Chewy Dewey: A Collection of Recipes from the Staff of the Henry Whittemore Library, Framingham State College

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Chewy Dewey

A Collection of Recipes from the Staff of the Henry Whittemore Library, Framingham State College

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Introduction

During the late 1970s, a small cookbook featuring favorite recipes from the staff of the Henry Whittemore Library at Framingham State College was produced as a way to showcase their talents. Since that time, Library employees have come and gone, but the cookbook idea was never revived, until now. After having taking pleasure in many birthday parties and pot luck luncheons where the staff shared a wonderful wealth of culinary concoctions, the idea for a new cookbook was born. In exhibiting their culinary talents, the staff is sharing with you some of our favorite recipes that we hope you will find easy to make, healthy, and delicious. We also hope to promote for a new generation the talents of the staff of the Whittemore Library. Enjoy!
Acknowledgements

Many thanks and a tip of the toque to the librarians and staff of the Whittemore Library for their creative contributions to this cookbook: Marge Abbott, Christopher Carden, Kim Carney, Mary Pat Craig, Kathy Dargan, Rhea Desrosiers, Nancy Hanley, Debbie Hogan, Anne Levine, Suzanne Meunier, Bonnie Mitchell, Alicia O'Neill, Sandra Rothenberg, and Peg Snyder. Special thanks to the Cookbook Committee—Chris, Kathy, Nancy and Suzanne—for their efforts in the production of Chewy Dewey.

Most of the images in Chewy Dewey have been scanned from Mary Frances' First Cook Book: Adventures Among The Kitchen People, by Jane Eayre Fryer, illustrations by Margaret G. Hayes and Jane Allen Boyer, 1912. This delightful book is part of the Ruth Graves Wakefield Collection of cookbooks in the Whittemore Library's Special Collections Department.

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Soups, Salads & Sides
**Artichoke Dip**

One 15 oz. can artichoke hearts (not marinated)
8 oz. cream cheese, softened
1/2 cup mayonnaise
4 oz. shredded mozzarella
1/2 cup grated Parmesan
1/2 tsp. garlic powder
1 tsp. horseradish
large round bread loaf

Preheat oven to 350 degrees. Grease 2 qt. casserole.

Drain artichokes well. In a large mixing bowl, mash artichokes with fork to loosen. Beat all ingredients together, and pour into casserole. Bake for 15 minutes. Cut a circle out of the top of bread loaf; pull out bread, leaving a firm crust. Cut bread (including the circle) into bite size pieces for dipping, and pour hot dip into bread.

**Strawberry Super Pie**

**Crust**
3/4 cup unsalted butter, melted
1 1/2 cups flour
1 tbsp. confectioners' sugar
3/4 cup chopped pecans

**Topping**
2 lbs. strawberries, divided
1/2 cup water
1 cup sugar
3 tbsp. cornstarch

**Filling**
1 1/4 cups whipping cream
1/4 lb. cream cheese, softened
3/4 tsp. vanilla extract
1/2 cup confectioners' sugar

Preheat oven to 375 degrees. Grease 10 inch pie plate.

For crust, mix ingredients and press into pie plate. Bake for 25 minutes until light golden brown. Allow to cool completely.

For topping, mash enough strawberries to make 1 cup. Cut tops off the rest of the strawberries and
Sour Cream Coffeecake

3/4 cup butter or margarine, softened
1 1/2 cups sugar
3 eggs
1 1/2 tsp. vanilla
3 cups flour
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda
1/4 tsp. salt (optional)
2 cups sour cream

Filling
1 cup dark brown sugar
1 cup chopped walnuts
1 tbsp. cinnamon

Preheat oven to 350 degrees. Grease two 9x5x3 loaf pans. In a small bowl mix filling ingredients; set aside. In a large bowl combine butter, sugar, eggs, and vanilla. Mix in flour, baking powder, baking soda, and salt until well blended. Add sour cream. Pour into pan alternating batter, filling, batter, filling. Repeat in second pan. Bake for 1 hour.

Beef Stew

1 lb. lean stew beef
1 lb. baby carrots
4 med. red potatoes, diced
4 stalks celery, diced
1 onion, peeled and diced
One 10 3/4 oz. can reduced fat tomato soup
1 cup red wine or cooking wine
4 cloves garlic, peeled and minced (bottled is fine)
1 bay leaf
4 whole cloves
salt & pepper to taste
One 10 oz. pkg. frozen peas

Place all ingredients except peas in a slow cooker. Cover and cook on low for 8 - 10 hours. Stir in peas. Remove bay leaf and cloves before serving.
**BLT Salad**

1 lb. bacon  
3/4 cup mayonnaise  
1/4 cup milk  
1 tsp. garlic powder  
1/8 tsp. pepper  
salt to taste  
1 head romaine lettuce, shredded  
2 large tomatoes, chopped  
2 cups seasoned croutons

Cook bacon, drain, crumble, and set aside. In a blender or food processor, blend mayonnaise, milk, garlic powder, and pepper until smooth. Combine lettuce, tomatoes, and bacon in a large salad bowl. Toss with dressing and top with croutons. Serve immediately.

**Pumpkin**

1 small (7 inch) pumpkin  
2 cups chopped apples  
1 cup raisins  
1 cup walnuts  
1/3 cup sugar  
1 tbsp. lemon juice  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg

Preheat oven to 350 degrees. Cut top off of pumpkin. Scoop out and discard insides. Mix above ingredients and fill pumpkin with them. Bake in pumpkin on baking sheet for 1 1/2 hours. Serve warm from pumpkin.
Pumpkin Cheesecake

1/4 cup graham cracker crumbs
4 packages cream cheese, softened
1 1/2 cups sugar
5 eggs
1/4 cup flour
1/4 tsp. salt
One 16 oz. can pumpkin
1 tsp. cinnamon
1/2 tsp.
1/4 tsp. cloves
1/4 tsp. nutmeg
whipping cream

Preheat oven to 325 degrees. Grease bottom and sides of 10" springform pan. Sprinkle with cracker crumbs. Coat all sides, letting excess crumbs remain on bottom. Beat cream cheese until fluffy. Beat in sugar slowly. Add eggs one at a time, beating well between each addition. Beat in flour, salt, pumpkin, and spices. Pour in pan. Bake 1 1/2 hours until firm around edges and soft in center. Top of cake will be cracked. Turn off heat, open oven door and let cake cool in oven 30 minutes. Remove from oven, place on wire rack, remove sides from pan and chill.

Cheesy Potatoes

2-lb. bag uncooked hash browns, thawed
1/2 cup melted butter
1/2 tsp. salt
1/2 tsp. pepper
1 can cream of chicken soup
2 cups sour cream
1/2 cup finely chopped onion
1/2 cup shredded mild cheddar cheese

Preheat oven to 350 degrees. Grease 9x13 inch pan.

Pour hash browns in pan. In a bowl, mix together all other ingredients except cheddar cheese. Pour evenly over hash browns. Sprinkle cheese over top. Bake for 1 hour, until bubbling in center.
Chili

3 tbsp. vegetable oil
1 small onion, chopped
1 lb. ground beef
1 can kidney beans
2 cans stewed tomatoes
2 1/2 tsp. chili powder
salt
paprika

Heat oil in heavy frying pan; add onion and cook for 2 minutes. Add ground beef; stir and cook 5 minutes. Drain excess liquid. Add kidney beans, tomatoes and chili powder, simmer for about 1 hour until thick. Season with salt and paprika to taste.

Poor Man's Cake

1 cup raisins
1 1/2 cups water
1/2 cup shortening
1 tsp. vanilla
1 cup sugar
1 tsp. baking soda
1/2 tsp. cinnamon
2 cups flour
1/2 tsp. salt
1/2 tsp. nutmeg (optional, use cinnamon instead)
1 egg
1 cup chop nuts

Frosting
3 oz. pkg. of cream cheese
1 cup of confectioners' sugar
1 tsp. vanilla

Boil the raisins, water and shortening for 15 minutes, cool then add vanilla. Preheat oven to 325 degrees. In large mixing bowl prepare sugar, baking soda, cinnamon, flour, salt, nutmeg, egg and nuts. Add raisins that were boiling, mix together, then spread on cookie sheet. Bake for 1/2 hour.

Frosting:
Beat cream cheese, confectioners' sugar, and vanilla. Add sugar slowly. Frost cooled cake.
Peanut Crunchies

3 cups sugar
1 1/2 cups dark corn syrup
3 cups peanut butter
15 cups cornflakes


Clam Chowder

2 cans diced clams
2 cups diced potatoes
1 cup chopped onion
1 cup diced celery
1 pint half-and-half
1 pint milk
3/4 cup flour
1/2 tsp. sugar
1 1/2 tsp. salt
1 cube butter

Drain juice from clams into saucepan. Set clams aside. Add potatoes, onions, and celery. Add enough water to cover. Simmer 20 minutes or until tender. Make a white sauce with the rest of ingredients. Add vegetable mix (do not drain) and clams. Simmer until done.
**Cocktail Meatballs**

1 lb. ground beef  
½ cup dry breadcrumbs  
⅓ cup minced onion  
¼ cup milk  
1 egg  
1 tbsp. snipped parsley  
1 tsp. salt  
⅛ tsp. pepper  
½ tsp. Worcestershire sauce  
⅛ cup shortening for frying  
One 12-oz. bottle of chili sauce  
One 20-oz. jar of grape jelly

In a large bowl mix first 9 ingredients. Gently shape into 1 inch balls. In a large skillet, heat oil. Brown meatballs and remove from skillet. Pour off fat. Heat chili sauce and grape jelly in skillet, stirring constantly until jelly is melted. Add meatballs and stir until thoroughly coated. Simmer uncovered for 30 minutes.

**Peanut Butter Surprise Cookies**

1 cup margarine  
1 cup sugar  
1 cup brown sugar  
1 cup peanut butter  
2 eggs  
1 tsp. vanilla  
2½ cups flour  
1 tsp. salt  
1 tsp. baking powder  
1 tsp. baking soda  
sugar  
14 oz. bag Hershey® kisses (unwrap before baking)

Preheat oven to 350 degrees.

In a large bowl, combine first 6 ingredients. Mix at medium speed until fluffy. With mixer at low speed add next 4 ingredients and mix until blended. Roll dough into 1” balls and roll in sugar. Place on ungreased cookie sheets and bake for 12-15 minutes. Remove from oven and immediately press a kiss into center of each cookie. Cool in refrigerator. Makes 6-7 dozen.
**Oatmeal Raisin Cookies**

- ½ cup butter, softened
- ½ cup sugar
- ½ cup brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 cup flour
- 1 cup quick oats (not instant)
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1½ cups raisins

Preheat oven to 350 degrees. Grease cookie sheets.


**Crabmeat Dressing**

- 1 cup chopped celery
- 1 cup chopped onion
- ½ stick margarine or butter
- 1 pkg. mushrooms
- 16 oz. pkg. stuffing mix
- 1½ cup mayo
- ½ cup chicken broth
- 2 cans crabmeat
- ½ pt. cream

Preheat oven to 350 degrees. Grease bottom of 9x13 inch pan.

Sauté celery, onion, mushrooms, in butter until soft. Place on bottom of greased 9 x 13 pan. Blend mayo, chicken broth, cream, and crabmeat. Stir into stuffing mix and pour over vegetables. Cover with foil and bake at 350 for 25 minutes. Remove foil and brown.
Feta-Chick Pea Salad

4 oz. feta cheese, crumbled
1 medium tomato, chopped
1 can chick peas, drained
3 tbsp. scallions chopped

Dressing
2 tbsp. Italian dressing
2 tsp. mayonnaise
2 tsp. lemon juice
½ tsp. Dijon mustard
¼ tsp. each salt, pepper, oregano

In a small bowl, combine cheese, tomato, chick peas, and scallion. Mix dressing ingredients in a separate bowl. Pour dressing over cheese mixture and toss gently. Serve as a side dish or in pita bread.

Mint Brownies

2 squares unsweetened chocolate
½ cup butter
1 cup sugar
2 eggs, beaten
½ tsp. vanilla
½ cup flour

Frosting
3 tbsp butter, melted
1 ½ cup confectioners’ sugar
1 ½ tbsp. cream or milk
1 ½ tsp. peppermint extract
food coloring

Glaze
1 square unsweetened chocolate
1 tsp butter

Preheat oven to 350. Grease 8x8 inch pan.

**Maine Blueberry Pie**

Pie crusts for 2 crust pie
1 cup sugar
4 cups blueberries
2 tbsp. flour
dash salt
¼ tsp. nutmeg
¼ tsp. cinnamon
1 tbsp. butter
drops of lemon juice

Preheat oven to 425 degrees.

Line pie plate with crust. Mix sugar and flour. Spread ¼ of sugar-flour mixture on piecrust. Fill with blueberries. Sprinkle the rest of sugar-flour mixture over blueberries. Add salt, lemon juice. Sprinkle with nutmeg and cinnamon. Dot with butter. Cover with piecrust, pinching sides and cutting slits in top. Place cookie sheet under to catch drippings. Bake for 40 minutes.

**Fish Stew**

¼ cup olive oil
1 tsp. crushed red peppers flakes
1 tin flat fillets of anchovies, drained
6 cloves of crushed garlic
1 bay leaf
2 ribs of celery
1 onion chopped
1 cup white wine
14 oz. chicken stock
One 28-oz. can chunky style crushed tomatoes
1 tbsp. thyme
chopped parsley (handful)
1 lb. white fish (cod) cut in chunks
salt and pepper
8 lg. shrimp (peeled)
8 sea scallops
1 lb. raw mussels

In a large pot heat oil. Add crushed pepper, anchovies, garlic, and bay leaf. Let anchovies melt into oil. Add celery & onion and sauté until soft. Add wine, reduce for 1 minute. Add chicken stock, tomatoes, thyme and parsley, bring to a bubble and reduce to medium heat. Season fish with salt & pepper and add to the sauce. Simmer 5 minutes. Add shrimp, scallops, mussels and cover the pot. Cook 10 minutes. Uncover and remove any uncooked/unopened mussels. Serve stew in bowls with crusty bread.
**French Onion Soup**

5 cups thinly sliced onions  
3 tbsp. flour  
1 cup cognac  
2 quarts beef bouillon  
½ tsp. basil  
1 slice toasted French or Italian bread per person  
½ cup grated Swiss cheese

In a 3 quart casserole sauté onions in butter until soft. Stir in flour to form a paste. Pour in cognac to stir until smooth. Gradually stir in bouillon. Season with basil and simmer 30-40 minutes. Top soup with toasted bread slices, sprinkle with cheese and broil until cheese is bubbly. Serve immediately.

cream cheese mixture. In another bowl, beat remaining 2 cups of cream until peaks form. Fold into white chocolate mixture. Pour filling into prepared crust. Cover and refrigerate overnight.
Lime Mousse Cake

Crust
2 cups ground ginger snaps (about 38 cookies)
2 tbsp. sugar
5 tbsp. unsalted butter, melted

Filling
6 tbsp. Key lime juice or fresh lime juice
1 envelope unflavored gelatin
2 1/2 cups chilled whipping cream
9 oz. good quality white chocolate (such as Lindt® or Baker's®), chopped
Three 8 oz. packages cream cheese at room temperature
1 cup sugar
1 1/2 tbsp. grated lime peel

For crust, combine ingredients and mix until moist clumps form. Press mixture onto bottom and one inch up sides of 10 inch springform pan.

For filling, place lime juice in a bowl and sprinkle gelatin over it to soften. Bring 1/2 cup whipping cream to simmer in medium saucepan. Remove from heat. Add white chocolate and stir until melted and smooth. Cool slightly. Beat cream cheese, sugar, and lime peel in a large bowl to blend. Slowly beat white chocolate mixture into

French Toast Breakfast Casserole

Make this the day before:

8 - 10 "Thick Sliced" Pepperidge Farm® cinnamon bread - remove crusts
6 eggs
1/2 cup sugar
2 cups eggnog (OR whole milk OR buttermilk)
dash of nutmeg
1 tsp. cinnamon
2 tbsp. melted butter

Preheat oven to 350 degrees.

Melt the butter in a 9x13 inch glass baking dish. Place pieces of bread in bottom of buttered dish so that it is entirely covered. Mix remaining ingredients and pour over bread. Refrigerate overnight. Bake, uncovered, for 45 minutes. Serve with syrup.
**Herb Vegetable Packet**

1 sheet (18x24 inches) heavy duty aluminum foil
1 small onion, thinly sliced
3 cups broccoli florets
2 medium carrots, thinly sliced
1 medium yellow squash or zucchini, sliced
1 tsp. dried basil
1 tsp. garlic salt
2 ice cubes
2 tbsp. butter

Preheat oven to 450 degrees or grill to medium-high.

Center vegetables on foil. Sprinkle with seasonings. Top with ice cubes and butter. Bring sides of foil up loosely and double fold. Double fold ends to form a packet leaving room for circulation. Bake 20-25 minutes on cookie sheet in oven or grill 15-20 minutes in covered grill.

**Fantasy Fudge**

3/4 cup butter
3 cups sugar
One 5-oz. can evaporated milk
12 oz. bag Nestlé® semi-sweet chocolate chips
One 7-oz. jar marshmallow Fluff®
1 tsp. vanilla
chopped nuts (optional)

Grease 9x13 inch pan. Slowly bring butter, sugar, and milk to a boil. Boil 5 minutes, stirring most of the time. Add chocolate chips. Stir well. Add Fluff®, stir until blended. Stir in vanilla and nuts. Pour into pan, cool at room temperature 2-3 hours. Cut into small squares. Store in an air-tight container.

"What's better than a cream chocolate?"
Dried Cranberry and Chocolate Biscotti

3 eggs  
3/4 cup sugar  
3/4 cup brown sugar  
1 tsp. vanilla  
3/4 cup vegetable oil  
3 1/2 cups flour  
2 tsp. baking powder  
pinch of salt  
1/4 tsp. cinnamon  
1 cup dried cranberries  
1/4 cup cocoa

Preheat oven to 350 degrees. In a large bowl mix eggs, sugars, vanilla and oil. Combine flour, baking powder, salt and cinnamon. Add to egg mixture. Stir in cranberries. Separate dough into 4 equal pieces (dough will be sticky, but you should be able to handle it; if not add more flour). Form dough into logs and place on ungreased cookie sheet at least 3 inches apart. You may need 2 cookie sheets. Slightly flatten logs and bake for approximately 25 minutes until firm to the touch. Cool slightly. Slice each log on the diagonal with a serrated knife, making 1 inch slices. Return to baking sheet and bake an additional 5-10 minutes until slightly toasted.

Korozot (Hungarian Cheese Spread)

1/2 lb. farmer cheese or feta  
1/4 lb. cream cheese  
1/2 stick butter, softened  
3 tbsp. sour cream  
1 tsp. prepared mustard  
2 scallions, chopped  
2 tsp. mild paprika  
2 tsp. caraway seeds  
salt & pepper to taste  
1 tsp. capers (optional), mashed  
parsley for garnish  
1/4 tsp. hot paprika or cayenne

Mash first 9 ingredients with fork. Mound the blended mixture on a plate. Garnish with parsley and capers. Sprinkle with hot paprika or cayenne. Serve with crackers or pumpernickel bread.
**Lettuce Noodle Salad**

1 head iceberg lettuce, shredded
4 stalks scallions, chopped
1 can chow mein noodles
3 oz. sunflower seeds

**Dressing**
6 tbsp. rice vinegar
4 tbsp. dark brown sugar
½ cup oil

Mix lettuce and scallions. Just before serving add noodles, seeds, and dressing. Dressing can be made ahead of time and refrigerated.

**Cream Cheese Sugar Cookies**

1 cup sugar
1 cup butter, softened
One 3-oz. package cream cheese, softened
½ tsp. salt
½ tsp. almond extract
½ tsp. vanilla extract
1 egg yolk
2 ¼ cups flour

Preheat oven to 375 degrees.

In a large bowl, combine sugar, butter, cream cheese, salt, almond and vanilla extracts, and yolk. Beat until smooth. Stir in flour until well blended. Drop by tablespoon onto ungreased cookie sheet about 1 inch apart. Bake for 7-10 minutes, until light and golden brown.

Alternative: Chill the dough for at least 8 hours. Roll out to ½-inch thickness and cut into desired shapes. Bake as above.
## Cookie Dough Brownies

<table>
<thead>
<tr>
<th>Brownies</th>
<th>Cookie Dough Topping</th>
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<tbody>
<tr>
<td>2 cup sugar</td>
<td>½ cup butter, softened</td>
</tr>
<tr>
<td>1½ cups flour</td>
<td>½ cup brown sugar, packed</td>
</tr>
<tr>
<td>½ cup unsweetened cocoa</td>
<td>¼ cup sugar</td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td>2 tbsp. milk</td>
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<tr>
<td>1 cup vegetable oil</td>
<td>1 tsp. vanilla</td>
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<tr>
<td>4 eggs</td>
<td>1 cup flour</td>
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<tr>
<td>2 tsp. vanilla</td>
<td></td>
</tr>
<tr>
<td>½ cup chopped walnuts</td>
<td>Glaze</td>
</tr>
<tr>
<td></td>
<td>1 cup chocolate chips</td>
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<tr>
<td></td>
<td>1 tbsp. oil or shortening</td>
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<tr>
<td></td>
<td>¾ cup chopped walnuts</td>
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</tbody>
</table>


Glaze: Melt chips and shortening in microwave or saucepan, stirring until smooth. Spread over chilled cookie dough. Immediately sprinkle with nuts, pressing down slightly.

## Mango Salsa

| 2 mangos, peeled and chopped coarse |
| ½ cup red onion, chopped fine      |
| ½ cup cilantro, chopped coarse     |
| juice of 1 lime                    |
| ½ jalapeño, chopped fine           |
| black beans, drained               |

Mix all ingredients together. Allow to marinate at room temperature for 1-2 hours. Refrigerate and serve.

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<td>black beans, drained</td>
</tr>
</tbody>
</table>

Mix all ingredients together. Allow to marinate at room temperature for 1-2 hours. Refrigerate and serve.
Mango Slaw

6 cups sliced Napa cabbage
1 cup sliced red cabbage
1 small jicama, cut thin
1 red pepper, chopped
6 scallions, chopped
1 mango, sliced
1/2 cup dried cranberries

Dressing
1 cup chopped cilantro
1/4 cup lime juice
1 tbsp. vinegar
1 tsp. salt
1 tsp. pepper
1 tsp. Dijon mustard
1/4 cup oil

Combine cabbages, jicama, pepper, scallion, and cranberries in a bowl. Whisk dressing ingredients well and toss with slaw. Fold in mango slices and serve.

Conga Bars

1 stick of butter
Graham crackers
1 can sweetened condensed milk (Eagle Brand®)
12 oz. pkg. of chocolate chips
Coconut
Walnuts

Preheat oven to 375 degrees.

Place stick of butter in a 9x13 inch pan. Put in oven, until butter is completely melted. Take pan out of oven. Sprinkle layer of graham cracker crumbs, not too thick, into pan. Mix together the can of sweetened condensed milk and the chocolate chips, and spread onto the graham cracker crumbs. Sprinkle with a layer of coconut and layer of chopped walnuts.

Bake for 17 minutes; sides should be a little brown. Let cool before cutting.
**Christmas Rainbow Cake**

1 white cake mix  
One 3-oz. package raspberry flavored Jell-O®  
One 3-oz. package lime flavored Jell-O®  
2 cups boiling water  
One 9-oz. container Cool Whip®

Prepare cake mix as directed for 2 layer cake.  
Cool in pans for 20 minutes. Poke with fork at 1/2-inch intervals. DO NOT remove from pans. Dissolve each package of Jell-O® separately in 1 cup of boiling water. Pour raspberry Jell-O® over one layer of cake, and lime Jell-O® over the other.  

**Packet Potatoes**

1 sheet (18x24 inches) heavy duty aluminum foil  
1 small onion, thinly sliced  
4 medium potatoes, cut into bite-size pieces  
2 tbsp. olive oil  
1 tsp. seasoned salt  
1/2 tsp. dill weed (optional)  
1/4 tsp. pepper

Preheat oven to 450 degrees or grill to medium high.  
Spray center of aluminum foil with cooking spray.  
**Mediterranean Crescent Pinwheels**

Two 8-oz. cans Pillsbury® refrigerated crescent dinner rolls
1 lb. prosciutto or cooked ham, thinly sliced
8 oz. (2 cups) crumbled feta cheese
1 tsp. pepper
2 tbsp. olive or vegetable oil
3/4 cup chopped basil

Preheat oven to 375 degrees. Spray cookie sheets with cooking spray.

Separate dough into 8 rectangles; place on lightly floured surface. Firmly press perforation to seal. Press or roll each to form 8 x 5 inch rectangle. Arrange 1/8 of prosciutto slices evenly over each rectangle.

In small bowl stir together cheese, pepper and oil. Sprinkle mixture evenly over prosciutto on each rectangle. Sprinkle with basil. Starting at short side of each rectangle, roll up; seal long edges. With serrated knife cut each roll into 5 slices. Place, cut side up, on cookie sheets.

Bake 15 - 20 minutes or until golden brown. Remove from cookie sheet. Serve warm.

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**Chocolate Tortilla Cake**

5 soft flour (not corn) tortillas, 8-10 inches in diameter
1 pint sour cream
2 tbsp. confectioners' sugar, separated
8 oz. semi-sweet chocolate chips
1/2 tsp. cinnamon

Topping: 1 pint heavy cream whipped with 1 tbsp. confectioners' sugar

Melt chocolate. Blend in confectioners' sugar, sour cream, and cinnamon. Let cool a little while. Layer tortillas and chocolate mixture. Chill for 6-8 hours. Top with whipped cream just before serving.
**Chocolate Shortbread Logs**

2 cups flour  
½ cup powdered sugar  
1 cup butter or margarine, softened  
1 tsp. vanilla  
One 6-oz. package Nestlé® semi-sweet chocolate chips

Preheat oven to 350 degrees.

Combine first four ingredients, blending thoroughly. Take teaspoonfuls of dough and shape into 2 inch logs. Bake on ungreased cookie sheet for 13 minutes. Cool.

Melt chocolate chips and shortening together in microwave. Dip tips of logs into chocolate. Place on wax papered cookie sheets and chill for 1 hour.

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**Pizza Dip**

8 oz. container of soft cream cheese with onion and chives  
½ cup chunky pizza sauce  
½ cup chopped bell pepper  
½ cup shredded mozzarella cheese  
½ cup shredded cheddar cheese

Preheat oven to 350 degrees. Layer ingredients in order given in an ungreased 1½ quart pan or 9 inch pie plate. Sprinkle with chopped olives and tomatoes on top. Serve hot with bagel chips.
Roasted Parmesan Potatoes

Cooking spray
Potatoes, cut into bite-size pieces
Grated Parmesan cheese
Italian seasoning
Pepper

Preheat oven to 375 degrees. Spray shallow baking dish with cooking spray.

Spray potatoes lightly with cooking spray, stirring to coat; spread to dish. Mix remaining ingredients (about ¼ cup cheese to ½ tsp. Italian seasoning and ½ tsp. pepper). Sprinkle lightly over potatoes. Bake about 45 minutes or until tender.

Chocolate Drop Cookies

2 cups sugar
½ cup milk
½ cup butter or margarine
3 cups rolled oats
6 tbsp. cocoa
1 tsp. vanilla
½ tsp. salt (optional)
1 cup coconut (optional)

Mix first three ingredients in a medium saucepan. Bring just to a boil. Add remaining ingredients, mixing well. Drop by teaspoonful onto greased cookie sheet and refrigerate.
utes. Add the eggs and vanilla, beating until well combined. Add dry ingredients to mixture and beat at low speed until well combined. Add chopped chocolate, chocolate chips, cherries, and almonds. Mix well by hand until all ingredients are thoroughly incorporated. Drop by tablespoonful onto cookie sheets, 2 inches apart. Bake 12-14 minutes.

Roasted Root Vegetables with Rosemary

1 sweet potato
1 turnip
1 parsnip
1 potato
3 carrots
1½ cups butternut squash
10 shallots
4 garlic cloves
3 tbsp. olive oil
3 tbsp. rosemary
½ tsp. salt
½ tsp. pepper
¾ cup water

Preheat oven to 400 degrees.

Cut all vegetables into 2 inch pieces. Place in a large casserole or 9x13 inch baking dish. Sprinkle with olive oil, rosemary, salt, pepper, and water. Bake for 20 minutes. Stir. Bake an additional 15 minutes until vegetables are tender.
**Santa Fe Cornbread**

1 package Jiffy® cornbread mix
4 oz. shredded pepper jack cheese
1 ear fresh corn
½ minced onion, sautéed in 1 tsp. butter, then cooled
1 tbsp. diced and drained jalapeño pepper

Prepare cornbread mix as directed on package. Add cheese, fresh corn cut from the cob, onions, and jalapeño, mixing well. Bake as directed and serve.

**Chocolate Coma Cookies**

1 cup blanched, slivered almonds
4 oz. bittersweet chocolate
1 cup dried, tart cherries
12 oz. semisweet chocolate chips
2 cups rolled oats
2 cups flour
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2 sticks butter, softened
1 cup dark brown sugar, packed
1 cup sugar
2 eggs
1½ tsp. vanilla extract

Preheat oven to 350 degrees. Grease 2 cookie sheets.

Toast almonds over medium-low heat in a non-stick pan, stirring constantly for 5-10 minutes until they just start to turn brown and emit a nutty aroma. Turn onto a plate to cool.

Chop bittersweet chocolate into small chunks, no larger than chocolate chips, and set aside.

In a large bowl, beat butter until creamy. Add sugars and beat until light and fluffy, about 4 min-
**Chocolate Chip Blonde Brownies**

- ½ cup butter
- 1 cup brown sugar
- 1 tbsp. hot water
- 1 egg
- ½ tsp. vanilla
- 1 cup flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ cup nuts (pecans preferred)
- One 6-oz. package chocolate or butterscotch chips


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**Sausage and Mushroom Stew**

- 2 tbsp. olive oil
- 2 onions, chopped
- salt & pepper
- 4 hot chicken or turkey sausages
- 2 cups chicken broth
- 4 large portabella mushrooms sliced
- 1½ lbs. butternut squash cut in pieces
- 1 tbsp. thyme
- 2 stalks of broccoli cut in pieces
- Parmesan cheese (for sprinkling)

In a large casserole heat oil and cook onions with salt & pepper for a few minutes. Add sausages & cook until browned (5-10 min.) Add ½ cup chicken broth and mushrooms. Cook 5 minutes longer. Stir in squash and half of thyme. Add remaining 1½ cups of broth and bring to boil, then lower the heat. Cover the pan and simmer the stew for approximately 15 minutes or until the squash is tender. Remove a few pieces of squash, mash them and return to the pan to thicken.

Remove sausages, cut into pieces and add them to the stew. Add broccoli. Cover the pan and cook for 3 minutes until broccoli is tender. Sprinkle stew with remaining thyme; add more salt & pepper if necessary. Add some water if stew is too dry.

Serve in bowls and sprinkle with Parmesan cheese.
**Open Sesame Pick-Up Sticks**

1 egg  
1 tbsp. water  
1 tsp. Dijon mustard  
3 oz. (3/4 cup) grated Asiago cheese  
4 1/2 tsp. sesame seed  
1/2 tsp. garlic powder  
One 11 oz. can Pillsbury® refrigerated breadsticks

Preheat oven to 350 degrees.


Unroll dough; separate into 12 breadsticks. Dip each breadstick into egg mixture; coat with cheese mixture. Twist each breadstick several times. Place 1 inch apart on cookie sheet. Firmly press down ends.

Bake 14 to 19 minutes or until golden brown. Serve warm.

**Easy Chocolate Chip Cheesecake Pie**

One 6 oz. ready crust graham cracker pie  
2 pkg., 3 oz. each, cream cheese, softened  
One 14 oz. can condensed milk (Eagle Brand®, NOT evaporated)  
1 egg  
1 tsp. vanilla extract  
1 1/2 cups mini-milk chocolate chips (semi-sweet may be substituted)  
1 tsp. flour  
1/4 cup whipping cream

Preheat oven to 350 degrees.

With mixer, beat cheese until fluffy; gradually beat in sweetened condensed milk until smooth. Add egg, vanilla, mix well. Toss 1 cup chips with flour, stir into cheese mixture. Pour into pie crust. Bake 35 minutes or until center springs back when lightly touched. Cool and top with glaze. Serve chilled. Refrigerate leftovers.

Chocolate glaze: melt remaining 1/2 cup mini-milk chocolate chips with 1/4 cup whipping cream; cook and stir until thickened and smooth. Immediately spread over pie.

To prevent chocolate chips from floating to bottom of pie, sprinkle chips after baking cheesecake for 5 - 10 minutes.
**Cherry Berry Tart**

One 15-oz. package Pillsbury® All Ready Pie Crusts
1 tsp. flour

**Filling**
One 21-oz. can cherry fruit pie filling
1 cup strawberries cut into quarters
1 cup blueberries

Preheat oven to 450 degrees.

Place prepared pie crust in pie plate. Press in bottom and 1 inch up sides. Trim edges. Generously prick crust with fork. Bake for 9-11 minutes or until lightly browned. Cool completely.

In a large bowl, carefully combine fruit. Spoon into cooled crust. Refrigerate. Garnish as desired.

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**Sun-Dried Tomato and Feta Pasta Salad**

One 7-8 oz. jar sliced sun-dried tomatoes in olive oil
1 bunch basil
6-8 oz. feta cheese, crumbled
2-3 cloves garlic, minced
pepper to taste
1 pound pasta, cooked al dente
extra virgin olive oil

In a large bowl mix tomatoes with most of their oil, basil, feta, garlic, and pepper. Add olive oil to cooked pasta to coat lightly. Mix pasta with tomato mix. Serve warm or at room temperature.

Variations: add asparagus, blanched and cut into 1 inch pieces; add toasted pine nuts, or sautéed zucchini; substitute goat cheese for feta.
**Vegetable Beef Barley Soup**

- London broil steak
- 1 large can V-8® juice
- 2 cans chicken broth
- 1-2 tsp. chili powder
- ½ tsp. cumin
- ½ cup pearl barley, uncooked
- 9 oz. can shoepeg (white) corn
- 1 bag mixed vegetables

Cut steak into small cubes and brown in a little oil. Add V-8® juice, broth and seasonings. Bring to a boil. Add barley and let simmer until barley is tender, about 45 minutes to an hour. Add water if soup boils down too much. Add vegetables and cook until heated through.

**Butter Cookies**

- 5 cups of flour
- 2 tbsp. baking powder
- ½ tbsp. salt
- 2 cups soft butter
- 1½ cups sugar
- 2 eggs
- 1 tbsp. vanilla

Preheat oven to 375 degrees.

Sift or whisk flour, baking powder, and salt. Set aside. Cream butter and sugar, and beat in eggs and vanilla. Gradually add the flour to the butter mixture, beating well after each addition. Divide into 3 balls and refrigerate. Chill dough overnight.

On lightly floured board roll out ¼ of dough to ⅛ inch thick and keep rest refrigerated until ready to use. Use cookie cutters to shape. Cook 9 - 11 min. or until lightly brown on both sides.
**Blueberry Cake**

1¾ cups flour  
2 tsp. baking powder  
¼ tsp. salt  
¼ cup shortening  
1 cup sugar  
1 unbeaten egg  
½ cup milk with 1 tsp. vanilla  
2 cups fresh blueberries

Preheat oven to 350 degrees. Grease and flour an 8 inch square pan.

Sift together three times the flour, baking powder and salt. Set aside. Cream shortening slowly, adding sugar and beating until light. Add egg and beat well. Add flour mixture alternately with milk in thirds, beating after each addition. Fold in blueberries. Bake for 50-60 minutes. Cool. Remove from pan and dust with powdered sugar.

**Winter Salad with Pears and Walnuts**

½ cup walnuts  
1 head radicchio  
1 Belgian endive  
1 ripe pear, chopped  
Several ounces Gorgonzola cheese, crumbled

**Dressing:**  
2 tbsp. canola oil  
2 tbsp. olive oil  
2 tbsp. white wine vinegar  
½ shallot  
⅛ tsp. pepper

Preheat oven to 350 degrees. Toast walnuts for approximately 5 minutes or until they are browned and have a strong, nutty smell. Whisk dressing ingredients until smooth. Tear radicchio leaves and place in salad bowl. Spread walnuts and pears over radicchio. Top with crumbled cheese and dressing.
and put 1 teaspoon of white batter in the middle of each. Bake for 12-13 minutes.

Note: Chocolate batter will be thin. Pouring the batter into the cups from a measuring cup or pitcher minimizes the mess.
Entrées
Artichoke Heart Casserole

Two 14-oz. cans of artichoke hearts
1 cup bread crumbs
½ cup pecorino Romano cheese, grated
1 clove garlic, minced
chopped fresh parsley
salt and pepper to taste
olive oil
juice of ½ lemon

Preheat oven to 350 degrees.

Drain and rinse artichoke hearts. Cut them in half lengthwise. In a plastic bag combine the bread crumbs, cheese, garlic, parsley, salt and pepper. Add artichoke hearts and toss to coat. In a small casserole dish, pour enough olive oil to lightly coat the bottom. Add the breaded artichoke hearts and sprinkle with lemon juice. Bake for about 30 minutes.

Best Chocolate Brownies Ever

2 eggs
1¼ cups sugar*
1 tsp. vanilla
½ cup butter, melted
¾ cup unsweetened ground cocoa**
½ cup unsifted flour
¼ tsp. baking powder
¼ tsp. salt
½ cup chopped walnuts or pecans (optional)
1 cup chocolate chips (optional)

Preheat oven to 350 degrees. Grease 8 or 9 inch square pan.

Stir eggs with sugar and vanilla. Add melted butter. Sift ground cocoa with flour, baking powder, and salt. Stir into egg mixture. Add nuts and/or chocolate chips. Spread into pan. Bake 20-30 minutes; less for chewy, more for cake-like brownies.

*A sugar substitute such as Splenda® is also good.

**Ghirardelli® is good!
**Banana Split Dessert**

2 cups powdered sugar  
1 cup butter, softened  
2 eggs  
3 bananas  
One 13 1/2 oz. can crushed pineapple  
Cool Whip®  
1/3 cup Maraschino cherries  
1/3 cup crushed walnuts

**Crust**

2 cups graham cracker crumbs  
1/2 cup butter, melted

Combine sugar, butter, and eggs. Beat at least 20 minutes with mixer. Combine cracker crumbs and melted butter. Press into a 9x13 inch glass baking dish. Pour egg mixture over crust. Slice bananas and lay over egg mixture. Spread pineapples over bananas. Top generously with Cool Whip®. Garnish with cherries and walnuts. Refrigerate 3 hours before serving.

**Asian Stir Fry Chicken with Black Bean Sauce**

Chicken breast (deboned)  
1/2 onion  
1 pepper (red or green)  
black bean sauce  
soy sauce  
Asian noodles of your choice  
1/4 cup cooking oil (corn or vegetable)

Chop the whole pepper into manageable slices. Chop 1/4 to 1/2 of onion into small pan. Cut chicken breast into bite sized pieces and marinate in bean sauce for a few minutes. Cook noodles in boiling water. While noodles are cooking, heat oil in another pot, and when hot add onions. Cook until a bit soft, then add peppers. If it looks like you need more liquid, add a bit of water. When peppers have cooked a bit, add chicken.

Stir-fry all together adding dashes of soy sauce and 1/2 of bean sauce. Add a bit of water if needed. Cook until chicken is cooked through. Take off heat. Add to strained noodles. Mix together well.
Black-Bean Quesadillas with Goat Cheese

2 tsp. olive oil, divided
1 cup onions, chopped
2 garlic cloves, minced
½ cup salsa
¼ tsp. ground cumin*
One 19-oz. can black beans, undrained
½ cup minced fresh cilantro
One 4-oz. pkg. goat cheese, crumbled
Eight 8-inch flour tortillas
½ cup fat free sour cream
½ cup salsa

Heat 1 tsp. olive oil in nonstick skillet over medium-high heat. Add the onion and garlic and sauté for 3 minutes. Stir in ½ cup salsa, cumin and beans, and bring to boil. Reduce heat, and simmer for 5 minutes or until thick.

Mash the bean mixture slightly with potato masher. Remove from heat. Stir in the cilantro and goat cheese. Spread the bean mixture evenly over 4 tortillas, top each with 1 tortilla pressing gently.

Heat ¼ tsp. olive oil in pan over medium-high heat. Add 1 quesadilla, and cook for 2 minutes on each side.

Banana Bread

3-4 bananas
1¼ cups sugar
1 stick unsalted butter, melted and slightly cooled
2 eggs
1 tsp. vanilla
1½ cups flour
½ tsp. salt
1½ tsp. baking soda
½ cup chopped walnuts (optional)

Preheat oven to 350 degrees. Grease loaf pan.

Place bananas and sugar in mixer and beat for 3 minutes. Add butter, eggs, and vanilla. Whip well. Add flour, salt, baking soda, and nuts. Mix to combine. Bake for 1 hour.
Apricot Squares

3/4 cup of dried apricots (half box)
1/4 cup sugar
1 cup flour
1/2 cup butter
1/3 cup flour
1/2 tsp. baking powder
1/4 tsp. salt
2 eggs
1 cup brown sugar
1/2 tsp. vanilla
1/2 cup chopped nuts


side. Repeat the procedure with the remaining olive oil and quesadillas. Cut each quesadilla into 6 wedges. Serve with fat-free sour cream and 1/2 cup salsa.

*The key ingredient is the cumin; it brings everything together.
Braised Beef with Mushrooms and Barley
(Slow Cooker)

One 3-lb. boneless beef chunk roast
1 tbsp. vegetable oil
Salt and freshly ground black pepper
Five 3-inch long fresh rosemary sprigs
8 oz. crimini (baby Bella) mushrooms, stemmed, cleaned and sliced
1 large onion, peeled and chopped
2 bay leaves
10 large garlic cloves, peeled and left whole
1 1/4 cups low-sodium beef broth
1/2 cup med. pearl barley
2 cups fresh baby peas, or frozen baby peas, thawed
1/2 cup sour cream

In a large skillet, brown the roast in the oil on all sides over medium-high heat. Place the meat in the insert of the slow cooker and sprinkle with salt and pepper. Scatter the rosemary sprigs, mushrooms, onion, bay leaves and garlic around the roast. Pour the broth around the meat. Cover and cook on low heat for 5 hours or high heat for 3 hours.

Quickly add the barley to the liquid, cover and continue to cook for 3 more hours on low or 2 hours on high, until the beef and barley are tender. Remove the bay leaves.

Desserts
**Turkey Burgers**

20 oz. ground turkey  
4 oz. light cream cheese  
3 tbsp. breadcrumbs  
1 small grated onion  
¾ tsp. salt  
¼ tsp. pepper  
1 tsp. rosemary  
¼ cup shredded cheddar  
2 tbsp. fresh parsley

Combine all the ingredients and form into patties. These can be fried or grilled, but if you grill them make sure to spray the grill surface with cooking spray, or they will stick.

Transfer the roast from the insert to a carving board, slice, and place the meat on a serving platter. Stir the peas and sour cream into the cooking liquid left in the insert. Stir well to combine, and then pour the sauce over the meat.

Cooking time: 8 hours on low or 5 hours on high.
Braised Lamb Shanks with Garlic and Rosemary  
(Slow Cooker)

½ cup dry red wine  
2 heaping tbsp. Dijon mustard  
2 tsp. Kosher or coarse sea salt  
1 tsp. freshly ground black pepper  
5 - 6 lbs. lamb shanks, not trimmed of fat  
1 large firm head garlic (about 15 cloves), separated into cloves, each crushed and peeled*  
2 medium yellow onions, peeled and coarsely chopped  
1 large carrot, peeled and cut into ¼" slices  
finely grated zest of 1 large lemon  
2 heaping tbsp. coarsely chopped fresh rosemary leaves

In a small bowl mix the red wine, mustard, salt and pepper, and place in the insert of a 5 qt. slow cooker. Layer the shanks in the insert so they will fit. Scatter the remaining ingredients around and on the shanks.

Cover and cook on high for 6 hours. Use tongs to reverse the position of the shanks, top to bottom. Reduce the setting to low and cook for an additional 6 hours.

Sweet Potato Casserole

6 medium sweet potatoes  
½ cup brown sugar  
2 eggs, beaten  
1 tsp. vanilla  
⅓ cup half & half  
½ cup melted butter

Topping  
1 cup brown sugar  
2 tbsp flour  
¼ cup butter

Preheat oven to 350 degrees. Grease 9x13 inch pan.

Cut sweet potatoes into quarters. Boil for 30 - 40 minutes, cool, and peel (they're easier to peel after they're cooked). Beat potatoes together with other ingredients and pour into pan. With a pastry cutter, mix topping ingredients until crumbly. Sprinkle over potatoes. Bake for 15 minutes until set in the center.
Use a slotted spoon to transfer the shanks to a serving platter. Skim the fat from the cooking juices, and add salt & pepper, if needed. Pour the juices over the shanks, and serve.

* For a less assertive garlic taste, use elephant garlic.

As hungry as two bears.
**Broccoli Casserole**

4 boxes frozen broccoli spears  
1 small jar Cheese Whiz®  
1 stick butter, separated  
½ sleeve Ritz® crackers

Preheat oven to 350 degrees. Grease a large casserole dish.

Put broccoli into boiling water for 1-2 minutes until just defrosted. Drain very well and put in casserole. Melt together Cheese Whiz® and ½ stick butter. Pour over broccoli. Crush crackers and mix with ½ stick of melted butter. Sprinkle over casserole. Bake for 30 minutes until bubbly.

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**Swiss Cheese and Egg Casserole**

2 cups soft bread cubes, crusts removed  
1 ¾ cups half & half  
8 eggs, slightly beaten  
2 tbsp. butter or margarine  
1 tsp. seasoned salt  
½ tsp. pepper  
1 cup shredded Swiss cheese  
8 slices bacon, cooked, crisp & crumbled  
½ cup fine dry bread crumbs  
2 tsp. melted butter or margarine

Preheat oven to 400 degrees. Lightly grease 10 inch casserole.

In a small bowl combine bread cubes with half & half. Let soak 5 minutes. Drain liquid from bread crumbs and add liquid to eggs. Beat well. Melt 2 tbsp. butter in heavy skillet. Add egg mixture. Softly scramble eggs over medium heat. When eggs are still soft but almost cooked through, add soaked bread cubes to eggs. Stir to combine. Sprinkle with seasoned salt and pepper, which have been mixed together.

Pour egg mixture into casserole. Top with shredded cheese, crumbled bacon, and dry bread crumbs. Drizzle with melted butter (I only use a tiny bit of
**Spinach and Sausage Pie**

1 pkg. thawed Stouffer's® Spinach Soufflé
3 eggs
3 tbsp. milk
2 tbsp. chopped onion
½ cup sliced mushrooms
¾ cup cooked crumbled Italian sausage
¾ cup grated Swiss cheese

Preheat oven to 400 degrees.

Mix the above ingredients. Pour into 9-inch deep-dish pie shell and bake at 400 degrees for 45 minutes or until set in the middle. (If needed, I add more cheese and/or sausage to fill the shell).

**California Chicken**

1 pkg. dry onion soup mix
1 cup Uncle Ben's® converted rice (not minute rice)
6 boneless/skinless chicken breasts
1 can cream of chicken or mushroom or celery soup
2½ cups water

Preheat oven to 325 degrees. Grease 9x13 inch pan.

Sprinkle onion soup mix on bottom of pan. Sprinkle rice on top of soup mix. Place chicken breasts on top. Combine can of soup with water and mix thoroughly; pour over chicken. Bake uncovered for 1 hour 15 minutes, or until chicken is tender and liquid is absorbed.
**Chicken Bake**

4-6 boneless, skinless chicken breasts  
8 oz. shredded Monterey Jack cheese  
1 can cream of chicken soup  
1 can cream of celery soup  
½ cup white wine or milk  
2 cups bread stuffing mix, separated  
butter

Preheat oven to 350 degrees. Grease 9x13 inch pan.

Lay chicken breasts in pan. In a bowl, mix together cheese, soup, wine, and 1 cup of stuffing. Pour evenly over chicken. Sprinkle remaining cup of stuffing over top. Dot generously with butter. Bake for one hour.

**Sour Cream Chicken**

2 cups sour cream  
¼ cup lemon juice  
2 tsp. paprika  
4 tsp. Worcestershire sauce  
4 tsp. salt (option)  
½ tsp. pepper  
dash of garlic powder  
12 pieces boneless, skinless chicken breasts  
unflavored bread crumbs

Preheat oven to 350 degrees.

Mix sour cream, lemon juice, paprika, Worcestershire sauce, salt, pepper and garlic powder together. Marinate chicken in mixture overnight. When ready to cook, roll chicken in unflavored breadcrumbs. Place on cookie sheet to bake. Dot top of chicken with margarine. Cook for 1 hour.
**Greek-style Scampi**

1 tsp. olive oil  
5 garlic cloves, minced  
½ cup chopped fresh parsley, divided  
Two 28-oz. cans whole tomatoes, drained and coarsely chopped  
1 ¾ lb. large shrimp, peeled and deveined  
1 cup (4 oz.) crumbled feta cheese  
2 tbsp. fresh lemon juice  
1 ¼ tsp. freshly ground black pepper  
4 cups hot cooked spaghetti (about 8 oz. uncooked pasta)

Preheat oven to 400 degrees.

Heat oil in large Dutch oven over medium heat. Add garlic, sauté 30 seconds. Add ¼ cup parsley and tomatoes. Reduce heat, and simmer 10 minutes. Add shrimp, cook 5 minutes. Pour mixture into a 9x13 inch baking dish, sprinkle with cheese. Bake for 10 minutes. Sprinkle with ¼ cup parsley, lemon juice, and pepper. Serve over pasta.

**Chicken Diablo**

4 tbsp. margarine, melted  
½ cup honey  
¼ cup prepared mustard  
1 tsp. curry powder  
1 tsp. salt  
One 3-lb. fryer chicken, cut up (or use Chicken Tenders®)

Preheat oven to 350 degrees.

Pour margarine, honey, curry and salt in shallow bowl; mix well. Remove as much skin from the chicken as possible. Roll chicken pieces in spicy mixture to coat completely. Arrange in single layer, meaty side up, in a 13x9x2 inch baking dish. Pour remaining spicy mixture over chicken. Bake uncovered for 1 hour or until chicken is tender and richly glazed, basting occasionally. (If using Chicken Tenders®, baking time is about 18-20 minutes.)
**Chicken Enchilada Casserole**

20 oz. cooked, shredded chicken breast  
1 can Campbell’s® 98% fat free cream of chicken soup  
½ cup fat free sour cream  
½ cup skim milk  
1½ tbsp. minced onion  
1 can chopped green chilies  
6 medium-large fat free tortillas  
1 can enchilada sauce (season to your taste)  
8 oz. Kraft® 2% shredded cheddar cheese

Preheat oven to 375 degrees. Spray bottom of 9x13 inch pan with fat-free cooking spray.

Cut tortillas into strips and coat with enchilada sauce. Mix together all other ingredients, except cheese.

In pan, layer ½ of tortillas, then ½ of meat mixture. Repeat layers. Put cheese on top and bake for 30 minutes or until bubbly.

**Scallops in Tomato Basil Sauce**

One 12-oz. box of rotini (or other shape pasta)  
1 lb. of scallops  
1 tbsp. of olive oil  
1 jar Bertolli® tomato with basil sauce  
¾ cup half-and-half  
¾ cup milk  
3 or 4 scallions, sliced  
½ cup shredded Parmesan cheese

In a large non-stick skillet, heat olive oil and lightly brown scallops (about 5 minutes each side). Remove scallops from skillet and pour in the tomato sauce. Add milk and half-and-half and scallions. Add the Parmesan cheese and scallops to the mixture.

Cook pasta according to the package directions. Drain and add to the sauce.

Alternatives: Shrimp can be used instead of or in addition to the scallops. Diced fresh tomatoes may be added to the top of each serving.
**Honey-Mustard Salmon**

2 tbsp. Dijon mustard  
1 tbsp. honey  
¼ tsp. salt  
¼ tsp. ground black pepper  
4 pieces salmon fillet with skin

Preheat broiler. Put aluminum foil over your broiling pan.

In small bowl, with fork, mix mustard, honey, salt and pepper. Place salmon, skin side down, on rack in broiling pan. Spoon the mustard glaze over the fillets. Place pan in broiler 5 to 7 inches from source of heat and broil salmon 8 minutes or until fish flakes easily when tested with fork (DO NOT turn the salmon over).

Tip: leave the skin on salmon to protect the bottoms of the fillets - if anything sticks to the broiler rack, it will be the skin.

**Chicken and Black Bean Enchiladas**

¾ lb. skinless, boneless chicken breast  
3 slices bacon  
2 cloves garlic, minced  
1½ cups picante sauce  
One 16-oz. can black beans, undrained  
1 lg. red bell pepper chopped  
1 tsp. cumin  
¼ tsp. salt  
½ cup sliced green onions  
12 flour tortillas (6 to 7-inch)  
1½ cups (6 oz.) shredded Monterey Jack cheese

Toppings: Shredded lettuce, chopped tomato, sour cream, avocado slices.

Preheat oven to 350 degrees.

Cut chicken into short, thin strips. Cook bacon in 10-inch skillet until crisp. Remove bacon to paper towel; crumble. Pour off all but 2 tbsp. drippings. Cook and stir chicken and garlic in drippings until chicken is no longer pink. Stir in ½ cup of the picante sauce, beans, red pepper, cumin, and salt. Simmer until thickened 7 to 8 minutes, stirring occasionally.

Stir in green onions and reserved bacon. Spoon heaping ¼ cup bean mixture down center of each
tortilla; top with 1 tbsp. cheese. Roll up; place seam side down in lightly greased 13 x 9 inch baking dish. Spoon remaining 1 cup picante sauce over enchiladas. Bake for 15 minutes. Top with remaining cheese and return to oven for about 3 minutes. Top as desired and serve with additional picante sauce.

**Rosemary Chicken**

6 single chicken breasts  
4 long stalks of fresh rosemary  
salt and pepper  
1 lemon  
1 tbsp. of capers (can substitute olives)  
1 cup of white wine  
2 cloves of garlic  
1 tbsp. olive oil

Preheat oven to 350 degrees.

Cut each chicken breast into 3 large cubes. Season with salt and pepper. String 4 or 5 cubes onto each stalk of rosemary. Heat frying pan with olive oil. Sauté garlic briefly and add stalks of chicken to pan. Brown chicken on each side. Add lemon slices (and juice), capers and wine to pan.

If the frying pan has a metal handle and can go into the oven, put it into oven for approximately 45 minutes or until chicken is done.

If you do not have a frying pan with a metal handle, place chicken stalks in a baking pan along with lemons, capers, and wine, and bake.

Can be served with rice or orzo pasta.
and cover with your favorite topping. Some favorite toppings include basil and tomatoes with goat cheese; pesto; or grilled vegetables. Bake for 12-15 minutes, or when crust is brown and cheese is melted.

*King Arthur® flour has good texture and taste.

## Chicken Lasagna

4 chicken breasts, cooked and cut into 1" pieces

\( \frac{3}{8} \) cup milk

1 pt. sour cream

1/2 tsp. salt (optional)

1 lb. mozzarella cheese

1 can cream of chicken

1 can cream of mushroom

(or substitute another can of cream of chicken)

8 ozs. cream cheese

1 tsp. poultry seasoning

One 10-oz. pkg. lasagna noodles, cooked

1 cup Arnold® bread stuffing

Preheat over to 350 degrees. Lightly grease 9x13 inch glass baking dish.

Mix chicken, soup, cream cheese, sour cream, milk, salt and poultry seasoning. Simmer gently (do not boil). Layer the sauce, noodles, and mozzarella cheese. Repeat until the pan is full. Top with Arnold® bread stuffing mixed with a little butter (2 tbsp.) Bake about 35 minutes.
**Chicken with Herbs**

- ⅓ cup onions (chopped)
- 1 cup rice
- One 10 ¾ oz. can undiluted mushroom soup
- ½ cup (use above) water
- ¼ tsp. marjoram
- ½ tsp. salt (optional)
- ¼ tsp. thyme
- ⅛ tsp. pepper
- ⅛ tsp. oregano
- ¼ cup parsley (chopped)
- Two 2½ lbs. chicken breasts (with bone in and skin on)

Preheat oven to 350 degrees.

Combine above ingredients and place in greased shallow baking dish. Cover with no more than 2½ lbs. of chicken breasts. Cook covered in oven for 45-50 minutes. Uncover and cook for another 15-20 minutes.

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**Freshly Made Pizza Dough**

- 3 tbsp. hot water
- 3 tbsp. milk
- ½ pkg. active dry yeast
- pinch of sugar
- 1 tbsp. olive oil
- ¼ tsp. salt
- ⅝ cup unbleached white flour plus 3 tbsp. whole-wheat or unbleached white flour*

Preheat oven to 450 degrees.

Combine hot water and milk; mixture should be approximately body temperature. Add yeast and sugar, and stir to dissolve. Mix in olive oil, salt, and wheat flour. Gradually add white flour to make soft workable dough, just enough to keep from sticking. Turn onto floured board and knead for 5 minutes. Put dough into oiled bowl and turn to coat with oil. Cover and let rise in warm place until doubled in bulk, 35-40 minutes.

Shape the pizza by forming the dough into a ball and rolling it onto a floured surface. Pick up the dough and stretch it, reshaping with your hands to form a circle. Roll out the dough more as necessary. Make ⅛-inch thick 10-inch round, slightly thicker at the edge. Brush with olive or garlic oil,
**Pasta with Chicken and Sun-Dried Tomatoes**

1/2 lb. pasta* (uncooked measure)  
2 tbsp. olive oil  
4 scallions, sliced  
1 garlic clove, minced  
2 cups cooked chicken, cubed  
1/4 cup sun-dried tomatoes, drained and sliced  
1/2 tsp. rosemary  
1 1/2 cups half & half  
1/2 cup grated Parmesan cheese  
4 tbsp. chopped parsley  
Salt & pepper to taste

Cook pasta. Heat olive oil in a large saucepan over low heat. Add scallions and garlic and cook until softened. Add chicken and cook until heated through. Add cream, tomatoes, and rosemary to the chicken mixture and stir. Let the flavors meld for about 5 minutes. Stir in the cheese, parsley, salt and pepper. Combine mixture with the cooked pasta.

*I usually use the Contadina® fresh pasta. It cooks up to about a pound.

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**Easy Cheesy Crockpot Chicken**

2 lbs. boneless skinless, chicken breasts  
2 cans condensed cream of chicken soup  
1 can condensed cheddar cheese soup  
1/4 tsp. garlic powder

Place chicken breasts in the crockpot. Mix the undiluted soups together with the garlic and pour over chicken. Cover and cook on low for 6 - 8 hours, or until chicken is tender. Serve over rice or noodles.
**Home Style Chicken Packets**

4 sheets (18 x 12") heavy duty aluminum foil
4 skinless, boneless chicken breast halves
Dijon mustard
dried basil leaves
paprika
2 medium carrots, sliced
2 cups mushrooms, sliced
2 medium zucchini, sliced
2 tbsp. margarine OR butter

Preheat oven to 450 degrees or grill to medium-high.

Center one chicken breast half on foil sheet.
Spread with mustard; sprinkle with seasonings.
Top with vegetables; dot with margarine. Fold well, leaving some space for air. Bake 20 to 25 minutes on a cookie sheet, or grill 14 to 16 minutes in covered grill.

**Meatloaf**

1 lb. hamburg
1 egg
1 can vegetable soup
crackers (2¼ pkgs.)
1 can tomato soup, diluted with 1½ cans of water

Preheat oven to 350 degrees.
Mix all ingredients together in bowl. Form into loaf. Pour diluted tomato soup over loaf and bake uncovered for 1½ hrs.
**Meatloaf and Meatballs**

1 egg
1/2 cup milk
1 1/2 - 2 pieces of bread (torn up)
1 lb. hamburger
1/2 tsp. salt (optional)
1/8 tsp. pepper
1/4 tsp. dry mustard
1/4 tsp. garlic salt
1 tsp. Worchester sauce
1 onion (optional)
barbeque sauce (optional)

Preheat oven to 350 degrees.

Mix everything together in bowl. Please in un-greased loaf pan and cook for 45 - 50 minutes in a 350-degree oven. I sometimes use barbeque sauce over the top to give a bit of extra flavor.

FOR MEATBALLS: Use same recipe; just decrease milk to 1/4 cup. Cook on cookie sheet for 20 minutes.

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**Clam Casserole**

1 can cream of mushroom soup
2 small cans minced Underwood® clams (include juice)
45 Ritz® crackers (crushed)
2 eggs beaten
1/2 cup milk
1/4 cup melted butter
pepper to taste

Preheat oven to 350 degrees.

Combine all ingredients except butter. Pour into greased casserole dish. Pour butter on top of mixture. Bake for 50 minutes.
**Crab Cakes with Horseradish Cream**

½ cup sour cream  
½ cup mayonnaise  
2 tbsp. drained bottled horseradish  
1 lb. lump crabmeat, picked free of shell  
1 cup dry bread crumbs  
3 scallions including green tops, chopped  
¼ cup chopped fresh parsley  
Pinch cayenne pepper  
¼ tsp. salt  
¼ tsp. fresh-ground pepper  
3 tbsp. cooking oil

In a small bowl, whisk together the sour cream, ¼ cup of the mayonnaise, and the horseradish.

In a large bowl, combine the crabmeat, the remaining mayonnaise, ¼ cup bread crumbs, the scallions, parsley, cayenne, salt and pepper. Shape the crab mixture into eight patties. Coat the patties with the remaining ¾ cup bread crumbs and pat off excess.

In a large nonstick frying pan, heat the oil over moderate heat. Working in batches if necessary, fry the cakes until golden brown and crisp, about 2 minutes. Turn and fry until golden brown on the other side, about 2 minutes longer. Drain on paper towels. Serve with the horseradish cream.

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**Meat Roll-ups**

1 lb. hamburger  
1 envelope onion soup mix  
1 cup cheddar cheese (grated)  
Three 8-oz. packages of refrigerated crescent rolls

Combine beef and soup mix in skillet and cook over medium-high heat until meat is browned. Drain off any excess fat. Stir in cheese and set aside to cool.

Preheat oven to 375 degrees. Roll out dough. Place a heaping tsp. of meat mixture in each triangle and roll to enclose. Place on ungreased cookie sheet, tucking point of dough under roll. Bake 13 to 15 minutes. Serve warm or let cool and freeze. To serve after freezing, warm in preheated 325 degree oven for 10 to 15 minutes.
Garlic Roasted Cod with Mashed Potato Crust

2 lbs. baking potatoes (about 4), peeled and cut into chunks
1 1/4 tsp. salt
1/2 tsp. fresh-ground black pepper
4 tbsp. butter, at room temperature
1/2 cup heavy cream, light cream or milk
2 lbs. cod fillets, cut to make 4 pieces
2 tsp. cooking oil
4 cloves garlic, minced

Preheat the oven to 450 degrees.

Put potatoes in a medium saucepan of salted water. Bring to boil and continue boiling until tender, about 15 minutes. Drain the potatoes and put them back into the saucepan with 3/4 tsp. of salt and 1/4 tsp. of the pepper. Mash the potatoes over very low heat, gradually incorporating the butter and cream.

Rub the cod with the oil and sprinkle with the remaining 1/2 tsp. salt and 1/4 tsp. pepper. Put the cod in a large roasting pan, sprinkle the fillets with the garlic, and then spread with the mashed potatoes. Roast until the fish is nearly done, 8 - 10 minutes for 3/4 inch thick fillets.
Heat the broiler. Broil fish until the mashed potatoes have a golden brown crust, about 2 minutes.

"Thank you kindly, Miss."
Glop

1 lb. hamburger
1/2 package (about 6-8 oz.) of noodles (I use wide egg noodles)
1 can corn niblets
One 10 3/4 oz. can tomato soup
One 8 oz. can tomato sauce
1 cup chopped onion
1 chopped green pepper (optional)

Preheat oven to 350 degrees.

Sauté onion and green pepper in small amount of margarine or Pam®. Add hamburger and stir until completely cooked. Meanwhile, cook noodles according to package instructions.

Put tomato sauce, tomato soup and corn in casserole dish. Then add hamburger mixture. Cook for 30 - 40 minutes.
**Grilled Stuffed Swordfish Rolls**

1 small plum tomato, seeded & finely chopped
1/4 cup fresh bread crumbs
1 tbsp. dried currants
1 tbsp. finely chopped Italian parsley
1 tbsp. finely chopped fresh mint
1 tbsp. finely chopped fresh oregano
1 tsp. grated lemon zest
1 tsp. finely chopped garlic
1/2 tsp. kosher salt
1/4 tsp. black pepper
4 skinless swordfish steaks (5-6 oz. each, about half-inch thick)
Salt & pepper to taste
Extra virgin olive oil
Lemon wedges

Prepare outdoor barbecue grill, placing charcoal or mesquite in direct heat configuration, or prepare indoor grill. In small bowl mix together tomato, bread crumbs, currants, parsley, mint, oregano, lemon zest, garlic, salt and pepper for use as stuffing. Place swordfish steaks between 2 sheets of waxed paper, and using a meat tenderizer, gently pound to quarter-inch thickness. Place 2 tbsp. of stuffing at one end of each steak and roll up. Secure rolls with toothpicks or cotton string.

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**Glop**

1 lb. hamburger
1/2 package (about 6-8 oz.) of noodles (I use wide egg noodles)
1 can corn niblets
One 10 3/4 oz. can tomato soup
One 8 oz. can tomato sauce
1 cup chopped onion
1 chopped green pepper (optional)

Preheat oven to 350 degrees.

Sauté onion and green pepper in small amount of margarine or Pam®. Add hamburger and stir until completely cooked. Meanwhile, cook noodles according to package instructions.

Put tomato sauce, tomato soup and corn in casserole dish. Then add hamburger mixture. Cook for 30 - 40 minutes.
Lightly brush or spray rolls with olive oil. Grill over direct high heat until fish is opaque yet moist, approximately 8-10 minutes, turning once halfway through grilling time. Remove toothpicks or string, and serve with lemon wedges.

“Ode to the Cook”
Hamburger and Noodles Stroganoff

4 oz. noodles (I use wide, flat noodles)
1/4 cup butter or margarine
1/2 cup finely chopped onion
1 clove garlic, finely chopped
1/2 lb. mushrooms, thickly sliced (optional)
1 lb. hamburger
1 tbsp. flour
One 8-oz. can tomato sauce
1/4 cup Burgundy wine
One 10 1/2 oz. can beef bouillon, undiluted
1 tsp. salt
1/4 tsp. pepper
1 cup sour cream
1/2 cup grated Parmesan cheese

Preheat over to 375 degrees. Cook noodles as package label directs. Drain. Meanwhile, in hot butter in large skillet, sauté onion, garlic, and mushrooms until onion is golden, about 5 minutes. Add hamburger and cook, stirring, until it is browned. Remove from heat. Stir in flour, tomato sauce, Burgundy, bouillon, salt and pepper. Simmer 10 minutes, stirring occasionally. Blend in sour cream. In lightly greased 2-quart casserole, layer a third of noodles, then a third of meat mixture. Repeat twice. Sprinkle with cheese. Bake, uncovered, for 25 minutes.
Crab Cakes with Horseradish Cream

\[
\begin{align*}
\frac{1}{2} \text{ cup sour cream} \\
\frac{1}{2} \text{ cup mayonnaise} \\
2 \text{ tbsp. drained bottled horseradish} \\
1 \text{ lb. lump crabmeat, picked free of shell} \\
1 \text{ cup dry bread crumbs} \\
3 \text{ scallions including green tops, chopped} \\
\frac{1}{4} \text{ cup chopped fresh parsley} \\
\text{Pinch cayenne pepper} \\
\frac{1}{4} \text{ tsp. salt} \\
\frac{1}{4} \text{ tsp. fresh-ground pepper} \\
3 \text{ tbsp. cooking oil}
\end{align*}
\]

In a small bowl, whisk together the sour cream, \(\frac{1}{4}\) cup of the mayonnaise, and the horseradish.

In a large bowl, combine the crabmeat, the remaining mayonnaise, \(\frac{1}{4}\) cup bread crumbs, the scallions, parsley, cayenne, salt and pepper. Shape the crab mixture into eight patties. Coat the patties with the remaining \(\frac{3}{4}\) cup bread crumbs and pat off excess.

In a large nonstick frying pan, heat the oil over moderate heat. Working in batches if necessary, fry the cakes until golden brown and crisp, about 2 minutes. Turn and fry until golden brown on the other side, about 2 minutes longer. Drain on paper towels. Serve with the horseradish cream.

Meat Roll-ups

\[
\begin{align*}
1 \text{ lb. hamburger} \\
1 \text{ envelope onion soup mix} \\
1 \text{ cup cheddar cheese (grated)} \\
\text{Three 8-oz. packages of refrigerated crescent rolls}
\end{align*}
\]

Combine beef and soup mix in skillet and cook over medium-high heat until meat is browned. Drain off any excess fat. Stir in cheese and set aside to cool.

Preheat oven to 375 degrees. Roll out dough. Place a heaping tsp. of meat mixture in each triangle and roll to enclose. Place on ungreased cookie sheet, tucking point of dough under roll. Bake 13 to 15 minutes. Serve warm or let cool and freeze. To serve after freezing, warm in preheated 325 degree oven for 10 to 15 minutes.
**Meatloaf and Meatballs**

1 egg
1/2 cup milk
1 1/2 - 2 pieces of bread (torn up)
1 lb. hamburger
1/2 tsp. salt (optional)
1/2 tsp. pepper
1/4 tsp. dry mustard
1/4 tsp. garlic salt
1 tsp. Worchester sauce
1 onion (optional)
barbeque sauce (optional)

Preheat oven to 350 degrees.

Mix everything together in bowl. Please in un-greased loaf pan and cook for 45 - 50 minutes in a 350-degree oven. I sometimes use barbeque sauce over the top to give a bit of extra flavor.

FOR MEATBALLS: Use same recipe; just decrease milk to 1/4 cup. Cook on cookie sheet for 20 minutes.

**Clam Casserole**

1 can cream of mushroom soup
2 small cans minced Underwood® clams (include juice)
45 Ritz® crackers (crushed)
2 eggs beaten
1/2 cup milk
1/4 cup melted butter
pepper to taste

Preheat oven to 350 degrees.

Combine all ingredients except butter. Pour into greased casserole dish. Pour butter on top of mixture. Bake for 50 minutes.
Home Style Chicken Packets

4 sheets (18 x 12") heavy duty aluminum foil
4 skinless, boneless chicken breast halves
Dijon mustard
dried basil leaves
paprika
2 medium carrots, sliced
2 cups mushrooms, sliced
2 medium zucchini, sliced
2 tbsp. margarine OR butter

Preheat oven to 450 degrees or grill to medium-high.

Center one chicken breast half on foil sheet.
Spread with mustard; sprinkle with seasonings.
Top with vegetables; dot with margarine. Fold well, leaving some space for air. Bake 20 to 25 minutes on a cookie sheet, or grill 14 to 16 minutes in covered grill.

Meatloaf

1 lb. hamburg
1 egg
1 can vegetable soup
crackers (2 1/4 pkgs.)
1 can tomato soup, diluted with 1 1/2 cans of water

Preheat oven to 350 degrees.

Mix all ingredients together in bowl. Form into loaf. Pour diluted tomato soup over loaf and bake uncovered for 1 1/2 hrs.
**Pasta with Chicken and Sun-Dried Tomatoes**

1/2 lb. pasta* (uncooked measure)  
2 tbsp. olive oil  
4 scallions, sliced  
1 garlic clove, minced  
2 cups cooked chicken, cubed  
1/4 cup sun-dried tomatoes, drained and sliced  
1/2 tsp. rosemary  
1 1/2 cups half & half  
1/2 cup grated Parmesan cheese  
4 tbsp. chopped parsley  
Salt & pepper to taste

Cook pasta. Heat olive oil in a large saucepan over low heat. Add scallions and garlic and cook until softened. Add chicken and cook until heated through. Add cream, tomatoes, and rosemary to the chicken mixture and stir. Let the flavors meld for about 5 minutes. Stir in the cheese, parsley, salt and pepper. Combine mixture with the cooked pasta.

*I usually use the Contadina® fresh pasta. It cooks up to about a pound.

**Easy Cheesy Crockpot Chicken**

2 lbs. boneless skinless, chicken breasts  
2 cans condensed cream of chicken soup  
1 can condensed cheddar cheese soup  
1/4 tsp. garlic powder

Place chicken breasts in the crockpot. Mix the undiluted soups together with the garlic and pour over chicken. Cover and cook on low for 6 - 8 hours, or until chicken is tender. Serve over rice or noodles.
**Chicken with Herbs**

- \( \frac{1}{3} \) cup onions (chopped)
- 1 cup rice
- One 10 3/4 oz. can undiluted mushroom soup
- \( \frac{1}{2} \) can (use above) water
- \( \frac{1}{4} \) tsp. marjoram
- \( \frac{1}{2} \) tsp. salt (optional)
- \( \frac{1}{4} \) tsp. thyme
- \( \frac{1}{8} \) tsp. pepper
- \( \frac{1}{8} \) tsp. oregano
- 1 cup parsley (chopped)
- Two 2 1/2 lbs. chicken breasts (with bone in and skin on)

Preheat oven to 350 degrees.

Combine above ingredients and place in greased shallow baking dish. Cover with no more than 2 1/2 lbs. of chicken breasts. Cook covered in oven for 45-50 minutes. Uncover and cook for another 15-20 minutes.

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**Freshly Made Pizza Dough**

- 3 tbsp. hot water
- 3 tbsp. milk
- \( \frac{1}{2} \) pkg. active dry yeast
- pinch of sugar
- 1 tbsp. olive oil
- \( \frac{1}{4} \) tsp. salt
- 5/8 cup unbleached white flour plus 3 tbsp. whole wheat or unbleached white flour*

Preheat oven to 450 degrees.

Combine hot water and milk; mixture should be approximately body temperature. Add yeast and sugar, and stir to dissolve. Mix in olive oil, salt, and wheat flour. Gradually add white flour to make soft workable dough, just enough to keep from sticking. Turn onto floured board and knead for 5 minutes. Put dough into oiled bowl and turn to coat with oil. Cover and let rise in warm place until doubled in bulk, 35-40 minutes.

Shape the pizza by forming the dough into a ball and rolling it onto a floured surface. Pick up the dough and stretch it, reshaping with your hands to form a circle. Roll out the dough more as necessary. Make 1/8-inch thick 10-inch round, slightly thicker at the edge. Brush with olive or garlic oil,
and cover with your favorite topping. Some favorite toppings include basil and tomatoes with goat cheese; pesto; or grilled vegetables. Bake for 12-15 minutes, or when crust is brown and cheese is melted.

*King Arthur® flour has good texture and taste.

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**Chicken Lasagna**

4 chicken breasts, cooked and cut into 1" pieces
2/3 cup milk
1 pt. sour cream
1/2 tsp. salt (optional)
1 lb. mozzarella cheese
1 can cream of chicken
1 can cream of mushroom
(or substitute another can of cream of chicken)
8 ozs. cream cheese
1 tsp. poultry seasoning
One 10-oz. pkg. lasagna noodles, cooked
1 cup Arnold® bread stuffing

Preheat oven to 350 degrees. Lightly grease 9x13 inch glass baking dish.

Mix chicken, soup, cream cheese, sour cream, milk, salt and poultry seasoning. Simmer gently (do not boil). Layer the sauce, noodles, and mozzarella cheese. Repeat until the pan is full. Top with Arnold® bread stuffing mixed with a little butter (2 tbsp.) Bake about 35 minutes.
tortilla; top with 1 tbsp. cheese. Roll up; place seam side down in lightly greased 13 x 9 inch baking dish. Spoon remaining 1 cup picante sauce over enchiladas. Bake for 15 minutes. Top with remaining cheese and return to oven for about 3 minutes. Top as desired and serve with additional picante sauce.

**Rosemary Chicken**

6 single chicken breasts  
4 long stalks of fresh rosemary  
salt and pepper  
1 lemon  
1 tbsp. of capers (can substitute olives)  
1 cup of white wine  
2 cloves of garlic  
1 tbsp. olive oil

Preheat oven to 350 degrees.

Cut each chicken breast into 3 large cubes. Season with salt and pepper. String 4 or 5 cubes onto each stalk of rosemary. Heat frying pan with olive oil. Sauté garlic briefly and add stalks of chicken to pan. Brown chicken on each side. Add lemon slices (and juice), capers and wine to pan.

If the frying pan has a metal handle and can go into the oven, put it into oven for approximately 45 minutes or until chicken is done.

If you do not have a frying pan with a metal handle, place chicken stalks in a baking pan along with lemons, capers, and wine, and bake.

Can be served with rice or orzo pasta.
**Honey-Mustard Salmon**

2 tbsp. Dijon mustard  
1 tbsp. honey  
¼ tsp. salt  
¼ tsp. ground black pepper  
4 pieces salmon fillet with skin

Preheat broiler. Put aluminum foil over your broiling pan.

In small bowl, with fork, mix mustard, honey, salt and pepper. Place salmon, skin side down, on rack in broiling pan. Spoon the mustard glaze over the fillets. Place pan in broiler 5 to 7 inches from source of heat and broil salmon 8 minutes or until fish flakes easily when tested with fork (DO NOT turn the salmon over).

**Tip:** leave the skin on salmon to protect the bottoms of the fillets - if anything sticks to the broiler rack, it will be the skin.

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**Chicken and Black Bean Enchiladas**

¾ lb. skinless, boneless chicken breast  
3 slices bacon  
2 cloves garlic, minced  
1½ cups picante sauce  
One 16-oz. can black beans, undrained  
1 lg. red bell pepper chopped  
1 tsp. cumin  
¼ tsp. salt  
½ cup sliced green onions  
12 flour tortillas (6 to 7-inch)  
1½ cups (6 oz.) shredded Monterey Jack cheese

Toppings: Shredded lettuce, chopped tomato, sour cream, avocado slices.

Preheat oven to 350 degrees.

Cut chicken into short, thin strips. Cook bacon in 10-inch skillet until crisp. Remove bacon to paper towel; crumble. Pour off all but 2 tbsp. drippings. Cook and stir chicken and garlic in drippings until chicken is no longer pink. Stir in ½ cup of the picante sauce, beans, red pepper, cumin, and salt. Simmer until thickened 7 to 8 minutes, stirring occasionally.

Stir in green onions and reserved bacon. Spoon heaping ¼ cup bean mixture down center of each
**Chicken Enchilada Casserole**

- 20 oz. cooked, shredded chicken breast
- 1 can Campbell's® 98% fat free cream of chicken soup
- ½ cup fat free sour cream
- ½ cup skim milk
- 1½ tbsp. minced onion
- 1 can chopped green chilies
- 6 medium-large fat free tortillas
- 1 can enchilada sauce (season to your taste)
- 8 oz. Kraft® 2% shredded cheddar cheese

Preheat oven to 375 degrees. Spray bottom of 9x13 inch pan with fat-free cooking spray.

Cut tortillas into strips and coat with enchilada sauce. Mix together all other ingredients, except cheese.

In pan, layer ½ of tortillas, then ½ of meat mixture. Repeat layers. Put cheese on top and bake for 30 minutes or until bubbly.

**Scallops in Tomato Basil Sauce**

- One 12-oz. box of rotini (or other shape pasta)
- 1 lb. of scallops
- 1 tbsp. of olive oil
- 1 jar Bertolli® tomato with basil sauce
- ¾ cup half-and-half
- ¾ cup milk
- 3 or 4 scallions, sliced
- ½ cup shredded Parmesan cheese

In a large non-stick skillet, heat olive oil and lightly brown scallops (about 5 minutes each side). Remove scallops from skillet and pour in the tomato sauce. Add milk and half-and-half and scallions. Add the Parmesan cheese and scallops to the mixture.

Cook pasta according to the package directions. Drain and add to the sauce.

Alternatives: Shrimp can be used instead of or in addition to the scallops. Diced fresh tomatoes may be added to the top of each serving.
Greek-style Scampi

1 tsp. olive oil  
5 garlic cloves, minced  
½ cup chopped fresh parsley, divided  
Two 28-oz. cans whole tomatoes, drained and coarsely chopped  
1¼ lb. large shrimp, peeled and deveined  
1 cup (4 oz.) crumbled feta cheese  
2 tbsp. fresh lemon juice  
1¼ tsp. freshly ground black pepper  
4 cups hot cooked spaghetti (about 8 oz. uncooked pasta)

Preheat oven to 400 degrees.

Heat oil in large Dutch oven over medium heat. Add garlic, sauté 30 seconds. Add ¼ cup parsley and tomatoes. Reduce heat, and simmer 10 minutes. Add shrimp, cook 5 minutes. Pour mixture into a 9x13 inch baking dish, sprinkle with cheese. Bake for 10 minutes. Sprinkle with ¼ cup parsley, lemon juice, and pepper. Serve over pasta.

Chicken Diablo

4 tbsp. margarine, melted  
½ cup honey  
¼ cup prepared mustard  
1 tsp. curry powder  
1 tsp. salt  
One 3-lb. fryer chicken, cut up (or use Chicken Tenders®)

Preheat oven to 350 degrees.

Pour margarine, honey, curry and salt in shallow bowl; mix well. Remove as much skin from the chicken as possible. Roll chicken pieces in spicy mixture to coat completely. Arrange in single layer, meaty side up, in a 13x9x2 inch baking dish. Pour remaining spicy mixture over chicken. Bake uncovered for 1 hour or until chicken is tender and richly glazed, basting occasionally. (If using Chicken Tenders®, baking time is about 18-20 minutes.)
**Chicken Bake**

4-6 boneless, skinless chicken breasts  
8 oz. shredded Monterey Jack cheese  
1 can cream of chicken soup  
1 can cream of celery soup  
½ cup white wine or milk  
2 cups bread stuffing mix, separated  
butter  

Preheat oven to 350 degrees. Grease 9x13 inch pan.  

Lay chicken breasts in pan. In a bowl, mix together cheese, soup, wine, and 1 cup of stuffing. Pour evenly over chicken. Sprinkle remaining cup of stuffing over top. Dot generously with butter. Bake for one hour.

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**Sour Cream Chicken**

2 cups sour cream  
½ cup lemon juice  
2 tsp. paprika  
4 tsp. Worcestershire sauce  
4 tsp. salt (option)  
½ tsp. pepper  
dash of garlic powder  
12 pieces boneless, skinless chicken breasts  
unflavored bread crumbs  

Preheat oven to 350 degrees.

Mix sour cream, lemon juice, paprika, Worcestershire sauce, salt, pepper and garlic powder together. Marinate chicken in mixture overnight. When ready to cook, roll chicken in unflavored breadcrumbs. Place on cookie sheet to bake. Dot top of chicken with margarine. Cook for 1 hour.
**Spinach and Sausage Pie**

1 pkg. thawed Stouffer's® Spinach Soufflé
3 eggs
3 tbsp. milk
2 tbsp. chopped onion
½ cup sliced mushrooms
¾ cup cooked crumbled Italian sausage
¾ cup grated Swiss cheese

Preheat oven to 400 degrees.

Mix the above ingredients. Pour into 9-inch deep-dish pie shell and bake at 400 degrees for 45 minutes or until set in the middle. (If needed, I add more cheese and/or sausage to fill the shell).

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**California Chicken**

1 pkg. dry onion soup mix
1 cup Uncle Ben's® converted rice (not minute rice)
6 boneless/skinless chicken breasts
1 can cream of chicken or mushroom or celery soup
2½ cups water

Preheat oven to 325 degrees. Grease 9x13 inch pan.

Sprinkle onion soup mix on bottom of pan. Sprinkle rice on top of soup mix. Place chicken breasts on top. Combine can of soup with water and mix thoroughly; pour over chicken. Bake uncovered for 1 hour 15 minutes, or until chicken is tender and liquid is absorbed.
**Broccoli Casserole**

4 boxes frozen broccoli spears
1 small jar Cheese Whiz®
1 stick butter, separated
½ sleeve Ritz® crackers

Preheat oven to 350 degrees. Grease a large casserole dish.

Put broccoli into boiling water for 1-2 minutes until just defrosted. Drain very well and put in casserole. Melt together Cheese Whiz® and ½ stick butter. Pour over broccoli. Crush crackers and mix with ½ stick of melted butter. Sprinkle over casserole. Bake for 30 minutes until bubbly.

**Swiss Cheese and Egg Casserole**

2 cups soft bread cubes, crusts removed
1¾ cups half & half
8 eggs, slightly beaten
2 tbsp. butter or margarine
1 tsp. seasoned salt
½ tsp. pepper
1 cup shredded Swiss cheese
8 slices bacon, cooked, crisp & crumbled
½ cup fine dry bread crumbs
2 tsp. melted butter or margarine

Preheat oven to 400 degrees. Lightly grease 10 inch casserole.

In a small bowl combine bread cubes with half & half. Let soak 5 minutes. Drain liquid from bread crumbs and add liquid to eggs. Beat well. Melt 2 tbsp. butter in heavy skillet. Add egg mixture. Softly scramble eggs over medium heat. When eggs are still soft but almost cooked through, add soaked bread cubes to eggs. Stir to combine. Sprinkle with seasoned salt and pepper, which have been mixed together.

Pour egg mixture into casserole. Top with shredded cheese, crumbled bacon, and dry bread crumbs. Drizzle with melted butter (I only use a tiny bit of
crumbs and hardly any butter.)

Bake for 10 - 15 minutes until heated and cheese melted.

Use a slotted spoon to transfer the shanks to a serving platter. Skim the fat from the cooking juices, and add salt & pepper, if needed. Pour the juices over the shanks, and serve.

* For a less assertive garlic taste, use elephant garlic.
**Braised Lamb Shanks with Garlic and Rosemary**  
*(Slow Cooker)*

- ½ cup dry red wine
- 2 heaping tbsp. Dijon mustard
- 2 tsp. Kosher or coarse sea salt
- 1 tsp. freshly ground black pepper
- 5-6 lbs. lamb shanks, not trimmed of fat
- 1 large firm head garlic (about 15 cloves), separated into cloves, each crushed and peeled
- 2 medium yellow onions, peeled and coarsely chopped
- 1 large carrot, peeled and cut into ¼" slices
- Finely grated zest of 1 large lemon
- 2 heaping tbsp. coarsely chopped fresh rosemary leaves

In a small bowl mix the red wine, mustard, salt and pepper, and place in the insert of a 5 qt. slow cooker. Layer the shanks in the insert so they will fit. Scatter the remaining ingredients around and on the shanks.

Cover and cook on high for 6 hours. Use tongs to reverse the position of the shanks, top to bottom. Reduce the setting to low and cook for an additional 6 hours.

**Sweet Potato Casserole**

- 6 medium sweet potatoes
- ½ cup brown sugar
- 2 eggs, beaten
- 1 tsp. vanilla
- ½ cup half & half
- ½ cup melted butter

**Topping**
- 1 cup brown sugar
- 2 tbsp flour
- ¼ cup butter

Preheat oven to 350 degrees. Grease 9x13 inch pan.

Cut sweet potatoes into quarters. Boil for 30-40 minutes, cool, and peel (they're easier to peel after they're cooked). Beat potatoes together with other ingredients and pour into pan. With a pastry cutter, mix topping ingredients until crumbly. Sprinkle over potatoes. Bake for 15 minutes until set in the center.
**Turkey Burgers**

20 oz. ground turkey  
4 oz. light cream cheese  
3 tbsp. breadcrumbs  
1 small grated onion  
¾ tsp. salt  
¼ tsp. pepper  
1 tsp. rosemary  
¼ cup shredded cheddar  
2 tbsp. fresh parsley

Combine all the ingredients and form into patties. These can be fried or grilled, but if you grill them make sure to spray the grill surface with cooking spray, or they will stick.

Transfer the roast from the insert to a carving board, slice, and place the meat on a serving platter. Stir the peas and sour cream into the cooking liquid left in the insert. Stir well to combine, and then pour the sauce over the meat.

Cooking time: 8 hours on low or 5 hours on high.
Desserts

“I’ll make the sponge cake first,” said Mary Frances.
**Apricot Squares**

3/4 cup of dried apricots (half box)  
1/4 cup sugar  
1 cup flour  
1/2 cup butter  
1/3 cup flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
2 eggs  
1 cup brown sugar  
1/2 tsp. vanilla  
1/2 cup chopped nuts

Preheat oven to 350 degrees. Grease 8 inch square pan. Cover apricot with water and cook for 10 minutes. Drain, chop, and set aside. Blend sugar, 1 cup of flour, and butter. Press into pan.


*The key ingredient is the cumin; it brings everything together.*
**Black-Bean Quesadillas with Goat Cheese**

- 2 tsp. olive oil, divided
- 1 cup onions, chopped
- 2 garlic cloves, minced
- ½ cup salsa
- ¼ tsp. ground cumin*
- One 19-oz. can black beans, undrained
- ½ cup minced fresh cilantro
- One 4-oz. pkg. goat cheese, crumbled
- Eight 8-inch flour tortillas
- ½ cup fat free sour cream
- ½ cup salsa

Heat 1 tsp. olive oil in nonstick skillet over medium-high heat. Add the onion and garlic and sauté for 3 minutes. Stir in ½ cup salsa, cumin and beans, and bring to boil. Reduce heat, and simmer for 5 minutes or until thick.

Mash the bean mixture slightly with potato masher. Remove from heat. Stir in the cilantro and goat cheese. Spread the bean mixture evenly over 4 tortillas, top each with 1 tortilla pressing gently.

Heat ¼ tsp. olive oil in pan over medium-high heat. Add 1 quesadilla, and cook for 2 minutes on each side.

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**Banana Bread**

- 3-4 bananas
- 1¼ cups sugar
- 1 stick unsalted butter, melted and slightly cooled
- 2 eggs
- 1 tsp. vanilla
- 1½ cups flour
- ½ tsp. salt
- 1½ tsp. baking soda
- ½ cup chopped walnuts (optional)

Preheat oven to 350 degrees. Grease loaf pan.

Place bananas and sugar in mixer and beat for 3 minutes. Add butter, eggs, and vanilla. Whip well. Add flour, salt, baking soda, and nuts. Mix to combine. Bake for 1 hour.
**Banana Split Dessert**

2 cups powdered sugar  
1 cup butter, softened  
2 eggs  
3 bananas  
One 13½ oz. can crushed pineapple  
Cool Whip®  
½ cup Maraschino cherries  
½ cup crushed walnuts

**Crust**  
2 cups graham cracker crumbs  
½ cup butter, melted

Combine sugar, butter, and eggs. Beat at least 20 minutes with mixer. Combine cracker crumbs and melted butter. Press into a 9x13 inch glass baking dish. Pour egg mixture over crust. Slice bananas and lay over egg mixture. Spread pineapples over bananas. Top generously with Cool Whip®. Garnish with cherries and walnuts. Refrigerate 3 hours before serving.

**Asian Stir Fry Chicken with Black Bean Sauce**

Chicken breast (deboned)  
½ onion  
1 pepper (red or green)  
black bean sauce  
soy sauce  
Asian noodles of your choice  
¼ cup cooking oil (corn or vegetable)

Chop the whole pepper into manageable slices. Chop ¼ to ½ of onion into small pan. Cut chicken breast into bite sized pieces and marinate in bean sauce for a few minutes. Cook noodles in boiling water. While noodles are cooking, heat oil in another pot, and when hot add onions. Cook until a bit soft, then add peppers. If it looks like you need more liquid, add a bit of water. When peppers have cooked a bit, add chicken.

Stir-fry all together adding dashes of soy sauce and ½ of bean sauce. Add a bit of water if needed. Cook until chicken is cooked through. Take off heat. Add to strained noodles. Mix together well.
Artichoke Heart Casserole

Two 14-oz. cans of artichoke hearts
1 cup bread crumbs
1/2 cup pecorino Romano cheese, grated
1 clove garlic, minced
chopped fresh parsley
salt and pepper to taste
olive oil
juice of 1/2 lemon

Preheat oven to 350 degrees.

Drain and rinse artichoke hearts. Cut them in half lengthwise. In a plastic bag combine the bread crumbs, cheese, garlic, parsley, salt and pepper. Add artichoke hearts and toss to coat. In a small casserole dish, pour enough olive oil to lightly coat the bottom. Add the breaded artichoke hearts and sprinkle with lemon juice. Bake for about 30 minutes.

Best Chocolate Brownies Ever

2 eggs
1 1/4 cups sugar*
1 tsp. vanilla
1/2 cup butter, melted
3/4 cup unsweetened ground cocoa**
2/3 cup unsifted flour
1/4 tsp. baking powder
1/4 tsp. salt
1/2 cup chopped walnuts or pecans (optional)
1 cup chocolate chips (optional)

Preheat oven to 350 degrees. Grease 8 or 9 inch square pan.

Stir eggs with sugar and vanilla. Add melted butter. Sift ground cocoa with flour, baking powder, and salt. Stir into egg mixture. Add nuts and/or chocolate chips. Spread into pan. Bake 20-30 minutes; less for chewy, more for cake-like brownies.

*A sugar substitute such as Splenda® is also good.

**Ghirardelli® is good!
Black Bottom Cupcakes

White batter
One 8-oz. package cream cheese
1 egg, beaten
⅓ cup sugar
⅛ tsp. salt
6 oz. mini chocolate chips

In a small mixing bowl combine cream cheese, egg, sugar and salt until smooth. Fold in chocolate chips and set aside.

Chocolate Batter
1 ½ cups flour
1 cup sugar
½ tsp. salt
⅓ cup vegetable oil
1 tsp. vanilla
¼ cup cocoa
1 tsp. baking soda
1 cup water
1 tbsp. white vinegar

Preheat oven 350 degrees.

In a large mixing bowl combine all ingredients. Mix well. Put miniature baking cups in mini-cupcake pans. Fill each cup half full of chocolate batter.
and put 1 teaspoon of white batter in the middle of each. Bake for 12-13 minutes.

Note: Chocolate batter will be thin. Pouring the batter into the cups from a measuring cup or pitcher minimizes the mess.
**Blueberry Cake**

1 3/4 cups flour  
2 tsp. baking powder  
1/4 tsp. salt  
1/4 cup shortening  
1 cup sugar  
1 unbeaten egg  
1/2 cup milk with 1 tsp. vanilla  
2 cups fresh blueberries

Preheat oven to 350 degrees. Grease and flour an 8 inch square pan.

Sift together three times the flour, baking powder and salt. Set aside. Cream shortening slowly, adding sugar and beating until light. Add egg and beat well. Add flour mixture alternately with milk in thirds, beating after each addition. Fold in blueberries. Bake for 50-60 minutes. Cool. Remove from pan and dust with powdered sugar.

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**Winter Salad with Pears and Walnuts**

1/2 cup walnuts  
1 head radicchio  
1 Belgian endive  
1 ripe pear, chopped  
Several ounces Gorgonzola cheese, crumbled

**Dressing:**  
2 tbsp. canola oil  
2 tbsp. olive oil  
2 tbsp. white wine vinegar  
1/2 shallot  
1/8 tsp. pepper

Preheat oven to 350 degrees. Toast walnuts for approximately 5 minutes or until they are browned and have a strong, nutty smell. Whisk dressing ingredients until smooth. Tear radicchio leaves and place in salad bowl. Spread walnuts and pears over radicchio. Top with crumbled cheese and dressing.
Vegetable Beef Barley Soup

London broil steak  
1 large can V-8® juice  
2 cans chicken broth  
1-2 tsp. chili powder  
½ tsp. cumin  
½ cup pearl barley, uncooked  
9 oz. can shoepeg (white) corn  
1 bag mixed vegetables

Cut steak into small cubes and brown in a little oil. Add V-8® juice, broth and seasonings. Bring to a boil. Add barley and let simmer until barley is tender, about 45 minutes to an hour. Add water if soup boils down too much. Add vegetables and cook until heated through.

Butter Cookies

5 cups of flour  
2 tbsp. baking powder  
½ tbsp. salt  
2 cups soft butter  
1½ cups sugar  
2 eggs  
1 tbsp. vanilla

Preheat oven to 375 degrees.

Sift or whisk flour, baking powder, and salt. Set aside. Cream butter and sugar, and beat in eggs and vanilla. Gradually add the flour to the butter mixture, beating well after each addition. Divide into 3 balls and refrigerate. Chill dough overnight.

On lightly floured board roll out ¼ of dough to ⅛ inch thick and keep rest refrigerated until ready to use. Use cookie cutters to shape. Cook 9 - 11 min. or until lightly brown on both sides.
**Cherry Berry Tart**

One 15-oz. package Pillsbury® All Ready Pie Crusts
1 tsp. flour

Filling
One 21-oz. can cherry fruit pie filling
1 cup strawberries cut into quarters
1 cup blueberries

Preheat oven to 450 degrees.

Place prepared pie crust in pie plate. Press in bottom and 1 inch up sides. Trim edges. Generously prick crust with fork. Bake for 9-11 minutes or until lightly browned. Cool completely.

In a large bowl, carefully combine fruit. Spoon into cooled crust. Refrigerate. Garnish as desired.

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**Sun-Dried Tomato and Feta Pasta Salad**

One 7-8 oz. jar sliced sun-dried tomatoes in olive oil
1 bunch basil
6-8 oz. feta cheese, crumbled
2-3 cloves garlic, minced
pepper to taste
1 pound pasta, cooked al dente
extra virgin olive oil

In a large bowl mix tomatoes with most of their oil, basil, feta, garlic, and pepper. Add olive oil to cooked pasta to coat lightly. Mix pasta with tomato mix. Serve warm or at room temperature.

Variations: add asparagus, blanched and cut into 1 inch pieces; add toasted pine nuts, or sautéed zucchini; substitute goat cheese for feta.
Open Sesame Pick-Up Sticks

1 egg
1 tbsp. water
1 tsp. Dijon mustard
3 oz. (¾ cup) grated Asiago cheese
4½ tsp. sesame seed
½ tsp. garlic powder
One 11 oz. can Pillsbury® refrigerated breadsticks

Preheat oven to 350 degrees.


Unroll dough; separate into 12 breadsticks. Dip each breadstick into egg mixture; coat with cheese mixture. Twist each breadstick several times. Place 1 inch apart on cookie sheet. Firmly press down ends.

Bake 14 to 19 minutes or until golden brown. Serve warm.

Easy Chocolate Chip Cheesecake Pie

One 6 oz. ready crust graham cracker pie
2 pkg., 3 oz. each, cream cheese, softened
One 14 oz. can condensed milk (Eagle Brand®, NOT evaporated)
1 egg
1 tsp. vanilla extract
1½ cups mini-milk chocolate chips (semi-sweet may be substituted)
1 tsp. flour
¼ cup whipping cream

Preheat oven to 350 degrees.

With mixer, beat cheese until fluffy; gradually beat in sweetened condensed milk until smooth. Add egg, vanilla, mix well. Toss 1 cup chips with flour, stir into cheese mixture. Pour into pie crust. Bake 35 minutes or until center springs back when lightly touched. Cool and top with glaze. Serve chilled. Refrigerate leftovers.

Chocolate glaze: melt remaining ½ cup mini-milk chocolate chips with ¼ cup whipping cream; cook and stir until thickened and smooth. Immediately spread over pie.

To prevent chocolate chips from floating to bottom of pie, sprinkle chips after baking cheesecake for 5 - 10 minutes.
**Chocolate Chip Blonde Brownies**

1/2 cup butter  
1 cup brown sugar  
1 tbsp. hot water  
1 egg  
1/2 tsp. vanilla  
1 cup flour  
1/2 tsp. baking powder  
1/8 tsp. baking soda  
1/2 cup nuts (pecans preferred)  
One 6-oz. package chocolate or butterscotch chips


**Sausage and Mushroom Stew**

2 tbsp. olive oil  
2 onions, chopped  
salt & pepper  
4 hot chicken or turkey sausages  
2 cups chicken broth  
4 large portabella mushrooms sliced  
1 1/2 lbs. butternut squash cut in pieces  
1 tbsp. thyme  
2 stalks of broccoli cut in pieces  
Parmesan cheese (for sprinkling)

In a large casserole heat oil and cook onions with salt & pepper for a few minutes. Add sausages & cook until browned (5-10 min.) Add 1/2 cup chicken broth and mushrooms. Cook 5 minutes longer. Stir in squash and half of thyme. Add remaining 1 1/2 cups of broth and bring to boil, then lower the heat. Cover the pan and simmer the stew for approximately 15 minutes or until the squash is tender. Remove a few pieces of squash, mash them and return to the pan to thicken.

Remove sausages, cut into pieces and add them to the stew. Add broccoli. Cover the pan and cook for 3 minutes until broccoli is tender. Sprinkle stew with remaining thyme; add more salt & pepper if necessary. Add some water if stew is too dry.

Serve in bowls and sprinkle with Parmesan cheese.
Santa Fe Cornbread

1 package Jiffy® cornbread mix
4 oz. shredded pepper jack cheese
1 ear fresh corn
1/2 minced onion, sautéed in 1 tsp. butter, then cooled
1 tbsp. diced and drained jalapeño pepper

Prepare cornbread mix as directed on package. Add cheese, fresh corn cut from the cob, onions, and jalapeño, mixing well. Bake as directed and serve.

Chocolate Coma Cookies

1 cup blanched, slivered almonds
4 oz. bittersweet chocolate
1 cup dried, tart cherries
12 oz. semisweet chocolate chips
2 cups rolled oats
2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 sticks butter, softened
1 cup dark brown sugar, packed
1 cup sugar
2 eggs
1 1/2 tsp. vanilla extract

Preheat oven to 350 degrees. Grease 2 cookie sheets.

Toast almonds over medium-low heat in a non-stick pan, stirring constantly for 5-10 minutes until they just start to turn brown and emit a nutty aroma. Turn onto a plate to cool.

Chop bittersweet chocolate into small chunks, no larger than chocolate chips, and set aside.

In a large bowl, beat butter until creamy. Add sugars and beat until light and fluffy, about 4 min-
utes. Add the eggs and vanilla, beating until well combined. Add dry ingredients to mixture and beat at low speed until well combined. Add chopped chocolate, chocolate chips, cherries, and almonds. Mix well by hand until all ingredients are thoroughly incorporated. Drop by tablespoonful onto cookie sheets, 2 inches apart. Bake 12-14 minutes.

Roasted Root Vegetables with Rosemary

1 sweet potato
1 turnip
1 parsnip
1 potato
3 carrots
1 1/2 cups butternut squash
10 shallots
4 garlic cloves
3 tbsp. olive oil
3 tbsp. rosemary
1/2 tsp. salt
1/2 tsp. pepper
3/4 cup water

Preheat oven to 400 degrees.

Cut all vegetables into 2 inch pieces. Place in a large casserole or 9x13 inch baking dish. Sprinkle with olive oil, rosemary, salt, pepper, and water. Bake for 20 minutes. Stir. Bake an additional 15 minutes until vegetables are tender.
Roasted Parmesan Potatoes

Cooking spray
Potatoes, cut into bite-size pieces
Grated Parmesan cheese
Italian seasoning
Pepper

Preheat oven to 375 degrees. Spray shallow baking dish with cooking spray.

Spray potatoes lightly with cooking spray, stirring to coat; spread to dish. Mix remaining ingredients (about ¼ cup cheese to ¼ tsp. Italian seasoning and ½ tsp. pepper). Sprinkle lightly over potatoes. Bake about 45 minutes or until tender.

Chocolate Drop Cookies

2 cups sugar
½ cup milk
½ cup butter or margarine
3 cups rolled oats
6 tbsp. cocoa
1 tsp. vanilla
½ tsp. salt (optional)
1 cup coconut (optional)

Mix first three ingredients in a medium saucepan. Bring just to a boil. Add remaining ingredients, mixing well. Drop by teaspoonful onto greased cookie sheet and refrigerate.
**Chocolate Shortbread Logs**

2 cups flour  
1/2 cup powdered sugar  
1 cup butter or margarine, softened  
1 tsp. vanilla  
One 6-oz. package Nestlé® semi-sweet chocolate chips

Preheat oven to 350 degrees.

Combine first four ingredients, blending thoroughly. Take teaspoonfuls of dough and shape into 2 inch logs. Bake on ungreased cookie sheet for 13 minutes. Cool.

Melt chocolate chips and shortening together in microwave. Dip tips of logs into chocolate. Place on wax papered cookie sheets and chill for 1 hour.

**Pizza Dip**

8 oz. container of soft cream cheese with onion and chives  
1/2 cup chunky pizza sauce  
1/2 cup chopped bell pepper  
1/2 cup shredded mozzarella cheese  
1/2 cup shredded cheddar cheese

Preheat oven to 350 degrees. Layer ingredients in order given in an ungreased 1 1/2 quart pan or 9 inch pie plate. Sprinkle with chopped olives and tomatoes on top. Serve hot with bagel chips.
**Mediterranean Crescent Pinwheels**

Two 8-oz. cans Pillsbury® refrigerated crescent dinner rolls
1 lb. prosciutto or cooked ham, thinly sliced
8 oz. (2 cups) crumbled feta cheese
1 tsp. pepper
2 tbsp. olive or vegetable oil
3/4 cup chopped basil

Preheat oven to 375 degrees. Spray cookie sheets with cooking spray.

Separate dough into 8 rectangles; place on lightly floured surface. Firmly press perforation to seal. Press or roll each to form 8 x 5 inch rectangle. Arrange 1/8 of prosciutto slices evenly over each rectangle.

In small bowl stir together cheese, pepper and oil. Sprinkle mixture evenly over prosciutto on each rectangle. Sprinkle with basil. Starting at short side of each rectangle, roll up; seal long edges. With serrated knife cut each roll into 5 slices. Place, cut side up, on cookie sheets.

Bake 15 - 20 minutes or until golden brown. Remove from cookie sheet. Serve warm.

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**Chocolate Tortilla Cake**

5 soft flour (not corn) tortillas, 8-10 inches in diameter
1 pint sour cream
2 tbsp. confectioners' sugar, separated
8 oz. semi-sweet chocolate chips
1/2 tsp. cinnamon

Topping: 1 pint heavy cream whipped with 1 tbsp. confectioners' sugar

Melt chocolate. Blend in confectioners' sugar, sour cream, and cinnamon. Let cool a little while. Layer tortillas and chocolate mixture. Chill for 6-8 hours. Top with whipped cream just before serving.
**Christmas Rainbow Cake**

1 white cake mix
One 3-oz. package raspberry flavored Jell-O®
One 3-oz. package lime flavored Jell-O®
2 cups boiling water
One 9-oz. container Cool Whip®

Prepare cake mix as directed for 2 layer cake. Cool in pans for 20 minutes. Poke with fork at 1/2-inch intervals. DO NOT remove from pans. Dissolve each package of Jell-O® separately in 1 cup of boiling water. Pour raspberry Jell-O® over one layer of cake, and lime Jell-O® over the other. Chill for 4 hours. Remove one layer from pan onto serving plate. Top with 1 cup of Cool Whip®. Remove second layer onto first layer. Frost top and sides with remaining Cool Whip®. Chill.

**Packet Potatoes**

1 sheet (18x24 inches) heavy duty aluminum foil
1 small onion, thinly sliced
4 medium potatoes, cut into bite-size pieces
2 tbsp. olive oil
1 tsp. seasoned salt
1/2 tsp. dill weed (optional)
1/4 tsp. pepper

Preheat oven to 450 degrees or grill to medium high. Spray center of aluminum foil with cooking spray. Center onion on foil. Layer potatoes evenly over onion. Drizzle with olive oil. Sprinkle with salt, dill, and pepper. Bring up sides of foil and double fold. Double fold ends, leaving room for heat circulation. Bake 30-35 minutes or grill 15-20 minutes in covered grill.
**Mango Slaw**

- 6 cups sliced Napa cabbage
- 1 cup sliced red cabbage
- 1 small jicama, cut thin
- 1 red pepper, chopped
- 6 scallions, chopped
- 1 mango, sliced
- ½ cup dried cranberries

**Dressing**
- 1 cup chopped cilantro
- ¼ cup lime juice
- 1 tbsp. vinegar
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. Dijon mustard
- ¼ cup oil

Combine cabbages, jicama, pepper, scallion, and cranberries in a bowl. Whisk dressing ingredients well and toss with slaw. Fold in mango slices and serve.

**Conga Bars**

- 1 stick of butter
- Graham crackers
- 1 can sweetened condensed milk (Eagle Brand®)
- 12 oz. pkg. of chocolate chips
- Coconut
- Walnuts

Preheat oven to 375 degrees.

Place stick of butter in a 9x13 inch pan. Put in oven, until butter is completely melted. Take pan out of oven. Sprinkle layer of graham cracker crumbs, not too thick, into pan. Mix together the can of sweetened condensed milk and the chocolate chips, and spread onto the graham cracker crumbs. Sprinkle with a layer of coconut and layer of chopped walnuts.

Bake for 17 minutes; sides should be a little brown. Let cool before cutting.
**Cookie Dough Brownies**

**Brownies**
- 2 cup sugar
- 1 1/2 cups flour
- 1/2 cup unsweetened cocoa
- 1/2 tsp. salt
- 1 cup vegetable oil
- 4 eggs
- 2 tsp. vanilla
- 1/2 cup chopped walnuts

**Cookie Dough Topping**
- 1/2 cup butter, softened
- 1/2 cup brown sugar, packed
- 1/4 cup sugar
- 2 tbsp. milk
- 1 tsp. vanilla
- 1 cup flour

**Glaze**
- 1 cup chocolate chips
- 1 tbsp. oil or shortening
- 3/4 cup chopped walnuts


Glaze: Melt chips and shortening in microwave or saucepan, stirring until smooth. Spread over chilled cookie dough. Immediately sprinkle with nuts, pressing down slightly.

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**Mango Salsa**

- 2 mangos, peeled and chopped coarse
- 1/2 cup red onion, chopped fine
- 1/2 cup cilantro, chopped coarse
- Juice of 1 lime
- 1/2 jalapeño, chopped fine
- Black beans, drained

Mix all ingredients together. Allow to marinate at room temperature for 1-2 hours. Refrigerate and serve.
**Lettuce Noodle Salad**

1 head iceberg lettuce, shredded  
4 stalks scallions, chopped  
1 can chow mein noodles  
3 oz. sunflower seeds

**Dressing**  
6 tbsp. rice vinegar  
4 tbsp. dark brown sugar  
½ cup oil

Mix lettuce and scallions. Just before serving add noodles, seeds, and dressing. Dressing can be made ahead of time and refrigerated.

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**Cream Cheese Sugar Cookies**

1 cup sugar  
1 cup butter, softened  
One 3-oz. package cream cheese, softened  
½ tsp. salt  
½ tsp. almond extract  
½ tsp. vanilla extract  
1 egg yolk  
2 ¼ cups flour

Preheat oven to 375 degrees.

In a large bowl, combine sugar, butter, cream cheese, salt, almond and vanilla extracts, and yolk. Beat until smooth. Stir in flour until well blended. Drop by tablespoon onto ungreased cookie sheet about 1 inch apart. Bake for 7-10 minutes, until light and golden brown.

Alternative: Chill the dough for at least 8 hours. Roll out to ½-inch thickness and cut into desired shapes. Bake as above.
**Dried Cranberry and Chocolate Biscotti**

3 eggs  
\( \frac{3}{4} \) cup sugar  
\( \frac{3}{4} \) cup brown sugar  
1 tsp. vanilla  
\( \frac{3}{4} \) cup vegetable oil  
3\( \frac{1}{2} \) cups flour  
2 tsp. baking powder  
pinch of salt  
\( \frac{1}{4} \) tsp. cinnamon  
1 cup dried cranberries  
\( \frac{1}{4} \) cup cocoa

Preheat oven to 350 degrees. In a large bowl mix eggs, sugars, vanilla and oil. Combine flour, baking powder, salt and cinnamon. Add to egg mixture. Stir in cranberries. Separate dough into 4 equal pieces (dough will be sticky, but you should be able to handle it; if not add more flour). Form dough into logs and place on ungreased cookie sheet at least 3 inches apart. You may need 2 cookie sheets. Slightly flatten logs and bake for approximately 25 minutes until firm to the touch. Cool slightly. Slice each log on the diagonal with a serrated knife, making 1 inch slices. Return to baking sheet and bake an additional 5-10 minutes until slightly toasted.

**Korozot (Hungarian Cheese Spread)**

\( \frac{1}{2} \) lb. farmer cheese or feta  
\( \frac{1}{4} \) lb. cream cheese  
\( \frac{1}{2} \) stick butter, softened  
3 tbsp. sour cream  
1 tsp. prepared mustard  
2 scallions, chopped  
2 tsp. mild paprika  
2 tsp. caraway seeds  
salt & pepper to taste  
1 tsp. capers (optional), mashed  
parsley for garnish  
\( \frac{1}{4} \) tsp. hot paprika or cayenne

Mash first 9 ingredients with fork. Mound the blended mixture on a plate. Garnish with parsley and capers. Sprinkle with hot paprika or cayenne. Serve with crackers or pumpernickel bread.
Fantasy Fudge

¾ cup butter
3 cups sugar
One 5-oz. can evaporated milk
12 oz. bag Nestlé® semi-sweet chocolate chips
One 7-oz. jar marshmallow Fluff®
1 tsp. vanilla
chopped nuts (optional)

Grease 9x13 inch pan. Slowly bring butter, sugar, and milk to a boil. Boil 5 minutes, stirring most of the time. Add chocolate chips. Stir well. Add Fluff®, stir until blended. Stir in vanilla and nuts. Pour into pan, cool at room temperature 2-3 hours. Cut into small squares. Store in an air-tight container.

“What’s better than a cream chocolate?”
Lime Mousse Cake

Crust
2 cups ground ginger snaps (about 38 cookies)
2 tbsp. sugar
5 tbsp. unsalted butter, melted

Filling
6 tbsp. Key lime juice or fresh lime juice
1 envelope unflavored gelatin
2½ cups chilled whipping cream
9 oz. good quality white chocolate (such as Lindt® or Baker’s®), chopped
Three 8 oz. packages cream cheese at room temperature
1 cup sugar
1½ tbsp. grated lime peel

For crust, combine ingredients and mix until moist clumps form. Press mixture onto bottom and one inch up sides of 10 inch springform pan.

For filling, place lime juice in a bowl and sprinkle gelatin over it to soften. Bring ½ cup whipping cream to simmer in medium saucepan. Remove from heat. Add white chocolate and stir until melted and smooth. Cool slightly. Beat cream cheese, sugar, and lime peel in a large bowl to blend. Slowly beat white chocolate mixture into

French Toast Breakfast Casserole

Make this the day before:

8 - 10 "Thick Sliced" Pepperidge Farm® cinnamon bread - remove crusts
6 eggs
½ cup sugar
2 cups eggnog (OR whole milk OR buttermilk)
dash of nutmeg
1 tsp. cinnamon
2 tbsp. melted butter

Preheat oven to 350 degrees.

Melt the butter in a 9x13 inch glass baking dish. Place pieces of bread in bottom of buttered dish so that it is entirely covered. Mix remaining ingredients and pour over bread. Refrigerate overnight. Bake, uncovered, for 45 minutes. Serve with syrup.
cream cheese mixture. In another bowl, beat remaining 2 cups of cream until peaks form. Fold into white chocolate mixture. Pour filling into prepared crust. Cover and refrigerate overnight.

The Cake Tins looked pleased.
Maine Blueberry Pie

Pie crusts for 2 crust pie
1 cup sugar
4 cups blueberries
2 tbsp. flour
dash salt
¼ tsp. nutmeg
¼ tsp. cinnamon
1 tbsp. butter
drops of lemon juice

Preheat oven to 425 degrees.

Line pie plate with crust. Mix sugar and flour. Spread ¼ of sugar-flour mixture on piecrust. Fill with blueberries. Sprinkle the rest of sugar-flour mixture over blueberries. Add salt, lemon juice. Sprinkle with nutmeg and cinnamon. Dot with butter. Cover with piecrust, pinching sides and cutting slits in top. Place cookie sheet under to catch drippings. Bake for 40 minutes.

Fish Stew

1/4 cup olive oil
1 tsp. crushed red peppers flakes
1 tin flat fillets of anchovies, drained
6 cloves of crushed garlic
1 bay leaf
2 ribs of celery
1 onion chopped
1 cup white wine
14 oz. chicken stock
One 28-oz. can chunky style crushed tomatoes
1 tbsp. thyme
chopped parsley (handful)
1 lb. white fish (cod) cut in chunks
salt and pepper
8 lg. shrimp (peeled)
8 sea scallops
1 lb. raw mussels

In a large pot heat oil. Add crushed pepper, anchovies, garlic, and bay leaf. Let anchovies melt into oil. Add celery & onion and sauté until soft. Add wine, reduce for 1 minute. Add chicken stock, tomatoes, thyme and parsley, bring to a bubble and reduce to medium heat. Season fish with salt & pepper and add to the sauce. Simmer 5 minutes. Add shrimp, scallops, mussels and cover the pot.

Cook 10 minutes. Uncover and remove any uncooked/unopened mussels. Serve stew in bowls with crusty bread.
**Feta-Chick Pea Salad**

4 oz. feta cheese, crumbled  
1 medium tomato, chopped  
1 can chick peas, drained  
3 tbsp. scallions chopped

**Dressing**  
2 tbsp. Italian dressing  
2 tsp. mayonnaise  
2 tsp. lemon juice  
½ tsp. Dijon mustard  
¼ tsp. each salt, pepper, oregano

In a small bowl, combine cheese, tomato, chick peas, and scallion. Mix dressing ingredients in a separate bowl. Pour dressing over cheese mixture and toss gently. Serve as a side dish or in pita bread.

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**Mint Brownies**

2 squares unsweetened chocolate  
½ cup butter  
1 cup sugar  
2 eggs, beaten  
½ tsp. vanilla  
½ cup flour

**Frosting**  
3 tbsp butter, melted  
1½ cup confectioners’ sugar  
1½ tbsp. cream or milk  
1½ tsp. peppermint extract  
food coloring

**Glaze**  
1 square unsweetened chocolate  
1 tsp butter

Preheat oven to 350. Grease 8x8 inch pan.  


Over low heat, melt chocolate and butter; spread quickly over cooled, frosted brownies. Refrigerate for 20-30 min. before cutting (if you cool them too long the chocolate on top cracks).
**Oatmeal Raisin Cookies**

- ½ cup butter, softened
- ½ cup sugar
- ½ cup brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 cup flour
- 1 cup quick oats (not instant)
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1½ cups raisins

Preheat oven to 350 degrees. Grease cookie sheets.


**Crabmeat Dressing**

- 1 cup chopped celery
- 1 cup chopped onion
- ½ stick margarine or butter
- 1 pkg. mushrooms
- 16 oz. pkg. stuffing mix
- 1½ cup mayo
- ½ cup chicken broth
- 2 cans crabmeat
- ½ pt. cream

Preheat oven to 350 degrees. Grease bottom of 9x13 inch pan.

Sauté celery, onion, mushrooms, in butter until soft. Place on bottom of greased 9 x 13 pan. Blend mayo, chicken broth, cream, and crabmeat. Stir into stuffing mix and pour over vegetables. Cover with foil and bake at for 25 minutes. Remove foil and brown.
**Cocktail Meatballs**

1 lb. ground beef  
½ cup dry breadcrumbs  
⅓ cup minced onion  
¼ cup milk  
1 egg  
1 tbsp. snipped parsley  
1 tsp. salt  
½ tsp. pepper  
½ tsp. Worcestershire sauce  
⅛ cup shortening for frying  
One 12-oz. bottle of chili sauce  
One 20-oz. jar of grape jelly

In a large bowl mix first 9 ingredients. Gently shape into 1 inch balls. In a large skillet, heat oil. Brown meatballs and remove from skillet. Pour off fat. Heat chili sauce and grape jelly in skillet, stirring constantly until jelly is melted. Add meatballs and stir until thoroughly coated. Simmer uncovered for 30 minutes.

**Peanut Butter Surprise Cookies**

1 cup margarine  
1 cup sugar  
1 cup brown sugar  
1 cup peanut butter  
2 eggs  
1 tsp. vanilla  
2½ cups flour  
1 tsp. salt  
1 tsp. baking powder  
1 tsp. baking soda  
sugar  
14 oz. bag Hershey® kisses (unwrap before baking)

Preheat oven to 350 degrees.

In a large bowl, combine first 6 ingredients. Mix at medium speed until fluffy. With mixer at low speed add next 4 ingredients and mix until blended. Roll dough into 1" balls and roll in sugar. Place on ungreased cookie sheets and bake for 12-15 minutes. Remove from oven and immediately press a kiss into center of each cookie. Cool in refrigerator. Makes 6-7 dozen.
**Peanut Crunchies**

3 cups sugar  
1½ cups dark corn syrup  
3 cups peanut butter  
15 cups cornflakes


**Clam Chowder**

2 cans diced clams  
2 cups diced potatoes  
1 cup chopped onion  
1 cup diced celery  
1 pint half-and-half  
1 pint milk  
¾ cup flour  
½ tsp. sugar  
1½ tsp. salt  
1 cube butter

Drain juice from clams into saucepan. Set clams aside. Add potatoes, onions, and celery. Add enough water to cover. Simmer 20 minutes or until tender. Make a white sauce with the rest of ingredients. Add vegetable mix (do not drain) and clams. Simmer until done.
Chili

3 tbsp. vegetable oil
1 small onion, chopped
1 lb. ground beef
1 can kidney beans
2 cans stewed tomatoes
2½ tsp. chili powder
salt
paprika

Heat oil in heavy frying pan; add onion and cook for 2 minutes. Add ground beef; stir and cook 5 minutes. Drain excess liquid. Add kidney beans, tomatoes and chili powder, simmer for about 1 hour until thick. Season with salt and paprika to taste.

Poor Man’s Cake

1 cup raisins
1½ cups water
½ cup shortening
1 tsp. vanilla
1 cup sugar
1 tsp. baking soda
½ tsp. cinnamon
2 cups flour
½ tsp. salt
½ tsp. nutmeg (optional, use cinnamon instead)
1 egg
1 cup chop nuts

Frosting

3 oz. pkg. of cream cheese
1 cup of confectioners’ sugar
1 tsp. vanilla

Boil the raisins, water and shortening for 15 minutes, cool then add vanilla. Preheat oven to 325 degrees. In large mixing bowl prepare sugar, baking soda, cinnamon, flour, salt, nutmeg, egg and nuts. Add raisins that were boiling, mix together, then spread on cookie sheet. Bake for ½ hour.

Frosting:

Beat cream cheese, confectioners’ sugar, and vanilla. Add sugar slowly. Frost cooled cake.
Pumpkin Cheesecake

1/4 cup graham cracker crumbs
4 packages cream cheese, softened
1 1/2 cups sugar
5 eggs
1/4 cup flour
1/4 tsp. salt
One 16 oz. can pumpkin
1 tsp. cinnamon
1/2 tsp.
1/4 tsp. cloves
1/4 tsp. nutmeg
whipping cream

Preheat oven to 325 degrees. Grease bottom and sides of 10" springform pan. Sprinkle with cracker crumbs. Coat all sides, letting excess crumbs remain on bottom. Beat cream cheese until fluffy. Beat in sugar slowly. Add eggs one at a time, beating well between each addition. Beat in flour, salt, pumpkin, and spices. Pour in pan. Bake 1 1/2 hours until firm around edges and soft in center. Top of cake will be cracked. Turn off heat, open oven door and let cake cool in oven 30 minutes. Remove from oven, place on wire rack, remove sides from pan and chill.

Cheesy Potatoes

2-lb. bag uncooked hash browns, thawed
1/2 cup melted butter
1/2 tsp. salt
1/2 tsp. pepper
1 can cream of chicken soup
2 cups sour cream
1/2 cup finely chopped onion
1/2 cup shredded mild cheddar cheese

Preheat oven to 350 degrees. Grease 9x13 inch pan.

Pour hash browns in pan. In a bowl, mix together all other ingredients except cheddar cheese. Pour evenly over hash browns. Sprinkle cheese over top. Bake for 1 hour, until bubbling in center.
BLT Salad

1 lb. bacon
3/4 cup mayonnaise
1/4 cup milk
1 tsp. garlic powder
1/2 tsp. pepper
salt to taste
1 head romaine lettuce, shredded
2 large tomatoes, chopped
2 cups seasoned croutons

Cook bacon, drain, crumble, and set aside. In a blender or food processor, blend mayonnaise, milk, garlic powder, and pepper until smooth. Combine lettuce, tomatoes, and bacon in a large salad bowl. Toss with dressing and top with croutons. Serve immediately.

Pumpkin

1 small (7 inch) pumpkin
2 cups chopped apples
1 cup raisins
1 cup walnuts
1/3 cup sugar
1 tbsp. lemon juice
1/4 tsp. cinnamon
1/4 tsp. nutmeg

Preheat oven to 350 degrees. Cut top off of pumpkin. Scoop out and discard insides. Mix above ingredients and fill pumpkin with them. Bake in pumpkin on baking sheet for 1 1/2 hours. Serve warm from pumpkin.
Sour Cream Coffeecake

3/4 cup butter or margarine, softened
1 1/2 cups sugar
3 eggs
1 1/2 tsp. vanilla
3 cups flour
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda
1/4 tsp. salt (optional)
2 cups sour cream

Filling
1 cup dark brown sugar
1 cup chopped walnuts
1 tbsp. cinnamon

Preheat oven to 350 degrees. Grease two 9x5x3 loaf pans. In a small bowl mix filling ingredients; set aside. In a large bowl combine butter, sugar, eggs, and vanilla. Mix in flour, baking powder, baking soda, and salt until well blended. Add sour cream. Pour into pan alternating batter, filling, batter, filling. Repeat in second pan. Bake for 1 hour.

Beef Stew

1 lb. lean stew beef
1 lb. baby carrots
4 med. red potatoes, diced
4 stalks celery, diced
1 onion, peeled and diced
One 10 3/4 oz. can reduced fat tomato soup
1 cup red wine or cooking wine
4 cloves garlic, peeled and minced (bottled is fine)
1 bay leaf
4 whole cloves
salt & pepper to taste
One 10 oz. pkg. frozen peas

Place all ingredients except peas in a slow cooker. Cover and cook on low for 8 - 10 hours. Stir in peas. Remove bay leaf and cloves before serving.
Artichoke Dip

One 15 oz. can artichoke hearts (not marinated)
8 oz. cream cheese, softened
½ cup mayonnaise
4 oz. shredded mozzarella
½ cup grated Parmesan
½ tsp. garlic powder
1 tsp. horseradish
large round bread loaf

Preheat oven to 350 degrees. Grease 2 qt. casserole.

Drain artichokes well. In a large mixing bowl, mash artichokes with fork to loosen. Beat all ingredients together, and pour into casserole. Bake for 15 minutes. Cut a circle out of the top of bread loaf; pull out bread, leaving a firm crust. Cut bread (including the circle) into bite size pieces for dipping, and pour hot dip into bread.

Strawberry Super Pie

Crust
¾ cup unsalted butter, melted
1½ cups flour
1 tbsp. confectioners' sugar
¾ cup chopped pecans

Topping
2 lbs. strawberries, divided
½ cup water
1 cup sugar
3 tbsp. cornstarch

Filling
1¼ cups whipping cream
¼ lb. cream cheese, softened
¾ tsp. vanilla extract
½ cup confectioners' sugar

Preheat oven to 375 degrees. Grease 10 inch pie plate.

For crust, mix ingredients and press into pie plate. Bake for 25 minutes until light golden brown. Allow to cool completely.

For topping, mash enough strawberries to make 1 cup. Cut tops off the rest of the strawberries and
set aside. Place mashed berries in saucepan; add water, sugar, and cornstarch. Bring to a boil, stirring. Boil about 1 minute until clear and thickened. Set aside to cool.

For filling, whip cream until stiff. In another bowl, beat cream cheese with vanilla and confectioners' sugar. Carefully fold whipped cream into cream cheese mixture. Spread in cooled crust and refrigerate.

When berry mixture is cooled, stack cut strawberries onto filling cut side down, covering the pie. Pour berry mixture over the top, filling in crevices. Don't overload with berry mixture. Refrigerate. Any leftover berry mixture is great on toast.
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Most of the images in Chewy Dewey have been scanned from Mary Frances' First Cook Book: Adventures Among The Kitchen People, by Jane Eayre Fryer, illustrations by Margaret G. Hayes and Jane Allen Boyer, 1912. This delightful book is part of the Ruth Graves Wakefield Collection of cookbooks in the Whittemore Library's Special Collections Department.

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Introduction

During the late 1970s, a small cookbook featuring favorite recipes from the staff of the Henry Whittemore Library at Framingham State College was produced as a way to showcase their talents. Since that time, Library employees have come and gone, but the cookbook idea was never revived, until now. After having taken pleasure in many birthday parties and potluck luncheons where the staff shared a wonderful wealth of culinary concoctions, the idea for a new cookbook was born. In exhibiting their culinary talents, the staff is sharing with you some of our favorite recipes that we hope you will find easy to make, healthy, and delicious. We also hope to promote for a new generation the talents of the staff of the Whittemore Library. Enjoy!
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