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Students in our service area participated in Warren RECC's Design the Cover Contest. The winning artwork is featured on the front and back covers, and four honorable mentions are included inside the recipe book on pages 20, 21, 40, and 41.

Design the Cover Contest Winners

Front Cover :

Keiko Nishijima, Greenwood High School
Title: "Stirring the World with Electricity"

Back Cover :

Jasmine E. Henderson, South Warren High School
Title: "Momma Cooking for Pups"

The Warren RECC family wishes you and your family a very Merry Christmas and Happy New Year. Remember to keep electrical safety in mind when decorating, cooking, and baking.

For safety tips, visit www.wrecc.com.

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Warren RECC is an equal opportunity provider and employer.

FABULOUS FIVE-MINUTE FUDGE

1 (12-oz.) pkg. semisweet chocolate chips	1 tbsp. water 3/4 cup chopped walnuts
1/2 can sweetened condensed milk	1 tsp. vanilla extract

Line a cookie sheet with parchment paper; set aside. In a medium-size microwavable bowl, combine chocolate pieces, sweetened condensed milk, and water. Microwave, uncovered, on high power for 1 minute; stir. Microwave 1 minute or more until chocolate melts and mixture is smooth, stirring every 30 seconds. Stir in nuts and vanilla. Pour mixture onto prepared cookie sheet and spread into a 9 x 6-inch rectangle. Chill about 45 minutes or until firm. Cut into 1 1/2-inch squares with plastic knife. Store between parchment or waxed paper in airtight container. You can use white chocolate, butterscotch, or other chips to create your favorite flavor of fudge.

OOEY GOOEY SNICKERDOODLE COBBLER

1 stick butter (not margarine)	1/2 tbsp. cinnamon
1 1/2 cups self rising flour	1 1/2 cups packed light brown sugar
1 1/2 cups sugar	1 1/2 cups hot water
3/4 cup milk	Vanilla ice cream (opt.)
1 tsp. vanilla extract	

Preheat oven to 350°. Melt butter in a 13 x 9-inch baking dish. In a large mixing bowl, combine flour, sugar, milk, vanilla, and cinnamon. Stir just until moistened; do not over mix. Pour batter over melted butter. Sprinkle brown sugar evenly over top over batter. Slowly pour hot water over batter; do not stir. Bake 30 to 35 minutes until golden brown. Serve hot with a scoop of vanilla ice cream on top, if desired.

Cooking tip:

Store leftover cookies in an airtight container. Chewy cookies will not dry out, and crunchy cookies will not get moist; however, do not combine the two in same container.

STRAWBERRY TOPPED SUGAR COOKIE BARS

Cookie ingredients:

1 (1 lb. 1.5 oz.) pouch sugar
cookie mix
1/2 cup butter, softened
8 oz. cream cheese, softened
3 1/2 cups powdered sugar
2 eggs
1 tsp. vanilla extract
1/3 cup butter, melted

Topping ingredients:

3 cups coarsely chopped
strawberries
2 tbsp. powdered sugar
2 tsp. fresh lemon juice
1 cup heavy whipping
cream
2 Tbsp. sugar

Preheat oven to 350°. Lightly grease bottom of 13 x 9-inch pan. In large bowl, stir cookie mix and 1/2 cup softened butter until mixture forms coarse crumbs. Spread mixture evenly in pan; press lightly. In large bowl, beat cream cheese, 3 1/2 cups powdered sugar, eggs, and vanilla with electric mixer on low speed until blended; scrape bottom and sides of bowl. Beat on high speed until smooth. Beat in 1/3 cup melted butter until blended. Spread evenly over cookie mixture. Bake 30 to 35 minutes or until golden brown. Cool completely. Just before serving, in medium bowl, mix strawberries, 2 tbsp. powdered sugar and lemon juice. Let stand 10 minutes, stirring occasionally. Meanwhile, in a chilled bowl, whip heavy cream and sugar to stiff peaks, using electric mixer. To serve, cut bars into 5 rows by 3 rows with plastic knife. Top each serving with strawberries and whipped cream. Cover and refrigerate leftovers.

Cooking tip:

You can use a dry ingredient measuring cup to measure liquid ingredients, but not visa-versa. A wet measuring cup has the line a little below the top of the utensil to avoid spillage, and measurements of dry ingredients for recipes such as cakes or breads need to be precise.

APPETIZERS

BUFFALO CHICKEN DIP

1 1/2 cups cooked, shredded chicken	1/2 cup ranch dressing
1/2 cup buffalo wing sauce	3/4 cup shredded Cheddar cheese
8 oz. cream cheese, softened	1/2 cup blue cheese crumbles

Heat chicken and buffalo sauce in a skillet over medium heat. Add cream cheese and ranch dressing; continue cooking until thoroughly heated. Stir in cheddar cheese. Pour mixture into a shallow baking dish and sprinkle with blue cheese crumbles. Microwave just until cheese melts. Serve with raw veggies, chips, or crackers.

LUSCIOUS LOBSTER DIP

8 oz. lobster meat, cooked, chopped	1 tsp. minced garlic
8 oz. cream cheese, softened	1 tsp. minced onion
1/2 cup mayonnaise	1 tsp. honey mustard

In a large bowl, combine all ingredients. Refrigerate until ready to serve. Serve with crackers or fresh veggies.

SALSA RANCH DIP

1 cup chunky salsa	1 envelope dry ranch dip mix
16 oz. sour cream	

In medium mixing bowl, stir all ingredients together until thoroughly combined. Cover and chill for at least 1 hour. Serve cold with chips or fresh veggies.

HOT PIMIENTO CHEESE DIP

1 1/2 cups mayonnaise	1/2 jalapeno pepper,
1 (4-oz) jar diced pimientos, drained	seeded, finely chopped
2 tsp. Worcestershire sauce	1/4 tsp. ground red pepper
1 tbsp. finely grated onion	4 cups shredded extra-sharp Cheddar cheese

Preheat oven to 350°. Coat 2-qt. cooking dish or 9-inch pie plate with non-stick spray. In a large bowl, combine all ingredients except cheese; mix well. Stir in cheese and pour into prepared pan. Bake 20 to 25 minutes, or until golden brown and bubbly. Serve with fresh veggies or crackers.

CUCUMBER DILL DIP

1 cup mayonnaise	1 cup chopped scallions
1 cup sour cream	1 tbsp. fresh lemon juice
8 oz. cream cheese, softened	1 tbsp. finely chopped fresh dill, or 1/2 tsp. dried dill
1 cucumber, peeled, seeded, and chopped	1/4 tsp. salt
1 tbsp. chopped fresh parsley	1/4 tsp. white pepper

Place all ingredients in a food processor or blender. Process until almost smooth. Pour into serving bowl, cover, and chill for at least 2 hours to marinate flavors. Serve with fresh veggies, chips crackers, or use as a salad dressing.

BLT DIP

1 cup mayonnaise	1/2 lb bacon, cooked crisp, crumbled
1 cup sour cream	
2 small tomatoes, finely chopped	1 pkg. dry ranch dressing mix

Mix all ingredients together in serving bowl. Chill for at least an hour. Serve with crackers, chips, or fresh veggies.

PEACH RASPBERRY COBBLER

4 cups sliced fresh peaches	1 1/4 cups all purpose flour
1/2 cup fresh raspberries	2 tbsp. baking powder
1/4 cup sugar	1/2 tsp. salt
1 tsp. ground cinnamon	1 cup sugar
1 tbsp. fresh lemon juice	1 cup milk
1 stick butter	

Preheat oven to 350°. In a large bowl, mix the peaches, raspberries, 1/4 cup sugar, cinnamon, and lemon juice. Set aside while continuing with recipe so that sugar marinates with fruit. Melt butter in a 9 x 13-inch glass baking dish in preheated oven. Remove from heat and tilt pan to evenly coat with butter. In another large bowl, mix flour, baking powder, salt and 1 cup sugar. Stir milk into dry ingredients just until evenly moist. Pour batter into baking dish. Scoop fruit mixture evenly over batter. Bake 45 to 50 minutes or until golden brown.

CITRUS-KISSED FIG THUMBPRINT COOKIES

1 (1 lb. 1.5 oz.) pouch sugar cookie mix	1 tsp. grated orange peel
3 tbsp. all-purpose flour	1/2 tsp. vanilla
1/2 cup butter, melted	1 egg
1 tsp. grated lemon peel	1/3 cup fig preserves
	1 tbsp. coarse sugar, (opt.)

Preheat oven to 375°. In a large bowl, stir cookie mix, flour, melted butter, lemon peel, orange peel, vanilla, and egg until soft dough forms. Roll dough into 1-inch balls; place 2-inches apart on ungreased cookie sheet. Using thumb or handle of wooden spoon, make indentation in center of each cookie. Spoon about 1/4 teaspoon preserves into each indentation. Bake 7 to 9 minutes or until edges are light golden brown. Cool 2 minutes before removing from cookie sheet to wire rack. Sprinkle with coarse sugar, if desired.

HERSHEY'S KISSED COOKIES

1 lg. tube Pillsbury refrigerated chocolate chip or sugar cookie dough	40 Hershey's kisses any flavored desired
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Cut dough in 1-inch slices, then in fourths. Place on cookie sheet and bake according to package directions. While cookies are baking, unwrap kisses. Immediately after removing cookies from oven, press a candy kiss into the center of each hot cookie. Cool before serving to firm candy kiss.

OLD FASHIONED SPONGECAKE COOKIES

3 egg whites	1/2 tsp. vanilla extract
1/3 cup powdered sugar	1/3 cup all-purpose flour
2 egg yolks	1/2 tsp. baking powder

Preheat oven to 350°. Place egg whites in a large bowl and beat until stiff; gradually stir in sugar. In a small bowl, beat egg yolks until lemon colored, then add to egg-white mixture and continue beating. Add vanilla extract; beat again. In another bowl, combine flour with baking powder, then fold into wet mixture. Line cookie sheet with parchment paper. Spoon mixture onto paper, forming 3-inch-long finger-shaped cookies. Bake 8 to 10 minutes or until light golden brown. Cool slightly before removing from pan with a spatula. Sprinkle with a little more powdered sugar and serve.

Cooking tip:

What is clarified butter? It is the translucent golden-yellow butterfat left after the milk proteins and water are removed. It is preferable for sautéing (it has a higher smoking point), and making sauces such as hollandaise and bearnaise. To make: Put unsalted butter in a saucepan and cook over very low heat. When foam comes to top, spoon it off and clarified butter is what is left.

SHRIMP DIP FOR DUMMYS

16 oz. cream cheese, softened	16 oz. frozen cooked salad shrimp, thawed, rinsed drained
12 oz. seafood cocktail sauce	

On a 10 x 12-inch serving plate or round pizza pan, spread cream cheese. Spread cocktail sauce over cream cheese (use desired amount or entire bottle). Place shrimp closely together on top of sauce. Cover tightly and refrigerate. Remove from refrigerator 30 minutes before serving. Serve with assortment crackers.

PICANTE BLACK BEAN HUMMUS

1 (15 oz.) can black beans, rinsed, drained	1 tbsp. lime juice 1 tsp. grated lime zest
1/2 cup picante sauce	

Put all ingredients in a food processor or blender. Process until the mixture is smooth and creamy. Serve with crackers or tortilla chips.

CURRY DIP

1 cup mayonnaise	1 tsp. curry powder
1 tbsp. finely grated onion	1 tsp. prepared horseradish
1 tsp. garlic salt	1 tsp. tarragon vinegar

Mix all ingredients together and chill for at least 3 hours. Serve with fresh veggies.

Cooking tip:

Cream cheese or Neufchatel? Neufchatel is made with whole milk; cream cheese is made with cream. You'll notice little difference when spreading either on a bagel. When making cheesecake, however, use cream cheese. The higher fat content will yield the rich, creamy texture desired.

SIMPLE HOMEMADE TOMATO SALSA

3 large tomatoes, seeded, chopped	2 tbsp. chopped fresh
1 small green bell pepper, chopped	cilantro
3 cloves garlic, minced	1 tbsp. finely chopped
8 medium green onions, sliced	jalapeno chili pepper

In a large bowl, mix all ingredients together. Cover and refrigerate until ready to serve. Serve with tortilla chips.

OLIVE PECAN CREAM CHEESE SPREAD

8 oz. cream cheese, softened	1 cup coarsely chopped
1/2 cup mayonnaise	pecans
1 (5-oz.) jar green olives, drained and sliced	

In medium mixing bowl, whisk cream cheese and mayonnaise together until creamy. Stir in olives and pecans. Refrigerate for at least 1 hour before serving with toasted bread pieces or crackers.

ZIPPY SAUSAGE SPREAD

1 lb. bulk Italian sausage	1 (10-oz.) can diced
8 oz. cream cheese, cubed	tomatoes and green chilies, drained

In large skillet, stirring constantly with wooden spoon to break up sausage, thoroughly cook until no pink is left; drain. Stir in cream cheese and tomatoes. Continue cooking and stirring until cheese is melted. Serve warm with assortment of crackers.

Cooking tip:
Marinate chicken in buttermilk and salt to tenderize.
(At least 30 minutes or overnight.)

NEW YORK CHEESECAKE COOKIES

1 sleeve graham crackers, finely crushed (1 1/4 cups)	1 egg, separated
1 cup all-purpose flour	3 oz. cream cheese, softened
1 1/2 tsp. baking powder	1/4 cup granulated sugar
1 stick unsalted butter, softened	2 tsp. lemon zest
1/2 cup packed brown sugar	1/2 tsp. vanilla extract

Preheat oven to 350°. Line a cookie sheet with parchment paper. In a large mixing bowl, stir together graham cracker crumbs, flour, and baking soda. In another bowl, beat together butter and brown sugar; add egg white and beat with electric mixer until smooth. Add wet mixture to dry mixture and mix until just combined. Using a small ice cream scoop, place scoops of dough onto cookie sheet. (Recipe should make 3 rows of 4 cookies each). If you don't have an ice cream scoop, measure out 2 tablespoons of dough per cookie. Make a round indentation in each cookie to hold filling. In another bowl, beat together softened cream cheese, granulated sugar, egg yolk, lemon zest, and vanilla; set aside. Divide filling evenly into indentions. Bake until filling is barely set and cookies are golden brown; about 12 minutes. Remove from oven and cool on cookie sheet for 5 minutes before transferring to wire rack to cool completely.

FLOURLESS PEANUTBUTTER COOKIES

1 cup creamy peanut butter	1 large egg
1 cup granulated sugar	1 tsp. vanilla extract

Preheat oven to 325°. In a large mixing bowl, stir together all ingredients until combined. Shape dough into 1-inch balls and place 1-inch apart on ungreased baking sheet. Flatten gently making a crisscross pattern with tines of a fork. Bake 15 minutes or until golden. Transfer to wire racks to cool.

NO-CHURN CHOCOLATE ICE CREAM

2 cups heavy cream, very cold	1/3 cup chocolate syrup
1 can sweetened, condensed milk	(more or less to taste)
2 tsp. vanilla extract	3/4 cup chopped chocolate chips

In a large glass bowl, whip the cream with an electric mixer until stiff peaks form. In another bowl, whisk together condensed milk, vanilla, and chocolate syrup. Gently fold the condensed milk mixture into the whipped cream. Gently fold in chocolate chips. Transfer to a freezer-safe dish, cover and freeze at least 4 to 6 hours. Serve this smooth and creamy ice cream with your favorite toppings.

BUTTERY ITALIAN PASTRY SQUARES

3/4 cup granulated sugar	1 egg, beaten
1/2 cup water	3 3/4 cups all-purpose flour
1 stick butter	Vegetable oil for frying
1 tsp. vanilla extract	1/2 cup powdered sugar

In a medium saucepan, combine sugar, water, and butter over medium-high heat until butter melts. Remove from heat and allow to cool until lukewarm. Add vanilla and egg; mix well. Place mixture in large mixing bowl and gradually mix in flour until well combined. Roll dough onto a lightly floured surface until paper thin. Cut into 2-inch-square pieces. Place 2 inches of oil in a soup pot and heat over medium heat until hot but not smoking. Place 5 to 6 pieces of dough at a time into the oil and cook 30 to 40 seconds, or until golden on both sides, turning halfway through the cooking. Drain on paper towel lined plate. Sprinkle with powdered sugar and serve immediately.

Cooking tip:

Use a plastic disposable knife to slice gooey items such as fudge brownies or Nutella bars (page 44). The moist texture doesn't stick as easily to the very smooth plastic.

NO COOK ARTICHOKE KEBABS

12 jarred marinated artichoke hearts, halved, with marinade	3 dry-packed sun-dried tomatoes, cut into fourths
8 oz. block mozzarella cheese, cut into 1/2-inch pieces (12)	Cocktail toothpicks
	Fresh parsley (opt.)

In a large bowl, combine artichoke hearts (including marinade), mozzarella cheese, and tomatoes. Stir to coat vegetables with marinade. Cover and refrigerate overnight, or at least 1 hour. To assemble; thread 1 artichoke, 1 piece dried tomato, and 1 cube of cheese on each toothpick, wedging tomato between 2 larger items. Brush with artichoke marinade and arrange on a shallow serving dish. Garnish with parsley, if desired. Serve chilled.

ZESTY SAUSAGE MEATBALLS

1 lb. ground pork	1/2 tsp. garlic powder
1/2 cup plain bread crumbs	1/4 tsp. ground red pepper
1/4 cup water	1/2 tsp. salt
1 small onion, chopped	1/2 tsp. black pepper
1/4 cup chopped fresh parsley	Pasta sauce of choice
1 tsp. crushed fennel seed	for dipping

Preheat oven to 350°. Coat a rimmed baking sheet with cooking spray. In a large bowl, combine all ingredients. Form mixture into 1-inch balls. Place on baking sheet. Bake for 15 to 20 minutes, or until no pink remains, turning the meatballs over halfway through cooking. Ground turkey breast can be used in place of ground pork, if desired. Serve with warm pasta sauce for dipping.

Cooking tip:

If you need to measure something sticky like honey, syrup or jam, first coat the measuring cup or spoon with a little cooking spray; the sticky stuff will slide off easily!

ZUCCHINI PARMESAN CRISPS

2 medium zucchini	1/4 cup plain dry bread
1 tbsp. olive oil	crumbs
1/4 cup grated Parmesan cheese	1/8 tsp. each salt & pepper

Preheat oven to 450°. Coat baking sheet with cooking spray. Slice zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with olive oil. In another bowl, combine Parmesan cheese, bread crumbs, salt, and pepper. Dip each zucchini slice into the mixture, coating it evenly on both sides, pressing the coating to stick. Place in a single layer on baking sheet; bake 25 to 30 minutes until brown and crisp. Remove with spatula and serve immediately.

NEW YEAR'S EVE GOOD LUCK OYSTERS

24 Nabisco Triscuits or Wheat Thins	8 oz. cream cheese, softened 24 canned smoked oysters
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Spread cream cheese on crackers. Top each with a smoked oyster, and eat on New Year's Eve to bring in the new year with good luck!

RANCH CHEESE BALL

1 envelope dry ranch dressing and dip mix	16 oz. cream cheese, softened
Seasoned pepper	2 cups slivered almonds, toasted (opt.)

In a large bowl, mix cream cheese and dressing mix well (use fork or hands). Form into a ball, place in covered container, and refrigerate for at least 8 hours. Spread almonds evenly on cookie sheet and bake at 350° for 10 to 12 minutes, stirring every 5 minutes; cool. Sprinkle cheese ball with pepper and roll in slivered almonds before serving with crackers or veggies.

BANANA, PEANUT BUTTER, MARSHMALLOW POKE CAKE

Cake ingredients:

1 box yellow cake mix
1 cup mashed very ripe bananas
1/2 cup water
1/3 cup vegetable oil
4 large eggs

Filling ingredients:

1 (6-serving) pkg. instant
vanilla pudding
3 cups cold milk
1/3 cup creamy peanut
butter

Topping ingredients:

1 (7-oz.) jar marshmallow crème	1/3 cup creamy peanut
1 cup butter, softened	butter
2 cups powdered sugar	1 or 2 sliced bananas

Preheat oven to 350°. Grease bottom of 9 x 13-inch cake pan. In a large mixing bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour into pan. Bake 25 to 35 minutes or until toothpick inserted in center comes out clean. Remove cake from oven; cool 5 minutes. Using a plastic straw, poke holes about 1 inch apart all over cake. In a large mixing bowl, beat filling ingredients with whisk 2 minutes. Pour mixture over cake, spread into holes, and refrigerate 1 hour. Spoon marshmallow crème into large microwavable bowl. Microwave uncovered on high 15 to 20 seconds to soften. Add softened butter; beat with electric mixer on medium speed until smooth. Beat in powdered sugar until smooth. Spread evenly over cake. Just before serving, in small microwavable bowl, microwave 1/3 cup peanut butter uncovered on high in 15-second intervals until thin enough to drizzle. Top cake with sliced bananas and drizzle with warm peanut butter. Cover and refrigerate leftovers.

Cooking tip:

For fluffy whipped cream, allow cream and bowl to chill in freezer for 10 minutes before beating with mixer.

CHEESECAKE-SWIRLED CARROT BUNDT CAKE

2 1/4 cups all-purpose flour	4 large eggs
1 1/2 tsp. baking powder	1 cup vegetable oil
1 tsp. baking soda	1 tsp. vanilla extract
1/2 tsp. salt	1/2 cup chopped pecans
1/2 tsp. ground cinnamon	8 oz. cream cheese, softened
1/4 tsp. ground nutmeg	1/3 cup granulated sugar
2 cups shredded carrots	1 egg
1 1/2 cups packed light brown sugar	1 tsp. vanilla extract
3/4 cup crushed pineapple, undrained	1 1/2 cups powdered sugar
	1/2 tsp. vanilla extract
	3 to 4 tbsp. heavy whipping cream or whole milk

Preheat oven to 350°. Lightly grease and flour a 12-cup fluted tube cake pan. In a large mixing bowl, mix flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Add shredded carrots; toss to coat. In a medium bowl, beat brown sugar, pineapple, 4 eggs, vegetable oil, and 1 tsp. vanilla. Add wet ingredients to dry ingredients; stir just until combined. Fold in chopped pecans. In a medium mixing bowl, beat cream cheese, granulated sugar, 1 egg, and 1 tsp. vanilla, together with whisk until smooth. Pour half of cake batter into prepared pan. Spoon cream cheese mixture on top of batter but not near edges of pan. Spoon remaining cake batter on top, completely covering cream cheese mixture. Bake about 60 minutes or until cake springs back when gently pressed. Cool in pan 15 minutes, then remove cake to a cooling rack to cool completely, about 1 hour. In a medium mixing bowl, mix powdered sugar, 1/2 tsp. vanilla, and enough milk to make a thick but pourable glaze. Gently pour over cooled cake; top with chopped pecans, if desired. It's best to let frosting set on cake for about 15 minutes before slicing.

Cooking tip:

For fluffy meringue, allow egg whites and mixing bowl to come to room temperature before beating with mixer.

CHEESY PORK QUESADILLA WEDGES

18 oz. cooked shredded pork in barbeque sauce	1 cup chunky salsa
4 (8-inch) flour tortillas	3 slices Monterey Jack cheese, cut in half
1/2 cup sour cream	2 tbsp. vegetable oil

In 2-quart saucepan, cook pork in barbeque sauce until thoroughly heated. Meanwhile, spread half of each tortilla with sour cream. Top sour cream with 1/4 of pork mixture, 1 tbsp. salsa, and 2 half-slices of cheese. Fold tortilla over onto filling. In a 12-inch skillet heat oil over medium-high heat. Add 2 quesadillas at a time to skillet; cook 3 minutes turning once, until filling is heated and tortillas are golden brown. Cut into wedges and serve warm with remaining salsa. Shredded chicken can be used instead of pork, if desired.

HOT HAM AND CHEESE PINWHEELS

3 tbsp. olive oil	1 1/2 cups shredded Mozzarella cheese
1 tbsp. crushed garlic	1/3 lb. thinly sliced deli ham
2 tsp. Italian seasoning	1 large egg
1 tube refrigerated pizza dough	

Preheat oven to 375°. In a small bowl, whisk together olive oil, garlic, and Italian seasoning. Roll out pizza dough onto a cutting board. Brush entire surface with seasoned olive oil. Top with 1 cup of shredded cheese, an even layer of ham, and remaining 1/2 cup of cheese. Starting from the bottom edge, tightly roll up the dough to form a log. Using a sharp serrated knife, slice the roll in half and then each half into 6 pieces for a total of 12 pinwheels. Place the rolls flat on a lightly greased cookie sheet. In a small bowl, whisk together the egg with 2 tablespoons of water. Brush the tops and sides of the rolls with egg wash. Bake 20 to 25 minutes or until golden brown. Serve warm or at room temperature.

PEPPERONI CHIPS

1 (8 oz.) pkg. Hormel pepperoni, Fresh coarsely ground black
rounds, thinly sliced pepper

Preheat oven to 350°. Place pepperoni slices in a single layer on baking sheet. Bake 10 to 15 minutes or until crispy. Transfer to paper towel-lined plate to absorb fat; cool to room temperature. Place pepperoni in serving bowl and toss with pepper. Will keep for several days at room temperature in airtight container.

CRUNCHY PAPRIKA CHICKPEAS

2 (15 1/2 oz.) cans chickpeas 1 1/2 tsp. coarse salt
3 tbsp. olive oil, to coat 1 tsp. hot or sweet paprika

Preheat oven to 450°. Drain and rinse chickpeas; pat dry with paper towels. In a bowl, toss chick peas with olive oil to coat. On a rimmed baking sheet, spread peas in a single layer; roast until deep brown and crispy, tossing occasionally, 35 to 40 minutes. Sprinkle with salt and paprika; roast 2 to 3 more minutes. Cool completely on paper towel-lined plate. Store in airtight container at room temperature for 2 to 3 days.

COLD DILL PICKLE HAM/SALAMI ROLLUPS

1/2 lb. thinly sliced deli ham, or Kosher dill pickle spears
salami (cold)
8 oz. cream cheese, softened

Pat dill pickles dry with paper towel. Spread thin layer of cream cheese over meat slices. Place pickle spear on end of meat over cream cheese and roll up. Refrigerate for at least 2 hours. Serve whole or slice into bite-size pieces. Serve cold.

Cooking tip:

To prevent fresh fruit from turning brown, soak slices for an hour in canned pineapple juice.

PUMPKIN CHEESECAKE PIE

1 refrigerated pie crust roll 1 (5-oz.) can evaporated
8 oz. cream cheese, softened milk
1/3 cup granulated sugar 1 cup heavy cream
1 tsp. vanilla extract 2 tbsp. maple syrup
2 eggs, divided 2 tbsp. powdered sugar
1 (15-oz.) can pumpkin pie filling

Preheat oven to 350°. Unroll pie crust, press firmly into a 9-inch pie plate, and flute edges. In a medium bowl, beat cream cheese, sugar, and vanilla until creamy; gently beat in 1 egg. Spread into pie crust and set aside. In a large bowl, beat pumpkin pie filling, evaporated milk, and 1 egg until blended. Pour mixture slowly over cream cheese mixture in pie crust. Bake 60 to 65 minutes, or until center is set. Cool completely. In a medium bowl, combine heavy cream, maple syrup, and powdered sugar. Beat with an electric mixer until stiff peaks form; dollop on slices of pie.

AMISH BAKERY CUSTARD PIE

1 (9-inch) baked pie crust 1 stick butter
3/4 cup granulated sugar 1/4 cup packed light brown
1/4 cup cornstarch sugar
1/4 tsp. salt 1 tsp. vanilla extract
2 1/2 cups half-and-half Ground cinnamon

Preheat oven to 325°. In a medium saucepan, combine sugar, cornstarch, and salt. Whisk in the half-and-half; cook over medium heat until mixture is thickened and bubbly, stirring constantly. Remove from heat, add butter, brown sugar, and vanilla; whisk until butter is melted. Pour into baked pie shell and sprinkle lightly with cinnamon. Bake 40 minutes; center of pie will not be set. Cool for 1 hour, then refrigerate 6 to 8 hours, or until ready to serve. Custard will set upon chilling. Slice and serve with whipped cream, if desired.

MINI CITRUS MUFFINS

1 cup all-purpose flour	1 egg
1/2 tsp. baking powder	1/2 cup sour cream
1/4 tsp. baking soda	1/2 tsp. vanilla
1/8 tsp. salt	2 tsp. orange or lemon zest
1/4 cup butter, softened	2 tbsp. butter, melted
2/3 cup sugar	1/3 cup sugar

Preheat oven to 375°. Line (24) mini muffin tins with paper liners, or lightly grease. In a mixing bowl, thoroughly combine flour, baking powder, baking soda, and salt. In a large mixing bowl, beat 1/4 cup softened butter with 2/3 cup sugar until well blended. Add egg; beat until smooth. Mix in sour cream, vanilla, and orange zest. Add flour mixture to wet ingredients. Mix just until dry ingredients are moist; do not over mix. Fill each muffin about 1/2 full. Bake 12 to 13 minutes or until light golden brown. Cool in pan 3 minutes; remove from pan. In a small mixing bowl, stir together 2 tablespoons melted butter and 1/3 cup sugar. Drizzle over warm muffins and serve.

CHERRY LIMEADE

1 (10-oz.) jar maraschino cherries, reserve juice	1 can frozen limeade, 1 lime, sliced
2 liters lemon-lime soda	

Remove cherries from juice and freeze. While cherries are freezing, refrigerate all other ingredients. In a large pitcher, stir lemon-lime soda, limeade, and cherry juice together. When ready to serve, stir in lime slices and frozen cherries.

Cooking tip:

No toothpicks? A cake is done when it shrinks slightly from the sides of the pan and springs back when lightly touched in center.

GRILLED BACON WRAPPED ONION BOMBS

2 medium-size sweet onions	2 tsp. black pepper
1 lb. lean ground beef	2 tsp. garlic powder
1 tsp. salt	1/2 lb. bacon slices

Peel and cut each onion into halves and separate onion layers leaving whole rings (cups). In a large bowl, mix ground beef with salt, pepper, and garlic powder. Form meat mixture into ball sizes that fit inside each onion ring (cup). Wrap a slice of bacon tightly around each and secure with toothpick. Wrap each bomb in a piece of aluminum foil. Grill over medium heat for 30 to 45 minutes, depending on the size of the bomb. Remove from grill and carefully remove foil. Place bombs back on the grill for 10 to 15 minutes until bacon is brown and crispy. Serve hot with BBQ sauce for dipping, if desired.

PESTO CRESCENT PIZZA ROLLS

1 can (8) refrigerated crescent rolls	1/2 cup black olive slices
1 jar pesto sauce	1/2 cup shredded cheese
1 small pkg. pepperoni slices	

Preheat oven to 375°. Separate crescent dough into 8 pieces. Brush pesto on each crescent. Place 2 to 3 slices pepperoni, 3 to 5 olives slices, and 2 tablespoons of cheese on each. Roll dough from large end to small end to form crescent. Bake on cookie sheet lined with parchment paper for 10 to 12 minutes or until golden brown. Serve hot or at room temperature.

HONEYED BLUE CHEESE TOAST

10 slices French or Italian bread rounds	2/3 cup honey
2/3 cup blue cheese	

Place bread slices on cookie sheet. Put 1 tablespoon of blue cheese on center of each slice. Drizzle about a tablespoon of honey over cheese to edges of bread. Toast in 350° oven for 10

BUFFALO CHEDDAR RANCH CHEX MIX

9 cups Corn or Wheat Chex cereal, or combination	6 tbsp. butter
2 cups bite-size pretzel twists	1/4 cup Buffalo wing sauce
2 cups Cheez-It crackers	1 pkg. dry ranch dressing and dip mix

In a large microwavable bowl, mix cereal, pretzels, and crackers together; set aside. In small microwavable bowl melt butter; stir in Buffalo wing sauce and dry ranch mix. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on high 4 to 5 minutes, thoroughly stirring every 2 minutes. Spread onto a sheet of parchment paper to cool. Store in airtight container.

CHEESE HEAD CHEX MIX

1 bag Chex Mix Cheddar snack mix	9 oz. hard salami, cut into 1/2-inch cubes (2 cups)
2 cups sourdough pretzel nibblers	1 1/2 cups Cheddar cheese cubes
1 (6-oz.) can smoked almonds	

In a large serving bowl, combine first 3 ingredients. Just before serving, toss in salami and cheese cubes. Serve immediately. Refrigerate leftovers in airtight container.

HALLOWEEN CHEX MIX

8 oz. white chocolate baking bars, coarsely chopped	1/2 cup raisins
4 cups Rice or Corn Chex cereal	1 cup candy corn
2 cups bite-size pretzel twists	1/4 cup black and orange candy décor (sprinkles)

In large bowl, microwave white chocolate uncovered on high until melted and smooth, 1 to 2 minutes. Gently stir in cereal, pretzels, and raisins until evenly coated. Stir in candy corn and sprinkles. Spread on waxed or parchment paper to cool. Break into chunks to serve. Store in airtight container.

COCONUT BREAD PUDDING

2 (13.5-oz.) cans coconut milk	1 (16-oz.) day-old French bread loaf, cut into 1-inch cubes
3 eggs	
1 cup sugar	
1 tsp. ground cinnamon	1 cup sweetened flaked coconut
1/4 tsp. salt	

Preheat oven to 350°. Lightly grease a 2-quart baking dish. In a large bowl, whisk coconut milk, eggs, sugar, cinnamon, and salt. Add bread cubes and coconut; fold in gently just until bread is moistened. Pour mixture into baking dish, cover, and chill 1 hour. Bake 45 to 50 minutes, or until set in center. Serve warm.

CHOCOLATE BREAD PUDDING WITH CARAMEL SAUCE

2 cups semi-sweet chocolate chips	<u><i>Caramel Sauce:</i></u>
1 (14-oz.) can sweetened condensed milk	1/2 cup butter
4 large eggs	1/2 cup heavy cream
1 cup hot water	1/2 cup brown sugar
5 cups day-old French bread, crust removed, cubed	
3 tbsp. cold butter, diced	

Preheat oven to 350°. Lightly grease a 13 x 9-inch baking dish. Melt all except 2 tablespoons chocolate chips over very low heat. In a large mixing bowl, whisk together condensed milk, eggs, and melted chocolate chips; whisk in hot water. Fold bread cubes into chocolate mixture; let stand 5 minutes. Spoon bread mixture into baking dish; dot with butter pieces. Bake 45 to 50 minutes or until knife inserted in center comes out clean. Combine caramel sauce ingredients in medium saucepan; simmer 5 to 6 minutes, stirring constantly until brown sugar is completely dissolved. Sprinkle reserved chocolate chips over cake, then drizzle with caramel sauce.

NUTELLA CHEESECAKE COOKIE BARS

Crust ingredients:

1 pouch (1 lb. 1.5-oz.) double
chocolate chunk cookie mix
Vegetable oil, water, egg on
cookie instructions

Topping ingredients:

2 cups chocolate chips
1/2 cup heavy whipping cream

Filling ingredients:

2 (8-oz.) pkgs. cream
cheese, softened
1/2 cup granulated sugar
3/4 cup Nutella Hazelnut
Spread
2 eggs
2 tbsp. heavy whipping
cream
1 tsp. vanilla extract

Heat oven to 325°. Lightly grease bottom only of 13 x 9-inch pan. In a large mixing bowl, mix crust ingredients with spoon until soft dough forms. Press dough in bottom of pan. Bake 15 minutes. Remove from oven; cool 10 minutes. In medium bowl, beat cream cheese and granulated sugar with electric mixer on medium speed until smooth, scraping sides of bowl frequently. Beat in hazelnut spread. Add 2 eggs, one at a time, beating until just blended. Beat in 2 tablespoons heavy cream and the vanilla. Spread evenly over cooled crust. Bake 30 to 35 minutes or until set; cool 30 minutes. In a 2-quart saucepan, melt chocolate chips and 1/2 cup whipping cream over low heat, stirring constantly until chips are completely melted and smooth. Carefully pour and spread topping over filling. Refrigerate about 2 hours or until cooled completely. Cut into bars with plastic knife for ease.

CHEERIOS CRUNCH

1/2 cup butter
2/3 cup brown sugar
4 cups plain Cheerios
in large mixing bowl

Over low heat, melt butter in saucepan. Add brown sugar; cook, stirring constantly until thick and smooth. Pour over Cheerios and toss to coat. Spread on parchment lined tray to cool.

PARMESAN BROCCOLI BALLS

1 (10-oz.) pkg. frozen chopped broccoli, thawed	1 medium onion, chopped
1 pkg. chicken flavored dry stuffing mix	6 eggs, beaten
1/2 cup grated Parmesan cheese	3/4 cup butter, melted
	1 tsp. black pepper
	1/2 tsp. garlic salt

Preheat oven to 325°. Place broccoli in a medium saucepan with just enough water to cover. Bring to a boil, cover and lower to simmer, cook 6 minutes until tender. Drain and cool. In a large bowl, mix broccoli, stuffing mix, Parmesan cheese, onion, eggs, butter, pepper, and garlic salt. Cover, and chill in refrigerator for about 1 hour, until moisture has been absorbed. Roll the chilled mixture into 1-inch balls; arrange on baking sheet. Bake 15 to 20 minutes, until browned. Transfer to serving plate and sprinkle with extra Parmesan cheese, if desired. Serve hot or cold.

EASY OVEN-FRIED CHICKEN TENDERS

1/4 cup all-purpose flour	1/2 cup grated Parmesan cheese
1 egg	1 pkg. (about 1 1/4 lbs.) chicken breast tenders
1 tbsp. water	Favorite dipping sauce
1 cup Progresso Italian-style Panko crispy bread crumbs	

Preheat oven to 425°. Line cookie sheet with foil; spray with butter flavored cooking spray. In a shallow dish, place flour. In another shallow dish, beat egg and water. In third shallow dish, mix bread crumbs and Parmesan cheese. Coat chicken with flour, dip into egg mixture, coat with breadcrumb mixture, and place in single layer on cookie sheet. Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and coating is golden brown. Serve with your favorite dipping sauce.

Cooking tip:

For juicier hamburgers, mix cold water into meat; about 1/4 cup per pound.

SOUPS

QUICK & EASY CHICKEN NOODLE SOUP

2 tbsp. butter	1 cup sliced fresh carrots
1 onion, chopped	1/2 tsp. dried basil
1/2 cup chopped celery	1/2 tsp. dried oregano
4 (14.5-oz.) cans chicken broth	1/2 tsp. dried parsley
1 (14.5-oz.) can vegetable broth	Salt & pepper to taste
2 cups cooked, chopped chicken breast meat	1 1/2 cups uncooked wide egg noodles

In a soup pot over medium heat, cook onion and celery in butter for about 5 minutes. Pour in chicken and vegetable broths; stir. Add chicken meat, carrots, and spices. Bring to a boil, reduce heat and simmer for 15 minutes. Add noodles and continue to simmer until noodles are tender, about 10 minutes.

EASY BEEF & PASTA SOUP

1 lb. ground beef	1/8 tsp. black pepper
1 large onion, chopped	2 cloves garlic, crushed
1 box Hamburger Helper mix for beef pasta	1 (4-oz.) can mushroom stems & pieces, drained
6 cups water	2 tbsp. chopped, fresh parsley
1/2 tsp. dried basil leaves	

In a soup pot, brown ground beef and onion together over medium heat, stirring until no pink is left; drain grease. Stir in sauce mix (from Hamburger Helper), water, basil, pepper, and garlic. Heat to a boil, stirring frequently. Reduce heat, cover, and simmer 10 minutes. Stir in pasta (from Hamburger Helper) and mushrooms. Return to a boil, reduce heat, cover, and simmer for 10 more minutes. Sprinkle servings with fresh parsley.

Cooking tip:

Al dente describes pasta, rice, vegetables, or beans that are cooked enough to be firm, not soft.

FLOURLESS APPLESAUCE CAKE

1 1/2 cups quick cooking oats	1 cup unsweetened applesauce
1/2 cup light brown sugar	1/4 cup canola oil
1 tsp. baking soda	1 egg
1/4 tsp. baking powder	1 tsp. vanilla extract
1 tsp. ground cinnamon	1/4 cup chopped walnuts
1/2 tsp. ground nutmeg	Confectioners' sugar (opt.)
1/4 tsp. salt	

Preheat oven to 350°. Line an 8 x 8-inch baking pan with parchment or wax paper. Place oats in a blender or food processor and blend until they resemble flour; place in a medium bowl. Add brown sugar, baking soda, baking powder, cinnamon, nutmeg, and salt; mix well. In another bowl, stir together applesauce, oil, egg, and vanilla; add to dry ingredients and mix until thoroughly combined. Stir in walnuts and pour into baking dish. Bake for 25 to 30 minutes, or until toothpick inserted in center comes out clean. Let cool; sprinkle with confectioners' sugar, if desired.

LEMON PIE BARS

2 1/4 cups all-purpose flour	1 1/2 cups white sugar
1/2 cup confectioners' sugar	1/2 cup lemon juice
1 cup butter, softened	1 tbsp. lemon zest
4 eggs	

Preheat oven to 350°. Mix 2 cups flour and confectioners' sugar together. Cut in butter; mix until dough resembles consistency of pie dough. Press dough on bottom of 9 x 13-inch baking pan. Bake 15 to 20 minutes, or until golden brown. In a medium bowl, beat together 4 tablespoons flour, eggs, sugar, lemon juice, and lemon zest for at least 1 minute. Pour mixture over baked crust. Bake the bars another 20 minutes, or until the lemon topping has set. Cool, sprinkle with confectioners' sugar, and slice into bars using a disposable plastic knife.

ONE-BOWL CHOCOLATE CAKE

2 cups white sugar	1 tsp. salt
1 3/4 cups all-purpose flour	2 eggs
3/4 cup unsweetened cocoa powder	1 cup milk
1 1/2 tsp. baking powder	1/2 cup vegetable oil
1 1/2 tsp. baking soda	2 tsp. vanilla extract
	1 cup boiling water

Preheat oven to 350°. Grease and flour two 9-inch round cake pans. In a large mixing bowl, stir together sugar, flour, cocoa, baking powder, baking soda, and salt. Add eggs, milk, oil, and vanilla. Using electric mixer, beat 2 minutes on medium speed. Slowly stir in boiling water. Batter will be thin. Pour evenly into prepared pans. Bake 30 to 35 minutes, until cake passes toothpick test. Cool in pans 10 minutes, then remove to wire rack to cool completely. Frost layers with chocolate cream cheese frosting; recipe below.

CHOCOLATE CREAM CHEESE FROSTING

8 oz. cream cheese, room temperature	3 cups sifted powdered sugar
1/2 stick unsalted butter, room temperature	1/2 cup unsweetened cocoa powder

Mix cream cheese and butter with electric mixer until smooth. Mix in powdered sugar, one cup at a time. Add cocoa powder and beat until thoroughly creamy. Decrease amount of powdered sugar for softer frosting, increase sugar for stiffness if you need to pipe the frosting.

Cooking tip:

For best results when baking, leave butter and eggs at room temperature overnight. Butter and eggs do not spoil at room temperature.

SLOW-COOKER BUTTERNUT SQUASH SOUP

2 tbsp. butter	1/2 tsp. dried marjoram
1 large onion, chopped	1/4 tsp. black pepper
2 lbs. butternut squash, peeled, seeded, cubed	Pinch ground red pepper
2 cups water	4 chicken bouillon cubes
	8 oz. cream cheese, softened

In 10-inch skillet, melt butter over medium heat. Add onion and cook, stirring occasionally, until crisp tender. In a 3 to 4 quart slow cooker, mix onion and remaining ingredients, except cream cheese. Cover; cook on low heat setting 6 to 8 hours. In blender or food processor, place 1/3 to 1/2 of mixture at a time; cover and blend on high speed until smooth. Return mixture to slow cooker; stir in cream cheese. Cover; cook on low about 30 minutes longer or until cream cheese is melted. Stir with whisk until smooth.

CLASSIC FRENCH ONION SOUP

3 tbsp. butter	1 bay leaf
4 medium onions, sliced	4 slices French bread rounds
2 (10.5-oz) cans beef broth	3/4 to 1-inch thick, toasted
1 1/2 cups water	1 cup shredded Swiss cheese
1/8 tsp. black pepper	1/4 cup grated Parmesan cheese
1/8 tsp. dried thyme leaves	

Melt butter in 4-quart non-stick Dutch oven over medium-high heat. Add onions, stirring to coat with butter. Cook uncovered 10 minutes, stirring every 3 to 4 minutes. Reduce heat to low; cook 35 to 40 minutes longer, stirring every 5 minutes, until onions are golden and caramelized. Stir in broth, water, pepper, thyme, and bay leaf. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Remove bay leaf. Set oven control to broil. Place bread rounds in 4 ovenproof bowls. Pour soup over bread; top with Swiss cheese; sprinkle with Parmesan cheese. Place bowls on a cookie sheet and broil 1 to 3 minutes or just until cheese is melted and golden brown. Serve with additional French bread, if desired.

CHICKEN TORTILLA SOUP

1 lb. boneless skinless chicken breast, cooked, shredded	1 3/4 cup chicken broth
1 medium onion, finely chopped	1 cup whole kernel corn, drained
1 can black beans, drained, rinsed	3 tsp. garlic powder
1 (10-oz.) can diced tomatoes with green chilies in juice	2 tsp. chili powder
1 (10-oz.) can mild enchilada sauce	1 1/2 tsp. ground cumin
1 (4.5-oz.) can chopped green chilies	1/2 tsp. salt
	4 (5 to 6-inch) soft corn tortillas cut into 1-inch strips

In a large pot, stir all ingredients together, except tortilla strips. Bring to a boil, reduce heat, and simmer 45 minutes uncovered. Five minutes before serving, gently stir in tortilla strips. If desired, garnish with sour cream, diced avocado, diced red onion, salsa, shredded cheese, or cilantro.

NEW ENGLAND CLAM CHOWDER

2 tbsp. unsalted butter	1 cup heavy cream
1 medium onion, finely chopped	2 bay leaves
2 celery stalks, sliced	1 lb. Idaho potatoes, cut into 1/2-inch cubes
3 tbsp. all-purpose flour	Salt and freshly ground pepper
2 cups chicken broth	Homemade croutons (see Cooking Tip; next page)
2 (10-oz.) cans chopped clams in juice	

Heat butter in large pot over medium-high heat; add onion and celery and sauté until tender. Whisk in flour to make a roux. Stir in chicken broth, clam juice (reserve clams), cream, bay leaves, and potatoes. Stir until mixture thickens. Reduce heat to low, and simmer 20 minutes, stirring occasionally, until potatoes are tender. Add clams and season with salt and pepper. Cook for 5 more minutes, until clams are tender. Serve topped with homemade croutons.



Design the Cover Contest—Honorable Mention:
Noshin Alam, South Warren Middle School

“Chef Bunny”



Design the Cover Contest—Honorable Mention:
Gaby Maldonado, Greenwood High School

“Stitch Checking on Cookies”

ZESTY FAT-FREE CABBAGE SOUP

2 cups finely chopped onion	4 cups water
1 (14-oz.) can diced tomatoes with green chilies	3 cups shredded green cabbage
1 (8-oz.) can tomato sauce	1 tbsp. brown sugar
1 tsp. garlic powder	Salt & Pepper

Coat bottom of soup pot with cooking spray. Over medium heat, cook onions until tender, stirring occasionally. Process diced tomatoes in blender or food processor about 30 seconds. Stir tomatoes, tomato sauce, garlic powder, and water into pot with onions. Bring to a boil, reduce heat to low, and simmer, uncovered, for 15 minutes. Stir in cabbage and brown sugar. Cook 10 to 15 minutes, or until cabbage is tender. Salt and pepper, to taste.

QUICK ITALIAN MEATBALL SOUP

1 (14-oz.) can beef broth	1/2 cup uncooked small pasta (ditalini, orzo, elbow)
1 (14-oz.) can diced Italian— style stewed tomatoes, with juice	1 cup loose frozen mixed vegetables of choice
1 1/2 cups water	1/2 cup shredded Parmesan cheese
1/2 tsp. Italian seasoning, crushed	
1 (8-oz.) pkg. frozen Italian-style cooked meatballs (about 8)	

In a large saucepan, stir together beef broth, undrained tomatoes, water, and Italian seasoning. Bring to a boil; add meatballs, pasta, and vegetables. Reduce heat and simmer, covered, 10 to 15 minutes until pasta and vegetables are tender. Serve warm sprinkled with Parmesan cheese.

Cooking tip:

Homemade croutons: Cut half of a baguette into 1-inch cubes, toast in large skillet with 3 tbsp. oil until brown. Stir in 2 tbsp. fresh, finely chopped parsley; salt and pepper to taste. Drain on a paper towel-lined plate.

SALADS & DRESSINGS

CUCUMBER CILANTRO PASTA SALAD

1 cup uncooked pasta shells	3 tbsp. lime juice
1 cucumber, peeled & chopped into 1/2-inch squares	2 tbsp. chopped cilantro
1 cup diced Roma tomatoes	1 tsp. sugar
1/2 cup finely chopped red onion	1/4 tsp. salt
	1/4 tsp. pepper

Cook pasta according to package directions for al dente; drain, rinse with cold water, thoroughly drain again. In a large bowl, combine pasta, cucumber, tomatoes, and onion. In small bowl, whisk together lime juice, cilantro, sugar, salt, and pepper. Pour over pasta and vegetables; toss to coat. Chill and serve.

CHRISTMAS CRANBERRY SALAD

1 lb. fresh cranberries, finely ground	1 (16-oz.) pkg. miniature marshmallows
2 cups white sugar	1 cup chopped pecans
1 (20-oz.) can crushed pineapple drained	1 pint whipping cream, whipped to stiff peaks

Mix together cranberries and sugar, cover, and refrigerate overnight. In large bowl, combine cranberry mixture with pineapple, marshmallows, and pecans. Gently fold in whipped cream. Pour into 3-quart dish. Refrigerate or freeze until ready to serve.

Cooking tip:

For homemade salad dressings: Instead of whisking in a bowl, put ingredients in a jar with a lid and shake. Your dressing is ready for storage and re-shaking!

RASPBERRY ICEBOX CAKE

1 1/2 cups graham cracker crumbs	2 cups boiling water
1/3 cup sugar	1 (12-oz.) pkg. frozen raspberries
1/4 cup butter, melted	1 1/2 cups frozen whipped topping, thawed
2 (4-serving size) pkgs. raspberry gelatin	

In a large mixing bowl, combine graham cracker crumbs, sugar, and melted butter; mix well. Press mixture into a 9 x 13-inch baking dish. Refrigerate until ready to fill. In medium bowl, dissolve raspberry gelatin in boiling water; stir in frozen raspberries. Chill until partially set, about 1 hour. Stir partially set gelatin and spread half on graham cracker bottom. Fold whipped topping into remaining gelatin mixture. Spread on top of gelatin layer. Refrigerate 4 to 6 hours before slicing to serve.

QUICK & EASY BOSTON CREAM CAKE

1 (4-serving) pkg. instant vanilla pudding mix	1 cup semisweet chocolate chips
1 cup cold milk	2 tbsp. milk
1 (13 to 16-oz.) frozen pound cake, thawed	

In a large mixing bowl, with electric mixer on medium speed, beat pudding mix and milk for 1 to 2 minutes, until pudding begins to thicken. Slice pound cake in half horizontally. Place bottom half of cake cut-side up on a serving plate. Spread pudding evenly over cake. Carefully place top half of cake over pudding. In a small microwave-safe bowl, combine chocolate chips and milk. Microwave on high for 30 seconds; stir. Continue to microwave for 30 more seconds to melt chocolate; stir until smooth. Spread chocolate over top of cake and allow to drip down the sides of cake. Chill and serve; refrigerate leftovers.

DESSERTS

MAMMA'S CANNOLI POKE CAKE

1 (16.5-oz.) box white cake mix	1 cup ricotta cheese
1 (14-oz.) can sweetened condensed milk, divided	1 tsp. vanilla extract
1 (8-oz.) container mascarpone cheese	1 1/2 cups confectioners' sugar
	1/4 cup mini chocolate chips

Bake cake according to package directions for a 9 x 13-inch cake. Remove from oven; cool 5 minutes. Using a plastic straw, poke holes almost to bottom about 1 inch apart all over cake. Reserve 2 tablespoons of condensed milk in a small bowl, pour remainder over top of cake; spread into holes and cool completely. In a large mixing bowl, beat mascarpone, ricotta, and vanilla until creamy. Add confectioners' sugar and reserved condensed milk and beat until smooth. Spread frosting evenly over top of cake. Sprinkle with chocolate chips. Refrigerate cake for at least 2 hours. Serve cold. Refrigerate leftovers.

EGG NOG MUG CAKES

Non-stick cooking spray	1 tsp. rum extract
2 cups Reddi-wip dairy topping	1/2 cup yellow cake mix
1/4 cup Egg Beaters Original	1/8 tsp. ground nutmeg

Spray insides of 2 large microwave-safe mugs with cooking spray. In medium mixing bowl, whisk together Reddi-whip, Egg Beaters, rum extract, cake mix, and nutmeg. Place half the batter in each mug. Microwave each mug individually on high setting 1 minute 15 seconds to 1 minute 30 seconds or until set. Invert each cake onto a serving plate. Serve with additional Reddi-wip, if desired.

Cooking tip:
A pinch = 1/8 teaspoon.

TEXAS CAVIAR

1 can black eyed peas, drained, rinsed	1/4 cup fresh cilantro, finely chopped
1 can white corn, drained,	6 tbsp. red wine vinegar
1 can petite diced tomatoes, drained	6 tbsp. extra virgin olive oil
1 or 2 fresh jalapenos, seeded finely chopped	1/2 tsp. salt
1 small onion, diced	1/2 tsp. black pepper
1/2 bell pepper, seeded, diced	1/2 tsp. garlic powder
	1 1/2 tsp. ground cumin
	3 or 4 Roma tomatoes, diced

In a large bowl, combine first 7 ingredients. In another mixing bowl, whisk remaining ingredients together; pour over vegetables and toss well to coat. Cover and refrigerate at least 2 hours.

SUMMER CAPRESE SALAD

3 vine-ripe tomatoes	Balsamic vinegar
2 oz. fresh basil leaves	Salt & pepper to taste
Fresh ball of Mozzarella cheese	

Slice tomatoes and Mozzarella ball into 1/4-inch thick rounds. On large serving plate, overlap tomatoes, basil, and mozzarella in a circle. Drizzle with vinegar; sprinkle with salt and pepper.

BACON & EGG MACARONI SALAD

1 lb. uncooked elbow macaroni	1/2 cup finely chopped red onion
8 hard boiled eggs, chopped	2 cups mayonnaise
1/2 lb. bacon, cooked & crumbled	1 tsp. salt
1 cup finely chopped celery	3/4 tsp black pepper

Cook macaroni according to package directions for al dente; drain, rinse with cold water, thoroughly drain again. In a large bowl, stir remaining ingredients together. Add macaroni, stirring to coat. Cover and chill for at least 1 hour before serving.

ASIAN SESAME DRESSING

2 tbsp. toasted sesame seeds	2 tbsp. soy sauce
2 tbsp. canola oil	1 tbsp. sesame oil
2 tbsp. white wine vinegar	2 garlic cloves, minced

In small bowl, whisk all ingredients together. Chill.

Yields: 2/3 cup.

BLUE CHEESE DRESSING

1/2 cup mayonnaise	1/3 cup blue cheese
1/4 cup whole milk	crumbles
1/4 cup sour cream	Salt & pepper to taste
Dash of Worcestershire sauce	

In small bowl, whisk together mayonnaise, milk, sour cream, and Worcestershire sauce. Stir in blue cheese crumbles; salt & pepper to taste. Chill. Yields: 1 1/3 cups.

CLASSIC FRENCH DRESSING

3 tbsp. ketchup	1/2 tsp. sweet paprika
3 tbsp. red wine vinegar	1/4 tsp each, salt & pepper
1 tbsp. sugar	1/4 tsp. garlic powder
1 tsp. dry mustard	3/4 cup extra virgin olive oil

In small bowl, whisk all ingredients together. Chill.

Yields: 1 1/4 cups.

CREAMY ITALIAN DRESSING

1 cup mayonnaise	3/4 tsp. Italian seasoning
1/2 small onion, minced	1/4 tsp. garlic powder
2 tbsp. red wine vinegar	1/4 tsp. salt
1 tbsp. white sugar	Pinch black pepper

In small bowl, whisk all ingredients together. Chill. Yields: 1 cup.

EASY SKILLET BAKED BEANS

3 slices bacon, cut into 1-inch pieces	2 (15-oz.) cans pork & beans
1 medium onion, chopped	1/4 cup chili sauce
	1 tsp. yellow mustard

In a large skillet, cook bacon and onion together, stirring occasionally, until bacon is crisp. Stir in remaining ingredients. Heat to boiling; reduce heat to low. Simmer uncovered 15 to 20 minutes, stirring occasionally to keep from sticking, until liquid is absorbed and beans are thick.

GRILLED MEXICORN CORN ON THE COB

6 ears corn on the cob, husks removed	6 tbsp. butter, separated
1 (16-oz.) jar picante sauce	6 tbsp. grated Parmesan

Place each ear of corn onto 1 piece heavy-duty aluminum foil. Top each with 1/3 cup picante sauce and 1 tablespoon butter. Wrap corn in foil; double fold the edges and tuck ends under to seal. Grill corn packets over medium heat for 15 minutes, turning several times during grilling. Remove packets from grill and open. Return open packets to grill and cook for 3 more minutes. Remove from grill and sprinkle with Parmesan cheese; serve hot.

ROASTED BUTTERNUT SQUASH & ROSEMARY

4 - 5 cups butternut squash cubes	1 tbsp. fresh lime juice
2 tbsp. extra virgin olive oil	3 tbsp. cold butter, pieces
2 tsp. minced fresh rosemary	Salt & pepper

In a large mixing bowl, place squash, olive oil, rosemary, and lime juice; toss to coat. Arrange squash on roasting pan in single layer. Dot with butter; roast 40 to 45 minutes, until soft and brown at edges. Season with salt and pepper and serve.

LOADED CAULIFLOWER CASSEROLE

1 head cauliflower, cut into large pieces	3 scallions, chopped
8 oz. sour cream	4 slices bacon, cooked and crumbled
1 1/2 cups shredded Cheddar cheese, divided	1/8 tsp. black pepper

Preheat oven to 350°. Place cauliflower in a steamer basket over large pot of boiling water. Steam for 8 to 10 minutes, or until tender; drain well. In a large bowl, combine cauliflower, sour cream, 1 cup of cheese, half the scallions, half the bacon, and the pepper; mix well. Spoon mixture into baking dish and sprinkle with remaining cheese. Bake 20 to 25 minutes, or until heated through. Sprinkle with remaining bacon and scallions and serve.

HEARTY HOLIDAY DRESSING

1 (7.5-oz.) pkg. dry cornbread mix	1 tsp. dried thyme
1 cup butter	1 tsp. poultry seasoning
2 onions, chopped	1 tsp. salt
1 green bell pepper, chopped	1/2 tsp. black pepper
6 stalks celery, chopped	1/2 cup chopped fresh parsley
1 lb. pork sausage	2 eggs, whisked together
16 slices white bread	4 cups chicken stock
2 tsp. dried sage	

Prepare cornbread according to package directions. Cool and crumble. In a large skillet over medium heat, melt butter. Add onions, bell pepper, and celery. Cook until vegetables are tender. In another skillet, cook sausage until evenly browned. Place breads in food processor; pulse until crumbly. Transfer bread crumbs into a large mixing bowl. Add sage, thyme, poultry seasoning, salt, pepper, and fresh parsley; stir to combine. Mix in cooked vegetables and sausage with drippings. Stir in eggs and chicken stock; mixture should be very moist. Transfer to a 9 x 13-inch pan, tent with foil, and bake at 325° for 1 hour.

CLASSIC THOUSAND ISLAND DRESSING

2 tsp. sugar	1 tsp. minced white onion,
1 tbsp. white vinegar	Pinch of salt
1 cup mayonnaise	Pinch of black pepper
1/4 cup ketchup or chili sauce	1 hard boiled egg, finely
1/2 cup sweet pickle relish	chopped, (opt.)

In medium bowl, stir sugar in vinegar until dissolved; whisk in remaining ingredients, except egg. Fold in egg, if desired. Chill. Yields: 2 cups.

COUNTRY BUTTERMILK RANCH DRESSING

1/2 cup mayonnaise	1 tbsp. chopped fresh basil
1/2 cup sour cream	1/4 tsp. garlic powder
2/3 cup buttermilk	1/4 tsp. salt
1 tsp. minced onion	1/8 tsp. black pepper
1 tbsp. finely chopped fresh parsley	1 tbsp. chopped fresh chives

In medium bowl, whisk all ingredients together. Chill. Yields: 1 2/3 cups.

RED WINE VINAIGRETTE

2 tbsp. red wine vinegar	1/4 tsp. black pepper
1 tbsp. fresh lemon juice	1/4 tsp. garlic powder
1/4 cup canola or corn oil	1 tbsp. chopped fresh
1/4 tsp. salt	parsley

In small bowl, whisk all ingredients together. Yields: 3/4 cup.

HONEY MUSTARD DRESSING

1/2 cup vegetable oil	1/4 cup lemon juice
1/3 cup honey	1 tbsp. Dijon mustard

In small bowl, whisk all ingredients together. Chill. Yields: 1 cup.



Design the Cover Contest—Honorable Mention:
Peyton Brown, Greenwood High School

“Cartoon Chef”

GLAZED CARROTS

1 lb. fresh carrots, peeled & sliced	2 tbsp. orange juice
2 tbsp. butter	1/4 cup brown sugar
1/2 cup chicken broth	Salt & pepper to taste

In a large skillet over medium-high heat, melt butter and stir in carrots. Pour in chicken broth and orange juice. Cover and cook for 5 minutes; add brown sugar and stir to dissolve. Cook, uncovered, for 5 more minutes until sauce thickens and turns into a glaze. Stir before serving.

ROASTED ASPARAGUS

2 bunches of asparagus, woody ends trimmed	1/2 tsp. kosher salt
2 tbsp. extra-virgin olive oil	Freshly ground black pepper
1/4 tsp. garlic powder	Shredded Parmesan cheese

Spread spears on baking sheet and drizzle with olive oil; sprinkle with garlic powder, salt, and pepper. Roast at 450° until lightly brown and tender; about 12 minutes, tossing once after 6 minutes. Transfer to platter and sprinkle with Parmesan cheese.

CLASSIC GREEN BEAN CASSEROLE

1 (10.5-oz.) can cream of mushroom soup	1 pinch of black pepper
1/2 cup milk	4 cups cooked, cut green beans
1 tsp. soy sauce	1 1/3 cups canned French fried onions

Preheat oven to 350°. In a large bowl, stir together soup, milk, soy sauce, black pepper, green beans, and 2/3 cup canned onions. Transfer to a lightly greased 1 1/2 quart casserole. Bake for 30 minutes or until mixture is bubbling throughout. Stir and sprinkle with remaining onions. Bake 5 minutes longer or until onions are golden brown.

PINEAPPLE CASSEROLE

1 cup sugar	1 cup Ritz cracker crumbs
6 tbsp. all-purpose flour	1 stick butter, melted
2 cups grated sharp Cheddar	6 tbsp. reserved pineapple juice
2 (20-oz.) cans pineapple chunks, drained (reserve juice)	

Preheat oven to 350°. Lightly grease a medium-size casserole dish. In a large bowl, stir together sugar and flour. Gradually stir in the cheese. Add the drained pineapple chunks, stirring until ingredients are well combined. Pour mixture into prepared casserole dish. In another bowl, combine cracker crumbs, melted butter, and reserved pineapple juice, stirring with rubber spatula until evenly blended. Spread crumb mixture on top of pineapple mixture. Bake 25 to 30 minutes, or until golden brown.

OVEN FRIED SWEET POTATOES

4 medium sweet potatoes	1/2 tsp. sweet paprika
1 tbsp. vegetable oil	1/4 tsp. cayenne pepper
1/2 tsp. black pepper	2 – 3 cloves garlic, minced
1/4 tsp. kosher salt	

Cut potatoes into thin wedges. Pile them in a large bowl and cover with cold water. Let rest for 15 minutes. Drain potatoes and pat dry with paper towels; press firmly to remove all water. Transfer potatoes to a large bowl. Sprinkle oil over potatoes and toss to coat. Sprinkle with pepper, salt, paprika, and cayenne pepper; toss to distribute spices evenly. Spread potatoes in single layer onto a baking sheet. Bake at 375° for 20 minutes. Turn potatoes over and sprinkle with minced garlic. Continue cooking for another 20 minutes or until crisp and brown. Serve immediately.

Cooking tip:

Tent with foil: This term means to lightly cover with foil so that steam still escapes, but burning is prevented when baking.



Design the Cover Contest—Honorable Mention:
Taylor Wilson, Natcher Elementary School

“Junior Cook”

MAIN DISHES & SIDES

BEST BRISKET EVER

1 (4 - 5 lb.) beef brisket	1 tsp. dried oregano
1 (28-oz.) can crushed tomatoes	1 tsp. garlic powder
1 envelope dry onion soup mix	1/2 tsp. black pepper
2 tbsp. balsamic vinegar	

Coat a roasting pan with cooking spray; place brisket in pan. In a large bowl, combine remaining ingredients. Pour over brisket, cover tightly with aluminum foil, and bake at 350° for 3 to 3 1/2 hours, or until meat is fork tender. Slice brisket across grain and serve with pan drippings.

COUNTRY-STYLE SALISBURY STEAK

1 1/2 lbs. ground beef	1/2 tsp. salt
1 large onion, finely chopped, divided	1/2 tsp. black pepper, divided
1/2 tsp. paprika	3 tbsp. all-purpose flour
1/4 tsp. garlic powder	1 3/4 cups beef broth

In a large bowl, combine ground beef, 1/2 cup chopped onion, paprika, garlic powder, salt, and 1/4 tsp. pepper. Mix well and form into 6 oval-shaped patties. Heat a large skillet over medium-high heat. Add patties and place remaining chopped onion around them. Cook 10 minutes, turning after 5. Meanwhile, in a small bowl, whisk together flour, beef broth, and remaining 1/4 tsp. pepper. Add to skillet and bring back to a boil. Reduce heat to low and simmer 5 minutes, or until sauce thickens, stirring occasionally. Serve patties topped with sauce.

Cooking tip:

To slice meat into thin strips, as for stir-fry dishes, partially freeze the meat and it will slice easily.

SPINACH ARTICHOKE CASSEROLE

1 tbsp. butter	1 (15-oz.) can artichoke hearts, drained
1 onion, diced	1 cup shredded Parmesan cheese
20 oz. frozen spinach, prepared and drained	1 (6-oz.) can fried onions
8 oz. sour cream	

In large skillet over medium-high heat, sauté onions in butter until lightly browned and tender; turn off heat. Add spinach, sour cream, and artichokes; stir to combine. Put half of the mixture into a buttered casserole dish; top with half of Parmesan cheese. Layer with rest of spinach mixture and remaining Parmesan. Top with fried onions and bake at 350° for 30 to 35 minutes or until bubbling and hot throughout.

ITALIAN ZUCCHINI BAKE

3 tsp. vegetable oil	1/2 cup shredded Italian blend cheese
2 lbs. zucchini, cut into 1/4-inch half-moon slices	1 tsp. garlic powder
1/4 cup chopped onion	1 tsp. Italian seasoning
3 plum tomatoes, cut into chunks	1/4 tsp. black pepper
2 tbsp. Parmesan cheese	1 tbsp. Italian bread crumbs

In a large skillet, heat oil over medium-high heat and sauté zucchini and onion 5 minutes. Stir in tomatoes, Parmesan cheese, Italian blend cheese, garlic powder, Italian seasoning, and black pepper. Cook for 3 minutes. Spoon into lightly greased 2-quart baking dish and sprinkle with bread crumbs. Bake at 375° for 25 to 30 minutes or until golden and heated through.

Cooking tip:

Ground spices should be replaced at least once a year. Check expiration dates, or simply take a whiff: No aroma—no flavor; bad aroma—bad flavor!

CARAMELIZED APPLES & ONIONS

3 tbsp. butter	1/4 tsp. salt
4 cups chopped sweet onions	1/4 tsp. freshly ground
2 medium red apples, peeled and	black pepper
chopped (2 cups)	Chopped fresh parsley

In a 10-inch skillet, melt butter over medium-high heat. Cook onions in butter 10 minutes, stirring occasionally, until golden. Stir in apples; cook another 10 minutes, stirring occasionally, or until caramel colored. Remove from heat; stir in salt and pepper. Sprinkle with parsley. Serve warm.

BARLEY AND ASPARAGUS MEDLEY

3 1/2 cups chicken broth	8 to 10 spears fresh
2 tbsp. vegetable oil	asparagus, ends trimmed,
1 medium onion, chopped	cut into 1-inch pieces
1 carrot, chopped	3 tbsp. shredded Parmesan
1 cup uncooked quick-cooking	1/4 tsp. dried thyme leaves
barley	1/8 tsp. black pepper

In a 2-quart saucepan, heat broth over medium heat. In a 12-inch skillet, heat oil over medium heat. Cook onion and carrot in oil 2 minutes, stirring occasionally, until crisp-tender. Stir in barley. Cook while stirring for 1 minute. Pour 1 cup of hot broth over barley mixture. Cook uncovered about 5 minutes, stirring occasionally, until liquid is absorbed. Stir in asparagus. Continue cooking 15 to 20 minutes, adding broth 1 cup at a time and stirring frequently, until barley is tender and liquid is absorbed; remove from heat. Stir in remaining ingredients and serve.

Cooking tip:

Use parchment paper for baking cookies, roasting vegetables, or when coating fresh fruit like strawberries with chocolate; food won't stick and cleanup is a breeze.

BURGUNDY BEEF STEW

1 tbsp. vegetable oil	3 cloves garlic, minced
1 1/2 lbs. stew meat, cut into	2 cups raw baby carrots
1-inch chunks	1 cup frozen whole pearl
1 tsp. dried thyme	onions
1/2 tsp. salt	3 tbsp. cornstarch
1/2 tsp. black pepper	2 tbsp. water
1 3/4 cups beef broth	1 (8-oz.) pkg. frozen
1/2 cup Burgundy or other	sugar snap peas
dry red wine	

In a large pot over medium-high heat, brown beef in oil, in batches. Return meat to pot; season with thyme, salt, and pepper. Stir in beef broth, wine, and garlic; bring to a boil. Reduce heat to low, cover, and simmer 1 hour. Stir in carrots and onions; cover and cook 30 more minutes, or until beef and vegetables are tender. In a small bowl, dissolve cornstarch in water. Stir cornstarch and snap peas into soup and cook an additional 3 to 5 minutes, until thickened and heated through.

ROASTED CHICKEN AND ONIONS

1 (2 - 3 lb.) chicken, cut into 8 pcs.	1 tsp. garlic powder
2 large onions, thinly sliced and	1 tsp. onion powder
separated into rings	1/2 tsp. salt
1 tbsp. chili powder	2 tbsp. vegetable oil

Preheat oven to 350°. In a large bowl, stir together everything except chicken. Add chicken to mixture and toss to thoroughly coat. Spread oil evenly over bottom of 9 x 13-inch baking dish. Place chicken and onions in dish. Bake 60 to 70 minutes, until thoroughly cooked, no pink remains, and juices run clear.

Cooking tip:

Make a depression with your thumb in the middle of hamburger patties after shaping them. The burgers will stay flat and not turn into meatballs while cooking!

THAI CHICKEN PASTA

1 lb. uncooked linguine pasta	2 cloves garlic, minced
1/3 cup plus 2 tbsp. sesame oil, divided	2 tbsp. white vinegar
1 1/2 lbs. boneless, skinless chicken, breasts, cut into 1-inch cubes	1 tbsp. sugar
1 cup crunchy peanut butter	1 tbsp. ground ginger
2/3 cup heavy cream	1 tbsp. crushed red pepper
1/4 cup soy sauce	1 (16-oz.) pkg. frozen broccoli, cauliflower, carrot mixture, thawed

In a soup pot, cook pasta according to package directions for al dente; drain, rinse, and set aside in colander to continue draining. In same pot over medium-high heat, brown chicken in 2 tablespoons sesame oil; 5 to 7 minutes. Meanwhile, in a medium bowl, combine peanut butter, cream, soy sauce, garlic, vinegar, sugar, ginger, red pepper, and remaining sesame oil; mix well. Add vegetables to the chicken, cook 4 to 5 minutes. Add pasta to pot, then peanut butter mixture, and toss gently to coat. Reduce heat to low and cook 3 to 5 minutes, until heated throughout. Remove from heat and serve immediately

CHOP SUEY PASTA

12 oz. small pasta shells or elbows	1 (10-1/2 oz.) can condensed tomato soup
2 tbsp. vegetable oil	Salt & pepper to taste
1 cup chopped celery	2 cups shredded Cheddar cheese
1 cup chopped green bell pepper	
1 lb. ground beef	

Preheat oven to 350°. Cook pasta according to package directions for al dente, drain, place in a large bowl. In a large skillet, heat oil over medium-high heat; sauté celery and green pepper until tender. Add ground beef to skillet celery and pepper; cook until no pink remains. Pour ground beef/vegetable mixture into pasta; stir in tomato soup, salt, pepper, and 1 cup of cheese. Place mixture into greased 2-quart casserole dish. Top with remaining cheese. Bake 35 to 40 minutes until bubbly throughout.

QUICK & EASY FISH TACOS

30 breaded frozen fish sticks	1/2 lb. finely shredded red cabbage
1/2 cup vegetable oil	3/4 cup tartar sauce
10 corn tortillas	1 cup salsa

Preheat oven to 400°. Arrange fish sticks in single layer on baking sheet; bake 20 minutes or until crisp and golden brown. Cut each stick into thirds. Heat vegetable oil in a skillet over medium-high heat. Fry tortillas until soft. Drain on paper towel-lined plate. To serve, fill the tortillas with fish pieces, cabbage, tartar sauce, and salsa.

LEMON PEPPER BAKED ORANGE ROUGHY

2 tbsp. butter	1/2 tsp. salt
2/3 cup Bisquick mix	1 egg
1/4 cup yellow cornmeal	2 tbsp. water
1/2 tsp. lemon pepper seasoning salt	1 lb. orange roughy fillets

Preheat oven to 425°. Melt butter in 9 x 13-inch baking dish. In a medium bowl, stir Bisquick mix, cornmeal, lemon pepper seasoning salt, and salt. In a small bowl, whisk egg and water together. Dip fish fillets into egg mixture, then coat with dry mixture. Place in pan over butter; bake uncovered 10 minutes. Turn fish with spatula; bake 15 minutes longer or until fish flakes easily with fork.

Cooking tip:

To guarantee tenderness, cut and discard woody ends of asparagus by cutting just above the white and purple color, usually about an inch. Then, lightly peel bottom of the spear with vegetable peeler.

MARYLAND CRAB CAKES

1/2 cup mayonnaise	1/2 tsp. salt
1 egg	1/4 tsp. black pepper
1 tbsp. Dijon-style mustard	3/4 cups bread crumbs
1 tbsp. hot sauce	1 lb. lump crab meat
2 garlic cloves, minced	4 tbsp. olive oil, divided

In a large bowl, whisk together mayonnaise, egg, mustard, hot sauce, garlic, salt, and pepper. Stir in bread crumbs and crab meat until just combined. Form into 10 crab cakes and place on wax paper-lined platter. Refrigerate 30 minutes. Heat 2 tbsp. olive oil in a large skillet over medium heat. Sauté 5 crab cakes 4 to 6 minutes per side, or until golden brown. Add remaining olive oil and repeat with remaining crab cakes.

PERFECT FRIED SHRIMP

3/4 all-purpose flour	1/4 cup milk
1 tbsp. baking powder	1/2 cup vegetable oil
1 tsp. salt	1 1/2 lbs. large shrimp,
1 tsp. cayenne pepper	peeled, deveined, tails
2 eggs	left on

In a shallow dish, combine flour, baking powder, salt, and cayenne pepper; mix well. In another shallow dish, beat eggs and milk together. In a large skillet, heat oil over medium-high heat until hot but not smoking. Dip shrimp in flour mixture then egg mixture and again in flour mixture, coating completely. Cook shrimp about 1 minute per side, or until coating is golden. Drain on paper towel-lined platter. Serve immediately.

Cooking tip:

Before opening a package of bacon, roll it a few times. This helps separate the slices for easy removal of individual pieces.

SHEPHERD'S PIE

1 tbsp. olive oil	1/2 tsp. salt
1 onion, finely chopped	1/4 tsp. black pepper
1 1/2 lbs. ground sirloin	1 3/4 cups beef broth
2 cups frozen mixed vegetables	2 tbsp. all-purpose flour
3 tbsp. tomato paste	3 cups prepared, seasoned mashed potatoes

In a large skillet over medium-high heat, cook onion 5 minutes, stirring occasionally. Add beef and cook, stirring until meat is fully cooked. Add mixed vegetables, tomato paste, salt, and pepper. Cook over medium heat for 5 minutes, stirring frequently, until vegetables are hot. In small bowl, whisk together broth and flour. Add broth to beef mixture, bring to a boil, stirring constantly until thick. Spoon mixture into greased 11 x 17-inch baking dish. Spread mashed potatoes over beef mixture; fluff with fork. Bake 20 minutes at 375° for 25 minutes or until golden brown.

"UNSTUFFED" STUFFED CABBAGE CASSEROLE

1 small cabbage, cored	2 tbsp. lemon juice
1 lb. lean ground beef	2 tbsp. light brown sugar
1/2 cup chopped onion	1 tsp. garlic powder
1 (15-oz.) can plus 1 (8-oz.) can tomato sauce	Salt to taste
1 tsp. tomato paste	1/2 tsp. black pepper
	1 1/2 cups cooked rice

In a soup pot, bring 1-inch of water to boil, add cabbage, cored-side down. Cover, reduce heat to low, and steam for 15 to 20 minutes, until cabbage leaves part easily. Drain and chop roughly; set aside. In a large skillet, cook ground beef and onion until beef is completely brown. Add 15-oz. can tomato sauce, tomato paste, lemon juice, brown sugar, garlic powder, salt, pepper, and rice; mix well. Stir cabbage into skillet; place in 9 x 13-inch baking dish. Place remaining tomato sauce over top and cover with foil. Bake at 350° for 30 minutes, uncover, bake 15 minutes longer.

ANGEL HAIR PASTA WITH AVACADOS & TOMATOES

8-oz. uncooked angel hair pasta or vermicelli	4 medium tomatoes, cut into small cubes
2 tbsp. olive oil	1/4 tsp. salt
2 cloves garlic, finely chopped	Pinch of pepper
3/4 cup chopped fresh basil leaves	1 tbsp. melted butter
1 avocado, peeled, cut into small cubes	1/4 cup shredded Parmesan cheese

Cook and drain pasta according to package directions for al dente. In 3-quart saucepan over medium heat, cook garlic in olive oil 1 to 2 minutes, stirring occasionally, until garlic is tender but not brown; remove from heat. Stir in basil, avocado, and tomatoes. In a large serving bowl, put vegetable mixture, pasta, salt, pepper, butter, and Parmesan cheese. Toss to coat pasta with all ingredients and serve.

QUICK CRUSTLESS QUICHE

5 eggs	1 cup broccoli, chopped
1/2 cup half & half	1 tsp. fresh chives, finely chopped
1/2 tsp. garlic powder	1 cup grated Swiss cheese
1/2 tsp. onion powder	
2 slices deli ham, diced	

In a medium bowl, whisk together eggs and half & half. Add garlic powder, onion powder, ham, broccoli, chives, and cheese. Mix until all ingredients are coated. Pour mixture into a greased 9-inch pie plate. Bake at 350° for 35 minutes or until a toothpick inserted in center comes out clean. Serve warm.

Cooking tip:

To cut corn off the cob, use a Bundt pan. Simply wedge the pointed end of the ear of corn into the hole in the fluted center. This gives you a firm grip as you slice downward, and the deep sides of the pan will catch the corn. Don't forget to scrape the cobb to get all the sweet juices!

BAKED HAM & BALSAMIC BROWN SUGAR GLAZE

6 to 8 lb. fully cooked smoked bone-in ham	1/2 tsp. ground mustard
1 cup packed brown sugar	Pineapple slices and Maraschino cherries, opt.
2 tbsp. balsamic vinegar	

Preheat oven to 325°. Place ham, fat side up, in shallow roasting pan. Tent ham with foil and bake for 1 1/2 hours. Remove from oven and discard any loose skin from ham. Mix brown sugar, vinegar and mustard; pat or brush on ham. Bake uncovered 20 minutes longer. Remove from oven and tent again with foil. Let stand 10 to 15 minutes before carving. Garnish with pineapple slices and cherries, if desired.

DIJON BAKED SALMON FILLETS

4 (4-oz.) salmon fillets	1/4 cup Italian-style dry bread crumbs
3 tbsp. Dijon-style mustard	1/4 cup butter, melted
Salt & pepper, to taste	

Preheat oven to 400°. Line a shallow baking dish with aluminum foil. Place salmon skin-side down on foil. Spread a thin layer of mustard on top of each fillet; season with salt and pepper. Top with bread crumbs and drizzle with melted butter. Bake for 20 minutes, or until salmon flakes easily with fork.

EASY RUSSIAN CHICKEN

3 boneless chicken breasts, halved	1/4 cup sweet relish
1 cup sour cream	1/2 cup thinly sliced celery
3/4 cup ketchup	1 cup canned fried onions

Place chicken in 9 x 13-inch baking dish. In medium bowl, combine all ingredients except onions. Pour over chicken and bake, uncovered, 1 hour, basting occasionally. Remove from oven and top with onions before serving.

MINI CHICKEN POT PIES

2 cups frozen mixed vegetables, thawed	1 (10.5-oz.) can cream of chicken soup
1 cup diced cooked chicken	1 (16.3-oz.) flaky canned biscuits

Preheat oven to 375°. Lightly grease 8 regular-size muffin tins. In a large bowl, combine vegetables, chicken, and soup; mix well. Press each biscuit into a 5 1/2-inch round. Place 1 round in each muffin tin, pressing firmly on bottom and up sides, forming 3/4-inch rim. Spoon a generous 1/3 cup chicken mixture into each. Pull edges of dough over filling toward center; pleat and pinch dough gently to hold in place. Bake for 20 to 25 minutes, until golden brown.

PORK CHOPS IN COUNTRY ONION GRAVY

2 tbsp. vegetable oil	1/8 tsp. black pepper
4 boneless pork loin chops	1/3 cup half & half
2 cups chopped onions	2 tbsp. all-purpose flour
1 cup canned beef broth	8 oz. egg noodles, cooked

Place oil in a large skillet over medium-high heat, and add chops. Cook about 6 minutes, turning once, until brown on both sides. Transfer chops to a plate; cover with foil to keep warm. Reduce skillet heat to medium, add onions, and cook 3 minutes. Stir in broth and pepper. Return chops to skillet; spoon onion mixture over pork. Cover tightly and simmer 15 to 20 minutes or until pork is fully cooked and tender. In a small bowl, whisk half & half and flour together. Pour into skillet, stir gently with fork to distribute. Cook another 5 minutes to thicken, stirring constantly. Serve over egg noodles, if desired.

Cooking tip:

Put the lid on the pot to make water boil faster.
Seems obvious, but if you didn't know, now you do!

HERB MUSTARD-COATED CHICKEN

2 tbsp. Dijon mustard	1 tbsp. chopped fresh thyme
2 tbsp. Italian dressing	1/4 tsp. black pepper
1 large clove garlic, minced	2 tbsp. butter, melted
1/2 cup soft bread crumbs	4 boneless skinless chicken breasts
2 tbsp. chopped fresh Italian Parsley	

Preheat oven to 425°. In a small bowl, mix mustard, Italian dressing, and garlic. In another small bowl, mix bread crumbs, parsley, thyme, and pepper. Stir in melted butter. Spread mustard mixture on both sides of chicken pieces and place in a greased 15 x 10-inch baking dish. Spoon bread crumb mixture evenly on top of chicken; press firmly. Bake uncovered 25 to 30 minutes, until chicken is fully cooked; no pink remaining.

BUFFALO CHICKEN MAC AND CHEESE

16 oz. elbow macaroni	1 rotisserie chicken, meat removed and chopped
16 oz. sour cream	2 cups shredded Cheddar cheese, divided
8 oz. cream cheese, softened	1 cup Panko bread crumbs
12 oz. evaporated milk	1/4 cup melted butter
12 oz. bottle Buffalo wing sauce	
1 pkg. dry ranch dressing mix	

Preheat oven to 350°. Lightly grease 9 x 13-inch baking dish. Cook elbow macaroni according to package directions for al dente; drain and set aside. In a large bowl, stir sour cream and cream cheese together until smooth; stir in evaporated milk. Add Buffalo wing sauce and dry ranch dressing mix to sour cream mixture; stir. Gently stir in shredded chicken, macaroni, and 1 1/2 cups Cheddar cheese. Pour mixture into prepared baking dish. Top with bread crumbs and remaining Cheddar cheese. Drizzle with melted butter. Bake 25 to 30 minutes or until bubbly and golden brown.