

You can't stop a recipe collector! These are recipes that Mom either formatted into Mastercook for herself or were loose recipes in her cookbook binder (printouts, copies, pages ripped from newspapers and magazines, etc.). I did not include all her printouts, only ones that I thought she tested out. You can see that she liked JoAnna Lund recipes, restaurant recipes, and King Arthur flour recipes.

If any recipe author who is included in this freebie set of recipes would like their recipes removed from this file, let me know on my contact page at JamieBJCooks.com. No infringement on your rights is intended. I just wanted to share more recipes that Mom had an interest in!

I have not altered these to any consistent format or looked over them for errors. Let me know if there are any errors at my contact page on JamieBJCooks.com.

Bon appétit!

RECIPES MOM TYPED INTO MASTERCOOK

3 Bean Salad

Recipe by JoAnna M. Lund, *The Diabetic's Healthy Exchanges Cookbook*

2 cups green beans (one 16 ounce can), rinsed and drained
10 ounces red kidney beans, rinsed and drained
10 ounces garbanzo beans, rinsed and drained
1/2 cup sliced ripe olives (2 ounces)
1/4 cup parsley
1/2 cup fat free Italian Dressing
1/4 teaspoon minced garlic

Combine all ingredients and mix well. Cover and refrigerate at 3-4 hours. Stir gently before serving.

Apple Cake

2 eggs
2 cups sugar
1/2 cup salad oil
1 Dash salt
2 teaspoons vanilla
1 teaspoon baking soda
1 teaspoon cinnamon
2 cups flour
1 cup nuts
4 diced apples, unpeeled

Combine all ingredients for a thick batter. Bake in greased 13" x 9" pan for 1 hour at 325°F.

Apple Nut Slaw

Recipe by JoAnna M. Lund, *The Diabetic's Healthy Exchanges Cookbook*

3 cups purchased coleslaw mix or 2 1/2 cups shredded cabbage and 1/2 cup shredded carrots

1 cup shredded red cabbage

2 cups diced red delicious apples (4 to 5 small)

1/2 cup chopped walnuts

3/4 cup fat-free mayonnaise

1 1/2 teaspoons lemon juice

2 packages sugar substitute

In a large bowl, combine coleslaw mix, red cabbage, apples, and walnuts. In a small bowl, combine remaining ingredients. Add mayonnaise mixture to cabbage mixture. Mix well to combine. Cover and refrigerate at least 30 minutes. Gently stir again just before serving.

Apricot Tart With Cornmeal Crust

Servings: 8

CRUST

1 1/2 cups all-purpose flour

3/4 cup cornmeal

3/4 teaspoon salt

3/4 cup room temperature unsalted butter (1 1/2 sticks)

3/4 cup sugar

3 large egg yolks

APRICOT FILLING

5 cups water

12 ounces dried apricot halves (about 2 2/3 cups)

1/3 cup apricot preserves

1 large egg, beaten to blend

3 tablespoons sugar

OPTIONAL FOR SERVING

Apricot Sauce (see recipe)

Whipped cream

For Crust: Whisk flour, cornmeal and salt in small bowl to blend. Using electric mixer, beat butter and sugar in large bowl to blend. Beat in egg yolks. Add dry ingredients and beat just until blended. Divide dough in half; flatten into disks. Wrap each dough disk in plastic and refrigerate 20 minutes. (Can be prepared 1 day ahead. Keep refrigerated. Let dough soften slightly at room temperature before using.)

Meanwhile, prepare Apricot Filling: Bring 5 cups water to simmer in heavy medium pot over medium heat. Add apricots and poach until tender, about 25 minutes. Drain well.

Preheat oven to 375°F. Lightly oil 9-inch-diameter tart pan with removable bottom. Unwrap 1 dough disk; press onto bottom and up sides of tart pan. Spread apricot preserves over bottom of crust. Place poached apricots over preserves, covering crust completely and overlapping slightly. Using pastry brush, brush beaten egg over edges of crust.

Roll out second dough disk between 2 sheets of parchment paper to 12-inch round. Remove top piece of parchment; using 1-inch-diameter cookie cutter, cut hole in center of top crust. Turn crust over onto filling. Remove second piece of parchment paper. Press around crust edges to seal. Cut off excess dough to make top crust flush with tart pan sides. Brush crust with beaten egg and sprinkle with 3 tablespoons sugar.

Bake tart until cornmeal crust is golden brown, about 45 minutes. Transfer apricot tart to rack. Cool 30 minutes. Remove tart from pan and cool completely. (Apricot tart can be prepared up to 1 day ahead. Store airtight at room temperature.)

Serve tart with Apricot Sauce and whipped cream, if desired.

Artichoke Chicken

Recipe by Taste of Home, June/July 1993

Servings: 8

8 boned and skinned chicken breast halves
2 tablespoons butter or margarine
2 (6 oz. ea.) jars marinated artichokes hearts, drained
1 (4 1/2 oz.) jar mushrooms drained
1/2 cup onions, chopped
1/3 cup all purpose flour
1 1/2 teaspoons dried rosemary
1 teaspoon salt
1/4 teaspoon pepper
2 cups chicken broth or dry white wine
Cooked noodles or rice
Chopped fresh parsley

In a skillet, brown chicken in butter. Remove chicken to an ungreased 13" x 9" baking dish, do not drain pan juices. Cut the artichokes into quarters. Arrange artichokes and mushrooms on top of the chicken; set aside. Sauté onion in pan juices; blend in flour, rosemary, salt and pepper. Add chicken broth; cook until thickened and bubbly. Remove from heat and spoon over chicken. Cover and bake at 350 for 50 - 60 minutes or until chicken is tender. Place rice or noodles on serving platter; and top with chicken and sauce. Sprinkle with parsley.

Asparagus Chicken

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

16 ounces skinned & boned uncooked chicken breasts, to 1/2" strips
4 cups fresh asparagus spears
1 can Cream of Mushroom or Chicken Soup (Healthy Request)
1/2 cup fat free mayonnaise
1 tablespoon lemon juice
1 teaspoon curry powder, optional
3/4 cup shredded reduced-fat cheddar cheese

Preheat oven to 375°F. Spray an 8" x 8" baking dish with butter flavored cooking spray. In a large skillet sprayed with butter-flavored cooking spray, brown chicken about 3 minutes, stirring frequently. Place asparagus in bottom of prepared baking dish, cover with Saran wrap and microwave for 3 minutes. Arrange browned chicken evenly over asparagus. In a medium bowl, combine creamed soup, mayonnaise, lemon juice, and curry powder. Pour soup mixture into same skillet used to brown chicken. Cook over low heat 1 minute, stirring until well blended. Evenly spoon soup mixture over chicken and asparagus. Sprinkle Cheddar cheese evenly over top. Cover and bake 30 minutes. Uncover and continue baking 10 minutes. Place baking dish on a rack and let set 5 minutes. Served 6.

Asparagus Chicken Lasagna

Recipe by Norma Wrenn, Southern Living Cooking School

Servings: 8

2 pounds fresh asparagus spears
2 tablespoons Wesson oil
1/4 teaspoon salt
8 ounces lasagna noodles, uncooked
1 cup milk
2 tablespoons cornstarch
15 ounces ricotta cheese
1 1/2 cups Sargento fancy supreme shredded mozzarella cheese
1/4 teaspoon white pepper
1/2 teaspoon dried tarragon
2 cups cooked chicken, chopped
4 ounces shredded Parmesan cheese

Snap off tough ends of asparagus. Remove scales with vegetable peeler or knife, if desired. Place spears in 2 large jellyroll pans; toss with oil. Arrange in single layers in jellyroll pans; roast at 500°F for 5 to 10 minutes, stirring gently every 3 to 4 minutes, or until crisp and tender. Sprinkle with salt; let cool. Cut asparagus into 1/2-inch pieces; set aside.

Cook lasagna according to package directions; drain. Set aside.

Combine milk and cornstarch in a small saucepan; cook over medium heat, stirring constantly, until thickened. Remove from heat; stir in ricotta cheese, mozzarella cheese, pepper, and tarragon. Fold in chicken.

Spread a small amount of sauce in bottom of a lightly greased 13" x 9" x 2" baking dish. Layer half each of lasagna noodles, and Parmesan cheese. Repeat layers using remaining ingredients. Bake, uncovered, at 400°F for 30 to 35 minutes or until thoroughly heated. Let stand 10 minutes before cutting into squares.

Kitchen Ease: 2 (16-ounce) cans of canned asparagus may be substituted for fresh asparagus, if desired.

Asparagus and Beef (Chinese)

Servings: 4

2 pounds asparagus
1 pound sirloin steak, trimmed
2 tablespoons lite soy sauce
1 tablespoon dry sherry
1/4 teaspoon freshly grated ginger
2 cloves garlic, finely chopped
2 tablespoons peanut oil

Sauce

1/2 cup Chinese Chicken stock or Beef stock
1 tablespoon lite soy sauce
1 tablespoon dow see (black bean sauce)
Pinch sugar

Slice asparagus into about 1/2 inch pieces. Cut the steak into thin slices and marinate in the 2 tablespoons of soy sauce, dry sherry and ginger for about 15 minutes.

Place about one tablespoon of peanut oil into wok and heat up on high, and then add the drained meat. Cook on one side until lightly browned. Remove meat from wok. Add about one tablespoon of peanut oil to wok. Put in minced garlic and toss. Add asparagus and toss until heated through. Cover and cook for about six minutes. Add meat back to work and toss. Combine the sauce ingredients and add to asparagus and beef mixture. Stir until everything is combined and beef is cooked through. Serve immediately.

Balsamic Chicken with Thyme
Recipe by Women's Day 2-99
Servings: 4

1/4 cup flour
3/4 teaspoon salt
3/4 teaspoon pepper
4 chicken breast halves, skinned & boned
2 tablespoons olive oil
1 large red onion, thinly sliced
1 cup chicken broth
2 tablespoons balsamic vinegar
2 tablespoons thyme leaves, fresh, chopped or
1/2 teaspoon dried thyme

Mix flour and 1/2 teaspoon each salt and pepper on a plate. Add chicken; turn to coat. Shake of excess.

In a large cast-iron or other heavy skillet, heat oil over medium heat. Add chicken and cook, turning only once, 10 minutes or until browned and cooked through. remove to a plate; cover to keep warm.

Add onion to skillet and sauté 1 to 2 minutes, until lightly browned. Add broth, vinegar, thyme and remaining salt and pepper. Bring to a boil and cook, stirring often, 7 minutes or until onions are soft and sauce is syrupy.

To serve: Place chicken on serving plates and spoon on onions and sauce.

Beef Short Ribs With Roasted Potatoes in Red Wine Sauce
Recipe by Betty Crocker Restaurant Recipes 2/01
Servings: 4

4 medium potato, peeled and quartered
4 pounds beef short ribs
4 medium carrots, coarsely chopped
3 medium celery, coarsely chopped
1 large onion, peeled and chopped
6 cloves garlic, finely chopped
Bouquet Garni, recipe below
2 tablespoons black peppercorns
1 tablespoon juniper berries
4 cups dry red wine
2/3 cup olive or vegetable oil
5 cups beef or veal broth
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 cup butter or margarine

Bouquet Garni: 1 teaspoon dried thyme leaves, 2 dried bay leaves, and 4 large sprigs parsley in cheesecloth bag, tied at the top.

Place ribs in large non-metal dish or resealable plastic food storage bag. Add carrots, celery, onion, garlic, bouquet garni, peppercorns, juniper berries, wine, and 1/3 cup of oil. Cover dish or seal bag and refrigerate at least 4 hours but no longer than 24 hours. Drain ribs and vegetables, reserving marinade and bouquet garni. Separate ribs and vegetables; set aside. Heat remaining 1/3 cup of oil in 6-quart heavy pan over high heat. Cook half of the ribs at a time in oil for 2 to 3 minutes on each side. Drain excess fat from ribs. Add vegetables and quartered potatoes to pan. Cook over medium-high heat 3 to 4 minutes, stirring occasionally, until vegetables and potatoes begin to brown. Mix reserved marinade, bouquet garni, ribs, vegetables, potatoes and broth in pan. Heat to boiling, and then reduce heat to low. Cover and simmer 1 hour to 1 hour and 30 minutes or until ribs are tender. Pour ribs and vegetables into a colander over a medium saucepan. Reserve ribs and potatoes; reserve sauce in saucepan. Discard vegetables. Skim fat from sauce; heat to boiling. Stir in salt and pepper. Stir in butter until melted. Place ribs and potatoes on a large serving platter. Pour 1 - 2 cups sauce over ribs.

Boursin Cheese

Servings: 24

8 ounces Cream cheese, room temperature

1/2 tablespoon Seasoned Salt

1/2 tablespoon Fine Herbs

1 tablespoon Water

1/4 tablespoon Worcestershire sauce

1/2 stick Butter, room temperature

3 cloves Garlic, crusted and minced

1 tablespoon Parsley, minced

1 1/4 tablespoons Wine Vinegar

Mix and beat cream cheese and butter until creamy. Add all other ingredients. Beat to mix well. Refrigerate at least 24 hours before serving. Will keep in the refrigerator for 7 days.

Carrot Plus Salad

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

- 1 cup shredded carrots
- 1/2 cup chopped celery
- 1 cup diced red delicious apples (2-3 small)
- 1/4 cup raisins
- 2 chopped pecans, (2 to 3)
- 1/3 cup fat free mayonnaise
- 1 teaspoon lemon juice
- 1 pkg. sugar substitute
- 1/2 apple pie spice

In a medium bowl, combine carrots, celery, apples, raisins and pecans. In a small bowl, combine mayonnaise, lemon juice, sugar substitute and apple pie spice. Add mayo mixture to carrot mixture. Mix gently to combine. Cover and refrigerate at least 1 hour. Stir gently before serving.

Cherry Salad

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

- 1 package sugar-free cherry gelatin (4 serving)
- 1 package sugar-free vanilla (cooked kind), 4 serving size
- 1 1/4 cup water
- 2 cups tart red cherries (packed in water), drained
- 1 cup crushed pineapple (packed in juice)
- 1 cup Cool Whip Lite

In a medium saucepan, combine dry gelatin, dry pudding mix and water. Stir in cherries. Cook over medium heat, stirring constantly, until mixture thickens and starts to boil. Place pan on a wire rack and allow to cool completely. When cooled, stir in pineapple and Cool Whip Lite. Cover and refrigerate at least 30 minutes. Gently stir again just before serving.

Chili's Chicken Enchilada Soup from Specialty of the House
Recipe by From Austin American Statesman 12/23/98
Makes 5 quarts
Mom says the soup is great!

---Soup---

1/2 cup vegetable oil
1/4 cup granulated chicken base
3 cups diced yellow onion
2 teaspoons ground cumin
2 teaspoons chili powder
2 teaspoons granulated garlic
1/2 teaspoon cayenne pepper
2 cups masa harina
4 quarts water
2 cups crushed tomatoes
1/2 pound Velveeta cheese, cut in small cubes
3 pounds cooked chicken, cubed

---Toppings---

2 cups grated cheddar cheese, (2 to 3)
1 cup pico de gallo
1 dozen corn tortillas, cut in strips & fried

In a large 2-gallon stockpot over med heat, combine oil, chicken base, diced onion, cumin, chili powder, garlic and cayenne pepper. Sauté, stirring occasionally, until onions are tender.

Place masa harina in a large saucepan over low-medium heat. Gradually add 1 quart of water, stirring constantly to blend and remove lumps. Add masa harina mixture to onions and bring to a boil. Reduce heat and simmer mixture 2-3 minutes, stirring constantly, to eliminate the raw taste of the masa. Add remaining water to stockpot. Add tomatoes and allow mixture to return to a boil. Reduce heat to low and add cheese. Continue to simmer, stirring occasionally, until cheese melts. Remove from heat and add chicken.

Ladle into serving bowls. Pile cheddar cheese in center of soup bowl, place about a tablespoon of pico de gallo into the cheese and sprinkle with tortilla chips.

Chocolate Pudding Cups

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 6

1 package sugar-free instant chocolate pudding mix, 4 serving

2/3 cup dry nonfat powdered milk

3/4 cup plain fat-free yogurt

1 cup water

1/2 teaspoon rum extract

1 package individual size graham cracker crusts

1/2 cup Cool Whip Lite

3 maraschino cherries, cut in half

In a medium bowl, combine dry pudding mix and dry milk. Add water, yogurt and rum extract. Mix well with an egg beater or whisk. Distribute evenly in the 6 pie crusts. Chill in refrigerator for at least 1 hour. At serving time top with Cool Whip and cherry half.

Cider-Brined Pork Chops

Servings: 4

---Brine and pork:

2 cups apple cider

1 3/4 cups water

1/4 cup kosher salt

1/4 cup packed brown sugar

1 tablespoon coarsely ground black pepper

1 teaspoon dried sage

1 cinnamon stick

4 pork-loin chops (about 3/4" thick)

2 teaspoons oil

---Sauce:

2 tablespoons dried cranberries or cherries

1/4 cup brandy

1/2 cup low-sodium chicken broth

1/3 cup apple cider

1/2 teaspoon arrowroot

1/4 cup fat-free half-and-half

2 teaspoons Dijon mustard

To prepare the brine: Combine the apple cider and water in a saucepan; bring to a boil. Add the kosher salt, brown sugar, pepper, sage and cinnamon, stirring to dissolve. Cool the brine; refrigerate until cold.

Put the chops into a 2 1/2- to 3-quart glass dish. Pour the cold brine over the chops, cover with plastic wrap, and refrigerate at least 12 hours and up to 24 hours.

Begin to prepare the sauce. Soak the dried berries in the brandy for 30 minutes. Drain, reserving the fruit and brandy separately.

Remove the chops from the brine; discard brine. Pat dry with paper towels. Heat the oil in a large 10- to 12-inch nonstick skillet over medium heat. When the pan is hot, add the pork chops and cook about 5 minutes per side or until cooked through. Remove the chops from the pan and keep warm. Pour off any fat in the pan.

Put the pan back on medium-high heat. Deglaze with the reserved brandy, cooking until reduced by about half. Add the broth, cider and cranberries. Cook until reduced by half. Turn the heat to medium-low. Put the arrowroot into a measuring cup and whisk in the half-and-half and mustard. Stir several spoonfuls of the hot broth mixture, one at a time, into the half-and-half to warm. Add to the pan, stirring until lightly thickened.

Spoon the sauce over the chops and serve.

Adapted from a recipe from Bon Appétit magazine, as published in the Seattle Times, Nov. 5, 2001.

Cinnamon Raisin Bread

Recipe by King Arthur Flour 200th Anniversary Cookbook

Servings: 6

1 cup raisins, plumped *
---Sponge for bread
2 tablespoons active dry yeast
1/2 cup warm water
1 teaspoon sugar
1/2 cup unbleached all purpose flour
---Dough
1 1/2 cups milk, scaled
1/2 cup brown sugar, or honey
1/2 cup butter
2 teaspoons salt
3 tablespoons cinnamon
3 eggs, beaten
3 cups stone ground wheat flour
5 cups unbleached all purpose flour, or more
1 egg yolk + 1 TBL water, beaten

Prepare raisins: * Cover the raisins with warm water or warmed apple juice and set aside to plump while you proceed with the following.

Proofing Sponge: Dissolve the yeast in the warm water. Add the sugar and flour. Stir to combine, cover and set aside until bubbly, about 15 minutes.

Dough Preparation: In a large bowl, combine the milk, sweetener, butter, salt and cinnamon. Stir and let cook to lukewarm. Add the beaten eggs, the sponge and the whole wheat flour. Combine well. Drain and add the raisins. Stir in 5 to 5 1/2 cups of flour until the dough comes cleanly away from the sides of the bowl.

Turn the dough out onto a board sprinkled with flour. Scrape the bowl and add the bits to the dough. Lightly oil the bowl and set aside.

Knead the dough, adding only enough flour to keep it from sticking to the board. Turn to oil all surfaces, cover with plastic wrap and a clean towel and set aside in a warm place to rise until doubled, 1 - 1 1/2 hours.

Punch down the dough, divide in thirds and let it rest for 10 minutes. Shape into loaves and place into greased bread pans. Cover the plastic wrap and a clean towel and let rise until doubled in bulk, 45 minutes to 1 hour.

About 15 minutes before you want to bake your bread, preheat the oven to 375°F. Brush tops of loaves with egg wash.

Bake 35 - 40 minutes or until loaves are a rich brown color, They should sound hollow when tapped on the bottom.

To use dough for Cinnamon Raisin Roll-up Bread
Don't add raisins to dough.

Combine for filling: 6 - 8 tablespoons brown sugar, 1 tablespoon cinnamon, set aside.

Prepare the dough as directed above. Cut it into thirds and roll each into an 8" x 14" rectangle. Spread with a thin layer of filling mixture, leaving a 1 inch clear space around the edges. Sprinkle with the raisins.

Roll up the dough starting with the short edge. Pinch the seams and ends together tightly to seal them and place, seam side down, in a greased loaf pan. Cover and let rise in a warm place until doubled in bulk, about 45 minutes to an hour. About 15 minutes before you want to bake your bread, preheat the oven to 375°F. Brush the tops of the loaves with melted butter and bake until done, about 45 minutes. Remove from pans and cool on a wire rack.

Cinnamon Walnut Scones

Victorian Tea Room, Port Orchard, WA (as published in Taste of Home).

1 3/4 cups all purpose flour
1/4 cup finely chopped walnuts
4 1/2 teaspoons sugar
2 1/4 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 cup cold butter or margarine
2 eggs
1/3 cup whipping cream
1/4 cup buttermilk (scant)

In a bowl, combine the first six ingredients; cut in butter until the mixture resembles coarse crumbs (I do this part in the food processor). Combine eggs and cream; stir into dry ingredients just until moistened. Turn onto a floured surface; gently pat into a 7-inch circle, 3/4 inch thick. Cut into eight wedges; separate slightly. Place on a lightly greased baking sheet. Brush tops with buttermilk; sprinkle with a cinnamon and sugar mixture. Let rest for 15 minutes. Bake at 450°F for 14-16 minutes or until golden brown.

Cook's Country Garlic Mashed Potatoes

Servings: 8

4 pounds russet potato, 1/2-inch cubes
1 1/2 cups butter, unsalted, cut into pieces
12 cloves garlic, minced
1 teaspoon sugar
1 1/2 cups half and half
1/2 cup water
Salt and pepper, to taste

Put cut potatoes in colander and rinse with cold running water until it runs clear. Drain thoroughly.

Melt 4 tablespoons of butter in large pot. Add garlic and sugar, stirring often, until sticky and straw colored, 3 to 4 minutes.

Add rinsed potatoes, 1 1/4 cups half and half, water and 1 teaspoons salt. Stir to combine. Bring to a boil, reduce heat and leave to simmer, covered, simmer until potatoes are soft, 25 to 30 minutes.

Off heat add remaining butter, mash, and then add enough milk to make the right consistency. Season with salt and pepper.

Corn Pudding

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 6

2 cups cream style corn (1 16 ounce can)
1/2 cup onion, chopped
1/4 cup bell pepper, chopped
2/3 cup nonfat dry milk powder
1/2 cup water
6 tablespoons bread crumbs
3/4 cup shredded reduced fat cheddar cheese
2 tablespoons bacon bits

Preheat oven to 350°F. Spray an 8" x 8" baking dish with butter-flavored cooking spray. In a medium bowl, combine corn, onion and green pepper. Add dry milk powder and water. Mix well to combine. Stir in breadcrumbs, cheddar cheese and bacon bits. Pour mixture into prepared baking dish. Bake 50 to 55 minutes. Place baking dish on a wire rack and let set 5 minutes.

Country Green Beans

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

4 cups frozen green beans (fresh is okay)

1 cup water

1/2 cup chopped onion

2 teaspoons sugar substitute

1/2 cup finely chopped 97% fat free ham

1/4 teaspoon black pepper

In a large saucepan, combine green beans and water. Add remaining ingredients. Mix well to combine. Bring mixture to a boil. Lower heat. Cover and simmer 45 minutes, stirring occasionally. Drain and serve.

Crab Rangoon

Recipe by Bon Appétit's Great Restaurant Recipes - Trader Vic's in

Servings: 36

- 1/2 pound crabmeat, drained and chopped
- 1/2 pound cream cheese, room temperature
- 1/2 teaspoon A-1 steak sauce
- 1/4 teaspoon garlic powder
- 3 dozen won-ton wrappers
- 1 egg yolk, well beaten

Combine crabmeat, cream cheese, A-1 Sauce and garlic powder. Place 1 heaping teaspoonful of this mixture in the center of a won-ton wrapper. Gather edges together, moisten with egg yolk and pinch to seal. Deep fry in hot oil in bunches until golden brown, about 3 minutes. Drain on paper towels. Serve hot.

Cream of Artichoke Soup

Servings: 6 to 8

4 cooked fresh artichoke bottoms, thinly sliced
8 tablespoons (1 stick) unsalted butter
1/2 cup finely minced cooked onions
1 cup finely minced cooked celery
3 cups rich, best quality chicken stock (see TIP)
Salt, cayenne pepper, and black pepper to taste

Melt 8 tablespoons butter in a 3-quart saucepan. Add artichoke slices, onions and celery. Cook, stirring until well mixed and hot. Stir in stock, salt, cayenne and black pepper and bring to a boil. Lower heat and simmer for 15 minutes. Meanwhile, melt 1/3 cup butter in a small saucepan, add flour and cook, stirring, until the roux is smooth and golden. Add the roux to the simmering soup and simmer for 5 minutes longer. Remove from heat and gradually stir in the cream. Serve immediately.

Blond Roux

1/3 cup (2/3 stick) unsalted butter
1/3 cup all-purpose flour
2 cups heavy cream

TIP

In order for this soup to be truly full-bodied and delicious use a rich, home-made chicken stock. The canned stuff just won't do.

Cream of Fresh Tomato Soup

Recipe by www.souprecipe.com, Karen Gibson

2 large tomatoes, chopped

1/2 cup chopped onions

1/2 teaspoon white sugar

Salt

Ground black pepper

2 tablespoons butter or margarine

2 tablespoons all-purpose flour

2 cups milk

Simmer tomatoes, onions, sugar, and salt and pepper. Once onions are soft, strain. Set liquid aside.

In a saucepan, melt the butter or margarine. Stir in the flour. Whisk in the milk, and cook until thickened. Slowly add the reserved tomato liquid, and gently heat. Serve hot.

Creamy Basil Garlic Dressing

Recipe by Streamliner Diner on Bainbridge Island WA

Servings: 8

This is the house dressing at the Streamliner Diner.

1 cup buttermilk

1/4 cup sour cream

1/2 cup mayonnaise

2 cloves garlic, minced

2 teaspoons basil, fresh if possible, chopped fine

1 pinch salt

With a wire whisk, mix together buttermilk, sour cream, mayonnaise, garlic, basil and salt in a small bowl. Chill. Serve with your favorite green salad, chicken strips or whatever.

Daniel Webster Inn Fresh Chive and Bacon Dip
Recipe from Your Favorite Restaurant Recipes

3/4 pound fresh raw bacon
1 1/4 pounds cream cheese
1/4 cup minced red onions
8 ounces sour cream
1/8 cup fresh chopped parsley
1/2 teaspoon A-1 sauce
1 teaspoon fresh raw chopped garlic
1/2 teaspoon Worcestershire sauce
1/8 cup fresh chives, cut

Chop bacon in food processor. Then cook in sauté pan until fully cooked, drain on paper towels and cool. De-stem and chop parsley in food processor, reserve. In a mixing bowl mix all ingredients until smooth. Store in airtight container in refrigerator.

Designer Mashed Potatoes

Servings: 8

2 pounds small red potatoes, scrubbed & cut into pieces, skinned or skin on

2 cloves garlic, peeled and minced

1/4 cup butter

6 tablespoons light cream

1/2 cup parmesan cheese, freshly grated

1 teaspoon salt

Fresh ground black pepper, to taste

Place the potatoes with water to cover in a microwavable bowl. Cover and microwave on high power until the potatoes feel quite soft when pierced with a fork, 10 - 15 minutes. Drain the water and place the potatoes with the rest of the ingredients in the pan of a bread machine, program for the Dough setting (or the equivalent), and remove the mixture after the final cycle is complete.

The first time you make these potatoes, keep an eye on the kneading action so that you know when to turn off the machine. We found that it took about 10 minutes in a Zojirushi, but your machine may take a different amount of time, and you may prefer your potatoes more or less mashed than we do.

Variation: Substitute Brie or blue cheese for the Parmesan or omit the cheese and add 1 tablespoon of prepared horseradish or 1/2 cup caramelized onion.

Dungeness Crab And Marinated Artichoke Dip
Recipe by Betty Crocker Restaurant Recipes Booklet Feb. 2001
Servings: 8

2 cups mayonnaise
2 jars marinated artichokes, drained and chopped
1 1/2 cups Dungeness crab, cooked and chopped
1 large onion, very thin sliced
1 cup Parmesan cheese, grated
3 tablespoons seasoned bread crumbs, optional
Crackers or thin bread slices for dipping

Heat oven to 350°F. Mix mayonnaise, artichokes, crabmeat, cheese and onion in medium bowl. Spread crabmeat in ungreased shallow 1 1/2 quart casserole or ovenproof dish. Sprinkle with breadcrumbs if desired. Bake uncovered 15 to 20 minutes or until golden brown. Serve with cracker or bread. Makes 3 cups dip.

Eggnog

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

4 cups skim milk

1 sugar free vanilla pudding (4 serving)

1/2 teaspoon rum or brandy extract

1/4 teaspoon nutmeg

In a large pitcher, combine skim milk, dry pudding mix, extract and nutmeg. Mix well. Refrigerate for at least 30 minutes. Stir gently before serving.

Feather Bread Croissants

Recipe from Rustic European Breads for Your Bread Machine

Makes 1 dozen

2 teaspoons bread machine yeast
2 1/4 cups all-purpose flour
2 teaspoons salt
2 tablespoons instant nonfat dry milk solids
1 tablespoon sugar
7/8 cup water
1 stick unsalted butter
1 large egg, plus 1 tablespoon water, for glaze

Add the yeast, flour, salt, dry milk solids, sugar and water to the bread machine pan and place in the machine. Process the ingredients on the dough setting until well incorporated, with no dry ingredients clinging to the sides of the pan. About 10 minutes on most machines. After the dough has been mixed, turn off the machine and let the dough rise in the machine until doubled, about 1 1/2 hours.

Meanwhile, place the stick of unsalted butter between 2 layers of plastic wrap or waxed paper. With your fingers, flatten and shape the butter into a 6-inch square that is about 1/3 inch thick. Chill for at least 15 minutes, the butter must be the consistency of vegetable shortening when you use it. If it is too hard it will tear the dough, if it is too soft it will ooze out the sides of the dough. Warm it or chill it accordingly.

When the dough has doubled in volume, turn it out on a well-floured surface. With floured hands, press the dough into a 13-inch square. Unwrap the chilled butter and place it diagonally in the center of the dough square. Bring the corners of the dough over the butter to meet in the center (it will look an envelope). Press the center and edges of the dough to flatten and seal in the butter.

Using a lightly floured rolling pin, roll the dough into a 9" x 18" rectangle. Do not press firmly, if you do the butter will ooze out or the dough will tear (if it does tear, just pinch to patch). Fold one 9-inch of the dough rectangle over the center third of the dough. Fold this over the remaining third. Roll the dough out again into a 9" x 18" inch rectangle. Fold it as before into three layers and place it into a plastic bag or wrap loosely in plastic wrap. Refrigerate the dough for 30 minutes, and then repeat the rolling, folding, and chilling process twice more. Chill the dough overnight after the last folding.

To cut and shape the croissants, cut dough in half. Wrap one half in plastic wrap and return it to the refrigerator while you work with the other half. Roll the dough out on a lightly floured surface into a 13-inch circle. Cut it into 6 wedges. Gently pull the base of each wedge to a 6-inch width and a length of about 7-inches. Starting at the base roll up each wedge. Place the croissant, top-point underneath, on a heavy-duty

baking sheet. Curve and bring the base points towards the center to form a crescent. Roll and shape all the croissants, placing them 2-inches apart on a baking sheet.

Brush the croissants lightly with the egg glaze. Then allow them to rise in a warm place until light and puffy, about 1 1/2 hours. Meanwhile, preheat the oven to 400°F. Brush the croissants with the egg glaze one more time, before putting them in the oven. Bake for 15 minutes or until they are golden brown. Remove the croissants from the baking sheet to a cooling rack. Serve warm with jam or your favorite sandwich filling.

Variation: Pains Au Chocolat

Prepare the croissant dough as directed. After you cut the dough in half roll each half into 12" x 14" rectangle on a lightly floured surface. Cut each half into six 4" x 7" rectangles. Break apart three

1.45 oz. semi-sweet dark chocolate candy bars to make 12 rectangles, each about 1" x 3" inches. Place one piece of chocolate lengthwise along one short end of each piece of dough. Roll to enclose the chocolate completely and press the ends to seal. Place the croissants seam side down on a baking sheet, 2 inches apart. Proceed as in the previous recipe with glazing, rising and baking.

French Onion Baked Chicken

Recipe by Joanna Lund, The Diabetic's Healthy Exchanges Cookbook

2 cups thinly sliced onions

1/3 cup fat free French dressing

16 ounces skinned and boned uncooked chicken breasts, cut in 4 pieces

Preheat oven to 350°F.

Arrange onion evenly in bottom of an 8" x 8" baking dish. Place onion evenly in bottom of baking dish. Place French dressing in a bowl. Coat chicken pieces in dressing. Arrange chicken evenly over onion. Drizzle any remaining dressing over chicken. Cover and bake for 30 minutes, uncover and bake an additional 10 - 15 minutes. For each serving, place a chicken piece on a plate and evenly spoon onion and sauce over top.

French Onion Soup With Browned Garlic
Recipe by www.SoupRecipe.com, Shonda

1 cup sherry or dry white wine
4 large yellow onions, thinly sliced
8 cloves garlic (to 10), minced
1 tablespoon whole wheat or unbleached white pastry flour
4 cups vegetable broth
1/2 teaspoon ground black pepper
Salt or low sodium soy sauce, to taste
6 slices French bread, toasted

In a large, heavy stockpot, heat wine until bubbling. Add the onions, and reduce heat to medium. Cook onions slowly, stirring frequently, for at least 20 minutes, until they become paste like.

Add garlic, and continue to cook for 5 to 10 minutes, until garlic begins to look brown.

Stir in flour, and cook for 2 minutes. Pour in stock, and bring to a boil. Reduce heat, and simmer for 20 minutes. Season with pepper and salt or soy sauce. Ladle soup into bowls, and float a slice of toasted bread on top of each serving.

German Potato Salad

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

3 full cups diced cooked potatoes
1/2 cup chopped celery
2 1/2 teaspoons dried parsley flakes
1/2 cup finely chopped white onions
3 tablespoons Hormel Bacon Bits
2/3 cup water
1 tablespoon all-purpose flour
1/4 cup cider vinegar
2 tablespoon Sugar Twin
1/4 teaspoon prepared mustard

In a medium bowl, combine potatoes, celery, and 2 teaspoons dried parsley flakes. Set aside. In a large skillet sprayed with butter-flavored cooking spray, sauté onion until just tender, about 5 minutes. Add bacon bits and continue cooking 1 minute, stirring often. In a covered jar, combine water, flour, vinegar, sugar twin, remaining 1/2 dried parsley flakes and mustard. Shake well to combine. Stir flour mixture into onion mixture. Continue cooking, stirring often, until mixture thickens, about 3 minutes. Remove from heat. Pour hot sauce mixture over potatoes. Mix gently to combine. Serve warm or cold.

Homemade Cream Soup Mix

Recipe from The New American Diet, c1986

To use in place of canned cream soups in casseroles or as a base for your own soups. Much lower in fat and salt than the canned versions. The trick is to have it made up ready to use!

2 cup powdered nonfat milk
1 teaspoon basil leaves
3/4 cup cornstarch
1 teaspoon thyme leaves
1/4 cup instant chicken bouillon
1/2 teaspoon pepper
2 tablespoon dried onion flakes

Combine all ingredients, mixing well. Store in an airtight container until ready to use.

TO SUBSTITUTE FOR ONE CAN OF CONDENSED SOUP: Combine 1/3 cup of dry mix with 1 1/4 cups of cold water in a saucepan. Cook and stir until thickened. Add to casseroles as you would the canned product. Makes equivalent of 9 cans of soup.
Source:

Hot Cross Muffins
Recipe by Perfectly Simple Muffins
Servings: 6

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
2 teaspoons cinnamon
1/2 teaspoon nutmeg
1/2 cup sugar
1 egg
1/3 cup butter, melted
1 cup milk
1 cup raisins or candied fruit

Preheat oven to 350°F. Sift flour, baking powder, salt, cinnamon, nutmeg, and sugar together. Stir egg, butter, and milk into flour mixture until slightly blended. Fold in fruit until mixed. Makes 12. Bake for approximately 20 minutes, or until lightly browned. Cool.

Icing: 1 cup confectioner's sugar, 2 tablespoons milk, 1 tablespoon melted butter & 1/2 teaspoon vanilla. Beat all ingredients together until well blended, about 3 - 5 minutes. Pipe across on the top of each muffin.

Lemon Cream Pie

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 8

- 1 Fat Free Cream Cheese (8oz)
- 1 packet sugar substitute
- 1 teaspoon vanilla
- 1 cup Cool Whip Lite
- 1 crumb crust (8 or 9")
- 1 package instant sugar-free vanilla pudding mix, 4 serving
- 1 package sugar-free lemon gelatin, 4 serving
- 2/3 cup nonfat dry milk
- 1 1/3 cups water

In a large mixing bowl, stir cream cheese until smooth. Add sugar substitute, vanilla and 1/4 cup Cool Whip Lite. Mix well to combine. Spread mixture into piecrust. In a bowl combine dry pudding mix, dry gelatin, dry milk powder and water. Mix well with a wire whisk. Spread pudding mix over bottom layer. Top with remaining Cool Whip Lite. Refrigerate for 2 - 3 hours.

Lemon Poppy Seed Tea Bread

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 12

- 2 1/4 cups reduced Fat Bisquick Baking Mix
- 1 package sugar-free instant vanilla pudding mix, 4 Serving
- 1 package sugar-free lemon gelatin, 4 Serving
- 2/3 cup nonfat dry milk powder
- 1 tablespoon poppy seeds
- 2 eggs, slightly beaten or equivalent in egg substitute
- 1 carton plain fat-free yogurt
- 1 tablespoon fresh lemon juice
- 1/4 cup water
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Spray a 9" x 5" loaf pan with cooking spray. Combine biscuit mix, dry pudding mix, dry gelatin mix, poppy seeds and dry milk powder in a large bowl. In a small bowl combine the remaining ingredients. Make a well in the center of the dry ingredients and add the egg mixture. Mix gently just to combine. Pour batter into prepared pan. Bake 45-50 minutes or until a toothpick inserted in the center comes out clean. Place on a wire rack to cool for 10 minutes. Remove from pan and continue cooling on rack.

Lemon Raspberry Punch

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

3 cups fresh or frozen (unsweetened) raspberries

1 tub Lemonade Crystal Lite

6 Cups very cold water

1/4 cup sugar substitute

4 cups Diet 7-up or Mountain Dew

In a blender process raspberries on Puree for 15 - 20 seconds. Add dry lemonade mix, 2 cups of water and sugar substitute. Cover and process for 15 - 20 seconds, until smooth. Pour mixture into punch bowl. Add remaining 6 cups of water and 7-UP or Mountain Dew. Refrigerate until serving time.

Lime Nut Salad

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 6

- 1 cup crushed pineapple (packed in juice), undrained
- 1/2 cup boiling water
- 1 sugar-free lime gelatin (4 serving)
- 3/4 cup plain fat-free yogurt
- 1/3 cup dry nonfat milk powder
- 2 sugar substitute packs
- 3/4 cup Cool Whip Lite
- 1 cup fat-free cottage cheese
- 1/4 cup chopped walnut or pecans

In a medium saucepan, combine undrained pineapple and water, and bring to boil. Remove from heat, add dry gelatin, mix well to dissolve gelatin. Refrigerate 30 minutes. In a medium bowl, combine yogurt, dry milk powder and sugar substitute. Add Cool Whip Lite. Mix gently to combine. Fold yogurt mixture into cooled gelatin mixture. Add cottage cheese and nuts. Mix gently to blend. Pour mixture into an 8" x 8" glass dish. Refrigerate until firm, about 3 hours. Cut into 6 servings.

Luscious Lemon Squares

Servings: 40

1 cup all-purpose flour
3/4 cup Kretschmer Wheat Germ, any flavor
1/2 cup powdered sugar
1/3 cup margarine (5 tbsp + 1 tsp.), softened
2 cups granulated sugar
1/4 cup all-purpose flour
1 teaspoon baking powder 4 eggs
1/2 cup Fresh lemon juice
1 3/4 teaspoons grated lemon peel
1 tablespoon Powdered sugar

Heat oven to 350°F. Lightly spray bottom of 13x9-inch baking pan with no-stick cooking spray. Combine crust ingredients in large bowl. Mix on low speed of electric mixer until well blended. (Mixture will be crumbly.) Firmly press crumbs onto bottom of pan. Bake 15 minutes. For filling, combine sugar, flour, and baking powder in a large bowl. Add eggs; blend well. Gently stir in lemon juice and peel. Carefully pour over not crust Bake 25 to 30 minutes or until edges are light golden brown and filling is set. Cool completely on wire rack. Sprinkle with powdered sugar; cut into squares. Makes 40 squares.

Macaroni, Cheese & Ham

Recipe by Joanna Lund, The Diabetic's Healthy Exchanges Cookbook

- 1 1/2 cups evaporated skim milk (1 12-oz. can)
- 3 tablespoons all-purpose flour
- 1 1/2 cups shredded reduced-fat cheddar cheese
- 2 teaspoons prepared mustard
- 1/4 teaspoon black pepper
- 2 1/2 cups cooked elbow macaroni, rinsed and drained
- 1 full cup diced 97% fat free ham
- 3 tablespoons fine breadcrumbs

Preheat oven to 350°F. Spray an 8" x 8" baking dish with butter-flavored cooking spray.

In a covered jar, combine evaporated skim milk and flour. Shake well to combine. Pour milk mixture into a medium saucepan sprayed with butter-flavored cooking spray. Cook over medium heat, stirring often, until mixture starts to thicken. Stir in Cheddar cheese, mustard, and black pepper. Continue cooking, stirring often, until cheese melts. Add macaroni and ham. Stir well to combine. Pour mixture into prepared baking dish. Evenly sprinkle breadcrumbs over top. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Serves 6

Maple Coated Carrots

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

1/4 cup sugar free maple syrup

1 tablespoon chopped walnuts

2 cups shredded carrots

In a large skillet, combine maple syrup and walnuts. Bring mixture to a boil. Stir in carrots. Lower heat. Simmer 10 minutes or until carrots are al dente, stir occasionally

Marinated Mushrooms

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 4

2 cups fresh whole mushrooms (small to medium in size)

1 cup hot water

1/2 cup fat free Italian dressing

In a medium pan, combine mushrooms and water. Bring mixture to a boil. Drain. Place mushrooms in a small bowl. Pour Italian dressing over hot mushrooms. Stir gently to coat. Cover and refrigerate at least 3 hours. Stir before serving.

No Salt Seasoning

Recipe by Taste of Home June/July 1993

Makes 1/3 cup

5 teaspoons onion powder

1 tablespoon garlic powder

1 tablespoon paprika

1 tablespoon dry mustard

1 teaspoon dried thyme

1/2 teaspoon pepper

1/2 teaspoon celery seed

Combine all ingredients in a small jar with a shaker lid. Use for seasoning in and on most foods.

No Sugar Diabetic Friendly Shake

- 1 scoop vanilla flavored whey protein powder
- 2 tablespoons sour cream
- 1 can fruit flavored diet soda
- 10 ice cubes
- 3 packets Splenda

Combine all ingredients in a blender and process on frappe or ice crush until frothy.

Nutty Oven-Fried Chicken

Recipe by Taste of Home June/July 1993

Servings: 6

1 cup buttermilk baking mix
1/3 cup pecans, finely chopped
2 teaspoons paprika
1/2 teaspoon salt
1/2 teaspoon poultry seasoning
1/2 teaspoon dried sage
1 broiler-fryer chicken, cut up
1/2 can evaporated milk
1/3 cup butter or margarine, melted

In a shallow dish, combine biscuit mix, pecans and seasonings, mix well. Dip chicken pieces in milk; coat generously with pecan mixture. Place in a lightly greased 13 x 9 baking dish. Drizzle butter over chicken. Bake uncovered at 350 for 1 hour or until juices run clear.

O'Charley's Baked Potato Soup

Servings: 8

3 pounds red potatoes
1/4 cup margarine, melted
1/4 cup flour
8 cups half-and-half
1 block Velveeta cheese (16-ounce), melted
White pepper, to taste
Garlic powder, to taste
1 teaspoon hot pepper sauce
1/2 pound bacon, fried crisply
1 cup cheddar cheese, shredded
1/2 cup fresh chives, chopped
1/2 cup fresh parsley, chopped

Dice unpeeled red potatoes into 1/2-inch cubes. Place in a large Dutch oven, cover with water and bring to a boil. Let boil for 10 minutes or until 3/4 cooked.

In a separate large Dutch oven, combine melted margarine and flour, mixing until smooth. Place over low heat and gradually add half-and-half, stirring constantly. Continue to stir until smooth and liquid begins to thicken.

Add melted Velveeta. Stir well. Drain potatoes and add to cream mixture. Stir in pepper, garlic powder and hot pepper sauce.

Cover and cook over low heat for 30 minutes, stirring occasionally.

Place soup into individual serving bowls and top with crumbled bacon, shredded cheese, chives and parsley.

O'Charley's Caramel Pie

Recipe by <http://www.copykat.com/copykat/256.html>

- 1 large Graham Cracker Pie Crust
- 2 cans Eagle Brand Milk
- 1 small container Cool Whip
- 1 small pkg. chopped pecans
- 1 package Nestle's mini chocolate chips

Peel paper from cans of Eagle Brand Milk. Place cans on their sides in a large pot (seriously) and cover completely in cold water. Slowly bring pot to rolling boil and boil for 3 hours making sure to turn cans every 30 minutes or so. At the end of 3 hours, allow cans to cool for 1 hr. (at least - this part is VERY important). Open cans of Milk and spread into pie pan. Cover with Cool Whip. Sprinkle nuts and chocolate chips all over the top. Refrigerate for 8 hrs. DELICIOUS. This can be dangerous so be sure you never leave cans boiling on the stove without checking them!

Olive Garden Apple Praline Cheesecake
Recipe by The Olive Garden
Servings: 12

---Crust

1 cup graham cracker crumbs
2 tablespoons sugar
2 tablespoons butter

---Apple mix

1/4 cup butter
1/2 cup light brown sugar
2 pounds red delicious apples, peeled
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice

---Praline topping

1 1/2 cups dark brown sugar
1/2 cup butter, softened
1 cup pecan pieces

Apple cheesecake

16 ounces cream cheese, softened
1/2 cup granulated sugar
3 large eggs
1 cup heavy whipping cream

CRUST-Melt butter. Stir in the crumbs and sugar until thoroughly blended. Press into the bottom of a 9" springform pan. Set aside.

APPLE MIX-In a Dutch oven, melt butter over low heat; add brown sugar, apples, cinnamon, nutmeg and allspice. Simmer over low heat until apples are soft, but still hold their shape. Cool mixture to room temperature and reserve.

TOPPING-In a small bowl, mix all ingredients together with a fork until well incorporated. Reserve.

CHEESECAKE: In a large bowl with an electric mixer cream together sugar and cream cheese on medium speed until light and fluffy. Beat in the eggs one at a time until smooth. Add the cream and continue beating until the mixture is thick and creamy. Gently stir in the cooled apple mix by hand. Pour into the prepared spring form pan. Spread praline topping over the top. Bake at 350F for 1 hour and 20 minutes. Allow to cool to room temperature before removing the sides of the pan. Refrigerate until ready to serve. Garnish with whipped cream.

Olive Garden Italian Dressing
Recipe by Judy Chatham, copycat.com

1/2 cup Mayonnaise
1/3 cup White Vinegar
1 teaspoon Vegetable Oil
2 tablespoons Corn Syrup
2 tablespoons Parmesan Cheese
2 tablespoons Romano Cheese
1/4 teaspoon Garlic Salt - or one clove garlic minced
1/2 teaspoon Italian Seasoning
1/2 teaspoon Parsley Flakes
1 tablespoon Lemon Juice
Olive Garden Salad Mix

Mix all ingredients in a blender until well mixed. If this is a little to tart for your own personal tastes please add a little extra sugar.

Olive Garden Peaches 'n Cream Cheesecake
Recipe by The Olive Garden

---Sponge cake base

1 egg
1/3 cup sugar
1/4 teaspoon vanilla
1/4 cup all-purpose flour
1/4 teaspoon baking powder
1 pinch salt
2 tablespoons water

---Filling

4 packages cream cheese, soft
1 cup sugar
4 eggs
1 teaspoon all-purpose flour
1 teaspoon vanilla
1 cup sour cream
1/4 cup peach liqueur or peach schnapps
2 cups fresh peach slices

---Topping

1 pint whipping cream or equivalent

BASE: Preheat oven to 375F. Lightly grease base of 10" springform pan. Beat whole egg in 1-1/2-qt bowl with mixer on high speed for about 4 minutes, until a thick yellow foam forms. Mix in sugar on low speed until smooth. Add flour, water, vanilla, baking powder and salt. Mix on low speed until fully blended. Pour into springform pan, and roll around until level. Bake 16 to 18 minutes on lowest oven rack. Cool to room temp.

FILLING: Preheat oven to 325F. Mix cream cheese, sugar, eggs and flour with electric mixer on high until smooth. Add vanilla, sour cream and peach flavoring and mix on medium until a smooth thick consistency is obtained. Fold in peach slices carefully - distribute evenly. Pour cheesecake filling onto cooled sponge cake base. Bake 70 minutes on lower oven rack, turn off oven, open oven door to broil position and let cake remain 40 minutes. Cool to refrigerated temperature.

TOPPING: Top with fresh whipped cream or equivalent, and serve.

STORE up to 2 days in the refrigerator.

Olive Garden Raspberry Mousse Cheesecake
Recipe by The Olive Garden
Servings: 6

---Raspberry mousse

1 1/2 teaspoons gelatin
1 1/2 tablespoons cold water
1/2 cup raspberry preserves
2 tablespoons sugar
1 cup heavy whipping cream

---Filling

1 pound cream cheese, softened
1/2 cup sugar
2 eggs
1/2 teaspoon vanilla
1 9" chocolate crumb crust, prepared

FILLING: Preheat oven to 325F. Mix cream cheese, sugar, eggs and vanilla with electric mixer on medium until thoroughly blended, about 3 to 4 minutes. Pour into prepared crust. Place on baking sheet and bake for 25 minutes. Cool to refrigerated temperature.

MOUSSE: Sprinkle gelatin over cold water, stir and let stand 1 minute. Micro on HIGH for 30 seconds or until gelatin is completely dissolved. (Or heat on stove with 1 additional tablespoon of water.) Combine gelatin with preserves. Chill 10 minutes.

CREAM: Whip cream until soft peaks form. Add 2 tablespoons sugar, and continue whipping until stiff peaks form. Measure out 1 1/2 cups of whipped cream for mousse and set aside. Refrigerate remainder of cream for topping. Gently fold raspberry mixture into measured whipped cream. Spread raspberry mousse on top of chilled cheesecake, mounding slightly in the center. Chill 1 hour before serving. To serve, cut cheesecake into 6 servings and top each piece with a dollop of reserved whipped cream.

Olive Garden Salad Mix

1 bag American blend Dole salad
4 slices red onion, (4 to 5)
4 black olives, (4 to 6)
2 banana peppers, (2 to 4)
1/2 cup croutons
1 small tomato, quartered
Freshly grated Parmesan cheese

Chill one salad bowl in freezer for at least 30 minutes. Place bag of salad in bowl. Place on top of lettuce but red onion, black olives, banana peppers, tomatoes, and croutons. Add some freshly grated Parmesan cheese if you like, and add plenty of Olive Garden Salad Dressing on top.

Olive Garden Tiramisu Dessert

Servings: 12

1 sponge cake

--10-12" and about 3" tall

3 ounces strong black coffee

3 ounces brandy or rum

1 1/2 pounds cream cheese or mascarpone (my pick), room temperature

1 1/2 cups superfine/powdered sugar

Unsweetened cocoa

Cut across middle of sponge cake, forming two layers, each about 1 1/2 inches thick. Blend coffee and brandy. Sprinkle enough mixture over bottom half of cake to flavor it strongly. Don't moisten cake too much or it may collapse on serving. Beat room-temperature cheese and 1 cup sugar until sugar is completely dissolved and cheese is light and spreadable. Test for sweetness during beating, adding more sugar if needed. Spread cut surface of bottom layer and half of the cheese mixture. Replace second layer and top layer with half of the cheese mixture. Sprinkle top liberally with sifted cocoa. Refrigerate cake for at least two hours before cutting and serving.

Open Faced Crab Sandwiches

Recipe by Joanna Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 8

- 1/2 cup fat-free mayonnaise
- 1 tablespoon Dijon mustard
- 4 English Muffins, split and toasted
- 8 ounces crabmeat
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried parsley flakes
- 8 slices reduced fat Swiss cheese

Preheat oven to broil. In a small bowl, combine mayonnaise and mustard. Spread mayonnaise mixture evenly over muffin halves. In a medium bowl, combine crabmeat, Worcestershire sauce, and parsley flakes. Divide crabmeat mixture evenly over muffin halves. Top each with a slice of Swiss cheese. Broil about 3 minutes or until cheese is melted. Serve at once.

Orange and Cinnamon Biscotti
Makes 2 dozen

1 cup sugar
1/2 cup unsalted butter, room temperature
2 large eggs
2 teaspoons grated orange zest
1 teaspoon pure vanilla extract
2 cups unbleached flour
1 1/2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon salt

Preheat oven to 325°F. Line two heavy-duty baking sheets with parchment paper or aluminum foil and either grease or coat with nonstick vegetable spray.

Place all the ingredients in the pan of a bread machine and program for the dough setting (or Equivalent). Knead until all the ingredients are well combined and a smooth ball of dough forms.

Divide the dough in half. With lightly floured hands, form each half into a 12" X 13" X 3/4" log. Position the logs on the prepared baking sheets and bake until firm to the touch, about 35 minutes.

Remove from the oven and cool for 10 minutes. Using a serrated knife, cut on the diagonal into 1-inch slices. Arrange the slices cut side down on the baking sheets. Bake until their bottoms are golden, about 12 minutes. Turn the biscotti over and bake until the bottoms are golden, another 12 minutes. Transfer to wire racks and cool.

Outback Steakhouse Honey Wheat Bushman Bread

Recipe by Todd Wilbur, Top Secret Recipes

---Dough

- 1 1/2 cups warm water
- 2 tablespoons butter, softened
- 1/2 cup honey
- 2 cups bread flour
- 1 2/3 cups wheat flour
- 1 tablespoon cocoa
- 1 tablespoon granulated sugar
- 2 teaspoons instant coffee
- 1 teaspoon salt
- 2 1/4 teaspoons yeast

---Coloring

- 1/4 cup water
- 75 drops red food coloring
- 45 drops blue food coloring
- 30 drops yellow food coloring

Cornmeal for dusting

1. If using a bread machine, add all of the ingredients for the dough in the exact order listed into the pan of your machine. Set it on "knead" and when the machine begins to mix the dough, combine the food coloring with 1/4 cup of water and drizzle it into the mixture as it combines. After the dough is created let it rest to rise for an hour or so. Then remove it from the pan and go to step #3.
2. If you are not using a bread machine, combine the flours, cocoa, sugar, coffee and salt in large bowl. Make a depression or "well" in the middle of the dry mixture. Pour the warm water into this "well," then add the butter, honey and yeast. Combine the food coloring drops with 1/4 cup of water and add that to the "well." Slowly mix the ingredients with a spoon, drawing the dry ingredients into the wet. When you can handle the dough, begin to combine it by hand, kneading the dough thoroughly for at least ten minutes, until it is very smooth and has a consistent color. Set the dough into a covered bowl in a warm place for an hour, to allow it to rise.
3. When the dough has risen to about double in size, punch it down and divide it into 8 even portions (divide dough in half, divide those halves in half, and then once more). Form the portions into tubular shaped loaves about 8 inches long and 2 inches wide. Sprinkle the entire surface of the loaves with cornmeal and place them on a cookie sheet, or two. Cover the cookie sheet(s) with plastic wrap and let the dough rise once more for another hour in a warm location.
4. Preheat the oven to 350°F. Uncover the dough and bake it for 20-24 minutes in the hot oven. Loaves should begin to darken slightly on top when done. Serve warm

with a sharp bread knife and butter on the side. If you want whipped butter, like you get at the restaurant, just use an electric mixer on high speed to whip some butter until it's fluffy. (<http://www.topsecretrecipes.com>)
Makes 8 small loaves.

Tidbits: It is normal for this dough to be a bit tacky and to seem somewhat thin. Just be sure to add plenty of flour to your hands and work surface when working with the dough to prevent sticking.

If you are able to find caramel color, you can use that rather than the food coloring formula described in the recipe. Just measure 1 tablespoon of caramel color into the dough mixture where the recipe uses food coloring and water.

Maureen Says: I made this bread dough into individual buns to go with our Easter dinner and they were very good. I brushed melted butter on them, and then sprinkled with garlic and Parmesan cheese.

Along with an entree at this popular steakhouse chain, comes a freshly baked loaf of this dark, sweet bread, served on it's own cutting board with soft whipped butter. One distinctive feature of the bread is its color. How does the bread get so dark? While you may notice the recipe includes instant coffee and cocoa, these ingredients will not give it its deep dark chocolate brown color - not even close. Usually breads that are this dark, such as pumpernickel or dark bran muffins, contain caramel color, an ingredient often used in the industry to darken foods. Since your local supermarket will not likely have this mostly commercial product, we will make the caramel color from a mixture of three food colorings, red, yellow and blue. Just be sure to get the food coloring in the little droppers so that you can count the drops as you measure. That's very important to getting the color just right. You may also opt to keep the color out. The bread will certainly taste the same, but will look nothing like the real deal. I suggest using a bread machine for the mixing and kneading, if you have one.

Oven Chicken Strips
Recipe by Spring Taste of Home

1 cup Italian bread crumbs
2 tablespoons grated Parmesan cheese
1 garlic clove, minced
1/4 cup oil
6 boneless chicken breast halves

In a plastic bag, mix breadcrumbs and Parmesan Cheese; set aside. In a small bowl, combine garlic and oil. Flatten chicken to 1/2 inch thick; cut into 1 inch wide strips. Dip strips in oil; coat with crumb mixture. Place on a greased baking sheet.

Bake for 20 minutes at 350°F, or until golden brown.

Serve with your favorite dipping sauce.

Pain de Mie Made Easy in the Bread Machine
Makes one 1-1/2 pound loaf

1 1/2 teaspoons to 2 teaspoons bread machine yeast
3 1/4 cups bread or all-purpose flour
3/4 cup semolina flour
2 tablespoons plus 1 teaspoon sugar
1 1/2 teaspoons salt
2/3 cup instant nonfat dry milk solids
2 tablespoons unsalted butter, room temperature
1 1/4 cups plus 3 tablespoons water

Combine all the ingredients in the bread machine pan. Process on the basic bread setting.

Remove the bread from the pan and cool on a rack. Wrap in a plastic bag or foil to store.

Great for sandwiches or canapés. Has a close even grain, a thin, crisp crust and a velvety, soft crumb.

Parmesan Butternut Squash Gratin

Recipe from Betty Crocker Thanksgiving Cookbooklet #241, Holiday 2007

Servings: 6

1 (2 1/2 lb.) butternut squash
1/4 cup butter or margarine
2 large cloves garlic, finely chopped
1/4 cup panko bread crumbs
1/3 cup grated Parmesan cheese
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup chopped fresh parsley

Heat oven to 375°F. Spray 13" x 9" (3-quart) glass baking dish with cooking spray. Peel, halve lengthwise and seed squash; cut into 1/2"-thick slices. Arrange with slices overlapping slightly in bottom of baking dish.

In 2-quart saucepan, melt butter over medium heat. Reduce heat to low. Add garlic; cook 2-3 minutes, stirring frequently, until garlic is soft and butter is infused with garlic flavor. Do not let butter brown.

In small bowl, mix breadcrumbs, cheese, and 1 tablespoon of the butter-garlic mixture.

Brush squash slices with remaining butter-garlic mixture. Sprinkle with salt, pepper, and breadcrumb mixture.

Bake uncovered 30-40 minutes or until squash is tender when pierced with fork. Increase oven temperature to 425°F; bake 5-10 minutes longer or until lightly browned. Before serving, sprinkle parsley over top.

NOTES: To make ahead, prepare the recipe through step 4. Cover and refrigerate for up to 24 hours.

Butternut squash is a tan-colored, elongated vegetable with a bulbous end and mildly sweet flavor. When selecting butternut squash, look for those that have hard, tough rinds and are very heavy for their size.

Peanut Butter Chocolate Chip Cookies
Recipe by Taste of Home, Feb/Mar 1997

1/2 cup butter or margarine, softened
1/2 cup sugar
1/3 cup brown sugar, packed
1/2 cup peanut butter
1 egg
1 teaspoon vanilla extract
1 cup all purpose flour
1/2 cup old fashioned oats
1 teaspoon baking soda
1/4 teaspoon salt
1 cup semisweet chocolate chips (6oz)

In a mixing bowl, cream butter and sugars; beat in peanut butter, egg and vanilla. Combine flour, oats, baking soda and salt; stir into the creamed mixture. Stir in chocolate chips. Drop by spoonfuls onto ungreased baking sheets. Bake at 350°F for 10 - 12 minutes or until golden brown. Cool 1 minute before removing to a wire rack. Makes 2 dozen.

Pecan-Topped Cornbread with Honey Butter

Recipe from Betty Crocker Thanksgiving Cookbooklet #241, Holiday 2007

Servings: 12

---CORNBREAD---

1 cup cornmeal
1 cup all-purpose flour
1/3 cup sugar
1/4 cup butter or margarine, melted
2 teaspoons baking powder
1/4 teaspoon salt
3 eggs
1 14.75-oz. can cream-style corn
1/4 cup chopped pecans

---HONEY BUTTER---

1/2 cup butter (do not use margarine), softened
1/4 cup honey
Dash salt

Heat oven to 375°F. Spray 9- or 8-inch round cake pan with baking spray with flour. In medium bowl, stir all cornbread ingredients except pecans until well blended. Pour into pan. Sprinkle pecans evenly over top.

Bake 35-45 minutes or until toothpick inserted in center comes out clean.

Meanwhile, in small bowl, beat 1/2 cup butter with spoon until creamy. Slowly beat in honey and salt until well blended.

Serve warm cornbread with honey butter.

Portuguese Sweet Bread (Pao Dolce)
Recipe from Rustic European Breads
Makes one 9" coiled loaf

3 cups bread flour
2 1/2 teaspoons bread machine yeast
1/3 cup granulated sugar
2 tablespoons instant nonfat dry milk solids
2 tablespoons dry mashed potato flakes
1/4 cup unsalted butter
1/2 teaspoon salt
1/2 teaspoon vanilla extract
3 large eggs, save 1 for the glaze
Zest and juice of 1/2 lemon
3/4 cup water

Combine all the ingredients, except the one egg for the glaze and the extra sugar for sprinkling on top, in the bread machine pan and process on the dough cycle. Once the cycle is completed, remove the dough to a lightly floured surface and punch it down, adding additional flour if it seems too sticky to handle. Turn the bread pan on top of the dough and let it rest for 15 minutes, then form the loaf.

Make a coiled loaf by rolling the dough into a 30" long rope. Spritz a 9" or 10" pie pan with cooking spray, and then coil the dough into the pan, beginning at the outside edge and ending in the center. Twist the rope as you lay it in the pan.

Sprinkle the top of the loaf with granulated sugar and set the loaf aside to rise until nearly doubled in size. Preheat the oven to 350°F. Beat the reserved egg and brush it over the loaf. Sprinkle the top with more granulated sugar and bake in the preheated oven until browned, about 25 to 30 minutes.

Preparing Fresh Apples for the Freezer
Recipe by Taste of Home

Apples, sliced and peeled
Fruit Fresh

Peel and slice the apples, then drip into Fruit Fresh to keep them from discoloring. Place the slices in boiling water for 2 minutes, then cool in ice water for 2 minutes. Drain. Pack slices into plastic freezer bags in the amounts needed for your favorite recipes. Seal, label, date and freeze. If you need diced or chopped, cut the slices after they're defrosted.

Rhubarb Bread

Recipe by King Arthur Flour 200th Anniversary Cookbook

Servings: 6

---Topping

2 tablespoons granulated sugar

2 teaspoons butter, melted

---Batter

2 3/4 cups unbleached all purpose flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 teaspoon salt

1 1/2 cups diced rhubarb

1/2 cup walnuts or pecans, chopped

2/3 cup vegetable oil

1 cup brown sugar

2 eggs

1/2 cup granulated sugar

1 cup milk

1 teaspoon vanilla

Preheat oven to 350°F.

Blend the topping ingredients together, set aside.

To make the batter, blend the flour, baking powder, soda and salt. Stir in the rhubarb and nuts.

In a separate bowl, beat the oil, sugar and eggs together until light, and blend in the milk. Mix the wet ingredients with the dry, stirring just enough to blend. Stir in the vanilla.

Pour the batter into two 4 1/2" x 8 1/2" loaf pans and drizzle the butter/sugar topping over them.

Bake for 40 minutes to 1 hour or until a toothpick inserted into the center comes out clean.

Roasted Garlic Potato Bread

Recipe by Gold Medal Bread Machine Booklet

Servings: 15

1 1/4 cups water

3 tablespoons margarine/butter

1 egg

4 cups bread flour

2/3 cup Roasted Garlic mashed potato mix, dry

1 tablespoon sugar

1 1/2 teaspoons salt

2 1/2 teaspoons bread machine yeast

Measure all ingredients carefully into bread machine in order recommended by manufacturer.

Select basic/white bread cycle. Use medium or light crust color. Do not use delay cycles. Remove baked bread from pan, and cool on wire rack.

Note: for a stronger garlic flavor, add 1/4 teaspoon garlic powder with the sugar.

Makes a 2 pound loaf

Rosemary Chicken

Servings: 4

1/4 cup fresh lemon juice
1/4 cup olive oil
2 cloves garlic, minced
1 1/2 teaspoons fresh thyme, chopped
1 bay leaf, whole
1 1/2 teaspoons fresh rosemary, chopped
1/2 teaspoon salt
4 large, chicken breasts, boneless, skinless

In a small bowl, whisk together the lemon juice, olive oil, garlic, thyme, bay leaf, rosemary and salt.

Place chicken breasts in large zip close plastic bag, then pour in the marinade. Seal and refrigerate for 24 hours, gently shaking the bag occasionally.

When ready to cook, preheat the broiler to high. Remove the chicken breasts from the bag, reserving the marinade. Place the chicken on a broiler pan or a baking sheet lined with foil. Broil the chicken for 8 minutes. Flip the breasts over and baste and grill for another 7 minutes.

Alternate cooking method: Heat a sauté pan with some olive oil in it, then sauté the chicken breasts for about 7 - 8 minutes on each side.

Rustic Irish Soda Bread
Makes one 8" round

2 cups bread flour
1 cup whole-wheat flour
1/4 cup powdered buttermilk
2 tablespoons cornmeal
1 1/2 teaspoons salt
1/2 teaspoon baking soda
1 cup water
1 large egg
2 tablespoons molasses
1 tablespoon honey
2 tablespoons butter
1 3/4 tablespoons bread machine yeast
3/4 cup currants or raisins
1 tablespoon caraway seeds

Combine flours, buttermilk, cornmeal, salt, baking soda, water, egg, molasses, honey, butter, and yeast in the bread machine pan and process on the dough setting. Add the currants and caraway seeds just before the final kneading. Remove from the pan, punch down, place the bread machine pan over the dough and let it rest for 15 minutes. Cover a baking sheet with parchment paper. Punch dough down, and form into an 8-inch circle, slightly flattened. Place the disk on the parchment paper and cover with plastic wrap and let rise until doubled in size, about one hour.

Preheat oven to 375°F. Place the rack in the center of the oven. Cut a large X in the center of the loaf with a razor blade or very sharp knife. Bake for 15 minutes, and then reduce heat to 350°F; bake for an additional 15 minutes, or until browned and cooked through. Serve warm. Store in plastic wrap.

Simmered beef roast

A 4-pound rump roast

1 teaspoon salt

2 tablespoons olive oil

4 tablespoons cider vinegar

2 tablespoons maple syrup

2 bay leaves

16 whole black peppercorns

1 teaspoon allspice

2 medium onions, minced

3 anchovy fillets in oil, drained and chopped

2 cups beef broth

1 teaspoon arrowroot (optional), (1 to 2)

Season roast with salt; heat olive oil in a heavy pot and brown roast.

Add vinegar, maple syrup, bay leaves, peppercorns, allspice, onions, anchovy and broth. Cover and simmer 2 1/2 hours on top of stove until meat is fork tender and well done. Alternatively, you can place roast in a covered pan and cook in a 325°F oven for about 2 1/2 hours.

Just before serving, strain gravy juices from pan. Mix arrowroot with a little cold water and stir into gravy. (The easiest way to mix it is to shake it in a closed jar.)

Cut roast on the diagonal and serve topped with arrowroot gravy.

Smothered "Steak & Onions"

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 6

16 ounces ground 90% lean turkey or beef

1/4 teaspoon black pepper

1 3/4 cups beef broth

6 tablespoons dried breadcrumbs

2 cups thin sliced onions

3 tablespoons flour

In a large bowl, combine meat, black pepper, and 1/4 cup beef broth. Mix well with hands to combine. Using 1/3 measure as a guide, form 6 patties. Place patties in a large skillet sprayed with butter-flavored cooking spray and brown on both sides. Layer onion evenly over browned patties. In a covered jar, combine remaining 1 1/2 cup beef broth and flour. Shake until well blended. Pour broth mixture evenly over onions. Lower heat. Cover and simmer 20 - 25 minutes.

Snickerdoodles

Servings: 30

1/2 cup butter, softened
1 cup sugar
1 egg
1/2 teaspoon vanilla
1 1/2 cups all purpose flour
1/4 teaspoon baking soda
1/4 teaspoon cream of tartar

Cinnamon and sugar for rolling cookie dough in

In a large mixing bowl, cream the butter and sugar until light and fluffy. Beat in egg and vanilla. Combine flour, baking soda, and cream of tartar; then slowly add to butter mixture.

In a small bowl, combine the cinnamon and sugar.

Form dough into small balls and roll in cinnamon/sugar mixture. Place on an ungreased cookie sheet about 2 inches apart. Bake at 375 for 10 - 12 minutes or until lightly browned.

Remove from pan to wire rack to cool.

Spinach, Raisin, Pine Nut & Apple Salad

Recipe by Betty Crocker Restaurant Recipes 2/01 (Jaleo)

Servings: 4

2 large bunch spinach
2 tablespoons olive or vegetable oil
1/4 cup raisins
1/4 cup pine nuts
1/4 cup apples, peeled and cubed
3 1/2 tablespoons shallots, chopped
1/4 teaspoon salt

Wash and dry spinach. Heat oil in 4 quart Dutch oven or sauté pan over medium heat. Cook raisins, pine nuts, apple and shallots in oil about 5 minutes, stirring occasionally, until raisins are plump. Stir salt into raisin mixture. Gradually add spinach. Toss just until spinach is wilted. Serve immediately.

Steak Soup

Recipe by Betty Crocker Restaurant Recipes

Servings: 4

1/4 cup butter or margarine
1/4 cup all purpose flour
2 1/2 cups beef broth
1 small tomato, diced
1 small carrot, diced
1 small onion, diced
1/4 cup celery, diced
3/4 teaspoon browning sauce
1/4 teaspoon pepper
1/2 pound ground beef, chili grind
2 cups mixed vegetables, your favorites

Melt butter in 3-quart saucepan over low heat. Stir in flour. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in tomato, carrot, onion, celery, browning sauce and pepper. Heat to boiling; reduce heat to low. Cover and simmer 20 - 30 minutes or until vegetables are almost tender. While vegetables are simmering, cook beef in 10-inch skillet over medium heat 5 - 7 minutes, stirring occasionally, until brown, drain. Stir vegetables and beef into soup. Heat to boiling, and then reduce heat to low. Cover and simmer 20 minutes or until vegetable are tender.

NOTES: Leftover cooked roast beef can be substituted for the ground beef. One cup of cubed cooked roast beef equals 1/2 pound cooked ground beef.
Recipe can easily be doubled or tripled

Sugar Cookies with Rock Sugar Borders

Servings: 0

1 cup unsalted butter, at room temperature
1/2 cup granulated sugar
2 cups all-purpose flour, sifted
2 large egg yolks, lightly beaten
1/2 cup raw or crystal sugar, clear or golden

1. Cream the butter and sugar together in a bowl of an electric mixer until light and fluffy, about 2 minutes. Add the flour; mix lightly on low speed, so as not to overwork the flour.

2. Divide the dough into 2 portions. For long rectangular "finger" cookies, form each portion into a smooth square, about 4 1/2-by-4 1/2 inches and about 1-inch thick. For round cookies, form each portion into a firm roll about 12 inches long and 1 to 1 1/2 inches in diameter. Wrap the dough tightly in plastic wrap; refrigerate for at least 2 hours and up to 3 days. (The dough may be frozen at this stage, wrapped securely, for up to 4 months. Thaw it overnight in the refrigerator without removing the wrapping before proceeding with the recipe.)

3. Heat oven to 350 F. Line two heavy, not nonstick, baking sheets with parchment paper. Work with one portion of dough at a time, leaving the other in the refrigerator. Brush the first slab or cylinder of cold dough with the lightly beaten egg yolks, coating all sides, corners and crevices. Spread the raw sugar on a flat plate; press or roll the dough in the sugar to coat all of the surfaces. Use your hand to press sugar into any slight hollows; it should cover the dough in a single, even layer. Gently brush off any excess sugar. With a long, thin-bladed knife, slice the dough into 3/8-inch wide slices. Lay them 3/4-inch apart on baking sheets. If slicing from a log, rotate the log every few slices to avoid flattening the roll on any one side.

4. Bake 12 to 18 minutes, or until the bottoms are just barely beginning to color and the sugar borders are turning just slightly golden. Cool the cookies on the baking sheets 10 minutes; carefully transfer to wire racks to cool completely. Repeat with the remaining portion of dough. The cookies may be stored up to 1 week, in an airtight container, at room temperature.

SWEET AND SPICY POPCORN

3 quarts freshly popped popcorn
1/3 cup butter or margarine, (about 5 tbsp.)
3/4 tsp. cinnamon
1/4 cup sugar
1/4 tsp. salt

Place popcorn in a large bowl. In a small pan, combine remaining ingredients. Cook over low heat until butter is melted and sugar is dissolved, stirring frequently. Drizzle over popcorn, tossing to mix well. Spread on baking sheets and bake at 350°F for 15 minutes, until hot and crisp. Store covered up to 2 weeks.

The Ultimate Creamed Corn
Recipe by Betty Crocker
Servings: 10

2 16-oz. bags frozen whole kernel corn
4 3-oz. packages cream cheese, cut into cubes
1 cup milk
1/2 cup butter or margarine, melted
2 teaspoons sugar
1 teaspoon salt
1/4 teaspoon pepper

Spread corn over bottom of 3- to 4-quart slow cooker. Top with cream cheese cubes. In small bowl, stir together remaining ingredients; pour over corn and cream cheese.

Cover; cook on HIGH heat setting 2-3 hours.

Stir well before serving. Corn will hold on LOW heat setting up to 2 hours; stir occasionally.

Source:

"Thanksgiving Cookbooklet #241, Holiday 2007"

NOTES: Sprinkle thinly sliced green onions on top of the creamed corn just before serving to give the dish a dash of color.

Reduced-fat cream cheese (Neufchatel) can be used in place of the regular cream cheese.

Tomato & Zucchini Sauté

Recipe by JoAnna M. Lund, *The Diabetic's Healthy Exchanges Cookbook*

- 2 cups sliced unpeeled zucchini
- 1/2 cup sliced onion
- 2 tablespoon fat free Italian dressing
- 2 cups peeled and coarsely chopped fresh tomatoes
- 1 tablespoon chopped fresh parsley
- 3/4 cup shredded reduced-fat mozzarella cheese

In a large skillet sprayed with butter-flavored cooking spray, sauté zucchini and onion until just tender, about 5 minutes. Stir in Italian dressing. Add tomatoes and parsley. Mix gently to combine. Sprinkle mozzarella cheese evenly over the top. Continue cooking until cheese is melted, about 1 - 2 minutes, stirring occasionally.

Tomato Bacon Soup

Recipe by Streamliner Diner, Bainbridge Island, WA

Servings: 4

6 slices bacon, diced
1 onion, diced
1 can tomato juice (46 oz.)
1/4 cup polenta or cornmeal
1 teaspoon salt
1/2 teaspoon black pepper

In a 2-quart pot, fry the bacon until lightly browned. Drain off most of the fat. Add the onion and sauté over medium heat until the onion is transparent. Add the tomato juice. Heat to a simmer. Add the polenta or cornmeal*, stirring to avoid lumps.

Cook until the cereal is done, approximately 25 minutes, stirring occasionally. Add the lemon juice, salt and black pepper and serve.

NOTES: I would mix the polenta or cornmeal with some water and then add to the soup mixture.

Tomato Shrimp Salad

Recipe by JoAnna M. Lund, *The Diabetic's Healthy Exchanges Cookbook*

4 ounces fresh or fresh frozen shrimp (to 5 oz.), rinsed and drained

2 tablespoons fresh chopped parsley

1/4 cup fat free mayonnaise

1 tablespoon chili sauce

1 drop Tabasco sauce (to 3)

1/2 teaspoon lemon pepper

1 1/2 cups finely shredded lettuce

In a medium bowl, combine tomato, shrimp and parsley. In a small bowl, combine mayonnaise, chili sauce, Tabasco sauce and lemon pepper. Add mayonnaise mixture to tomato mixture. Mix gently to combine.

Refrigerate at least 45 minutes. Just before serving stir in shredded lettuce.

Tortilla Soup

Recipe by Streamliner Diner, Bainbridge Island WA

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 carrot, diced
- 1 green pepper, diced
- 2 stalks celery, diced
- 4 cups tomato juice
- 1 1/2 cups water
- 1 can chopped green mild chilies (4 oz.)
- 3 tablespoons lemon juice
- 3 tablespoons salsa
- 2 teaspoons cumin
- 2 cups crushed tortilla chips, stale okay
- 2 tablespoons fresh cilantro, chopped

Heat the butter or margarine and olive oil in a 3-quart pot and sauté the onion and garlic until transparent. Add the carrot, green pepper and celery. Sauté for 1 minute. Add the tomato juice, water and green chilies. Cover and cook over medium heat for 25 minutes or until vegetables are tender.

Lower heat. Stir in the lemon juice, salsa and cumin. Add 1 cup of crushed tortilla chips to the soup and let sit 10 minutes. Just before serving, garnish each bowl with several teaspoons of crushed chips and a sprinkle of cilantro.

Triple D's Southwest Jewish Brisket

Brisket
Celery, Chopped
Onion, chopped
Carrots, chopped
Potatoes, diced
Garlic, chopped
Tomato Paste
Lipton's Onion Soup Mix
Red wine
Bay Leaf
Fresh Thyme

Put all the ingredients in a roasting pan, and barely cover with water. Wrap pan tightly in foil. Bake in a 350°F oven for 5 hours or until tender.

Let rest until cool enough to handle. Medium slice with the grain. Sauté in a frying pan with a little olive oil. Brown on both sides. Cover with thin slice red onions and a little lime juice. Cook until onions are slight tender. Serve over rice with green onions on top and tortilla chips, or use in a wrap.

Description:

"As seen on Diners, Drive-ins and Dives"

What's Your Burger Sign?

Recipe by S.C. Beef Board, 1998

Could hamburger toppings really appeal to you according to your sign of the zodiac? The S.C. Beef Board offers these possibilities - some of which sound good no matter what sign you are. Needless to say, all start out with a grilled beef patty.

Aries - The Ram Burger, which includes goat cheese, spinach and black pepper mayonnaise, all served on a wheat bun.

Taurus - The No-Bull Burger, topped with bold barbecue sauce, pepper jack cheese and sweet pickles, served on a Kaiser roll.

Gemini - The Twin Burger, double beef patties grilled and topped with cheddar and jack cheeses, double-strength hot pepper mayonnaise and served on a double-seeded roll.

Cancer - Surf-and-Turf Burger, with roasted red peppers and lump crabmeat that's been tossed in Old Bay seasoning, served on a toasted English muffin.

Leo - The Lion's Share Burger, a -1/2-pound patty topped with spicy chili, jack cheese, shredded lettuce and diced tomatoes.

Virgo - The Goddess, a lean grilled patty with white cheddar, Virginia ham and grilled sweet white onions, served on a plain bun.

Libra - Sweet-and-Sour Burger, brushed with sweet-and-sour sauce, topped with grilled pineapple, bacon, lettuce and tomato, served on a sesame seed bun.

Scorpio - The Stinger, a patty rubbed with Southwestern spices and topped with salsa, sour cream and ancho chile mayonnaise.

Sagittarius - The Sagittarian, with sharp cheddar cheese, portobello mushrooms and Dijonnaise sauce, served on tomato herb bread.

Capricorn - Billy Goat Burger, with grated pecorino cheese and field greens tossed in vinaigrette, served on a five-grain bun.

Aquarius - The Age of Aquarius, with sprouts, fresh tomatoes and cream cheese, served on a water bagel.

Pisces - The Submarine Burger, a grilled beef patty topped with sun-dried tomato, tartar sauce, shredded lettuce and pickles, served on a grilled sub roll.

>Ref Ann Burger at the Charleston Post and Courier, Charleston, S.C.

http://www.charleston.net/pub/index/food_index.shtml

Winslow Clam Chowder

Recipe by Streamliner Diner Bainbridge Island, WA

3 tablespoons butter

OR

2 slices bacon, diced

1 onion, diced

2 potatoes, diced

1/4 cup flour

3 cups water or seafood stock or chicken stock

1/4 cup parsley, minced

1 teaspoon salt

1 teaspoon black or white pepper

1 cup fresh or canned clams, chopped

1 1/2 cups half and half or milk

Parsley, for top of soup

Dice bacon if you are using bacon. In a 2-quart pot, cook the bacon until it begins releasing juices or melt 3 tablespoons of butter. Sauté the onion and celery until the onion is transparent. Add the diced potatoes and heat through. Add the flour and stir. The flour will get a little sticky on the bottom of the pot, so keep stirring for a minute. Add water or stock and parsley and stir until smooth. Cook until the potatoes are tender, about 20 minutes, stirring occasionally to prevent sticking.

Add salt, pepper, clams and half and half or milk. Cook over low heat, taking care not to boil, until the soup is heated through.

To serve, put a pat of butter in each bowl, ladle in the hot soup, and garnish with parsley or croutons.

Yukon Gold Potato Soup With Crème Fraîche
Recipe by Restaurant Recipes 2/01
Servings: 6

6 tablespoons butter or margarine
1 large onion, thinly sliced
6 cups Yukon Gold potatoes, diced
6 cups chicken broth
1 clove garlic, finely chopped
1/2 cup crème fraîche or sour cream
Fresh chives, chopped

Melt butter in 4 quart Dutch oven over medium heat. Cook onion in butter about 20 minutes, stirring frequently, until onions softened and golden. Stir in potatoes. Stir in broth, salt, pepper and garlic. Heat to boiling; reduce heat. Cover and simmer about 15 minutes or until potatoes are very tender. Place soup in small batches (about 2 cups) in blender, cover and blend until smooth, repeat until all of the soup is blended. Garnish each serving with a dollop of crème fraîche or sour cream and a sprinkling of chives.

Zucchini Bread (JoAnna Lund)

Recipe by JoAnna M. Lund, The Diabetic's Healthy Exchanges Cookbook

Servings: 8

- 1 1/2 cups flour
- 1 sugar-free instant vanilla pudding mix, 4 serving
- 1/4 cup Sugar Twin
- 1 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon baking powder
- 1 cup shredded unpeeled zucchini
- 1/2 cup raisins, optional
- 2 eggs or egg substitute equivalent
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla
- 3/4 cup unsweetened applesauce

Preheat oven to 350°F. Spray loaf pan with cooking spray. Combine flour, dry pudding mix, Sugar Twin, baking soda, cinnamon and baking powder in a medium size bowl. Add zucchini and raisins. Mix well to combine. In a small bowl, beat eggs with fork; add oil, vanilla extract and applesauce. Mix well to blend. Stir egg mixture into flour mixture just until moistened. Pour batter into loaf pan. Bake for 45-50 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 5 minutes. Remove from pan and complete cooling.

RECIPES THAT WERE LOOSE IN MOM'S COOKBOOK BINDER

Vermont Maple Shortbread

From King Arthur catalog

YIELD: 16 shortbread wedges

Cookies

16 tablespoons (1 cup) unsalted butter, at cool room temperature, 65°F to 68°F

3/4 cup pure maple sugar

1 teaspoon salt

1/4 teaspoon maple flavor; optional, for enhanced flavor

1/4 teaspoon vanilla-butternut flavor; optional, for enhanced flavor

2 1/2 cups King Arthur Unbleached All-Purpose Flour

1 cup chopped pecans or walnuts, optional

Topping

A scant 2 tablespoons maple syrup

Preheat the oven to 325°F. Melt a tablespoon of butter and brush it onto the bottom and sides of a shortbread pan. Alternatively rub soft butter onto the bottom and sides of an 8" round pan.

Beat together the remaining 15 tablespoons butter, maple sugar, salt, and flavors until well blended.

Measure the flour by gently spooning it into a cup, then sweeping off any excess. Mix it in to form a smooth, cohesive dough. The dough will be crumbly at first, but will come together as it's mixed.

Fold in the chopped nuts.

Divide the dough in half. Wrap one half in plastic and set aside. Press the second half into the prepared pan.

Use a fork to prick the dough all over; this allows any steam to escape, and prevents the shortbread from bubbling as it bakes.

Bake the shortbread for 25 to 30 minutes, until the surface is a light golden brown, and the edges are a darker golden brown.

Remove the shortbread from the oven, and immediately turn it out onto a clean work surface. Gently brush the shortbread with the maple syrup (you want to be careful not to brush away the pattern if you used a shortbread pan).

Using a pizza wheel or sharp knife, cut the shortbread while still warm into 8 equal wedges and transfer them to a rack to cool completely.

Repeat the bake with the remaining half of dough.

Store the shortbread, well wrapped, at room temperature for several days; freeze for longer storage.

Sesame Honey Loaf

Source: King Arthur website

If you're familiar with (and love) those crunchy, individually wrapped sesame and honey candies, we're with you. This recipe brings together those flavors in a soft, lightly sweetened, sesame-studded loaf that's perfect for just about any sandwich or toast occasion. Because why not turn candy into bread!

Dough

3 cups Artisan Bread Flour or King Arthur Unbleached All-Purpose Flour

1 cup semolina flour

2 tablespoons potato flour or 1/4 cup instant mashed potato flakes

1/4 cup Baker's Special Dry Milk or nonfat dry milk

2 teaspoons salt

2 teaspoons instant yeast

1 1/2 cups lukewarm water

3 tablespoons unsalted butter, melted

3 tablespoons honey

1/2 cup sesame seeds, toasted preferred

Topping

1 tablespoon butter, unsalted or salted

1 tablespoon honey

Sesame seeds, toasted preferred

Weigh your flours; you'll find their weight by toggling to "ounces" at the top of the ingredient section above. Or measure by gently spooning into a cup, then sweeping off any excess. Combine all the dough ingredients, and mix and knead — by hand, mixer, or bread machine set to the dough cycle — until a smooth, elastic dough forms, adding more water or flour as needed.

Cover the dough and allow it to rise for 60 to 90 minutes, or until it's just about doubled in bulk.

Transfer the dough to a lightly greased work surface and shape it into a 12" log. Place the log into the lightly greased and semolina-dusted base of an Italian baker or a long covered baker. Cover with the lid, and let the loaf rise until very puffy, about 1 hour.

About 20 minutes before the end of the rising time, preheat the oven to 425°F.

Remove the cover and slash the loaf diagonally three times. Cover the loaf with the lid again and immediately put it into the oven.

Bake the bread, covered, for 25 to 30 minutes.

While the bread is baking, prepare the topping. In a small saucepan or microwave-safe bowl heat the butter and honey until the butter has melted. Stir to combine.

Remove the bread from the oven and remove the cover of the baker. Brush the loaf with the butter-honey mixture and sprinkle heavily with the sesame seeds.

Return the loaf to the oven, uncovered, and bake for 5 to 10 minutes longer, until it's a deep golden brown; a digital thermometer inserted into the center should read 190°F.

Transfer the bread in the baker to a rack. Allow the bread to cool for 10 minutes, and then turn it out onto a rack to cool completely.

Store the cooled bread, well wrapped, at room temperature for several days. Freeze for longer storage.

Tips from our bakers

To make this bread in a Dutch oven, simply follow the directions as written, forming the loaf into a ball (boule) rather than a log.

Ultimate Sugar Cookie
Recipe by Crisco
Makes 3-4 dozen cookies

1 1/4 cups granulated sugar
1 stick Butter Flavor CRISCO Stick (or 1 cup Butter Flavor CRISCO) all-vegetable shortening
2 eggs
1/4 cup light corn syrup
1 tablespoon vanilla
3 cups plus 4 tablespoons all-purpose flour, divided
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
Granulated sugar or colored crystals

Heat oven to 375°F. Place sheets of foil on countertop for cooling cookies.

Combine sugar and shortening in large bowl. Beat at medium speed of electric mixer until well blended. Add eggs, syrup and vanilla. Beat until well blended and fluffy.

Combine 3 cups flour, baking powder, baking soda and salt. Add gradually to creamed mixture at low speed. Mix until well blended.
Divide dough into 4 quarters. Wrap each quarter of dough with plastic wrap. Refrigerate at least 1 hour. Keep refrigerated until ready to use.

Spread 1 tablespoon or more of flour on large sheet of waxed paper. Place one quarter of dough on floured paper. Flatten slightly with hands. Turn dough over and cover with another large sheet of waxed paper. Roll dough to 1/4-inch thickness. Remove top sheet of waxed paper. Cut out with floured cutter. Transfer to ungreased baking sheet with large pancake turner. Place 2 inches apart on ungreased baking sheet. Roll out remaining dough.
Sprinkle with granulated sugar or colored sugar crystals, or leave plain to frost or decorate when cooled.

Bake one baking sheet at a time at 375°F for 5 to 9 minutes, depending on the size of your cookies (bake smaller, thinner cookies closer to 5 minutes; larger cookies closer to 9 minutes). DO NOT OVERBAKE. Cool 2 minutes on baking sheet. Remove cookies to foil to cool completely, then frost and decorate if desired.

ULTIMATE SUGAR COOKIE VARIATION

DROP COOKIE VARIATION - Do not refrigerate dough. Drop by rounded measuring tablespoonfuls of dough 2 inches apart on an ungreased baking sheet. Bake at 375°F for 7 to 8 minutes.

Chewy Brownie Cookies
Recipe by Crisco

Nonstick cooking spray
1 1/2 cups firmly packed brown sugar
2/3 cup Crisco® Butter Flavor All-Vegetable Shortening
(OR 2/3 stick Crisco® Baking Sticks Butter Flavor All-Vegetable Shortening)
1 tablespoon water
1 teaspoon vanilla extract
2 large eggs
1 1/2 cups All Purpose Flour
1/3 cup cocoa powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 (12 oz.) package semi-sweet chocolate chips (2 cups)
Powdered sugar

HEAT oven to 350°F. Coat baking sheets with no-stick cooking spray.

BEAT brown sugar, shortening, water and vanilla with electric mixer at medium speed until well blended. Beat in eggs. Combine flour, cocoa, salt and baking soda. Mix into shortening mixture at low speed just until blended. Stir in chocolate chips. Drop by rounded measuring tablespoonsful 2 inches apart onto prepared baking sheets.

BAKE 8 to 10 minutes, or until cookies are set. Cool 2 minutes on baking sheet. Place on cooling rack to cool completely. Sprinkle with powdered sugar.

TIP

Other combinations of chips may be used, such as 1 cup chocolate chips and 1 cup white chocolate chips, or 1 cup peanut butter chips and 1 cup of chocolate chips, or 1 cup chopped nuts and 1 cup of chocolate chips.

Ultimate Chocolate Chip Cookies

Recipe by Crisco

3/4 cup Crisco® Butter Flavor All-Vegetable Shortening
1 1/4 cups firmly packed light brown sugar
2 tablespoons milk
1 tablespoon vanilla extract
1 egg
2 cups Pillsbury BEST™ All Purpose Flour
1 teaspoon salt
3/4 teaspoon baking soda
1 (6 oz.) package semi-sweet chocolate chips (1 cup)
1 cup coarsely chopped pecans

HEAT oven to 375°F.

BEAT shortening, brown sugar, milk and vanilla in large bowl with mixer on medium speed until well blended. Beat in egg. Combine flour, salt and baking soda. Mix into shortening mixture until just blended. Stir in chocolate chips and nuts.

DROP by rounded measuring tablespoonfuls 3 inches apart onto baking sheet.

BAKE 8 to 10 minutes for chewy cookies, or 11 to 13 minutes for crisp cookies. Cool 2 minutes. Remove to wire rack to cool completely.

TIP

If nuts are omitted, add an additional 1/2 cup semi-sweet chocolate chips.

BAR COOKIES

HEAT oven to 375°F. Follow recipe above to prepare dough. Coat 13 x 9-inch baking pan with no-stick cooking spray. Spread dough evenly in pan. Bake 16 to 18 minutes or until top is golden brown and toothpick inserted in center comes out clean. Cool completely before cutting into bars.

White Chocolate and Meyer Lemon Tart
Recipe from Dandy fruit company

3 large eggs
1/2 cup sugar
1 cup heavy cream
2 Meyer lemons, juiced
4 ounces white chocolate, cut into 1/2" pieces
One 9" inch" baked pie or tart shell

In a medium stainless steel bowl beat the eggs until blended. Stir in sugar and then Meyer lemon juice. Cook over boiling water, stirring continuously with a wire whisk until mixture thickens, resembling pudding. Remove from heat and stir in white chocolate until melted and completely incorporated. Set aside and cool at room temperature. Cover and chill.

Whip the cream to firm peaks. Fold in the cool Meyer lemon mixture into the cream and spoon into baked pie or tart shell.

Chill 2 hours or until firm before serving. If desired, garnish with extra whipped cream before serving.

Cream of Broccoli Soup

Magazine clipping, unknown

- 1 bunch fresh broccoli (about 1 1/2 pounds)
- 1 medium-size onion, chopped (1/2 cup)
- 2 tablespoons butter or margarine
- 1 potato, pared and diced (1 cup)
- 2 (13 3/4 ounce) cans chicken or vegetable broth
- 1/2 teaspoon salt
- Dash cayenne pepper
- 1 cup light cream
- 1/8 teaspoon ground nutmeg

Trim outer leaves and tough ends from broccoli. Separate stalks and cut into 2 or 3 shorter lengths. Parboil in boiling salted water in a large saucepan 5 minutes. Drain well.

Sauté onion in butter in large saucepan until soft but not brown, 5 minutes. Add potato, broth, salt, and cayenne. Heat to boiling; lower heat; simmer 15 minutes. Add broccoli, reserving a few florets for garnish; simmer 5 minutes longer or until vegetables are tender.

Pour mixture half at a time into container of electric blender; cover; whirl until smooth. Return mixture to saucepan; add cream and nutmeg; bring to boiling. If soup is too thick, add more cream or milk. Taste and add more salt if needed. Garnish with florets.

Cranberry-Pecan Upside Down Cake
TV Guide clipping from the 1960s or 1970s

1 1/2 cup cranberries
1/2 cup chopped pecans
1/2 cup butterscotch topping

1/3 cup margarine
2/3 cup sugar
1 egg
1/2 teaspoon vanilla
1 cup flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
Whipped cream, optional, for serving

Arrange cranberries and nuts in the bottom of a greased 8" square pan. Pour topping over fruit and nut mixture.

Cream margarine and sugar until light and fluffy. Blend in egg and vanilla. Add combined dry ingredients to creamed mixture alternately with milk, mixing well after each addition. Pour batter over topping mixture. Bake at 350°F for 45 to 50 minutes or until a wooden pick inserted in the center comes out clean. Immediately invert onto serving platter. Serve warm. Top with whipped cream, if desired.

VARIATION

Substitute 1 cup peeled chopped apples for 1 cup cranberries.

Apple Barbecued Pork Roast

TV Guide clipping from the 1960s or 1970s

Servings: 8 to 10

This recipe would be perfect to make in a crockpot or Instant Pot as well!

3/4 cup barbecue sauce

1 (10 ounce jar) apple jelly

4 to 5 pound rolled pork loin roast

Heat barbecue sauce and jelly over low heat, stirring until blended. Place meat, fat side up, on rack in baking pan. Roast at 325°F for 2 1/2 to 3 hours or until meat thermometer registers 170°. Brush with 1/2 cup barbecue sauce mixture during the last hour. Serve with remaining heated sauce.

SLOW COOKER VARIATION

Heat barbecue sauce and jelly as above. While that is happening, brown roast in a little oil over medium-high heat. Place pork roast in appropriately sized slow cooker. Pour half the barbecue sauce mixture over roast. (Reserve rest in refrigerator until roast is done.) Place lid on slow cooker. Cook on LOW for 8 hours or HIGH for 4 hours. Serve with the rest of the sauce mixture (rewarmed).

INSTANT POT VARIATION

Heat barbecue sauce and jelly as above. While that is happening, brown roast in Instant Pot base until lightly browned on all sides. Place roast in Instant Pot. Pour half the barbecue sauce mixture over roast. (Reserve rest in refrigerator until roast is done.) Lock cover into position and pressure cook for 55 minutes on Manual. Serve with the rest of the sauce mixture (rewarmed). You can use the Quick Release method when cooking time is over.

Cider-Gingerbread Bundt Cake
Recipe by King Arthur Flour
Makes 1 small (or large)-sized Bundt cake

CAKE

4 tablespoons (1/4 cup) unsalted butter, at cool room temperature, 65°F to 68°F
1/4 cup vegetable oil
3/4 cup sugar
4 teaspoons gingerbread spice; or 1 3/4 teaspoons ginger, 1 1/4 teaspoons
cinnamon, 1/2 teaspoon nutmeg, 1/4 teaspoon cloves, and 1/4 teaspoon allspice
1/2 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon baking soda
2 large eggs
1 1/2 cups King Arthur Unbleached All-Purpose Flour
3 tablespoons boiled cider
3 tablespoons molasses
1 cup grated apple

GLAZE

2 tablespoons unsalted butter
2 tablespoons boiled cider
2 tablespoons sugar
1 teaspoon gingerbread spice; or 1/2 teaspoon ginger and 1/2 teaspoon cinnamon

Preheat the oven to 350°F. Grease a small 5- to 6-cup capacity Bundt-style pan.
To make the cake: Beat together the butter, oil, sugar, spice, salt, baking powder, and
baking soda on medium speed of an electric mixer until light and fluffy, about 4 to 5
minutes.

Add the eggs one at a time, beating after each addition until the batter looks fluffy.
Scrape the bottom and sides of the bowl.

Weigh the flour, or measure it by gently spooning it into a measuring cup and
sweeping off the excess. Beat in half the flour, then the boiled cider. Scrape the
bottom and sides of the bowl, and then beat in the remaining flour followed by the
molasses. Fold in the grated apple.

Pour the batter into the prepared pan.

Bake the cake for 38 to 42 minutes, until a cake tester or toothpick inserted into the
center comes out clean.

Remove the cake from the oven, and cool it for 5 minutes before turning it out of the
pan.

To make the glaze: While the cake is still warm, heat the butter, boiled cider, sugar, and gingerbread spice together (in the microwave or in a saucepan set over medium heat) until the butter has melted and the sugar has dissolved, stirring until smooth.

Brush the glaze onto the warm cake. Allow the cake to cool completely before slicing.

Store the cake, well wrapped, at room temperature for several days. Freeze for longer storage.

TIP

This recipe doubles easily to fill a 10- to 12- cup Bundt-style pan. Bake the cake for 55 to 60 minutes.

Garlic Mashed Potatoes

Recipe adapted from Cook's Country

4 pounds russet potatoes, peeled, quartered, and cut into 1/2-inch pieces

12 tablespoons (1 1/2 sticks) unsalted butter, cut into pieces

12 garlic cloves, minced

1 teaspoon sugar

1 1/2 cup half-and-half, divided use

1/2 cup water

1 teaspoon salt

Salt and pepper, to taste

Place cut potatoes in colander. Rinse under cold running water until water runs clear. Drain thoroughly.

Melt 4 tablespoons butter in Dutch oven over medium heat. Cook garlic and sugar, stirring often, until sticky and straw colored, 3 to 4 minutes. Add rinsed potatoes, 1 1/4 cups half-and-half, water and 1 teaspoon salt to pot and stir to combine. Bring to boil, and then reduce heat to low and simmer, covered and stirring occasionally, until potatoes are tender and most of the liquid is absorbed, 25 to 30 minutes.

Off heat, add remaining butter to pot and mash with potato masher until smooth. Using rubber spatula, fold in remaining half-and-half until liquid is absorbed and potatoes are creamy. Season with salt and pepper. Serve.

Buttered Cabbage
Recipe by Darina Allen
Makes 6 to 8 servings

1 pound fresh Savoy cabbage
2 to 4 tablespoons butter
Salt and freshly ground pepper
An extra knob of butter

Remove all the tough outer leaves from the cabbage. Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter. Serve immediately.

Ballymaloe White Soda Bread
Recipe by Rachel Allen

1 pound (4 cups) white flour, preferably unbleached
1 teaspoon caster sugar
1 teaspoon bicarbonate of soda
1 teaspoon salt
12 to 15 ounces buttermilk or sour milk

Preheat the oven to 425°F.

Sift the dry ingredients into a large bowl and make a well in the center. Pour in most of the buttermilk (leaving about 2 ounces in the measuring jug). Using one hand with your fingers outstretched like a claw, bring the flour and liquid together, adding more buttermilk if necessary. Do not knead the mixture or it will become heavy. The dough should be softish, but not too wet and sticky.

When it comes together, turn onto a floured work surface and bring together a little more. Pat the dough into a round about 1 1/2" deep and cut a deep cross in it.

Place on a baking tray and bake in the preheated oven for 15 minutes, then turn down the heat to 400°F and cook for 30 minutes more. When cooked, the loaf will sound slightly hollow when tapped on the base and be golden in color. I often turn it upside down for the last 5 minutes of cooking. Allow to cool on a wire rack.

VARIATIONS

White Soda Scones: Make the dough as above but flattened into a round approximately 2.5cm (1in) deep. Cut into scones and cook for 15 to 20 minutes at 450°F.

White Soda Bread or scones with herbs: Add 2 to 3 tablespoons freshly chopped herbs – such as rosemary, sage, thyme, chives, parsley or lemon balm – to the dry ingredients, and make as above.

Spotted Dog: 3 1/2 ounces sultanas, raisins or currants, or a mixture of all three, to the dry ingredients, and make as above.

Stripy Cat: Follow the spotted dog recipe replacing the sultanas with 75g of roughly chopped best quality chocolate.

Poblano Chicken Chowder

Recipe by Paula Dean

1/4 cup olive oil
3 large carrots, cut into 1/2-inch dice
2 large onions, cut into 1/2-inch dice
5 stalks celery, cut into 1/2-inch pieces
1/8 cup minced garlic
2 to 3 small poblano peppers, seeded and cut into 1/2-inch dice
1 teaspoon salt
1/2 teaspoon white pepper
1/4 teaspoon ground cumin, or more to taste
1/4 teaspoon dried thyme, or more to taste
1 tablespoon chicken bouillon granules
3 quarts chicken broth
1/2 bunch fresh cilantro leaves, minced
3 cups diced (large pieces) grilled chicken
1/2 cup (1 stick) unsalted butter
1 cup all-purpose flour
1/2 teaspoon hot sauce, or more to taste
1 cup heavy cream

Heat the oil in a large stockpot over medium heat. Add the carrots, onions, celery, garlic, poblano peppers, salt, white pepper, cumin, and thyme. Sauté for 7 to 8 minutes, or until the vegetables begin to soften. Stir in the chicken bouillon. Add the chicken broth and cilantro, and cook for 10 to 12 minutes, or until the carrots are tender. Stir in the chicken and cook, stirring frequently, until the chowder is thick and the chicken is heated through. Shortly before the chowder is done, melt the butter in a large skillet over medium heat. Add the flour and stir to combine. Cook, stirring frequently, for 3 to 4 minutes to cook the flour. Do not allow the mixture to brown! Ladle 1 cup of the hot liquid from the stockpot into the skillet, whisking constantly.

When the first cup of liquid is incorporated, add another 2 cups of liquid, 1 at a time. Pour the mixture in the skillet into the stockpot, whisking to blend. Cook, stirring frequently, for 3 to 5 minutes longer, or until the mixture begins to thicken. Remove the pot from the heat. Stir in the hot sauce, then the cream, and serve.

Taco Chili with Mix
Recipe by Paula Deen

Taco Chili Mix:

- 1 cup dried kidney beans
- 1/2 cup dried pinto beans
- 1 (1 1/4-ounce) package taco seasoning mix
- 1 (1-ounce) package buttermilk salad dressing mix
- 3 tablespoons dried minced onion
- 1 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1 1/2 cups corn or tortilla chips

Taco Chili:

- 1 packet Taco Chili Mix
- 4 cups water
- 1 (11 3/4-ounce) can diced tomatoes and green chiles
- 1 (16-ounce) can tomato sauce
- 1 pound ground beef, cooked and drained

For the mix: In a 1-quart wide mouth jar, layer kidney and pinto beans.

In a small bowl, combine taco seasoning mix, dried salad dressing mix, onion, chili powder, and cumin. Wrap seasonings in plastic wrap or cellophane and place in jar.

Put chips in a bag and place in jar. Decorate with ribbon or fabric.

For the chili: Place beans in a large bowl, cover with water and soak 6 to 8 hours, or overnight. Drain and add to a Dutch oven. Add seasoning packet, water, diced tomatoes and green chiles, tomato sauce, and ground beef.

Heat to boiling, cover and reduce heat to low. Simmer for 2 hours, or until beans are tender. Serve with corn or tortilla chips.

Almost Famous Cheddar Biscuits

Recipe from Food Network kitchens, as published in their magazine

For the biscuits:

Cooking spray

1 3/4 cups all-purpose flour

1 tablespoon plus 2 teaspoons baking powder

2 1/2 teaspoons sugar

1/4 teaspoon salt

3 tablespoons vegetable shortening, at room temperature

4 tablespoons cold unsalted butter, cut into 1/2-inch pieces

6 ounces grated yellow cheddar cheese (about 1 1/4 cups)

3/4 cup whole milk

For the garlic butter:

3 tablespoons unsalted butter

1 clove garlic, smashed

1 teaspoon chopped fresh parsley

Position a rack in the upper third of the oven and preheat to 425°F. Lightly mist a large baking sheet with cooking spray.

Make the biscuits: Pulse the flour, baking powder, sugar and salt in a food processor. Add the shortening and pulse until combined. Add the butter; pulse 4 or 5 times, or until the butter is in pea-size pieces. Add the cheese and pulse 2 or 3 times. Pour in the milk and pulse just until the mixture is moistened and forms a shaggy dough. Turn out onto a clean surface and gently knead until the dough comes together. Do not overwork the dough or the biscuits will be tough.

Drop the dough onto the baking sheet in scant 1/4-cup portions, 2 inches apart, and bake until golden, 15 to 20 minutes.

Meanwhile, make the garlic butter: Melt the butter with the garlic in a small saucepan over medium heat; cook for 1 minute. Remove from the heat and stir in the parsley. Brush the biscuits with the garlic butter and serve warm.

Garlic and Artichoke Soup

Recipe from Scampi's Italian Eatery in Apopka, Florida

Yield: 4 servings.

1 ounce (2 tablespoons) butter
4 ounces (1/2 cup) diced onion
3 ounces minced fresh garlic
4 cups whole milk
8 ounces (1 cup) chicken stock mixed with a little roux (equal parts fat and flour)
1/2 ounce freshly chopped basil
1/2 ounce freshly chopped parsley
4 ounces (1/2 cup) canned artichoke hearts, quartered
3 ounces flour and 1 ounce melted butter, blended together to make a thick paste
Salt and freshly ground pepper, to taste
Garlic crouton and Parmesan cheese, for garnish

In a large pot, combine butter and stir until melted. Add onion and simmer until translucent. Add garlic and mix well. Add milk, stirring. Add chicken stock.

Stir in freshly chopped herbs and the flour paste. Add the artichokes and season to taste with salt and pepper.

To serve, ladle into bowls and garnish with a garlic crouton and Parmesan cheese.

Pecan-Topped Cornbread with Honey Butter
Recipe from Betty Crocker
Servings 12

CORNBREAD

1 cup cornmeal
1 cup Gold Medal™ all-purpose flour
1/3 cup sugar
1/4 cup butter or margarine, melted
2 teaspoons baking powder
1/4 teaspoon salt
3 eggs
1 (14.75 oz) can cream-style corn
1/4 cup chopped pecans

HONEY BUTTER

1/2 cup butter, softened (do not use margarine)
1/4 cup honey
Dash salt

Heat oven to 375°F. Spray 9" or 8" round cake pan with baking spray with flour. In medium bowl, stir all cornbread ingredients except pecans until well blended. Pour into pan. Sprinkle pecans evenly over top.

Bake 35 to 45 minutes or until toothpick inserted in center comes out clean.

Meanwhile, in small bowl, beat 1/2 cup butter with spoon until creamy. Slowly beat in honey and salt until well blended.

Serve warm cornbread with honey butter.

Artichoke Soup

Recipe by Joyce Goldstein, as seen on Bay Cafe

1 lemon
12 artichokes (medium)
3 tablespoons butter
2 cloves garlic, minced
3 cups vegetable broth
3/4 pound potatoes, peeled and diced, or 1/2 cup white rice
Salt and freshly ground black pepper to taste
Chopped toasted hazelnuts or pine nuts or chopped fresh parsley or mint for garnish
Milk or heavy cream as needed, (optional)

Fill a large bowl with cold water. Cut the lemon in half and squeeze the juice into the water. Working with 1 artichoke, remove all tough outer leaves until you reach the pale green heart. Pare away the dark green area from the base. Cut the artichoke in half lengthwise into 1/4 inch thick slices and drop into the lemon water to prevent discoloration. Melt the butter in a large saucepan over medium heat. Drain the artichokes and add to the pan. Sauté for a few minutes, then add the garlic, the potato or rice and about 1 1/2 cups of the broth, or enough to just cover the artichokes. Cover the pan and simmer over medium heat until the artichokes are very tender and almost falling apart, about 25 to 30 minutes.

Remove from the heat and transfer to a food processor. Puree until smooth, and then return the puree to the saucepan. Add the remaining 1 1/2 cups broth. Reheat, adding more broth if necessary to achieve the consistency you prefer. Season with salt and pepper. The artichoke flavor intensifies as the soup sits, so it's best to make it a few hours ahead of time or even the day before, and reheat it at serving time. Sprinkle with chopped hazelnuts, pine nuts, parsley or mint.

Note 1. While this soup is traditionally thickened with béchamel, the classic cream sauce, you can make a less rich version by using rice or potato as a thickening agent and adding only broth, or perhaps a little milk or cream in addition to broth for thinning.

Note 2. You can make a wonderful asparagus soup by substituting 2 pounds trimmed asparagus (3 1/2 to 4 pounds untrimmed) for the artichokes. Season it with a hint of saffron and garnish with chopped pistachios or pine nuts.

Homemade Samoa Bars
Recipe from BakingBites.com

COOKIE BASE

1/2 cup sugar
3/4 cup butter, softened
1 large egg
1/2 teaspoon vanilla extract
2 cups all purpose flour
1/4 teaspoon salt

COOKIE BASE

Preheat oven to 350°F. Lightly grease a 9" × 13" baking pan, or line with parchment paper.

In a large bowl, cream together sugar and butter until fluffy. Beat in egg and vanilla extract. Working at a low speed, gradually beat in flour and salt until mixture is crumbly, like wet sand. The dough does not need to come together. Pour crumbly dough into prepared pan and press into an even layer.

Bake for 20 to 25 minutes, until base is set and edges are lightly browned. Cool completely on a wire rack before topping.

TOPPING

3 cups shredded coconut (sweetened or unsweetened)
12 ounce good-quality chewy caramels
1/4 teaspoon salt
3 tablespoons milk
10 ounces dark or semisweet chocolate (chocolate chips are ok)

Preheat oven to 300°F.

Spread coconut evenly on a parchment-lined baking sheet (preferably one with sides) and toast 20 minutes, stirring every 5 minutes, until coconut is golden. Cool on baking sheet, stirring occasionally. Set aside.

Unwrap the caramels and place in a large microwave-safe bowl with milk and salt. Cook on high for 3 to 4 minutes, stopping to stir a few times to help the caramel melt. When smooth, fold in toasted coconut with a spatula.

Put dollops of the topping all over the shortbread base. Using the spatula, spread topping into an even layer. Let topping set until cooled.

When cooled, cut into 30 bars with a large knife or a pizza cutter. (It's easy to get it through the topping.)

Once bars are cut, melt chocolate in a small bowl. Heat on high in the microwave in 45-second intervals, stirring thoroughly to prevent scorching. Dip the base of each bar into the chocolate and place on a clean piece of parchment or wax paper. Transfer all remaining chocolate (or melt a bit of additional chocolate, if necessary) into a piping bag or a zip-top bag with the corner snipped off and drizzle bars with chocolate to finish.

Let chocolate set completely before storing in an airtight container.

Makes 30 bar cookies.

Note: You can simply drizzle chocolate on top of the bars before slicing them up if you're looking for yet an easier way to finish these off. You won't need quite as much chocolate as noted above, and you won't quite get the Samoa look, but the results will still be tasty.

Toffee Biscotti

Recipe from Julie Hassan in *Cooking Light*, November 2000

Servings: 30

2 3/4 cups all-purpose flour
1/2 cup granulated sugar
1/2 cup packaged almond toffee bits (such as Hershey's Bits o' Brickle)
1/2 cup packed brown sugar
2 teaspoons baking powder
2 teaspoons baking powder
1 tablespoon vegetable oil
1 teaspoon vanilla extract
3 large eggs
Cooking spray

Preheat oven to 350°F.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour, granulated sugar, toffee bits, brown sugar, and baking powder in a large bowl. Combine vegetable oil, vanilla, and eggs; add to flour mixture, stirring until well blended (dough will be dry and crumbly). Turn the dough out onto a lightly floured surface, and knead lightly 7 to 8 times. Divide dough in half. Shape each portion into an 8-inch-long roll. Place rolls 6 inches apart on a baking sheet coated with cooking spray, and flatten each roll to 1" thickness.

Bake at 350°F for 35 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack. Cut each roll diagonally into 15 (1/2") slices. Place slices, cut sides down, on baking sheet. Reduce oven temperature to 325°F; bake 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire rack.

Gingerbread Biscotti

Servings: 50

1 cup blanched almonds
3/4 cup sugar
1/4 pound butter
1/2 cup dark molasses
1/4 cup fresh minced ginger
3 eggs
3 cups flour
1/2 tablespoon baking powder
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon ground allspice

Preheat oven to 350°F.

Place almonds in a 8" to 9" square pan. Bake in a 350°F oven until golden, 10 to 15 minutes. Let cool, coarsely chop, and set aside.

In large bowl of an electric mixer, beat sugar, butter, molasses, and ginger until smooth. Add eggs, one at a time, beating after each addition.

In a bowl, stir flour, baking powder, cinnamon, nutmeg, cloves, allspice, and almonds. Add to egg mixture; stir to blend. On two greased 12" x 15" baking sheets, use well-floured hands to pat dough into 4 flat loaves, spacing them evenly on sheets; each loaf should be about 1/2 inch thick, 2 inches wide, and the length of the baking sheet. Bake in a 350°F oven until browned at edges and springy to touch, about 25 minutes; switch positions of pans halfway through baking.

Let loaves stand on baking sheets until cool to touch, then cut into long, 1/2" thick diagonal slices. On baking sheets, arrange slices close together with a cut side down. Return to oven and bake at 350°F until cookies are brown, 15 to 18 minutes longer; switch positions of pans halfway through baking.

Transfer biscotti to racks and let cool completely. Serve, or store airtight up to 1 month; freeze for longer storage.

Key Lime Fudge

Makes 2 1/2 pounds of fudge

3 cups white baking pieces

1 (14 ounce) can sweetened condensed milk

2 teaspoons finely shredded lime peel

2 tablespoons bottled Key lime juice or regular lime juice

1 cup chopped macadamia nuts, toasted if desired

Line an 8" x 8" x 2" or a 9" x 9" x 2" baking pan with foil, extending foil over edges of pan. Butter foil; set aside.

In a heavy large saucepan, stir baking pieces and sweetened condensed milk over low heat just until pieces are melted and mixture is smooth. Remove from heat. Stir in lime peel and lime juice. Stir in macadamia nuts.

Spread mixture evenly into the prepared pan. If desired, sprinkle a few additional coarsely chopped macadamia nuts over the top. Cover and chill for 2 hours or until firm.

Lift fudge from pan using edges of foil. Peel off foil. Use a knife to cut into pieces.

Store in an airtight container at room temperature for up to 1 week or in the freezer for up to 2 months.

Pumpkin Fudge

As posted to Recipe-Riot list in December 2007

3 cups sugar
3/4 cup melted unsalted butter
2/3 cup evaporated milk (not sweetened and condensed milk)
1/2 cup canned pumpkin (Libby's)
2 tablespoons light corn syrup
1 teaspoon pumpkin pie spice
1 (12 ounce) package white chocolate chips
1 (7 ounce) jar marshmallow crème
1 cup chopped walnuts (optional)
1 teaspoon pure vanilla extract

Stir together the first 6 ingredients in a 3 1/2 quart sauce pan over medium-high heat and cook, stirring constantly, until mixture comes to a bowl. Keep stirring constantly, until candy thermometer registers 234°F, or it boils for 12 minutes. Remove pan from heat; stir in remaining ingredients until well blended.

Grease a glass 9" x 13" pan (or a 9" x 9" pan for thicker squares). Pour mixture into prepared pan. Let stand for 2 hours to cool and set.

TIPS

You will have left over pumpkin; just store in the fridge or toss. (Do not add the extra to the fudge.) You may have some marshmallow creme left as well. Work fast once soft ball stage happens (remove from heat) and you add the vanilla, white chocolate, creme and nuts in that order. Answering the phone is not an option and most candy makers know this. Follow the measurements exactly.

Pumpkin Spice Cake

Servings: 16 to 20

1 package spice cake mix (regular size)
3 large eggs
1 cup canned pumpkin
1/2 cup water
1/2 cup canola oil
1 package (3.4 ounces) instant vanilla pudding mix
1 teaspoon ground cinnamon
1/2 cup chopped pecans
Cream cheese or caramel frosting or whipped cream

In a large bowl, combine the dry cake mix, eggs, pumpkin, water, oil, pudding mix and cinnamon. Beat at medium speed for 5 minutes. Stir in pecans.

Pour into a greased and floured 10" fluted tube pan. Bake at 350° for 45 to 55 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Frost cake or serve with whipped cream. Store in refrigerator.

Whoopie Pies

Recipe by Anne Byrne "The Cake Mix Doctor," as published in The Costco Connection, May 2010

1 package (18.25 ounces) plain chocolate cake mix
8 tablespoons (1 stick) butter, melted
1 large egg
2 cups confectioners' sugar, sifted
1/4 cup vegetable shortening
1 large pasteurized egg white (see notes)
1/2 teaspoon pure vanilla extract

Place a rack in the center of the oven and preheat the oven to 350°F. Set aside 2 ungreased baking sheets.

Place the cake mix, butter and egg in a large mixing bowl and beat with an electric mixer on low speed until the ingredients come together in a stiff mass, 1 to 2 minutes. Form the dough into 1-inch balls with your hands or scoop the dough into balls. Place the balls of dough on baking sheets 2 inches apart.

Bake the cakes until they are still a little soft, 10 to 12 minutes. Remove from the oven and let the cakes cool for 5 minutes. Transfer the cakes to wire racks to cool completely, 30 minutes longer.

Place the confectioners' sugar, shortening, egg white and vanilla in a medium- size mixing bowl and beat with an electric mixer on low speed until just combined, 1 minute. Spoon about 1 teaspoon onto the flat side of one cake. Top the filling with a second cake to make a sandwich. Repeat with the remaining cakes and serve. Makes about 18 whoopie pies.

Notes: The filling in this recipe is uncooked and uses a raw egg, so make sure it is pasteurized. Or, sandwich soft ice cream between the cakes and store them in the freezer. Coffee, mint chocolate chip and vanilla are all delicious.

A Lighter Stacy's Chocolate Chip Cake

Recipe by Anne Byrne "The Cake Mix Doctor," as published in The Costco Connection, May 2010

Vegetable oil spray, for misting the pan Flour, for dusting the pan

1 bar (4 ounces) German's sweet chocolate

1 package (18.5 ounces) plain butter recipe golden cake mix

1 package (3.4 ounces) vanilla instant pudding mix

1 1/2 cups milk

1/2 cup vegetable oil

4 large eggs

1 teaspoon pure vanilla extract

1 cup (6 ounces) miniature semisweet chocolate chips

Place a rack in the center of the oven and preheat the oven to 350°F. Lightly mist a 12-cup Bundt pan with vegetable oil spray, then dust it with flour. Shake out the excess flour and set the pan aside.

Break the German's chocolate bar into four pieces. Finely grate the bar using a food processor or a hand grater (if you are using a food processor, insert the steel blade and drop the chocolate pieces into the processor one at a time). Set the grated chocolate aside.

Place the cake mix, pudding mix, milk, oil, eggs and vanilla in a large mixing bowl. Beat with an electric mixer on low speed until the ingredients are incorporated, 30 seconds. Stop the machine, fold in the grated German's chocolate and scrape down the side of the bowl with a rubber spatula. Increase the mixer speed to medium and beat for 2 minutes longer, scraping down the side of the bowl again if needed. Fold in the chocolate chips. Pour the batter into the prepared Bundt pan, smoothing the top with the rubber spatula, and place the pan in the oven.

Bake the cake until it is golden brown and the top springs back when lightly pressed with a finger, 50 to 55 minutes. Transfer the Bundt pan to a wire rack and let the cake cool for 10 to 15 minutes. Run a long, sharp knife around the edges of the cake, shake the pan gently and invert the cake onto a wire rack. Let the cake cool completely, 25 to 30 minutes longer, then slice and serve.

Makes 12 to 16 servings.

Tip: For a slightly richer cake, use 1 1/3 cups milk and 2/3 cup vegetable oil.

Nancy's Cinnamon Swirl Coffee Cake

Recipe by Anne Byrne "The Cake Mix Doctor," as published in The Costco Connection, May 2010

Vegetable oil spray, for misting the pan Flour, for dusting the pan

1 package (18.5 ounces) plain butter recipe golden cake mix

1 cup sour cream

3/4 cup vegetable oil

1/4 cup granulated sugar

4 large eggs

1 tablespoon pure vanilla extract

1/2 cup packed light brown sugar

1/4 cup finely chopped pecans (optional)

1 tablespoon ground cinnamon

Place a rack in the center of the oven and preheat the oven to 325°F. Lightly mist two 9" (or one 13" x 9") metal cake pans with vegetable oil spray, then dust them with flour. Shake out the excess flour and set the pans aside.

Place the cake mix, sour cream, oil, granulated sugar, eggs and vanilla in a large mixing bowl and beat with an electric mixer on low speed until the ingredients are incorporated, 30 seconds. Stop the machine and scrape down the side of the bowl with a rubber spatula. Increase the mixer speed to medium and beat until the mixture lightens and is smooth, 2 minutes longer, scraping down the side of the bowl again if needed. Pour half of the cake batter into the 2 prepared cake pans, dividing it evenly between them. Smooth the tops with the rubber spatula.

To make the topping, combine the brown sugar, pecans (if using) and cinnamon in a small bowl. Spoon half of the topping over the batter in the cake pans. Pour the remaining cake batter over the topping in the two cake pans, dividing it evenly between them. Spoon the rest of the topping over the cake batter.

Place the pans in the oven side by side. Bake the cakes until they are golden brown and the tops spring back when lightly pressed with a finger, 40 to 45 minutes. Transfer the cake pans to wire racks and let the cakes sit until nearly cool, 20 minutes. Slice and serve the cakes while still a bit warm. Makes 16 to 20 servings.

Italian 'S' Cookies

Recipe by Minnie Danzi, as published in the Akron Beacon Journal, November 8, 2000

1/4 lb. butter
1/2 lb. (1 cup) vegetable shortening
5 cups sifted flour
1/2 cup milk, scalded and cooled to lukewarm
1 tbsp. sugar
2 tsp. vanilla
1 cake of yeast (I use a packet of dry instant yeast)
2 eggs, beaten
1 lb. confectioners' sugar

In a large bowl, cut butter and shortening into flour with a pastry blender or two knives, until lumps are as fine as corn meal.

In a medium bowl, combine milk, sugar and vanilla. Add yeast and stir until dissolved. Add to flour mixture with beaten eggs; mix well. If dough is too sticky, add a little more flour. Dough should be soft but not sticky.

On a floured surface, knead dough for 5 minutes. Place in a greased bowl, cover and let rise until doubled in bulk, about 1 hour.

Sprinkle a work surface with confectioners' sugar. Punch down dough. Break off small pieces and roll between palms into a short rope. Roll in sugar. Shape into an 'S.' Place on greased baking sheets. Bake at 375°F for 12 to 15 minutes. Remove from pan at once.

Makes about 6 dozen.

South of the Border Corn Chowder

Servings: 4

- 2 teaspoons vegetable oil
- 1 cup frozen chopped onions
- 2 cups frozen cubed hash-brown potatoes
- 1 teaspoon bottled minced garlic
- 29 ounces vegetable stock
- 4 ounces chopped green chiles (hot or mild)
- 1 cup frozen whole-kernel corn kernels
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 cup half-and-half
- 1/4 cup finely shredded Monterey Jack or cheddar cheese

Heat the oil in a 4 1/2-quart Dutch oven or soup pot over high heat. Add the onions, potatoes, and garlic, and cook until the vegetables start to brown and stick to the pot bottom, about 3 minutes. Stir occasionally.

While the vegetables cook, open the chicken broth, and drain the chiles. When the onions and potatoes begin to brown on the edges, add the stock. Stir vigorously, and scrape all brown bits from the pot bottom. Cover the pot and turn up the heat to bring it to a boil.

Keeping the pot covered as much as possible, add the corn, cumin, chili powder, and drained chiles. Stir to mix. When the soup comes to a boil, reduce the heat to low and cook, covered, for 5 minutes, stirring occasionally, to develop the flavor. Remove the pot from the heat, and stir in the half-and-half. (Do not boil the soup once the half-and-half has been added.)

To serve, ladle the soup into 4 bowls. Sprinkle 1 tablespoon of cheese over each bowl.

Irish Oatmeal Soda Bread

2 1/2 cups oatmeal
2 cups buttermilk
2 1/2 cups flour
1 teaspoon salt
1 teaspoon baking soda
Flour for dusting
1/2 teaspoon butter

In a mini-food processor, fitted with a metal blade, pulse the oatmeal until the meal is very fine. Remove from the processor and turn into a mixing bowl. Stir the buttermilk into the oats and cover with plastic wrap. Let the oatmeal steep in the buttermilk for 12 hours.

In a mixing bowl, sift the other ingredients together. Stir in the steeped oatmeal and mix well. If the mixture is too wet add a little more flour.

Preheat the oven to 350°F. Grease a 9" round cake pan with the butter.

Lightly dust the work surface with some flour. Turn the dough out onto the surface and knead the dough a couple of times to form a soft ball like shape.

Press the dough into a round about 2 inches thick. Using a sharp knife, make a crisscross cut into the bread. Place the bread in the prepared pan.

Bake until golden brown, about 25 to 30 minutes. Remove from the oven and cool on a wire rack.

Serve the bread warm with butter.

Yield: 6 to 8 servings

The Best Bread Pudding

By Paula Deen

Servings: 15

3 cups granulated sugar, divided
5 large beaten eggs
2 cups milk
4 teaspoons divided vanilla extract
3 cups cubed allow to stale overnight in a bowl Italian bread
1 cup packed light brown sugar
1/2 cup melted, plus 1/4 cup softened butter
1 cup chopped pecans
1 beaten, for the sauce egg
1/4 cup brandy

Preheat the oven to 350°F. Grease a 13" x 9" x 2" pan.

Mix together 2 cups granulated sugar, 5 eggs and milk in a bowl; add 2 teaspoons vanilla. Pour over cubed bread and let sit for 10 minutes.

In another bowl, mix and crumble together brown sugar, 1/4 cup softened butter and pecans.

Pour bread mixture into prepared pan. Sprinkle brown sugar mixture over the top and bake for 35 to 45 minutes, or until set. Remove from oven.

For the sauce:

Mix together 1 cup granulated sugar, 1/2 cup melted butter, 1 egg, and 2 teaspoons vanilla in a saucepan over medium heat. Stir together until the sugar is melted. Add the brandy, stirring well. Pour over bread pudding. Serve warm or cold.

Almond Cookies

Makes 2 to 3 dozen

1 cup all-purpose flour
1 cup almonds, finely ground in a blender or food processor
1/4 teaspoon baking powder
Dash salt
1/2 cup butter, softened
3/4 cup sugar
1 egg white
1/2 teaspoon almond extract
1 (8 ounce) can or tube marzipan
Powdered sugar, for dusting

Preheat oven to 325°F. Line a baking sheet with parchment paper.

Stir together the flour, ground almonds, baking powder, and salt. Set aside.

In a mixing bowl, cream butter and sugar. Beat in egg white and almond extract. Add in flour and almond mixture a little at a time until a workable dough is formed.

Shape dough into 3/4" round balls. Place balls 2 inches apart on lined baking sheet. With the bottom of a glass that has been dipped in a little flour, flatten each ball until it is about 1/2" thick. Press a 1/4 teaspoon ball of marzipan (that has been flattened) into the center of each cookie.

Bake for 12 minutes or until set but not browned. Remove from oven, and dust with powdered sugar. Let cool. Store in an airtight container.

Cherry-Peach Pie

3/4 cup sugar

1/4 cup enriched flour

Pastry for one double-crust pie

1 cup canned pitted sour cherries, drained, 1/4 cup juice reserved

1 (16 ounce) can sliced peaches, drained

1/4 teaspoon almond extract

8 tablespoons butter or margarine

Preheat oven to 400°F.

Mix sugar and flour; sprinkle one half of mixture in 8" pastry-lined pie pan. Add drained cherries and peaches. Add almond extract to reserved cherry juice. Pour over fruits. Sprinkle with remaining sugar-flour mixture. Make lattice top crust, and flute edge.

Bake 40 to 50 minutes.

TIP

Fresh cherries may be used instead of canned ones; save juice in pitting.

Couscous Primavera

Recipe By Chef John, from All Recipes magazine, May 2017

"This is a healthy, delicious, and easy side dish that takes about 10 minutes to make. I'm borrowing the name from Pasta Primavera which, like this recipe, takes advantage of fresh, seasonal, green produce."

2 cups dry couscous
1/2 cup chopped green onions
1 fresh jalapeño pepper, finely diced
2 tablespoons olive oil
1/2 teaspoon ground cumin
1 pinch cayenne pepper
1 pinch ground black pepper
2 cups vegetable stock
1 bunch asparagus, trimmed and cut into 1/4-inch pieces
1 cup shelled fresh or thawed frozen peas
2 tablespoons chopped fresh mint
Salt and freshly ground black pepper to taste

Combine couscous, green onion, jalapeño, olive oil, cumin, cayenne pepper, and black pepper in a large bowl; stir until olive oil is completely incorporated.

Bring vegetable stock, asparagus, and peas to a boil in a saucepan over high heat.

Pour stock, asparagus, and peas over couscous mixture; shake bowl to settle couscous into liquid. Cover and let stand for 10 minutes. Fluff with a fork, then stir in mint and season with salt and pepper to taste.

Cream of Fresh Asparagus Soup II

Recipe By MARBALET, from All Recipes magazine, May 2017

"There's nothing like fresh asparagus when it's in season - take advantage!"

1 pound fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup chopped onion
1 (14.5 ounce) can chicken broth
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 pinch ground black pepper
1 cup milk
1/2 cup sour cream
1 teaspoon fresh lemon juice

In a large saucepan, combine asparagus, chopped onion, and 1/2 cup chicken broth. Cover, and bring to a boil over high heat. Reduce heat, and simmer uncovered until asparagus is tender, about 12 minutes. Process the mixture in a blender to puree the vegetables. Set aside.

In the same saucepan, melt the butter over medium-low heat. Stir in the flour, salt, and pepper. Cook, stirring constantly for 2 minutes. Whisk in the remaining chicken broth, and increase the heat to medium. Cook, stirring constantly until the mixture boils. Stir in the asparagus puree and the milk.

Put the sour cream in a small bowl, and stir in a ladleful of the hot soup. Add the sour cream mixture and the lemon juice to the soup. Stir while heating the soup to serving temperature, but don't allow it to boil. Serve immediately.

Grilled Asparagus Salad

Recipe By Heather Hedstrom, from All Recipes magazine, May 2017

"It's just one of those salads that was created on a gorgeous summer evening with a bunch of stuff I had in the fridge. Grilled asparagus is tossed with spinach and Parmesan cheese. My husband and I love it!"

1/4 cup olive oil
1/8 cup lemon juice
12 fresh asparagus spears
6 cups fresh spinach leaves
1/8 cup grated Parmesan cheese
1 tablespoon seasoned slivered almonds

Preheat a grill for low heat. Combine the lemon juice and olive oil on a plate. Place asparagus on the plate, and roll around to coat.

Grill asparagus for about 5 minutes, turning at least once, and brushing with the olive oil mixture. Remove from the grill, and place back onto the plate with the oil.

In a large bowl, combine the spinach, Parmesan cheese, and slivered almonds. Cut asparagus into bite-size pieces, and add to the salad along with the lemon juice and oil from the plate. Toss to blend, then serve.

Fried Asparagus Sticks

Recipe By mmmhmmmgood, from All Recipes magazine, May 2017

"This recipe is a tasty way to get in your veggies that even kids and picky eaters will enjoy!"

1 cup vegetable oil for frying, or as needed
2 cups buttermilk
1 teaspoon ground paprika
1 teaspoon ground black pepper
1 1/2 lemons, zested
1/2 cup all-purpose flour
1 bunch fresh asparagus, trimmed

Heat 1-inch vegetable oil in a deep-sided skillet over medium heat.

Whisk buttermilk, paprika, black pepper, and lemon zest together in a wide bowl.

Pour flour into a separate wide bowl.

Place a paper towel-lined plate near the stove top.

Dip 1/3 of asparagus in buttermilk mixture.

Transfer asparagus to flour and coat thoroughly.

Repeat with a second layer of buttermilk mixture and flour.

Fry coated asparagus in the hot oil until golden brown, 2 to 4 minutes. Transfer to the paper towel-lined plate.

Repeat the battering and frying process until all the sticks are cooked. Serve immediately.

Red Onion Vinaigrette
Recipe from Cuisinart

- 1/2 small red onion, cut into 1/2-inch dice
- 1 1/2 teaspoons Dijon-style mustard
- 1 teaspoon granulated sugar
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup white balsamic vinegar
- 1/2 cup extra virgin olive oil

Put the red onion, mustard, sugar, salt, pepper, and vinegar in a food processor or blender. Process until smooth. Slowly add the oil through the feed tube in a steady stream – do not add it too fast or the oil will not be able to incorporate itself into the vinegar mixture. Keep vinaigrette in a covered container in the refrigerator until ready to use.

Fire Roasted Tomato Soup

Recipe from Muir Glen

Fire roasted tomatoes and a touch of cream add a richness to this tomato soup.

- 1 tablespoon butter or olive oil
- 1 large onion, chopped (about 1 cup)
- 2 cloves garlic, finely chopped
- 2 (14.5 ounce) cans Muir Glen Organic Fire Roasted Diced Tomatoes, undrained
- 1 2/3 cups reduced-sodium chicken broth or vegetable broth
- 2 tablespoon chopped fresh basil leaves, cilantro leaves, or flat-leaf parsley, divided
- 1 teaspoon sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup whipping cream

In 3-quart saucepan, melt butter over medium heat. Add onion and garlic; cook 2 to 3 minutes, stirring constantly, until onion is crisp-tender.

Stir in tomatoes, broth, 1 tablespoon of the basil, the sugar and pepper flakes. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Remove from heat; pour mixture into large heatproof bowl; cool slightly, about 15 minutes.

In blender, place half of the mixture. Cover; blend until pureed. Return to saucepan. Repeat with remaining mixture. Heat over medium heat until hot. Remove from heat. Stir in cream and remaining 1 tablespoon basil.

Caprese Flatbread

Recipe from Olive Garden

8 Roma or plum tomatoes, diced
3 garlic cloves, chopped
1 teaspoon salt
1/2 teaspoon black pepper
20 medium fresh basil leaves, stemmed and chopped (about 1/2 cup), divided use
4 tablespoons extra virgin olive oil (plus more for drizzling)
11 ounce container of refrigerated thin crust pizza dough
1 whole garlic clove
1 1/2 cup mayonnaise
1 teaspoon garlic powder
4 cups shredded mozzarella cheese
1/2 cup Parmesan cheese, grated

Preheat oven to 350°F.

Dice tomatoes into small pieces. Transfer to a mixing bowl. Add chopped garlic, salt, pepper, half of chopped basil (about 1/4 cup), and 4 tablespoons olive oil. Set aside and allow mixture to marinate for 10 minutes.

Flatten pizza dough into rectangle pan as indicated on package, reaching to pan edges. Drizzle dough with olive oil, and brush over dough to coat completely. Bake dough at 350°F for 10 minutes on center rack. Remove from oven, and allow to cool slightly, about 2 minutes. Cut whole garlic clove in half and rub, cut side down, onto the surface of the bread. The slight warmth of the bread will help extract the garlic flavor. Allow bread to cool completely, about 10 more minutes.

Increase oven temperature to 450°F. Combine mayonnaise and garlic powder in a mixing bowl. Evenly spread onto the bread's surface. Top with shredded mozzarella to evenly cover surface. Drain tomato mixture, and spread evenly over the bread. Sprinkle with grated Parmesan cheese. Return flatbread to oven for 5 to 7 more minutes or until golden, crisp and bubbly.

Garnish with remaining chopped basil and serve.

Green Bean, Zucchini and Potato Stew

A Green Bean, Zucchini and Potato Stew, based on a Greek dish called fassoladia ladera, is a traditional vegetable mixture that can be eaten cold or hot. It's scrumptious served with crusty bread and feta cheese. And although it takes about an hour to prepare, it can be made ahead, refrigerated and reheated the next day.

1/4 cup olive oil

1 cup chopped onion

1 pound fresh green beans, trimmed and halved crosswise

1/4 teaspoon cayenne pepper

8 ounces zucchini, trimmed, cut into 1-inch-thick slices

8 ounces baking potatoes, such as russets, peeled, cut into 1-inch cubes

3/4 cup chopped fresh Italian parsley

1 (28-ounce) can Italian-style tomatoes, drained, juices reserved, tomatoes chopped

Salt and pepper to taste

Heat oil in large, heavy nonstick skillet over medium-high heat. Add onion and sauté 5 minutes, stirring occasionally.

Add green beans and cayenne pepper; sauté until onion is translucent, about 3 minutes. Add zucchini, potatoes and parsley. Pour tomatoes and their juices over vegetables. Bring to boil.

Reduce heat to medium-low. Cover and simmer until potatoes are tender, stirring frequently, about 45 minutes. Season with salt and pepper. Remove from heat.

Presentation: Serve warm or at room temperature. Can be prepared 1 day ahead and refrigerated.

Yield: 6-8 servings

From Bon Appétit magazine, May 1995

Hobo Packs

Serves 4 with leftovers

Four of these packets are layered with pork tenderloin and lots of vegetables, including zucchini, summer squash, fennel, mushrooms, and asparagus. The fifth is vegetables only, which you save to toss with bow ties for a salad. Heavy duty foil will withstand hot coals for 25 minutes, but regular foil may not. With a scissors, cut vents in the top before grilling so the vegetables turn smoky when the grill cover goes on.

2 small or 1 large pork tenderloin (1 1/2 pounds total)

Olive oil (for sprinkling)

2 medium zucchini

2 medium yellow squash

Salt and pepper, to taste

2 bunches asparagus

1 bulb fresh fennel

1/2 pound fresh snow peas, trimmed and halved

10 ounces button mushrooms, thinly sliced

1 pint cherry tomatoes, each sliced into thirds

2 tablespoons chopped fresh oregano

1. Wrap the meat in plastic wrap and freeze for 1 hour or until it is very cold but not frozen solid.

2. Lay 5 sheets of heavy duty foil (each about 24 inches long) on the counter. Sprinkle them with oil.

3. Slice the meat very thinly on a diagonal. On 4 pieces of foil, spread the meat in a 6-inch square.

4. Halve the zucchini and squash lengthwise. Slice both thinly on the diagonal. Divide among 5 pieces of foil. Sprinkle with oil, salt, and pepper.

5. Snap the ends off the asparagus and cut the spears into 1 1/2-inch pieces. Divide them among the 5 packets.

6. Cut off the fennel fronds. Slice the bulb in half vertically, then thinly slice each half. Divide the fennel, snow peas, mushrooms, and tomatoes among the 5 packets. Sprinkle with oil, salt, pepper, and half the oregano.

7. Bring the long sides up over the vegetables. Fold them over once or twice to seal. Fold in the short ends to seal. With scissors, cut 4 steam vents in each packet. Use a heavy marker to write a 'V' on the packet of vegetables only.

8. Light a charcoal grill and wait for the coals to turn gray or set a gas grill to medium-high.
9. Set the packets on the grill rack, cover with the lid, and cook for 25 minutes. Open the packet with the 'V' and set it aside for the bow-tie salad.
10. Open the remaining packets and sprinkle with the remaining oregano. Serve in the foil or transfer the contents to plates.

Bow-Tie Pasta Salad

Serves 4

Salt and pepper, to taste

1 pound bow-tie pasta

2 tablespoons olive oil

1 grilled hobo packet (vegetables only)

2 tablespoons chopped fresh oregano

1 tablespoon chopped fresh chives

2 teaspoons grated lemon rind

1. Bring a large saucepan of salted water to a boil. Add the pasta, stir well, and let the water return to a boil. Cook the pasta, stirring occasionally, for 8 minutes or until it is tender but still has some bite.

2. Drain the pasta into a colander, shake it but do not rinse, and transfer to a large bowl. Add the olive oil, salt, and pepper. Toss gently and set aside to cool.

3. Tip the vegetables from the hobo packet and all the juices in the foil into the pasta. Add oregano, chives, and lemon. Toss thoroughly. Taste for seasoning and add more oil, salt or pepper, if you like.

Caesar Salad Dressing

As published in the Grants Pass Courier, date unknown

3 to 4 garlic cloves, crushed
1/4 cup fresh lemon juice or white wine vinegar
1/4 teaspoon salt
1/8 teaspoon ground pepper
2 tablespoons Worcestershire sauce
Few drops of hot pepper sauce
1/4 cup freshly grated Parmesan cheese
1 cup extra virgin olive oil

Place the garlic, lemon juice, salt, pepper, Worcestershire sauce, hot pepper sauce, and cheese in the container of a blender, and process until mixture is smooth.

With motor running, add the oil in a very thin stream through the center of the blender's lid until all oil is incorporated. Dressing should have a creamy-like consistency. Store in the refrigerator.

French Dressing

As published in the Grants Pass Courier, date unknown

3/4 cup olive oil
1/4 cup lemon juice
1 tablespoon sugar
3/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon dry mustard
1/4 teaspoon pepper
1 clove garlic, halved

Put all ingredients in a jar with a screw-top lid. Cover jar, and shake vigorously to blend well. Chill dressing for 8 hours or overnight. Remove garlic before serving. Shake well before using.

Carolyn's Butter Crust Pie Dough

Recipe by Carolyn Beth Weil, as published in the Contra Costa Times, date unknown
Makes two 12" circles, enough for a 9" double-crust pie

Carolyn Says: When handled properly, it is tender and flaky. This crust is best for single or double crust pies, not tarts.

8 ounces cold unsalted butter (1 cup or 2 sticks)
2 cups all-purpose unbleached flour
1/4 cup sugar
1/4 teaspoon salt
1/4 cup cold water

Cut the butter into 1/4" cubes. Combine flour, sugar, and salt. Cut the butter cubes into the flour until the mixture is crumbly and pieces are "pea" size. Sprinkle water evenly over mixture and mix until dough pulls together.

Pat the mixture into a flattened ball. On a lightly floured board, begin rolling from the middle of the ball outward, stopping the pressure 1/4" from the edge. Lift the dough, turn by a quarter, and repeat until desired size. Use the lifting of the dough as an opportunity to gauge the dough thickness or for dusting the rolling surface with flour.

Cut out two 12" circles—which should be about 1 1/2" larger than your pie tin. Move the crust by folding the dough in half, using your fingers spread apart underneath as support. Gently ease the crust into the pie tin. If you stretch the dough too much, you will cause it to shrink up when baking. Flute the edges for a single-crust pie, or leave them plain for a double-crust pie.

For two single-crust pies: After fluting, chill in the freezer for 15 minutes. Line the dough with foil and fill with pie weights. (Weil usually fills the shell to the top with rice that's reserved only for this purpose.) Bake in a preheated 350°F oven for 18 to 20 minutes. Remove weights and foil, and bake until lightly golden, another 5 to 10 minutes for a partially baked crust that will be filled and baked again or for 15 minutes until crust is completely golden (a fully baked pie shell).

For a savory crust: Omit the sugar and use half whole-wheat flour. You may also add 1/4 cup grated cheddar cheese or 1 tablespoon chopped fresh herbs.

Jumbleberry Pie

Recipe by Carolyn Beth Weil, as published in the Contra Costa Times, date unknown

Makes one 9" pie

1 cup sugar

2 tablespoons cornstarch

2 tablespoons tapioca

6 cups berries (blueberries, raspberries, blackberries, strawberries), washed

1 tablespoon unsalted butter

Two 9" pie dough circles (see Carolyn's Butter Crust Pie Dough recipe above)

Preheat oven to 375°F.

In a small bowl, mix together sugar, salt, cornstarch, and tapioca. Add berries to a large bowl, and sprinkle with the sugar mixture; toss together.

Place berry mixture into the pie shell, and dot with butter. Cover the top crust and seal edges. Crimp or flute as desired. Cut 5 to 6 slits in top crust as steam vents.

Bake for 10 minutes; then lower the oven temperature to 325°F, and continue baking until the crust is golden and filling is thick and bubbling, about 60 minutes.

Peach Pie

Recipe by Carolyn Beth Weil, as published in the Contra Costa Times, date unknown

6 cups peaches

1 cup sugar

1 tablespoon ground cinnamon

Pinch of salt

2 tablespoons cornstarch

2 tablespoons tapioca

1 tablespoon lemon juice (optional)

1 tablespoon unsalted butter

Two 9" pie dough circles (see Carolyn's Butter Crust Pie Dough recipe above)

Preheat oven to 375°F.

Wash peaches and peel if desired, and then cut them into 1/2" chunks. In a small bowl, mix together sugar, cinnamon, salt, cornstarch, and tapioca. Add peaches to a large bowl, and sprinkle with the sugar mixture. Then drizzle with lemon juice and toss together. Immediately place peach mixture into pie shell. Dot with butter.

Cover peaches with top crust and seal edges. Crimp or flute as desired. Cut 5 to 6 slits in top crust to allow steam to escape while baking. Refrigerate for 15 minutes. Bake in the middle of a preheated 375°F for 10 minutes, and then at 325°F for 50 to 60 minutes or until the crust is golden and filling is thick and bubbling.

Howard's Double Crust Pie

Recipe by Howard Bettencourt, as published in the Contra Costa Times, date unknown

2 1/2 cups flour, sifted before measuring (measure by spooning flour lightly into the cup)
1/2 heaping teaspoon salt
5 tablespoons water
1 cup shortening

Combine flour and salt in a medium mixing bowl. Cut shortening into flour, starting with two knives if pieces of shortening are large and then switching to a pastry blender. Stop when bits of flour and shortening are the size of small peas.

Add water all at once and mix with a fork, and then pull dough together with your hands. Form into a ball and refrigerate for about 30 minutes, or roll out immediately if dough is not too warm.

No-Cooking Cranberry Relish

Recipe from a Corning ad some time in the 1970s

3 cups fresh cranberries

2 seedless oranges, chopped

1 1/2 cups sugar

Juice of 1 orange

Wash cranberries; chop or put through coarse blade of grinder. Mix oranges with cranberries in Pyrex dish. Stir sugar into orange juice and add to cranberry orange mixture. Stir well; refrigerate for 24 hours.

Bourbon Glazed Ham with Peaches

Recipes from a Corning ad some time in the 1970s

Servings: 12 to 14

6 to 8 canned peach halves, drained

2/3 cup bourbon whiskey

1 smoked ham (10 to 12 pound)

2 cups dark brown sugar

1 tablespoon dry mustard

Preheat oven to 325°F.

Marinate peach halves in bourbon for 20 minutes. Turn frequently. Drain; reserve bourbon. Place ham fat-side up in Pyrex oval casserole, and bake for 2 hours. Let ham cool, and then make 1/2" diagonal incisions in a diamond pattern. Brush the ham all over with half the reserved bourbon. Mix sugar, mustard, and remaining bourbon, and spread on scored fat. Arrange peach halves around the ham, basting with pan juices. Increase oven temperature to 450°F, and bake 20 minutes longer.

Fat Free Golden Gravy

From McDougall Newsletter, March 2007

Makes 2 1/4 cups

This is one of Jamie's "clipped" recipes. I do make this gravy, adding roasted garlic or toasted onion sometimes. I usually at least double the recipe so I can have it on hand for multiple meals.

1 1/2 cups vegetable broth

1/2 cup water

1/4 cup soy sauce

1/2 teaspoon onion powder

1/3 cup brown rice flour

Place the broth and water in a saucepan. Stir in the soy sauce and onion powder. Bring to a boil. Add the brown rice flour a tablespoon at a time and stir in well. Cook and stir until thickened.

White Wine Punch

Recipe by Martha Steward

Servings: 6 (4-ounce size)

1 small honeydew melon (may substitute cantaloupe, watermelon or 1 cup raspberries, blackberries or strawberries)

1 1/4 cups sparkling wine (preferably blanc de blanc) or dry white wine

1 1/4 cups Riesling

2 cups Moscato d'Asti or other sparkling wine

6 red grapes, cut in half

Ice cubes

Using a melon baller or a sharp knife, scoop the melon into balls and place on a baking sheet. Transfer to the freezer and chill until frozen, 2 to 3 hours.

In a large chilled pitcher or punch bowl, pour together the wines. Add the grapes, frozen melon balls, and ice cubes and serve immediately.