



Serving Ayer, Devens, Groton, Harvard
Littleton and Shirley

Cookbook new ideas for how to prepare foods that the pantry offers

Food Items that can be found at the Food Pantry are **bolded** in the Recipes

* depends on donations and seasonal availability

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Breakfast



Copycat Cracker Barrel Hash Brown Casserole

32-oz. pkg. frozen hash brown potatoes, thawed
or make your own with **fresh potatoes, grated**
salt and pepper to taste
10-3/4 oz. can cream of chicken soup

16-oz. container sour cream
1/2 c. butter or **margarine**, melted
1/2 c. **onion**, chopped
8-oz. pkg. shredded sharp Cheddar cheese

Sausage Muffins ... so good and so easy.

1 cup Bisquick **1 lb. cooked sausage**
4 **eggs**, beaten 1 cup shredded cheddar.

350 degrees for 20 min. in muffin tin. You can also make them mini in mini muffin tins as appetizers.

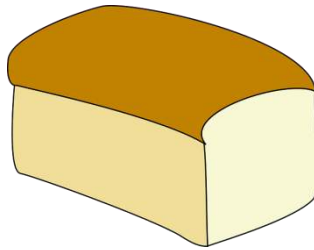
Breakfast Egg Bake- serves 12-

8 slices of **bread**, crusts cut off
12-16 oz. of shredded Cheddar Cheese
1 lb. bacon or 1 bottle of REAL Bacon Bits

12 **eggs**
1 C. **Milk**
Salt and pepper

Place Bread slices in 9 x 13 pan. Sprinkle with Cheddar Cheese. Fry and crumble bacon or use Real Bacon bits(its much easier) on top of cheese. Beat 12 eggs in a bowl, add 1 C. milk, and salt and pepper. Pour over the rest. Cover with foil. Let stand overnight in the refrigerator. ***Because we are not cooking till evening you can make it early that morning or if making the night before be prepared to add some more milk on serving day, may or may not need. Bake at 275 degrees.

Breads & Muffins



Pumpkin Bread

Ingredients

3 C. sugar, white or brown
1 C. **oil** (not olive)
4 eggs
1 can **pumpkin**
3 2/3 C. sifted flour
1 1/2 t. salt

1 t. cinnamon
1 t. nutmeg
2 tsp. baking soda
2/3 c. water or cider
I recommend cider

Mix all together. May substitute 1/2 C. wheat germ for 1/3 C. flour. Makes 2 large loaves or 3 medium. Bake at 350 ° for 50 minutes. If making 2 loaves, it will take longer to bake. Check with a clean knife inserted into the middle. If it comes out clean, it is done.

Zucchini Nut Bread-

Makes 2 loaves

Ingredients:

3 **eggs**
1 C. Oil
2 C. brown sugar
2 C. grated **zucchini**, unpeeled
3 C. flour

1 t. salt
1 t. baking soda
1 T. vanilla
1 C. chopped pecan or **other nuts**

Directions:

Beat eggs well. Add oil and sugar and zucchini. Mix thoroughly. Combine in another bowl, flour, salt & soda. Add dry ingredients to wet and mix well. Fold in nuts. Pour into greased & floured loaf pans. Bake at 350° for 1 hour. Remove from pans to cool.

Sweet Corn Bread

Ingredients:

4 t. salt
4 1/2 C. flour
3 1/2 C. **yellow cornmeal**
1 1/2 C. **Non-Fat dry milk powder**

1/4 C. baking powder
1 1/3 C. brown sugar
1 3/4 C. vegetable shortening

Directions:

Mix all dry ingredients in a large bowl. Work in shortening until evenly distributed. Transfer to an airtight container and store in a cool dry place. This mix will keep well for 3 months and will make 3 recipes(about 1 dozen muffins per recipes. The mix will be crumbly, not smooth in texture.

The prepare one recipe of muffins, you will need:

2 **eggs** 4 ½ C. of mix
1 1/3 C. water

Break the eggs into the water and beat slightly. Add to dry mix and stir just enough to blend. Using a 1/3 C. measuring C., scoop batter into a greased 12-cup muffin tin. Bake at 425 ° for 15-20 min. or until golden brown.

Home Made **BISCUIT BAKING MIX**

9 cups all-purpose flour 1 tbs. salt
1/4 cup baking powder 2 cups shortening

Mix flour, baking powder, and salt. Cut in shortening till mixture resembles coarse crumbs. Store in airtight container in cool, dry place. Makes 12 cups.

CINNAMON-SUGAR SCONES

3 cups Biscuit Baking Mix 1/3 cup **milk**
1/4 cup sugar 1 tbs. vanilla extract
1/2 cup **vanilla yogurt** 1 cup cinnamon chips or semisweet chocolate chips

Mix together the Biscuit Baking Mix and sugar. Whisk together the yogurt, milk, and vanilla extract; stir into dry ingredients just until moistened. Stir in the cinnamon or chocolate chips. On lightly floured surface, knead dough gently 10 times. Pat into 9-inch circle. Sprinkle with cinnamon-sugar. Cut into 8 wedges; place on ungreased baking sheet. Bake at 375°F for 20-25 minutes or until light golden. Makes 8 scones.

Salads



A Great Green Salad

3 C. of mixed **salad greens**, washed and torn into bite size pieces

1 green pear, cut up into small chunks
3/4 C. walnuts or pecan, broken up into small pieces

Dress with olive oil, balsamic vinegar, salt and pepper. Mix thoroughly.

Dressing

1 **lemon**
2 tbsp white wine vinegar
1/3 cup sugar

1 tbsp **vegetable oil**
1 tsp poppy seeds

Strawberry Spinach Salad

1/4 cup sliced natural almonds, toasted
8 oz. (1 1/2 cups) **strawberries**, hulled and quartered
1/2 med. **Cucumber**, sliced and cut in half

1/4 small **onion**, sliced into thin slices (1/4 cup)
1 package (6 ounces) baby **spinach**

1. For dressing, zest lemon to measure 1/2 zest. Juice lemon to measure 2 tbsp juice. Combine zest, juice, vinegar, sugar, oil and poppy seeds in a bowl. Whisk until well blended. Cover; refrigerate until ready to use.
2. Preheat oven to 350; F. For salad, spread almonds in single layer over bottom of a small bar pan.
3. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in bar pan.
4. Meanwhile, hull strawberries; cut strawberries into quarters.
5. Score cucumber lengthwise; remove seeds. Slice cucumber; cut slices in half/ Slice onion into thin wedges.
6. Place spinach in large serving bowl; add strawberries, cucumber and onion. Whisk dressing; pour over salad, gently tossing to coat. Sprinkle with almonds & serve.

Oriental Salad- Delicious

1 lg. Napa **cabbage**, chopped fine
5 green onions with tops, chopped
2 pkgs. **Ramen noodles**, broken apart. (discard sauce mix packet)
1 stick butter or **margarine**
1/2 C. Sesame seeds

1 pkg. slivered almonds
1/2 C. **oil**- I use olive
1 t. soy sauce
2/3 C. Sugar- 1/2 splenda and 1/2 sugar
1/2 C. white Vinegar

Broccoli Salad

1 head **broccoli**
1 head **cabbage**
2 C. Cheddar Cheese

1 lb. Bacon
1 small **onion**

Dressing:

1 C. **mayo**
¼ C. sugar

3 T. vinegar

Chop broccoli, cabbage and onion. Fry and crumble Bacon. Put all ingredients in large bowl and add cheese. Mix the dressing ingredients and pour over salad. Mix all ingredients together. Chill. Serves 6-8.

Fully Loaded Baked Potato Salad

8 medium **Potatoes**
1 cup sour cream
1/2 cup **mayonnaise**

Cucumber, Onion, and Tomatoes Salad

3 **Tomatoes** 3
cucumbers 1 **onion**
1/2 cup apple cider vinegar 1 teaspoon
of cracked pepper 2 table spoons of
sugar 2 teaspoons of salt
1 cup of water 1/4
cup of olive **oil**, mix well...
Let it chill for 1-2 hours... .

Corn, Shrimp, and Rice Salad

Cut kernels from 4 **uncooked ears of corn**. Toss with 3 cups cooked **rice**, 8 ounces cooked shelled small shrimp, 6 sliced scallions, 1/4 cup canola **oil**, 1/3 cup rice vinegar, and 1 teaspoon each grated garlic and fresh ginger. Season to taste with salt and pepper.

CUCUMBER WITH DILL SALAD

3 salad **cucumbers**, peeled and sliced 1/2
onion, thinly sliced Rice vinegar Dill Seed

Soak in the cucumber slices in the rice vinegar and sprinkle with the dill seed. Stir and serve chilled.

Vegetables



Zucchini Ribbons with Lemon and Garlic

With a vegetable peeler, cut 4 medium **zucchini** into long, thin ribbons. Melt 2 Tablespoon butter or **margarine** in a skillet; add zucchini, 1 grated garlic clove, and 1 teaspoon grated **lemon** zest. Sauté, stirring, until tender, 2 minutes. Sprinkle with 2 teaspoon minced fresh tarragon. Season to taste with salt and pepper.

Grilled Zucchini with Goat Cheese and Mint

Trim and halve lengthwise 4 medium **zucchini**; brush with olive **oil**. Grill cut sides until golden, 5 minutes; turn. Sprinkle each with 1 Tablespoon crumbled cold **soft goat cheese**. Grill until cheese is melted and zucchini is tender. Sprinkle with 2 Tablespoon chopped fresh mint. Season to taste with salt and pepper. **Substitute your favourite cheese, if you want.**

Zucchini-and-Tomato Mozzarella Melt

Cut 4 medium **zucchini** and 1 medium **tomato** into 1/2-inch chunks. Sauté in 2 Tablespoon olive oil with 1 grated garlic clove and 1 chopped fresh basil leaf 5 minutes. Sprinkle with 1/2 cup shredded mozzarella. Cook 2 minutes. Season to taste with salt and pepper.

Grilled Tricolor Pepper Pasta

Coat 6 bell **peppers** (red, yellow, and orange), cut into wedges, stems and seeds removed, with olive oil. Grill; cut into thin strips. Toss with 1 lb cooked penne and 1/4 cup extra-virgin olive oil, 12 pitted and coarsely chopped black olives, and 1/2 cup crumbled ricotta salata. Season to taste with salt and pepper.

Grilled Red Pepper and Eggplant (pictured)

Coat 2 **red bell peppers**, cut into wedges, stems and seeds removed, and 8 1/2-inch slices **eggplant** with olive oil. Grill; arrange on a platter. Top with 3 Tablespoon olive oil and 1 Tablespoon red wine vinegar. Add 1 Tablespoon chopped fresh oregano and 1/2 cup crumbled feta. Season to taste with salt and pepper.

Summer Sauté

Cut kernels from **4 ears of corn**. Sauté in 1 Tablespoon olive **oil** with 1 grated garlic clove 2 minutes. Add 2 plum **tomatoes** and 1 medium **zucchini**, cut into 1/4-inch dice, and 1 Tablespoon chopped fresh basil. Sauté 2 minutes. Season to taste with salt and pepper.

Mexican Corn on the Cob

Grill **4 ears of corn**. While still hot, spread each with 1 Tablespoon **mayonnaise** and sprinkle lightly with chilli powder. Roll in 1/2 cup grated Cotija or Asiago cheese to coat. Serve with lime wedges.

BROCCOLI AND CHEESE CASSEROLE

1 stick butter or **margarine** (1/2 cup)
1 sleeve **Ritz crackers**

4 boxes chopped frozen broccoli
16-oz. box **Velveeta cheese**

Melt half the stick of butter. Cook broccoli, drain, and add melted butter. Cut cheese into small cubes. Add broccoli to bottom of baking dish to cover completely. Add a layer of cheese, then a layer of broccoli, etc. Melt other half butter stick. Crumble up crackers and combine with butter. Spread over top of broccoli-cheese mixture. Bake at 350°F for 1/2 hour.

Summer Vegetable Tian

Serves: 6

1 Tbsp olive oil
1 medium **yellow onion**
1 tsp minced garlic
1 medium **zucchini**
1 medium **yellow squash**

1 medium **potato**
1 medium **tomato**
1 tsp dried thyme
to taste salt & pepper
1 cup shredded Italian cheese

Instructions

Preheat the oven to 400 degrees. Finely dice the onion and mince the garlic. Saute both in a skillet with olive oil until softened (about five minutes).

While the onion and garlic are sautéing, thinly slice the rest of the vegetables.

Spray the inside of an 8x8 square or round baking dish with non-stick spray. Spread the softened onion and garlic in the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle generously with salt, pepper, and thyme.

Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown.

Eggplant Stacks

Can be served with Angel Hair Pasta and a Salad or as an open faced sandwich with French bread.

1 **eggplant**, peeled and cut into thick slices
1 **egg**
Bread crumbs, seasoned
1 Pkg. Feta or Mozzarella Cheese- pick your favorite

Milk
1 **onion**
2 **tomatoes**

Cooking Method: Traditional way:

Peel and slice eggplant into 1 in. slices. Dip in beaten egg and milk mixture and then into seasoned bread crumbs. Put 3 T of oil in frying pan and heat. Brown eggplant lightly on both sides. Drain on Paper towel. Then place on cookie sheet and bake for a few min. in 350° oven. This completes cooking and helps some of frying oil to evaporate out of eggplant.

Cooking Method: Low Fat

Using stove-top grill or outdoor grill, brush each eggplant slice lightly with oil. Place on grill and brown lightly on both sides.

To assemble into Stacks: eggplant slice on bottom, then thick tomato slices, very thin red onion slices, and cheese on top. Place in oven to heat and melt the cheese.

German Potato Pancakes

5-6 **potatoes** scrubbed well and dried.
1/4 of a **onion**, diced
1 **egg**, beaten

Parsley flakes
salt and pepper to taste
1/2 C. to 3/4 C. flour

Shred the potatoes, skin and all into a large bowl. Add rest of ingredients except flour. Now add a bit of flour at a time until mixture comes together. Heat cooking oil in a skillet and turn oven on to 350 degree with a baking sheet inside. Drop 1/4 c. mixtures into cooking oil and flatten with a spatula. Brown 1 side and turn. When both sides are browned thoroughly, put pancake into oven to bake. this makes sure they are cook thoroughly and also eliminates some of the oil.

Serve with sour cream and a side of apples sauce and your favorite breakfast meat. This makes a fabulous special breakfast but I serve it as supper. Pancakes would also be great with any pork dish. Traditional German fare.

Oven "Fries"

3 large **baking potatoes**, cut into 1/4-inch-thick matchsticks
2 tablespoons **oil**

Salt
Cooking spray

Directions

Preheat the oven to 450 degrees. Cook: 35 min In a large bowl, toss the potatoes with the oil and 1/2 teaspoon salt. Coat a baking sheet with cooking spray and spread the potatoes in a single layer. Bake until golden and crisp, about 35 minutes. Remove the fries with a spatula and season with salt. Yield: Serves 4

Low Fat Baked Onion Rings

Servings: 2

These scalloped potatoes are creamy and delicious. Serve this casserole with just about any meat or poultry main dish. You can even add cubed ham and make it a main dish.

Savory Scalloped Potatoes

6 medium **potatoes**
3 tablespoons butter or **margarine**
6 green onions, with 2 inches green, sliced

3 tablespoons flour
2 1/4 cups whole **milk**
1/8 teaspoon pepper

salt, to taste
1/4 teaspoon dried mustard

dash nutmeg

PREPARATION:

Lightly grease an 11x7-inch baking dish. Heat oven to 350°. Peel potatoes; rinse well then slice thinly into a large bowl. In a medium saucepan over medium-low heat, melt butter. Add sliced green onions and sauté for 1 minute.

Soups



Cheesy Baked Potato Soup

All of your favorite baked potato toppings in one delicious bowl.

Ingredients

8-10 **potatoes**

1 can rotel

1 small package **Velveeta**

1 small container low fat sour cream

6-8 pieces cooked bacon

1 small chopped **white onion**

1 can condensed tomato soup

1 can cream of chicken soup

1 can cream of potato soup

3 cups low fat **milk**

1 tsp. garlic powder

1/2 tsp. salt (optional)

1 tsp. pepper

add chives to taste (optional)

Dice potatoes into bite-size pieces (skins on.) Add all ingredients into crock pot, mix well, and let cook on high for about 6 hours, or until potatoes break apart easily. (To speed up the recipe, boil potatoes on stovetop until tender and heat all other ingredients separately, add potatoes to soup mixture and enjoy!)

Chicken Tortellini Soup

Thick and hearty **chicken soup** uses pre-made cheese tortellini **pasta** and frozen **broccoli**. This **soup** takes only 30 minutes of cooking time.

Ingredients:

6 large **chicken breasts**, boned and cooked or a whole chicken

3 (10-1/2 ounces) cans **chicken broth**

1 cup chopped **celery**

1 large onion, chopped

2 cans cream of chicken soup

1 (16 ounces) package frozen chopped broccoli

1 (9 ounces) package fresh cheese tortellini or **ravioli**

1/2 teaspoon black pepper

1 teaspoon basil

1/2 teaspoon Italian seasoning

1/4 teaspoon garlic powder

1 (8 ounces) carton sour cream

Save the chicken broth that the **chicken** was cooked in; you might want to thin the **soup**. In a large stockpot, combine canned chicken broth, celery, and chopped onion. Cook until tender, about 15 minutes. Add the **chicken**

soup, **broccoli**, cheese tortellini **pasta**, pepper, **basil**, Italian seasoning, and **garlic** powder. Bring to boiling point, turn heat down and simmer 15 minutes. Stir in the **sour cream**.

This makes a fairly thick soup so if you want it thinner, add a cup of the chicken broth that the chicken was cooked in.

Yield: 8 to 10 servings

LIGHT GREEK LEMON CHICKEN SOUP

2 chicken breasts, uncooked and diced

1 medium **carrots**, chopped

1/2 cup chopped **onion**

1-2 **lemons**

2 tbs. fresh parsley, chopped

1 garlic clove

3 14 oz. cans of reduced fat or fat free **chicken stock**

1 can (10 3/4 oz) 98% fat free reduced sodium condensed **cream of chicken soup**

1/4 tsp. ground black pepper

2/3 cup uncooked long grain **white rice**

fresh baby spinach (optional)

Heat (4-Qt.) Casserole over medium heat until hot. Lightly sauté chicken, carrots, onion and pressed garlic. Cook about 4 minutes.2. Add zest of one lemon to equal 1 tsp. Juice lemon to equal 1/4 cup and add along with soup, chicken broth and black pepper. Bring to a boil and simmer over low heat about 15-20 minutes or until rice is tender. Add baby spinach or parsley and serve.

Entrees



BEEF NOODLE CASSEROLE

2 cups uncooked egg noodles	1 small garlic clove, minced
1/2 pound lean ground beef(or turkey)	1/8 tsp salt
1 can (8 oz) tomato sauce	1/2 cup sour cream
1/4 cup chopped green onions	2 oz cream cheese, softened
1/4 cup canned chopped green chilies (I used "mild")	1/4 cup shredded part-skim mozzarella cheese

Cook noodles according to package directions. Meanwhile, in skillet, cook beef over medium heat, drain. Stir in tomato sauce, onions, chilies, garlic and salt. In a small bowl, combine sour cream and cream cheese. Drain noodles.

I sprinkled dried minced onion into the cooked hamburger in the skillet after draining and before adding the listed ingredients, and instead of using a cooking spray I wiped the baking dish (didn't use a bowl as the recipe states) with virgin olive oil

Place 1/2 cup beef mixture in a 1-qt baking dish coated with cooking spray. Layer with half of the noodles, cream cheese mixture and cheese. Spread 1/2 cup beef mixture over cheese, repeat layers. Spoon remaining beef mixture over top. Cover and bake at 350 for 20-25 minutes. Yield: 3 servings. For today, I doubled the recipe to feed 6 people. . Embellish as you like

Easy Crock Pot Mac & Cheese Recipe

3 Cups Shredded Cheddar Cheese	8 ounces Cream Cheese
2 1/2 Cups Milk	16 ounces elbow Macaroni
12 oz. Evaporated Milk	

Put All ingredients into the Crock Pot, EXCEPT the 1 pound bag of Macaroni noodles Leave on Low for an hour. After 1 hour, stir the sauce in crock pot. Make Macaroni & then Drain after sauce has been "crock potting" for about 45 minutes. Add Cooked Macaroni to sauce after drained. Add any extras you would like. Ham, Bacon, etc. Cook on LOW another 45 minutes Feeds approximately 6-8

SAUSAGE AND RICE CASSEROLE

2 lbs. **bulk sausage** (I like Jones)
1 cup **chopped onion**
1 cup chopped **celery**

1½ cups **uncooked rice**
28 oz. canned chicken broth
1-2 tbs. soy sauce

Cook sausage, onion, celery until done. Drain off grease. Pour into 3-qt. casserole or 9x14-inch pan. Add rice, chicken broth, and soy sauce. Cover with foil, and bake at 375 degrees for 1 hour. This can be prepared ahead of time.

RICOTTA-STUFFED JUMBO PASTA SHELLS

1/2 lb. Mozzarella cheese, grated
1/2 cup grated Parmesan cheese
2 lbs. ricotta cheese
Spaghetti sauce of your choice

1/2 tsp. salt
1/8 tsp. pepper
48 jumbo pasta shells
2 **eggs**
2 tbs. parsley, finely chopped, **OR**
2 tsp. dried parsley flakes

Cook pasta shells according to package directions. Meanwhile, mix remaining ingredients well. Drain and rinse cooked shells and fill with Ricotta cheese mixture. Place in large casserole and cover with favorite spaghetti sauce. Cover and heat in 350°F oven for approximately 30 minutes, till hot. Serve immediately.

Note: Filled shells may be placed on aluminum foil on a cookie sheet, in a single layer, not touching, and then frozen. Place frozen shells in a freezer-proof plastic bag. To serve, place desired number of frozen shells in a casserole, cover with spaghetti sauce, cover, and heat at 350°F for approximately 40 minutes.

CHICKEN DIVAN

2 cups lightly steamed **broccoli** and **cauliflower**
2 cups **rice** (I used a mixture of Minnesota wild rice and health store 16-rice blend, but any will do)
3 cups chopped cooked chicken or turkey
4.5-oz. **can sliced mushrooms**, drained (I didn't use mushrooms, since I don't like them)

10.5-oz. can reduced-fat cream of chicken soup (or celery or mushroom)
1/2 cup plain yogurt
1/4 cup chicken broth
1 tsp. grainy mustard
2-4 tbs. grated Parmesan cheese
1/4 tsp. paprika

Preheat oven to 350 degrees. In a baking dish, assemble in layers: Rice, vegetables, and then chicken. Pour the sauce over this, and top with extra cheese. Bake for 25 minutes or till heated through. Serves 6.

Note: The chicken I used was smoked chicken, and instead of the soup, yogurt and chicken broth, I made my own white sauce and then added the mustard and cheese.

Sausage Apple Bake

Select any style sausage that your family likes, cut into small pieces

Select 4 cooking **apples**, 1 mix types. Slice into chunks

Equal parts butter or **margarine** and brown sugar, about 3 T. of each

Cook on the top of the stove, melting butter and sugar first and then add apples and sausage. For Dinner : Serve with buttered noodles and a green salad. Can serve for Brunch: Serve with an egg dish

Crock Pot Pork Roast

1 boneless **pork loin** or 6 **pork chops**

1 small can o.j concentrate

1 cup honey

1 can whole cranberry sauce

Brown the pork loin in skillet on top of stove.

Mix o.j. Concentrate, honey, and cranberry sauce together.

Put browned pork into crock pot and pour sauce over top and make sure that meat is thoroughly covered.

Cook on low for 8-10 hours, and on high for 4-5. This recipe can be doubled.

Serve with rice or noodles and a salad. A real company favorite.

Honey Mustard Chicken Recipe

If you don't want to eat skin-on chicken, still cook the dish with the skin-on, even if you don't eat it. The skin will protect the meat from drying out.

1/4 to 1/3 cup smooth Dijon mustard

1/4 to 1/3 cup honey

1 Tbsp olive oil

2-3 pounds chicken thighs (or legs)

Salt

2 sprigs rosemary (or a generous sprinkling of dried rosemary)

Freshly ground black pepper

1 Preheat the oven to 350°. In a large bowl, mix mustard with the honey, and olive oil. Add a pinch of salt and taste. Add more salt and mustard until you get the flavor where you want it.

2 Salt the chicken lightly and lay the pieces skin-side up in a shallow casserole dish. Spoon the honey mustard sauce over the chicken. Place the rosemary sprigs in between the pieces of chicken.

3 Bake for 45 minutes, or until the thighs read 175° on a meat thermometer, or the juices run clear when the meat is pierced with a knife. Remove the casserole pan from the oven, use a spoon to spoon off any excess chicken fat that has rendered during the cooking.

Sprinkle some freshly ground black pepper over the chicken before you serve.

BAKED GARLIC CHEESE GRITS

Ingredients

4 **eggs**, beaten

1/2 cup **milk**

16 oz cheddar cheese, cubed

1/4 teaspoon garlic powder

2 cups regular **grits**

1/4 teaspoon pepper

1 teaspoon salt

6 cups **chicken broth**

1 stick butter or **margarine**

8 oz velveta

Preheat oven to 350°. Grease a 4 quart casserole dish. Serves 12

Bring the broth, garlic powder, salt and pepper to a boil in a 2 quart saucepan. Stir in the grits and whisk until completely combined. Reduce the heat to low and simmer until the grits are thick, about 8 minutes.

Add the cubed cheddar cheese and milk and stir. Gradually stir in the eggs and butter, stirring until all are combined. Pour the mixture into the prepared casserole dish. Sprinkle with the white cheddar cheese and bake for 35-40 minutes or until set. Use lots of butter on top when serving.

Can top with Bacon, cubed tomatoes, scallions- delish

Slow Cooker Beef Paprikash

Cook: 8 hr

Yield:6 to 8 servings

1 medium **onion**, sliced

2 pounds cubed beef stew meat (about 1- to 1 1/2-inch pieces)

2 tablespoons all-purpose flour

Kosher salt and freshly ground black pepper

2 red bell **peppers**, stemmed, seeded and coarsely chopped

2 cloves garlic, minced

1/2 cup low-sodium beef broth

2 tablespoons sweet paprika

2 tablespoons tomato paste

1 teaspoon caraway seeds, crushed

1/2 cup sour cream

1/4 cup freshly chopped dill and/or parsley

Hot boiled egg noodles or potatoes, for serving

Directions

Spread the onions in the bottom of an 8-cup slow cooker. Toss the beef with the flour, 1 teaspoon salt and 1/4 teaspoon pepper and place on top of the onions. Top with the bell peppers and garlic. Stir together the broth, paprika, tomato paste and caraway and pour over the beef. Cover and cook until the meat is very tender, either on high for 4 to 5 hours or on low for 7 to 8 hours.

Uncover and let stand at least 10 minutes. Stir in the sour cream and dill and season to taste with salt and pepper. Serve over egg noodles or potatoes.

UNSTUFFED CABBAGE ROLLS

1 1/2 to 2 pounds lean **ground beef or turkey**
1 tablespoon extra virgin olive oil
1 large **onion**, chopped
1 clove garlic, minced
1 small **cabbage**, chopped

2 cans (14.5 ounces each) diced tomatoes
1 can (8 ounces) **tomato sauce**
1/2 cup water
1 teaspoon ground black pepper
1 teaspoon salt

Directions:

In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender.

Add the garlic and continue cooking for 1 minute.

Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Yield: Serves 6 to 8.

CHICKEN ALFREDO LASAGNA ROLLS

9 lasagna noodles
2 1/2 cups Alfredo sauce
2 cups cooked, shredded chicken
oregano

garlic salt
3 cups shredded Mozzarella, or cheese of your choice

Spray an 8x8 pan with non-stick spray and pour 1/2 cup alfredo sauce, or just enough to cover the bottom of the pan. Boil 8-10 cups water in a large pan, cook lasagna noodles until al dente. (I usually cook 1 or 2 extra just because lasagna noodles always seem to break on me when I am stirring them.)

Now this is the important part! Drain and rinse the noodles with cold water to prevent them from sticking to each other. Then, lay out each noodle individually and blot dry with a paper towel.

Spread about 2 Tbs. Alfredo sauce over each noodle. (if there is too much sauce you will have a big mess on your hands!) Sprinkle oregano and garlic salt on top of sauce. Take 1/9 of the shredded chicken and spread it out evenly over each noodle. Add approx. 3 Tbs. cheese. To roll up, start at one end and roll the noodle over the toppings. You will need to lift the noodle a little to prevent squishing out the inside ingredients while rolling.

Place the roll-ups in the pan, one by one, seam-side down so they don't come undone. Once they are all in the pan, pour the remaining alfredo sauce over the top. Top with remaining cheese. Bake at 350 degrees for about 30 minutes, or until the cheese is completely melted on top. I sometimes broil mine the last 5 minutes to make the cheese toasty on top.

****I ALSO HAVE MADE THIS AS A REGULAR LASAGNA, WITH MEATY MARINARA SAUCE, STUFFED WITH SPINACH AND RICOTTA. YOU CAN ALTERNATE INGREDIENTS AS YOU DESIRE!

Crock Pot Balsamic Chicken

1 teaspoon garlic powder
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon pepper
2 teaspoons dried minced **onion**
4 garlic cloves, minced

1 tablespoon extra virgin olive oil
1/2 cup balsamic vinegar
8 boneless, skinless chicken thighs (about 24 ounces) or breasts
sprinkle of fresh chopped parsley

Directions

Combine the first five dry spices in a small bowl and spread over chicken on both sides. Set aside. Pour olive oil and garlic on the bottom of the crock pot. Place chicken on top. Pour balsamic vinegar over the chicken. Cover and cook on high for 4 hours. Sprinkle with fresh parsley on top to serve.

Servings: 8

Hot Chicken Salad- Nice springy casserole and always is better the 2nd day.

Prep time 30 min.

4 C cooked Chicken, but I use only white meat but it is personal preference
2C diced celery
1 can (8 oz) water chestnuts, drained and chopped
2-3 C. cooked **rice**- I use a 16 rice blend (makes the difference)
1/4 C. sliced green onion
1 C. Cheddar cheese

3/4 C. **Mayonnaise**
1 can (10 3/4 oz) cream of chicken soup, undiluted
1 t. salt
1 T lemon juice
1.5 C. crushed potato chips or seasoned croutons (crushed)
1/2 C. sliced almonds.

Mix together in a large bowl the chicken, celery, water chestnuts, rice, cheese, and green onion. In a small bowl, stir together the mayonnaise, soup, salt, and lemon juice. Add this mixture to the chicken mixture and stir to combine. Spoon into a 9 x 13 inch casserole. Top with crushed chips or croutons and sliced almonds. Feel free to also add more Cheddar cheese on top. Bake in a 375 degree oven for 30 min. Serves 10. Great the second day or make ahead.

Bacon Wrapped Chicken in Mushroom Sauce

2 boneless chicken breasts or thighs
6-8 slices of bacon
Salt, pepper, and onion powder

1 can cream of mushroom soup
Toothpicks
Rice or noodles

Cut breast meat into pieces, approximately 1 to 1½ " by 3 ". Sprinkle both sides with the seasonings. Roll or fold chicken and wrap with bacon slices (cutting bacon strips in half-wrapping one the width and one the length works best)

Secure bacon to chicken with toothpicks. Place in a baking dish and bake at 350° for 30 min. Mix ¾ can of soup with ¼ c. water. Remove most of the bacon grease from the dish, saving about 1 T of grease for sauce. Spoon soup mixture over chicken mixing with gravy around chicken pieces. Bake an additional 25 min. Serve with rice.

Polish Cabbage, Potato, and Bacon Casserole

- 3 medium **potatoes**, cut into 1/2-inch cubes
- 2 tablespoons apple cider vinegar
- Kosher salt and freshly ground black pepper
- 1/4 cup chopped fresh parsley leaves
- 3 slices (about 4 ounces) thick-cut bacon, diced
- 1/2 cup half-and-half
- 1 small but heavy head green **cabbage** (about 2 pounds), quartered, cored, and sliced into ribbons
- 1/4 cup fresh breadcrumbs
- 1 large **onion**, chopped (about 1 1/2 cups)
- Nonstick cooking spray
- 2 cloves garlic, minced (about 2 teaspoons)
- 3/4 cup grated mild white cheese, such as edam or gouda

Adjust oven rack to middle position and preheat oven to 375°F. Add potatoes to a medium pot, add 1 teaspoon kosher salt, and cover with water. Set pot over high heat and bring to a boil, then drop to a simmer. Cook potatoes until they are firm-tender, about 7 minutes. Drain potatoes and set aside.

Add bacon to a heavy-bottomed Dutch oven and set over medium heat. Cook, stirring, until bacon has rendered most of its fat, about 7 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate.

If bacon has rendered more than 3 tablespoons of fat, drain fat, reserving 3 tablespoons. Return Dutch oven to medium-high heat and add cabbage, onions, and garlic. Cook, stirring occasionally, and scraping up any browned bits on the bottom of the pan, until vegetables have wilted and begun to brown, about 15 minutes. Add apple cider vinegar and deglaze pan, stirring rapidly and scraping up any browned bits stuck to the bottom. Add potatoes to cabbage mixture and stir to combine. Season thoroughly with salt and pepper, then add reserved bacon, parsley, half-and-half and breadcrumbs. Stir to combine.

Lightly coat the bottom of a large casserole dish with cooking spray. Add cabbage mixture and press firmly and evenly into pan. Top casserole with an even layer of grated cheese, then cover pan with a sheet of tin foil. Bake

for 20 minutes, then remove foil and bake until casserole is bubbling and cheese has browned, about 20 minutes more. Remove from oven, let rest for 10 minutes, and serve.

Baked Beans with Pineapple

1 pound bacon strips, diced
1 large onion, chopped
3 cans (two 55 ounces, one 28 ounces)
baked beans

2 cans (one 20 ounces, one 8 ounces)
crushed pineapple, drained
1/2 cup packed brown sugar
1/2 cup ketchup

In a large skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon to paper towels. Drain, reserving 2 tablespoons drippings. Saute onion in drippings until tender.

In a very large bowl, combine the beans, pineapple, bacon and onion. Combine brown sugar and ketchup; stir into the bean mixture.

Transfer to two greased 3-qt. or 13-in. x 9-in. baking dishes. Cover and bake at 350° for 20 minutes. Uncover; bake 25-35 minutes longer or until bubbly and beans reach desired thickness. COOK 45 min.

Yield: 25-30 servings.

Baked Margarita Spaghetti Squash

SWEET AND SOUR MEATBALLS

Make your favorite **meatball** mixture—mine is ground turkey, with garlic and Italian spices, 2 eggs and seasoned bread crumbs. Mix together, and using a teaspoon make small round meatballs; bake for about 20-25 minutes on a stone baking sheet (that way there is no grease); otherwise, on another type of baking sheet you get grease.

Sauce

1 jar grape jelly

1 jar barbecue sauce

Put all in a crock pot and let bubble away on low for several hours. Serve over rice or noodles or use as an appetizer

LASAGNA

1 lb. ground beef

3 cups (about 26-oz. jar) spaghetti sauce (I used Ragu **Marinara sauce** with a little Ragu Tomato,

Garlic & Onion Chunky mixed in)

1-3/4 cups (15 oz.) ricotta cheese

1 **egg**, slightly beaten

1/2 teaspoon Italian seasoning

Oven-Ready Lasagna, uncooked (comes in 8-oz. box)

4 cups (16 oz.) shredded mozzarella cheese

1/4 cup grated Parmesan cheese

Remove pasta from package. Heat oven to 350°F. In large skillet, cook meat until browned; remove from heat. Drain. Stir in spaghetti sauce.

In small bowl, stir together ricotta cheese, egg, and Italian seasoning.

Assembly:

1. In 13x9x2-inch baking dish, spread 3/4 cup meat sauce.
2. Place 3 pieces uncooked pasta crosswise over sauce. Pieces should not overlap or touch sides of pan, since they will expand when baked. (I let the pieces touch and overlap a little, because I didn't have room to do otherwise.)
3. Spread about 2/3 cup ricotta mixture evenly over pasta. Spread 3/4 cup meat sauce evenly over ricotta, covering pasta completely; sprinkle with 1 cup mozzarella cheese.
4. Repeat Steps 2 and 3 two more times. (I didn't have room to do this. I think I only did one more layer.) Top with 3 pasta pieces. Spread remaining meat sauce completely over pasta; sprinkle with remaining mozzarella and Parmesan cheese.
5. Cover with foil. Bake 30 minutes; remove foil. Bake 10 to 15 minutes or until hot and bubbly. Let stand 5 minutes before cutting. Serve with additional sauce, if desired.

Note: I didn't measure. I just did each layer, making sure I covered the previous layer, and was generous with the meat and sauce layer. Also, I did not turn the oven on until I had my layers mixed and ready to go.

Desserts



They'll Come Back Cobbler use with any combo of fruits or berries

3 T. Butter or **margarine**

1/1/2 C. Sugar (I use Brown Sugar- it makes a difference) or Splenda is great too

1 C. flour

3 t. salt

3/4 C. milk

3 C. **fresh berries or fruit** (peaches, apples, or your favorite) you can even used **canned fruit**

Cinnamon to taste

Melt butter and pour in a 9 x 9 in. baking dish. Mix 1 C. of the sugar, flour , powder, salt & milk together. Pour batter over melted butter. Add Fresh berries or fruit on top of battle and sprinkle with remaining sugar and cinnamon. Bake at 350 degree oven for 45 minutes. Serve warm with ice cream or whipped cream.

Orange Glaze Cake-

1 pkg. yellow cake mix

1 pkg. vanilla pudding'

O.J.

oil

Confectioner's Sugar

Butter or **margarine**

Follow pkg. directions for cake mix but substitute O.J. for water. Grate 1/4 C. orange rind and add to mix along with pkg. of vanilla pudding mix-dry. Bake in either a 9 x13; pan or my preference in a tube or Bundt cake pan. When completed cool thoroughly.

Glaze:

Take o.j. about 1/2 cup

2 T. butter or margarine, melted

3/4 C. confectionary sugar.

orange rind, grated

Melt butter on top of stove, add o.j. and heat, then add Confectionary Sugar. Take glaze and after taking a knife and putting holes all around the top of the cake, pour glaze over top. Delicious.

Oatmeal Crumble Apple Crisp

Servings: 8

Apple Base:

2 Tablespoon(s) Butter
1/4 Cup(s) brown sugar
5 Whole **apples** (peeled and sliced)

For Crumble:

1 Cup(s) brown sugar	1/2 Cup(s) almonds
1/2 Cup(s) flour	1 Tablespoon(s) stick butter or margarine
1 Cup(s) Quaker® oats	melted
1/2 Teaspoon(s) Cinnamon	1/2 Teaspoon(s) vanilla
1/3 Teaspoon(s) Salt	

PREPARATION:

Preheat oven to 350 Fahrenheit Butter an 8 inch pie glass baking dish. In a bowl toss apples, 2 tablespoons of butter and brown sugar together. Then pour apple mixture into pie glass baking dish. Set to the side. In a medium bowl mix brown sugar, flour, oatmeal, cinnamon, and salt together. Mix well. Then add in almonds, butter, and vanilla. Mix with hands to bring mixture together. Then top your apple mixture with oatmeal brown sugar mixture and place in the oven for 40 minutes. Remove from oven and serve with vanilla ice cream and eat on its own.

APPLE PIE

6 cups thinly sliced, peeled cooking apples (about 2¼ lbs.)	1/2 tsp. ground cinnamon
1 tbs. lemon juice (optional)	1/8 tsp. ground nutmeg
3/4 cup sugar	1/2 cup raisins or chopped walnuts (optional)
2 tbs. all-purpose flour	Pastry for a double-crust pie

Prepare and roll out pastry for double-crust pie. Line a pie plate with half of the pastry. If desired, sprinkle apples with lemon juice. In a large mixing bowl, stir together sugar, flour, cinnamon, and nutmeg; add apple slices and, if desired, raisins or walnuts. Gently toss till coated.

Transfer apple mixture to the pastry-lined pie plate. Trim pastry to edge of pie plate. Cut slits in remaining pastry; place on filling and seal edges. Crimp edge as desired.

To prevent overbrowning, cover edge of pie plate with foil. Bake in a 375°F oven for 25 minutes. Remove foil. Bake for 25 to 30 minutes more or till top is golden. Cool on wire rack. Makes 8 servings, 380 calories per serving.

Note: For Apple Crumb Pie, prepare as above, except substitute a crumb topping for the top crust.

Crumb Topping: 1/2 cup flour 1/2 tbs. cinnamon 1/3 cup brown sugar 1/3 cup butter or margarine

Mix together and sprinkle over apples, covering them well.

Easy Cake Mix Cookies (4 recipes)

If you love cookies, but are short on time, try making these delicious cookies which start with a cake mix. You can make a wide variety of cookies by using different cake mixes.

This recipe is so incredibly easy!

Easy Cake Mix Cookie #1

1 pkg. any flavor Pillsbury Plus Cake Mix

1 egg

1/2 c. **margarine** or butter, softened

Combine all ingredients at low speed until thoroughly moistened. Drop by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheets. Bake at 350 for 9-12 minutes. Cool two minutes; remove from pans.

Tips: If using chocolate cake mix, add 2 Tbsp. water to ingredients. If desired, stir in 1 c. chocolate chips or 1/2 c. chopped nuts. If desired, frost cookies with your favorite flavor of frosting. For sandwich cookies, spread frosting between 2 cookies.

Cake Mix Cookie #2

About five years ago, I discovered a recipe for German Chocolate Cake Mix Cookies. I have since adapted the recipe and now make many different cookies using this basic recipe. I love the versatility and ease of this recipe! Yields about 4 dozen cookies

1 box cake mix (any variety)

1 cup semi-sweet chocolate chips (can substitute caramel or peanut butter chips or do a combination)

1/2 -1 cup **oatmeal** (I always put in as much as I can!)

1/2 cup oil

2 eggs, slightly beaten

1/2 cup **raisins (optional)**

1 tsp. vanilla (optional)

nuts (optional)

Preheat oven to 350. In a large bowl, combine all the ingredients, blending well. If the mixture is too stiff, add a little water. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased cookie sheets. Bake at 350 for 8-10 minutes or until set. Cool 1 minute before removing from the cookie sheets.

Variation: Use white cake mix and add a pudding mix. I added strawberry, for tasty pink cookies. If you use pudding, you will need to add some water (about 1/4 cup). Also, the pudding tends to make the cookies sweeter.

Cake Mix Cookie #3

Yields about 2 dozen.

1 (9 oz.) pkg. yellow cake mix (or your favorite flavor)

2/3 cup **oatmeal**

1/2 cup butter or **margarine**, melted

* For a healthier cookie, **substitute raisins** in place of the chips.

1 egg

*1/2 cup chocolate chips, butterscotch chips, peanut butter chips, M&Ms (your preference)

Preheat oven to 375. In a mixing bowl, beat the cake mix, oatmeal, butter and egg. Stir in the chips. Drop by tablespoonfuls 2 inches apart onto ungreased baking sheets. Bake for 10-12 minutes or until lightly browned. Immediately remove to wire racks to cool.

Devil's Food Cookies

Yields about 5 dozen cookies.

1 (18.5-ounce) package devil's food cake mix
without pudding
1/2 cup vegetable oil
2 eggs, beaten

1/2 cup chopped pecans
6 (1.45-ounce) milk chocolate bars, divided into squares (optional)
1/2 cup coconut (optional)

Preheat oven to 350. Combine cake mix, oil, and eggs in a large mixing bowl and mix well. Stir in the pecans. Drop batter by teaspoons 2 inches apart onto ungreased cookie sheets. Bake for 10 minutes. Remove from cookie sheets and cool completely on wire racks.

Optional: While the cookies are still on the pan, place 1 square of milk chocolate on each; spread gently to frost. Sprinkle with coconut.

Brownies made with zucchini, bananas and applesauce, yielding a brownie with only 120 calories, 2 grams of fat, and a whole bunch of vitamins and minerals, and egg free. YESSSS!!!!

These are even a very moist low fat chocolate brownie alternative, for weight watchers, only 2 wow points per serving (24 servings). It's not going to be the same box brownie, but especially someone that only eats sweets occasionally like me, this healthier option is delish and guilt free!!

1/2 cup applesauce
2 small or medium bananas mashed
1 1/2 cup sugar
2 tsp. vanilla extract
1/2 cup cocoa powder

1 1/2 tsp. baking soda
1/2 tsp salt
2 cups finely shredded zucchini
2 cups all purpose flour
1/2 cup walnut pieces

Directions:

Preheat oven to 350 degrees F. Grease and flour an 9x13 inch baking pan. In a large bowl, mix together the applesauce, mashed bananas and sugar. Add vanilla and cocoa and mix together. Then add baking soda, salt, and zucchini and mix together. Add flour and walnuts and mix together. Spread evenly into a prepared pan. Bake for 25 minutes until brownies spring back when gently touched.

PUMPKIN PIE

16-oz. can pumpkin
2/3 cup sugar
1 tsp. ground cinnamon*
1/2 tsp. ground ginger*
1/2 tsp. ground nutmeg*

3 eggs, slightly beaten
5-oz. can evaporated milk (2/3 cup)
1/2 cup milk
Pastry for single-crust pie

Prepare and roll out pastry for a single-crust pie. Line a 9-inch pie plate with the pastry. Trim; crimp edge as desired.

For filling, in a mixing bowl combine pumpkin, sugar, cinnamon, ginger, and nutmeg. Add eggs. Beat lightly with a rotary beater or fork just till combined. Gradually stir in evaporated milk and milk; mix well.

Place the pastry-lined pie plate on the oven rack. Carefully pour filling into pastry shell. To prevent overbrowning, cover edge of the pie with foil. Bake in 375°F oven for 25 minutes. Remove foil. Bake about 25 minutes more or till a knife inserted near the center comes out clean. Cool on a wire rack. Refrigerate with 2 hours; cover for longer storage. Makes 8 servings, 286 calories per serving.

*If desired, substitute 1½ teaspoons pumpkin pie spice for the cinnamon/ginger/nutmeg

Snickerdoodle Cookies

Makes About 3 dozen

2 cups all purpose flour	2 tsp. cream of tartar
1 tsp. baking soda	1/4 tsp. salt
1 and 3/4 sugar	1 cup unsalted butter or margarine , softened
2 large eggs	4 tsp. cinnamon

Directions

Preheat the oven to 350 F. Grease cookie sheets. Sift together the flour, the cream of tartar, the baking soda, and the salt. Using an electric mixer, beat together the butter and 1 1/2 of the sugar. Add and continue beating, the eggs. Beat flour mixture into butter mixture, until smoothly incorporated. Pull off pieces of the dough and roll between the palms to form generous 1 1/4-inch balls. Roll in a mixture of 1/4 cup of sugar, and the cinnamon. Space about 2 3/4 inches apart on sheets. Bake 1 pan at a time, in the upper third of the oven for about 8 to 11 minutes, or until the cookies are light golden brown around the edges. Rotate sheets half way through baking for even browning. Transfer sheets to wire racks and let stand after cookies firm up slightly, 1 to 2 minutes. Then, transfer the cookies to wire racks and cool thoroughly. Cool cookie sheets between batches or cookies may spread too much. Store, airtight, for 10 days, or freeze up to one month. Enjoy this German classic.

MEXICAN WEDDING COOKIES (also called Russian Tea Cakes)

1 cup (8 oz.) margarine	Dash of salt
2 tsp. vanilla extract	1/2-1 cup chopped walnuts, optional
2/3 cup sifted powdered sugar	2 tbs. water
2½ cups flour	

Combine all ingredients except nuts; mix well; add nuts, if desired. Roll into 1-inch balls; place on ungreased cookie sheet. Bake at 300°F for about 20 minutes. While warm, roll in additional powdered sugar. Store in airtight container. Makes 3 dozen.

Crock Pot Peach Cobbler Recipe

3/4 cup uncooked **old fashioned oats**
2/3 cup brown sugar
3/4 cup granulated sugar
1/2 cup biscuit baking mix (like Bisquick)
3/4 tsp ground cinnamon
5 fresh peaches, peeled and sliced (you can even
use **canned peaches**)

Grease inside of 3-4 quart crock pot. (Grease well so it doesn't stick and burn)

In a bowl, combine sugars, baking mix, oats and cinnamon. Stir in peaches and spoon into slow cooker.

Cover and cook on low for 4 hours.

Serve warm and top with vanilla ice cream!