

## **Roasted Broccoli with Aioli**

Source: Adapted from Fine Cooking

Servings: 4

Posted By: Aimster04

February 26, 2015

Comments: This is a simple recipe with fun twist. We loved the aioli sauce and I have used it a few times with other vegetables. I used Sriracha sauce in place of mild hot sauce and did not add the water.

### **Ingredients:**

1-1/2 lb. broccoli, cut into 2- to 4-inch-long florets

2 Tbs. olive oil

Kosher salt and freshly ground black pepper

1/4 cup mayonnaise

1 tsp. fresh lemon juice

1 clove garlic, smashed to a paste with salt

1 tsp. mild hot sauce

### **Directions:**

Put the broccoli on a rimmed baking sheet. Toss with the oil, 1/2 tsp. salt, and 1/2 tsp. pepper. Roast at 425°F, tossing once or twice, until crisp-tender and browned in spots, 16 to 20 minutes.

Meanwhile, in a small bowl, combine the mayonnaise, lemon juice, garlic paste, and hot sauce. Whisk in 1 Tbs. water to thin. Drizzle a little sauce over the broccoli, and serve the rest at the table.

NI (per FineCooking): Calories: 210; fat g 18; sat fat g 2.5; protein g 5;  
Monounsaturated Fat (g): 7; carbs g 12; sodium mg 320; cholesterol mg 5; fiber g 5

## **Oven Fried Chicken with Honey Mustard Glaze**

Adapted from Dmn Delicious Blog

8 servings

Posted by: Aimster04

March 11, 2015

Amy's notes: I used chicken tenders in place of thighs and drizzled some of the sauce on the tenders before baking. Next time I will double the H-M sauce

### **Ingredients:**

8 boneless, skinless chicken thighs

Kosher salt and freshly ground black pepper, to taste

2 large eggs

1/4 cup milk

1 1/2 cups Panko\*

1 teaspoon smoked paprika

1/4 cup vegetable oil

1 cup all-purpose flour

2 tablespoons chopped fresh parsley leaves

### **For the honey mustard glaze**

1/4 cup mayonnaise

2 tablespoons honey

1 tablespoon mustard

1 tablespoon Dijon mustard

Preheat oven to 375 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.

To make the honey mustard glaze, whisk together mayonnaise, honey and mustards in a small bowl; set aside.

Season chicken thighs with salt and pepper, to taste.

In a large bowl, whisk together eggs and milk. In another large bowl, combine Panko, paprika and vegetable oil; season with salt and pepper, to taste.

Working one at a time, dredge chicken in the flour, dip into the egg mixture, then dredge in the Panko mixture, pressing to coat.

Place chicken onto the prepared baking sheet and bake for 35-40 minutes, or until the crust is golden brown and the chicken is completely cooked through.

Serve immediately with honey mustard glaze, garnished with parsley, if desired.

NI (from site): Fat 19.1g Carbs: 21 Calories: 340 Protein: 20

## **Potsticker and Vegetable Stir-Fry**

Adapted from Women's Day

Serves 4

Posted by: CJMartin717

March 30, 2015

Comments: I used a combination of chicken and pork potstickers. The brand DH found only had 12 in the package; so, we bought 2 bags and used some of each. I cut back on the canola oil; but, added a dash of sesame oil to the sauce. I doubled the amount of soy sauce and honey as it did not seem like enough for 4 servings. I only had one pepper; so, I used more than 3 oz. of snow peas. We loved this.

### **INGREDIENTS**

2 tbsp. canola oil  
16 frozen pork potstickers  
1 tbsp. reduced-sodium soy sauce  
1 tsp. honey  
3 medium carrots  
2 bell peppers (1 red, 1 yellow)  
2 clove garlic  
1 tbsp. finely chopped fresh ginger  
1 medium red onion  
0.25 medium green cabbage  
3 oz. snow peas  
Toasted sesame seeds

### **DIRECTIONS**

Heat 1 tablespoon oil in a large skillet over medium heat. Add the potstickers and cook until lightly browned on all sides, 4 to 6 minutes. Add 2 tablespoons water to the skillet, cover, and cook until the water has evaporated and the potstickers are heated through, 1 to 2 minutes.

In a small bowl, whisk together the soy sauce and honey; set aside.

Meanwhile, heat the remaining tablespoon oil in a large skillet over medium-high heat. Add the carrots, peppers, garlic, and ginger and cook, tossing occasionally, for 5 minutes. Add the onion, cabbage, and snow peas and cook, tossing occasionally, until the vegetables are just tender, about 2 minutes more.

Divide the vegetables and potstickers among bowls and drizzle with the soy sauce mixture. Sprinkle with toasted sesame seeds, if desired.

## **Balsamic Green Bean Salad Recipe**

Adapted from: Taste of Home

Servings: 16

Posted By OneGrandGirl

April 6, 2015

TOH Notes: Serve up those green beans in a whole new way! The tangy flavors and crunch of this eye-appealing side complement any special meal or holiday potluck. —Megan Spencer, Farmington Hills, Michigan

MEA's Notes: Knowing my audience, I substituted 6 slices of cooked, chopped bacon for the tomatoes and left off the feta. I also soaked the red onion in the ice water for 5 minutes to remove some of the bite. When I make it for DH and me, I'll add the tomatoes and bacon and keep the red onion raw but still omit the feta since we are not fans.

### **Ingredients:**

2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces

1/4 cup olive oil

3 tablespoons lemon juice

3 tablespoons balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon ground mustard

1/8 teaspoon pepper

1 large red onion, chopped

4 cups cherry tomatoes, halved

1 cup (4 ounces) crumbled feta cheese

### **Directions:**

1. Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil. Cook, covered, 8-10 minutes or until crisp-tender. Drain and immediately place into ice water. Drain and pat dry.

2. In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add onion; toss to coat. Refrigerate, covered, at least 1 hour.

3. Just before serving, stir in tomatoes and cheese (or, in my case, bacon so it retains some crunch).

Yield: 16 servings (3/4 cup each).

## **Shrimp with Lobster Sauce**

Adapted from Clinton Kelly, The Chew

Servings: 4

Posted By Aimster04

April 9, 2015

Amy's Notes: This is a great/easy week night meal to put together. My exceptions to the Ingredients/directions are: added a dollop of Srircha, doubled the sauce ingredients and left out the egg. I served with TJ's Frozen Asian Vegetables.

### **Ingredients:**

1/2 Lb sweet Italian sausage  
1 Lb large shrimp (shelled and deveined)  
2 Tbsp vegetable oil  
2 scallions (thinly sliced, green and white parts divided)  
1 Inch piece of ginger (peeled and grated)  
2 cloves garlic (minced)  
1/2 Cup chicken broth  
1 Tbsp white wine vinegar  
1/4 Tsp sugar  
1/2 Cup frozen peas (thawed)  
2 Tbsp light soy sauce  
1 Tbsp cornstarch  
2 Tbsp water  
1 egg white (lightly beaten)  
salt and freshly ground black pepper

### **Instructions:**

Season shrimp with salt and freshly ground black pepper

In a large saute pan, add oil over high heat. When oil is hot, crumble sausage into the pan. Cook until browned and no longer pink.

Add white part of the scallions, ginger and garlic. Stir fry until fragrant, about 2 minutes.

Add shrimp to the pan, cook 2-3 minutes until just starting to turn pink.

Add frozen peas, chicken broth, white wine vinegar and sugar, bring to a boil.

In a small bowl, combine water and cornstarch. Add to the pan.

Swirl in beaten egg white and immediately remove from heat. Season with salt and freshly ground black pepper.

Garnish with sliced scallion greens. Serve over rice.

## **Orange Glazed Pork Chops**

Source: Ruth Soukup (Living Well, Spending Less)

Servings: 4

Posted By: OneGrandGirl

May 24, 2015

Summary: Moist and full of flavor, this pork chop recipe is sure to be a hit!

MEA's comments: If you don't want to freeze the chops, just have them sit in the marinade for at least an hour or two. 8 hours is fine. If you do freeze the chops, they marinate as they thaw.

### **Ingredients**

- 1 cup orange marmalade
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 tablespoon dried, minced onion
- 1 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 4 cloves garlic
- 8 pork chops (approximately 6-8 ounces each)

### **Instructions**

1. In medium bowl, whisk together marmalade, Dijon mustard, honey, olive oil, soy sauce, onion, salt, & pepper.
2. Mince garlic, then whisk into marmalade mixture.
3. Poke each pork chop several times with a fork
4. Pour marinade mixture into two 1 gallon freezer bags. (Be sure to label bags first!)
5. Place four pork chops into each bag. Press out air and seal. Marinate for 30 minutes or freeze until needed.
6. Thaw pork chops.
7. Place pork chops in shallow baking dish, cover with remaining marinade. Bake at 375 degrees for 20-25 minutes, turning once during cooking and removing from oven as soon as center temperature reaches 145 degrees.

## **Spicy Sesame Noodle, Green Bean, and Carrot Salad**

Yield: Serves 6

adapted from BON APPÉTIT | JULY 1998

Posted by CJMartin717 (Cindy)

May 26, 2015

Comments: I couldn't find serrano chilies. I subbed 1 jalapeno, 1 hot cherry pepper and some julienned red bell pepper. I used about half the amount of green onion and added a dash of hot sesame oil in addition to the sesame oil called for.

### **Ingredients**

1/4 cup fresh lime juice  
3 tablespoons canola oil  
3 tablespoons soy sauce  
2 tablespoons (packed) dark brown sugar  
1 tablespoon oriental sesame oil  
1 tablespoon minced garlic  
1 tablespoon grated orange peel

2 small serrano chilies, stemmed, thinly sliced into rounds  
9 ounces green beans, trimmed, cut diagonally into 1/2-inch pieces  
1 9-ounce package fresh linguine (I used dried pasta, cooked al-dente)  
2 cups shredded peeled carrots  
1 cup thinly sliced green onions

### **Preparation**

Stir first 8 ingredients in medium bowl to blend. Season dressing with salt and pepper. Let stand 30 minutes to blend flavors.

Cook green beans in large pot of boiling salted water until crisp-tender, about 2 minutes. Using slotted spoon, transfer beans to cold water to cool. Drain well. Pat dry with paper towels.

Return water to boil. Add pasta and cook until just tender but still firm to bite, stirring often, about 2 minutes. Drain. Rinse pasta under cold water. Drain well.

Combine green beans, pasta, carrots, green onions and dressing in large bowl. Toss to coat. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill.)

Per Serving: calories, 292; total fat, 10 g; saturated fat, 1 g; cholesterol, 0 mg.

## **Lemon-herb Chicken Skewers with Blueberry-balsamic Salsa**

Source: Cooking Light June 2015

Serves: 4

Posted by: Kate

July 8, 2015

Berries are the standout ingredient for the sweet and sour sauce that accompanies these grilled kebabs. We used cilantro, basil, and parsley, but you can omit the cilantro. You can also serve this salsa on small toasts spread with creamy Camembert or tangy goat cheese.

1 garlic clove  
1/4 cup chopped fresh flat-leaf parsley  
1/4 cup chopped fresh basil  
1/4 cup chopped fresh cilantro (optional)  
2 tablespoons olive oil  
1/2 teaspoon grated lemon rind  
1 tablespoon fresh lemon juice  
1/4 teaspoon freshly ground black pepper  
1/2 teaspoon kosher salt, divided  
4 skinless, boneless chicken thighs, each cut into 6 pieces (about 1 pound)  
1 cup blueberries, divided  
2 tablespoons balsamic vinegar  
1/2 teaspoon honey  
2 tablespoons finely chopped red onion  
1 teaspoon minced jalapeño pepper  
Cooking spray

1. Drop garlic through food chute with food processor on; process until chopped. Add parsley and next 6 ingredients (through black pepper); process until finely chopped. Add 1/8 teaspoon salt; pulse to combine. Combine herb mixture and chicken in a medium bowl; toss to combine. Cover and refrigerate 1 hour. Wipe out food processor.

2. Combine 1/2 cup blueberries, vinegar, and honey in a small saucepan over medium heat. Bring to a boil; reduce heat to low, and cook 10 minutes or until thickened, pressing with a spoon to break up blueberries. Place blueberry mixture in a medium bowl. Add remaining 1/2 cup blueberries to food processor; pulse 5 times. Combine chopped blueberries, 1/8 teaspoon salt, onion, and jalapeño pepper with vinegar mixture.

3. Preheat grill to medium-high heat.

4. Thread 6 chicken pieces evenly onto each of 4 (8-inch) skewers. Sprinkle with remaining 1/4 teaspoon salt. Place chicken on grill rack coated with cooking spray; grill 10 minutes, turning occasionally. Serve with blueberry salsa.



**Parmesan Bean Salad**

adapted from 500 Low Carb Recipes

Serves 4

Posted by: Amy

July 16, 2015

1 pound of green beans

1/2 cup minced red onion

4 tablespoons EV olive oil

5 Tablespoons Cider vinegar

1/2 teaspoon of salt

1/2 teaspoon of paprika

1/4 teaspoon dried ginger

3/4 cup grated parmesan cheese

Steam or microwave green beans until tender crisp.

Let beans cool a bit, then stir in onion, oil, vinegar, salt, paprika, and ginger. Then finally parmesan cheese.

Chill well and serve

### **Pistachio Crusted Salmon**

Source: Colorado Classique

Servings: 4

Posted by: bms2003

9/25/15

Note: Leftovers are incredible on a salad! Salmon can be prepped a few hours before cooking & kept in fridge. Let it come back to near room temp before baking.

4 5-oz salmon fillets, skin on, uniform in thickness

Salt and pepper

2 T Dijon mustard

2 T butter, melted

4 t honey

¼ c bread crumbs

¼ c finely chopped pistachios

2 t chopped fresh cilantro (I use parsley)

Preheat oven to 450 degrees. Lightly season salmon with salt and pepper and place on a lightly greased foil-lined pan, skin-side down. Mix mustard, butter, and honey together and brush on top of salmon. Combine bread crumbs, pistachios, and cilantro in a small food processor until thoroughly blended. Sprinkle crumb mixture on top of fillets. Bake for 12 to 15 minutes or until salmon is opaque in the center and begins to flake; do not overbake. Serve immediately.

NI – 333 calories, 16 g fat, 5 g saturated fat, 96 mg cholesterol, 348 mg sodium, 14 g carbohydrate, 7 g sugars, 1 g fiber, 34 g protein

## Sausage and Pumpkin Pasta Recipe

Source: Adapted from Taste of Home

Servings: 4

Posted By: BarbO'D

October 10, 2015

Comments: I used hot Italian turkey sausage and tri colored radiatore. I've used bow tie in the past but really liked how the sauce 'clung to' the radiatore.

2 cups uncooked multigrain bow tie pasta  
1/2 pound Italian turkey sausage links, casings removed  
1/2 pound sliced fresh mushrooms  
1 medium onion, chopped  
4 garlic cloves, minced  
1 cup reduced-sodium chicken broth  
1 cup canned pumpkin  
1/2 cup white wine or additional reduced-sodium chicken broth  
1/2 teaspoon rubbed sage  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon pepper  
1/4 cup grated Parmesan cheese  
1 tablespoon dried parsley flakes

### Directions

Cook pasta according to package directions.

Meanwhile, in a large nonstick skillet coated with cooking spray, cook the sausage, mushrooms and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, pumpkin, wine, sage, salt, garlic powder and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 5-6 minutes or until slightly thickened.

Drain pasta; add to the skillet and heat through. Just before serving, sprinkle with cheese and parsley. Yield: 4 servings.

### Nutritional Facts

1-3/4 cups equals 348 calories, 9 g fat (2 g saturated fat), 38 mg cholesterol, 733 mg sodium, 42 g carbohydrate, 7 g fiber, 23 g protein.

Diabetic Exchanges: 2-1/2 starch, 2 lean meat, 1 vegetable, 1/2 fat.

### **Apple Custard for Two**

Source: Very old WW Cookbook

Posted by: CJMartin717 (Cindy)

Serves 2

10/13/15

2 tsp. margarine or butter  
2 small or 1 large apple, peeled, cored, and sliced  
1/8 tsp. ground cloves  
1/8 tsp. ground cinnamon  
dash of ground nutmeg  
1 cup skim milk  
2 large eggs  
1 TBSP. sugar  
1/2 tsp. vanilla.

Preheat oven to 350 F.

In a small pan, heat margarine or butter. Add apples and spices. Cover and cook, stirring occasionally, until apples begin to soften (2 mins).

Divide apples into two 10-oz. custard cups. (I spray mine).

In a small bowl, combine milk, eggs, sugar, and vanilla. Beat until well mixed.  
Pour into custard cups.

Bake 35-40 mins or until custard is set.

NOTE - recipe does not specify baking in a water bath; but, I do. Place custard cups in a baking dish and pour boiling water into baking dish so it comes about halfway up the sides of the custard cups.

Serve at room temp or allow to cool and chill prior to serving. Enjoy.

## **Baked Steamed Carrots**

Category: Vegetables

Servings: 4 (as written)

Posted By: OneGrandGirl (MEA)

11/22/2015

Scrape 6 medium-size carrots. Slice or cut lengthwise. Place in a large square of heavy duty foil (or regular foil doubled up). Dot with 2 Tablespoons butter, 1/4 teaspoon salt and sprinkle with 1/2 teaspoon ground ginger. Fold foil, enclosing carrots. Bake at 350 for 1 hour.

My notes:

A splash of orange juice adds a nice flavor.

Make sure the ends of the packet are tight or you will have a mess in your oven. I use the drugstore wrap method.

I use 20 baby carrots split lengthwise for the 2 of us.

Be careful opening the packet -- I open one end with a potholder and let any liquid drip into the sink.

## **Pineapple Fried Rice**

Source: Adapted from Dam\* Delicious blog

Servings: 4

Posted By: CJMARTIN717

March 30, 2016

Cindy's notes: This is the recipe I started with. I omitted the corn and added red bell pepper, bean sprouts, and 2 eggs ("fried" in a non-stick skillet, then chopped). I also added some Sriracha sauce.

### **Ingredients**

- 3 tablespoons soy sauce
- 1 tablespoons sesame oil
- 1/2 teaspoon ginger powder
- 1/4 teaspoon white pepper
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and grated
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 3 cups cooked brown rice
- 2 cups diced pineapple, canned or fresh
- 1/2 cup diced ham
- 2 green onions, sliced

### **Instructions**

In a small bowl, whisk together soy sauce, sesame oil, ginger powder and white pepper; set aside.

Heat olive oil in a large skillet or wok over medium high heat. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 34 minutes. Stir in carrots, corn and peas, and cook, stirring constantly, until vegetables are tender, about 34 minutes.

Stir in rice, pineapple, ham, green onions and soy sauce mixture. Cook, stirring constantly, until heated through, about 2 minutes.

## **Buffalo Chicken Quinoa Skillet**

Category: Poultry

Adapted from: Ro-tel

Servings: 6

Posted by: MissVN

Date 8/21/2016

Vic's notes: The above is cooking, 8 minutes to go. Now I did get it as a "meal kit" with all chopping/prep done but I am already now looking forward to lunches this week. Simple to throw together, one skillet, all things that make me a happy girl.

### **Ingredients**

1-1/2 cups white quinoa, uncooked  
2 tablespoons Pure Wesson® Canola Oil  
1 pound boneless skinless chicken breasts, cut into bite-size pieces  
1 teaspoon chopped garlic  
1 can (10 oz each) Ro\*Tel® Original Diced Tomatoes & Green Chilies, undrained  
1 can chicken broth  
1 cup chopped celery  
1/3 cup buffalo wing sauce or cayenne pepper sauce  
1/3 cup reduced fat chunky blue cheese dressing

### **Instructions**

Heat oil in large skillet over medium-high heat. Add chicken; sprinkle with garlic. Cook chicken 3 to 5 minutes or until lightly browned and no longer pink.

Add undrained tomatoes, celery, carrots and chicken broth; cook 2 to 3 minutes more, stirring occasionally. Add buffalo wing sauce; stir to combine.

Add cooked quinoa to chicken mixture; stir to combine. Top each serving with blue cheese dressing.

### **COOK'S TIPS**

Quinoa typically is found in the rice and pasta section of supermarkets. Rinse well before cooking to remove the natural bitter coating, if it is not pre-washed.

Calories 334; Total fat 12 g; Saturated fat 1 g; Cholesterol 48 mg; Sodium 948 mg  
; Carbohydrate 31 g; Dietary fiber 4 g; Sugars 2 g; Protein 24 g; Vitamin A 425 iu; Vitamin C 3 mg; Calcium 44 mg; Iron 3 mg

## **Casserole Queens Chicken Pot Pie**

Category: Main Dish

Source: The Casserole Queens Cookbook (Clarkson Potter, 2011)

Makes 8 Servings

Posted by Sally via Peggy

12/04/16

### Ingredients:

- 2 tablespoons unsalted butter
- 1 (3-pound) roasted chicken, boned and shredded, I use rotisserie
- 1/4 cup chopped red bell pepper
- 2 medium shallots, thinly sliced
- 3 tablespoons all-purpose flour
- 2 teaspoons salt
- 1 teaspoon dried tarragon, crushed
- 1 teaspoon freshly ground black pepper
- 2 cups whole milk
- 1 cup heavy cream
- 1/3 cup dry white wine, I use Sherry
- 1 1/2 cups fresh peas, blanched
- 1 1/2 cups carrots, diced and blanched
- 2 russet potatoes, diced and blanched
- 1 sheet frozen puff pastry plus 1/3 of second sheet, thawed
- Egg wash (lightly whisk together 1 whole egg and 1 teaspoon water)

### Instructions:

Preheat the oven to 425°F.

In a large skillet set over medium-high heat, melt the butter. Add the chicken if uncooked, bell pepper, and shallots, and cook, stirring constantly, for 5 minutes. Stir in the flour, salt, tarragon, and black pepper. Add the milk and cream, and cook, stirring frequently, until the mixture is thick and bubbly, about 10 minutes. Add the wine, peas, carrots, chicken, and potatoes and stir until heated thoroughly, about 5 minutes.

Transfer the hot chicken mixture to a 9 x 13-inch casserole dish. Place the puff pastry over the top of the casserole dish. Brush the edges of the puff pastry with the egg wash and press against the side of the casserole dish, then cut slits in the pastry to allow steam to escape. Brush the top of the puff pastry with egg wash—this will help the puff pastry brown evenly. Bake for about 35 minutes or until the top is golden brown. Serve immediately.



## **Beef Stir Fry with Bell Peppers and Black Pepper Sauce**

Source: America's Test Kitchen

Category: Beef

Makes 4 Servings

Posted by Vic (Mrs. Man)

06/07/2017

Notes: Prepare the vegetables and aromatics while the beef is marinating. Serve with steamed white rice.

Ingredients:

- ☐ 1 tablespoon plus  $\frac{1}{4}$  cup water
- ☐  $\frac{1}{4}$  teaspoon baking soda
- ☐ 1 pound flank steak, trimmed, cut into 2- to 2½-inch strips with grain, each strip cut crosswise against grain into  $\frac{1}{4}$ -inch-thick slices
- ☐ 3 tablespoons soy sauce
- ☐ 3 tablespoons dry sherry or Chinese rice wine
- ☐ 3 teaspoons cornstarch
- ☐ 2½ teaspoons packed light brown sugar
- ☐ 1 tablespoon oyster sauce
- ☐ 2 teaspoons rice vinegar
- ☐ 1½ teaspoons toasted sesame oil
- ☐ 2 teaspoons coarsely ground pepper
- ☐ 3 tablespoons plus 1 teaspoon vegetable oil
- ☐ 1 red bell pepper, stemmed, seeded and cut into  $\frac{1}{4}$ -inch-wide strips
- ☐ 1 green bell pepper, stemmed, seeded and cut into  $\frac{1}{4}$ -inch-wide strips
- ☐ 6 scallions, white parts sliced thin on bias, green parts cut into 2-inch pieces
- ☐ 3 garlic cloves, minced
- ☐ 1 tablespoon grated fresh ginger

## **Beef Stir Fry with Bell Peppers and Black Pepper Sauce (Page 2)**

### Instructions:

1. Combine 1 tablespoon water and baking soda in medium bowl.
2. Add beef and toss to coat.
3. Let sit at room temperature for 5 minutes.
4. Whisk 1 tablespoon soy sauce, 1 tablespoon sherry, 1½ teaspoons cornstarch and ½ teaspoon sugar together in small bowl.
5. Add soy sauce mixture to beef, stir to coat and let sit at room temperature for 15 to 30 minutes.
6. Whisk remaining ¼ cup water, remaining 2 tablespoons soy sauce, remaining 2 tablespoons sherry, remaining 1½ teaspoons cornstarch, remaining 2 teaspoons sugar, oyster sauce, vinegar, sesame oil and pepper together in second bowl.
7. Heat 2 teaspoons vegetable oil in 12-inch nonstick skillet over high heat until just smoking.
8. Add half of beef in single layer then cook, without stirring, for 1 minute.
9. Continue to cook, stirring occasionally, until spotty brown on both sides, about 1 minute longer.
10. Transfer to bowl.
11. Repeat with remaining beef and 2 teaspoons vegetable oil.
12. Return skillet to high heat, add 2 teaspoons vegetable oil and heat until it starts smoking.
13. Add bell peppers and scallion greens then cook, stirring occasionally, until vegetables are spotty brown and crisp-tender, about 4 minutes.
14. Transfer vegetables to bowl with beef.
15. Return now-empty skillet to medium-high heat and add remaining 4 teaspoons vegetable oil, scallion whites, garlic, and ginger.
16. Cook, stirring frequently, until lightly browned, about 2 minutes. Return beef and vegetables to skillet and stir to combine.
17. Whisk sauce to recombine.
18. Add to skillet and cook, stirring constantly, until sauce has thickened, about 30 seconds.
19. Serve immediately.

## **Stir Fried Broccoli with Ginger and Hoisin Sauce**

Vegetable - Quick and Easy

Adapted from Food.com

4 Servings

Posted by Aimster

June 19, 2017

Amy's Notes: This was such a breeze to make on a week night after work. I increased the hoisin sauce by 1 Tbsp because I love the flavor.

### **Ingredients:**

- 1 1/2 lbs broccoli, cut into chunks
- 1 teaspoon vegetable oil
- 1 garlic, finely chopped
- 1 teaspoon gingerroot, finely chopped
- 3 green onions, chopped
- 3 tablespoons water
- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce

### **Directions:**

- 1) Heat oil in wok or skillet on high. Add garlic, ginger and green onions. Cook for 30 seconds.
- 2) Add broccoli and stir fry for about 2 minutes. Add water, soy sauce and hoisin sauce and bring to a boil. Cook, stirring for 3 - 4 minutes, until broccoli is glazed with sauce.

NI: (From Website) Calories: 105.6, Fat 2.0 grams; Fiber 5.1 grams, Carbs 19.1 g

## **Chicken in Lemon Marinade**

Source: Southern Living, May 1998

Posted by: BMS2003 (Betty)

June 20, 2017

Notes: I have always grilled instead of broiling the chicken. This is a recipe that I sometimes make & pour over chicken in a zip-lock bag. I put the 1/4 c reserved marinade in a sandwich zip-lock bag & freeze both bags. The marinating is done by the time the chicken is thawed.

2/3 c vegetable oil  
1/2 c lemon juice  
1 T Worcestershire sauce  
1/8 t hot sauce  
1 small onion, grated  
1 t salt  
1 t pepper  
1 t celery salt  
6 skinned and boned chicken breast halves

Process first 8 ingredients in a blender until smooth, stopping to scrape down the sides. Reserve 1/4 cup lemon mixture, and chill.

Packer chicken in a shallow dish or heavy-duty zip-top plastic bag, and pour remaining lemon mixture over chicken. Cover or seal; chill 2 hours, turning chicken occasionally.

Remove chicken from marinade, discarding marinade; place chicken on a lightly greased rack in a broiler pan. Broil 7 inches from heat 11 to 12 minutes on each side or until tender, basting chicken frequently with reserved 1/4 cup lemon mixture.

## **Saucy Spareribs**

Category: Meat

Source: Taste of Home

Makes 2 Servings

Posted by OneGrandGirl (MEA)

10/11/17

MEA's notes: Since many of us are cooking for two, I thought you might like this. I wouldn't do spareribs this way for a crowd. It was certainly easy and DH loved it, as did I! Mostly I used the method of cooking: I didn't have cola, so I used 1 1/2 cups of BBQ sauce with 1 cup water. I don't have a big enough non-stick skillet, so I sprayed my fry pan with Pam and gave it a go! I cut the ribs into 2 pieces and browned them over medium-high heat. Then I added the watered down BBQ sauce, covered the pan and simmered, turning the pieces over every 15 minutes. I didn't need to add the cornstarch at the end, so basically I ignored Step 2. <grin> In an hour, they were perfect! More BBQ sauce at the table for DH.

### **Ingredients**

2 pounds bone-in pork spareribs  
2 cans (12 ounces each) cola  
1 cup ketchup  
2 tablespoons cornstarch  
2 tablespoons cold water

### **Directions**

1. In a large nonstick skillet, brown the ribs; drain. Add the cola and ketchup; cover and simmer for 1 hour or until the meat is tender.
2. Remove ribs and keep warm. Transfer 2 cups of sauce to a saucepan. Bring to a boil. In a small bowl, combine the cornstarch and cold water; stir into sauce. Bring to a boil; cook for 1-2 minutes or until thickened. Serve over the ribs. Yield: 2 servings.

### **Nutritional Facts**

1 each: 1069 calories, 64g fat (24g saturated fat), 255mg cholesterol, 1628mg sodium, 59g carbohydrate (33g sugars, 2g fiber), 63g protein.

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## **Buffalo Chicken Rollups**

Appetizer

Source: Local POG magazine

Makes approx 60

Posted by bms2003

October 17, 2017

My notes: I served them with the suggested ranch dressing and also a sour cream based dressing I made with blue cheese, Worcestershire sauce, wing sauce, garlic, paprika, salt & pepper. That was my favorite, but I like things hot!

2 8-oz packages cream cheese, softened  
1 packet (1 oz) ranch seasoning mix  
1/2 cup wing sauce  
1-1/2 cups shredded roasted chicken or 2 cans (5 oz. each)  
canned chicken, drained  
1 cup freshly shredded Cheddar cheese  
1 cup chopped green onions  
6 flour tortillas (10")  
Ranch dressing, for dipping

Using a stand mixer or in a large bowl with a hand mixer, mix cream cheese and ranch seasoning until well-combined followed by the wing sauce. Use a rubber spatula to stir in the chicken, cheese and green onions. Spread mixture evenly across the tortillas. Roll and refrigerate at least 3 hours. Slice and serve with a bowl of ranch dressing for dipping.

Per serving: 60 Cal; 5 g Total Fat; 2 g Sat Fat; 0 g Trans Fat; 15 mg Cholesterol; 230 mg Sodium; 2 g Carb; 0 g Fiber; 0 g Sugar; 2 g Protein.

## **Creamy Tuscan Chicken**

Category: Poultry

Source: Tasty.co on Facebook

Makes 2 Servings

Posted by OneGrandGirl (MEA)

11/02/17

MEA's notes: This is similar to a dish we had at an Italian restaurant in Atlantic City. The cooking time was not long enough for the chicken I had, so either increase the heat to medium-high or double the time. I left the spinach out (DH is not a fan) and decreased the cream (I subbed half and half) to 1 cup. Still plenty of sauce for the chicken -- you may want to keep the recipe proportions if using as a sauce over the chicken and some pasta. I'm sure it would be good with chicken breasts as well. It made 2 dinner servings and 2 lunch servings for us.

### **Ingredients**

- 4 bone-in, skin-on chicken thighs
- 2 teaspoons salt, for the chicken
- 1 teaspoon pepper, for the chicken
- 1 tablespoon oil
- 3 cloves garlic, chopped
- 1/2 onion, diced
- 1 tomato, diced
- 2 cups spinach
- 2 cups heavy cream
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup grated Parmesan cheese
- 2 tablespoons fresh flat-leaf parsley, chopped

### **Preparation**

Season the chicken with the salt & pepper, making sure to mix it in evenly.

Heat oil in a skillet over medium-low heat.

Place the chicken thighs skin side down in the skillet and cook for about 13 minutes in order to crisp up the skin. Move the chicken around from time to time to ensure it cooks evenly. The skin should be hard to the touch.

Flip the chicken, then cook for about another 15 minutes until the chicken is fully cooked. Remove from pan.

Add the garlic and onion, stirring until onions are translucent. Stir in the tomatoes and spinach until the spinach is wilted.

Add the heavy cream, salt, and pepper, bringing to a boil.

Add the Parmesan cheese and parsley, stirring until the sauce has thickened slightly.

Place the chicken back in the pan, spooning the sauce on top of the chicken.

## Scalloped Potatoes

Source: Tasty.co on Facebook

Makes 2 Servings

Posted by OneGrandGirl (MEA)

11/02/17

MEA's notes: I used some small Yukon gold and some small red potatoes. I didn't peel them. I used an 8-inch round pan as my "small baking dish". Not a lot of sauce -- just enough -- so if you like extra-saucy, you'll need to increase that part of the recipe.

### Ingredients

- 1 tablespoon butter
- 2 cloves garlic
- 1 tablespoon flour
- 1 cup milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 Yukon potatoes, peeled
- 2 tablespoons grated Parmesan
- fresh parsley, chopped, for garnish

### Preparation

Preheat oven to 350°F (180°C).

In a small pot, melt the butter and fry the garlic until it's just starting to brown. Add the flour, and whisk until there are no lumps.

Slowly drizzle in the milk while constantly whisking to make sure the mixture is smooth.

Bring to a boil, then remove from heat.

Slice the potatoes into about 1/8-inch (3 mm) thick slices, then fan them out in a small baking dish.

Pour the sauce on top of the potatoes, then sprinkle with Parmesan.

Bake for about 1 hour, until the top is bubbly and golden brown.

Sprinkle chopped parsley on top, then serve.



## **Far East Celery Casserole**

Source: Unknown

Serves: 6

Posted by: Shelk

12/20/2017

### **Ingredients**

4 cups celery, sliced in 1-inch pieces  
1 (8 ounce) can water chestnuts, chopped  
1 (10 3/4 ounce) can cream of chicken soup  
1/4 cup pimiento, diced  
1/2 cup soft breadcrumbs  
1/4 cup almonds, sliced  
3 tablespoons butter, melted

### **Directions**

Bring a small amount of salted water to a boil.

Add your sliced celery.(I cut it on the bias). Cook for no more than 8 minutes.

You want it to stay crunchy.

Drain and combine with the pimentos, soup, and water chestnuts.

Place in a sprayed 9x9 casserole.

Combine the breadcrumbs, almonds and melted butter and sprinkle over the top.

Bake at 350F 20 minute until it bubbles.

## **Grilled Chicken with White Barbecue Sauce**

Source: Cooking Light, May 2004

Servings: 8

Posted By: BMS2003

February 2, 2018

My notes: I didn't add the red pepper to the sauce - the black pepper made it spicy enough for us. I've seen a similar recipe in Southern Living that adds a little spicy brown mustard and horseradish to basically the same sauce. I think those would be good additions, too.

### Chicken:

8 (8-ounce) bone-in chicken breast halves

1 t salt

1 t onion powder

1 t garlic powder

1 t paprika

1 t chipotle chili powder

Cooking spray

### Sauce:

1/2 c light mayonnaise

1/3 c white vinegar

1 T coarsely ground black pepper

1/2 t ground red pepper

1-1/2 t fresh lemon juice

Dash of salt

Prepare grill, heating to medium-hot using both burners.

To prepare chicken, loosen skin from breasts by inserting fingers, gently pushing between skin and meat. Combine salt and next 4 ingredients; rub under loosened skin.

Turn left burner off (leave right burner on). Coat grill rack with cooking spray. Place chicken on grill rack over right burner; grill 5 minutes on each side or until browned. Move chicken to grill rack over left burner. Cover and cook 35 minutes or until done, turning once. Remove chicken from grill, discard skin.

To prepare sauce, combine mayonnaise and remaining 5 ingredients, stirring with a whisk. Serve with chicken.

Yield: 8 servings (serving size: 1 breast half and about 2 tablespoons sauce).

Nutritional info: Calories 252; Fat 6.9 g (sat 1.3g); Protein 34.4g; Fiber 0.6g; Chol 91mg; Iron 1.5mg; Sodium 536mg; Calc 26mg.

## **Strawberry Delight**

Source: long forgotten

Posted by: MEA

3/31/2018

My comments are strewn throughout the recipe. <grin>

1 package Strawberry "Glaze-a-pie"

1 3/4 cup water (as directed on package)

Mix for one minute until dissolved

OR

1 container of glaze for strawberries (I use Marzetti brand because that's what my grocery store carries)

2 packages frozen strawberries - thawed

Mix into glaze

1 pint of heavy cream, whipped (I use Cool Whip but you can go all out if you want <grin>)

1 angel food cake (I buy it already made in the store bakery but again, you can go all out if you want)

In a large bowl (a trifle or clear glass bowl is nice because you can see the layers but for 4th of July, I use my big blue bowl), layer bite-sized pieces of cake, strawberries with glaze and whipped cream. Repeat. (I often make 3 layers). Garnish with strawberries. Cover and chill at least 4 hours. This can be made a day ahead.

## **Italian Herb-Crusted Pork Loin Recipe**

Source: Taste of Home website

Servings: 8

Posted by: OneGrandGirl (MEA)

April 7, 2018

My notes: We had this for dinner and we both liked it! Potatoes baked right alongside the roast. I would definitely make this again. I did put some salt and pepper on the vegetables before roasting, based on one review. No other changes, though.

### **Ingredients**

3 tablespoons olive oil  
5 garlic cloves, minced  
1 teaspoon salt  
1 teaspoon each dried basil, thyme and rosemary, crushed  
1/2 teaspoon Italian seasoning  
1/2 teaspoon pepper  
1 boneless pork loin roast (3 to 4 pounds)  
8 medium carrots, halved lengthwise  
2 medium onions, quartered

### **Directions**

In a small bowl, mix oil, garlic and seasonings; rub over roast. Arrange carrots and onions on the bottom of a 13x9-in. baking pan. Place roast over vegetables, fat side up. Refrigerate, covered, 1 hour.

Preheat oven to 475°. Roast the pork for 20 minutes.

Reduce oven setting to 425°. Roast 30-40 minutes longer or until a thermometer reads 145° and vegetables are tender. Remove roast from oven; tent with foil.

Let stand 20 minutes before slicing.

## **Kentucky Derby Pie Chocolate Chip Cookie Bars**

Posted By: Sally

May 1, 2018

### **INGREDIENTS**

#### **FOR THE COOKIE CRUST**

2 1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
2 teaspoons water  
2 sticks (1 cup) unsalted butter softened  
1/4 cup granulated sugar  
3/4 cup packed brown sugar packed  
1 teaspoon vanilla extract  
2 large eggs  
1 cup chocolate chips

#### **FOR THE FILLING**

1 1/2 sticks (3/4 cup) unsalted butter softened  
3/4 cups sugar  
3 eggs  
3/4 cup all-purpose flour  
1/8 teaspoon salt  
3 tablespoons bourbon  
1 teaspoon vanilla  
1 1/2 cups chocolate chips  
1 cup whole pecans

#### **BOURBON SAUCE**

1/4 cup water  
1/2 cup brown sugar  
1/2 cup heavy cream  
2 tablespoons bourbon  
1/2 teaspoon sea salt

## Kentucky Derby Pie Chocolate Chip Cookie Bars (Page 2)

### INSTRUCTIONS

1. Preheat oven to 375° F. Grease a 9x13 inch baking dish
2. To make the cookie crust. Combine the flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs. Gradually beat in flour mixture. Add the water. Beat to combine. Stir in chocolate chips. Spread evenly in the prepared baking dish.
3. Bake for 10-12 minutes.
4. While the crust bakes make the filling. Cream the butter and sugar until light and fluffy. Add the eggs, flour, salt, and bourbon and continue to mix until well combined. Fold in the chocolate chips and pecans. Pour batter over the cookies crust. Bake until filling is set and the top is light golden brown, about 45 minutes. If the top starts to get too brown cover it with foil. Allow bars to cool for at least 30 minutes before cutting.
5. While the bars cool make the bourbon sauce. Whisk together the heavy cream, bourbon, and salt in a small bowl. Set aside. Combine the brown sugar and water in a small saucepan over medium-high heat. Bring the mixture to a boil. Once it begins to boil watch closely and whisk until the mixture starts to smell like caramel and turn a golden color, and then to a light brown. This will take about 8-10 minutes. When you see that it has started to turn brown, slowly pour in the heavy cream mixture, whisking constantly and quickly. Continue to heat over medium-high until mixture has thickened and is a light caramel color, about 5 minutes more (don't let it get too thick, it will thicken as it sits). Remove from the heat.
6. Cut the bars and if desired, serve with ice cream, whipped cream or both! Then drizzle on the bourbon sauce.

## STIR-N-ROLL PIZZA

Makes 2 pizzas.

Posted by: Always Aries (Peg)

July 15, 2018

2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon salt

2/3 cup milk

1/4 cup plus 2 tablespoons vegetable oil, divided use

Pizza Toppings (below)

Heat oven to 425 degrees F.

Measure flour, baking powder, salt, milk and 1/4 cup oil into bowl. Stir vigorously until mixture leaves side of bowl. Gather dough together and press into ball. Knead dough in bowl 10 times to make smooth. Divide dough in half.

On lightly floured cloth-covered board, roll each half into 13-inch circle. Place on pizza pan or baking sheet. Turn up edge 1/2-inch and pinch or pleat. Brush circles with the remaining 2 tablespoons oil. Layer Pizza Toppings on circles in order listed. *I don't brush any extra oil on the crust*

Bake 20 to 25 minutes. *Because I make the crust so thin, and prebake it I think I baked the topped pizza about 12 minutes on Friday*

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As I mentioned the other day, I now only make 1/2 of the recipe, in fact on Friday night we didn't have milk in the house so I subbed water and added a couple tps of dry milk powder. I do let the dough sit sometimes for an hour or more (covered with a damp towel or plastic wrap to keep it from drying out). I used to just mix it up, roll it out and top it. Now I prebake it for about 5 minutes (pricked with a fork to keep it from bubbling up).

## **Easy Baked Peaches**

Adapted from: [iheartnaptime.net](http://iheartnaptime.net)

Serves 6

Posted by One Grand Girl (MEA)

7/29/18

Baked peaches with brown sugar, butter and cinnamon. Tastes like a homemade peach pie – without all the work and calories!

My notes: Just tried this last night. Make sure the peach is ripe -- one of mine was still firm and didn't soften much in the oven. I topped them with a scoop of vanilla bean ice cream last night. Good reheated for 30 seconds in the microwave, too. I chopped one up for breakfast with some vanilla yogurt - yum!

### **Ingredients**

3 large ripe peaches

1 to 2 Tablespoons salted butter

2 Tablespoons light brown sugar

1/4 teaspoon cinnamon

vanilla ice cream or whipped cream and caramel sauce ,for serving if desired

### **Instructions**

Pre-heat oven to 375 degrees.

Slice peaches in half and remove the pit. Place in an oven safe pan. Place a small piece (about 3/4 teaspoon) of butter in the middle of each peach.

Combine brown sugar and cinnamon in a small bowl. Then sprinkle over the peach.

Bake for 8 to 12 minutes, or until golden. Top with cream and caramel if desired.

These peaches taste delicious grilled. Place the peach in a piece of foil and wrap. Grill until the tops are golden (about 8 to 12 minutes).

For a low calorie version use Greek yogurt or cottage cheese in place of ice cream.



## **Blackened Tilapia with Garlic-lime Butter**

Source: Cook This, Not That

Servings: 4

Posted by: OneGrandGirl (MEA)

August 19, 2018

2 Tbsp butter, softened at room temperature  
2 Tbsp chopped fresh cilantro (I use parsley -- cilantro tastes like soap to me)  
2 gloves garlic, finely minced  
1 tsp lime zest, plus juice of 1 lime  
4 tilapia fillets (6 ounces each)  
1 Tbsp Magic Blackening Rub  
1 Tbsp canola oil (I use vegetable oil)

Combine the butter, cilantro, garlic, lime zest, and lime juice in a small mixing bowl and stir to thoroughly blend. Set aside.

Heat the oil in a large cast-iron skillet or saute pan over high heat. Rub the tilapia on both sides with plenty of blackening seasoning. When the oil in the pan is smoking, add the fish and cook, undisturbed, for 3 - 4 minutes until a dark crust forms. Flip the fillets and cook for an additional 1 to 2 minutes, until the fish flakes with gentle pressure from your finger.

Transfer the fish to 4 serving plates and immediately top each with a bit of the flavored butter.

Note: You can sub catfish fillets for the tilapia if you prefer.

### **Magic Blackening Rub**

Source: Cook This, Not That

Posted by: OneGrandGirl (MEA)

August 19, 2018

Coat meat, fish or vegetables with this potent blend of seasonings and cook over high heat until it transforms into a dark, savory crust.

- 1 Tbsp paprika
- 1 Tbsp salt
- 2 tsp black pepper
- 2 tsp ground cumin
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp dried oregano
- 1/2 tsp cayenne pepper

Mix all of the spices together in a bowl or plastic storage container. Makes about 1/2 cup; keeps in your spice cabinet for up to 2 months.

Note: I keep it in an old spice container so it's ready when I want to use it. I've had mine for a while, i.e. longer than 2 months. Also I put more on DH's portions than mine -- it's a bit too spicy for me otherwise.

## **Glazed Pork Chops and Squash**

Source: Unknown

Servings: 4

Posted By: One Grand Girl (MEA)

September 30, 2018

Comments: I nestled the pork chops over the stuffing, since they weren't thick enough for a pocket. Next time I'd use more stuffing under the chops. Very flavorful and moist! I did need 2 pans as everything wouldn't fit in one. I just divided the apple juice between the pans at the half-hour mark.

### **Ingredients:**

1 cup dry bread cubes or croutons (I used stuffing mix)

1/2 cup chopped, peeled apple

1/2 cup chopped celery

1/4 cup raisins

1/2 teaspoon salt

1/8 teaspoon allspice

Dash pepper

1 cup apple juice

4 pork chops, cut 3/4 to 1-inch thick with pockets

1 medium buttercup squash or 2 small acorn squash, halved

Heat oven to 350. Lightly grease 13x9-inch (2-quart) baking dish. In a medium bowl, combine bread cubes, apple, celery, raisins, salt, allspice and pepper. Stir in 1/4 cup of the apple juice. Fill each pork chop pocket with 1/4 of the stuffing mixture; place chops in prepared dish. (I put a mound of stuffing in the dish and nestle the pork chop over it.) Arrange squash halves cut side down in dish with chops. Bake at 350 for 30 minutes; turn squash cut side up. Pour remaining apple juice evenly over pork chops and squash. Bake an additional 30 to 35 minutes or until squash and pork chops are tender. To serve, cut squash into serving-size pieces.

Nutritional info per serving: Calories 350; Protein 14 g; Carbohydrate 35 g; Fat 17g; Sodium 350 mg; Potassium 850 mg

## Raspberry Crumb Cake

Source: Real Simple magazine

Servings: 8

Posted By: One Grand Girl (MEA)

September 30, 2018

Comments: Easy cake to make and would be good for breakfast as well as dessert. I think you could vary the preserves and nuts if you'd like. The layers stay separate in the cake. Next time I'm going to increase the preserves to 1/2 cup for more fruit flavor or use another cook's comments and just spread the preserves over the cake layer.

Topping:

3/4 cup chopped pecans or walnuts (I used 1/2 cup)

2/3 cup packed light brown sugar

1/2 cup flour

1/4 tsp. salt

5 Tbsp. unsalted butter, melted

Cake:

2 cups flour

1 1/2 tsp. baking powder

1/4 tsp. salt

10 Tbsp. unsalted butter, softened

1 cup granulated sugar

3 large eggs

2 tsp. vanilla extract

1/3 cup raspberry preserves

Make the topping:

Stir nuts, sugar, flour and salt in a medium bowl. Drizzle with butter and toss until clumps form. (I stirred it together so it was more like one big clump -- still easy to get it to cover the cake though.)

Make the cake:

Preheat the oven to 350. Lightly butter a 9-inch round cake pan; dust with flour, tapping out excess.

Whisk flour, baking powder and salt in a medium bowl. Beat butter and sugar in a large bowl with an electric mixer on medium until light and fluffy, about 2 minutes. Add eggs, one at a time, beating after each addition; beat in vanilla. Add flour mixture, beating on low to combine.

Transfer 1/2 cup of the batter to a small bowl; stir in preserves. (see notes)

Spread remaining batter in prepared cake pan. Spread preserve mixture over top. Sprinkle with topping. Bake until a toothpick comes out clean, 35 to 40

minutes.

## **Home Oven Sun-dried Tomatoes**

Posted by: bms2003 (Betty)

October 2, 2018

So here are the oven sun-dried tomato instructions for your Romas. Super easy --

Preheat oven to 200 or the lowest your oven goes. Cut the tomatoes in half and scoop out the seeds & liquid. Cut a little slit on the back (peel) side. Put them on a rack over a foil-lined cookie sheet. They can be close but not touching. Sprinkle them lightly with fine ground sea salt. Bake them until they are dry but still leathery. Check them about once an hour until they are ready. Mine were done in about 3-4 hours but it will depend on the tomatoes and the temp you use. I did mine with my convection oven but if you're using a conventional oven, rotate the sheets if you have more than one.

## **Maple Dijon Apple Coleslaw**

Source: cupcakesandkalechips.com

Servings: 5

Posted By: One Grand Girl (MEA)

October 31, 2018

A healthy, sweet and savory twist on the classic picnic salad made with Greek yogurt and fall flavors.

MEA's notes: I diced the apple with the skin on -- the bite of apple was really nice. I made the dressing in the bottom of the large bowl (one less bowl to wash <grin>), using mayo since DH is not a yogurt fan. I may dial back on the amount of dressing next time. I used a bag of prepared coleslaw mix. Easy to put together and tasty, too.

### **Ingredients**

3/4 cup plain Greek yogurt  
2 Tablespoons Dijon mustard  
2 Tablespoons maple syrup can also use honey  
2 Tablespoons apple cider vinegar  
1/4 teaspoon kosher salt or to taste  
1/8 teaspoon black pepper or to taste  
one 10-15 oz. bag coleslaw mix or about 4-5 cups shredded cabbage (just green or a mix of red and green cabbage)  
1 medium apple shredded or spiralized and chopped  
1/4 cup dried cranberries

### **Instructions**

In a medium bowl, combine the Greek yogurt, mustard, maple syrup, vinegar, salt, and pepper, and stir until smooth and combined.

In a large bowl, toss together the coleslaw mix or cabbage, apples, and dried cranberries.

Pour the dressing over the slaw and stir to distribute evenly.

Store in the refrigerator until ready to serve. Will keep for a couple days, but it will get softer and less crunchy.

Nutrition Facts (from recipe as written) -- Amount Per Serving: Calories 110  
Calories from Fat 9, Total Fat 1g, Cholesterol 1mg, Sodium 214mg, Potassium 200mg, Total Carbohydrates 21g, Dietary Fiber 3g, Sugars 16g, Protein 4g

## **Bischoff Cookies**

(Similar to Delta Airlines' cookies)

Posted by: bms2003 (Betty)

November 3, 2018

2 c all-purpose flour  
2 t cinnamon (Ceylon if possible)  
¼ t ground ginger  
¼ t ground allspice  
¼ t ground cloves  
¼ t baking soda  
½ t baking powder  
1 c room temperature butter  
½ c sugar  
¼ c brown sugar (I prefer using dark for a deeper flavor)  
1 t vanilla extract

Preheat oven to 350\*.

In a medium-sized bowl, mix together flour, spices, baking soda, baking powder and salt.

In a separate large bowl, cream together butter, sugar, and brown sugar. Mix in vanilla extract.

Gradually blend the flour mixture into the butter mixture until it is well incorporated.

Roll out dough to ¼" thickness. From here, you can either bake it as a large sheet of cookies to cut later, or you can use cookie cutters to make cookie shapes.

If you choose to bake it as a large sheet, bake for 20-25 minutes. Cut out cookies to shapes as desired after baking.

If you choose to bake individual cookies, place dough shapes onto parchment paper or a silpat with plenty of space between and bake for 12-15 minutes.

Cool on cooling rack before serving.



## **Short Rib Ragu over Pappardelle**

Source: Taste of Home

Makes 12 servings

Posted by: bms2003 (Betty)

November 4, 2018

Note: Other starch can be substituted for the pappardelle pasta - egg noodles, fettuccine or tagliatelle pasta or even potatoes or polenta.

2 lbs boneless beef short ribs, cut into 2-in pieces

1 T olive oil

8 oz sliced mushrooms

2 carrots, peeled and chopped

2 bay leaves

1 lg can (12 oz) tomato paste

1/2 c dry red wine

3 garlic cloves, minced

1 T Italian seasoning

1 t crushed red pepper flakes

1/2 t salt

1/2 t pepper

1 can (28 oz) diced tomatoes

1 lb pappardelle pasta

In a skillet, brown meat in oil in batches. Transfer to a 5- or 6-quart slower cooker. Add the next four ingredients.

In the same skillet, over medium heat, cook and stir tomato paste, wine, garlic and seasonings until fragrant, 2-4 minutes. Stir in diced tomatoes. Transfer to slow cooker; cover. Cook on low until beef is tender, 7-9 hours. Remove bay leaves.

Cook pasta according to package directions. Serve ragu over pasta. If desired, serve with Parmesan cheese.

3/4 cup ragu over 3/4 cup pasta:

302 cal., 8 g fat (3g sat. fat), 31 mg chol., 328 mg sold., 39g carb. (7g sugars, 4 g fiber), 18 g protein.

## **Butter Horns**

Yield - 3 dozen

Posted by: bms2003 (Betty)

November 4, 2018

1 scant cup milk  
1 stick butter  
1/2 c sugar  
1 t salt  
3 beaten eggs  
1 pkg dry yeast  
1/4 c lukewarm water  
4-1/2 c flour  
melted butter

Scald cup of milk. Add butter, sugar, & salt. Cool. Add eggs, beating to mix.

Dissolve yeast in lukewarm water. Add to other mixture. Add flour. Cover bowl and let rise until double. Punch down & divide into 3 sections. Put the dough in a buttered bowl and let rise until doubled (about 1-1/2 hours in a warm kitchen). If you're going to refrigerate the dough to use another day, brush a little melted butter on it, cover and refrigerate. It will rise some in the fridge. When you're going to use it, take it out and it will finish rising as it comes to room temp. Then, divide, roll out, shape, brush with melted butter & let rise again - about one hour. Then bake. Another option is to make the rolls the night before or early in the morning, brush with melted butter, cover & refrigerate. They will rise in the fridge so you just take them out when the oven is preheating, then bake.

Roll each 1/3 section into a 9" circle and brush with melted butter or poppyseed mixture shown below.

Cut into 12 wedges & roll into crescents. Place in buttered pan - brush with melted butter. Let rise. Bake at 375\* about 12-15 minutes.

Repeat with remaining thirds or place dough in a covered bowl & refrigerate for a few days.

Poppyseed mixture:

2 T sugar  
2 T poppyseeds  
2 T water  
1/4 t cinnamon  
1/2 t lemon rind  
Bring to a boil & let cool before basting over dough.

## **Double Coconut Cream Pie**

Posted by: AlwaysAries (Peg)

November 16, 2018

Baked 9" pie shell

Filling:

1/3 cup sugar, granulated

1/4 cup cornstarch

1/4 tsp salt

2 cups milk

8 ounces cream of coconut

3 beaten egg yolks

2 TBS butter

1 cup flaked coconut

2 tsps vanilla extract

Meringue

3 egg whites

1/2 tsp vanilla

1/4 tsp cream of tartar

1/3 cup sugar, granulated

2 TBS flaked coconut

For filling: combine the sugar, cornstarch and salt in a medium saucepan, stir in the milk and cream of coconut, cook and stir over med heat until thick and bubbly. Cook and stir 2 minutes more. Gradually stir about 1 cup of the hot milk mix into the beaten egg yolks, stirring constantly. Return the mixture to the saucepan, cook and stir until bubbly, cook and stir 2 mins more. Remove from heat, stir in the butter until melted, stir in the flaked coconut and vanilla. Pour filling into baked 9" pie shell.

Meringue:

Let egg whites stand at room temp for 30 mins.

In mixing bowl beat egg whites, vanilla and cream of tartar on med speed until soft peaks form, gradually add sugar, 1 TBS at a time till stiff peaks form, evenly spread meringue over hot filling, seal to pastry edge, sprinkle with coconut.

Bake 350\* for 15 minutes. Cool for 1 hour on wire rack, cover and chill for 3 to 6 hours before serving.

### **Young Peas with Bacon**

Posted by: bms2003 (Betty)

November 16, 2018

6 strips bacon

1 medium onion, chopped

3 T flour

Milk

15 oz can very young, small sweet peas (le sueur brand)

4 oz can sliced mushrooms

NOTE: I slice fresh mushrooms and saute them with the onion instead of using canned.

Fry bacon until crisp, then drain & crumble. Saute onion in bacon drippings. Add flour and stir until there is a thick paste. Slowly add enough milk to make a gravy. Drain peas and add to gravy along with bacon & mushrooms (if using canned). Cook a few minutes over low heat. Salt & pepper to taste. Sprinkle lightly with paprika just before serving.

## **Creamy Mashed Potatoes**

Source: Taste of Home website

Posted by: bms2003 (Betty)

November 16, 2018

Description Creamy, steamy, flavorful, delicious mashed potatoes. The wonderful thing about these mashed potatoes is that they can be made ahead of time, then warmed in the oven when you're ready.

### **Ingredients**

5 pounds Russet Or Yukon Gold Potatoes

$\frac{3}{4}$  cups Butter

1 package (8 Oz.) Cream Cheese, Softened

$\frac{1}{2}$  cups (to  $\frac{3}{4}$  Cups) Half-and-Half

$\frac{1}{2}$  teaspoons (to 1 Teaspoon) Lawry's Seasoned Salt

$\frac{1}{2}$  teaspoons (to 1 Teaspoon) Black Pepper

### **Preparation**

Peel and cut the potatoes into pieces that are generally the same size. Bring a large pot of water to a simmer and add the potatoes. Bring to a boil and cook for 30 to 35 minutes. When they're cooked through, the fork should easily slide into the potatoes with no resistance, and the potatoes should almost, but not totally, fall apart.

Drain the potatoes in a large colander. When the potatoes have finished draining, place them back into the dry pot and put the pot on the stove. Mash the potatoes over low heat, allowing all the steam to escape, before adding in all the other ingredients.

Turn off the stove and add 1  $\frac{1}{2}$  sticks of butter, an 8-ounce package of cream cheese and about  $\frac{1}{2}$  cup of half-and-half. Mash, mash, mash!

Next, add about  $\frac{1}{2}$  teaspoon of Lawry's Seasoning Salt and  $\frac{1}{2}$  a teaspoon of black pepper. Stir well and place in a medium-sized baking dish. Throw a few pats of butter over the top of the potatoes and place them in a 350-degree oven and heat until butter is melted and potatoes are warmed through. Note:

When making this dish a day or two in advance, take it out of the fridge about 2 to 3 hours before serving time. Bake in a 350-degree oven for about 20 to 30 minutes or until warmed through.

### **Artichoke and Chicken Bites**

Posted by: cockermom13 (BarbaraSD)

December 2, 2018

1 cup mayo  
1 cup sour cream  
2 cans Artichoke bottoms, minced  
2 cloves garlic, minced  
2 eggs, well beaten  
2 cups Parmesan cheese (dry, not fresh)  
3/4 pound chicken thighs, cooked and shredded (breast meat is okay too)  
Pepper, to taste.

Preheat oven to 375 degrees. Line 48 mini muffins tin with muffin liner papers. Mix first six ingredients well. Add chicken and mix well. Place one tablespoon of mixture into each muffin liner. You may need to press down to make it fit into the muffin liner. They will rise as they cook. Bake for 15 to 18 minutes or until light brown on top. Let them cool a bit before serving so they set up. Can be reheated.

## **Baklava Thumbprint Cookie**

Source: Taste of Home

Servings: 2 dozen

Posted by: Sally

December 3, 2018

### **Ingredients**

1 cup sugar  
1/2 cup butter, softened  
2 large eggs, room temperature  
1 teaspoon almond extract  
1 teaspoon vanilla extract  
2-1/4 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt

### **TOPPING:**

3 tablespoons sugar  
2 teaspoons ground cinnamon  
1/2 cup honey  
3/4 cup chopped walnuts

### **Directions**

In a large bowl, cream sugar and butter until blended. Beat in eggs, one at a time, and extracts. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture. Wrap dough in plastic; refrigerate until firm enough to form into balls, about 30 minutes.

Preheat oven to 375°. For topping, combine sugar and cinnamon; set aside. Shape dough into 1-in. balls; refrigerate again if dough becomes too warm. Place 2-1/2 in. apart on parchment-lined baking sheets. Bake 8 minutes. Press a deep indentation in center of each cookie with the back of a rounded teaspoon. Fill each with honey and walnuts; sprinkle with cinnamon sugar. Return to oven and bake until edges begin to brown, 7-9 minutes longer. Cool on pans 1 minute. Remove to wire racks to cool. Store in an airtight container.

### **Nutrition Facts**

1 cookie: 168 calories, 7g fat (3g saturated fat), 26mg cholesterol, 106mg sodium, 25g carbohydrate (16g sugars, 1g fiber), 2g protein.  
Originally published as Baklava Thumbprint Cookie in Taste of Home December 2018

## **Lebanese Taverna's Hommos**

Posted by: Andie

### Ingredients:

(Makes 1 serving)

- 1) 2 cups chick peas, cooked (never use canned)
- 2) 1 cup tahini
- 3) 2 tsp. salt
- 4) 1/3 cup water
- 5) 1/3 cup lemon juice fresh and squeezed
- 6) 3 cloves garlic, peeled and crushed
- 7) paprika, parsley, and olive oil for garnish

### The Night Before:

Soak 1 cup dried chick peas in three times their volume of water overnight with one teaspoon baking soda. This will soften them and therefore help reduce the cooking time.

### Preparation:

- 1) Rinse chick peas under cold water, then put them in a saucepan. Cover with cold water and add 1/2 teaspoon of baking soda.
- 2) Bring to a full boil, then simmer for about 1/2 hour or until very tender.
- 3) Stir occasionally, and remove excess foam from top.
- 4) It's very important to let peas cool before using.
- 5) Put them in a blender or food processor, reserving a few whole peas for the garnish. Process chick peas, tahini, salt and garlic cloves until very smooth and lighter in color.
- 6) Add in the lemon while blending, scraping sides of the processor bowl. Add water while blending. It's difficult to give exact amount of lemon juice as sizes and tastes vary, so we suggest you add it gradually and decide for yourself how sour you like your hommos.
- 7) If the puree is too thick, use a little water to thin it down...the puree should be soft and creamy, but not runny.

### Notes:

Serve in a shallow dish and garnish with olive oil, paprika, and parsley. We recommend fresh ingredients always be used, since it will make it taste so much better.



### **Marinated Lamb Chops**

Source: Colorado Cache Cookbook - by The Junior League of Denver

Servings: 4

Posted by Betty

February 14, 2019

Notes: With it just being the 2 of us, I divide the chops and the marinade into 2 Food Saver bags and toss one into the freezer for another time. You can cook them as the instructions state, or if you have a sous vide, cook them at 138\* for 3 hours, then grill to sear.

8 lamb chops, cut 1 inch thick & trimmed

2 T wine vinegar

1 T lemon juice

2 t mustard (I use regular yellow)

3 T olive oil

1 clove garlic, minced

¼ t ground ginger

1 t rosemary

¼ t salt

1 small onion, sliced thin

Place lamb chops in a deep dish or zip-lock bag. Combine remaining ingredients and pour over chops. Marinate in the refrigerator, covered for 4-5 hours. Grill over med-high heat or under oven broiler for about 5 minutes per side for medium rare.

## **Sweet-Hot Steak Bites**

Posted by: OneGrandGirl (MEA)

March 8, 2019

MEA's notes: This time, I cut back on the pineapple (about 4 ounces) and the onion (about half an onion, roughly chopped) and added sliced carrots to make it more of an entree. We don't have this as an appetizer with toothpicks so I don't need to worry about the size of the ingredients. Served it over rice to get some of the sauce. Made about 3 dinner servings with a small lunch portion left over.

Prep: 10 minutes

Cook: 3 - 4 hours (high) or 7 - 8 hours (low)

One 8-oz. can crushed pineapple packed in juice, lightly drained

1/3 cup sweet Asian chili sauce

1/2 tsp. reduced-sodium/lite soy sauce

1/4 tsp. crushed red pepper, or more to taste

1 lb. raw lean filet mignon (or leanest cut available), cut into about 30 bite-sized pieces

1/8 tsp. salt

1/8 tsp. black pepper

1 onion, finely chopped

Optional: cherry tomatoes

Place pineapple, chili sauce, soy sauce, and crushed red pepper in a crock pot. Mix well.

Season meat with salt and pepper and add to the crock pot. Add onion and stir to coat.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

Season to taste with additional crushed red pepper. Serve with the extra sauce from the crock pot, toothpicks and, if you like, tomatoes (on the side). Yum!

**MAKES 5 SERVINGS**

## **Sweet Hawaiian Chicken/Beef with Pepper Stir Fry Vegetables**

Source: Family Freezer

Posted: March 8, 2019

By: OneGrandGirl (MEA)

Serve with rice.

Yields: 6 servings per freezer bag (I made one with chicken breasts and one with boneless sirloin tip roast.)

MEA's notes (because why make a recipe the way it is written <grin>): I used beef stock for the beef in place of the apple juice, which I didn't have. That pushed the recipe towards savory. I added the vegetables for the last hour and they retained some crispiness. 4 hours in my smallest crockpot was enough time. DH and DGD#1 both had seconds!

Ingredients for one bag:

- 2 pounds meat, fat trimmed and sliced
- 2 tablespoons light brown sugar
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper

Add the day of cooking:

- 8oz can pineapple chunks in 100% juice, undrained
- 1 cup 100% apple juice
- 16oz bag frozen pepper stir fry vegetables

To Freeze and Cook Later:

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by date" (which should be three months from when you prepped the meal).
2. Add ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## **Sweet Hawaiian Chicken/Beef with Pepper Stir Fry Vegetables – Page 2**

To Cook In Instant Pot:

1. Pour contents of freezer bag into Instant Pot. (Add a little bit of water to the bag, seal, and shake to get any leftover seasonings out.) Add 8oz canned pineapple with juice.
2. If frozen, sauté 5 minutes. Flip meat over.
3. Pressure cook 15 minutes. Natural release.
4. Break apart meat.
5. Add 1 pound frozen vegetables.
6. Pressure cook 1 minute (make sure pressure valve is sealed). Quick release.

To Cook In Crockpot:

1. Add contents of freezer bag to crockpot with 8oz canned pineapple with juice, apple juice and 1 pound frozen vegetables. Add a little bit of water, juice or broth to the bag, seal, and shake to get any leftover seasonings out. (If you prefer al dente vegetables, you can wait to add until 30-60 minutes before serving.)
2. Cook for 4-6 hours on low setting.
3. Break apart meat and stir.
4. If you waited to add vegetables, add now and cook additional 30-60 minutes on low.

## **Cinnamon Raisin Sourdough Bread**

Source: King Arthur Flour

Servings - 1 loaf

Posted by Betty

March 10, 2019

My notes: We like it best when I double the filling. Be sure you seal the edges well or it will seep out.

### **Dough**

1/2 cup sourdough starter, ripe (fed) or discard  
3 cups King Arthur Unbleached All-Purpose Flour  
2 1/2 teaspoons instant yeast  
1 tablespoon sugar  
1 1/4 teaspoons salt  
1 large egg  
5 tablespoons soft butter  
2/3 cup lukewarm water

### **Filling**

1/4 cup sugar  
1 1/2 teaspoons ground cinnamon  
2 teaspoons King Arthur Unbleached All-Purpose Flour  
1 large egg beaten with 1 tablespoon water  
1/2 cup raisins

## Cinnamon Raisin Sourdough Bread – Page 2

### Directions

To make the dough: Combine all of the dough ingredients, and mix and knead — using your hands, a stand mixer, or a bread machine set on the dough cycle — to make a soft, smooth dough.

Place the dough in a lightly greased container, and allow it to rise for 1 1/2 to 2 hours, until it's just about doubled in bulk.

While the dough is rising, make the filling by stirring together the sugar, cinnamon, and flour.

Gently deflate the dough, and transfer it to a lightly greased work surface.

Roll and pat the dough into a rough rectangle approximately 6" x 20".

Brush the dough with the egg/water mixture, and sprinkle it evenly with the filling and raisins.

Starting with a short end, roll the dough into a log. Pinch the ends to seal, and pinch the long seam closed.

Transfer the log, seam-side down, to a lightly greased 9" x 5" loaf pan. Cover and allow the bread to rise until it's crested about 1" over the rim of the pan, about 1 hour.

While the dough is rising, preheat the oven to 350°F.

Bake the bread for 40 to 45 minutes, tenting it lightly with aluminum foil after the first 15 to 20 minutes. The bread's crust will be golden brown, and the interior of the finished loaf should measure 190°F on a digital thermometer.

Remove the bread from the oven, and gently loosen the edges. Turn it out of the pan, and brush the top surface with butter, if desired; this will give it a soft, satiny crust. Allow the bread to cool completely before slicing.

Yield: 1 loaf.

## **Quick & Easy Breadsticks – Garlic Knots**

Posted by Betty

April 22, 2019

Makes 32

2 1/2 cups warm water  
6 tablespoons brown sugar  
2 teaspoons salt  
1/2 cup oil  
6 cups whole wheat flour  
6 tablespoons vital wheat gluten (see note below)  
5 teaspoons yeast

Mix the water, yeast and brown sugar in the mixing bowl of a mixer with a dough hook. Let it sit for about ten minutes, or until the mixture is foaming. Add the remaining ingredients and let the mixer knead the dough for ten minutes. If the dough is too firm, add a little water during the mixing process. If it's too soft, add a little flour.

Divide the dough in half, then in half four more times (You should have 32 pieces) and roll each piece into a stick about 9 to 10 inches long and 1/2 an inch in diameter. Shape into knots, if desired. Place breadsticks & knots on two lightly greased or parchment covered cookie sheets. It's okay if they're close together. Let rise for about 20 minutes, or longer if you can.

Brush with olive oil and sprinkle with a little granulated garlic and salt, then bake at 375 degrees for 10 to 20 minutes until lightly browned.

NOTE: All-purpose flour can be substituted for the whole wheat. Vital wheat gluten is then not necessary. It's possible you'll need to add a few teaspoons of water with this substitution but don't add it until you are sure it's necessary.

To freeze: Once you've rolled out the sticks or knots and placed them on a lightly greased or parchment covered cookie sheet, bake them at 375\*, except cut the baking time in half, about 6 minutes.

Next, place the whole cookie sheet into the freezer and flash freeze for 1 to 2 hours, then remove from the cookie sheet and place them into Ziploc bags to keep in the freezer.

When it comes time to serve, preheat the oven to 375\*, and finish the baking process, which should be between 15 and 20 minutes, or until lightly browned.

## Chocolate Cream Pie

Source: Cooks Illustrated

Posted by Betty

May 14, 2019

Betty's notes: OK, so here's the pie. If you like chocolate, you'll love this pie! It's REALLY good! Obviously you can use a regular pie crust but the Oreo crust goes very well with it. I think the next time I need dessert for a larger crowd, I'm going to make one recipe of this filling and one of my vanilla cream pie filling. Using a regular crust, I'm going to put a layer of the vanilla cream and then a layer of the chocolate before the whipped topping.

Crust:

- 16 Oreo cookies
- 4 Tablespoons butter

Filling:

- 1/3 cup granulated sugar
- 2 1/2 cups half-and-half
- 6 large egg yolks
- Pinch of salt
- 2 Tablespoons cornstarch
- 6 Tablespoons unsalted butter , chopped into pieces
- 6 ounces semisweet or bittersweet chocolate, chopped fine
- 1 ounce unsweetened chocolate, chopped fine
- 1 teaspoons vanilla extract

Topping

- 1 1/2 cup heavy whipping cream
- 2 Tablespoons powdered sugar, or granulated sugar
- 1/2 teaspoons vanilla extract

For the crust:

1. Preheat oven to 350°F with rack in middle position.
2. Pulse cookies in food processor until coarsely ground about 15 pulses, then continue to process to fine, even crumbs, about 15 seconds. Sprinkle melted butter over crumbs and pulse to incorporate, about 5 pulses.
3. Press mixture evenly and firmly into the bottom and up the sides of a 9" pie dish. Bake until crust is fragrant and looks set, for 10-15 minutes. Transfer pie plate to wire rack and let crust cool completely.

For the chocolate pudding filling:

1. Bring half-and-half, 3 tablespoons of the sugar, and salt to simmer in medium saucepan, stirring occasionally.
2. Meanwhile, combine the rest of the sugar and cornstarch, stirring well to get rid of clumps of cornstarch. Whisk in egg yolks.



3. Once the saucepan mixture is simmering, slowly add one cup of the hot liquid into the egg yolks and whisk to temper the eggs. Then slowly whisk the egg yolk mixture into the remaining mixture in the saucepan. Whisk constantly until the mixture begins to thicken and few bubbles burst on surface, about 30 seconds.
4. Remove pan from the heat and whisk in the butter and chopped chocolate. Stir until melted and completely smooth. Add vanilla, stirring well.
5. Pour warm filling into the cooled cookie crust and smooth into an even layer. Place a piece of plastic wrap gently on top and refrigerate until filling is set, about 4 hours or overnight, if desired.

For the topping:

1. Once pie is chilled, use stand mixer fitted with whisk to whip cream, sugar, and vanilla on medium-low speed until foamy, about 1 minute.
2. Increase speed to high and whip until soft peaks form, 1 to 3 minutes.
3. Spread whipped cream over pie and garnish with curled chocolate, if desired.

## **Corn Casserole**

Posted by Betty

May 17, 2019

Betty's notes: Here's the side dish we like with the King Ranch Casserole. It's not a healthy dish but a little scoop of it is mighty tasty.

### Corn Casserole

½ c melted butter

1 can regular corn (12-14 oz) drained

8 oz sour cream

1 box Jiffy corn bread mix

1-1/2 c cheddar cheese, grated

Mix all ingredients. Grease 9x13" casserole dish. Pour in mixture and bake at 350° for 40 minutes.

## **Creamy Shrimp and Veggie Shells**

Adapted from: First for Women recipe

Yields 8 servings

Posted by OneGrandGirl (MEA)

September 10, 2019

MEA's notes: Great pasta salad, although it was a little light as a dinner salad. Adding some chopped Romaine would fix that. A squirt or two of lemon juice would perk it up some. The shrimp (I get 31 - 40 size shrimp and cut them in half width-wise) cooked too long; next time 2 minutes would do -- they just need to turn pink. I also chopped up a medium whole tomato rather than use cherry tomatoes. And I added 1 cup of corn kernels, because we had them handy.

- 1 (16 oz.) box pasta shells
- 2 lbs. shrimp, cleaned with shells removed
- 1/2 cup mayonnaise
- 1 Tbsp Dijon mustard
- 3 Tbsp red wine vinegar
- 1 cup cherry tomatoes, halved
- 1 bunch scallions, thinly sliced
- 4 stalks celery, trimmed and thinly sliced

In a large pot, over high heat, bring 4 quarts salted water to a boil. Cook pasta as box directs, adding shrimp during the last 5 minutes of cooking time. Drain well.

In bowl, whisk mayonnaise, mustard and vinegar. Add pasta, shrimp, tomatoes, scallions and celery; toss well to combine. Season to taste with salt and pepper.

## **Creamed Tuna with Peas and Cheddar on Noodles**

Yields: 4 servings

Posted by OneGrandGirl (MEA)

February 9, 2020

MEA's notes: I used water-packed light tuna because that's what we have. I used medium egg noodles for the same reason. I did not heat the milk (half-and-half in my case) before adding it to the roux. I mixed everything together in the noodle pot before serving. 1/2 of the recipe was dinner for DH and me with a leftover portion for lunch. Reheats well in the microwave.

### **Ingredients:**

2 Tablespoons butter

1 clove garlic, finely chopped

2 Tablespoons flour

2 cups milk, heated until hot

Salt and pepper to taste

1/4 teaspoon freshly grated nutmeg

2 cans (6 ounces each) tuna in oil, drained and flaked

1 cup frozen peas

1 cup grated sharp cheddar cheese

1 pound wide egg noodles, cooked according to package directions

2 Tablespoons chopped fresh parsley

### **Directions:**

Cook the noodles.

In a large flameproof casserole (I used a pan), melt the butter. Add the garlic and cook over medium heat, stirring often, for 2 minutes. Stir in the flour and cook, still stirring, for 2 minutes.

Remove the pan from the heat, Add the milk gradually, stirring constantly. Return the pan to the heat. Add salt, pepper and nutmeg. Bring to a boil, still stirring.

Stir in the tuna. Simmer the sauce for 5 minutes, stirring occasionally.

Add the peas and cook 5 minutes more, stirring often. Taste for seasoning and add more salt and pepper, if you like. Remove the pan from the heat. Fold in the cheddar.

Divide the noodles among 4 shallow bowls. Spoon the tuna mixture on top, sprinkle with parsley and serve at once.

## **"Shake-and-Bake" Pork Chops with Mustard Sauce**

Source: Southern Living

Makes 4 servings

Posted by Betty (bms2003)

May 2, 2020

### Ingredients

- 1 1/4 cups panko (Japanese breadcrumbs)
- 3 tablespoons olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 1/4 teaspoons kosher salt, divided
- 1 1/8 teaspoons freshly ground black pepper, divided
- 4 (1/2-inch-thick) bone-in pork loin chops
- 2 tablespoons butter
- 1 large shallot, minced
- 1 cup reduced-sodium chicken broth
- 1/4 cup Dijon mustard
- 2 tablespoons heavy cream
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh flat-leaf parsley

### Preparation

1. Preheat oven to 425°. Stir together first 6 ingredients, 2 tsp. salt, and 1 tsp. pepper in a bowl. Transfer mixture to a 1-gal. zip-top plastic freezer bag.
2. Sprinkle pork chops on both sides with remaining 1/4 tsp. salt and 1/8 tsp. pepper. Place 2 chops in breadcrumb mixture, and shake to coat well. Place chops on a wire rack on a baking sheet. Repeat with remaining chops.
3. Bake at 425° for 15 minutes; turn chops over, and bake 10 more minutes or until a meat thermometer inserted in thickest portion registers 155°. Let stand 5 minutes.
4. Melt butter in a medium skillet over medium heat. Add shallot, and sauté 3 minutes or until softened. Increase heat to medium-high; add broth, and bring to a boil. Boil 1 minute. Stir in mustard, cream, and lemon juice, and cook, stirring occasionally, 2 to 3 minutes or until sauce is slightly thickened. Stir in chopped parsley. Serve immediately with pork chops.

## **Pork Stroganoff**

Servings: 4

Posted by: MEA

May 3, 2020

My notes: This is based heavily on the CL Beef Stroganoff recipe with some help from a Taste of Home recipe.

### **Ingredients:**

4 cups uncooked medium egg noodles (about 8 ounces)

1 cup chicken or vegetable broth

2 teaspoons paprika

1 teaspoon salt, divided

1/4 teaspoon black pepper, divided

Cooking spray

1 pound pork stew meat, cut into 1-1/2-inch cubes

1 cup chopped onion

1 (8-ounce) package pre-sliced mushrooms (I used a 6-ounce can, drained)

3 tablespoons all-purpose flour

1/2 cup reduced-fat sour cream

1/4 cup chopped fresh parsley

### **Instructions:**

Cook pasta according to package directions, omitting salt and fat. Drain.

While pasta cooks, combine broth, paprika, 1/2-teaspoon salt, and 1/8-teaspoon pepper in a medium bowl.

Heat a Dutch oven coated with cooking spray over medium-high heat. Sprinkle pork with 1/2-teaspoon salt and 1/8 teaspoon pepper. Add pork to pan; cook 3 1/2 minutes on each side or until desired degree of doneness. Remove pork from pan.

Add onion and mushrooms to pan; sauté 3 minutes or until mushrooms are tender. Stir in flour; cook 1 minute, stirring constantly. Stir in broth mixture; cook 1 minute or until slightly thick, stirring constantly.

Return pork to pan. Stir in pasta, sour cream, and parsley; cook 1 minute or until thoroughly heated.

### **Chipotle's "Skinny" Cilantro Lime Rice**

Gina's Weight Watcher Recipes

Servings: 4 Size (3/4 cup)

Posted by: Sally

May 24, 2020

- 1 cup extra long grain rice or basmati rice
- 1/2 lime, juice of
- 2 cups water
- 1 tsp salt
- 3 tbsp fresh chopped cilantro
- 3 tsp vegetable oil

In a small heavy pot, add rice, water, 1 tsp oil and salt. Boil on high until most of the water evaporates. When the water just skims the top of the rice, reduce to low and cover about 15 minutes. Shut off flame and keep covered an additional 5 minutes.

In a medium bowl, combine chopped cilantro, lime juice, rice and remaining oil and toss until completely mixed.

## **Marinade for Beef**

Posted by Betty

May 30, 2020

### Ingredients

juice of one lemon

1/2 c soy sauce

1/4 c dry red wine

3 T vegetable oil

2 T Worcestershire sauce

1 clove garlic, thinly sliced

Big pinch of black pepper

Those are approximate measurements. I just eyeball pour into the bowl or bag I'm going to use to marinate the meat. Add the meat & refrigerate for at least a couple hours but all day is best.

I use it for flank steak, beef kabobs, tri-tip roasts, etc.



## **Spinach Salad with Warm Bacon Dressing**

Source: Cook This Not That

Servings: 4

Posted By: OneGrandGirl (MEA)

June 5, 2020

My notes: This came together really fast! I left out the pine nuts, because I didn't have any. I cut the bacon back to 4 slices since we had thick bacon. I cooked everything on medium-high heat and it all took a little longer than in the recipe. I didn't need the olive oil at the end. Crusty bread would have been a good addition -- it was fine for me for dinner but DH was looking for a little more substance.

### **Ingredients**

6 strips bacon, cut into small pieces  
1/2 red onion, sliced very thin  
1 cup sliced mushrooms  
8 oz fresh peeled and deveined shrimp  
Salt and black pepper to taste  
2 Tbsp pine nuts  
1 Tbsp Dijon mustard  
3 Tbsp red wine vinegar  
Olive oil (optional)  
1 bag (6 oz) baby spinach  
2 hard-boiled eggs, sliced

### **Instructions**

Heat a large skillet or saute pan over medium heat. Cook the bacon until crispy, 5 to 7 minutes. Use a slotted spoon to transfer to a paper towel on a plate and reserve.

Add the onions and mushrooms to the hot pan and cook until the onions begin to brown, about 3 minutes. Season the shrimp with salt and pepper and add to the hot pan, along with the pine nuts. Cook until the shrimp are pink and firm, no more than 4 minutes. Stir the mustard and vinegar into the pan; season with salt and pepper. If the pan looks dry, add a splash of olive oil.

Divide the spinach and eggs among 4 plates and top with the hot shrimp mixture and some of the liquid in the pan. Sprinkle with the bacon and serve.

## **Marry Me Chicken**

Adapted from Delish.com

Serves 4

Posted BarbO'D

June 19, 2020

### **INGREDIENTS**

1 tbsp. extra-virgin olive oil  
6 bone-in, skin-on chicken thighs (about 2 pounds)  
Kosher salt  
Freshly ground black pepper  
2 cloves garlic, minced  
1 tbsp. fresh thyme leaves  
1 tsp. crushed red pepper flakes  
3/4 c. low-sodium chicken broth  
1/2 c. heavy cream  
1/2 c. chopped sun-dried tomatoes  
1/4 c. freshly grated Parmesan  
Freshly torn basil, for serving

### **DIRECTIONS**

\* Preheat oven to 375°. In a large oven-safe skillet over medium-high heat, heat oil. Season chicken generously with salt and pepper and sear, skin-side down, until golden, 4 to 5 minutes per side. Transfer chicken to a plate and pour off half the fat from skillet.

\* Return skillet to medium heat and add garlic, thyme, and red pepper flakes. Cook until fragrant, 1 minute, then stir in broth, heavy cream, sun-dried tomatoes, and Parmesan and season with more salt. Bring to a simmer, then return chicken to skillet, skin-side up.

\* Transfer skillet to oven and bake until chicken is cooked through (and juices run clear when chicken is pierced with a knife), 17 to 20 minutes.

\* Garnish with basil and serve.

## **Marinade for Chicken**

Posted by Betty

August 23, 2020

Betty's notes: The recipe actually calls for using 2 whole, cut up chickens. I use it mainly for either bone-in or boneless breasts but I've done thighs often, too. Sometimes I cut the boneless breasts into pieces and after marinating, skewer them with mushrooms, onion, bell pepper for kabobs.

3/4 c vegetable oil  
1/3 c soy sauce  
3 T Worcestershire sauce  
1/4 c red wine vinegar  
juice of 1 lemon  
1 T dry mustard  
1 t salt  
2 T minced fresh parsley  
1 clove garlic, crushed

Put all the ingredients into a gallon zip-lock bag, add the chicken and refrigerate 6-24 hours.

## **Party Cheese Bread**

From: Taste of Home

Yield: 16 servings.

Posted by: MEA

November 11, 2020

My notes: I didn't have lemon juice, so I also left out the mustard. I used a small round bread because that's all the POG had, so I cut the other ingredients in half as well. My slices of Monterey Jack were probably too thick -- I think I'd use shredded cheese next time. It makes a nice garlic-and-cheese bread but you can certainly vary the spices to whatever you like. Oh and I put a knife on the serving dish in case the bread didn't pull apart, which it didn't in some cases.

### **INGREDIENTS**

1 round loaf sourdough bread (1 pound)  
1 pound Monterey Jack cheese, sliced  
1/2 cup butter, melted  
2 tablespoons lemon juice  
2 tablespoons Dijon mustard  
1-1/2 teaspoons garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon celery salt  
Minced fresh chives, optional

### **DIRECTIONS**

1. Preheat oven to 350°. Cut bread into 1-in. slices to within 1/2 in. of bottom of loaf. Repeat cuts in opposite direction. Insert cheese in cuts.
2. Mix all remaining ingredients except chives; drizzle over bread. Wrap in foil; place on a baking sheet.
3. Bake 20 minutes. Unwrap; bake until cheese is melted, about 10 minutes. If desired, sprinkle with chives.

## **Golden Northern Cornbread**

Source: Cook's Illustrated

Posted By: bms2003(Betty)

December 3, 2020

### **Ingredients:**

1 c stone-ground cornmeal

1 c all-purpose flour

4 t sugar

2 t baking powder

$\frac{1}{2}$  t baking soda

$\frac{1}{2}$  t salt

2 large eggs

$\frac{2}{3}$  c buttermilk

$\frac{2}{3}$  c milk

2 T unsalted butter, melted and cooled

### **Directions:**

Adjust oven rack to center position and heat oven to 425. Grease 9" square baking pan. Stir cornmeal, flour, sugar, baking powder, baking soda and salt in large bowl to combine. Make well in center of dry ingredients.

Crack eggs into well and stir gently with wooden spoon. Add buttermilk and milk, then quickly stir wet ingredients into dry, stirring until almost combined. Add butter and stir until ingredients are just combined.

Pour batter into prepared pan. Bake until top is golden brown and lightly cracked and the edges have pulled away from sides of pan, about 25 minutes.

Transfer to wire rack to let cool slightly, 5 to 10 minutes, and serve.

## **Southern-style Cornbread**

Source: Cook's Illustrated

Posted By: bms2003(Betty)

December 3, 2020

Comments: The Southern isn't my personal favorite but I use it for topping things like tamale pie. My mom prefers cornbread less sweet so this one is her favorite.

### **Ingredients:**

4 t bacon drippings or 1 T melted unsalted butter plus 1 t vegetable oil

1 c stone-ground cornmeal

2 t granulated sugar

1 t baking powder

$\frac{1}{4}$  t baking soda

$\frac{1}{2}$  t salt

$\frac{1}{3}$  c boiling water

$\frac{3}{4}$  c buttermilk

1 large egg, lightly beaten

### **Directions:**

Adjust oven rack to lower middle position and heat oven to 450 degrees. Add bacon drippings to 8-inch cast-iron skillet and place skillet in preheating oven.

Place  $\frac{1}{3}$  c cornmeal in medium bowl and set aside. Add remaining  $\frac{2}{3}$  c cornmeal, sugar, baking powder, baking soda, and salt in small bowl; set aside.

Pour boiling water over reserved  $\frac{1}{3}$  c cornmeal and stir to make stiff mush. Gradually whisk in buttermilk, breaking up lumps until smooth. Whisk in egg. When oven is up to temperature and skillet very hot, stir dry ingredients into mush mixture until just moistened. Carefully remove skillet from oven. Pour hot bacon fat from skillet into batter and stir to incorporate, then quickly pour batter into heated skillet. Bake until golden brown about 20 minutes. Remove from oven and immediately turn cornbread onto wire rack; let cook for 5 minutes, then serve.

NOTE: You can substitute a 9" pan for the cast-iron skillet. Grease it lightly with butter and do not have it in the oven while preheating.

## **Toffee**

Posted By: bms2003(Betty)

December 2, 2020

Comments: This is a super easy toffee recipe. I got it from one of my mom's friends and have made it for 20+ years!

### **Ingredients:**

2 c salted butter

2 c white sugar

1/2 t salt

2 c semisweet chocolate chips

1 cup finely chopped almonds

### **Directions:**

Line a jellyroll pan or rimmed cookie sheet with foil or parchment paper.

Combine butter, sugar & salt in a heavy bottomed large saucepan. Cook over medium heat until the butter melts. Then allow to come to a boil & cook until 285\* (or a dark amber color if you don't have a candy thermometer). Stir occasionally.

As soon as the toffee reaches 285\*, pour it onto the prepared pan. Sprinkle the chocolate chips evenly over the top. Wait a couple minutes until they soften & spread the chocolate evenly over the top. Immediately sprinkle on the nuts, pressing them lightly onto the chocolate.

Put the pan into the refrigerator to chill until it's completely set. Then break into pieces. Store in an airtight container.

## **Cocktail Sauce**

Source: Food Network

Posted By: bms2003(Betty)

December 28, 2020

### Ingredients:

1 c ketchup

1 lemon - zest finely grated, and juiced

4 t prepared horseradish

1/4 t Worcestershire sauce

Hot sauce to taste, if desired

### Directions:

Combine all, cover & refrigerated until ready to use. (My notes: I used more horseradish. Use the refrigerated coarse cut HR not the shelf-stable jar.)



## **Tartar Sauce**

Source: [www.inspiredtaste.net](http://www.inspiredtaste.net)

Posted By: bms2003(Betty)

December 28, 2020

### **Ingredients:**

1/2 c mayonnaise

1 small dill pickle, chopped very small (3 tablespoons)

1 T fresh lemon juice, plus more to taste

1 T capers, chopped, optional (I use them)

1 t chopped fresh dill or 1 t dried dill

1/2 to 1 t Worcestershire sauce

1/2 t Dijon mustard

salt & freshly ground black pepper, to taste

### **Directions:**

Combine the mayo, pickles, lemon juice capers, dill, Worcestershire sauce and mustard in a small bowl and stir until well blended and creamy. Season with a pinch of salt & pepper. Taste, then adjust with additional lemon juice, salt & pepper. For best flavor, cover and refrigerate at least 30 minutes.

### **Condensed Tomato Soup Substitute (Gluten-free)**

Source: [reallifedinner.com/make-condensed-tomato-soup-substitute/](https://reallifedinner.com/make-condensed-tomato-soup-substitute/)

Posted By: CockerMom13 (Barbara)

Recipe makes the equivalent of 1 can of condensed soup

January 8, 2021

#### **Comments:**

I doubled the tomato sauce but kept the rest of ingredient amounts as written. Next time I would use even less brown sugar. It was pretty sweet for me, but so close to what I remember of the Campbell's tomato soup.

Works great in recipes like porcupine meatballs and shepherd's pie that traditionally use condensed tomato soup. This is also gluten free.

#### **Ingredients:**

- 1 (8 ounce) can tomato sauce
- 1 tbsp corn starch
- 1½ tbsp brown sugar
- ½ tsp salt

#### **Directions:**

1. Whisk all ingredients together in a small mixing bowl.
2. Use in recipes that call for condensed tomato soup.

### **Creamy Chocolate Pudding**

Source: Cook's Illustrated

Posted by: bms2003(Betty)

February 25, 2021

#### **Ingredients:**

2 t vanilla extract

1/2 t instant espresso powder

1/2 c sugar

3 T Dutch-processed cocoa

2 T cornstarch

1/4 t salt

3 large egg yolks

1/2 c heavy cream

2-1/2 c whole milk (1 or 2% may be substituted)

5 T unsalted butter, cut into 8 pieces

4 oz bittersweet chocolate, chopped fine (60% cacao is best)

#### **Directions:**

1. Stir together vanilla and espresso in bowl; set aside. Whisk sugar, cocoa, cornstarch, and salt together in large saucepan. Whisk in egg yolks and cream until fully incorporated. Whisk in milk until incorporated.
2. Place saucepan over medium heat; cook, whisking constantly, until mixture is thickened and bubbling over entire surface, 5 to 8 minutes. Cook for 30 seconds long, remove from heat, add butter and chocolate, and whisk until melted and fully incorporated. Whisk in vanilla mixture.
3. Strain pudding through fine-mesh strainer into bowl. Place lightly greased parchment paper against surface of pudding and place in refrigerator to cool, at least 4 hours. Serve. (Pudding can be refrigerated for up to 2 days.)

### **Creamy Mexican Chocolate Pudding**

Add 1/2 t ground cinnamon, 1/4 t chipotle chile powder, and pinch of cayenne pepper to saucepan along with cocoa.

### **Creamy Mocha Pudding**

Increase instant espresso powder to 1 teaspoon. Add 1 tablespoon Kahlua to vanilla mixture. Substitute 1/4 cup brewed coffee for 1/4 cup of the milk.

## **Herb Stuffed Squash**

Posted By: Always Aries(Peg)

March 2, 2021

Comments: Sheila - here you go - DH and I both liked it. I made it with things I had on hand, so subbed sunflower seeds for the pine nuts and didn't have fresh marjoram. I also partly roasted the squash, cause it wouldn't have been done in 20-25 minutes \*IMHO\*. After roasting cut side down about 20 min, I turned them over filled them and roasted for another 20 min +/-

Ingredients: 2 acorn squash

1 1/2 cups cooked barley (I cooked in chicken broth)

1/2 cup scallions

1/2 cup finely chopped celery

2 TBS toasted pine nuts

2 TBS chopped fresh marjoram

2 tsp olive oil

S & P to taste

1 tsp paprika

Directions:

Preheat oven to 350\* coat a baking sheet with cooking spray (I used parchment paper)

Combine the ingredients (after the squash) in a medium bowl. Divide among the squash halves, bake 20-25 minutes.

## **Lasagna Toss**

Source: Taste of Home

Submitted by: bms2003 (Betty)

Serves 6

Date posted: 3/12/21

My notes: This is posted exactly as the recipe was published. Instead of all ground beef, I generally use Italian sausage for at least part of the meat. I also add some Italian seasoning to the mixture as it's simmering. Instead of cottage cheese, Ricotta may be substituted. It's almost a pantry meal and so quick to throw together.

1 lb ground beef  
½ c chopped onion  
Dash minced garlic  
1-¾ c spaghetti sauce  
6 oz spiral noodles, cooked & drained  
1 c (8oz) small curd 4% cottage cheese  
2 c shredded part-skim mozzarella cheese, divided  
Grated Parmesan cheese  
Minced fresh basil

Preheat oven to 350\*. In a large skillet, brown beef with onion, garlic, and salt. Stir in spaghetti sauce; simmer until heated. Remove 1 cup meat sauce; set aside. Stir noodles into the remaining sauce. Place half of the noodle mixture in a greased 2-qt. casserole dish. Cover with cottage cheese and 1 cup mozzarella cheese.

Add remaining noodle mixture; top with reserved meat sauce and the remaining 1 cup mozzarella cheese. Sprinkle with Parmesan cheese. Cover; bake 20-25 minutes. Let stand 5 minutes before serving. If desired, sprinkle with basil.

Nutritional info: 1-1/2 cups: 436 calories, 19 g fat (9g sat. fat), 74mg chol., 885 mg sodium, 34g carb. (10g sugars, 3 g fiber), 31g protein.

### **Cinnamon Honey Butter**

Posed by: bms2003(Betty)

March 15, 2021

#### **Ingredients:**

$\frac{1}{2}$  c unsalted butter

$\frac{1}{4}$  c honey

$\frac{1}{4}$  c powdered sugar

1 t cinnamon

$\frac{1}{4}$  t salt

#### **Directions:**

Blend all together until smooth.

## **Irish Soda Bread**

Posted by: ShelK

March 16, 2021

Comments: Here you go Sandy. Don't let anyone tell you that there are no raisins in soda bread. Too many experts these days.

### **Ingredients**

Nonstick vegetable oil spray  
2 cups all-purpose flour  
5 tablespoons sugar, divided  
1 1/2 teaspoons baking powder  
1 teaspoon salt  
3/4 teaspoon baking soda  
3 tablespoons butter, chilled, cut into cubes  
1 cup buttermilk  
2/3 cup raisins

### **Preparation:**

Preheat oven to 375°F. Spray 8-inch-diameter cake pan with nonstick spray. Whisk flour, 4 tablespoons sugar, baking powder, salt, and baking soda in large bowl to blend. Add butter.

Using fingertips, rub in until coarse meal forms. Make well in center of flour mixture. Add buttermilk. Gradually stir dry ingredients into milk to blend. Mix in raisins.

Using floured hands, shape dough into ball. Transfer to prepared pan and flatten slightly (dough will not come to edges of pan). Sprinkle dough with remaining 1 tablespoon sugar.

Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature.

## Beef Gravy Mix

Source: [creativehomemaking.com/recipes/mixes/beef-gravy-mix/](https://creativehomemaking.com/recipes/mixes/beef-gravy-mix/)

Posted by: CockerMom13 (BarbaraSD)

March 22, 2021

### Comments:

I used cornstarch instead of flour and no celery seed but did use the rest.

### Ingredients:

- 1/2 c. flour (cornstarch)
- 3 tbsp. beef bouillon granules
- 1 tbsp. garlic powder
- 2 tbsp. onion powder
- 1/2 tsp. celery seed
- 1/2 tsp. black pepper
- 1 tsp. ground thyme

### Directions:

Mix all together.

Note: When you are shopping for beef bouillon, make sure to check your labels. By making your own mix, one of the things you are trying to get away from is the MSG that is added to gravy packets. (1/4 cup mix equals a packet of store-bought mix.)

To make the gravy, add 1/4 c. mix with 1 cup milk or water. If you stir it in really well with a whisk you won't get any lumps in your gravy. Bring to a boil and then turn heat down and simmer until gravy thickens. Add more liquid for a thinner gravy.



## Coconut Cream Pie

Source: Cook's Illustrated

Posted by: Betty

April 6, 2021

My notes: While the recipe calls for a graham cracker crust, I have used my regular fully baked crust.

### FILLING

1 (14-oz) can coconut milk  
1 cup whole milk  
2/3 c sugar  
1/2 c unsweetened shredded coconut  
1/4 t salt  
5 large egg yolks  
1/4 c cornstarch  
2 T unsalted butter, cut into 2 pieces  
1-1/2 t vanilla extract

1 recipe Graham Cracker Crust, baked and cooled

### TOPPING

1-1/2 c heavy cream, chilled  
1-1/2 T sugar  
1-1/2 t dark rum (optional)  
1/2 t vanilla extract  
1 T unsweetened shredded coconut, toasted

1. FOR THE FILLING: Bring coconut milk, whole milk, 1/3 cup sugar, shredded coconut, and salt to simmer in medium saucepan, stirring occasionally.
2. As milk mixture begins to simmer, whisk egg yolks, cornstarch, and remaining 1/3 cup sugar together in medium bowl until smooth. Slowly whisk 1 cup of simmering coconut milk mixture into yolk mixture to temper, then slowly whisk tempered yolk mixture back into remaining coconut milk mixture. Reduce heat to medium and cook, whisking vigorously, until mixture is thickened, and few bubbles burst on surface, about 30 seconds. Off heat, whisk in butter and vanilla. Let mixture cool until just warm, stirring often, about 5 minutes.
3. Pour warm filling into cooled pre-baked pie crust. Lay sheet of plastic directly on surface of filling and refrigerate pie until filling is chilled and set, about 4 hours.
4. FOR THE TOPPING: Before serving, using stand mixer fitted with whisk, whip cream, sugar, rum, if using, and vanilla together on medium-low speed until frothy, about 1 minute. Increase speed to high and continue to whip until soft peaks form, 1 to 3 minutes. Spread whipped cream attractively over top of pie and sprinkle with toasted coconut.

## **Southern Lemon Pie**

Posted by: AlwaysAries (Peg)

April 7, 2021

### Comments:

Also it would be good with a graham cracker crust. When I was searching on line I found recipes that were very similar, and most called for a graham cracker crust. Might try that next time.

### Ingredients:

9 1/2 inch unbaked pie shell

2 (14 oz) cans sweetened condensed milk

6 egg yolks

1 cup lemon juice

### Directions:

Using an electric mixer with a whisk attachment, combine the sweetened condensed milk and egg yolks, using low speed. Mix until the yolks are no longer visible. Slowly add the lemon juice and increase the mixer to medium speed. Beat it for 4 minutes. Pour mixture into pie shell. Bake at 350\* for 20 minutes. Chill before serving.

I made it as suggested, but I do know it took longer to bake then the 20 minutes. It was really jiggly at 20 minutes, I think I ended up doing it about another 10 minutes.

## **Rhubarb Coffee Cake**

Posted by: Always Aries (Peg)

May 20, 2021

### Ingredients

2 cups brown sugar  
1/2 cup margarine (I use butter)  
2 eggs  
1 cup buttermilk  
2 cups flour  
1 tsp vanilla  
Salt (I used about 1/2 tsp)  
1 tsp baking soda  
1 1/2 cups diced rhubarb

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Topping: 1/2 cup white sugar, 1 tsp cinnamon

### Directions:

Mix all the cake ingredients well, adding the rhubarb to the batter last. Pour into a 9x13 greased pan (I did greased and floured) sprinkle with the topping.

Bake at 350\* for 40 minutes.