



# RECIPE BOOK

# RECIPES FROM THE ECHO

Linda Scharek asked for a “Recipe Of The Month” column [in the ECHO], so here it is. (Nov 2017 ECHO)

## **Contributors:**

Linda Scharek – Originator and main contributor

Community- So many recipes donated by CCC residents

‘Book’ compiled by Dan Kane

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Nov 2017

Linda Scharek asked for a "Recipe Of The Month" column, so here it is.

## RECIPE OF THE MONTH

by Marcia Arnold

### STROMBOLI

1 package refrigerated pizza crust  
15 slices of pepperoni  
5 slices of hard salami  
15 slices of mozzarella cheese  
Egg wash  
1 tsp of oregano, basil and parmesan cheese

Preheat oven to 400 degrees. Spread pizza dough edge to edge out onto to a 11x16 pan lined with parchment paper. Placed sliced pepperoni in rows across the pizza dough, place the sliced mozzarella cheese in row on top of the pepperoni. Top the mozzarella with the hard salami. Sprinkle the oregano and basil onto of the hard salami. Roll the pizza dough up like a jelly roll lengthwise starting at the long edge. Seal all edges. Brush the Stromboli with the egg white and sprinkle with the parmesan cheese.

Bake for 10 minutes or until golden. Let rest before slicing. Enjoy!!!

Dec 2017

## RECIPE OF THE MONTH

Linda Scharek

This pie tastes just like Baklava but it is much easier to make.

### GREEK WALNUT PIE

1 box Pillsbury® refrigerated pie crusts, softened as directed on box  
2 1/2 cups finely chopped walnuts  
1/4 cup packed brown sugar  
2 tablespoons granulated sugar  
1 1/2 teaspoons ground cinnamon  
3/4 cup butter or margarine, melted, cooled  
3/4 cup honey  
1 tablespoon lemon juice

Heat oven to 325°F. Spray 9-inch glass pie pan with cooking spray. Make pie crusts as directed on box for Two-Crust Pie using sprayed pie pan.

In medium bowl, mix walnuts, brown sugar, 2 tablespoons granulated sugar and the cinnamon. Pour and evenly spread 1/4 cup of the cooled melted butter over bottom of pie crust. Spread walnut mixture evenly over butter. Drizzle another 1/4 cup butter over nut mixture.

Top with second crust; seal edge and flute. Cut large slits in several places in top crust for steam to escape and honey mixture to seep in. Drizzle remaining 1/4 cup butter evenly over top crust.

Bake at 45 to 55 minutes or until golden brown. About 5 minutes before removing pie from oven, in 1-quart saucepan, cook honey and lemon juice over medium heat, stirring frequently, until mixture has a watery consistency.

Remove pie from oven; place on wire rack. Slowly pour hot honey mixture evenly over top of hot pie, making sure it seeps into slits in top crust. Cool at least 3 hours before serving.

Serve with cool whip or fresh whipped cream.

Jan 2018

### RECIPE OF THE MONTH

Linda Scharek

#### 7 LAYER SALAD

by Barbara Sucharda

Peas (small bag)  
Lettuce (shredded)  
Onion (1 medium, sliced)  
Celery (1/2 bunch, sliced)  
Red or Green Pepper (sliced)  
4 Hard Boiled Eggs (sliced)  
1 lb Bacon (crisp pieces)  
4 oz Cheddar Cheese (shredded)  
2 cups Mayo  
2 tbsps sugar  
Cooked Noodles (optional)

Layer each ingredient into a 9 x 13 dish

Chill

Feb 2018

### SKINNY PEPPERONI PIZZA CHICKEN

by Lois Koehler

2/3 cup diced onions  
1 1/3 cup pizza sauce  
8 slices turkey pepperoni, cut into pieces ( I usually use more than 8 slices )  
4 chicken breasts pounded thin  
1 cup reduced fat shredded mozzarella cheese

1. Preheat oven to 350 degrees. Coat a baking pan with cooking spray.
2. Place onions in a small microwave safe bowl. Cook in microwave for about 1 minute to soften. Mix onions into pizza sauce.
3. Place chicken breasts in pan. Top each breast with 1/3 cup pizza sauce. Place 2 slices of chopped pepperoni on top of each breast. Sprinkle each with 1/4 cup cheese.
4. Place pan in oven and bake for 25-30 minutes until chicken is cooked through.

Mar 2018

CHICKEN SALAD BAKE  
Darleen Poosch

4 cups diced, cooked chicken (approximately 6 halves)  
2 cups chopped celery  
2 tbsp minced onion  
2 tbsp lemon juice  
1/2 tsp salt  
1/4 cup slivered almonds  
1 cup mayonnaise  
1 can sliced water chestnuts, drained  
1 can chopped mushrooms or lots of fresh mushrooms  
Dried cranberries or cherries (optional)

1 cup grated cheddar cheese or your choice  
1 cup crushed potato chips

Mix first 9 (or 10) ingredients in a casserole dish.  
Sprinkle cheese and chips on top.

Bake in preheated 450 degree oven for 20 minutes  
or until cheese and chips are golden  
brown. Serves 6.

This dish can be prepared in advance and stored  
in the refrigerator until ready to bake.

Apr 2018

CALULIFLOWER-BROCCOLI SALAD

by Carolyn Tolzmann

1 Head of Cauliflower - Broken into bite size pieces  
1 Bunch of Broccoli - Broken into bite size pieces  
1/2 Pound Bacon - Cooked and crumbled  
1/2 Cup Chopped Onion  
1 or 2 Packages Craisens ( I used 2 packages )

Mix together:

1 Cup Mayonnaise  
1/2 Cup Sugar  
2 Tablespoons Vinegar ( Cider or Rice )

May 2018

### SCALLOPS ST JACQUES

Prepare 1 cup of white sauce and add parmesan cheese (approx 1/2 to 3/4 cups) and 2 tbsp white wine.

1/2 bag frozen Bay Scallops (thaw, rinse and pat very dry)

Divide scallops in half and place in 2 ramekins. Pour sauce over scallops and sprinkle with bread crumbs, thyme, onion powder and parmesan cheese.

Spray crumbs with butter (or dot with butter).

Bake 400 degrees 10-15 minutes.

Can be made ahead of time and refrigerated.

### EASY ICE CREAM CAKE

6 Ice Cream sandwiches

8 oz Cool Whip

1/2 cup mini chocolate chips

Line an 8-1/2 x 4-1/2 loaf pan with a piece of wax paper or parchment, allowing the paper to hang over both long sides.

In the bottom of loaf pan, arrange 1 layer of sandwiches (cut to fit). Spread 1/3 Cool Whip on top. Repeat with the remaining sandwiches and Cool Whip. Sprinkle top with mini chips. Cover with plastic wrap and freeze until firm.

June 2018

### Addicting Dip

(because you just want to keep eating it)

Lisa Armstrong

Garlic powder

2 8oz packages of cream cheese

1-2 TB milk

4 green onions, finely chopped including tops

1 package Carson's dried beef - near packaged meats in cold section. It's the best. Can use Buddigs too but Carson's is the best and found at Publix.

Chop green onions including tops. Chop the dried beef.

Soften cream cheese in glass bowl in the microwave. Sprinkle garlic powder over it. Add 1 or 2 TB of milk and stir together with a fork until creamy.

Add green onions and beef. Stir all together and refrigerate. It is usually better made the day before.

Great for tailgate parties and family gatherings. Serve with crackers. It's also perfect during the holidays because it is red and green. Enjoy



Jul 2018

**PINEAPPLE SALAD**  
Libbie Krumme

No. 2 1/2 can pineapple	<b>Dressing:</b>
	1 egg, beaten
1/4 lb. cheese cubed	juice from pineapple
1/2 lb. sm marshmallows	2 Tbs. flour
nuts (if desired)	1 Tbs. vinegar
	1 Tbs. butter
	pinch of salt

I like to add some red maraschino cherries for color

Cook dressing until very thick; cool and mix all.

This is a Krumme family recipe with fried carp dinners

**BBQ CHICKEN SALAD**  
Darlene Poosch

2 skinless, boneless chicken breast halves  
4 stalks celery  
1 large red bell pepper  
1/2 red onion, diced  
1 (8.75 oz) can sweet corn, drained  
1/2 cup BBQ sauce  
2 tbsp mayo (fat-free, light or regular)

Preheat grill for high heat, lightly oil grate (or sauté on the stove or use canned chicken). Grill chicken for 10 minutes on each side until juices run clear. Remove chicken from heat, cool and cube. In a large bowl, toss together the chicken, celery, red bell pepper, onion and corn. Mix together the BBQ sauce and mayo. Pour over the chicken and veggies. Stir and chill until ready to serve.

4 servings.

Aug 2018

**ITALIAN DELI TOSS**  
by Carol Magoon

1 box ziti	8 oz. ham
1 lg. pepper	8 oz. salami
1 red pepper	1/3 cup parmesan cheese
1 lg. onion	1/3 cup red wine vinegar
2 cloves garlic	1 tsp. salt
1/3 cup olive oil	1/2 tsp pepper

Cook peppers, onion & garlic in oil.  
Add ham and salami and simmer a few minutes.  
Pour over cooked pasta and toss adding cheese, vinegar, salt and pepper.  
Great for a summer meal.

**HINT:** To hard boil eggs, with no clean up, put your eggs in a muffin tin (don't add water), bake 325 degrees for 30 minutes (x-large eggs, cook for about 33 minutes). When done, put eggs in a bowl of ice water to cool. No fuss, no mess!

# Sep 2018

## Sweet Potato Casserole by Cookie LaPlante



3 cups cooked, mashed sweet potatoes  
3/4 cups granulated sugar  
1/2 tsp fine Mediterranean sea salt or regular salt  
3 tbsp unsalted butter, softened, plus 3 tbsp melted  
2 large eggs, beaten  
1/2 cup whole milk  
1 tsp vanilla extract  
1 cup light brown sugar, packed  
1/3 cup flour  
1 cup chopped pecans

Lightly grease an 8" square casserole. In a large bowl, mix sweet potatoes, sugar, salt and 3 tbsp softened butter until smooth. In a small bowl, combine beaten eggs and milk, stir into potato mixture. Add vanilla, mix well. Pour into prepared baking dish. In a bowl, mix brown sugar, flour and pecans until evenly distributed. Add 3 tbsp melted butter; toss with a fork to form a crumbly mixture. Sprinkle crumb mixture over top of sweet potatoes. Bake, uncovered, at 350 degrees for 35 minutes or until topping is golden brown. Makes 4 servings.



## ANGEL HAIR SALAD by Carolyn Tolzmann

1 lb Angel Hair Pasta - Cooked  
1 Jar Marzetti Cole Slaw Dressing - 15 oz.  
3 Cucumbers - Chopped  
10 Green Onions - White part chopped  
4 Tablespoons Dill Weed

Mix all and Refrigerate overnight

# Oct 2018

## Mississippi Pot Roast by Barbara Calvin



1 (3-4 pounds) chuck roast  
1 packet ranch dressing mix  
1 packet au jus gravy mix  
1/4 cup butter  
4-5 pepperoncini peppers

Place roast in the crock pot and sprinkle the top with the ranch and the au jus mix. Place peppers and pats of butter on top of the mixes. Cook in crock pot on low for 8 hours. Serve with noodles, rice or mashed potatoes.

## Holiday Morning French Toast By Jo Brice



1 cup packed brown sugar  
1/2 cup (1 stick) butter, melted  
3 teaspoon ground cinnamon, divided  
3 apples, peeled, cored, thinly sliced  
1/2 cup dried cranberries  
1 loaf PUBLIX BREAKFAST BREAD (found in the bakery) cut into 1 in. slices  
6 eggs  
1 1/2 cups milk  
1 Tablespoon Pure Vanilla Extract

1. Mix brown sugar, butter & 1 teaspoon of the cinnamon in 13" x 9" baking dish. Add apples & cranberries; stir to coat well. Spread evenly in bottom of baking dish. Arrange bread on top.
2. Mix eggs, milk, vanilla & remaining 2 teaspoons of cinnamon until well blended. Pour mixture over bread, soaking bread completely. Cover with foil. Refrigerate 4 hours or up to 24 hours.
3. Preheat oven to 375. Bake, covered 45 minutes. Uncover & bake 5 minutes longer. Let stand 5 minutes before serving. Serve from baking dish OR loosen edges with small knife & invert onto serving platter. May serve with maple syrup.

Nov 2018

### **Lemon Cake**

by Tamie Russell

1 small box instant lemon pudding  
1 box lemon supreme cake mix  
 $\frac{3}{4}$  cup wesson oil  
 $\frac{3}{4}$  cup water  
4 eggs



Blend all ingredients together, beat at medium speed for 5 minutes. Pour into greased 9 x 13 baking dish, (grease dish with oil) Bake at 350 about 45 minutes (test for doneness)

While cake is baking, mix 2 cups confectioners sugar,  $\frac{1}{3}$ rd cup lemon juice (real lemon), 1 tbsp water. Mix well

When cake is done, take from oven and, while cake is still hot, take a fork and punch holes all over the top. Have holes close together, then spoon icing over cake for a glaze.

NOTES: The original recipe called for real lemon juice, but I prefer to use juice of a fresh lemon. I always use Duncan Hines cake mix, seems to work best.



### **Muffuletta Bread Appetizers**

by Connie Haas

1 loaf Italian bread cut in half lengthwise  
12-16 slices of Hard Genoa Salami, sliced thin  
8-10 slices of Ham, sliced thin  
12-16 slices of Provolone Cheese, sliced thin  
Boscoli Italian Olive Salad (found at Winn Dixie)

Place sliced Salami, Ham and Provolone Cheese on bread. Top with drained Italian Olive Salad. Heat in 350 degree oven for 10 minutes. Cool slightly, then cut in 1 inch slices, then cut the slices in half.

Dec 2018

*Both of these recipes are Weight Watchers*

### **Dump Cake:**

by Cathy Munro

1 box cake mix  
1 bag of frozen fruit  
or can of pie filling or  
fresh fruit



12 oz diet soda. Note: yellow or white cake mix might be better with diet 7 up, chocolate cake mix better with Diet Coke, but any will work.

Pour fruit in bottom of 9 x 13 greased cake pan

Pour dry cake mix over fruit evenly.

Pour 12 oz diet soda over cake mix. Cover with aluminum foil. Bake at 350 for 25 min.

Remove cover & bake another 25 min.

Another variation: use 1 can pumpkin with 1 box spice cake or 1 can pumpkin with 1 box of chocolate cake. Mix together. Bake according to box instructions. Or 1 can pineapple with 1 box angel food cake mix. Mix together. Bake till fork comes out clean. About 25 minutes.

### **Chicken Pot Pie**

by Cathy Munro

1 cup Reduced Fat  
Bisquick  
 $\frac{1}{2}$  cup skimmed milk  
 $\frac{1}{4}$  cup egg substitute

2 cups frozen mixed  
veggies

1 can mushrooms

2 cups chicken ( I use 2 cans canned chicken)

2 cans lower fat soup ( I use 1 can cream of chicken & 1 can cream of mushroom)



Preheat oven to 400. Spray 9 x 13 pan. Mix veggies, chicken, & soup & pour in casserole dish. Mix Bisquick, milk & egg together & pour over chicken mixture. Bake 30 min. Serve & enjoy!



Jan 2019

### Chicken Spaghetti

by Tami Russell

4 cups chicken, cut into bite size pieces  
1-1/2 cups chicken broth  
1 chicken bullion cube (optional)  
1/2 cup bell pepper, chopped  
1 small onion, chopped  
3 celery stalks, chopped  
1 small jar pimento's, chopped  
2 cans cream of mushroom soup  
2-1/2 cups spaghetti, broken into 2" pieces  
1/2 tsp salt  
1/2 tsp pepper  
1 lb grated cheddar cheese



Cook (boil) chicken before cutting into pieces, take chicken broth, add veggies and cook until tender. Cook spaghetti, drain and rinse. Mix spaghetti, all veggies, soup, seasonings and 2/3rd cheese. Put mixture into buttered casserole dish and put remaining cheese on top. Bake 350 until cheese melts (30-40 minutes)

May be made ahead of time and stored in the frig or can be frozen

### SNICKERS SALAD

by Carolyn Tolzmann

4 or 5 Red & Green Apples, Chopped - Do Not Peel  
8 oz. Cream Cheese, Softened  
4 Snickers Candy Bars, Chopped - Full Size  
12 oz. Cool Whip  
3/4 cup Brown Sugar



Mix all together and chill

Feb 2019

### Pumpkin Bars

by Carol Olson

Beat 3-4 minutes  
2 cups sugar  
1 cup vegetable oil  
4 eggs  
1 can pumpkin  
Add  
2 cups flour  
2 tsp baking powder  
1 tsp soda  
1 tsp salt  
2 tsp cinnamon



Beat till smooth  
Bake at 350 for 25-35 minutes in jelly roll pan

Frosting: 3 oz. cream cheese softened  
6 Tbls. softened butter  
1 tsp vanilla  
2 cups powdered sugar

Mix and add milk for spreadability (start with 2 Tbls.)

### Boston Baked Beans

by Guz Gaudette

1 lb Navy Beans  
1/2 cup molasses  
1/2 cup brown sugar  
4 tbsp dijon mustard  
1/8 tsp ground cloves  
3 cups hot water



1/2 lb salt pork (can use bacon)  
1 medium onion chopped small (about 1 1/2 cups)  
1) Soak beans in water. Place in pot and cover beans with 2-3 inches of water. Soak overnight. Minimum of 8 hours. This step is very important, don't shortcut.  
2) Mix molasses, brown sugar, mustard, ground cloves with the hot water.  
3) Add ingredients to slow cooker, cast iron Dutch oven, or porcelain bean pot. (I use a cast iron pot, that I only use for making beans, gives special flavor) Start with half of the salt pork in the bottom, then half the beans, then the rest of the salt pork and beans then the liquid mix.  
4) Slow cook on low setting for at least 8 hours or in oven at 250 degrees. The beans are going to take at least 8 hours it is a slow process. Stir occasionally usually after 4-5 hours. If a crust forms on the top that is not a problem just stir the crust in. It is making flavor. If beans are getting too thick just add a little water.

Beans are great served with B&M brown bread.

Another New England favorite is a cold bean sandwich for breakfast. It will stick to your ribs

Mar 2019

### Fiesta Spaghetti

Wanda Keyros

8 ounces dry spaghetti, uncooked  
2 tablespoons Pure Wesson® Vegetable Oil  
1 cup chopped onion  
2 cans (8 oz each) Hunt's® Tomato Sauce  
1 can (10 oz each) Ro\*Tel® Original Diced Tomatoes & Green Chilies, undrained  
1 can (15 oz each) Rosarita® Premium Whole Black Beans, drained, rinsed  
1/2 teaspoon ground cumin

#### Directions:

Cook spaghetti according to package directions, omitting salt. Heat oil in large skillet over medium heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Add sauce, undrained tomatoes, beans and cumin. Simmer 10 minutes, stirring occasionally. Drain spaghetti; add to skillet and toss with tomato mixture.

#### Tip

Breaking spaghetti in half before cooking will make it easier to toss with tomato mixture.  
Use Ro\*Tel® Mild Diced Tomatoes & Green Chilies for a milder-flavored dish.  
Spaghetti may be topped with shredded cheese, sour cream or green onions, if desired.

### ANGEL HAIR SALAD

by Carolyn Tolzmann

1 Pound Angel Hair Pasta - Cooked  
1 Jar Marzetti Cole Slaw Dressing - 15 oz.  
3 Cucumbers - Chopped  
10 Green Onions - White part chopped  
4 Tablespoons Dill Weed

Mix all and Refrigerate over nite

Apr 2019

*Chicken Thighs in a cast iron skillet*  
by Guz Gaudette

Marinate the chicken thighs in Buffalo Sauce (I prefer Moores Buffalo Sauce) but any brand will do. Marinate the thighs for at least a full day.

Preheat cast iron skillet on medium high heat, add just enough oil to coat the bottom of the pan. Cook each side for 4-6 minutes, depending on how big the thighs are.

While you are cooking the thighs, preheat oven to 425 degrees.

After cooking the thighs, place the skillet and chicken in the oven on the middle rack. Cook the chicken, meat side down, for 10 minutes. Remove from the oven and flip chicken to the bone side down. Add a bit more buffalo sauce and cook for another 20-25 minutes. Check temperature with meat thermometer, it should be cooked to perfection



*German Cabbage Soup (Kohlsuppe)*  
by Linda Scharek

1 pkg smoked sausage or kielbasa, diced  
4 tbsp butter  
3 large leeks, sliced  
1 small cabbage, chopped  
3 large carrots  
2 cloves garlic, minced  
4 medium potatoes, peeled and diced  
8 cups chicken or vegetable broth  
4 cups water  
2 bay leaves

Cut up all your ingredients. Put leeks into a bowl of cold water and set aside for 10 minutes. This will clean all the dirt off the layers.

Saute leeks and carrots in a large pot with butter until fragrant and soft or about 10-15 minutes.

Add sausage, veggies and the rest of the ingredients. Cook on medium low for about 2 hours or until cabbage is soft. Remove bay leaves.

This recipe makes 8 good servings (if you half the recipe, you can cook in a crock pot for about 6 hours on low).

## May 2019

### ***Skillet Shrimp with Tomatoes, Spinach and Couscous***

by Gayle Yakam

1 lb large or jumbo shrimp, peeled and deveined (16-20's recommended)  
1 pint cherry or grape tomatoes, halved  
1 lb spinach (large stems removed)  
1 tsp chopped garlic  
1 cup couscous  
1-1/4 cups water or stock  
2 tbsp olive oil (divided)  
Lemon juice, fresh squeezed, to taste  
Salt and pepper to taste

Place olive oil in skillet over medium high heat. Add shrimp, season with salt and pepper and sauté until just cooked through. Remove shrimp from pan and set aside.

Place remaining olive oil in skillet over high heat. Add garlic, cooking until just fragrant, about 20 seconds. Add spinach until it just begins to wilt. Add tomatoes and sauté until just heated through. Season mixture with salt and pepper to taste.

Add the couscous and water or stock. Stir to combine. Cover the skillet and set aside for 5 minutes. After 5 minutes, return shrimp to skillet and toss to combine. Finish with lemon juice, fluff and serve.

### ***Strawberry Lovers Pie***

by Carol Knorr

4 cups sliced fresh strawberries  
1 graham cracker pie crust  
1 (4 serving size) vanilla cook and serve pudding  
1 (4 serving size) strawberry Jell-O  
1 1/4 cup Sprite  
1 cup Cool Whip  
1/2 tsp vanilla

Arrange strawberries in pie crust. In saucepan, combine dry pudding mix, dry gelatin, and Sprite. Cook over medium heat until mixture thickens and starts to boil, stirring often.

Spoon hot sauce over strawberries.

Refrigerate at least 2 hours. Before serving, combine Cool whip and vanilla and spread over pie. Top with a fresh berry

## June 2019

### ***CHICKPEA SALAD***

by Jo Brice

1 Avocado, cubed  
1/2 lemon  
1 Can (19 oz.) Chickpeas DRAINED  
1/4 cup sliced red onion or scallions  
2 cups grape tomatoes cut in half  
2 cup chopped cucumber (if using large one peel & seed)  
1/2 cup fresh parsley  
3/4 cup chopped bell pepper  
Feta or blue cheese, to taste



### ***DRESSING***

1/4 cup olive oil  
2 Tbsp. red wine vinegar  
1/2 tsp. cumin  
salt & pepper to taste

To make Weight Watcher friendly use Low Fat or Fat Free bottled salad dressing.  
I used Skinny Girl Balsamic Vinaigrette Dressing.

Cut avocado place in bowl squeeze juice from 1/2 lemon over avocado, gently stir. Add remaining salad ingredients & dressing, toss to combine. Refrigerate at least one hour before serving.

### ***Cabbage Cheese Soup***

by Wendy Cullen

3-1/2 cups milk  
1 10z can condensed cream of potato soup  
2 cups coarsely chopped cabbage  
1 medium carrot, coarsely shredded (1/2 cup)  
1 cup shredded Swiss cheese (4oz)  
1/4 tsp caraway seed  
1/4 tsp pepper



In a saucepan stir milk into soup. Cook and stir till bubbly; stir in cabbage and carrot. Cover and simmer 5 minutes or till cabbage is done. Stir in Swiss cheese, caraway seed and pepper. Heat and stir till cheese melts.



July 2019

Creole Seafood Supreme

by Sharon Roy

8 ounce cream cheese  
1/2 cup butter, divided  
1 1/2 lb s raw shrimp, peeled  
6 green onions, sliced  
1 red bell pepper, seeded and diced  
3 celery ribs, thinly sliced  
1 (10 3/4 ounce) can cream of mushroom soup, undiluted  
1 (6 ounce) jar sliced mushrooms, drained  
1/2 teaspoon hot sauce  
1 teaspoon garlic salt  
1 teaspoon Worcestershire sauce  
1/2 teaspoon cayenne pepper  
1 lb crabmeat  
1 tablespoon lemon juice  
3 cup white rice, cooked  
2 1/2 cup grated cheddar cheese  
1 cup crushed Ritz cracker  
paprika  
Melt cream cheese and 6 tablespoons butter in microwave; set aside.  
Sauté shrimp, green onions, bell pepper, and celery in remaining 2 tablespoons butter, app. 5 minutes or until just soft.  
In a large bowl, combine soup, mushrooms, hot sauce, garlic salt, Worcestershire, and cayenne. Add the cream cheese mixture and the sautéed shrimp mixture; stir to combine.  
Sprinkle crab meat with lemon juice; carefully stir into shrimp mixture. Stir in cooked rice.  
Spoon into a greased, 3 quart rectangular casserole dish. Top with cheese, then sprinkle with cracker crumbs and paprika.  
Bake at 350, for 30 minutes, or until bubbly.

Pineapple Coconut Cake

by Lanna Delano

1 can of crushed pineapple in its own juice (drain the pineapple)  
Cake mix (yellow cake mix)  
Vanilla sugar free frosting  
Unsweetened coconut  
Mix cake and put half on pan. Pour the pineapple on top of cake  
now pour the remaining cake in the pan and cook at 350 degrees  
When done let it cool then put the sugar free frosting on the cake now sprinkle the unsweetened coconut on top

Aug 2019

Pickled Eggs

By Linda Scharek

12 hard boiled eggs  
1 can of Beets (do not drain)  
1 can of white vinegar  
1/2 to 3/4 cups of sugar  
2 tbsp salt



Stir until sugar dissolves. Add eggs and store in frig for 2-3 days.

Potato Pancakes

By Carol Knorr

3 cups grated potatoes  
2 tablespoons finely chopped onion  
2 eggs, well beaten  
1 1/2 Tbsp flour  
1/4 tsp baking powder  
1 tsp salt



Mix all and drop from tablespoon onto hot well greased skillet. Brown on both sides. Serve with applesauce and sour cream

Sept 2019

**Blueberry Pudding Cake**

by Carolyn Tolzmann

Mix together and place in a greased 8 inch pan:

2 Cups fresh or frozen Blueberries

1 Tsp Cinnamon

1 Tsp Lemon Juice

Combine:

1 Cup Flour

3/4 Cup Sugar

1 Tsp Baking Powder

Stir in:

1/2 Cup Milk

3 Tbls Melted Butter

Spoon dough over Blueberries

Mix together and Sprinkle over Dough

3/4 Cup Sugar

1 Tbls Cornstarch

Slowly pour 1 CUP BOILING WATER over the whole cake Bake at 350 degrees - 55 Minutes

Makes 9 servings

Dollop whipped cream or Cool Whip on each serving

**Orange Citrus Salad**

by Carol Knorr

**Ingredients**

1 head romaine lettuce

3 oranges, peeled and cut into sections

1 red onion, thinly sliced

1/2 dried cranberries

**Dressing**

2 Tbsp. Florida orange juice

2 Tbsp. Red wine vinegar

1/3 cup olive oil

1 tsp. Dijon mustard

1/2 tsp salt

Fresh ground pepper

In serving bowl, toss salad ingredients. In small bowl, whisk together orange juice and vinegar. Gradually whisk in oil; season with mustard, salt and pepper. Dress salad.

Oct 2019

**Pretzel Fish**

By Carol Knorr

4 cups crushed pretzels (use food processor or zip-lock bag and rolling pin)

2 beaten eggs

1 (5oz.) can evaporated milk

3 Tbsp. Beer (drink the rest with the fish, it's salty)

2 lbs catch (sunnies, pike, whatever you could snag), skinned and filleted

Vegetable oil

Place crushed pretzels in a bag. In a medium mixing bowl, combine milk, eggs, and beer. Dip fish in wet mix, then coat in pretzels. Fry in oil over medium heat about 3 to 6 minutes, until golden brown, turning once. Drain on paper towels.

**Cherry Cobbler**

by Linda Scharek

1 jar pie cherries

1 cup flour

1/2 cup sugar

1-1/2 tsp baking powder

1/2 tsp salt

1/2 cup milk

1/4 cup soft butter

Pour cherries into a 1-1/2 qt baking dish. Mix dry ingredients together. Pour over cherries. Sprinkle 2 tbsp sugar, 1/4 tsp nutmeg over better. Serve with whipped cream or ice cream.

Bake 350 degrees for 30 minutes.

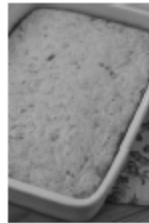


Nov 2019

**Mexican Cornbread**

*by Lanna Delano*

1 lb hamburger  
6 oz yellow cornmeal  
4 eggs, beaten  
1 cup milk  
1/2 tsp baking soda  
1 tsp salt  
2 cups yellow cream style corn  
2 tbsp oil  
1 can Rotel, mild  
Small package cheese  
Mix all together and put in a baking dish. Cook 350 degrees for 30 minutes or until done.



**Cheese Soup**

*by Lanna Delano*

2 pkg broccoli and cauliflower  
1-1/2 cans chicken broth (fat free)  
1 can Rotel, mild  
5 oz velveeta cheese, light  
Cook vegetables. When done, put in a sauce pan with chicken broth and the Rotel. When heated, take off the stove and add velveeta cheese.

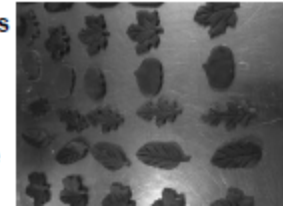


Dec 2019

**Autumn Maple Leaf Cookies**

*by Jo Brice*

1 cup unsalted butter, room temp.  
1 cup sugar  
1/2 cup maple syrup (be sure to use real maple syrup)  
1 egg yolk  
3 cups flour  
1/2 teaspoon salt  
Cream butter & sugar together add maple syrup & egg yolk mix well sift in flour & salt, combine well to make "leaf" cookies, divide dough into 4 sections:  
Tint: 1 section yellow (any of the colors can be changed)  
1 section red  
1 section orange  
leave 1 section plain.  
wrap in plastic wrap & chill at least 2 hours (this makes rolling out & cutting the cookies easy, if you skip the chilling process you will have a mess when trying to rollout).  
This is a very forgiving dough that is very easy to work with for all cut out cookies. For leaf (or any shape) cookies combine portions of the 4 colors together, roll out dough about 1/8" thick & cut out with leaf cookie cutters. place on lightly greased cookie sheets. use a small, sharp paring knife to make "veins" on the cookies, brush lightly with a little maple syrup. depending on size of cookies bake in preheated 350 oven, 8-12 minutes.  
I use this recipe for all cutout cookies, Christmas, Easter, etc. (if frosting or using sprinkles I don't brush with the syrup)



Jan 2020

**CARAMEL PECAN FROZEN PIE**

by Carolyn Tolzmzn

- 1 [14 oz] Can Sweetened Condensed Milk
- 1 [8 oz] Softened Cream Cheese
- 1 [8 oz] Cool Whip

Beat all together with a mixer  
Pour into deep dish pie plate or 8" square pan  
Freeze for 4 hours or overnight  
Serve with purchased Caramel Syrup and  
Sprinkle with Pecans

**EASY, SKILLET CHICKEN/TURKEY TETRAZZINI**

by Jo Brice

- 4 oz. Thin spaghetti
- 2 cups onions chopped
- 1 cup bell peppers (any color) chopped
- 1 1/2 cups zucchini chopped
- 1 (15 oz. Jar light creamy alfredo sauce (I like bertolli brand)
- 1/4 cups cooked, chopped chicken/turkey
- 1/4 cup grated parmesan cheese.

I didn't have zucchini so used about 4 carrots, about a cup of sauteed mushrooms which I had frozen & about a cup of frozen peas. Use whatever veggies you have on hand or like.

In large non-stick pan, saute veggies until soft. Cook the spaghetti according to package directions while veggies cook.

Add chicken/turkey, alfredo sauce, pasta & parmesan cheese to veggies, mix together well over med-high heat. season to taste. Turn heat down & simmer, stirring often for about 5-8 min. until heated thru.

This makes 4 very generous servings (each serving about 1 3/4 cups)

Weight watchers (Ww) freestyle smartpoints 7

Ww smart points 8

Ww points plus 8

Feb 2020

**Tuna or Salmon Croquettes**

by Joyce Kaufman

2 7 oz can of tuna  
(drained)

or

1 16 oz can of salmon  
(drained)



Flake above into  
small pieces

2 medium to large potatoes (cubed, boiled and  
mashed)

1 egg beaten

1 small onion, grated (or scallions)

garlic salt or minced garlic

Mold patties, dip each side in corn flake  
crumbs. Pour 1 tbsp canola oil on cookie sheet,  
spread around with your hand covering the whole  
pan. Put croquettes on pan and turn over. Bake  
350 degrees, 10 minutes on each side.

**Chicken Marsala for 2**

by Joyce Kaufman

1 8 oz boneless  
chicken breast, cut in  
half and pounded  
thin



Mix 1/4 cup sifted  
flour and 1/2 tbsp  
Emerils Es-

sence. Dredge chicken and dust off

Heat 1 tbsp oil and 2 tbsp butter in pan until  
hot. Add chicken and cook 2-3 minutes per  
side. Remove from pan.

To hot pan, add 1 tbsp butter and cook 3 cups  
sliced mushrooms 5-7 minutes until cooked. Add  
3/4 cups Marsala Wine and  
1/2 cup chicken stock – reduce. Add 2 tbsp butter  
and chicken, cook 2 more minutes. Serve over  
broad noodles

Mar 2020

Apr 2020

HOT HORS D'OEUVRES

*by Barbara Sucharda*

*In a heated small crock pot add:*

*1 Box Velveeta Cheese, cut into strips*

*1 Can Chili NO Beans*

*1 small can Black slice olives  
(drain and cut into tiny pieces)*

*Mix well in crock pot all the it's cooking and melting.*

*Dip into it with Tortilla Chips or pretzels*

LEMON CREAM PIE

*by Linda Scharek*

*1 graham cracker crust*

*1 can fat free condensed milk*

*1/2 cup lemon juice*

*1 8 oz tub of Cool Whip*

*Mix condensed milk and lemon juice, let set for a few minutes.*

*Mix cool whip to mixture and pour into crust. Refrigerate for several hours.*

May 2020

**Snack Pretzels**

*by Jill Wagner*

1 pound of miniature pretzels  
1 cup of Orville Redenbacher's buttery flavored popcorn oil  
1 Tbs. lemon pepper  
1 pkg. of buttermilk ranch dressing mix

Mix ingredients together and then pour over pretzels.  
Stir until the pretzels are coated. It takes a long time but worth it.  
Store in air tight container.

**Chicago Rice**

*by Marcia Arnold*

1 stick butter/margarine  
1 cup Orzo  
Brown together – stir constantly

Add:

4 cups water  
1 cup rice (not instant)  
4 chicken bouillon cubes

Cover and simmer about 30 minutes

June 2020

**Parmesan Party Rounds**

*By Marcia Arnold*

$\frac{3}{4}$  cup mayonnaise  
 $\frac{3}{4}$  cup Parmesan cheese  
1 tbsp milk  
 $\frac{1}{3}$  cup chopped green onion  
Mix and spread on rye bread party rounds, broil 4 inches from unit until brown.

**Crab Cheese Spread**

*By Linda Scharek*

1 6 oz crab meat  
1-1/2 cups grated white American cheese (1/2 lb of cheese)  
 $\frac{3}{4}$  cups mayo  
1-1/2 tbsp grated onion  
Dash of Tabasco  
Mix all together. Put into a 2-1/2 qt casserole dish and bake for 20-30 minutes. Serve with crackers.

July 2020

Cherry Pie Filling Cake

by Jackie Raglan

1 box White or yellow cake mix  
2 eggs  
1/3 cup oil  
1/2 cup water  
1 can cherry pie filling

Mix cake mix with eggs, oil, and water until fully blended

Pour into a greased 13 x 9 pan

Spread pie filling on top of cake, then take a butter knife and swirl through the cake

Bake @ 350 for 30-35 minutes. Remove from oven and let cool

Before serving sprinkle confectionary sugar over the top lightly.

Mississippi Caviar

by Linda Scharek

3/4 cups chopped onion  
1 cup chopped green pepper  
1/4 cup diced pimientos  
3/4 cup hot pepper (I use less)  
1-1/2 tbsp chopped garlic or garlic salt  
3 cans (15 oz) black eyed peas (drained and rinsed)  
1 bottle Italian dressing

Mix and marinate overnight. Drain well before serving. Serve with tostido chips. Makes a lot

Aug 2020

Chicken Enchilada Ring

by Jill Wagner

2 cups coarsely chopped chicken (12 oz)  
1/4 cup chopped pitted ripe olives  
1 cup (4 oz) shredded cheddar and Monterey Jack cheese blend  
1 can (4 oz) chopped green chilies, undrained  
1/2 cup mayo  
1 tbsp Taco Seasoning  
2 plum tomatoes  
1 lime  
2/3 cups finely crushed corn tortilla chips (divided)  
2 pkg (8 oz) crescent rolls  
1 cup salsa  
1 cup sour cream

Preheat oven to 375 degrees. Chop chicken and olives, place in bowl, add cheese, green chilies, mayo and Taco mix.

Seed and chop 1 tomato, slice lime in half and add 1 tsp lime juice. Reserve remaining lime for garnish. Add tomato and lime juice to chicken mixture.

Reserve 2 tbsp chips, add remaining chips to chicken mixture and mix well.

Sprinkle reserved crushed chips over cutting board. Unroll crescent dough, place dough, sticky side down onto crushed chips, press down lightly so chips adhere to dough. Separate dough into triangles. Arrange triangles, chip side down, in a circle on cutting board with wide ends overlapping in the center and points toward outside. (There should be a 5" diameter opening in center). Using medium scoop, place chicken mixture evenly onto widest end of each triangle. Bring points of triangles up over filling and tuck under wide ends of dough at center ring. (Filling will not be completely covered) Bake 20-25 minutes or until golden brown.

For garnish, cut remaining tomato into 8 wedges. Cut remaining half of lime into 4 slices; cut in half. Arrange between openings of ring. Cut ring into 16 pieces and serve with salsa and sour cream.

## Sept 2020

### SLICE OF HEAVEN CAKE

*by Bonnie Miller*

- 1 pkg devils' food or German chocolate cake mix
- 1 14 oz can sweetened condensed milk
- 1 jar caramel topping
- 1 8 oz tub of cool whip
- 4 – 5 favorite candy bars

Bake cake in 9 X 13 pan. Cool for 5 minutes. Using a wooden spoon handle poke holes in cake. Let the cake cool for another 30 minutes (it should still be warm). Slowly pour condensed milk over the cake, letting it soak into the holes. Then drizzle caramel over the cake. Let the cake cool completely (you may want to put it in the refrigerator – be sure it is completely covered if you do). Once completely cooled top with cool whip, decorate with chopped up candy bars, and drizzle with caramel. YUM YUM

### CAJUN CROCKPOT DINNER

*by Bonnie Miller*

- 1-pound smoked sausage (coined)
- 2 pounds russet potatoes (diced)
- 1 onion (diced)
- 1 bell pepper (diced) I use a yellow pepper
- 1 tbsp minced garlic
- 1 tbsonion pepper
- 1 tbsp Cajun or Creole seasoning
- 1 tbsp Italian Seasoning (1 use 1 pkg dry Good Seasons dressing mix)
- ¼ cup chicken broth
- 1 tbsp liquid shrimp and crab boil concentrate (garlic and onion flavor)
- 1-pound uncooked shrimp

Spray your slow cooker with cooking spray or use a liner, add sausage, potatoes, onion, bell pepper and garlic. Then sprinkle all seasonings on top. Mix the crab boil with the chicken broth and pour over the top. 30 minutes before the dish is done, add the shrimp (peeled, deveined, and tails removed). Cook on high for 3 hours or low for six hours.

## Oct 2020

### Shrimp & Crab Salad

*by Carolyn Toltzman*

Mix together:

- 1 Lb Cooked Shrimp
- 1 - 8 oz package Imitation Crab
- 2 Celery Ribs - chopped
- 1/2 Onion - chopped
- 1/4 Cup Sliced Ripe Olives

Dressing:

- 1/4 Cup Regular or Lite Mayo
- 1 Tablespoon Horseradish
- 1/2 Teaspoon Seasoned Salt

Stir all together - Well

Cover and Refrigerate - 1 hour or more

I served over a bed of lettuce.

### Tex-Mex Lasagna

*by Bonnie Miller*

- 1 box lasagna noodles
- 1 pound of lean ground beef
- 1 envelope taco seasoning mix
- 1 16 oz jar of medium chunky salsa
- 1 jar Alfredo sauce
- 1 can small tomato sauce
- 5 cups of Mexican blend shredded cheese
- 1 can pinto beans (drain and rinse)

Spray crockpot with cooking spray or use liner. Pour ¾ cups of salsa in bottom of crockpot. Brown and drain ground beef. Add remaining salsa to ground beef with taco seasoning, tomato sauce, and beans. Mix well.

Mix 4 cups of cheese with the Alfredo sauce. (retain one cup)

Put a layer of uncooked lasagna noodles on top of salsa. (you may have to break them to make them fit your crockpot) Then cover with ½ cheese mixture. Then add another layer of noodles followed by ½ meat mixture. Repeat finishing with meat mixture on top. Cook on low for 5 hours. Turn off crockpot and add the remaining cup of cheese to top.



**Tex-Mex Lasagna***by Bonnie Miller*

1 box lasagna noodles  
 1 pound of lean ground beef  
 1 envelope taco seasoning mix  
 1 16 oz jar of medium chunky salsa  
 1 jar Alfredo sauce  
 1 can small tomato sauce  
 5 cups of Mexican blend shredded cheese  
 1 can pinto beans (drain and rinse)

Spray crockpot with cooking spray or use liner. Pour  $\frac{3}{4}$  cups of salsa in bottom of crockpot. Brown and drain ground beef. Add remaining salsa to ground beef with taco seasoning, tomato sauce, and beans. Mix well.

Mix 4 cups of cheese with the Alfredo sauce. (retain one cup)

Put a layer of uncooked lasagna noodles on top of salsa. (you may have to break them to make them fit your crockpot) Then cover with  $\frac{1}{2}$  cheese mixture. Then add another layer of noodles followed by  $\frac{1}{2}$  meat mixture. Repeat finishing with meat mixture on top. Cook on low for 5 hours. Turn off crockpot and add the remaining cup of cheese to top.

**Stuffed Pepper Soup***by Gail Brooks*

2 lbs ground beef  
 2 quarts water  
 1(28 oz) can tomato sauce  
 1 (28 oz) can diced tomatoes not drained  
 2 Cups white rice  
 2 Cups chopped green pepper  
 1/4 Cup brown sugar  
 2 teaspoon salt  
 1 teaspoon pepper  
 2 teaspoon beef bouillon

In a large pan season beef with salt & pepper and cook until no longer pink. Drain beef and add remaining ingredients. Simmer 30 to 40 minutes or until peppers are tender.

**Magic Cookie Bars***Unknown*

1/2 cup (1 stick) butter  
 1-1/2 cups graham cracker crumbs  
 1 (14 oz) can sweetened condensed milk (not evaporated milk)  
 2 cups (12 oz) semi-sweet chocolate chips  
 1-1/3 cups flaked coconut  
 1 cup chopped nuts

Preheat oven to 350 degrees. In a 13 x 9 baking pan, melt butter in oven.

Sprinkle graham cracker crumbs over butter, pour condensed milk evenly over crumbs. Top with remaining ingredients, press down firmly with fork.

Bake 25 minutes or until lightly browned. Cool. Chill if desired. Cut into bars or diamonds. Store covered at room temperature.

**Fool Proof Dark Chocolate Fudge***Unknown*

3 (6 oz) packages semi-sweet chocolate chips  
 1 (14 oz) can sweetened condensed milk (not evaporated milk)  
 Dash of salt  
 1/2 - 1 cup chopped nuts  
 1-1/2 tsp vanilla

In heavy saucepan, over low heat, melt chips with condensed milk and salt. Remove from heat, stir in nuts and vanilla. Spread evenly into wax paper lined 8 or 9" square pan. Chill 2 hours or until firm. Turn fudge onto cutting board, peel off paper and cut into squares. Store loosely covered at room temperature.

Jan 2021

Feb 2021

**Hamburger Helper Soup**

*by Linda Scharek*

1 lb hamburger  
1 box Hamburger Helper Beef Pasta  
6 cups water  
1-2 cans diced tomatoes  
2 4oz cans sliced mushrooms  
1 large chopped onion  
6 beef bouillon cubes  
1 bay leaf  
1 pkg mixed vegetables

*Cook hamburger, drain, add onions and cook for a few minutes. Add water, mushrooms, bouillon cubes and bay leaf. Cook for about 1 hour then add vegetables, cook till done. Add noodles and cook till done.*

**French Onion Soup**

3 large onions, sliced and butter or spray with butter

*After onions are soft, add 1 tsp sugar and 1 tbsp flour*

1/4 - 1/2 cups red wine

3 beef bouillon cups

4 cans beef broth (soup)

2-1/2 cans water

*Simmer for at least an hour or longer. Top with toasted french bread and mozzarella cheese or any good melting cheese. Broil until cheese melts.*



Mar 2021

**POT ROAST IN CROCK POT**

by Guz Gaudett

2-3 lbs of chuck roast or bottom round roast  
1 Packet of dry onion soup mix  
1 medium size onion, cut in chunks  
1 stock of celery (optional) most times I don't have celery and use some celery flakes.  
1 small bag of carrots, cut into chunks  
1 handful of mushrooms (optional)  
1 jar of pepperoni peppers  
1 box of beef broth  
3-4 tablespoons Worcestershire sauce  
1/2 bag of small potatoes (baby golden are good)

First thing to do, is get your crock pot warming up. Start it on high and turn down to low after a couple of hours. In a skillet add some olive oil, just enough to cover the bottom of pan. Turn heat up to medium high.

Season the meat with your favorite seasoning and salt and pepper on all sides. Put meat in hot pan and cook all sides till brown and seared. Remove meat and put in crock pot.

Cut potatoes into quarters. Cut carrots and onions into nice size chunks.

Add all ingredients to the crock pot, and cook about 6-8 hours.

**Notes:**

Cut off any excess fat. Cut meat into 4 pieces, makes it easier to handle.

Carrots can be peeled or not, your preference. Thicken gravy when ready to serve with corn starch or wondra.

When purchasing the meat, look for a piece that has nice marbling.

You can change the amount of meat, carrots, onion, etc. to suit your taste and needs.

You can add whatever you might have in your refrigerator to use up. Such as the last two pieces of roast beef.

The four pieces of pepperoni, the last few pearl onions, the half piece of pork chop. You get the idea.

Apr 2021

**INDIVIDUAL CHICKEN POT PIES**

By Darlene Poosch

1 tube of Grands Flaky Biscuits  
1 pkg of mixed frozen vegetables  
1 can cream of chicken soup  
Cooked chicken (whatever amount you would like to add)

In a greased muffin tin, place a biscuit, pressing up the sides. Mix remaining ingredients together and fill muffin tin.

Bake at 350 about 20 minutes until biscuits are cooked and filling bubbles.

Enjoy with a side salad!

**CLAM DIGGER'S DIP**

By Unknown

1 8oz pkg cream cheese, softened  
1/4 cup sour cream  
1 6oz can mined clams (reserve 2 tbsp liquid)  
1 tbsp chopped parsley  
1 clove mined garlic  
1/4 tsp Worcestershire sauce

In a small bowl, beat cream cheese, sour cream and reserved clam liquid until smooth and well blended. Stir in remaining ingredients. Cover, chill thoroughly. Serve with potato chips.

**HINTS**

If mixing wet and dry ingredients, add the liquid first, then dry ingredients. No more dry ingredients remaining in bottom of bowl.

If having trouble opening pull tabs, insert a wooden spoon, knife handle into tab and pull.

## May 2021

### Mix in the Pan Pie Crust

All by Bonnie Miller

1-1/2 Cups flour

1/2 Cup liquid vegetable oil

1/4 Cups milk

Dash of salt

Pour all ingredients in a 9-inch pie pan and mix until dough forms. Pat out in pan and flute edges. Cook in 350-degree oven until edges are slightly brown.

### Lemon Pie Filling

1-1/2 cups sugar

3 tablespoons cornstarch

3 tablespoons flour

Dash of salt

1-1/2 cups hot water

3 beaten egg yolks

2 tablespoons butter

1/2 teaspoon of grated lemon peel

1/3 cup lemon juice

Blend sugar, cornstarch, flour and salt in a medium sized pot. Gradually stir in hot water, blend well and bring quickly to boil. STIR CONSTANTLY.

Reduce heat and continue to cook and stir for about 8 minutes, or until thick. Add beaten egg yolks, small amount at a time, keep stirring and continue to cook. Add butter, lemon juice and peel, mix well and cook until thick and bubbly.

Pour into cooled pie shell and allow to cool to room temperature before topping with meringue.

### Meringue for Cream Pies

4 egg whites (I place them in a bowl in the refrigerator to get extra cold while I am making the filling)

1/2 teaspoon of vanilla

1/4 teaspoon of cream of tartar

6 tablespoons of sugar

- Mix egg whites, cream of tartar and vanilla with electric mixer until very "foamy".
- Continue beating and gradually add sugar. Mix until firm peaks form.
- Spoon on cooled pie being sure to completely seal edges of crust.
- Bake until golden brown in 350-degree oven.

## June 2021

### SEATTLE CHICKEN WINGS

by Cathy Main

25 - 30 chicken wings

1 cup soy sauce

1/4 cup dry vermouth or lemon juice

1/2 cup pineapple juice

3 tbsp. sugar

2 cloves garlic, crushed

1/2 tsp. ginger

Combine marinade ingredients and pour over the wings. marinate for 24 hrs. in refrigerator. drain. place in a shallow pan or cookie sheet and bake for 1 - 1 1/4 hours at 350 degrees

### Strawberry Crisp Recipe

by Marcia Arnold

This Fresh Strawberry Crisp is the best summer dessert ever! Fresh juicy strawberries are topped with a buttery and crumbly oat topping and is absolutely worthy with a big scoop of vanilla ice cream on top!

#### Filling:

- 5 heaping cups fresh strawberries, hulled and quartered
  - 1/4 cup granulated white sugar
  - 1 teaspoon vanilla extract
- 3 Tablespoons cornstarch

#### Topping:

- 1 cup all-purpose flour
  - 3/4 cup old fashioned oats
  - 2/3 cup granulated white sugar
  - 2/3 cup packed brown sugar
  - 1/2 teaspoon salt
  - 3/4 teaspoon cinnamon
- 1/2 cup (1 stick) butter, melted

#### Instructions

- Preheat oven to 350 degrees. Grease a deep-dish pie plate or large baking dish with butter or cooking spray and set aside.
  - Combine the chopped strawberries and sugar in a large bowl and mix until the strawberries fully absorb the sugar. Add in the cornstarch and vanilla extract and stir until all of the strawberries are evenly coated. Pour into the prepared baking dish.
  - In a separate medium size bowl, combine the flour, oats, brown sugar, granulated sugar, salt, and cinnamon. Pour in the melted butter and stir well until well coated and crumbly. Sprinkle the crumb mixture evenly over the top of the strawberries.
- Bake in the preheated oven for 35-40 minutes until fruit is bubbly and topping is golden brown. Allow to cool slightly before serving. Serve warm with vanilla ice cream on top. Enjoy!

July 2021

**CURRY GLAZED CHICKEN**

by Cathy Main

1 chicken, cut up, or four chicken breasts  
2 tbsp. Butter  
1/4 cup honey  
2 tbsp. Prepared mustard  
1 tsp. Chili powder  
1 tsp. Curry powder  
Powder  
1/2 tsp. Salt

Put butter in 9x13 inch pan and melt. Stir in honey, mustard, chili powder, curry powder and salt. Add the chicken and turn to coat each piece. Bake uncovered in 375 degree oven for 45 minutes, basting and turning once or twice. Cover pan with foil and cook for another 10 minutes or so. Serve over rice. Sauce can be doubled to pour over rice.

**CHEESE CAKE PIE**

by Unknown

8 oz cream cheese  
1/2 cups sugar  
2 cups Cool Whip (1 medium size)  
1 graham cracker crust  
1 can cherry pie filling (optional)

Cream sugar and cheese then blend in Cool Whip. Pour into crust. Top with cherry pie filling (optional). Cool 3 hours before eating.

Aug 2021

**CHEESE RAVIOLI LASAGNA**

By The Village Paper

This recipe is so easy and you can make as little or as much as you want.

Sauce

Any size cheese ravioli

Cooked Italian sausage (If making a large pan, use 1 lb sausage)

Frozen chopped spinach, thawed and squeezed dry (Optional)

Mozzarella cheese

Parmesan cheese (for the topping).

Layer: Sauce, ravioli, sausage, cheese, do this twice

Top with sauce, mozzarella and Parmesan

Cover with foil. Bake at 350 degrees for approximately 40 minutes, covered. Uncover and cook another 25 minutes.

Again, you can make a serving for one or for 8.

**QUICK AND EASY CORN FRITTERS**

Unknown

3 cups corn (frozen or fresh)

1 cup flour

1 tbsp sugar

1 tsp baking powder

2 large eggs, lightly beaten

3/4 cups heavy cream

Oil for frying

Stir together corn, flour, sugar, baking powder and add 1/2 tsp salt and 1/4 tsp pepper

Stir in eggs and heavy cream until well-combined

Line a plate with paper towels. Coat the bottom of pan with oil and place it over medium-high heat. Once the oil is hot, scoop 2-3 tbsp of batter, spreading it lightly into a flat circular shape. Cook fritters 2 to 3 minutes then flip once and cook another 3 minutes. When fritters are done, transfer to paper plate and sprinkle with salt. Cook remaining fritters, adding more oil to the pan as needed.

Optional: Garnish with scallions and serve with sour cream or garlic aioli.

Can be frozen and reheated in a 400 degree oven for approximately 15 minutes.

**NOTE:** In the August issue of the Echo, I forgot to mention that the ravioli is Frozen and that you should drain the cooked sausage. I was having a CRS moment.

Sept 2021

**MISSISSIPPI POT ROAST**

by Lana DeLano

- 1 chuck roast
- Ranch dressing dry
- 1 au jus dry
- 1 stick butter

Brown roast on both sides. Then place in crock pot. Sprinkle the ranch dry mix and the au jus dry mix on top of the roast. Now place a stick of butter on top of the roast. If you are cooking a small Roast only use a half stick of butter. Add your veg and cook for 8 hours on Low.

**BANANA PUDDING**

by Lana DeLano

- 1 lg cool whip
- 2 sm boxes vanilla pudding
- 2 cups milk
- 6 oz sour cream
- 2 boxes vanilla wafers

Mix the pudding, put it in frig until set, once set add sour cream. Mix until well blended now add cool whip, layer pudding mixture with bananas and vanilla wafers until there is pudding on the top. Crush the left over cookies and place over the top, put in fridge for a hour.

Oct 2021

**POLISH CASSEROLE**

unknown

- 4 cups uncooked penne pasta
- 1-1/2 lbs Polish sausage or kielbasa, cut in to thin slices
- 1 cans condensed cream of mushroom soup, undiluted
- 1 jar (16oz (+/-) sauerkraut, rinsed and well drained
- 3 cups (+/-) shredded Swiss cheese, divided
- 1-1/3 cups 2% (or fat free) milk
- 2 tbsp Dijon mustard
- 4 garlic cloves, minced
- 4 green onions, chopped (optional)

Preheat oven to 350°. Cook pasta according to package directions, drain and transfer to a large bowl. Stir in sausage, soup, sauerkraut, 2 cups cheese, milk, onions, mustard and garlic.

Spoon into a 13 x 9 greased pan; sprinkle with remaining cheese. Bake uncovered until golden brown and bubbly, 45-50 minutes. Left overs can be frozen.

**PEACH HAND PIES**

by Lana DeLano

- 6 chopped peaches
- 1/2 cup of water
- 1/4 cup of splenda or sugar
- 2 tbsp brown sugar
- 2 tsp lemon juice
- 1 pie crust

Put first 5 ingredients into a sauce pan. Bring to a simmer cook until soft. Then drain and mash the peaches. Roll out pie crust and cut into 12" squares.

Put some of the peach mixture into each square close and Crimp the edges. Brush with beaten egg. Bake at 350°.

Nov 2021

CHILI CHEDDAR CHEESE CAKE

By Jean Stebbins

1/4 cup dried bread crumbs  
10 oz. shredded sharp cheddar cheese  
3 8oz cream cheese  
12 thin slices ham chopped  
5 green onions chopped  
3 large eggs  
2 jalapeno peppers chopped ( I don't put them in, your choice)  
1 garlic clove chopped  
1 cup sour cream  
2 Tbs milk

Mix dried crumbs, 1/4 of cheddar cheese, put into buttered pan, top with 1/2 of ham.  
In bowl beat cream cheese on low speed - add other ingredients, mix well. Add remaining ham, blend.  
Pour in pan. Bake @ 325 for 1 hour or until firm. Let stand for 30 minutes. Run knife around edges  
I use 2 7" spring form pans. This makes a large 9 inch spring form pan. Can be frozen.

MEXICAN CORNBREAD

By Lanna DeLano

1 lb cooked hamburger meat  
6 oz corn meal  
1 cup milk  
1 can rotel  
1/2 baking soda  
1 tsp salt  
1 can of cream style corn  
1/2 bag grated cheese

Mix all the of the above, put in a baking dish, cook for 30 minutes at 350 degrees. We eat this with salsa and chips

Dec 2021

IMPOSSIBLE PUMPKIN PIE

By Unknown

3/4 cups sugar  
1/2 cup Bisquick  
1 can (13 oz) evaporated milk  
2 eggs  
1 can (16 oz) pumpkin  
2-1/2 tsp pumpkin spice  
2 tsp vanilla

Heat oven to 350°. Grease pie plate 9" or 10". Beat all ingredients until smooth, 1 minute in a blender on high or 2 minutes with hand mixer. Pour into pie plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes.

CHRISTMAS CHEESE BALL

By Unknown

1 8 oz cream cheese  
2 cups cheddar cheese, shredded  
2 green onions chopped  
1 jar diced pimentos, chopped  
2 tbsp butter, melted  
2 tsp Worcestershire Sauce

Using mixer, beat cream cheese until fluffy, best in rest of ingredients. Press into a ball and refrigerate.



Jan 2022

### QUICK CHEESY BREAD

By Carol Malanga

2 cups flour  
4 tsp baking powder  
1 tbsp sugar  
1 1/2 tsp garlic powder  
1/2 tsp salt  
1 1/2 cup shredded cheddar cheese (or whatever you like)  
1 cup milk  
1 large egg  
2 tbsp melted butter

Preheat 350 oven grease loaf pan. Mix wet ingredients... mix dry plus cheese  
Stir until combined bake 45/50 minutes

### SLOW-COOKER SOUTHWESTERN POT ROAST

By Donna Peterson

8 small red potatoes cut in half  
3 lbs beef boneless arm roast, trimmed  
2 tbsp flour  
1 lb baby carrots  
1 jar (16 oz) Old El Paso Thick 'n Chunky salsa

Place potatoes in a 3-1/2 to 4 qt slow cooker. Coat beef with flour; place over potatoes. Arrange carrots around beef. Pour salsa over all. Cover and cook on low for 8 to 10 hours. Remove beef from cooker; place on cutting board. Pull beef into serving pieces using 2 forks. To serve, spoon sauce over beef and vegetables. If you like, thicken sauce with cornstarch and water to make a thicker gravy.

Feb 2022

### STUFFED PORK TENDERLOIN ROAST

By Guz Gaudette

#### INGREDIENTS:

1 Tsp. Garlic Powder  
1 Tsp. Paprika  
1/3 Tsp. Thyme  
1/3 Tsp. Salt  
1/2 Tsp. Black Pepper  
4-5 Mushrooms  
2 Slices Sweet Onion  
1 Tsp. Minced Garlic

Several slices of block cheese enough to fill the slit on roast. I like Vermont Sharp, use your favorite.

6-8 Slices of Bacon, enough to wrap entire roast.

1 Pork Tenderloin Roast (18oz. package)

Preheat oven to 390 degrees

Prep pork loin: Cut off silver skin, then butterfly the roast, do not cut in half, approximately 80% thru cut.

Mix the Garlic powder, Paprika, Thyme, Salt and Pepper together. Sprinkle the inside and outside of the roast. You can add your favorite seasoning to the outside also. Sauté the chopped onion, mushrooms and minced garlic for about 5 minutes. When done, add this to the roast. Place the cheese on the top.

Place a sheet of parchment paper, enough to wrap roast, and fold ends over. Place a sheet of aluminum foil same length as parchment paper, then place a second sheet of foil the opposite way. Place the roast in the center of the foil. Wrap the foil tightly around roast. Now take the next piece of foil and fold over the ends, then wrap tightly. Last fold the ends of the parchment paper over the roast and then wrap the paper tightly around the roast. Place the roast in a parchment paper lined roasting pan or baking sheet. Bake with stuffing side up.

Bake for 20-25 minutes. Slice the top of the foil and parchment paper to expose the roast. Bake for another 8-10 minutes to crisp the bacon.

Let roast rest at least 5 minutes, slice and serve.

### PRALINE GRAHAM CRACKER COOKIES

By Guz Gaudette - Rose Garnto

#### Ingredients:

20 Graham crackers split to make 40

2 sticks of butter

1/2 Cup sugar

1 Teaspoon Vanilla

1 Cup Pecans, chopped fine

Preheat oven to 350 degrees

Place crackers side by side on a greased or non stick 11x15 cookies sheet. You can use non stick aluminum foil in a non-stick pan. Melt butter and sugar, bring to slow boil. Cook butter and sugar for 2 minutes, then add vanilla and nuts. Pour mix over all of the crackers. Do not try to spread, it will spread itself in the oven. Bake at 350 for 10 minutes. Allow to completely cool and harden up.

Enjoy. Bet you can't eat just one.

Mar 2022

### AIR FRYER ROASTED POTATOES

By Guz Gaudette

Olive Oil

Salt-Pepper-Paprika-Onion Powder-Garlic Powder  
Honey Gold Potatoes, or potatoes of your choice.

Cut potatoes into halves, quarters, wedges. Depending on size of the potatoes. In a large bowl, place the cut potatoes. Add in the olive oil, enough to coat all of the potatoes. Mix well to make sure potatoes are oiled up good. Sprinkle the seasonings to cover all the potatoes. Be generous with the paprika.

Preheat air fryer to 375°

Add the coated potatoes and cook for about 15 minutes. Part way through the cooking process shake the potatoes so they will cook evenly. Potatoes should be crisp on the outside and soft on the inside.

You can use other seasonings of your choice. Don't be afraid to try something different.

This is a fast and easy way to make great roasted potatoes without using the oven.

### CHOCOLATE CHIP COOKIES WITH SEA

SALT

By Janinne Duffy, daughter-in-law of Janine Duffy

2 cups (4 sticks) unsalted butter, softened

1-1/2 cups sugar

1-1/2 cups brown sugar

2 large eggs

2 tsp vanilla

4-1/2 cups flour

2 tsp baking soda

1 tsp sea salt (plus extra for sprinkling)

4 cups semisweet chocolate chips

Heat oven to 375°

In a large mixing bowl, beat butter, sugars, eggs and vanilla until smooth. In a separate bowl, mix together the flour, baking soda and 1 tsp salt. Gradually stir the flour mixture into the butter mixture to form a stiff dough. Stir in chocolate chips until well combined.

Line a baking sheet with parchment paper. Using a 2" (3 tbs) cookie scoop, portion out cookie dough onto sheets. Sprinkle a few granules of salt over cookies.

Bake 10-12 minutes, just until golden brown around the edges. Let cookies rest on the sheet for 3 to 5 minutes before removing them to a cooling rack. Makes 6 dozen cookies.

Oops: Forgot to mention, in the February recipe for the Pork Tenderloin wrap the tenderloin with bacon before wrapping.

Apr 2022

### RECIPES OF THE MONTH

Linda Scharek

### IRISH SODA BREAD

By Carol Malanga

4 cups flour

1/2 cup sugar

2 teaspoons baking powder

1 teaspoon baking soda

3/4 teaspoon salt

2 large eggs

1 cup sour cream

1-1/4 cups buttermilk

2 cups raisins

Mix dry ingredients, add wet ingredients, mix until completely combined, add raisins, stir until combined. Grease 9 inch cake pan, pour in mix, make a cross with a knife and sprinkle a little flour on top, bake for 50 to 60 minutes 350° oven (can also use 2 -8 inch pans) bake 40 minutes makes 2 smaller breads.

### SALMON PICCATA

By Kimberley Webb

Four 5- to 6-ounce skinless wild salmon fillets

1 1/2 teaspoons kosher salt

2 tablespoons olive oil, plus more if needed

1 shallot, chopped

1/3 cup chicken broth or clam juice

3 tablespoons freshly squeezed lemon juice  
(about 1 large lemon)

2 tablespoons capers, drained

1 teaspoon lemon zest (about 1 large lemon)

2 tablespoons unsalted butter

1 tablespoon Dijon mustard

2 tablespoons chopped Italian parsley

Heat a large nonstick skillet over medium-high heat. Dry the salmon fillets well with paper towel and season evenly with 1 teaspoon salt.

Add the oil to the pan and heat an additional 30 seconds. Add the fillets to the pan, flesh-side down, and cook undisturbed until deep golden brown, about 4 minutes. The fish should look cooked up the sides of the fillets. Carefully flip the fish and cook an additional minute or until a thin metal skewer inserted in the thickest part comes out warm when touched to your bottom lip. Using a slotted spatula, remove the fish to a plate to rest.

May 2022

**CARROT BREAD**

By Carol Malanga

1 & 1/2 cups flour  
3/4 tsp baking soda  
1/2 tsp salt  
1 teaspoon cinnamon  
1 cup sugar  
2/3 cup oil  
2 large eggs  
1 & 1/2 cups grated carrots

Mix ingredients until combined add carrots (and cup of nuts if you want) 9 x 5 loaf pan 45 to 60 minutes 350° oven  
Can use 2 smaller pans baking about 35 to 40 minutes

**GERMAN POTATO SALAD**

By Cathy Main

6 medium potatoes, peeled and cut in slices  
6 slices cooked bacon  
3/4 cup chopped onion  
2 tbsp flour  
2 tbsp sugar  
1 1/2 tsp salt  
1/2 tsp celery seed  
1/2 tsp black pepper  
3/4 cup water  
1/2 cup vinegar

Boil potatoes until tender. Fry bacon. Remove from heat. Cook onion in bacon grease until yellow and tender. Mix flour, salt, sugar, celery seed and pepper. Stir in water and vinegar gradually. Stir constantly until mixture begins to boil. Add potatoes and bacon pieces.

\*This also can be made a day in advance and heated to serve.

June 2022

**CLASSIC CHOCOLATE CHIP COOKIES**

By Jan Meyers

2-1/4 cups flour  
1 tsp baking soda  
1 cup butter or margarine, softened  
1/4 cup granulated sugar  
3/4 cup brown sugar  
1 tsp vanilla  
1 pkg (3.5 oz) vanilla flavor Instant pudding  
2 eggs  
1 pkg (12 oz) semi sweet chocolate chips  
1 cup chopped walnuts (optional)

Combine flour and baking soda ; set aside. Combine butter, sugars, vanilla and pudding mix in large mixer bowl; beat until creamy. Beat in eggs; gradually add flour mixture. Stir in chocolate chips and nuts. Batter will be stiff. Drop by tablespoonful, about 2 inches apart, onto ungreased cookie sheet. Bake at 375° for 9 - 9 1/2 minutes or until browned. Yield: 4-4 1/2 dozen cookies.

**Variations:**

Butterscotch chips with butterscotch pudding or peanut butter chips with chocolate pudding.

**CHEESE N BEEF CRESCENT PIE**

By Jenny Szuba

1 lb. ground hamburger  
1/4 to 1/2 chopped green pepper  
1 pkg. dry spaghetti seasoning mix  
6 oz. can tomato paste  
3/4 cup water  
8 oz. can of Pillsbury Crescent dinner rolls  
1/2 cup Parmesan cheese  
4 slices mozzarella cheese

Preheat oven to 400 degrees.

In frying pan, brown ground beef and green pepper; drain. Stir in seasoning mix, tomato paste, and water; simmer 10 minutes. Separate crescent dough into 8 triangles. Place in ungreased 8 or 9 inch pie pan; Press over bottom and up sides to form crust. Sprinkle 1/4 cup of Parmesan cheese over crust. Spoon half of hot meat mixture into crust; top with 2 slices of mozzarella cheese. Spoon remaining meat mixture cheese and top with remaining Parmesan cheese. Bake 15-20 minutes until golden brown.

Place remaining 2 slices of mozzarella cheese on top of pie and place back in oven for a few minutes or until cheese melts....refrigerate any left overs.



July 2022

**NEW ENGLAND CLAM FRITTERS**

By Guz Gaudette

2 (10 oz. Cans) minced clams drained  
1/2- 3/4 cups clam juice  
2 cups flour  
2 tsp. baking powder  
2 eggs beaten  
1/3 cup milk  
1/2 tsp. Salt  
1/8 tsp black pepper  
1 slice onion chopped fine (you can substitute  
minced onion flakes)  
2-3 cups vegetable oil for frying.

Preheat oil to around 350-365 degrees. Sift dry ingredients together. Combine dry, milk, clam juice and mix thoroughly, then add in the clams. The batter should look like thick pancake batter. If too dry add a little clam juice. If too runny add a little flour.

I use two spoons to drop batter into the hot oil. Fry for a couple minutes until the fritters are a nice golden brown.

**STRAWBERRY JELLO CAKE**

By Lanna DeLano

1 fat free angel food cake  
1 16oz strawberry sugar jello  
1 pkg strawberry's  
Cool Whip

Mix the jello pour into large bowl. Tear up the cake and put it in the jello, add the strawberries. Place in the frig until set.  
Serve with sugar free cool whip

Aug 2022

**TURKEY SANDWICHES**

By Carolyn Tolzman

1 - Boneless Turkey Breast  
2 - Sticks of Butter  
2 - Cans of Beer (Bud Lite or whatever you have)

Put all ingredients in Slow Cooker. Let it cook all day on low. Remove turkey - shred it and put back in the sauce in slow cooker  
Serve on crusty rolls! Yum!

**SWEET AND SOUR SPAM**

By Linda LaFond

Dice and fry until brown:

Spam  
Onion  
Green pepper

Add, mix well, and simmer as long as you like, stirring occasionally:

Large jar Unsweetened applesauce  
Drained red kidney beans  
Drained pineapple chunks

1/4 cup each:  
Ketchup  
Yellow mustard  
Molasses

Great over rice, especially tasty the second day...freezes well in zip lock bags for days you don't want to cook.