

Jan Tucker Recipes for 2009

June 2009

Fat Free Fries (6/30/09) Cut 2 scrubbed medium sweet potatoes into quarters, cut each quarter lengthwise into 4 wedges. Arrange on a baking pan misted with nonstick cooking spray. Combine 1/2 teaspoon of each of these: salt, ground cumin, Chile powder and paprika and 1/4 teaspoon pepper. Sprinkle on the potatoes, Bake for 20 minutes at 425 degrees or till potatoes are brown and tender, turning once.

Peaches and Crème Pie (6/26/09) A vanilla wafer pie crust bottom or you could use graham cracker crust. Dissolve small package orange Jell-O in 3/4 cup boiling water until completely dissolved. Add 2 cups ice cubes and stir until slightly thickened. Remove any unmelted ice. Add 1-1/2 cups thawed whipped topping. Stir until well blended, gently stir in 2 fresh peaches, peeled and chopped. Refrigerate.

Easy fruit Salad (6/23/09) Dissolve a small Jell-O in 1 cup boiling water. Add 1 cup whole cranberry sauce, 1 cup crushed pineapple, mostly drained and 1 small can mandarin oranges, drained, or add whatever fruit you have. Pour into 9 by 9 deep serving dish, cover and refrigerate.

Canned Strawberries or Raspberries Recipe (6/22/09) Hull and weigh the berries. For each pound of choice berries allow 10 ounces of sugar and one fourth cup of water or an equal quantity of juice pressed from inferior berries. Cook the sugar and liquid to thick syrup and let cool a little. Put berries, washed and drained, into fruit jars and pour the syrup over the berries in the jars filling them to overflow, adjust numbers and covers. Surround with water at about the temperature of the jars and let boil 10 minutes after boiling begins. Tighten covers. Store in a dark, dry and cool place

Rhubarb Pie (6/19/09) Mix 3 tablespoons flour and 1 cup sugar. Add 1 beaten egg and beat well. Add 3 cups of rhubarb or a little more if you want. Pour into pastry lined pie tin Cover with top crust and bake at 425 degrees for 10 minutes, reduce temperature to 350 degrees for 35 minutes. Makes 8 inch pie.

Linguine & Broccoli (6/18/09) 1 bunch broccoli. Cut off broccoli florets and cut into 2 inch lengths, slicing large ones in halves or quarters. Wash and set aside. Put 6 Tablespoons olive oil, 2 Tablespoons safflower oil. 2 Tablespoons coarsely chopped garlic, hot pepper flakes (opt). When oil gets hot add broccoli, 1 cup water and 1/2 pound linguine, broken into 2 inch lengths. Stir to combine thoroughly - if the pasta is not mixed well at the beginning it will stick together. Add salt and pepper and stir, then cover. Cook over moderate heat, stirring often making sure the pasta does not stick, add more water if necessary. Cook about 10 minutes.

Coconut Rhubarb Dessert (6/17/09) In a large saucepan combine 4 cups rhubarb, 1 to 1/4 cup sugar depending on sourness and 1-1/2 cup water. Cook until rhubarb is tender. Cool slightly. Pour into greased 9 by 13 pan. Sprinkle 1 package butter pecan cake mix (I used yellow but I would use white if I could not get the butter pecan) over the rhubarb. Top with 1 cup flaked coconut and 1/2 cup chopped pecans. Drizzle with 1/2 cup butter or margarine, melted. Bake at 350 degrees for 25 to 30 minutes (It took mine nearly 34)

Honey Chicken (6/16/09) 3 chicken breasts, skinned. Place in shallow baking pan. Combine: 1/4 cup butter or margarine, softened, 1/4 cup honey, 1/8 cup prepared mustard, and 1/2 teaspoon curry powder Optional. Salt as desired. Pour this over chicken and bake at 350 degrees for 1-1/2 hours, basting every 20-30 minutes until chicken is tender.

Olive Pepperoni Spread (6/15/09) 8 oz cream cheese, softened, spread into 9 inch pie plate. Layer with 1/2 cup pizza sauce, 1 cup shredded Italian Cheese blend, 1/4 cup sliced and quartered pepperoni. Bake at 350 degrees for 10-15 minutes or till cheese is melted. Sprinkle with 2 Tablespoons rip olives, drained and cut.

Jambalaya Pasta (6/12/09) Sauté in a little butter or olive oil: 1/2 cup of each these, chopped onion, chopped green pepper and chopped sweet red pepper until tender. Stir in 14-1/2 oz Italian diced or stewed tomatoes, undrained, 14-1/2 oz can chicken broth, 2/3 cup sliced fresh mushrooms (opt) 1 teaspoon basil or thyme, 3-4 bay leaves, 1/4 teaspoon pepper, 1/8 teaspoon cayenne pepper. Heat well. Cook 8 oz spiral pasta until done and add to the sauce along with 2 cups cubed cooked chicken, turkey or pork.

Iced Cinnamon Chip Cookies (6/10/09) Cream together 1 cup butter, softened and 3/4 cup regular sugar and 3/4 cup brown sugar until fluffy. Add 2 eggs and 1 t vanilla. Add 3 cups flour, 1 teaspoon baking soda, 1 teaspoon salt, and mix well. Fold in 10 oz package cinnamon baking chips. Drop by tablespoonfuls onto ungreased baking sheets. Bake at 350 degrees for 10-12 minutes. Place on racks to cool. Frost with powdered sugar frosting.

Shredded Beef (6/9/09) Cut a beef chuck roast (about 3 pounds) in half and place in a 4-5 qt slow cooker. Mix together either 2 cups beef broth and 2 cups of water with 2 teaspoons beef granules, add 1-1/2 teaspoons oregano, 1 teaspoon garlic salt, 1 teaspoon seasoned salt and 1/4 teaspoon rosemary. Cover and cook on low for 6-8 hours or till meat is tender. Remove beef, cool slightly. Meanwhile skim fat from cooking liquid. Shred meat with two forks, return to the cooker liquid and heat. Serve on bun with some cooking liquid on the side if they want to dip in aujus.

Tropical Pie (6/8/09) Drain a 20 oz can unsweetened crushed pineapple, reserving the juice. Place 2 medium firm bananas sliced into the pineapple juice and set aside. In a bowl beat 4 oz low fat or fat free cream cheese, 4 teaspoons sugar or sugar substitute which equals 4 teaspoons sugar and 1 Tablespoon reserved pineapple juice till smooth. Fold in 1/4 cup reduced fat whipped topping. Drain bananas and arrange half of them on the bottom of a graham cracker pie crust. Spread cream cheese mixture on top, top with the crushed pineapple and then the remaining bananas. Top with 1-3/4 cup whipped topping. Garnish with cherries if you wish and refrigerate for several hours.

North Pacific Chowder (6/5/09) In a large fry pan cook 8 bacon strips until crisp. Drain reserving 1 teaspoon drippings. Crumble bacon and set aside. Sauté 1 small onion, chopped, 1 celery rib, chopped. Add 32 oz chicken broth and 4 medium potatoes, cubed and cook until potatoes are tender. Combine 2 Tablespoon flour and 1 pint half and half or milk until smooth. Gradually stir into soup. Bring to a simmer and cook and stir for 2 minutes. Stir in 1 pound halibut fillets, cubed, 1 Tablespoons minced fresh tarragon or 1 teaspoon dried tarragon, 1/2 teaspoon salt, 1/4 teaspoon pepper. Reduce heat, simmer uncovered for 5-10 minutes or till fish

flakes easily with a fork.

Pineapple Glazed Carrots (6/3/09) Place 16 oz pkg fresh baby carrots and 2 Tablespoons water in a microwave safe bowl. Cover and microwave on high for 4-6 minutes or till crisp tender. In another microwave safe bowl combine 1/4 cup pineapple preserves 2 Tablespoons sugar, 2 Tablespoons butter 1/4 teaspoon salt and cook on high for 1-2 minutes or till preserves are melted. Pour over carrots, toss to coat and sprinkle with parsley.

Rhubarb Bars (6/2/09) In a pot Simmer until thick: 3 cups chopped rhubarb, 2 teaspoons orange zest, juice of 1 large orange, 1/4 cup water and 1 cup granulated sugar. In a bowl combine: 1 cup brown sugar, 1-1/2 cup flour, 1-1/2 cup oatmeal, (not instant), dash salt, 1 teaspoon cinnamon. With fingers work in 1 cup butter until crumbly. Mix in 1/2 cup walnuts, chopped, optional. Pat one half of this dough into lightly greased 9 by 13. Pour rhubarb over this crust and top with remaining oatmeal mixture. Bake at 350 degrees for 30-35 minutes until nicely browned

Smoked Salmon Spread (6/1/09) Remove any skin from 4 oz smoked salmon, cut up. With electric mixer or by hand mix together 4 oz light cream cheese at room temperature, the salmon, 2-3 horseradish, optional, 1 Tablespoon chopped green onion, 1 teaspoon lemon juice dash of salt . Can be refrigerated over night. Serve with crackers, or cracker cups.

July 2009

Very Berry Salad (7/31/09) In a large bowl dissolve 2 - 3 ounce packages strawberry gelatin in 2 cups boiling cranberry juice. Let stand for 10 minutes. Stir in 1-1/2 cups club soda, chilled and 1 teaspoon lemon juice, Refrigerate for 45 minutes or till partially set. Fold in 1 cup fresh blueberries, 1 cup fresh raspberries and 1 cup sliced strawberries. Refrigerate until set.

Peach Pie with a Kick (7/29/09) Line a 9 inch pie plate with pastry from a double crust. Set aside. In a bowl, toss 6 cups sliced peeled fresh peaches with 2 Tablespoons lemon juice. In a bowl combine 2/3 cup sugar, 1/3 cup flour, dash salt and dash nutmeg. Add to peaches and toss. Pour into crust, sprinkle with 3 or more Tablespoons red hot candies and dot with 2 Tablespoons butter or margarine. Put top crust on, trim and seat and cover edges loosely with foil. Bake at 425 degrees for 25 minutes, reduce heat to 350 degrees take off foil and bake for 20 minutes or longer till crust is golden and filling bubbly.

Baked Rice (7/28/09) In a greased 12 oz baking dish, combine 1/2 cup chicken broth, 1/4 cup uncooked long grain rice, 1 teaspoon minced parsley, salt and pepper to taste. Cover and bake at 350 degrees for 30-35 minutes or till rice is tender. Sprinkle with 1/4 cup shredded cheddar cheese and bake 4 minutes longer or till cheese is melted.

Tex Mex Ham and Eggs (7/25/09) In a skillet, sauté 1 cup chopped fully cooked ham and 1/2 cup chopped onion in a little oil until ham is lightly browned and onion is tender. Remove and keep warm. Add 1 Tablespoon oil to skillet and cook 2 cups frozen shredded has brown potatoes until tender, turning to brown. In a small bowl beat 2 eggs, 2 Tablespoons milk, salt and pepper, add to skillet. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are set, spoon ham mixture over top, heat through. Sprinkle with 1/2 cup shredded

cheddar cheese, top with salsa and cut into wedges.

Pink Lemonade Dessert (7/24/09) In a bowl, combine 2 cups crushed butter-flavored crackers (about 50) and 1/4 cup confectioner's sugar and 1/2 cup butter or margarine, melted. Press into greased 13 by 9 dish. Set aside. In a blender or food processor combine 1 can (14 oz) sweetened condensed milk, 3/4 cup pink lemonade and process until blended. Fold in 12 oz carton frozen whipped topping, thawed and if you wish 2-3 teaspoons red foot coloring, optional. Spread evenly over crust. Cover and refrigerate.

Cheddar Potato Strips (7/23/09) In a greased 13 by 9 inch baking dish, arrange 3 large potatoes into 1/2 inch strips in a single layer. Pour 1/2 cup milk over potatoes. Dot with 1 Tablespoon butter or margarine, sprinkle with salt and pepper. Cover and bake at 425 degrees for 30 minutes or till potatoes are tender. Sprinkle with 1/2 cup shredded cheddar cheese and 1 Tablespoon minced fresh parsley. Bake uncovered 5 minutes longer or till cheese is melted.

10 Minute Tomato Soup (7/22/09) In a large heavy saucepan heat 2 cups crushed canned tomatoes until boiling. Remove from heat and add 1/2 teaspoon baking soda, 2 cups milk and 2 Tablespoons butter and heat till butter is melted and soup is heated through.

Steamed Lemon Broccoli (7/21/09) Place one large bunch broccoli, cut into spears in a basket over boiling water in a saucepan, cover and steam for 5-6 minutes or till crisp tender. Rinse in cold water. Drain and set aside. In a skillet, sauté 1 medium onion, thinly sliced, 1 cup celery, thinly sliced and 3 garlic cloves (or less) in 3 Tablespoons butter or margarine until vegetables are tender, about 5 minutes. Add 1-1/2 teaspoons lemon juice, lemon peel if desired, salt and pepper. Then add broccoli and heat through.

Pineapple Upside Down Cake (7/20/09) Prepare a yellow cake mix with 1 (four serving) vanilla instant pudding and pie filling (dry) 4 eggs, 1 cup pineapple juice, and 1/2 cup vegetable oil. Pour batter evenly over the fruit in the 13 by 9 pan and Bake at 350 degrees for 1 hour or until toothpick comes out clean. (It did not take an hour for me) Run knife around edges to make sure the cake is clear and invert onto serving tray.

Tangy Citrus Chicken (7/17/09) Place 6-8 chicken breasts in a 13 by 9 baking dish, coated with non stick spray. Mix together 1 can, 6 oz, frozen lemonade concentrate, thawed, 1/2 teaspoon honey, 1 teaspoon sage, 1/2 teaspoon dry mustard, 1/2 teaspoon thyme and 1/2 teaspoon lemon juice. Mix well. Pour one half of this over the chicken and bake uncovered at 350 degrees for 20 minutes. Turn chicken, Pour remaining sauce on chicken and Bake 15 or 20 minutes longer until juices run clear and chicken is done.

Chicken A La King Pasta (7/16/09) Heat oven to 350 degrees. Spray a 9 by 13 baking dish with cooking spray. In a bowl: mix 2 cans fat free cream of chicken soup. One 12 oz can fat free evaporated milk (or your own milk) 1/2 cup dry sherry or chicken broth, salt, 2 cups cooked boneless chicken breast, coarsely chopped, 2 cups wide egg noodles, 1 cup onion, chopped, 1 cup green pepper, chopped, 2 (6 oz) jars whole mushrooms, drained, pimentos opt. Pour into baking dish. Cover tightly with foil. Bake at 350 degrees for 60-70 minutes or till noodles are tender and mixture is hot a bubbly.

Orange Swirl Cake (7/15/09) Make a package of yellow cake mix according to package

directions. Remove 1-1/2 cup of the batter and pour the remaining batter into a sprayed 9 by 13 pan. To the 1-1/2 cups of batter add a small package orange gelatin and 1/2 teaspoon orange extract/ Drop orange batter by heaping Tablespoonfuls over the other batter. Then take a knife and swirl the orange into the other batter, Bake at 350 degrees for 33 to 38 minutes. (It did not take mine that long). Cool and frost with favorite frosting. You could use red gelatin with almond extract.

Easy and Delicious Crockpot Chicken (7/14/09) 4-6 boneless chicken breasts, skinned. Layer each chicken breast in crockpot as follows: chicken breast, salt and pepper, spoonful of cream of chicken soup, slice of onion. Repeat layers. Add 1/2 cup dry white wine. Cook on high until chicken is tender, approximately 3-4 hours. Serve over rice or egg noodles.

Maple Apple Topping (7/13/09) In a large skillet, melt 1/2 cup butter or margarine, Add 3 large tart apples, peeled and sliced, 1-1/2 cup maple syrup, 1 teaspoon cinnamon. Cook over low heat and stir until apples are tender. Stir in 1/2 cup chopped nuts, if desired. Serve over waffles or pancakes.

Strawberry Rhubarb Upside Down Cake (7/10/09) Heat oven to 350 degrees and melt 1/4 cup butter or margarine in 13 by 9 pan. Sprinkle with 1 cup brown sugar, Arrange 2 cups strawberries over the top and Sprinkle evenly with 2 cups rhubarb. Press strawberries and rhubarb gently into brown sugar. Beat package vanilla cake mix with 1-1/4 cup water, 1/3 cup vegetable oil and 3 eggs. Pour batter over rhubarb and strawberries and Bake at 350 degrees for 45 to 55 minutes. Immediately run knife around side of pan to loosen cake and invert onto serving plate. Leave pan over cake for one minute so brown sugar topping can drizzle over cake.

Chicken- Fruit Pasta Salad (7/9/09) Cook 2 cups bow tie pasta according to package directions. In a large bowl combine: 2 cups cubed chicken, 11 oz can mandarin oranges, drained, 1 cup halved green grapes. Drain and rinse pasta with cold water. Add to the chicken mixture and drizzle with ranch dressing.

Angel Lush from Kraft (7/8/09) 1 round angel food cake, cut horizontally into three layers or in a loaf angel, cut several pieces. In a bowl mix together 20 oz can crushed pineapple, 1.5 oz fat free-sugar free vanilla flavored vanilla instant pudding. Then stir in 1 cup thawed light whipped topping. Frost angel food layers. Refrigerate and top with strawberries.

Banana Oatmeal Cookies (7/7/09) Cream together 1 cup sugar, 1 cup butter flavored shortening, 2 eggs and 1 teaspoon vanilla. Mix together 2 cups flour, 1 teaspoon baking soda, 1 teaspoon cloves, 1 teaspoon cinnamon. Mix into creamed mixture and stir in 3 medium ripe bananas, mashed and 2 cups quick cooking oats. Fold in 1 cup semisweet chocolate chips, or cinnamon chips or butterscotch chips. Drop by rounded teaspoonfuls onto greased cookie sheets/ Bake at 375 degrees for 10-12 minutes. Immediately remove to racks.

Baked Chicken with Mushroom Sauce (7/6/09) Arrange one chicken, cut up in a highly greased 9 by 13 pan (skinned). Sprinkle with salt and pepper. Combine: one can of cream of Mushroom soup, 1 cup grated cheddar cheese, 1 teaspoon sage, 4 green onions, sliced and chopped and 4 oz can sliced mushrooms, drained. Pour this sauce over chicken and Bake at

375 degrees for an hour or until chicken is done, basting occasionally.

Baked Shoe Peg Corn (7/3/09) Preheat oven to 350 degrees. Beat 3 eggs in a medium bowl. Stir in three 12 oz cans of shoe peg corn, drained and 9 oz shredded pepper jack cheese. Place in a buttered 2 qt casserole dish. Bake uncovered 25 minutes.

August 2009

Homemade Vanilla Nancy W (8/31/09) One 750 ml bottle of brandy, any kind even the cheap kind. Split or cut 5 to 6 Vanilla beans with a kitchen scissors and place them in the brandy. Let sit at least 2 months (occasionally shaking the bottle.) The longer it sits the richer it becomes. To make a Christmas gift out of it, Nancy puts it in small bottles, adds a piece of the vanilla bean, tie with a ribbon and you are done.

Pickled Green Beans and Red Onions (8/28/09) Put 2 pounds green beans into a steamer basket and sprinkle with 2 tablespoons pickling spices, or more if desired. Steam until tender. Drain. In a large bowl: combine: 2 red onions, thinly sliced, 2 garlic cloves, crushed, 2-3 Tablespoons chopped cilantro or 2 teaspoon finely chopped thyme, 1/2 cup cider or wine vinegar, 1/4 cup olive oil, 1/4 to 1/2 teaspoon hot pepper flakes, salt to taste and fresh ground pepper. Add drained beans to the bowl. Cover with plastic wrap and marinate several hours or overnight.

Dave's Special Zucchini (8/27/09) One large zucchini, peeled and sliced thin, one large white onion sliced thin, 3 tomatoes, sliced thin, Preheat oven to 350 degrees and layer zucchini, onion and tomatoes in a 15 by 10 baking pan. Sprinkle over this: 2 teaspoons garlic powder, 2 teaspoon pepper, 1 teaspoon marjoram (sp) 1 teaspoon tarragon. Cover with foil but do not include the 1/4 inch all around the pan. Bake at 350 degrees for 45 minutes. Sprinkle with 1/2 cup grated parmesan cheese and bake uncovered about 15 percent and let set for 5-10 minutes.

Peachy Sweet Potatoes (8/26/09) Scrub and pierce 4 medium sweet potatoes. Place on a microwave safe plate. Microwave uncovered on high for 10-12 minutes or till tender, turning once. Meanwhile in a small saucepan, Combine 1 medium peach, peeled and chopped, 3 Tablespoons butter, 2 Tablespoon cinnamon-sugar and dash of salt. Bring to a boil. Cover and stir for 2-3 minutes or until the peach is tender. Cut an X in the top of each potato, fluff pulp with a fork. Spoon peach mixture into each potato.

Lazy Day Cabbage Rolls (8/25/09) Brown together: 1-1/2 to 2 pounds hamburger, 1 small onion, chopped, dash of Worcestershire sauce, salt and pepper to taste and 1/4 teaspoon garlic powder. Mix together 1 can tomato soup, 1/2 can tomato paste, 1 full can water, 1/2 cup rice. Add tomato mixture to hamburger mixture. Shred 1 small cabbage coarsely chopped and place in bottom of greased casserole and add hamburger mixture on top You may top with a little cheddar or American cheese and Bake at 325 degrees for 1-1/2 hours.

Old Fashioned Raisin Bars (8/24/09) Put in a saucepan, 1 cup raisins and 1 cup water. Boil. Remove and add 1/2 cup oil or shortening. Add 1 slightly beaten egg and 1 cup sugar. Add: 1-3/4 cup flour, 1/4 teaspoon salt, 1 teaspoon baking soda, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon allspice and 1/2 teaspoon cloves. Bake at 375 degrees for 20 minutes in a

9 by 13 greased pan. When cooled slightly sprinkle with powdered sugar.

Cheesy Cauliflower (8/21/09) In a covered saucepan, cook 1 large head cauliflower, about 2 pounds broken into florets in a small amount of water until crisp-tender. Meanwhile in another saucepan, melt 1/3 cup butter or margarine. Stir in 1/3 cup flour salt and pepper until smooth. Gradually stir in 2-1/2 cup milk and bring to a boil. Cook and stir for 2 minutes or until thickened. Remove from the heat. Drain the cauliflower. Add 1 cup frozen peas and 1/2 cup sliced fresh mushrooms, 1 cup of shredded cheddar cheese and cauliflower to the milk mixture. Stir gentle. Transfer to a greased 2-1/2 qt. baking dish. Sprinkle with 1/2 cup shredded cheddar cheese. Cover and bake at 350 degrees for 15 minutes. Bake 10 minutes longer or until heated.

Pork Burgers with Cayenne Mayonnaise Topping (8/20/09) Combine: 1-1/2 pounds ground pork, 2 teaspoon minced garlic (or garlic powder) 1/2 cup diced onion, 2 Tablespoons chopped fresh parsley, 2 teaspoon sage, salt and pepper to taste. Form into 6 patties. In a separate bowl combine 1/2 cup mayonnaise and 1/4 teaspoon or more of ground cayenne pepper. Grill or broil patties until desired doneness. Pork should be cooked to an internal temperature of at least 160 degrees. Toast buns on grill if desired. Serve burgers on buns if you wish use the flavored mayo.

Old Fashioned Pork Chops (8/19/09) Place 1/2 cup flour, 1-1/2 teaspoon dry mustard, 1/2 teaspoon garlic salt and 1/2 teaspoon pepper in a large resealable plastic bag. Add 6 boneless pork loin chops and coat. Lightly brown in oil and transfer to a 3 quart slow cooker. Top with 1 can of condensed chicken rice soup, undiluted, 1 medium onion chopped, and 1-1/2 teaspoon dried parsley flakes. Cover and cook on low for 5-6 hours or till pork is tender.

Breakfast Bread Pudding (8/18/09) Spray insert of slow cooker with PAM. Into the cooker place: 4-1/2 cups French bread cubes (1inch cubes) 1/2 cup slivered almonds, opt. 1/2 cup dried cherries. In a bowl whisk together: 1-1/2 cups skim milk, 3/4 cup egg beaters, 1/3 cup honey, 1/2 teaspoon ginger, 1/2 teaspoon almond extract 1/2 teaspoon cinnamon. Pour egg mixture in the cooker over the bread cubes and toss to coat the bread, press down slightly. Cover and cook on low setting 2-3/4 hours or till knife inserted in center comes out clean. Serve warm.

Fish Fillets with Mushrooms (8/17/09) Arrange one pound of fillets in 7 by 12 inch glass baking dish, placing thickest portion around outer edge. Dot with 2 tablespoon butter; sprinkle with mixture of 1/2 teaspoon lemon juice mixed with 2 Tablespoons water. Top with 2 green onions, sliced, 1/2 cup sliced fresh mushrooms, 1 tomato, peeled and chopped and 1/2 teaspoon salt. Microwave, covered with waxed paper, on high for 5 minutes. Let stand 5 minutes.

Cheesy Chicken Quesadillas (8/14/09) In a bowl mix together: 2 cups chopped cooked chicken, 1/2 cup shredded Cheddar cheese, 2 Tablespoons chopped onion, 1-3/4 teaspoons taco seasoning, 1-1/2 Tablespoon chopped cilantro (opt). Place 2 - 6 inch tortillas on baking rack over a baking sheet. Spread 1 heaping cup of chicken mixture over each tortilla. Top with another tortilla and press down gently. Bake at 450 degrees for 8 minutes or till cheese has melted. Cut into quarters and serve with salsa, if you want.

Strawberry Rice Salad (8/13/09) Prepare a 3 oz package strawberry gelatin, according to

package directions. Add 1 cup rice, cooked and mix well, Chill until set. Stir up the congealed gelatin mixture with a fork until broken up. Add 20 can crushed pineapple, drained, 2 cups miniature marshmallows, 1 cup flaked coconut (opt.) and 8 oz carton whipped topping. Mix well. Chill until serving time. Store in refrigerator.

Garden Casserole (8/12/09) Layer: 6 small unpeeled zucchini, sliced, 2 tomatoes, peeled and chopped, 1/2 cup celery, 1 small onion, sliced in a glass casserole. Add 1/2 teaspoon oregano and salt and pepper to taste. Microwave, covered on high until vegetables are tender-crisp. Add 3/4 cup chopped Mozzarella cheese and microwave until cheese melts.

Oreo Truffles (8/11/09) In a Large bowl mix together 18 oz package of chocolate sandwich cookies with white filling, very finely crushed, with 8 oz of softened cream cheese. Form 1 inch balls by hand. Dip balls into melted white chocolate or dark chocolate. Place on baking sheet lined with wax paper. Refrigerate one hour or till firm.

Tomatoes with Basil (8/10/09) In a small bowl mix together 1 Tablespoon canola oil, 1 teaspoon cider vinegar, 1 teaspoon dried basil leaves, crushed OR 3 teaspoon chopped fresh basil, 1/4 teaspoon minced garlic, 1/8 teaspoon pepper and pinch of sugar. Let stand for 30 minutes so flavors can blend. Lay out 2 medium tomatoes, sliced into 1/4 inch thick on a flat pan. Spoon a little of the dressing on top of each tomato slice then sprinkle with sliced green onions/ Cover with plastic and chill for 15 minutes.

Microwave Bread and Butter Pickles (8/7/09) Mix together: 2 cups sliced cucumbers, 1 cup sliced onions, 1/2 cup white vinegar, 1/2 teaspoon salt, 1/2 teaspoon mustard seed, 1/4 teaspoon celery seed, 1/4 teaspoon turmeric, 1 cup sugar. Mix well and cover with plastic wrap. Microwave on high for 7-8 minutes. Refrigerate before serving.

Strawberry Slush (8/5/09) In a blender combine: 3/4 cup water, 3/4 cup pink lemonade concentrate, 10 oz package frozen sweetened sliced strawberries thawed and 3/4 cup ice cubes, process until blended. Pour into freezer container. Cover and freeze for at least 12 hours or up to 3 months. Let stand at room temperature for 1 hour before serving. Stir in 1 cup club soda and pour into chilled glasses. Serve immediately.

Strawberry Bread (8/4/09) Combine 3 cups flour, 1 teaspoon baking soda, 1 teaspoon cinnamon, 2 cups sugar, 1 teaspoon salt. Make a well in the center and add, 4 eggs, 1-1/4 cup oil, 1-3/4 cups sliced strawberries, stir until mixed. Fold in 1 cup chopped pecans. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 40-60 minutes or till loaves test done. Remove to wire racks and cool

Blueberry Rhubarb Crumble (8/3/09) Combine: 6 cups fresh or frozen unsweetened blueberries, 4 cups diced fresh or frozen rhubarb, 1 cup sugar, 1/4 cup flour. Transfer to greased 9 by 13 pan. Topping: Cut 1/2 cup cold butter or margarine into 1 cup quick cooking oats, 1 cup packed brown sugar, 1/2 cup flour, 1/2 teaspoon nutmeg, 1/2 teaspoon cinnamon. Sprinkle over fruit mixture. Bake at 350 degrees for 45-55 minutes or till fruit is bubbly and topping is golden brown. Let cool 10 minutes.

September 2009

Swiston's Apple Chili (9/30/09) From Lake Superior Magazine. Combine 2 -12 ounce cans kidney or chili beans, 1- 8 ounce can tomato paste, 2 cans tomato soup, and 1 cup milk in a large pot. Cook over medium heat. Add one 12 ounce can whole tomatoes, crushed or 1 can diced tomatoes. Brown 2 pounds hamburger and 1 small chopped sweet onion, drain and add to tomato mixture. Core and dice 2 Cortland apples and add to the pot. Season to taste with chili powder and cumin. Cook on medium heat for 45 minutes to an hour, stirring occasionally. Top with sour cream, shredded cheese and crushed crackers.

Creamy Rice Pudding (9/29/09) In a medium saucepan, bring 1 1/2 cups water to a boil. Add 3/4 cup uncooked white rice and stir. Reduce heat, cover and simmer for 20 minutes. In another saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, 1/3 cup white sugar and 1/4 teaspoon salt. Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in another 1/2 cup milk, one beaten egg and 2/3 cups golden raisins. Cook 2 minutes more, stirring constantly. Remove from heat, and stir in 1 tablespoon butter and 1/2 teaspoon vanilla extract. Serve warm.

Easy Crock-pot Meatball Soup (9/28/09) Combine a 16 ounce frozen fully cooked bag of meatballs with 2-14 ounce cans condensed beef broth, 1 cup of water and 2-14 ounce cans dices tomatoes with herbs, undrained in a 3 to 4 quart crackpot. Cover and cook on low for 9-10 hours or until meatballs are tender when pierced with a fork. Stir in a 16 ounce bag of frozen mixed vegetables and 1 teaspoon dried thyme leaves and 1/8 teaspoon pepper and mix well. Cover and cook on high for an additional hour. 6 servings

JELL-O Magic Mousse (9/25/09) Add 3 cups boiling water to 1 - 6 ounce package, or 2 - 3 ounce packages of Strawberry Jell-O gelatin mix; stir 2 minutes until completely dissolved. Whisk in 1 tub (16 ounce) COOL WHIP until well blended. (Mixture will be thin.) **Pour** into 10 glasses or dessert dishes, 1-1/2-qt. bowl or 6-cup mold sprayed with cooking spray. Refrigerate 8 hours or until set. If using mold, un-mold dessert onto serving plate just before serving.

Cucumber Ranch Burger (Dave from Bruno's) (9/24/09) What you'll need: 1 pound ground chuck, 4 hamburger buns, 4 slices Swiss cheese, 1 cucumber, sliced thin, 1/2 sweet onion, sliced thin, 4 large tomato slices, your favorite ranch dressing. Divide the ground chuck and make 4 burgers any way you want, cover with cheese when done. Toast the hamburger buns slightly. Put onion slice and 1 tablespoon ranch on the bottom bun, then hamburger patties, cucumber, 1 more tablespoon ranch dressing, tomato and top bun.

Parmesan Bow-Tie Skillet (9/23/09) COMBINE: 3 cups bow-tie pasta, cooked and drained, 1 - 14 ounce jar spaghetti sauce, 1/2 cup Ricotta Cheese, 1/2 cup shredded Mozzarella Cheese and 2 Tablespoons grated Parmesan cheese in large skillet or large saucepan. Cook on medium heat for 10 minutes or until heated through, stirring occasionally. Remove from heat. Sprinkle with 1/2 cup mozzarella cheese and 2 Tbsp. Parmesan cheese; cover. Let stand 5 minutes or until mozzarella cheese is melted.

Apple Butter (9/22/09) 6 apples, peeled, quartered and cored. Fill a pan with apples. Add 1/2 teaspoon of spices such as cloves, allspice, cinnamon whichever you like. Cover with 2 cups good cider. Simmer slowly, stirring from time to time with spoon until it becomes dark brown with just enough juice to keep it soft and buttery. Remove it from heat and place in well covered jars. Refrigerate and the longer it sits the better it is.

Pasta Veggie Medley (9/21/09) Cook 8 oz pasta according to package directions. Meanwhile

in a skillet, sauté 1 medium onion, in 2 Tablespoons oil until tender. Add 2 small zucchini, julienne and 2 medium carrots, julienne and stir fry until tender. Drain Pasta, place in serving bowl, add vegetables and toss gently. Add 2 Tablespoons grated Parmesan cheese.

Banana Delight (9/18/09) In a small bowl, combine: 20 vanilla wafers, crushed, 1/2 cup sugar, and 1/2 teaspoon cinnamon. Set aside. In a large skillet, sauté 8 medium bananas cut into 1/2 inch slices in 1/3 cup butter over medium heat for 1 minute. Sprinkle with the crumb mixture and cook for 3 minutes or till heated through. Serve warm.

Golden Peach Pie (9/17/09) Line a 9 inch pie plate with regular pastry. Set aside. In a bowl combine: 1 cup sugar, 1/4 cup cornstarch, 1/4 teaspoon ground nutmeg, 1/8 teaspoon salt, 2 teaspoons lemon juice, 1/2 teaspoon orange peel grated, 1/8 teaspoon almond extract. Add 5 cups sliced, peeled fresh peaches, about 5 medium, Toss gently with sugar mixture and place in 9 in crust. Dot with 2 Tablespoons butter or margarine. Roll out top crust, brush with milk. Either lattice the crust on top or place full top on pie. Cover the edges loosely with foil. Bake at 400 degrees for 40 minutes. Remove foil and bake at 400 degrees for 40 minutes, remove foil and bake 10-15 or till crust is golden.

Raspberry Meringue Pie (9/15/09) In a bowl combine 1 cup flour, 1/3 cup sugar, 1 teaspoon baking powder, dash of salt. Cut 2 Tablespoons cold butter or margarine. Combine 1 egg beaten and 2 Tablespoons milk. Stir into flour mixture. Dough will be sticky. Press into the bottom and up the sides of a greased 9 inch pie plate. Set aside. In a mixing bowl, beat 2 egg whites on medium speed until soft peaks form. Gradually beat in 1/2 cup sugar, 1 Tablespoon at a time until stiff peaks form. Fold in 2 cups unsweetened raspberries. Spoon over crust. Bake at 350 degrees for 30-35 minutes or until browned. Cool on wire rack, refrigerate leftovers.

Microwave Acorn Squash (9/14/09) Pierce 2 medium acorn squash several times with a knife or fork. Place on a microwave-safe plate. Microwave on high for 5 minutes. Cut in half, remove seeds and strings. Place cut side down, in a microwave safe dish, cover with wax paper. Microwave for 7 minutes. Combine 2/3 cup crushed butter-flavored crackers, 1/3 cup butter or margarine, melted, 3 Tablespoons brown sugar and 1/8 teaspoon nutmeg. Turn squash over, fill with cracker mixture. Microwave for 2-3 minutes or till squash is tender.

Green Tomato Raspberry Jam (9/11/09) Combine 5 cups ground up green tomatoes, 1-1/2 teaspoon lemon juice, and 5 cups sugar. Boil for about 20 minutes. Careful stirring all the time to make sure does not stick or burn. Add 2- 3oz boxes of raspberry Jell-O and stir till Jell-O is dissolved. Pour into jars and refrigerate.

Pineapple Millionaire Pie (9/10/09) In a large bowl, mix 1 can sweetened condensed milk and 1/2 cup lemon or lime juice. Add 20 oz can crushed pineapple well drained and 4 oz flaked coconut. Fold in 8 oz Cool Whip. Pour one half of this mixture into two graham cracker pie crust shells. Chill well and serve.

Carrots and Apples (9/9/09) Sauté 3 medium carrots, peeled and sliced in 2 Tablespoons butter in a skillet until tender-crisp. Add 1 medium apple, sliced. Cook until heated through, stirring constantly. Stir in 1/2 teaspoon cinnamon and sprinkle with about 1/4 cup brown sugar. Serve.

Turtle Pumpkin Pie (9/8/09) 1 baked graham cracker crust. Pour ¼ cup caramel topping into graham cracker crust. Sprinkle ½ cup pecans over the caramel. Mix 2 packages instant vanilla pudding, 1 cup milk, 1 cup canned pumpkin, 1 teaspoon cinnamon, pinch nutmeg; whisk until blended. Stir in 1 ½ cups whipped topping and spread on crust. Add a few pecans and drizzle caramel on top. Refrigerate until firm.

Glorified Rice (9/4/09) Dissolve 3 oz. package yellow Jell-O in one cup boiling water. Add 1 cup fruit juice (any kind) when cold whip to consistency of heavy cream. Mix in 2 cups cold cooked rice, crushed pineapple, drained well, 1 cup whip cream, whipped or 2 cups frozen topping, thawed, Can also add cherries. Keep in refrigerator.

Cheesy Chili Soup from Kraft (9/2/09) Bring to a boil and simmer: 28 oz can diced tomatoes , un-drained, 15 oz can kidney beans, rinsed, 14.5 oz can chicken broth, 2 ribs celery, chopped, 2 carrots, chopped, 1 onion, chopped. Simmer about 25 minutes till vegetables are tender. Stir in 1/3 cup Mexican style shredded cheese. Pour into bowls and sprinkle with a little more cheese, if desired.

Kitchen Sink Crunchers (9/1/09) Line a 13 by 9 pan with greased foil with some hanging over the edges. Mix together: 1 cup flour, 1/2 cup cocoa powder (unsweetened), 1 teaspoon baking powder, 1/2 teaspoon salt, and 1/2 teaspoon cinnamon. In a pan melt 1/2 cup (1 stick) butter or oleo and add 1 cup packed brown sugar. Wisk in 1 egg, and 2 teaspoons vanilla, 1/2 cup toffee pieces, such as Bits of Brickle, 1/2 cup flaked coconut, 1/2 cup chopped pecans and 1 cup chocolate chips. Spread into prepared pan. Press on top of the dough, 1/4 cup coconut and 1/4 cup chopped nuts. Bake at 350 degrees for 25 to 30 minutes. Let cool in pan for a few minutes then grab foil and lift bar from pan and let cool completely.

October 2009

Chicken Supreme (10/30/09) Coat a 13 by 9 pan with cooking spray. Melt 3 Tablespoons butter in skillet, add four (or less boneless skinless chicken breasts (If chicken breasts are very large cut in half before browning. Brown both sides of chicken breasts and transfer to 9 by 13 baking dish. Sprinkle with salt and black pepper. Into the skillet the chicken had been browned, brown: 1 pound sliced mushrooms, small can sliced black olives, 6 green onions, chopped, 3 garlic cloves, sliced, and 1 teaspoon chopped fresh rosemary or some shakes of dry rosemary. Pour over the chicken in the baking dish. On each piece of Chicken place a slice of mozzarella cheese. Cover with foil and bake 40 minutes or till chicken is done.

Cherry and Almond Krispie Squares (10/29/09) In a Dutch oven combine 10 oz package marshmallows and 3 Tablespoon butter and cook over medium-low heat until melted. Remove from the heat and stir in 1 teaspoon almond extract. Stir in 6 cups Rice Krispies, 1 cup almonds and 1 cup dried cherries. Press into greased 15 by 9 pan, Sprinkle with a few almonds and 1/2 cup cherries and press lightly into the bars. Cool and cut.

Pumpkin-Butterscotch Pie (10/28/09) Get a large pie shell and bake and cool it. Mix together: two- four serving size packages butterscotch instant pudding and pie filling, 1 cup milk, two 15 oz cans pumpkin and 1 teaspoon pumpkin pie spice. Mix well and put into the baked crust. When serving mix whipped topping with some pumpkin pie spice.

Sweet Potato and Apple Casserole (10/27/09) Ingredients: 2 medium sweet potatoes, 1-1/2 tablespoons butter, softened, 1/4 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon allspice, 3 Granny Apples, peeled, cored and cut into 1/2 inch rings. 2 Tablespoons maple syrup. Bake sweet potatoes until they can easily be pierced with a fork. Cool slightly. Cut off ends and pull off skins and slice into one half inch rounds. Butter a small 3-1/2 inch casserole with half of the butter. In a bowl mix together the cinnamon, ginger and allspice. Arrange half of the apple rings and sweet potato rounds in alternating layers in the dish. Sprinkle with half of the spices and drizzle with half of the maple syrup. Layer in the rest of the apples and sweet potatoes, ending with the apples. Sprinkle with remaining spices and 1 Tablespoon maple syrup. Dot with remaining butter. Cover and bake at 350 degrees until apples are tender about 45 minutes.

Orange Bread (10/26/09) Mix together: 1/3 cup butter, 1 cup sugar, 2 eggs, 1 cup sour milk and 2 cups flour to which you added 1 teaspoon baking soda. Mix in 1/2 cup chopped nuts. Pour into a greased loaf pan 9-1/2 by 5-1/2. Bake for one hour at 325 degrees or till done. Combine 1/4 cup orange juice and 1/4 to 1/2 cup sugar and while the loaf is hot pour it over the loaf in the bread pan.

Tradewinds Chicken Fettuccine (10/23/09) Cook 1 pound fettuccine noodles according to package directions. Melt 1-1/2 tablespoons margarine in saucepan. Stir in 1/2 cup flour and stir for 1 minute. Do not brown. Stir in 2 cups chicken broth and 1-1/4 cups low fat milk and whisk until it comes to boil. Add salt and pepper. Add 1-1/2 cups parmesan cheese to the sauce, whipping with whisk until smooth. Sauté 1 pound of chicken breast cut in cubes until done. Add sauce and chicken to fettuccine and cook till hot.

Yum Dessert (10/22/09) Mix together: 2 cups crushed Ritz crackers and 2/3 cup margarine, melted. Pat into 9 by 13 pan. Beat together: two 3 oz packages instant chocolate pudding with 2 cups milk and 1 quart vanilla ice cream softened. Fold in cherries if you wish. Spread on the crust. Top with 8 oz Cool Whip. Grate a bar of sweet chocolate over the top and refrigerate overnight.

Black Bart Bean Soup (10/21/09) In a microwave safe dish combine 15 oz can black beans, rinsed and drained, 1-1/2 cup chicken broth or vegetable broth, 3/4 cup chunky salsa, 1/2 cup canned kernel corn, drained and dash of hot pepper. Cover and microwave on hi for 2 minutes or till heated through. Sprinkle 1 cup shredded cheddar cheese over top and top with 2 Tablespoons green onions, chopped.

Pail Pickles (10/20/09) 7 cups thinly sliced cukes, 3-4 medium onions sliced and separated into rings. Sprinkle with salt, let stand one hour and rinse well. In a large saucepan combine 2 cups sugar, 1 cup vinegar, 1 teaspoon celery seed, and 1 teaspoon mustard seed. Bring to a boil and pour over cucumbers and onions. Put into large glass jar or glass pail. Joe Kirkish doubles the brine.

Holiday Brownies (10/19/09) Melt 1/2 cup butter with 4 squares unsweetened chocolate in a heavy pan. Cool. In a bowl combine 2 cups sugar, 1-1/4 cups flour, 2 teaspoons cinnamon, dash of salt. Stir in the cooled chocolate, 4 eggs beaten, 1 teaspoon vanilla until smooth. Add 1-1/4 cups red or green or mixed candied cherries and 1 cup chopped walnuts. Pour into greased 9 by 13 pan. Put 1/4 cup of cherries cut in half on top of the batter. Bake at 350

degrees for 15 minutes or till toothpick inserted near the center comes out clean.

Nutty Carmel Apple Dip (10/16/09) Mix one 8 ounce package cream cheese softened, ½ cup apple butter, ¼ cup packed brown sugar and ½ teaspoon vanilla extract. Add ½ cup chopped salted peanuts. Mix well. Serve with apple slices.

Slow Cooker Tex Mex Chicken (10/15/09) Cut one pound chicken breast into strips. Combine 2 Tablespoons taco seasoning and 2 Tablespoons flour and mix the chicken with this. Put in slow cooker. Add one green pepper and one red pepper cut in strips. Add 1 cup frozen corn and 1-1/2 cup chunky salsa. Cover and cook on low for 6-8 hours or hi 3-4 hours. Before serving Sprinkle with 1 cup shredded cheese (your choice).

Amazing Steaks (10/14/09) Place 4 steaks in a single layer in a baking pan with at least 1 inch sides. Prick both sides of the meat with a fork several times. Melt 3 tablespoons butter with 3 tablespoons Worcestershire sauce and pour the mixture over the steaks, turning to coat well. Turn on gas grill to medium hi. Place steaks on a hot grill and cook 4 minutes to 6 minutes depending on preference. Spread any butter mixture that is left on the steaks, watch for flare ups. Turn steaks and grill for 4-6 minutes longer for medium rare.

Pear Jam (10/13/09) In a heavy pan place 4 pounds pears, chopped in chunks, 4-6 cups sugar, depending on how sweet it is, 2-1/2 cups or number #2 can crushed pineapple with juice, small jar of cherries, with juice, mix well and let stand overnight. Bring to a boil and simmer about 45 minutes stirring frequently to keep from sticking until thick. Pour into jars

Pear Crumble (10/12/09) Place 3 medium pears, peeled, cored and sliced in a 1 qt baking dish. Sprinkle with 2 teaspoons lemon juice. In a bowl combine: 3 Tablespoons sugar, 3 Tablespoons old fashioned oats, 2 Tablespoons flour, 1/8 teaspoon cinnamon, 1/8 teaspoon ginger, dash of nutmeg, Cut in 1 Tablespoon cold butter or oleo until crumbly and add 3 Tablespoon chopped nuts. Sprinkle over the pears. Bake at 350 for 25 to 30 minutes until bubbly. Serve warm.

Meatloaf Pie (10/9/09) Mix 1 pound ground beef with 1 beaten egg. Add 3 slices of stale bread or toasted plain bread cut up in small cubes, one half soup can of cream of mushroom soup, and one small onion chopped, 1 clove garlic, crushed, 1 Tablespoon dried parsley. Mix by hand or use potato masher. Do not add water. Spray 9 inch pie pan and put meat mixture into pie plate. Make sure meat covers side and bottom of pie plate. Bake at 350 degrees for 25 minutes. Spoon or drain off meat fat. Add 3 cups mashed potatoes to fill meat pie. Add other one half can of soup to top of potatoes to cover. Add 1/2 cup grated cheese to top. Bake 15 minutes more to melt cheese.

Green Tomato Salsa (10/8/09) Mix together: 6 green tomatoes, chopped fine, 1 or 2 jalapeno peppers, seeds removed and peppers chopped, 6 green onions, chopped fine, 2 Tablespoon olive oil, 2 Tablespoons fresh lime juice, 1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon garlic powder and one fourth cup sweet onion, chopped fine. You can let it stand at room temperature for a time and store in refrigerator.

Pumpkin Dessert (10/7/09) In a bowl combine: 1 package yellow cake mix, 1/2 cup butter, melted and 1 egg. Mix till crumbly. Set aside 2/3 cup for topping. press the remaining crumb

mixture into a greased 13 by 9 pan. In a bowl, combine 30 oz can pumpkin pie filling, 5 oz can of evaporated, 2 eggs, lightly beaten. Mix and pour over crust. For topping, combine the reserved crumbs, ½ cup sugar, ¼ cup flour and 3 teaspoons cinnamon. Sprinkle over pumpkin. Bake at 350 degrees for 45 to 50 minutes or till top is golden brown, cook on rack, store in refrigerator.

Crock Pot Corn Chowder (10/6/09) In a slow cooker place: 2, 15 oz cans whole kernel corn, drained, 3 potatoes, peeled and cut into 1/2 inch pieces, 1 onion, chopped, 2 cups chicken broth. Stir to mix and cover, cook on low 7-9 hours. If you wish you can cool 10 minutes and put half in a blender and then return to the pot. But if you like little lumps of potatoes, as I do, you need not put in blender, just add to crock pot 2 cups milk and 1/4 cup margarine, cover and cook another 1 hour.

Italian Herbed Chicken (10/5/09) Cut two large boneless, skinless chicken breasts cut into two inch pieces. Put in 4 qt or larger slow cooker. Sprinkle over the chicken: salt, 1/2 teaspoon oregano, 1/2 teaspoon basil, 1/4 teaspoon pepper, 2 bay leaves. Over the top pour 2 cups of your favorite spaghetti sauce or marinara sauce. Cover, cook on low 5-6 hours or till chicken is cooked through. Discard bay leaves and serve over hot pasta.

Spiced Pumpkin Butter (10/2/09) In a five qt. Dutch oven combine: 4 cups Pumpkin Puree or two 15 oz cans pumpkin, 1-1/4 cups maple syrup, 1/2 cup apple juice, 2 Tablespoons lemon juice, 2 teaspoons ginger, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, dash of salt. Bring to boiling, reduce heat. Cook uncovered over medium heat, stirring frequently 25 minutes or till thick. If mixture spatters, reduce heat. Remove from heat and ladle into jars or freezer containers. Cover and store in refrigerator. You can freeze for up to 6 months.

Apple Crisp (10/1/09) Preheat oven to 350 degrees. In a large bowl, combine 2 cups all purpose flour, 2 cups rolled oats, 1 teaspoon cinnamon, ½ teaspoon ground nutmeg and 1 ½ cups packed brown sugar. Cut 1 ½ cups butter into mixture until crumbly. Take half of the mixture and pat it into the bottom of a 9x13 inch baking dish. Cover crumb mixture with 2 quarts cored and sliced apples, then sprinkle apple slices with remaining crumb mixture. Bake at 350 degrees for 45 to 50 minutes or until apples are tender.

November 2009

Rainbow Quiche Taste Of Home (11/30/09) A deep dish piecrust, frozen or make your own. In a few Tablespoons of butter, sauté 1-1/2 cups chopped fresh broccoli florets, 1 small onion, chopped, 1 cup sliced fresh mushrooms, and one small green pepper, some red pepper and orange pepper if you like. Stir in 1 cup chopped fresh spinach. Spoon into prepared crust and sprinkle with 1 cup shredded Mexican mixed cheese. Whisk together 6 eggs and 1-3/4 cups milk and dash of salt. Pour over cheese and Bake at 350 degrees for 40-45 minutes or till knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

Watergate Salad (11/25/09) Combine 1 cup miniature marshmallows, 1 package (3.4 ounces) Pistachio flavor instant pudding, 1 can (20 ounce) crushed pineapple, in juice, undrained and ½ cup chopped pecans in a large bowl. Stir in 1 ½ cups thawed cool whip whipped topping. Refrigerate 1 hour.

Apple Butter Pumpkin Pie Recipe courtesy Paula Deen (11/24/09) Preheat oven to 425 degrees. Combine 1 cup apple butter, 1 cup fresh or canned pumpkin, ½ cup packed brown sugar, ½ teaspoon salt, ¾ teaspoon ground nutmeg, 1/8 teaspoon ground ginger in a bowl. Stir in 3 eggs, slightly beaten. Gradually add ¾ cup evaporated milk and mix well. Pour into an unbaked 9 inch pie shell. Bake for about 40 minutes or until set. Garnish with sweetened whipped cream. Cook's Notes: If the crust begins to burn, place tin foil around the crust and lower the temperature of the oven. A tasty topping for this pie is praline pecans.

Kraft Catalina Cranberry Chicken (11/23/09) Heat oven to 350 degrees. Place 4 pounds bone-in chicken pieces (breast halves and/or thighs) in 2 13x9 inch baking dishes. Mix 1 can (16 ounce) whole berry cranberry sauce, 1 - 8 ounce bottle Kraft Catalina dressing and 1 envelope onion soup mix together and pour over chicken. Bake 50 minutes or until chicken is done (165 degrees).

Meat Bun Bake (11/18/09) In a skillet, brown 1-1/2 pounds ground beef, drain. Add 2 cups chopped cabbage, 1/4 cup chopped onion, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook over medium heat for 15 minutes or till cabbage and onion are tender. Stir in 1 cup shredded cheese. Spoon into greased 13 by 9 pan. In bowl blend 1-1/2 cup biscuit/ baking mix, 1 cup milk, and 2 eggs. Pour over the beef, mix and bake uncovered at 400 degrees at 20-25 minutes till golden brown.

Kirk Gibson's Recipe for Venison Enchiladas (11/17/09) A note about the tortillas: The corn tortillas should be softened before they are rolled and baked in the casserole. Frying them gently in a little oil greatly enhances the flavor of the tortillas.

Ingredients: One pound of 90/10 ground venison, Two 8-ounce bottles of your favorite enchilada sauce, One packet of taco meat seasoning, 12 corn tortillas, One medium onion, One chopped, clove of garlic, minced, Sour cream, One cup water, 3/4 cup sliced black olives, drained, One pound of any mild yellow cheese, grated, A handful of cilantro, Grapeseed oil, or another high smoke-point oil such as peanut or canola oil.

Method: Preheat oven to 350 degrees. In a skillet over medium heat, sauté onions until almost translucent. Stir in venison and garlic, and continue cooking until the meat is no longer pink. Add one cup of water and the taco seasoning. Mix and heat thoroughly. Remove from heat. In a large fry pan at high heat, add three tablespoons of grapeseed oil. Add a tortilla to the pan. Cook for 2-3 seconds, lift up the tortilla with a spatula, add another tortilla underneath. Cook for 2-3 seconds, lift again, both tortillas, and add another tortilla underneath. Repeat the process with all the tortillas, adding a little more oil if needed. This way you can brown and soften the tortillas without using a lot of fat. You do this process to develop the flavor of the tortillas. As the tortillas brown a little, remove from the pan one by one to rest on a paper towel. Spray the bottom of a large casserole pan and add about three ounces of enchilada sauce, to coat the bottom of pan. Spoon a little of the venison (about 1 ½ ounces) into a corn tortilla and add about one ounce of cheese and a couple olives. Roll up the tortilla and place it fold-side down in the casserole pan. Continue until all tortillas are filled and rolled. Add sauce, covering all of the tortillas in the casserole pan. Make sure all are covered with the sauce. Cover the whole thing with the rest of the grated cheese and a few sliced olives. Put the casserole in the oven for about 15 minutes or until the cheese melts. Garnish with cilantro and sour cream. Serves about

four.

PUMPKIN RECIPE Helen W (11/16/09) In a large bowl, combine 1 yellow cake mix, 1/2 cup butter, melted and 1 egg until crumbly. Set aside 2/3 cup for topping. Press remaining crumb mixture into a greased 9 by 13 pan. In a large bowl, combine 30 oz can pumpkin PIE FILLING, 5 oz can evaporated milk, and 2 eggs slightly beaten and pour over the crust. For topping: Combine 1/2 cup sugar, 1/4 cup flour, 3 teaspoons cinnamon 1/2 cup chopped pecans and reserved crumb mixture, Sprinkle over pumpkin layer. Bake at 350 degrees for 40-45 minutes or till top is brown. Cool on rack, then cover and refrigerate for 2 hours before serving.

Cherry Gelatin Dessert (11/13/09) Dissolve 6 oz package cherry gelatin in 1-1/2 cups boiling water. Stir in 20 oz can cherry pie filling. Mix well Stir in 1/4 cup cold lemon lime soda. Mixture will foam. Pour into 8 inch square dish. Cover and refrigerate until firm. Cut into squares and serve with a dollop cool whip.

Turkey Tortilla Soup (11/11/09) Cut three 6 inch corn tortilla in strips. In a skillet cook tortilla strips in 2 tablespoons of hot cooking oil until crisp. Remove and drain on paper towel.

In a large saucepan combine 1 cup salsa and two- 14 oz cans reduced sodium chicken broth. Bring to a boil. Add 2 cups cubed turkey. 1 large zucchini coarsely chopped (I prefer can of black beans) Cook till hot and sprinkle with crisp tortilla chips.

Easy Spiced Stewed Apples (11/10/09) Peel, core and evenly slice 3 large tart apples and 3 large sweet apples (firm) such as braeburn and put in a Dutch oven or heavy pot. Toss apples with 1 Tablespoons lemon juice. Add 1 Tablespoons butter and 1/3 cup brown sugar and 1 teaspoon apple pie spice (If you have none you can make it with 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/4 teaspoon allspice) Stir and cook until apples begin to release moisture, about 2 minutes. Reduce heat to medium low and cook, stirring occasionally until apples are tender but not mushy, about 8-10 minutes. Season with salt to taste.

Cake (11/9/09) Mix together: 1 box yellow cake mix, 2 Tablespoons oil, 1 package instant chocolate pudding mix, 2 egg whites, 2 cups lukewarm water. Mix very well and put in a greased 9 by 13 pan. Bake according to time on the box. Mine was a little less about 30 minutes but check to make sure. Frost with favorite frosting or use cool whip lite

Cranberry Apple Crisp (11/06/09) In a bowl combine 3/4 cup sugar and 2 Tablespoons flour, mix in 16 ounce can whole berry cranberry sauce. Add 7 cups thinly sliced peeled tart apples. Toss to coat and put in greased 13 by 9 baking dish. In a bowl combine 1 cup oats, 1/3 cup flour, 1/3 cup brown sugar, 1/4 cup chopped nuts and 1 teaspoon cinnamon. Cut in 1/4 cup cold butter, cubed until resembles coarse crumbs and sprinkle over apple mixture. Bake at 375 degrees for 35 to 40 minutes or till filling is bubbly and topping is golden brown.

Mashed Rutabagas and Potatoes Supreme (11/05/09) Sprinkle 2 teaspoon salt and 1 Tablespoon sugar over 4 cups chopped peeled rutabagas and 3 cups chopped peeled potatoes. Dissolve 1 cube chicken bouillon in two cups boiling water. Pour over the vegetables. Bring to a boil, reduce heat and simmer until vegetables are tender. Drain and mash vegetables. Add pepper and 2 Tablespoons finely chopped onion. If you wish add 1 cup grated Cheddar Cheese and beat until fluffy.

Pineapple Cookies (11/04/09) Cream together 1 cup softened butter with 1 cup sugar and 1 cup brown sugar until fluffy. Add 2 eggs one at a time beating after each. Beat in 1 teaspoon vanilla. Combine 4 cups flour and 2 teaspoons baking powder, 1/2 teaspoon baking soda and 1/2 teaspoon salt. Add to the creamed mixture and mix well. Stir in 8 oz crushed pineapple, drained, 1 cup chopped nuts and 1/4 cup chopped maraschino cherries. Drop by rounded tablespoons 2 inches apart onto un-greased baking sheets. Bake at 424 degrees (or a little less) for 7-9 minutes or till lightly browned. Remove to wire racks to cool.

Turkey Pot Pie (11/03/09) Combine: 3 cups chopped cooked turkey, 16 oz package frozen vegetable blend, 8 oz Velveeta cheese product cut into 1/2 inch cubes, 1 can cream of chicken soup. Place in 13 by 9 inch baking pan. Unroll 8 ounce package refrigerated crescent dinner rolls and place over turkey mixture. Bake at 375 degrees for 20-25 minutes.

Orange snowballs (11/02/09) Cream together 1 cup butter softened and 3/4 cup confectioners sugar until light and fluffy. Beat in 1 teaspoon grated orange rind, 1/2 teaspoon orange extract, and 1/2 teaspoon vanilla extract. Combine 2 cups flour and 1/4 teaspoon salt. Slowly add to the creamed mixture. Stir in 1/2 cup chopped walnuts and 1/2 cup hazelnuts, both very finely chopped. Roll into 3/4 inch balls. Place 1 inch apart on un-greased baking sheet and bake at 350 for 10-12 minutes or till lightly browned on the bottom. Remove to wire racks and cool. Take about 3/4 cup of confectioner's sugar in a bag and put some cookies in and shake lightly. Do that till all are coated.

December 2009

Swiss Steak Weight Watchers (12/31/09) Sprinkle one pound beef top round steak with 1 teaspoon paprika, salt and pepper. Spray a non stick skillet and brown the steak for just 3 minutes on each side. Combine 3 onions, sliced, 3 garlic cloves, minced, 1/2 cup reduced sodium beef or chicken broth, 2 Tablespoons reduced sodium soy sauce and 1 Tablespoon tapioca. Place this in slow cooker and the steak on top of the onion mixture. Cook, covered until steak and vegetables are tender 4-5 hours on high and 8-10 on low. Cut steak in thin slices and serve with onion mixture.

Fruit Pizza - Margaret Levra (12/30/09) Large circular 16 inch pan, sprayed with cooking oil. 2 rolls sugar cookie dough from refrigerated section of grocery store. Press or roll dough into pan. Bake at 350 degrees for about 12 minutes or till lightly browned. Cool. Beat 8 oz cream cheese, 1/2 cup powdered sugar and 2 Tablespoons milk until light. Fold in 8 oz cool whip and spread on the cookie crust. Top with fresh fruit of your choice. **Topping:** Boil until clear: 1/2 cup sugar, 1/2 cup water, 2 teaspoons corn starch. Then add 2 Tablespoons any flavor gelatin and 1 Tablespoon lemon juice and drizzle over fruit and refrigerate.

Bing Cherry and Cranberry Salad (12/29/09) Bring 2-1/2 cups water to a boil over high heat. Remove from heat and dissolve three- 3 oz packages of black cherry flavored gelatin in the hot water. When dissolved stir in 2 cups cola (like Coca Cola), 16 oz whole cranberry sauce, 15 oz can pitted Bing cherries well drained and quartered and if you want 2 cups chopped pecans, roasted Opt. Pour into lightly greased 13 by 9 pan. Cover and chill until firm. Cut into squares.

Beef Mushroom Lasagna (12/28/09) Heat oven to 400 degrees. In a small bowl stir together 1 can cream of mushroom soup and 1/4 cup milk and set aside. Brown 1 pound ground beef.

Add 2 cups spaghetti sauce (She used Hunt 4 cheese spaghetti sauce but any of your choice.) In a 11 by 7-1/2 pan layer one half of the beef mixture, three already cook lasagna noodles, one half of the mushroom soup mixture. Layer a can of drained mushrooms, three more noodles, remaining beef mixture and remaining soup mixture. Sprinkle with Italian blend cheese or Mozzarella cheese. Bake at 400 degrees for 30 minutes covered. Then uncover and place slices of Mozzarella cheese over the top and return, uncovered to oven 10 minutes or till melted.

Turkey (or Ham) Rice Bake (12/24/09) Combine a can cream of mushroom soup (if you use ham can use cream of celery and use low sodium), one half cup milk, one and one half teaspoon Thyme, one half teaspoon lemon juice, dash of black pepper. Set aside one half of this combination and to the other half add 2 cups or more diced turkey or ham and 2 cups cooked rice. On top place 10 oz. package of frozen broccoli spears and then put the remaining half of the soup mixture on top of that. Melt two teaspoons butter and mix with one fourth cup seasoned bread crumbs and 1 Tablespoon grated Parmesan cheese (Opt.) Scatter this over the casserole and bake uncovered for 30 minutes at 350 degrees or until topping is lightly browned and mixture is bubbling

Easy Pumpkin Cake (12/23/09) 1 box of any cake mix (I am told spice is the best). Mix the dry cake mix with 15 oz can pumpkin. Spread in two loaf pans, or try a 9 by 13 pan, sprayed. Bake at 350. I don't have the time but use as a guide the time on the cake box

FRENCH CANADIAN TOURTIER Tom Poisson (12/22/09) Makes two 9 inch pies. Preheat oven to 425 degrees. In a saucepan combine 2 pounds lean ground pork, 1 pound ground beef, 2 onions diced, 2 cloves garlic, minced, 1 cup water, 2 teaspoons salt, 1 teaspoon dried thyme, crushed, 1/2 teaspoon sage, 1/2 teaspoon black pepper and 1/2 teaspoon cloves. Cook oven medium heat until mixture boils, stirring occasionally. Reduce heat to low and simmer until meat is cooked, about 6-12 minutes. Spoon meat mixture into two pie crusts. Place top crust on top, pinch edges and slit top crust to allow for steam escape. Cover edges of pie with foil. Bake in pre heated oven for 20 minutes, remove foil and bake for another additional 20 minutes until golden brown. Let cool 12 minutes before slicing.

Crescent Apple Dumplings (12/21/09) Unroll an 8 oz tube refrigerated crescent rolls and separate into eight triangles. Cut 1 apple, peeled, into eight wedges. Place an apple wedge and two red hot candies on each crescent triangle. Bring up corners of dough to the center, pinch edges to seal. Place in a greased 8 inch square baking dish. In a bowl combine 1/2 cup sugar, 1/4 cup butter, melted and 1 teaspoon vanilla, spoon over rolls. Slowly pour 6 Tablespoons grapefruit or citrus soda around the rolls and sprinkle with pumpkin pie spice. Bake uncovered, 350 degrees for 25-30 minutes or till golden brown. Serve warm with ice cream, if desired.

Cream Cheese Bonbons (12/18/09) In a bowl beat 8 oz package reduced fat cream cheese, sugar substitute equivalent to 1/3 cup sugar, 1 Tablespoons sugar and 1/2 teaspoon vanilla until smooth. Stir in 1 cup flaked coconut. refrigerate for 30 minutes or till easy to handle. Shape into 1 inch balls, roll in grated chocolate. refrigerate for at least 1 hour. Store in airtight container in the refrigerator.

Dave's Chicken Legs (12/17/09) Place a family pack of chicken legs, 1 package Taco seasoning and one half Tablespoon salt in a bowl with a top and shake until the legs are

completely coated. Grill the legs until don. In the meantime mix together an 8 oz carton sour cream, 10 oz can of diced tomatoes, well drained, some green chili's and 1 Tablespoon dried chives. Refrigerate. Use as a dip with the chicken legs at the next Christmas or New Year's Party

Italian Stewed Round Steak (12/16/09) Cut 1-1/2 pound thin round steak (or venison) in small pieces and brown along with 1 onion , chopped, and 1/2 cup chopped celery. Add 16 oz. can stewed tomatoes and 1/2 cup water and 1 teaspoon Italian seasoning, Cover and simmer till tender , about 1 hour. Serve over noodles, rice or potatoes.

Mozzarella Meat Loaf (12/15/09) Mix 2 beaten eggs, 3/4 cup bread crumbs, 1/2 cup tomato juice, 2 Tablespoons parsley, 1/2 teaspoon oregano, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic (optional) and 2 pounds ground beef. Roll into a 12x14 rectangle. Place 8 slices of deli ham on top, sprinkle 6 ounce mozzarella cheese on top and roll like a jelly roll. Bake for 1 hour at 350 degrees. Place 3 slices mozzarella over top and bake for an additional 5 minutes.

Cherry Bars (12/14/09) Bottom Layer: Mix together: 2 sticks of oleo, 1 cup brown sugar, 2 cups flour, 2 cups quick cooking oatmeal, 1/2 teaspoon baking soda, 1 teaspoon salt, 1 cup chopped nuts. Put one half mixture in bottom of 9 by 14 pan. Sprinkle one 3 oz package dry Jell-O over the base. Mix another 3 oz raspberry dry Jell-O into two cans cherry pie filling and mix well. Spread over the center not quite to the edge of the base. Sprinkle other half of oatmeal mixture by hand over pie filling. Bake at 350 degrees for 30-45 minutes or until golden brown.

Cranberry Bread (12/11/09) Cream together 1 stick margarine, 1 cups sugar, 2 eggs. Add 2 cups flour, 1 teaspoon baking powder, 1 teaspoon baking soda, 1/2 teaspoon salt. Add 1 cup sour cream 1 teaspoon almond flavoring, 8 oz whole cranberry sauce (that's half of a can). Mix well and pour into greased and floured 2 qt. ring mold. Sprinkle with 1/2 cup chopped walnuts. Bake at 350 degrees for 40-45 minutes. Cool 5 minutes. Top with a mixture of 3/4 cup powdered sugar, 1 Tablespoon water and 1/2 teaspoon almond extract.

Sausage Cheese Balls (12/10/09) Combine: 1 pound uncooked spicy sausage, 1 pound mild cheddar cheese, shredded, 2-1/2 cups Bisquick, a few dashes Tabasco sauce. Make walnut-size balls. Lightly touch the tops with fork. Bake on a cookie sheet for 10 minutes. Serve hot or at room temperature. Can be made ahead and frozen.

Caramel French Toast (12/9/09) In a bowl whisk 5 large eggs, 1-1/2 cups half and half, 2 Tablespoons vanilla, 1/4 teaspoon salt, 1 teaspoon cinnamon and 1 teaspoon nutmeg. Set aside. Cut six 1 inch thick slices of a loaf of French bread. In a small saucepan melt 1/2 cup butter, 1 cup brown sugar and 2 tablespoons corn syrup until mixture is smooth and caramel. Pour into 13 by 9 baking dish. Sprinkle 2 oz chopped pecans over the caramel. Arrange the bread slices in one layer in the baking dish. Squeeze them into place to get them to fit. Pour egg mixture over the bread slices. Be sure to cover all the bread. The bread will soak up all the eggs. Chill, covered for at least 8 hours. Take out of refrigerator and bring to room temp. Bake uncovered at 350 degrees for 35-40 minutes. Bread puffs and edges are golden. When serving flip the french toast over so caramel side is up and make sure to get some of the nuts.

Cappuccino Mocha Mix (Nancy Warren gives this as gifts) (12/8/09) Mix together: 6 tablespoons plus 2 teaspoons instant espresso coffee, 3 Tablespoons plus 1 teaspoon unsweetened cocoa, 1-1/4 cups powdered nondairy creamer (Plain or Irish Cream), 1/2 cup plus 2 Tablespoons granulated sugar, 2 teaspoons cinnamon (optional) Store tightly covered. For the gift label: For each cup of cappuccino, measure 4 Tablespoons mix into a mug- Stir in 6 oz of boiling water. Recipe makes about 10 servings.

PS: Nancy purchased some plastic Christmas jars at the \$ store.

Easy Turkey Pot Pie (12/07/09) Spread in un-greased 13 by 9 pan. Mix together 2 to 3 cups original Bisquick Mix, 1/2 teaspoon poultry seasoning and 2 cups milk. Pour evenly over soup mixture, crust will rise during baking. Bake about 30 minutes or until light brown.

Easy Oven BBQ Chicken (12/03/09) Heat oven to 425 degrees . With a 3 pound fryer, cut up, dip the pieces in 1 beaten egg. Roll in finely crushed BBQ potato chips . Melt one fourth cup butter in shallow open pan in oven. Remove from oven when melted and arrange chicken in a single layer, skin side down. Bake uncovered for 30 minutes. Turn and bake an additional 15 minutes or till fork tender.

Vegetable Pasta Soup (12/02/09) In a large covered saucepan bring 32 oz box vegetable broth to boiling. Stir in 1 cup medium size pasta, 2 cups frozen diced has brown potatoes with onions and peppers, 2 cups frozen peas and carrots and 14.5 oz can diced tomatoes with green chillies undrained. Return to boiling, reduce heat and simmer, covered until pasta is done for 10 to 15 minutes.

Chocolate Covered Cherry Cookies (12/1/09) Pat 24 maraschino cherries to remove excess moisture and set aside. Cream together 1/2-cup butter, softened and 3/4-cup brown sugar till fluffy. Mix in 1 Tablespoon cherry juice and 1 teaspoon vanilla. Mix in 1-1/2 cups flour and 1/8-teaspoon salt. Cover and refrigerate until easy to handle. Take 1-cup sweet chocolate chips and insert one chocolate chip into each cherry. Wrap tablespoon dough around each cherry and place on ungreased cookie sheet. Bake at 350 degrees for 15 to 17 minutes. Cool. In a microwave melt the remainder of the chocolate chips with 1/2 teaspoon shortening. Mix and dip tops of cookies in melted chocolate.