



Eat Better!



Eat Together!



Compiled by the Health & Wellness CSP October 2020

~ Appetizers ~



Hot Crabmeat Dip

Charlotte P.

Ingredients

8 oz. Cream Cheese, softened	1 Can (6 1/2 oz.) Crabmeat, well drained
1 tsp prepared Horseradish	2 Tbl Milk
1/4 tsp Salt	1/8 tsp Pepper
2 Tbl Onion, minced	

Directions

Combine in medium sauce pan and heat over low heat until hot throughout.
Serve warm with crackers.

Taco Dip

Charlotte P.

Ingredients

8 oz cream cheese softened	8 oz. Taco Sauce
1 green pepper finely chopped	12-16 grape tomatoes finely chopped
Cheddar cheese to cover	Bag nacho chips

Directions

Mix cream cheese and taco sauce together, spread on platter.
Top with green pepper, then tomatoes and cheddar cheese.
Chill for 1 hour then serve with nacho chips.

Vegetable Dip

Diane H.

Ingredients

1 Cup Mayonnaise	1 Cup Sour cream
1 tsp seasoned salt	1 Tablespoon Parsley flakes
2 Tablespoons Dried Minced Onion flakes	1 tsp. Dill weed
Dash of garlic salt	

Directions

Mix well.

At least the veggies are healthy!

~ Soup ~



Gazpacho

Lu C.

Serve in bowls as a first course for any meal.

Serves 6-8

Ingredients

2 lbs. ripe juicy tomatoes	1 green sweet pepper
1 clove garlic	1 cucumber, peeled
1/2 a white onion	3 Tbl. red wine vinegar
1 tsp. salt	1 cup virgin olive oil
1-piece French bread 3-4 inches long	

Directions

Rinse the tomatoes well. Remove all stems and cut into 4-5 pieces.
Peel onion and chop into 3-4 pieces.
Rinse the pepper, remove any seeds and chop coarsely.
Place the bread in a bowl with water in order to soak it.
Once soaked, discard water, squeeze the bread with your hands and set aside.
Put all ingredients in a blender or food processor and process at high speed until no little pieces remain.
It must be creamy and with some consistency, not watery.
Pour into a jar or bowl and chill in the fridge, the chillier the better.
Do not freeze!

Gazpacho Soup

Nancy R.

A dear friend shared this recipe with me many years ago. I look forward to making it every summer!

Makes 3 ½ cups

Ingredients

1 large cucumber, peeled and seeded	(Optional: save ¼ cup to use as a garnish)
1 large red pepper, seeded	1 large Tomato
1/2 small red onion	1/8 cup packed parsley, stems removed
2 cups V-8 type juice or tomato juice	3 Tbsp red wine vinegar
1/2 tsp salt	¼ tsp hot pepper sauce
1/4 tsp hot pepper sauce	

Directions

Cut cucumber into chunks. Cut red pepper, tomato, and onion into bite size pieces.
Using a Food processor with knife blade, take one vegetable at a time and pulse to finely chopped but not pureed.
Add parsley to tomato pieces prior to placing in food processor.
Place chopped veggies and parsley into a large bowl.
Into chopped veggie mix, stir in juice, vinegar, salt, and hot pepper sauce. Refrigerate until well chilled.
To serve, spoon in bowls or cups. Garnish with cucumber pieces.

Variations

Instead of using a fresh tomato, replace with a well-drained can diced tomatoes.
For a spicier flavor, replace all or part of juice with Spicy Hot V-8 juice. Replace parsley with cilantro.

Bacon-Potato Corn Chowder

Kathy N.

From Taste of Home magazine.

Yield: 6 servings

Ingredients

½ pound bacon strips, chopped	1/4 cup onion, chopped
1 can (14 ¾ ounces) cream style corn	1/4 tsp salt
1/4 tsp pepper	
1 1/2 pounds Yukon Gold potatoes (about 5 medium) peeled & cubed	
1 can (12 ounces) evaporated milk (Can use 2%, whole milk or light cream)	

Directions

In large skillet cook bacon over medium heat until crisp. Remove with a slotted spoon & drain. Discard drippings reserving 1-1/2 tsp in skillet. Add onion to drippings. Cook & stir until tender. Place potatoes in large saucepan. Add water (or Chicken Stock) to cover. Bring to a boil. Reduce heat to medium, cook 10-15 minutes or until tender. Drain reserving 1 cup of potato water. Add corn, milk, salt, pepper and reserved potato water to saucepan & heat through. Stir in bacon & onion.



Beer Cheese Soup

Miriam B.

Close to the Flying Saucer's.

Ingredients

1/2 cup chopped sweet red pepper	12 oz. Velveeta cheese cut in small cubes
2 Tbs. butter	1/4 cup flour
2 cup chicken broth	1 ½ cups half & half (or milk)
1/2 cup brown ale (such as Newcastle) 1 use the whole bottle.	
1 tsp. crushed red pepper flakes	2-4 dashes Tabasco sauce
3-4 whole bay leaves	

Directions

Over medium heat, cook red pepper and pepper flakes in butter until red pepper is tender. Stir in flour (with wire whisk) chicken broth and bay leaves. Cook until thick and bubbly. Whisk in cream and beer. Add cheese a little at a time. When adding cheese, be sure to keep whisking so it doesn't stick to the bottom of the pot.

Variation: Try adding chopped carrots, celery, and onions for a different flavor. Kick it up a notch by using Velveeta pepper cheese.

~ Salads ~



Arugula Salad

Barbara M.

Healthy and low carb!

Ingredients

6 tbsp. olive oil	2 tbsp. lemon juice
Kosher salt	Ground black pepper
4 cups arugula	Shaved parmesan

Directions

Mix dressing ingredients. Whisk to blend. Lightly dress arugula, top with cheese.

Broccoli Ramen Noodle Salad

Debbi W.

Ingredients

1 or 2 large crowns of broccoli, depending upon the size, cut up	4 Tablespoon chopped green onions
1 Head Romaine lettuce cut up	1/2 cup either butter or margarine
*2 packages of Ramen noodles broken up (go over packet with a rolling pin). Save flavor packet for another use.	
*1/2 cup sunflower seed kernels	*3/4 cup slivered almonds

*Note: Can use one half of the stated amount of each depending upon the amount of broccoli and lettuce.

Dressing

(Can make one half of the amount depending upon the amount of broccoli and lettuce.)

1/4 cup vegetable oil	1/4 cup of sugar
1/2 teaspoon salt	1/2 cup of Marukan brand rice vinegar
1 Tablespoon soy sauce (I use low sodium and have not noted a taste difference.)	

Note: (1/4 cup seasoned, and 1/4 cup unseasoned rice vinegar will decrease the amount of sodium, as the seasoned is high in sodium, and does not seem to affect the taste. This was the brand recommended in the original recipe I received over 25 years ago and I have not tried other brands of rice vinegar.)

Directions

Combine broccoli, lettuce, and green onions in a large bowl.
Saute sunflower seed kernels, noodles and almonds in butter/margarine until lightly browned.
Allow to cool and add to lettuce, broccoli and green onions.
Shake dressing well and pour over salad JUST BEFORE SERVING.

Broccoli Salad

Katy G.

Ingredients

1 bunch Broccoli	10 slices Bacon – cooked & crumbled		
1/2 cup Golden Raisins	1/2 cup chopped Green Onion		
1/4 cup shredded cheese	1/4 cup Sunflower Seeds		
Dressing 1 cup Mayonnaise	1/2 cup sugar	3 Tbl white Vinegar	Mix Together

Directions

Combine all and toss with Dressing

Cucumber Tomato Avocado Salad

Barbara V.

**From Natasha's Kitchen*

Serves 4 as a side salad.

Ingredients

1 lb Roma tomatoes	1 English cucumber
1/2 medium red onion diced	2 avocados diced
2 Tbsp extra virgin olive oil or sunflower oil	2 Tbsp fresh lemon juice (1 med lemon)
1/4 cup (1/2 bunch cilantro, chopped)	1 tsp sea salt or 3/4 tsp table salt
1/8 tsp black pepper	

Directions

Place chopped tomatoes, sliced cucumber, diced red onion, diced avocado, and chopped cilantro into a large salad bowl. Drizzle with 2 T olive oil and 2 T lemon juice. Toss gently to combine. Just before serving toss with 1 tsp sea salt and 1/8 t pepper.

Hawaiian Salad

Karen P.

Ingredients

1 small can pineapple chunks, drained	1 can mandarin orange sections, drained
Add 1 - 8 oz. Can Baker's Angel Flake coconut	1-1/2 cup miniature marshmallows
1/2-pint sour cream	

Directions

Add maraschino cherries if desired
Mix together. Chill overnight. Enjoy!

Pecan Basil Vinaigrette

Susan S.

Yield: approximately 1 1/2 cup

Ingredients

1 Tbl. Dijon Mustard	1/3 cup balsamic vinegar
1 cup Basil leaves	Salt & freshly ground pepper to taste
1 cup olive oil	3/4 cup pecans

Directions

Combine mustard, vinegar, basil, salt and pepper in food processor.
With motor running slowly add olive oil, scraping down bowl as necessary.
Drop in pecans and pulse until chopped evenly.

Note: Dressing can be stored, covered, in the refrigerator for a week.

Slaw Salad

Becky B.

Dressing

1/2 cup sugar	2 oz. Apple cider vinegar	2 oz canola oil
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Salad

1 bag Cole slaw mix	1 package ramen noodles	Toasted almonds
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Directions

Combine dressing ingredients in saucepan and bring to boil, then cool.
Toast almonds in a dry skillet for a few minutes.
Combine slaw, almonds and toss with dressing. Refrigerate until about 20 minutes before serving. Break up uncooked ramen noodles into pieces with a rolling pin.
Discard or save flavor pack. Add ramen noodles to slaw mix and leave at room temp until serving.



Spinach & Strawberry Salad

Kathy N.

Ingredients

2 Tbl sesame seeds	1 Tbl poppy seeds
1/2 cup white sugar	1/2 cup olive oil
1/4 cup white vinegar	1/4 tsp paprika
1/4 tsp Worcestershire sauce	1 Tbl minced onion
10 ounces fresh spinach, torn into bite size pieces	1-quart strawberries, cleaned, hulled & sliced
1/4 cup slivered almonds	

Directions

in a medium bowl whisk the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce & onion. Cover and chill at least an hour.
In a large bowl combine the spinach, strawberries, and almonds.
Pour dressing over salad and toss right before serving.

Summer Chickpea Kale Salad

Liz A.

Ingredients

4 cups cooked chickpeas (2 19 oz. cans)	2-3 cups packed green curly Kale, minced
1/3 cup kalamata olives, pitted and minced finely	1/2 cubed feta cheese
1 clove garlic, minced	1/4 cup minced red onion (optional)
4 tbsp. olive oil	2-3 tbsp. red wine vinegar
1 tsp. salt (or to taste)	1 pint cherry tomatoes
Fresh basil leaves (6-8)	

Directions

Combine chickpeas, chopped kale, olives, feta, garlic & red onion and toss gently together.
Stir in the olive oil, red wine vinegar, salt and pepper and adjust to taste.
Mix gently to incorporate the dressing.
Halve the cherry tomatoes and toss them in just at the end, reserving a few to leave on top for color.
Just before serving tear a generous amount of fresh basil leaves and scatter on top.

~ Fruit & Vegetables ~



Super Avocado Smoothie

Maggie A.

Ingredients

- | | |
|------------------------------|--|
| 1 avocado, halved and pitted | 1 1/2 cups whole milk |
| 2 cups packed fresh spinach | 2 tablespoons unsweetened cocoa powder |
| 1 tablespoon honey | 1/2 teaspoon grated fresh ginger |
| 3-5 ice cubes | |

Directions

- Scoop out the flesh of the avocado with a spoon.
Add to the blender with the remaining ingredients and blend until smooth.
Add more ice cubes as preferred. 2% milk can be substituted for whole milk.
Add more cocoa powder and/or honey as preferred.



Corn Souffle

Quinn B.

Ingredients

- | | |
|----------------------|------------------------------------|
| 2 cans Creamed Corn | 2 cans Regular Corn (DO NOT DRAIN) |
| 2 (8 oz.) Sour Cream | 2 boxes Jiffy Corn Muffin Mix |
| 1 Cup Oil | 4 Eggs |
| 1/2 Cup Sugar | |

Directions

- Combine all ingredients. Pour into 9 x 13 pan. Bake at 350 – 1 hour

Busy Woman's Corn Casserole

Sue M.

My Fave Corn Casserole. ENJOY a FAVE of all my Family!

Serves 6-8

Ingredients

- | | |
|----------------------------------|-------------------------------|
| 1 Stick Butter | 1 Pkg Dry Jiffy Cornbread Mix |
| 1 Can whole kernel Corn, Drained | 1 Can Cream Style Corn |
| 8 Oz. Sour Cream | |

Directions

- Melt stick of butter in a 2 Qt. Casserole Dish. Add all ingredients and mix well.
Bake at 350 Degrees for 1 hour.

Pasnut Vichie

Sue M.

Serves 12

A 100-year-old recipe. Great YUMMY Spinach Dish for those who hate to eat Spinach!

Ingredients

2 Lb. low fat Cottage Cheese	1/4 Lb. Monterey Jack Cheese
1/4 Lb. American cheese (or Velveeta)	1 stick Butter (or margarine)
7 Tbls. of flour	6 Eggs beaten
1 small pkg. of Frozen Chopped Spinach thawed and drained well. (Do not cook)	

Directions

Use the stick of butter to grease a 9 X 13 in. glass casserole dish. Cube remaining butter and cheeses (small are best) Mix ingredients in the buttered casserole dish. Bake at 350 degrees for 1 hour. It will be bubbly and brown on top.

Squash Casserole

Miriam B.

Ingredients

3 lbs. yellow squash and zucchini (can use 1 or both)	5 Tbsp. Butter
1/2 cup chopped onion	1 cup (4oz.) cheddar cheese
2 large eggs slightly beaten	1/4 cup sour cream
2 tsp. sugar	1 tsp. salt
20 buttery crackers crushed (Ritz Everything crackers are good.)	

Directions

Cook squash in boiling water until almost tender. Drain well. Melt 4 tbsp. butter in large skillet over med heat. Add onion and sauté 5 min till tender. Remove skillet from heat; stir in squash, cheese, egg, sour cream, salt, and sugar. Spoon into lightly greased 11 x 7 in. baking dish. Melt remaining butter and mix with crushed crackers. Sprinkle evenly over top. Bake 350* for 30 – 35 min.



Tomato Pie

Barbara M.

Ingredients

4 tomatoes, peeled and sliced	8-10 Basil leaves chopped
1/3 cup chopped green onion	One 9-inch deep dish pie shell
Salt & ground pepper to taste	1 Cup Mayonnaise
2 cups grated mozzarella and cheddar cheese (combined)	

Directions

Preheat oven to 350 degrees.
Layer tomato slices, basil, and onion in pie shell. Add salt & pepper.
Mix together cheese and mayonnaise.
Spread on top of tomatoes. Bake for 30 minutes or until lightly browned.

Zucchini Quiche

Jan T.

Ingredients

3 cups thinly sliced Zucchini	1 medium onion, chopped
1/2 cup oil	1 cup Half n Half
5 eggs, beaten	1/2 cup shredded Parmesan cheese
1 cup Monterey Jack cheese	1 cup corn muffin mix
Pepper	

Directions Mix all in a large bowl. Pour into a greased 9 x 13 pan Bake @ 350 degrees 40-45 minutes.

~ Pasta



Baked Ziti

Amy B.

Ingredients

1/2 lb. of ground beef (*I use lean beef to keep the calories down.*)
1/2 lb. of ground Italian sausage (*You can use ground pork instead.*)
1 lb. ziti
24 oz. ricotta cheese
16 oz. shredded mozzarella cheese
24-32 oz pasta sauce (Ragu, Prego)

Directions

Brown the beef and cook the pasta. In a large casserole, mix the meat, pasta and all other ingredients.
Bake at 350 degrees for 30 minutes. Add extra sauce and cheese to your liking, as well as fresh basil.

Gorgonzola Sauce

Janet L.

Gorgonzola sauce is amazing served with pasta,, gnocchi or even grilled steak. This Gorgonzola sauce recipe is made with cream, Gorgonzola cheese, white wine and chicken stock. You could substitute vegetable stock to make it vegetarian. This Gorgonzola sauce is best made with aged Gorgonzola, which is drier and more crumbly than younger Gorgonzola, which is moister and not as flavorful.

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Ingredients:

2 cups heavy cream
1/2 cup chicken stock
2 Tbsp freshly grated Parmesan cheese
Kosher salt and freshly ground black pepper to taste
1/2 cup dry white wine
4 oz. crumbly Gorgonzola cheese (about 1 cup)
Grated nutmeg to taste

Preparation:

1. In a large sauté pan, heat the cream, wine and stock over medium-high heat until it starts to bubble. Lower heat and simmer gently for 15 to 20 minutes or until the liquid has reduced by about one third.
2. Add the Gorgonzola and Parmesan and stir until the Gorgonzola has melted and the cheeses are fully blended. Adjust consistency with additional cream if necessary.
3. Season to taste with Kosher salt, freshly ground black pepper and freshly grated nutmeg. Go easy on the nutmeg, though, as too much can be overpowering. Serve right away.

Note: Makes about 2 cups of Gorgonzola sauce

Grandma Wise's Noodles

Diane H.

Ingredients

3 eggs
2 Cups flour (approximate)
1 Tbsp milk
1 tsp salt

Directions

Combine eggs, milk & salt. Add flour to make stiff dough.
Roll thin on floured surface. Let stand until dry.
Roll up & cut. Drop into boiling broth.
Boil uncovered for 15-20 minutes or until soft.

Lasagna

Kathy N.

Serves 6

A light alternative to traditional Lasagna. From Eating Well's Recipe Rescue Cookbook.

Ingredients

1/4 lb. lean ground beef (Sometimes I add a link of Italian Sausage.)
1 – 16 oz. can tomatoes with juice. (I drain them.) 1 – 14 oz. jar spaghetti sauce (I use Prego Traditional)
7 oz. Lasagna noodles (I use 6 noodles) 1 – 16oz. carton 1% Cottage Cheese
3/4 cup shredded part skim Mozzarella cheese 2 Tbl. Parmesan Cheese 2 Tbl. chopped fresh Parsley

Directions

Preheat oven to 375 degrees. Brown meat & drain. Add tomatoes & spaghetti sauce.
Spread 1/3 of sauce in an 11"x7" pan. Arrange 1/2 of noodles on sauce. Add 1/2 of the Cottage Cheese.
Repeat layers ending with sauce. Cover with foil and bake 45-55 min. or until noodles are tender.
Sprinkle with Mozzarella & Parmesan. Bake uncovered 5 min. or until cheeses are melted.

Momma Angie's Pasta Sauce

Amy B.

Ingredients

1 - 6 lb and 7 oz can of tomato sauce 2 - 15 oz cans tomato sauce
1 - 12 oz can tomato paste 1 - 12 oz can of water
1 tsp dry basil 1 tsp dry parsley
1 tsp onion powder or minced 1 tsp celery salt
3 shakes of cinnamon 1 tsp garlic powder
1/2 cup sugar 1 bay leaf

Directions

Put all ingredients into a large pot and bring to light boil and simmer for several hours.
Add some meatballs to simmer with the sauce for extra flavor.

Roasted Vegetable Sauce

Kathy N.

Serve with your favorite Pasta.

Ingredients

2 med. zucchini or yellow summer squash, chopped 3 medium carrots, chopped
2 medium onions, chopped 3/4 lb. sliced fresh mushrooms
1 medium sweet red pepper, chopped 1 medium green pepper, chopped
3 Tbsp. olive oil 5 garlic cloves, minced
3 tsp. Italian seasoning 1 tsp. kosher salt
1/2 tsp. crushed red pepper flakes (optional) 1/2 cup dry red wine
2 cans (28 oz. each) crushed tomatoes in puree, divided

Directions

Preheat oven to 400 degrees.
Place first 6 ingredients in a roasting pan, toss with oil, garlic and seasonings.
Roast until tender, 50-60 minutes, stirring occasionally. Cool slightly.
Transfer half the vegetables to a food processor.
Add 1 can tomatoes.
Process until smooth and remove to a 6-quart stock pot.
Repeat with remaining roasted vegetables and can of tomatoes.
Add the wine to the sauce and bring to a boil.
Simmer, uncovered, 10 minutes to allow flavors to blend, stirring occasionally.

~ Chicken ~



Angel Wings

Tracy M.

This recipe was a favorite of my mother's and came from the "Recipes from Arizona" cookbook.

Serves 6

Ingredients

6 chicken breast halves, skinned and boned	3 Tbls butter or margarine (divided)
Salt and Pepper	1 - 1/4 Cups of chicken broth (divided)
3/4 Cup chopped onion	1 Clove garlic , finely chopped
2 to 4 tablespoons jalapeno chiles, drained and diced	1 tablespoon all-purpose flour
1/2 Cup whipping cream	1/2 Cup shredded sharp cheddar cheese

Directions

Heat oven to 350.
Grease a shallow rectangular baking dish, 13 x 9 x 2".
In a large skillet over medium heat brown chicken breasts lightly in half the butter.
Season with salt and pepper.
Lay chicken in a single layer in the baking dish and pour 1/4 cup chicken broth in the pan.
Cover and bake for 20 minutes.
While the chicken bakes, saute the onion and garlic in the remaining butter until tender.
Add the chiles to the pan with the onion and garlic and add 1 tablespoon of flour.
Stir and cook for 2 minutes.*
Stir in 1 cup of chicken broth and heat on low until smooth and thick.
Pour the mixture into a blender or food processor and puree.
Return pureed mixture to the skillet and stir in the whipping cream.
Adjust seasoning and pour over the chicken.
Sprinkle with cheddar cheese and bake an additional 20 minutes, or until the chicken is tender and the cheese is melted and bubbly.

**It is necessary to cook the flour for 2 minutes to cook out the flour taste.*

Best Chicken Salad Ever

Marilyn B.

Ingredients

2 boneless chicken breast halves, cooked (or use canned chicken, drained)	
1/4 cup creamy salad dressing (mayonnaise)	4 tablespoons Marzetti's coleslaw dressing
1 stalk celery, chopped	1/4 onion, chopped (or not so much onion)
Salt and pepper to taste (lots of black pepper)	Optional: cashew pieces

Directions

In a food processor (or by hand for a chunkier result), combine the chicken, creamy salad dressing, coleslaw dressing, celery, onion, and salt and pepper.
Mix until well blended.
Add cashews and stir.

**Other choices to stir in: Craisins, halved seedless grapes, chopped apples, chopped water chestnut*

Crock Pot Balsamic Chicken

Liz A.

Ingredients:

1 tsp. garlic powder	1 tsp. dried basil	1/2 tsp. salt
1/2 tsp pepper	2 tsp. dried minced onion	4 garlic cloves, minced
1 tbsp. extra virgin olive oil	1/2 cup balsamic vinegar	
Boneless, skinless chicken thighs or breasts (about 24 ounces)		Sprinkle of fresh parsley

Directions:

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

Servings: 8; calories per serving 133; fat 5g; cholesterol 70mg; sodium 222 mg; carbs 4g; fiber 0g; sugars 3g; protein 17g

Easy Chicken Fingers

Sharon R.

Ingredients:

1 cup any salad dressing (try balsamic vinaigrette, honey mustard or Vidalia onion)	
1 teaspoon olive or canola oil	1-2 lbs. boneless, skinless chicken breasts
1 cup Panko breadcrumbs	1/2 cup Italian-seasoned breadcrumbs
1/2 cup shredded Parmesan cheese	Salt & pepper

Directions:

Set oven at 375°. Cover a large cookie sheet with foil and spread oil over entire surface.
Cut chicken breasts into strips. Pour salad dressing on a dinner plate.
Pat chicken pieces dry, then immerse all in salad dressing.
Dump breadcrumbs and cheese on a second dinner plate and roughly mix.
One by one, coat both sides of each "finger" in salad dressing and then roll in breadcrumb mixture.
Place chicken on covered, oiled cookie sheet so that no pieces are touching.
Lightly salt and pepper, then cover lightly with foil. Bake in 375° oven for about 45 minutes.
Remove foil in last 10 minutes to brown chicken. Chicken should reach 180 degrees internally.

Parmesan Crusted Chicken

Barbara M.

Ingredients

4 boneless, skinless chicken breast halves	1/2 cup Hellmann's Mayonnaise
1/4 cup grated Parmesan cheese	4 tsp. Italian seasoned dry bread crumbs

Directions

Combine mayonnaise and cheese and spread on top of chicken.
Sprinkle with bread crumbs.
Bake @ 425°, 20 minutes or until thoroughly cooked.

Quick & Easy Chicken Pie

Sue M.

Ingredients

2 Cups Cubed and cooked chicken	2 Cups chicken broth	2 Cans Veg -All, drained
1 Can Cream of Chicken soup	1 Cup sour cream	

Mix all ingredients well ~ ~ Place into a long 1 1/2 Quart Pan.

Topping

1 Cup Bisquick	1 Cup milk	1 Stick of butter, melted.
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Mix topping. Ingredients. Place over chicken mixture. Pour melted butter over all. Bake 1 hour ENJOY!!!

~ Beef ~



Sloppy Joes

Barbara V.

Directions

BROWN:

2 lbs hamburger w/small onion

Drain grease

ADD

1 cup water 2 cups ketchup 1-2 tsp chili powder 1/4 cup brown sugar 1 Tbl. vinegar

1 can corned beef.

SIMMER for 15 minutes Serve on buns.

Texas Sloppy Joes

Tracy F.

One of our summer favorites.

Brown -

1 Lb ground turkey

1/2 cup chopped onion

1/2 cup chopped celery

Stir in -

1 cup tomato sauce

1/4 cup Worcestershire sauce

1/4 cup Yellow mustard

1/4 cup pickle relish

Serve on bun, roll or toast

Taco Pie

Linda J.

I guess this is not the healthiest recipe, but I do use fresh tomatoes and peppers and my grandchildren as well as my children love it! Enjoy!

Ingredients

1 lb. ground beef

1 medium onion chopped

1 pkg. (1 oz.) taco seasoning mix

1 can (4.5 oz.) chopped green chiles (drained)

2 eggs

1 cup milk

1/2 cup Bisquick

3/4 cup shredded Monterey Jack or cheddar cheese (3 oz.)

3/4 cup chopped fresh tomato

1/2 - 3/4 cup chopped green pepper

Salsa & Sour Cream

Directions

Heat oven to 400 degrees. Spray 9" glass pie plate with cooking spray.

In 10" skillet brown ground beef and onions, drain, then stir in seasoning mix.

Spoon mixture into pie plate and top with chiles.

In small bowl stir eggs, milk, and Bisquick until blended. Pour into pie plate (over ground beef mixture).

Bake about 25 minutes.

Top with green peppers, tomatoes, and cheese. Bake 2 - 3 minutes longer until cheese is melted.

Remove from oven and let stand for 5 mins.

Cut into pie slices and top as desired with salsa and sour cream.

Microwave Stuffed Green or Yellow Peppers

Paula J.

This microwave oven recipe is simple, healthy, and may be made with either green or yellow peppers.

The yellow pepper offers a slightly milder flavor, but the green pepper is my personal favorite.

Prep time: 15 to 20 minutes. Cooking time: 22 to 23 minutes. 2-4 Servings.

Ingredients

1 pound lean ground beef 1 medium onion, finely chopped
1 clove garlic, minced 1/2 cup cooked rice
1 raw egg 1 cup tomato sauce, divided
3 tablespoons minced fresh parsley 1/2 teaspoon salt 1/4 teaspoon pepper
1 tablespoon Worcestershire sauce or a bit more as desired (also good to add to your plated pepper when served)
4 large green or yellow peppers, tops and seeds removed
1 cup shredded sharp cheddar cheese
Grated parmesan cheese to sprinkle on top

Direction

Place broken up ground beef, onion, celery, and garlic into a 2-quart microwave-proof bowl.

Cook on HI, 5 to 6 minutes, stirring once to break up beef into smaller pieces.

Stir in rice, egg, 3/4 cup of the tomato sauce, parsley, Worcestershire sauce, salt, and pepper.

Then stir in the desired amount of shredded cheese (approximately 3/4 - 1 cup).

Fill peppers with beef mixture, mounding top.

Arrange peppers in a ring in a round or oval microwave-proof baking dish just large enough to hold peppers upright.

Cover with a casserole lid or a double layer of "handi-wrap" will work if cover is not available.

Be sure to press handi-wrap tightly around the casserole.

Cook on 70 for 17 minutes or until peppers are fork-tender.

Remove from the microwave oven carefully and also when removing cover as they will be steamy hot. Spread 1 tablespoon of the remaining tomato sauce on top of each pepper and dust with shredded cheese or grated Parmesan cheese.

Serve with crusty garlic bread, if desired.

(Tips: Ragu or other prepared tomato/pasta sauce tastes great and keeps the recipe simple, but leftover or canned homemade sauce is delicious, too. When selecting your peppers, look for those with the flattest bottoms and somewhat rounded shape to allow for easy stuffing.)

Note: For a more highly seasoned pepper, stir in 1 tablespoon dry red wine, 1/2 teaspoon basil, and 1/4 teaspoon oregano into beef mixture.



Amy's Delicious Crockpot Chili

Amy B.

Ingredients

1 lb. ground beef (I use lean beef to keep the calories down!)
3 cans tomato sauce
2 or 3 cans dark red kidney beans
2 large tomatoes - diced
1 medium size red onion – diced
1 package of Carroll Shelby's Chili Kit

Directions

Brown the beef and then throw all ingredients in the crock-pot for 4-6 hours.

Add fresh jalapeno if you want it extra spicy!

Too Good To Be True Stew

Sandra P.

This is an old weight watcher's recipe that someone gave me and it is great to make in the winter and good for you.

Ingredients

One bag of coleslaw	1 lb. ground beef
1 large onion	4 cans Rotel Tomatoes (1 use 2 mild and 2 original)
1 can diced tomatoes (14 Oz.)	1 can Great Northern Beans
1 can Black Beans	1 can Pinto Beans
6 oz. can of tomato paste	

Directions

Brown the onion and ground beef in a pot and add all other ingredients.
Cook on simmer for about 2 hours.
I do drain and rinse all of the beans as it cuts down on salt. It also freezes well.

BEEF STROGANOFF

Jo L.

When I was much younger – maybe in my twenties and thirties, this was a favorite dish I made whenever I had company for dinner.

Recipe goes back at least 35 years.

Makes my mouth water ... maybe I will have to try my hand at this again come the fall.

Six Servings

1 pkg (8 oz.) stroganoff noodles	2 tbsp. butter
2 lbs. sirloin steak, cut into strips or cubes	1 can (4 oz.) sliced mushrooms, drained
3 tbsp. flour	1 tbsp. instant minced onion
1/2 tsp. salt	1/4 tsp. pepper
1 cup beef bouillon	2 tbsp. tomato paste

1/2 cup dairy sour cream

Directions

Cook noodles according to package directions and drain.
In medium skillet, melt butter, brown the meat and sauté mushrooms. Remove from skillet.
Into drippings in skillet, stir flour, onion, salt and pepper.
Gradually add bouillon, stirring until smooth and thickened.
Stir in tomato paste, return meat and mushrooms to skillet and heat thoroughly.
Stir in sour cream and simmer two minutes.
Serve over noodles.



Baked Salmon w/ Honey Mustard Sauce

Elaine I.

Ingredients

Four 6-7 ounce salmon fillets, skin on
1/4 cup Dijon mustard
2 Tablespoons finely chopped chives plus additional for garnish. Salt and pepper

1/2 cup mayonnaise
1/4 honey

Directions

Preheat oven to 375
Line baking sheet with either foil sprayed with Pam or silicone liner or parchment paper.
Combine mayonnaise, mustard, honey and chives in medium bowl and stir thoroughly.
Reserve half the sauce.
Spoon remaining sauce over the fish, spreading it evenly all over the top and sides of each fillet.
Sprinkle with salt and pepper.
Bake just until fish is opaque in the center, 7 minutes.
Increase oven temp to broil.
Broil the fish another 6-7 minutes but keep eye on it to avoid overcooking.
Garnish with chives and serve with reserved sauce.

Grilled Marinated Salmon

Lisa M.

I make this for my family at least once a week, we all love it! It's also healthy and full of good fats!!! Enjoy!

Ingredients

5 filets of fresh salmon, boned but skin on

For the marinade:

2 tablespoons Dijon mustard
6 tablespoons good olive oil
Wisk together the marinade until emulsified.

3 tablespoons soy sauce
1/2 teaspoon minced garlic – or to your liking. (We like a lot!)

Drizzle half of the marinade onto the salmon and allow it to sit for 10 minutes.
I do this in a glass baking dish.

Warm your grill and make sure it is clean and coated with some oil.

Or use a fish tray made for the grill.

NOTE: I have also cooked this in a 400-degree oven on a rack placed on a cookie sheet when the grill was not available.

Place the salmon skin side down on the hot grill. Discard the marinade the fish was sitting in.

Grill for 4 to 5 minutes, depending on the thickness of the fish.

Turn carefully with a wide spatula and grill for another 4 to 5 minutes.

The salmon will be slightly raw in the center, but don't worry; it will keep cooking as it sits.

Transfer the fish to a flat plate, skin side down.

You can spoon the reserved marinade on top to serve or I like to take the extra marinade and put it in a little dish for my family to use as they like.

Allow the fish to rest for 10 minutes.

Remove the skin and serve warm, at room temperature, or chilled

Makes for a wonderful salad addition!

Has a bit of an Asian flair to it so it pairs nicely with steamed rice and edamame on the side.

Tuna Salad

Glenda G.

I have made this many times and it is the best tuna salad recipe I have ever found. All my family loves it!

3-4 Servings

Ingredients

Two 6-ounce cans of white meat tuna packed in water	2 TBS minced celery
2 TBLS minced red onion, soaked in cold water for 5 minutes and drained	
1 Tsp minced flat leafed parsley	1/3 cup prepared mayonnaise
1 TBLS whole grain mustard such as Dijon	Freshly ground pepper
Freshly squeezed lemon juice – optional	1/4 Tsp curry
Pinch of garlic powder	1 to 2 TBLS parmesan cheese

Directions

In a small mixing bowl break up tuna with a fork.

Toss the celery, onion, & parsley.

Add the curry and garlic powder. Add the mayonnaise, mustard with pepper to taste and mix well.

Add the Parmesan cheese and lemon juice, to taste - if you choose to use the lemon juice.

Mix all ingredients well. This stores well in the refrigerator and it is easy to double or triple the recipe if desired.

~ Pork ~



Cranberry Pork & Sweet Potatoes

Katy G.

Yield: 6 Servings

Ingredients

1 - 2/3 cups sweetened applesauce
3 pounds sweet potatoes (about 3 large) peeled and cut into 1-inch slices
3/4 tsp salt, divided 1/4 tsp pepper, divided
1/4 cup packed brown sugar 1 can (14 oz.) whole-berry cranberry sauce
6 bone in pork loin chops (6 oz. each)

Directions

Place applesauce in a 6-qt. slow cooker
Top with sweet potatoes. Sprinkle with 1/4 tsp salt, 1/8 tsp pepper & brown sugar.
Place pork chops over potatoes. Sprinkle with remaining salt & pepper.
Spoon cranberry sauce over pork.
Cook, covered, on low 6-8 hours or until pork and sweet potatoes are tender.

Pork Tenderloin w/ Peach Sauce

Dora P.

Adapted from recipe for Grilled Tenderloin with Cherries recipe from the June 2020 issue of Eating Well magazine

Ingredients

1-pound pork tenderloin 2 cups chopped peaches
2 TBS white wine 1/4 c chopped shallots
1 TBS olive oil 1/4 tsp ground ginger
1/2 tsp rosemary (dried leaves) Pinch salt, garlic powder and chipotle chile pepper powder

Directions for pork tenderloin

Sprinkle pork tenderloin lightly with salt, garlic powder, chipotle chile pepper powder
Roast for approximately 20 minutes at 450° until internal temperature is at least 145 degrees.
Let rest 5 minutes.
Slice and top with peach sauce.

Directions for peach sauce

While the tenderloin is cooking sauté shallots in 1 TBL olive oil until soft on medium heat (approximately 2 minutes).
Add peaches, rosemary, and ginger.
Cook until peaches are softened (approximately 2 minutes).
Increase temperature and add white wine. Cook 1 minute.

~ Bread ~



Chocolate Chip Banana Nut Bread

Linda D.

Makes 1 loaf or 3 mini loaves.

Ingredients

3 Ripe Bananas	1/2 tsp. Baking Soda
1/2 cup Brown Sugar	1/2 cup Sugar
1 – 1/2 cup Flour	Pinch of Salt
1 Egg	2 tbsp Butter
1/4 cup Chopped Walnuts	1 cup Mini Chocolate Chips

Directions

- Preheat oven to 350°.
- Combine dry ingredients (baking soda, sugar, brown sugar, flour, salt).
- Mash banana and combine with wet ingredients (egg, butter.)
- Mix dry and wet ingredients together until smooth.
- Mix in chopped walnuts and mini chocolate chips.
- Pour mixture into a loaf pan and bake for 45 minutes or until a toothpick Inserted in the center comes out clean.

Pumpkin Scones

Quinn B.

Tender, flaky & moist. From bunsinmyoven.com

Ingredients

For the Scones:

2 1/4 cups flour	1/4 cup brown sugar
*1 Tbl. pumpkin pie spice	2 tsp. baking powder
1/4 tsp. salt	1/2 cup cold butter, cubed
2/3 cup canned pumpkin puree	3 Tbl. Milk
1 large egg	

For the Glaze:

2 cups powdered sugar	3 Tbls. Milk	1/2 tsp. pumpkin pie spice
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Directions

- Preheat oven to 400 degrees.
- Add flour, brown sugar, pumpkin spice, baking powder, baking soda & salt to a large bowl. Whisk to combine.
- Add butter and use a pastry cutter to cut mixture together until you have coarse crumbs.
- In a small bowl, whisk together the pumpkin, milk, and egg. Stir into dry ingredients until just moistened.
- Turn dough on to a floured surface and knead 5 times to bring the dough together.
- Shape dough into a circle and cut into 8 wedges.
- Place on an ungreased baking sheet and bake for 12 minutes or until golden brown
- Let cool for 20 minutes. Whisk the glaze ingredients together until well combined.
- Spoon glaze over the top of the scones, being sure to leave about 1/2 cup of glaze leftover.
- Whisk the pumpkin pie spice into the remaining glaze.
- Add an additional Tbl. or two of powdered sugar for a thicker consistency if desired.
- Lightly drizzle the remaining glaze over the top of the scones. Let glaze set before storing, tightly covered, at room temp.

*Note: Pumpkin Pie Spice is a mixture of Cinnamon, Nutmeg, Ginger & Cloves. You can make your own or buy a bottle already mixed.

Mom's Zucchini Bread

Glenda G.

This is a moist and delicious zucchini bread flavored with walnuts and cinnamon. Easy to bake and freeze.

I make this recipe every Christmas for my neighbors & have always received rave reviews! Enjoy!

This recipe makes 2 loaves.

Ingredients

3 cups all-purpose flour	1 tsp. salt	
1 tsp. baking powder	1 tsp. baking soda	3 tsp. cinnamon
3 eggs - room temperature	1 cup vegetable oil such as canola	
2 cups grated zucchini		
2 & 1/4 cups white sugar - I usually only add 1 & 3/4 or 2 cups of sugar and it is fine		
3 tsp. vanilla extract-not imitation vanilla extract		
1 cup chopped walnuts - if using walnuts, toss them with a little flour and this keeps them from settling to the bottom		

Directions

Grease and flour two 8 X 4-inch loaf pans. Preheat oven to 325 degrees.
Sift flour, baking powder, baking soda, salt, & cinnamon together in a bowl.
Beat the eggs, oil, vanilla extract, and sugar together in a large bowl.
Add sifted ingredients to the creamed mixture and beat well. Stir in the zucchini and nuts well.
Pour batter in prepared pans. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean.
I find I have to bake for at least 60 minutes. Cool in pan on rack for 20 minutes.
Remove bread from pan and completely cool. The bread can be wrapped and placed in freezer.

~ Desserts ~



Banana Cake

Ingredients

1 Cup Sugar
2 Eggs
1/2 tsp Salt
2 or 3 Bananas, mashed
1 tsp. Vanilla

1/2 Cup Butter
1 – 1/2 Cups Flour
1 tsp. Baking Powder
1 tsp. Baking Soda dissolved in 1 Tbl. hot water

Directions

Preheat oven to 350 degrees. Grease and flour tube pan.
Cream butter and sugar. Add eggs and beat
Add mashed bananas and combine.
Sift together flour, salt, and baking powder; gradually mix into banana mixture.
Add vanilla and baking soda and mix.
Pour into prepared pan. BAKE 45-55 minutes. Cool in pan 10 minutes before removing.

Charlotte P.

Hot Fudge Pudding



My grandmother made this and my grandfather loved it. It is VERY RICH.

Directions

Sift together: 1 cup all-purpose flour, 2 tsp. baking powder, 1/4 tsp. salt, 3/4 cup sugar, & 2 tbsp. cocoa
Stir in 1/2 cup milk & 2 tbsp. melted shortening.
Blend in 1 cup chopped nuts.
Spread in a 9" square pan.
Sprinkle with a mixture of 1 cup brown sugar & 4 tbsp. cocoa
Pour 1- 3/4 cups HOT water over entire batter.
Bake at 350° for 45 min.

To Serve:

During baking the pudding mixture rises to the top and the chocolate sauce settles to the bottom.
Invert a square of pudding on to dessert plates.
Dip sauce from pan over each.
Or the entire pudding can be inverted in a deep serving platter.
Serve warm with or without whipped cream or vanilla ice cream.

Katy G.

Mom's "Best in the World" Family Pecan Pie

Karen P.

Ingredients

2 Pet Ritz 8" frozen pie shells/thawed	2 cups Pecans- crushed lightly
4 eggs slightly beaten	4 TBL. butter
1 c. dark Karo syrup	3/4 c. white sugar
1 teas. Vanilla	

Directions

Put pie shells into pans and prick with a fork all over bottom and sides.
Combine Karo syrup and white sugar and heat till hot.
Pour into beaten eggs slowly stirring.
Add butter, vanilla, and pecans.
Add 1 pinch salt. Pour into shells.
Cook 300 degrees for 1 hour. Decorate top with pecans.



Pineapple Coconut Pies

Karen P.

Ingredients

2 Pet Ritz 8" frozen pie shells/thawed	1 stick of margarine
2 c. sugar	Add 4 eggs
1 small can crushed pineapple	1- 8 oz. can Baker's Angel Flake coconut

Directions

Cream the stick of margarine w/sugar. Add the Eggs and blend. Add pineapple & coconut
Mix and pour in 2 unbaked pie shells
Bake 45 minutes at 350-375 degrees till golden on top

Raspberry Bars

Miriam B.

Ingredients

1 1/2 sticks butter	1 cup packed brown sugar
1 1/2 cup flour	1 tsp. salt
1/2 tsp baking soda	
1 1/2 cup old fashioned or quick oats, uncooked	
1 (10 ounce) jar raspberry preserves (Any desired flavor can be substituted)	

Directions

Preheat oven 400 degrees.	Cream butter and sugar till light and fluffy.
Combine dry ingredients.	Add to butter mixture and mix well.
Press 1/2 of crumb mixture into a greased 9 x 13 baking pan	
Spread preserves over the crumb mixture.	Sprinkle the remaining mixture over the top.
Bake at 400 degrees for 20 – 25 Min.	Cool, cut into bars.

Texas Sheet Cake

Sue M.

From a Texas Girl

CAKE

2 C. Flour	2 C. Sugar
1/2 Tsp. Baking Soda	
2 Sticks of Butter	1 C. water
6 Tablespoons Cocoa	1/2 C. Milk or Buttermilk
2 eggs beaten	1 Tsp. salt

Directions

Preheat oven to 350 degrees. Put flour, sugar, and soda into your mixer bowl.
In a saucepan, bring to a boil butter, and water. Add cocoa after the ingredients are melted.
Combine dry ingredients and Liquid ingredients. Add milk, and eggs. Mix well in your mixer!
Pour into a greased 12 X 18 X 1-inch deep pan (cookie sheet)
BAKE FOR 15 minutes to 20 minutes. FROST while hot.

FROSTING:

1 stick butter	4 Tablespoons Cocoa
6 Tablespoons Milk	1 Box (3 Cups) powdered sugar
1 tsp vanilla	1 Cup chopped nuts OPTIONAL

In a pan on the stove top melt butter and add remaining ingredients.
Mix well and Frost when the cake is well done and comes out of the oven hot!

Lemon Lover's Pound Cake

Kathy N.

Taste of Home magazine; April/May 2020

Ingredients

Pound cake:

1 cup butter, softened	3 cups sugar
6 large eggs, room temperature	5 Tbsp. lemon juice
1 Tbsp grated lemon zest	1 tsp. lemon extract
3 cups all-purpose flour	1/2 tsp. baking soda
1/4 tsp. salt	1 1/4 cup sour cream

Icing:

1/4 cup sour cream	2 Tbsp. butter, softened
2-1/2 cups powdered sugar	3 Tbsp. lemon juice
2 tsp. grated lemon zest	

Directions

Preheat oven to 350 degrees. Grease and flour a 10-inch fluted tube pan.
Cream butter and sugar until light and fluffy. Add eggs one at a time.
Stir in lemon juice, zest and extract.
Combine flour, baking soda and salt. Add to creamed mixture alternately w/sour cream
Beat just until combined. pour into pan.
Bake 55-60 min. until a toothpick inserted near the center comes out clean.
Cool 10 minutes then remove from pan to a wire rack.
For icing, beat sour cream and butter until smooth.
Gradually add powdered sugar. Beat in lemon juice and zest.
Drizzle over cake. If desired, top with additional lemon zest.
Store in the refrigerator.

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