4 cup (1 stick) butter, melted
1 can(s) (28 ounces) sliced peaches, undrained

Directions

1 Preheat the oven to 350 degrees F. Grease an 8X11 baking dish with non-stick cooking spray and set aside. In a medium-size mixing bowl coarsely mix 3/4 cup of the sugar, the flour, and 1/4 cup melted butter together. Sprinkle about one-third of this mixture on the bottom of the baking dish.

2 Add the peaches and juice. (If the juice from the peaches does not cover the peaches, add a small amount of water just to cover the peaches. Too little liquid will make the cobbler dry. Too much liquid will make it soupy.)

3 Top the peaches with the remaining sugar/flour mixture. Sprinkle the top with the remaining 2 tablespoons sugar and the remaining 1/4 cup butter. Bake for 30 to 40 minutes or until brown and bubbly. Serve hot!

***HINT: Fresh peaches can be used. When using fresh peaches, peel and slice them, sprinkling the slices with an additional 1/2 cup sugar. Refrigerate them for 2 to 3 hours before using.

***ALSO: If you do not have self-rising flour, you may substitute all-purpose flour. For every 1 cup of self-rising flour needed mix together:

1 cup all-purpose flour
1 tsp baking powder
1/2 tsp salt
1/4 tsp baking soda
Key Lime Pie

Servings 8

Ingredients

1 1/2 cups graham cracker crumbs
1/2 cup granulated sugar
4 tablespoons (1/2 stick butter) melted
2 (14-ounce) cans sweetened condensed milk
1 cup key lime or regular lime juice
2 whole large eggs
1 cup sour cream
2 tablespoons powdered sugar
1 tablespoon lime zest

Directions

Preheat the oven to 375 degrees F.

In a bowl, mix the graham cracker crumbs, sugar, and butter with your hands. Press the mixture firmly into a 9-inch pie pan, and bake until brown, about 20 minutes. Remove from the oven and allow to cool to room temperature before filling.

Lower the oven temperature to 325 degrees F.

In a separate bowl, combine the condensed milk, lime juice, and eggs. Whisk until well blended and place the filling in the cooled pie shell. Bake in the oven for 15 minutes and allow to chill in the refrigerator for at least 2 hours.

Once chilled, combine the sour cream and powdered sugar and spread over the top of the pie using a spatula. Sprinkle the lime zest as a garnish on top of the sour cream and serve chilled.
Peanut Butter Pie

Servings 8

Ingredients

Hot Fudge Sauce:
1/3 cup heavy cream
1/4 cup light brown sugar
1/4 cup light corn syrup
2 tablespoons unsweetened cocoa powder
1/8 teaspoon table salt
2 teaspoons vanilla extract
4 ounces semisweet chocolate, finely chopped

Peanut Butter Pie:
8 ounces cream cheese, at room temperature
3/4 cup confectioners' sugar, plus 2 tablespoons, divided
3/4 cup creamy peanut butter, at room temperature
1 cup heavy whipping cream, plus whipped cream, for garnish, optional
1 teaspoon vanilla extract
2 ounces shaved milk chocolate
Chopped peanuts, optional

Directions

1 (9-inch) baked chocolate cookie pie crust

Sauce: Add the cream, brown sugar, corn syrup, cocoa powder, salt, and vanilla extract to a heavy-bottomed saucepan over medium heat. Reduce the heat to a simmer and add the chopped chocolate. Stir continuously until the chocolate is melted and the sauce has thickened, roughly 3 to 4 minutes. Let the sauce cool for 10 minutes before serving.

Pie: In a large bowl combine the cream cheese, 3/4 cups confectioners' sugar and the peanut butter until the mixture is light and fluffy, about 3 minutes.

In a separate bowl, whip the heavy cream until thick and light. Add the remaining 2 tablespoons confectioners' sugar and vanilla extract. Continue to whip until stiff peaks form.

Carefully fold the whipped cream into the peanut butter mixture. Pour the batter into the pie shell, sprinkle with the shaved milk chocolate and freeze for 4 hours.

If desired, serve with the hot fudge sauce, whipped cream, and chopped peanuts.
Pecan Pie

Ingredients

Dough:
1 1/4 cups all-purpose flour
2 teaspoons sugar
1/8 teaspoon salt
1/2 cup cold butter (1 stick), diced
1 large egg, lightly beaten
Flour, for rolling the dough

Filling:
5 tablespoons unsalted butter
1 cup packed light brown sugar
3/4 cup light corn syrup
1/2 teaspoon fine salt
2 cups chopped toasted pecans
1 to 2 tablespoons bourbon
2 teaspoons pure vanilla extract
3 eggs, lightly beaten

Directions

Make the dough by hand: In a medium bowl, whisk together the flour, sugar, and salt. Using your fingers, work the butter into the dry ingredients until it resembles yellow cornmeal mixed with bean-sized bits of butter. (If the flour/butter mixture gets warm, refrigerate it for 10 minutes before proceeding.) Add the egg and stir the dough together with a fork or by hand in the bowl. If the dough is dry, sprinkle up to a tablespoon more of cold water over the mixture.

Alternatively, make the dough in a food processor. With the machine fitted with the metal blade, pulse the flour, sugar, and salt until combined. Add the butter and pulse until it resembles yellow cornmeal mixed with bean-sized bits of butter, about 10 times. Add the egg and pulse 1 to 2 times; don’t let the dough form into a ball in the machine. (If the dough is very dry add up to a tablespoon more of cold water.) Remove the bowl from the machine, remove the blade, and bring the dough together by hand.

Form the dough into a disk, wrap with plastic wrap, and refrigerate until thoroughly chilled, at least 1 hour.

On a lightly floured surface, roll the dough with a rolling pin into a 12-inch circle about 1/8-inch thick. Transfer the dough to a 9-inch pie pan and trim the edges, leaving about an extra inch hanging over the edge. Tuck the overhanging dough underneath itself to form a thick edge that is even with the rim. Flute the edge as desired. Freeze the pie shell for 30 minutes.

Set separate racks in the center and lower third of oven and preheat to 400 degrees F. Put a piece of parchment paper or foil over the pie shell and fill with dried beans or pie weights. Bake on a
baking sheet on the center rack until the dough is set, about 20 minutes. Remove from the oven and lift sides of the parchment paper to remove the beans. Continue baking until the pie shell is lightly golden brown, about 10 more minutes. Reduce the oven temperature to 350 degrees F.

While the crust is baking make the filling: In medium saucepan, combine the butter, brown sugar, corn syrup, and salt. Bring to a boil over medium heat, and stirring constantly, continue to boil for 1 minute. Remove from the heat and stir in the nuts, bourbon, and the vanilla. Set the mixture aside to cool slightly, about 5 minutes. (If the crust has cooled, return it to the oven for 5 minutes to warm through.) Whisk the beaten eggs into the filling until smooth. Put the pie shell on a sheet pan and pour the filling into the hot crust.

Bake on the lower oven rack until the edges are set but the center is still slightly loose, about 40 to 45 minutes. (If the edges get very dark, cover them with aluminum foil half way during baking.) Cool on a rack. Serve slightly warm or room temperature.
Pumpkin Pie

Ingredients

1 (8-ounce) package cream cheese, softened
2 cups canned pumpkin, mashed
1 cup sugar
1/4 teaspoon salt
1 egg plus 2 egg yolks, slightly beaten
1 cup half-and-half
1/4 cup (1/2 stick) melted butter
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger, optional
1 piece pre-made pie dough
Whipped cream, for topping

Directions

Preheat the oven to 350 degrees F.

Place 1 piece of pre-made pie dough down into a (9-inch) pie pan and press down along the bottom and all sides. Pinch and crimp the edges together to make a pretty pattern. Put the pie shell back into the freezer for 1 hour to firm up. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell up to the edges with pie weights or dried beans (about 2 pounds) and place it in the oven. Bake for 10 minutes, remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color.

For the filling, in a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined. Add the sugar and salt, and beat until combined. Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until combined. Finally, add the vanilla, cinnamon, and ginger, if using, and beat until incorporated.

Pour the filling into the warm prepared pie crust and bake for 50 minutes, or until the center is set. Place the pie on a wire rack and cool to room temperature. Cut into slices and top each piece with a generous amount of whipped cream.
Baked Rice Pudding

Ingredients

1 cup cooked rice
2 1/2 cups milk
3 large eggs, lightly beaten
3/4 cup sugar
3/4 cup raisins
1 teaspoon vanilla extract
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

Directions

Preheat oven to 325 degrees F. Lightly grease a 9-inch glass baking dish.

In a large bowl, stir together first 7 ingredients. Spoon into prepared baking dish. Place baking dish in a large pan; pour water into the pan to a depth of 1-inch. Bake for 1 1/2 hours, or until lightly browned and set. Combine cinnamon and nutmeg; sift over top of pudding. Cool slightly and cut into squares to serve.
Strawberry Shortcake

Servings 6

Ingredients

1 1/2 pounds strawberries, stemmed and quartered
5 tablespoons sugar
2 cups all-purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
2 tablespoons sugar
3/4 teaspoon salt
1 1/2 cups heavy cream
Whipped Cream, recipe follows

Whipped Cream:
1 1/2 cups heavy cream, chilled
3 tablespoons sugar
1 1/2 teaspoons vanilla extract
1 teaspoon freshly grated lemon zest

Directions

Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes.

Preheat the oven to 400 degrees F.

Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl. Add heavy cream and mix until just combined. Place mixture in an ungreased 8-inch square pan and bake until golden, 18 to 20 minutes.

Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.

Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

Whipped Cream:

Using a mixer, beat the heavy cream, sugar, vanilla, and lemon zest until soft peaks form, about 1 1/2 to 2 minutes.
Old-Fashioned Sweet Potato Pie

Ingredients

2 cups peeled, cooked sweet potatoes
1 1/4 cups sugar
1/2 stick melted butter
2 eggs
1 teaspoon vanilla extract or 1 to 2 tablespoons bourbon
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 cup milk
9 -inch unbaked pie crust
3 egg whites

Directions

Preheat the oven to 350 degrees F.

For the filling, using an electric hand mixer, combine the potatoes, 1 cup of the sugar, the butter, eggs, vanilla, salt, and spices. Mix thoroughly. Add the milk and continue to mix. Pour the filling into the pie crust and bake for 35 to 45 minutes, or until a knife inserted in the center comes out clean. Place the pie on a rack and cool to room temperature before covering with meringue.

For the meringue, using an electric mixer, beat the egg whites until soft peaks form; beat in the remaining 1/4 cup sugar 1 tablespoon at a time. Continue beating until the sugar dissolves and the mixture is glossy and stiff, but not dry. With a rubber spatula, spoon the meringue onto the pie, forming peaks. Make sure the meringue touches the crust all around. Sprinkle with a pinch of granulated sugar. Bake for 10 to 12 minutes, or until delicately browned. Cool and serve.
Blackberry Cobbler

Ingredients

1/2 stick butter, melted, plus more for greasing pan
1 1/4 cups plus 2 tablespoons sugar
1 cup self-rising flour
1 cup whole milk
2 cups fresh (or frozen) blackberries
Whipped cream and/or ice cream, for serving

Directions

Preheat the oven to 350 degrees F. Grease a 3-quart baking dish with butter.

In a medium bowl, whisk 1 cup sugar with the flour and milk. Whisk in the melted butter.

Rinse the blackberries and pat them dry. Pour the batter into the baking dish. Sprinkle the blackberries evenly over the top of the batter. Sprinkle 1/4 cup sugar over the blackberries. Bake until golden brown and bubbly, about 1 hour. When 10 minutes of the cooking time remains, sprinkle the remaining 2 tablespoons sugar over the top. Top with whipped cream or ice cream…or both!
Peanut Butter Cookies

Servings – 24 cookies

Ingredients

1 cup sugar, 1/4 cup additional to roll cookies
1 stick butter, at room temperature
1 egg
1 cup smooth peanut butter
1 teaspoon vanilla
1/2 teaspoon salt
1/2 teaspoon baking soda
1 1/2 cups flour

Directions

Preheat oven to 375 degrees. Grease a baking sheet. In a large bowl, cream together sugar and butter. Beat in egg to mixture. Mix in peanut butter and vanilla until smooth and creamy. Stir in salt, baking soda and flour until well combined. Roll dough into 1 inch balls and then roll in sugar. Place on baking sheet and flatten with fork. Bake for 12-15 minutes.
Oatmeal Cookies

Ingredients

- 3 eggs, well beaten
- 1 cup raisins
- 1 teaspoon vanilla
- 1 cup butter
- 1 cup brown sugar
- 1 cup white sugar
- 2 1/2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 teaspoons baking soda
- 2 cups oatmeal
- 3/4 cup chopped pecans

Directions:

1. This is a very important first step that makes the cookie: combine eggs, raisins and vanilla and let stand for one hour.
2. Cream together butter and sugars.
3. Add flour, salt, cinnamon and soda and mix well.
4. Blend in egg-raisin mixture, oatmeal, and chopped nuts.
5. Dough will be stiff.
6. Drop by heaping teaspoons onto ungreased cookie sheet, or roll into balls and flatten slightly.
7. Bake at 350 degrees for 10 to 12 minutes or until lightly browned.
Coconut Cake

Servings 10-12

Ingredients

3/4 pound (3 sticks) unsalted butter, at room temperature, plus more for greasing the pans
2 cups sugar
5 extra-large eggs, at room temperature
1 1/2 teaspoons pure vanilla extract
1 1/2 teaspoons pure almond extract
3 cups all-purpose flour, plus more for dusting the pans
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1 cup milk
4 ounces sweetened shredded coconut

For the frosting:

1 pound cream cheese, at room temperature
1/2 pound (2 sticks) unsalted butter, at room temperature
3/4 teaspoon pure vanilla extract
1/4 teaspoon pure almond extract
1 pound confectioners’ sugar, sifted
6 ounces sweetened shredded coconut

Directions

Preheat the oven to 350 degrees F. Grease 2 (9-inch) round cake pans, then line them parchment paper. Grease them again and dust lightly with flour.

In the bowl of an electric mixer fitted with a paddle attachment, cream the butter and sugar on medium-high speed for 3 to 5 minutes, until light yellow and fluffy. Crack the eggs into a small bowl. With the mixer on medium speed, add the eggs 1 at a time, scraping down the bowl once during mixing. Add the vanilla and almond extracts and mix well. The mixture might look curdled; don’t be concerned.

In a separate bowl, sift together the flour, baking powder, baking soda and salt. With the mixer on low speed, alternately add the dry ingredients and the milk to the batter in 3 parts, beginning and ending with dry ingredients. Mix until just combined. Fold in the 4 ounces of coconut with a rubber spatula.

Pour the batter evenly into the 2 pans and smooth the top with a knife. Bake in the center of the oven for 45 to 55 minutes, until the tops are browned and a cake tester comes out clean. Cool on a baking rack for 30 minutes, then turn the cakes out onto a baking rack to finish cooling.
For the frosting, in the bowl of an electric mixer fitted with a paddle attachment, combine the cream cheese, butter, vanilla and almond extract on low speed. Add the confectioners' sugar and mix until just smooth (don't whip!).

To assemble, place 1 layer on a flat serving plate, top side down, and spread with frosting. Place the second layer on top, top side up, and frost the top and sides. To decorate the cake, sprinkle the top with coconut and lightly press more coconut onto the sides. Serve at room temperature.
Chocolate Cake

Servings 8

Ingredients

Butter, for greasing the pans
1 3/4 cups all-purpose flour, plus more for pans
2 cups sugar
3/4 cups good cocoa powder
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon kosher salt
1 cup buttermilk, shaken
1/2 cup vegetable oil
2 extra-large eggs, at room temperature
1 teaspoon pure vanilla extract
1 cup freshly brewed hot coffee

Chocolate Buttercream, recipe follows

Chocolate Frosting:

6 ounces good semisweet chocolate (recommended: Callebaut)
1/2 pound (2 sticks) unsalted butter, at room temperature
1 extra-large egg yolk, at room temperature
1 teaspoon pure vanilla extract
1 1/4 cups sifted confectioners' sugar
1 tablespoon instant coffee powder

Directions

Preheat the oven to 350 degrees F. Butter two 8-inch x 2-inch round cake pans. Line with parchment paper, then butter and flour the pans.

Sift the flour, sugar, cocoa, baking soda, baking powder, and salt into the bowl of an electric mixer fitted with a paddle attachment and mix on low speed until combined. In another bowl, combine the buttermilk, oil, eggs, and vanilla. With the mixer on low speed, slowly add the wet ingredients to the dry. With mixer still on low, add the coffee and stir just to combine, scraping the bottom of the bowl with a rubber spatula. Pour the batter into the prepared pans and bake for 35 to 40 minutes, until a cake tester comes out clean. Cool in the pans for 30 minutes, then turn them out onto a cooling rack and cool completely.

Place 1 layer, flat side up, on a flat plate or cake pedestal. With a knife or offset spatula, spread the top with frosting. Place the second layer on top, rounded side up, and spread the frosting evenly on the top and sides of the cake.

Chocolate Frosting:
Chop the chocolate and place it in a heat-proof bowl set over a pan of simmering water. Stir until just melted and set aside until cooled to room temperature.

In the bowl of an electric mixer fitted with a paddle attachment, beat the butter on medium-high speed until light yellow and fluffy, about 3 minutes. Add the egg yolk and vanilla and continue beating for 3 minutes. Turn the mixer to low, gradually add the confectioners' sugar, then beat at medium speed, scraping down the bowl as necessary, until smooth and creamy. Dissolve the coffee powder in 2 teaspoons of the hottest tap water. On low speed, add the chocolate and coffee to the butter mixture and mix until blended. Don't whip! Spread immediately on the cooled cake.
Lemon Meringue Pie

Ingredients

- 1 1/2 cups granulated sugar
- 3 tablespoons cornstarch
- 3 tablespoons all-purpose flour
- dash salt
- 1 1/2 cups hot water
- 3 egg yolks, slightly beaten
- 2 tablespoons butter
- 1 scant teaspoon grated lemon peel
- 1/3 cup fresh lemon juice
- 1 baked pie pastry, 9-inch
- 3 egg whites
- 1 teaspoon lemon juice, optional
- 6 tablespoons granulated sugar

Directions

In a medium saucepan, combine 1 1/2 cups sugar, the cornstarch, flour, and salt; whisk to blend well. Gradually stir in hot water. Place over medium heat and bring to a boil, stirring constantly. Reduce heat to low; continue cooking, stirring, for 8 minutes. Stir about 1/3 cup of the hot mixture into the slightly beaten egg yolks, then return to hot mixture in saucepan. Bring to a boil, stirring constantly, and cook for 4 minutes longer. Add butter and lemon peel. Slowly stir in 1/3 cup lemon juice. Pour into baked cooled pie shell.

Beat egg whites with 1 teaspoon lemon juice (if used) to soft peaks. Gradually add the 6 tablespoons sugar, beating until stiff peaks are formed and sugar has dissolved. Spread meringue over the hot filling, covering completely. Bake at 350° for 12 to 15 minutes, until golden brown. Cool pie completely before serving.
Chocolate Meringue Pie

- One 9-inch pie crust, store-bought or homemade, unbaked (fitted in a pie plate)
- 1 cup sugar
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons all-purpose flour
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 can (12 ounces) evaporated whole milk
- 3 large eggs, separated
- 3 tablespoons unsalted butter, cut into small pieces
- 1 teaspoon pure vanilla extract

Directions

1. Preheat oven to 375 degrees. Place pie crust in plate on a rimmed baking sheet; bake until crust is golden, about 20 minutes. Cool completely; set aside.
2. Put a fine-mesh sieve over a medium bowl; set aside. In a medium saucepan, off heat, whisk together 2/3 cup sugar, the cocoa powder, flour, and 1 tablespoon cornstarch. Gradually whisk in evaporated milk. Whisk in egg yolks.
3. Place pan over medium heat; whisking constantly, cook until the first large bubble forms, about 5 minutes. Reduce heat to low; whisking constantly, cook 1 minute.
4. Immediately pour mixture through prepared sieve into bowl. Stir in butter and vanilla. Pour warm filling into baked crust; cover surface directly with plastic wrap. Chill at least 2 hours and up to 1 day.
5. Preheat oven to 450 degrees. Using an electric mixer, beat egg whites, remaining 1/3 cup sugar, and remaining 1 teaspoon cornstarch until stiff peaks form. Spread meringue on top of filling, right up to edge of crust; bake until meringue is lightly browned, 5 to 7 minutes. Serve immediately.
Pound Cake

Ingredients

1/2 pound (2 sticks) butter, plus more for pan
1/2 cup vegetable shortening
3 cups sugar
5 eggs
3 cups all-purpose flour, plus more for pan
1/2 teaspoon fine salt
1/2 teaspoon baking powder
1 cup milk
1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F.

With a mixer, cream butter and shortening together. Add sugar, a little at a time. Add eggs, 1 at a time, beating after each addition. Stir dry ingredients together in a bowl and add to mixer alternately with milk, starting with the flour and ending with the flour. Mix in vanilla. Pour into a greased and floured tube pan and bake for 1 to 1 1/2 hours, until a toothpick inserted in the center of the cake comes out clean.
Pineapple Upside Down Cake

Ingredients

1 (18 ounce) box yellow cake mix  
3 eggs (or as called for by your cake mix)  
1/3 cup oil (or as called for by your cake mix)  
1 1/3 cups water (or as called for by your cake mix)  
1 cup dark brown sugar  
1/4-1/2 cup butter  
1 (20 ounce) can pineapple slices  
1 (8 ounce) jar maraschino cherries (optional)  
walnut halves (optional)

Directions:

1 Follow instructions on cake box for making an oblong single layer cake.  
2 Prepare cake batter and set aside.  
3 Cut up butter in small pieces and place all over the bottom of the oblong pan specified on cake box.  
4 Sprinkle brown sugar generously over the butter.  
5 Place pan on the stove (or in the oven) and heat slowly until butter and sugar melt to a liquid then remove from heat.  
6 Evenly space the pineapple slices around the bottom of pan in the heated sugar and butter.  
7 Place the cherries and nuts between the pineapple slices (Tho the cherries and nuts look nice and taste great, they are optional).  
8 Pour cake batter on top of the pineapple/cherry/nut mixture.  
9 Place in oven and bake as directed on cake box.  
10 As soon as cake is done place a plate over the cake and turn upside down and carefully remove pan.  
11 If you wait too long the sugar will harden and be difficult to remove.  
12 Note: Peaches may be used in place of pineapple.
Sticky Pecan Cinnamon Buns

Ingredients

- 1 stick butter, melted
- 3/4 cup light brown sugar
- 1 cup coarsely chopped pecans
- 2 – 17.5 oz cans of cinnamon rolls (5 per can – I used Pillsbury Grands Flaky Supreme and would recommend using these exact ones for the best results.)

Directions

Combine melted butter and brown sugar. Spread into the bottom of a metal or glass 9X13 baking pan. Sprinkle with pecans. Open cinnamon rolls and separate. Place in dish on top of pecans and sugar/butter mixture. Bake at 350 degrees F for 30 to 35 minutes or until golden brown. Flip out onto serving platter.
Custard

Servings 4

Ingredients

2 cups milk
2 tablespoons cornstarch
1/3 cup sugar
2 eggs, lightly beaten
1 teaspoon vanilla

Directions

1 Have eggs ready in a bowl, and set aside where it will be within reach.
2 Using a whisk, combine milk, sugar and cornstarch in a medium saucepan over medium heat on stovetop. Allow milk to scald (heat to the point when tiny bubbles form around edges of pan). Whisk occasionally to prevent cornstarch from clumping on bottom edges of pan.
3 Remove milk mixture from heat, preferably to a burner that's turned off.
4 Mix about 2 tablespoons of scalded milk mixture into eggs using whisk, then introduce eggs into milk mixture in a slow stream, whisking milk mixture constantly.
5 Immediately return pan to heat and whisk gently until custard thickens, another two or three minutes. Do not allow to boil. (If you find that you have egg white strands in custard, feel free to pass it through a fine-mesh sieve into a different bowl now.)
6 Remove pan from heat and stir in vanilla.
Peanut Brittle

Servings 3 Pounds

Ingredients

1 teaspoon vanilla extract
1 teaspoon baking soda
1 teaspoon salt
3/4 cup (1 1/2 sticks) butter
3 cups sugar
1 cup light corn syrup
3 cups shelled raw peanuts

Directions

Measure the vanilla into a small bowl and set aside. Combine the baking soda and salt in another small bowl and set aside. Butter 1 cookie sheet with sides or jelly roll pan liberally with 1/2 stick of the butter. Set aside.

Combine the sugar, corn syrup and 1/2 cup water in a large saucepan. Bring the mixture to a boil, attach a candy thermometer and cook over medium-high heat until the syrup spins a thread when poured from a spoon or reaches 240 degrees F on the thermometer. Stir in the peanuts and continue cooking and stirring until the candy becomes golden brown or reaches 300 degrees F.

Remove from the heat immediately and quickly add the remaining 1 stick butter and the vanilla, baking soda and salt. Stir only until the butter melts, and then quickly pour the brittle onto the cookie sheet, spreading the mixture thinly. When the brittle has completely cooled, break the candy into pieces and store in a tightly covered container.
Divinity

Ingredients

4 cups sugar
1 cup white corn syrup
3/4 cup cold water
3 egg whites
1 teaspoon pure vanilla
2 cups chopped pecans

Directions

In a heavy saucepan over medium heat, stir together the sugar, corn syrup, and water. Stir only until sugar has dissolved. Do not stir after this point. Cook syrup mixture until it reaches 250 degrees F on a candy thermometer, bringing it to a hard ball stage.

While the syrup is cooking, beat the egg whites until stiff peaks form. Once the sugar mixture reaches 250 degrees F, carefully pour a slow steady stream of syrup into the stiffly beaten egg whites, beating constantly at high speed. Add the vanilla and continue to beat until mixture holds its shape, approximately 5 minutes. Stir in pecans.

Using 2 spoons, drop the divinity onto waxed paper, using 1 spoon to push the candy off the other. This may take a little practice because the technique is to twirl the pushing spoon, making the candy look like the top of a soft serve ice cream. If the candy becomes too stiff, add a few drops of hot water. You will need to work fast when making this type of candy. After you spoon the cooked sugar and nuts onto the waxed paper, you're done. Cool the candies on racks completely. You can store them in an airtight container for up to 2 weeks.
Chocolate Fudge

Ingredients

2 3/4 cups sugar
4 ounces unsweetened chocolate
3 tablespoons butter, plus more for greasing pan
1 cup half-and-half
1 tablespoon corn syrup
1 tablespoon vanilla extract
1 cup chopped, roasted nuts, optional

Directions

Grease an 8 by 8-inch pan with butter. In a heavy-bottomed saucepan, combine the sugar, chocolate, 1 1/2 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 degrees 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 degrees 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 cool dry area until firm. Cut into 1-inch pieces and store in an airtight container for up to a week.
White Chocolate Peppermint Bark

Ingredients

16oz white chocolate chips, divided
1/2 cup peppermints or 5 candy canes

Directions

Place the peppermint in a heavy-duty Ziploc bag and pound with a metal pan or hammer, breaking the candy into pieces. Set aside.

Place half of the chocolate chips into a large bowl. Microwave for 30 seconds, then stir the chips. Repeat this process until the chocolate is thoroughly melted (it should take about 90 seconds of cooking time) Once the chocolate is melted, add the rest of the chocolate chips and stir until everything is melted through. This will temper the chocolate, which prevents it from looking white or moldy when it’s set up.

Pour the chocolate into a pan lined with aluminum foil and spread into an even layer. It should cover approx. ½ of the sheet. Sprinkle the broken candies over the melted chocolate and allow it to cool, about 1 hour. Break into pieces and spread a little joy to all your friends.
Praline Pecans

Ingredients

- 1 1/2 cups granulated sugar
- 3/4 cup firmly packed brown sugar
- 1/2 cup butter $
- 1/2 cup milk $
- 2 tablespoons corn syrup
- 5 cups toasted pecan halves

Directions

1. Stir together first 5 ingredients in a heavy 3-quart saucepan. Bring to a boil over medium heat, stirring constantly. Boil, stirring constantly, 7 to 8 minutes or until a candy thermometer registers 234°.
2. Remove from heat, and vigorously stir in pecans. Spoon pecan mixture onto wax paper, spreading in an even layer. Let stand 20 minutes or until firm. Break praline-coated pecans apart into pieces. Store in an airtight container at room temperature up to 1 week. Freeze in an airtight container or zip-top plastic freezer bag up to 1 month.
Rice Krispy Treats

Ingredients

6 cups Rice Krispies
3 tablespoons butter or 3 tablespoons margarine
1 (10 ounce) package regular marshmallows or 4 cups miniature marshmallows

Directions

1 Melt butter in a large saucepan over low heat.
2 Add marshmallows and stir until completely melted.
3 Remove from heat.
4 (It would be perfect to be measuring out all of the cereal at this time, having it ready in a large bowl.)
5 Working quickly, add rice krispies cereal, and stir until the cereal is well coated.
6 Using a buttered spatula or waxed paper, press the mixture evenly into a greased 13 by 9 by 2 inch pan (or whatever pan you have on hand).
7 When the treats are cooled, cut into squares.
8 Serve, and enjoy!
Carrot Cake

Ingredients

Unsalted butter, for the pan  
12 ounces, approximately 2 1/2 cups, all-purpose flour, plus extra for pan  
12 ounces grated carrots, medium grate, approximately 6 medium  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cinnamon  
1/4 teaspoon freshly ground nutmeg  
1/2 teaspoon salt  
10 ounces sugar, approximately 1 1/3 cups  
2 ounces dark brown sugar, approximately 1/4 cup firmly packed  
3 large eggs  
6 ounces plain yogurt  
6 ounces vegetable oil  
Cream Cheese Frosting, recipe follows

Cream Cheese Frosting:

8 ounces cream cheese  
2 ounces unsalted butter, room temperature  
1 teaspoon vanilla extract  
9 ounces powdered sugar, sifted, approximately 2 cups

Directions

Preheat oven to 350 degrees F.

Butter and flour a 9-inch round and 3-inch deep cake pan. Line the bottom with parchment paper. Set aside.

Put the carrots into a large mixing bowl and set aside.

Put the flour, baking powder, baking soda, spices, and salt in the bowl of a food processor and process for 5 seconds. Add this mixture to the carrots and toss until they are well-coated with the flour.

In the bowl of the food processor combine the sugar, brown sugar, eggs, and yogurt.

With the processor still running drizzle in the vegetable oil. Pour this mixture into the carrot mixture and stir until just combined. Pour into the prepared cake pan and bake on the middle rack of the oven for 45 minutes. Reduce the heat to 325 degrees F and bake for another 20 minutes or until the cake reaches 205 to 210 degrees F in the center.
Remove the pan from the oven and allow cake to cool 15 minutes in the pan. After 15 minutes, turn the cake out onto a rack and allow cake to cool completely. Frost with cream cheese frosting after cake has cooled completely.

Cream Cheese Frosting:

In the bowl of a stand mixer with paddle attachment, combine the cream cheese and butter on medium just until blended. Add the vanilla and beat until combined. With the speed on low, add the powdered sugar in 4 batches and beat until smooth between each addition.

Place the frosting in the refrigerator for 5 to 10 minutes before using.
Red Velvet Cake

Ingredients

Vegetable oil for the pans
2 1/2 cups all-purpose flour
1 1/2 cups sugar
1 teaspoon baking soda
1 teaspoon fine salt
1 teaspoon cocoa powder
1 1/2 cups vegetable oil
1 cup buttermilk, at room temperature
2 large eggs, at room temperature
2 tablespoons red food coloring (1 ounce)
1 teaspoon white distilled vinegar
1 teaspoon vanilla extract
Cream Cheese Frosting, recipe follows
Crushed pecans, for garnish

Cream Cheese Frosting:

1 pound cream cheese, softened
4 cups sifted confectioners' sugar
2 sticks unsalted butter (1 cup), softened
1 teaspoon vanilla extract

Directions

Preheat the oven to 350 degrees F. Lightly oil and flour 3 (9 by 1 1/2-inch round) cake pans.

In a large bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In another large bowl, whisk together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla.

Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed.

Divide the cake batter evenly among the prepared cake pans. Place the pans in the oven evenly spaced apart. Bake, rotating the pans halfway through the cooking, until the cake pulls away from the side of the pans, and a toothpick inserted in the center of the cakes comes out clean, about 30 minutes.

Remove the cakes from the oven and run a knife around the edges to loosen them from the sides of the pans. One at a time, invert the cakes onto a plate and then re-invert them onto a cooling rack, rounded-sides up. Let cool completely.

Frost the cake. Place 1 layer, rounded-side down, in the middle of a rotating cake stand. Using a
palette knife or offset spatula spread some of the cream cheese frosting over the top of the cake. (Spread enough frosting to make a 1/4 to 1/2-inch layer.) Carefully set another layer on top, rounded-side down, and repeat. Top with the remaining layer and cover the entire cake with the remaining frosting. Sprinkle the top with the pecans.

In a standing mixer fitted with the paddle attachment, or with a hand-held electric mixer in a large bowl, mix the cream cheese, sugar, and butter on low speed until incorporated. Increase the speed to high, and mix until light and fluffy, about 5 minutes. (Occasionally turn the mixer off, and scrape the down the sides of the bowl with a rubber spatula.)

Reduce the speed of the mixer to low. Add the vanilla, raise the speed to high and mix briefly until fluffy (scrape down the bowl occasionally). Store in the refrigerator until somewhat stiff, before using. May be stored in the refrigerator for 3 days.