



Willis

Willis
Family Day
Recipe Book



THE NATIONAL CENTER ON ADDICTION AND
SUBSTANCE ABUSE AT COLUMBIA UNIVERSITY

Family **D**ay

A day to eat dinner with your children™

www.CASAFamilyDay.org



Dear Associates,

Welcome to our first-ever Willis Family Day Recipe Book featuring original family recipes from our colleagues around America.

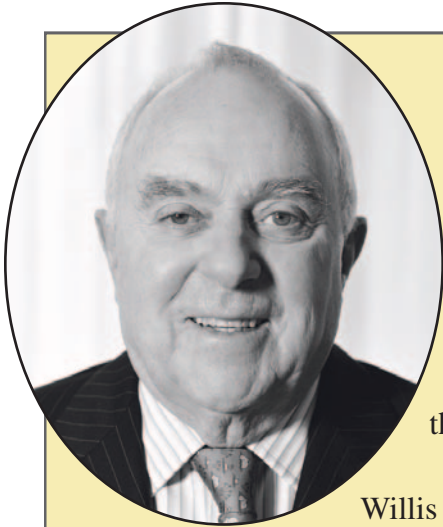
Willis has joined forces with the National Center on Addiction and Substance Abuse (CASA) at Columbia University to celebrate Family Day – A Day to Eat Dinner with Your Children. To celebrate CASA’s Family Day and to reinforce the importance of families having meals together, Willis Associates in the US have contributed their favorite original family recipes to create the Willis Family Day Recipe Book

Launched by CASA in 2001, Family Day is a national movement that encourages parents to frequently eat dinner with their kids and be involved in their children’s lives. Family Day helps remind busy families of the invaluable role that parental involvement plays in steering children and teens away from cigarettes, drugs and alcohol.

I am committed to strengthening families and believe that celebrating Family Day is an important first step in helping to provide a youth for children and teens that is free of substance abuse. I encourage the Willis family of Associates to seriously reflect on the value of family, and the health and well-being of their children. By recognizing CASA’s Family Day, we are reminded that family meals and the conversations that go with them should be an everyday occurrence. As a member of CASA’s Board of Directors, I wholeheartedly embrace the organization’s mission and endorse their goal of bringing families together.

Enjoy the wonderful meal ideas in the pages that follow, and especially please remember to appreciate your loved ones.

Best,



Joe Plumeri and Willis Holdings Group have always been tremendous supporters of CASA and of *Family Day – A Day to Eat Dinner with Your Children™*, which is celebrated annually on the fourth Monday in September – September 24 in 2007.

Willis has long recognized how critical the communication and parental engagement fostered around the family dinner table is to help children grow up healthy and drug free so that they can develop their talents to the fullest. More than a decade of CASA research has found that the more often children eat dinner with their families the less likely they are to smoke, drink or use drugs. That is at the heart of the *Family Day* message. As you enjoy these tasty recipes with your loved ones, please remember this: ***What your children really want at the dinner table is YOU!***

Joseph A. Califano, Jr., chairman and president of The National Center on Addiction and Substance Abuse (CASA) at Columbia University and former U.S. Secretary of Health, Education, and Welfare.

Joseph A. Califano, Jr.



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Recipe for a Happy Home

Ingredients and Directions are as follows

1 cup of Love
1 cup of Thoughtfulness
Blend with a pinch of Tenderness
1 big dash of Loyalty
Blend in Faith, Hope and Charity
Add a spoon of Compassion
Add a spoon of Ability to laugh at little things
Moisten with Tears of Joy, Sorrow and Sympathy
Bake in a pan of Good Nature and serve Repeatedly.

This recipe is important to me because my grandmother gave me a hand-written recipe book of all her favorite recipes that my family has enjoyed over and over throughout of lives...it just so happens the first entry/recipe in the book she gave to me was the one above. We all should remember the recipe above.

I don't know if this was an original recipe of my grandmother's, but I do know that every time I get this particular recipe book out to search for something wonderful to make for my friends and family, I always read the first recipe in the book which is above.

My grandmother was 96 years of age when she passed away on December 22, 2006.

I know the above recipe does not pertain to vegetables, main dishes, desserts, etc. but I think it is a very important recipe when we think about Family Day.

Shannon Boshers

Breakfast

Bella's Perfect Pancake

The perfect morning booster.

*This can be altered and you can use more oats/eggs depending on how many you want to make

½ c. oats

4 egg whites

Dash of cinnamon & vanilla powder

Blend all of the ingredients in a Cuisinart/blender and pour into a non-stick heated skillet that has Pam or whatever spray you use and cook just like a pancake

*This makes one large pancake or 3-4 small ones

I like to put cut up fruit in mine and roll it up when I am on the run or if I want to sit down and relax I make 2 – 3 smaller pancakes and put sliced fruit on top with some sugar free syrup. Now I happen to love peanut butter so when I have had a killer workout I refuel with a pancake and put a tablespoon of PB and some SF jam and make a sandwich. You can make these ahead of time and just refrigerate – generally I make 5 – 10 cakes on Sunday (takes about 20 minutes total as you are cooking one prep the other one) so that I have them throughout the week.

Kelly Allison

Willis Pie

Willis Pie is like a breakfast casserole without the eggs. This recipe originated from my brother-in-law's family that owned a country ham business for many years. The name "Willis Pie" is purely coincidental! It can be made ahead, and kids can enjoy layering the ingredients. Only the sausage has to be cooked ahead and this can be done while the bread, ham and cheese are being placed in the dish. It is great to take to work for a breakfast meeting or snack day because it can be cut into pieces and served at room temperature.

Enjoy!

9 x 13 glass Pyrex dish sprayed with Pam

Layer in order:

1 can Crescent Rolls (for bottom)

½ lb. Country Ham wafer thin slices

8 oz. shredded Swiss cheese

1 lb. Hot Neese's Sausage (cooked and drained)

8 oz. shredded cheddar cheese

1 can Crescent Rolls (for top)

Bake for 30-40 minutes at 350...until golden brown

You may wish to rinse the ham slices before cooking to remove excess saltiness.

Joy Moore

Eggs Nancy

3 T butter
14 whole eggs* + 3 egg whites, beaten
together
1-3oz can mushrooms

1 recipe Cheese Sauce
4 t butter, melted
2 cups plain bread crumbs (3 slices)

**I don't really recommend using an egg substitute, but if you want to do so, you must use at least nine real eggs, plus the egg whites, or the recipe doesn't really hold together correctly.*

Recipe for Cheese Sauce

2 T butter
2 T flour
2 cups milk*

½ t salt
¼ t pepper
4 oz American cheese, shredded*

**I recommend using whole milk and whole milk cheese. If you must go lower, do not go below 2% or the sauce will be too thin. Do not use soy milk.*

- In large skillet, cook Canadian bacon and onion in the 3 T butter till onion is tender but not brown.
- Add eggs and scramble just till set – do not overcook (eggs will finish cooking during baking).
- Fold mushrooms and cooked eggs into the Cheese Sauce (see recipe below).
- Turn into 12 x 7 x 2 baking dish.
- Combine remaining melted butter with bread crumbs and sprinkle atop eggs.
- Cover; chill till 30 minutes before serving. Then bake, uncovered, in 350° oven for 30 minutes.

Directions for Cheese Sauce: In a large saucepan, melt butter; blend in flour, salt, and pepper. Add milk; cook and *stir constantly* till bubbly. Add American cheese, stirring till melted. Remove from heat.

Notes

- You can make this as far as 18 hours in advance and store covered in the refrigerator until ready to bake, which makes it ideal for brunches, etc., when you don't want to be stuck in the kitchen preparing this. Clean-up is a lot easier also if you make it in advance.
- Serves eight – or so the recipe says! But in my experience of making this well over 100 times (including 11 in one day for breakfast at an inn that friends owned) , it really serves about five because everyone always has seconds (and often thirds!) It really depends on how much other food you will be having at the meal (i.e., fruit salad, biscuits, rolls, dessert, etc.)

Nancy Harris

SOS

½ cup of butter
1/3 to ½ of flour
1-2 cups milk (we use fat free)
1 can (12 oz.) of corned beef
Toast
Non-stick spray

Spray a large skillet with non-stick spray.

Melt the butter. Add the flour and whisk until flour has cooked. Slowly add milk whisking after each amount added. As the flour-butter-milk mix become thicker, reduce to a simmer. Add the corned beef and break into small pieces. This process should take about 10 minutes.

When the corned beef is warmed, toast the bread.

Give each plate several pieces of toast and place the mix over the top. Great with a couple of fried eggs!

Danielle L. Ham

Maple French Toast Casserole

From the day I discovered this recipe we found a staple for our family brunch get togethers. This meal has been the favorite for every one of our kids for their birthdays & when family comes to visit. I have even taken the recipe on the road when visiting family. Now trust me when I say this is not exactly healthy eating...but it sure is good!!!! We use a special cinnamon raisin bread that is about 1 1/2" thick but you can probably use just about any kind of bread...maybe a cinnamon raisin wheat bread if you want to make it healthy! Trust me when I say this will soon be your family's favorite. Happy Eating!

7 cups cubed French bread
1/2 cup golden raisins
1 package (3 ounces) cream cheese, softened
1 cup warm whipping cream (70° to 80°)
1/4 cup maple syrup
6 eggs
1/2 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/8 teaspoon salt
Additional maple syrup

Directions

Place bread in a greased 2-qt. baking dish; press down gently. Sprinkle with raisins. In a small mixing bowl, beat the cream cheese until fluffy. Gradually beat in whipping cream and syrup; mix well. Whisk together the eggs, vanilla, cinnamon and salt; add to cream cheese mixture.

Pour evenly over the bread; lightly press bread into egg mixture with a spatula. Cover; refrigerate for 8 hours or overnight.

Remove from the refrigerator 30 minutes before baking.

Cover and bake at 375° for 25 minutes. Uncover; bake 20-25 minutes longer or until center is set and the top is golden brown.

Serve with syrup. Yield: 6 servings.

Ben Snader

Pumpkin Butter

This recipe has been a favorite in my family of 7 children, growing up in central New York farm country. The pumpkin butter recipe is one I came up with. We usually had apple butter when I was a kid but as an adult I just knew pumpkins could be used for more than just a jack-o-lantern or a pie. Enjoy!

2 ½ cups mashed cooked or canned pumpkin
¼ cup brown sugar
½ cup white sugar
½ tsp ginger
½ tsp nutmeg
½ tsp cinnamon
½ tsp cloves
¼ cup water

In heavy saucepan, mix pumpkin, sugar, water and spices. Bring to boil, reduce heat and simmer for 25 minutes, stirring frequently. Remove from heat and let cool.

Store in airtight containers in refrigerator or freezer.

Makes about 1½ pints.

Note: mixture stiffens as it cools. If it is too thick, add small amount of water or fruit juice.

Becky McCarthy

Appetizers and Dips

Spinach Squares

This recipe can be used as either an appetizer or vegetable side dish.

1 cup flour
1 tsp. salt
1 tsp. baking powder
1 medium onion, chopped (optional)
1 cup milk
¼ lb. melted butter
1 egg
1 lb. shredded cheddar cheese
1 pkg. frozen chopped spinach – drained well

Combine dry ingredients.
Add eggs, milk and melted butter and stir.
Add rest of ingredients and mix well

“9” x “13” pan – 350 degrees for 35 minutes.

Makes 70 squares.

Cut when hot.

You can prepare ahead of time and freeze.

Marcia Richardson

Individual Mexican Pizzas

Ingredients

Flour tortillas (I like the Mission Brand)

Shredded Cheddar cheese

Black beans or refried beans

Taco meat (make by using taco seasoning)

Sour cream

Guacamole (I make my own or you can buy pre-made)

Taco sauce and/or salsa

Shredded Lettuce

And other topping you may desire like green chilies, olives, etc.

- Place flour tortilla(s) on skillet and top with cheese, beans and/or taco meat
- Heat until brown and crispy on bottom.
- When bottom is brown, move to oven/toaster oven to heat more thoroughly.
- Once edges are brown and crispy, remove from oven/toaster oven.
- Top with taco sauce, salsa, sour cream, guacamole, shredded lettuce and any other topping you desire.
- Cut into four pieces using pizza cutter or knife, and enjoy!

Everyone can top differently, so be creative!!! Personally, I use soy "cheese", soy taco "meat" and soy "sour cream". This can be healthy or decadent, it's all up to the individual!

Sandra Smallwood

Chorizo Stuffed Mushrooms

I've attached my Dad's original recipe for Chorizo Stuffed Mushrooms. For years this has been a family favorite and now no gathering goes without my Dad's mushrooms.

1-1¼ pounds chorizo sausage (casing removed if links)
8 ounces shredded Mexican style cheese (yellow and white)
¼ cup grated fresh Asiago or Parmesan Cheese
½ cup chopped sweet onion
½ cup chopped sweet red pepper
¼ cup seasoned Italian bread crumbs
24-32 stuffing mushroom caps (approx 2-2 ½ inches in diameter)

Crumble and sauté sausage until cooked through, but not brown, adding onion and pepper when about half cooked (still a little pink). Do not worry if onion and pepper are not fully cooked when sausage is done. Drain and rinse in hot water to remove oil.

Place sausage mixture in food processor with cheeses and bread crumbs and process until uniform.

Brush inside and outside of mushroom with olive oil. Roll stuffing mix into a small ball and pack into mushroom. The stuffing should be mounded slightly.

Place mushrooms in shallow backing pan or dish and bake at 350 degrees for 15-20 minutes or until stuffing is lightly browned.

For a different flavor, try Italian sausage with provolone and mozzarella cheeses.

Christina Funkr

Italian Bites

2 packages (8 ounces each) refrigerated crescent rolls (do not use store brand)

½ pound sliced deli salami

½ pound sliced provolone cheese

½ pound sliced boiled deli ham

7 eggs

1 cup grated Parmesan cheese

2 jars (12 ounces each) roasted red peppers, drained and chopped

Heat oven to 350.

Coat 13X9X2 glass baking dish with nonstick cooking spray.

Unroll 1 pkg of the crescent rolls and use dough to line the bottom of prepared baking dish. Pinch seams together with fingers.

Cover rolls with half of the salami, provolone and ham. Lightly beat together 6 of the eggs and the Parmesan; pour half evenly over top. Top with half of the roasted red peppers. Repeat layering with remaining salami, cheese, ham and egg mixture and peppers. Top with remaining package of crescent rolls.

Lightly beat remaining egg and brush over top.

Cover dish with foil; bake at 350 for 30 minutes. Uncover and back 30 more minutes.

Cool for 1 hour; cut into 32 squares and serve.

Beth Kayser

Popcorn Balls

3 qts. popped corn
1 cup sugar
1/3 cup corn syrup
1 cup water
3/4 tsp. salt
1 tsp. vanilla

Cook sugar, syrup and water to the medium-crack stage. Add vanilla and salt. Pour over popcorn stirring so all kernels are coated.

Shape into balls and wrap in wax.

Catherine Petersen

Fruit Dip – Low Fat

2 packages Jell-O Instant Vanilla pudding (Fat free and Sugar Free)
2 cups skim milk
1 tsp vanilla
12 oz. Lite Cool Whip

First blend skim milk and vanilla and then slowly add the vanilla pudding (prevents clumping) until well blended. Add Cool Whip and beat well. Refrigerate until set up, about 2 hours.

Fruit Dip

1 container of Marshmallow Fluff
1 package of cream cheese (8 oz.)

Let cream cheese sit out until soft then mix well with the marshmallow fluff. Add food coloring if desired. Keep refrigerated.

We have many family gatherings/celebrations throughout the year and we always look forward to dipping our cantaloupe, apples, strawberries and grapes into this dip. We feel a little bit better knowing that it is low fat.

Andrea Ciccarelli

Crabmeat Dip

Ingredients

1 stick butter
1 large white onion - cut up very small
4 (8 oz) packages of cream cheese
1 lb white crabmeat (best if you don't use crab claw meat)
Touch of Worchester Sauce
Tabasco to taste
Salt & cayenne pepper to taste

1 box of townhouse crackers (or club crackers)

Instructions

Sauté onions in butter until soft. Lower heat, add cream cheese and stir until melted. Add Tabasco, Worchester sauce, salt and cayenne pepper. Add the crabmeat last and stir. Transfer to crock-pot and serve with townhouse (or club) crackers.

Judy D. Gomila

Pepperoni Dip

1 – 8 oz. package of cream cheese

1 – can of cream of mushroom soup

2” high stack of pepperoni cut into smaller pieces

(I usually purchase the slicing pepperoni at the deli and have it sliced. It makes it easier to cut into pieces)

Preheat oven to 400

Place all three ingredients into a baking bowl or dish. Stir the mixture every 10 minutes until it's bubbly and all the juices from the pepperoni are incorporated. Approximately 40-50 minutes.

(I don't even stir the mixture after I place the ingredients in the bowl. As it melts down it is very easy to stir)

Serve on a sliced French baguette. (2 baguettes per recipe)

Lori Kelsch

Mexican Dip

Layer in a Casserole Dish

1 can refried beans
1 small sour cream and 1 PKG of taco sauce mixed together
Avocado dip
Diced olives
Diced green onions
1 package Mexican shredded cheese

Suggested chips: corn chips or nacho chips

Beth Hudgens

Paula's Famous 7 Layer Dip

Ingredients

8 oz can of refried beans
2- 6 oz. can diced black olives
8 oz container sour crème
8 oz package guacamole
2 bunches of green onions
1 pkg shredded 3 cheese mix
2-3 large ripe tomatoes

Spread refried beans on a cake pedestal or small platter. Chop tomatoes and place on top of refried beans. Next layer mix 1 pkg taco seasoning mix to sour crème and spread on top of tomatoes. Next layer chop green onions and sprinkle on top of sour crème. Next layer spread guacamole on top of green onions. Top this layer with black olives. The very top layer is sprinkled with cheese.

Serve the above with tortilla chips.

Enjoy!

Paula Wedgeworth

Soups

Nonni's Chicken Soup with Chicken Meatballs

Growing up in an Italian family had certain routines that were never broken. Chicken Soup on Mondays in the fall and winter was one of those mainstays. I remember going to my grandmother's home on Sundays after church. She would be making a pot of "gravy" as well as the base for Monday's chicken soup. The smells from her kitchen were always wonderful and duplicating her recipe after all these years the aroma is still the same now in our kitchen. Our children look forward to chicken soup Mondays. We even send containers to our daughter who is away at college so she can still savor the family tradition. Nonni's recipe is very easy and has been shared many times.

Ingredients

- 1 whole chicken
- 2 carrots finely chopped
- 2 stalks of celery finely chopped
- 1 medium onion finely chopped
- a handful of chopped fresh parsley
- salt to taste
- a few peppercorns to taste

Ingredients for chicken meatballs

1pound chicken cutlets- ground in a food processor (you can substitute ground chicken however, many times it's not all white meat)

- Italian bread crumbs
- Grated cheese (parmesan, pecorino or a mix)
- 1 egg beaten
- fresh parsley – finely chopped

Place whole chicken in a large stockpot and cover with enough water for chicken to be submerged. Cook at a medium heat until a white skim comes to the surface, approx. 30 minutes. Skim off this foamy substance. Add all vegetables and seasonings. Continue cooking at a simmer for 1 ½ to 2 hours.

In the meantime mix all ingredients for meatballs. Meatballs should be slightly firm and not too sticky. Form meatballs no larger than a nickel.

After soup has been simmering for 2 hours, turn off and remove the chicken carefully. Remove any stray bones and put chicken aside. Return the soup to a boil and drop in the meatballs. They will rise to the surface in approx. 5 minutes. Remove soup from the heat.

We like to have very small pastas in this soup such as acini di pepe, orzos, or ditalini. Prepare these according to package directions in a separate pot.

With the leftover chicken, remove all bones and grizzle. We like to sauté the chicken with a whole onion sliced and a small jar of pepperocini peppers. Add olive oil to a sauté pan to cover bottom, place onions and leftover chicken in pan to brown. Add the jar of peppers with the juice. This can be served on another day or after the soup.

Buon appetite.

Bob Colucci

Tomato and Beef Soup

This is a hearty tomato soup dish I enjoyed when growing up. I make it for my family frequently since they really enjoy it. Even my daughter eats it – she who would only consume cheese-sticks and Capri-Suns if she had her way. This is one of those family-type recipes that have been around for years. 3 medium sized potatoes (quartered and sliced ¼ inch thick)

1 lb ground beef	2 cups green beans (frozen French cut are the best)
2 cans tomato paste	8 cups of water
2 cans tomato sauce	1 bay leaf
1 teaspoon minced garlic	1 dozen small cherry tomatoes
1 teaspoon garlic powder	4 beef boullion cubes
1 tablespoon minced onion	
¼ teaspoon marjoram	

Brown the ground beef then drain. Add 6 cups of water and the sliced potatoes. Boil until the potatoes are just tender.

Add the following ingredients and mix well

Remaining 2 cups of water	2 cans tomato sauce
1 teaspoon minced garlic	1 teaspoon garlic powder
1 tablespoon minced onion	Boullion cubes

Bring to a boil and lower heat to just under medium. Add the bay leaf and cook for 40 minutes, stirring frequently.

After 40 minutes, add the following ingredients and mix gently:

1 can of tomato paste
¼ teaspoon marjoram
2 cups green beans
1 dozen small cherry tomatoes
REMOVE the bay leaf

Cook for an additional 20 minutes, stirring occasionally.

Serve with cornbread.

Larry Martinez

Spicy Vegetable Soup

This recipe is one of my favorites, I received it many years ago while on Weight Watchers and have tweaked it to my liking. You can puree the soup and have a gazpacho or leave the vegetables chunky if you like. I prefer a mixture of both, it creates a thicker texture and by adding some hot sauce to give it that zing, your whole family will love it.

Makes 8 servings/about 1 cup each

Ingredients

1 1/2 cups sliced carrot	1 tsp dried basil
1 1/2 cups diced onion	1/2 tsp dried oregano
5 garlic cloves, minced	1/2 tsp salt
6 cups broth (beef, chicken, or vegetable)	2 tsp hot sauce (optional)
1/2 diced green cabbage	In large saucepan, sprayed with nonstick cooking spray, sauté onions, and garlic over low heat until softened, about 5 minutes.
1 1/2 cups diced zucchini	
1 16oz can of stewed tomatoes	
1 8oz can diced tomatoes	

Add broth, cabbage, stewed tomatoes, diced tomatoes, zucchini, basil, oregano and salt; bring to a boil, cover, lower heat and simmer, about 45 minutes or until carrots are tender.

For a thicker texture, let cool and puree 1/2 the pot, and for those who like a little sizzling flavor add some hot sauce, you won't regret it.

Serve hot.

This soup can be frozen.

WW POINTS: 0

Sandy Dobin

Vegetable Soup (Beef Stew if adding optional stew meat)

1 large can crushed tomatoes
1 rutabaga
4-6 potatoes
3 small zucchini
1 large onion
1/2 lb carrots
(2 lbs. beef stew meat, optional)
Season to taste

Peel rutabaga, potatoes, onion and carrots. Cut the rutabaga, potatoes, zucchini, onion and carrots into bite-sized chunks. Place in large pot (5 to 6 qt) with crushed tomatoes. Add seasonings, vegetable stock or chicken stock or water to cover the vegetables. Bring to a boil and lower temperature to a simmer for about an hour or until rutabaga and potatoes are fork tender.

Terri Boerwinkle

Manhattan Clam Chowder

My grandmother made a terrific homemade clam chowder and when I asked my mother if she had a recipe she said, “You know your grandmother, she would kind of throw it together.” With my grandfather and three uncles as baymen, clams were readily available, so if she did have a recipe it would taste something like this – fresh and delicious.

8 pounds medium-sized hard-shell clams, such as cherrystones, washed and scrubbed clean
2 slices thick-cut bacon (about 2 ounces), cut into 1/4-inch pieces
1 large onion, chopped small
1 small red bell pepper, stemmed, seeded, and chopped small
1 medium carrot, chopped small
1 stalk celery, chopped small
4 medium cloves garlic, minced
1 teaspoon dried oregano
1/2 cup dry white wine
1 (8-ounce) bottle clam juice
1 ¼ pounds potatoes, peeled and cut into 1/4-inch dice
1 large bay leaf
2 (14 ½ oz) cans diced tomatoes
Salt and ground black pepper
2 tablespoons chopped fresh parsley leaves

Directions

1. Bring 4 cups of water to a boil in large stock-pot. Add the clams and cover with a tight-fitting lid. Cook for 5 minutes, uncover, and stir with a wooden spoon. Quickly cover the pot and steam until the clams just open, 2 to 4 minutes. Transfer the clams to a large bowl; cool slightly. Open the clams with a paring knife, holding the clams over a bowl to catch any juices. With the knife, sever the muscle that attaches the clam belly to the shell and transfer the meat to a cutting board.
2. Discard the shells. Cut the clams into 1/2-inch dice; set aside. Pour the clam broth into a 2-quart Pyrex measuring cup, holding back the last few tablespoons of broth in case of sediment; set the clam broth aside. (You should have about 5 cups; if not, add water to make this amount.) Rinse and dry the pot, then return it to the burner.
3. Fry the bacon in the empty pot over medium-low heat until the fat renders and the bacon crisps, 5 to 7 minutes. Add the onion, pepper, carrot, and celery, reduce the heat to low, cover, and cook until softened, about 10 minutes. Add the garlic and oregano and sauté until fragrant, about 1 minute.

4. Add the wine and raise heat to high. Boil the wine until it reduces by half, 2 to 3 minutes. Add the reserved clam broth, clam juice, potatoes, and bay leaf. Bring to a boil, reduce the heat to medium-low, and simmer until the potatoes are almost tender, 8 to 10 minutes. Using a wooden spoon, smash a few potatoes against the side of the pot. Simmer to release the potato starch, about 2 minutes.

5. Add the tomatoes, bring back to a simmer, and cook for 5 minutes. Off heat, stir in the reserved clams and season with salt and pepper to taste; discard the bay leaf. (Chowder can be refrigerated in an airtight container for up to 2 days. Warm over low heat until hot.) Stir in parsley and ladle the chowder into individual bowls.

Serve immediately.

Medium-sized hard-shell clams provide the flavor for the broth and the tender clam meat for this hearty soup. This rendition is not like the traditional commercial offerings with a thick broth that resembles tomato sauce. Instead, the broth is briny and clean tasting, flavors from the sea standing out and tomatoes and vegetables offering dimension in flavors and colors. The potatoes provide substance, and cooking them before adding the tomatoes enables their starch to be released into the broth, lightly thickening it. This soup will hold for two days. Reheat over a low flame, being sure not to boil the chowder, which will toughen the clams.

Serves 8

Susan Lycke

Soupe Au Pistou (Povençal Bean Soup)

Family recipe from mother's family originating in Marseille, France.

This recipe is best made the day before serving. It is a hearty soup that can be a whole meal.

Ingredients

2 to 3 14 oz cans chicken broth
2-4 zucchini – depending on size
½ head of garlic (6-8 cloves)
Loose handful of basil leaves
1 tbsp olive oil
¼ cup Parmesan

3 15 to 16 oz cans of white (navy or great northern) beans
1 15 to 16 oz cans of dark red kidney beans
Cooked green beans (optional)
Per serving – one can cooked pasta such as rotini, penne or bowties)

To Cook

Put 2 cans chicken broth in large covered pot on medium heat
Cut zucchini in half lengthwise and then in to ¼ inch pieces.
Put in covered pot and simmer until the zucchini is tender.

While the zucchini is cooking, chop the garlic and the basil finely. Put in bowl. Mix in olive oil and parmesan. Put aside.

Take zucchini / chicken broth off heat and mash the zucchini with a potato masher.

Open and rinse the 3 cans of white beans... add to pot.
Open and rinse well the can of red beans....add to pot.

Add the pistou (basil, garlic etc) and stir.

You can also add some cooked green beans for another taste and texture.

Before serving add the cooked pasta to the hot soup and stir well.

Serve with crusty baguette and grated parmesan to sprinkle on top.

Susan J. Miller

Mushroom Soup

This is my father's favorite recipe. We have very dear family friends who celebrated a traditional Czechoslovakian Christmas meal every year when I was growing up. They would invite my family over and one year the soup they made was this Mushroom Soup. My dad liked it so much that my mother got the recipe and made it every year for my dad. Now I make it every year for my dad on his birthday. We like ours with lots of mushrooms.

Ingredients

Butter

Mushrooms (amount and type to your liking)

1 cup chopped onions

1 cup chopped celery

6-8 cups water

6-8 beef bouillon cubes (more or less to your taste)

8 medium potatoes cubed

1 bag carrots cut into small pieces

Directions

Sauté the celery and onions in a little butter and add to your soup pot. Then sauté the mushrooms in a little butter for about 10 minutes and add to the soup pot. Add all remaining ingredients to the soup pot and bring to a boil, lower the heat and simmer until the potatoes and carrots are tender.

Tonya Kellum

Sea Food Soup

2 lbs. Alaskan King crab legs
2 lbs. jumbo prawns
2 tomatoes
1 onion
1 bell pepper (green)
4 garlic cloves
3 cubes Knorr Shrimp Flavor Bouillon
Use a whole jar of Mexican crema...not sour cream

(Add seasoned salt to taste)

1. Bring 2 quarts of water to a boil. While water is boiling add 3 cubes of Knorr Shrimp Flavor Bouillon.
2. Saute crab legs with one tomato, half an onion, 2 garlic cloves and half a bell pepper.
3. While water is boiling, throw in the sautéed crab legs with veggies.
4. Repeat above sauté instructions with the shrimp and throw that in the pot as well with all veggies.
5. Let soup boil for about 10 minutes.

It is now ready for serving.

Optional: You can crack 4-5 eggs in the pot while the soup is boiling.

Edgar E. Sanchez

Salads

Strawberry Romaine Salad

1 cup vegetable oil
3/4 cup sugar
1/2 cup red wine vinegar
2 cloves garlic, minced
1/2 teasp. paprika
1/2 teasp. salt
1/4 teasp. ground white pepper
1 large head romaine
1 head Boston lettuce
1 pint strawberries, sliced
1 cup (4oz) shredded Monterey Jack cheese
1/2 cup chopped walnuts, toasted

Combine first seven ingredients in a large jar. Cover tightly and shake vigorously. Can be stored for up to a week in the refrigerator.

Tear lettuce into bite-size pieces. Combine torn lettuce, strawberries, cheese, and walnuts in a large salad bowl. Shake dressing vigorously, pour over salad, and toss gently.

This salad is an extended family favorite. I double the recipe and bring it to cookouts and family parties. There are never any leftovers.

Maureen Spellacy

OCIP Salad

Recipe on following page.

Frank Sorosky

SALADS & SIDES

"OCIP" Salad (tomato-Crab-basil-Pasta)

Submitted by: Frank Sorosky

- 4 c cherry tomatoes, cut in halves
- 1/3 c balsamic vinegar
- 1/2 c olive oil
- 1/4 c chopped fresh basil
- 1/2 lb. fresh lump crabmeat
- 12 oz. bow-tie pasta, cooked according to pkg directions

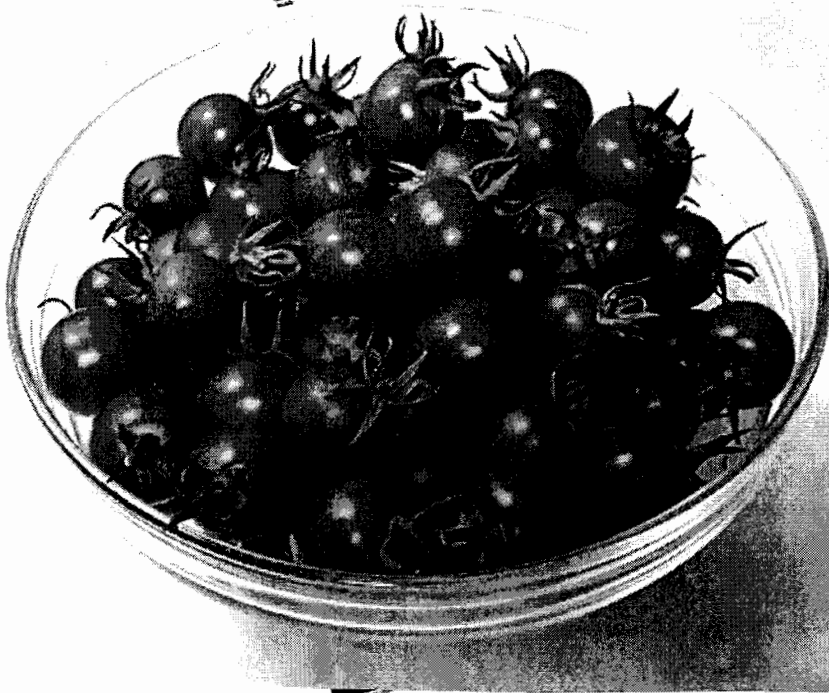
- 101 Combine tomatoes, vinegar, olive oil, and basil.
- 101 Add crabmeat to tomato mixture just before serving.
- 101 Serve over hot cooked pasta.
- 101 Can be served hot, cold or room temperature.
- 101 Serves 4 to 6.

Variation:

- If you prefer, you can omit the lump crabmeat.

Owner Controlled Insurance Program

Salad
Category



Cajun Caesar Salad

Into large salad bowl place –

1 head romaine lettuce (torn and spun) or equivalent pre-packaged hearts of romaine
½ cup shredded parmesan cheese
1 cup croutons

Set aside (chill if possible) until ready to serve

Cajun Caesar Dressing

Into medium bowl stir –

1 egg
1 tablespoon chopped garlic
½ teaspoon salt
½ teaspoon cracked black pepper
½ teaspoon dry mustard
3 heavy dashes Tabasco
3 heavy dashes Worcestshire
2 tablespoons red wine vinegar
2 tablespoons lemon juice
3 tablespoons olive oil
½ cup shredded Parmesan cheese
Beat together thoroughly and chill until ready to serve.

Toss salad and dressing thoroughly when ready to serve.

Serves 6

Luke Laborde

Caroline's Tex Mex Compliments

I grew up in Texas as a child and my family always loved authentic Mexican food. Now that I live in North Carolina, I still frequently make this dish for my family to compliment taco and enchilada dinners. I also make it for parties with friends and it never fails to please! I hope you enjoy it.

Guacamole

4 avocados, mashed
½ a cup of sour cream
1 tblsp. jar salsa
A dash of Tabasco or Texas Pete
2 Roma tomatoes, chopped
2 green onion stalks, chopped
1 tblsp. cilantro, chopped
The juice of one lime
3 or 4 cloves of garlic, minced
A generous swirl of extra virgin olive oil
Salt and pepper to taste
1 tblsp. blue cheese crumbles

Blend until creamy but leave a few chunks of avocado, chill thoroughly

Caroline Miller

Chicken Salad

My mother and my mother-in-law made great chicken salad. Yet the recipes were somewhat different. 35 years ago, I combined and adjusted the two recipes to make the best chicken salad in town! I make it for all gatherings with family and friends.

4 chicken breasts

6 chicken thighs

Boil, de-bone and shred by hand—(note that the best chicken salad is made using white and dark meat!)

3 eggs – chopped

2 cups of chicken broth

1 16 oz jar of pickle relish

4 sticks of celery – finely chopped

2 cups of mayonnaise (you may need more – the salad needs to be moist)

Salt and pepper to taste.

Combine all ingredients in large bowl – mix well – refrigerate – serve cold.

Pat Parks

Rainbow Fruit Salad

This recipe was originated from my mom (Mary Dalton) who believes in eating healthy.

1 large mango peeled and diced or use pineapple
2 cups fresh blueberries
2 bananas, sliced
2 cups fresh strawberries, halved
2 cups seedless green grapes
2 cups nectarines or mandarin oranges
1 kiwi, peeled and sliced

Honey-Orange Sauce

1/3 cup orange juice
2 tablespoons lemon juice
1½ tablespoons honey
¼ teaspoon Ginger
Dash of nutmeg

Directions

Layer fruit in order listed in clear bowl. Pour sauce over fruit

Makes 12 servings

Teri Chumley

Pretzel Salad

This recipe is a family favorite and is now pretty much always included at family gatherings. The Pretzel Salad is my dad's favorite. My father will be 78 next month and he's in poor health so I make it for him every chance I get.

The Pretzel Salad is one that my husband's oldest sister brought home from a work luncheon years ago and it has become a staple for both my family and my husband's family. We have tweaked it and made it our own by using fat free cream cheese and cool whip as well as sugar free Jell-O. You loose some of the calories and fat but you do not loose any flavor whatsoever. This is probably my father's favorite dish and I always make it for him whenever we get together. Also, we would always include in Thanksgiving & Christmas dinners with my husband's Mother and his immediate family up until her death in 2000 and still do with his sisters from time to time although we don't see them as much since they are out of state. Since it's put together in a 9x13 dish, there is plenty for leftovers and I usually send most home for Daddy to eat the remainder of the week. I tell him that I'll only send it home if he'll share with my Mother; he does, but unwillingly (just kidding).

For the most part, family dinners for my side of the family, including Christmas, Easter and Father's Day are now in my home in Mt. Juliet, TN but my mother, despite my dad's health issues, is not yet ready to give up Thanksgiving at "Grandma's" and my children are not ready for her to do so either. These dishes have become a part of dinner gatherings with both family and friends and I expect they will continue to be passed down to future generations. I hope Willis folks will enjoy as much as we have.

Pretzel Salad

1st layer

2 cups crushed pretzels

$\frac{3}{4}$ cup melted margarine or butter

2 tablespoons of sugar

Mix all together and press the mixture into a 9 x 13 dish and bake at 400 degrees for 7 minutes. Let this cool completely before adding the 2nd layer.

2nd layer

8 oz package of cream cheese softened/room temperature (low fat or fat free acceptable)

8 oz carton of cool whip, thawed (low fat or fat free acceptable)

1 cup of sugar

Mix all three ingredients for the 2nd layer together and pour over the cooled pretzel crust. Place in the refrigerator

3rd layer

2 small packages of Strawberry or Strawberry/Banana Jell-o. (the small packages are the 4 serving size packs-I always use the sugar free)

2 cups of boiling water.

Pour the Jell-o into a large mixing bowl and pour in the boiling water to dissolve the Jell-o. Add 20 oz. of thawed sweetened strawberries with the juice as well as an 8 oz can of crushed pineapple, also with the juice. Mix well and chill the Jell-o/fruit mixture in the refrigerator until it starts to thicken. You'll then pour the thickened mixture over the cool whip layer and chill in the refrigerator. It's best to make the night before so that the entire dish and chill overnight.

Enjoy.

Kay Jones

Breads

Grandma's Southern Cornbread

(Baked in cast iron "cured" skillet)

Served best with Vine Ripe Tomatoes, Fried Green Tomatoes, or Vidalia Onions

Ingredients needed

2 cups plain corn meal

½ cup plain flour

2 tsp. baking powder

1 tsp. sugar

1 tsp. salt

1 egg

1 cup buttermilk (no variation)

bacon drippings (to taste)

Water

1 stick real butter (no variation)

Put butter in a cured skillet, then into the oven to melt. Blend dry ingredients and add egg and buttermilk. Stir in enough water to thin batter. Bake to golden brown at 450 degrees for about 25 minutes. Remove from oven and immediately flip cornbread from skillet onto a serving plate. Cut in pie shape for serving.

I loved going to Grandma's and up until her last days she always made the very best cornbread. We'd eat it with nothing more than a piece of Vidalia onion or sometimes with vegetable soup made with fresh veggies from her own garden. When I asked my Grandma, Julie Catherine (Davis) Thornton, why others cornbread didn't always taste just like her cornbread, she would explain that her cornbread was made in a "cured" skillet. I now have my Grandma's skillet! But if you don't have the advantage to your family's skillet, see the notes below on how to cure a new cast iron skillet.

To Cure a Skillet

Wash a new skillet with plenty of warm water and a drop of soap. Rinse the skillet to remove all the soap, then dry with a towel and leave it sitting out until completely dry. Once the skillet is dry pre-heat the oven to 200 degrees. Using a paper towel or a brush wipe old bacon grease (or vegetable oil if no bacon grease is available) into the entire skillet then place the skillet in the oven for about 8 hours, checking on the skillet throughout the bake time. If the skillet seems to have dried up, brush on more bacon grease. When the 8 hours are up, there should be a black shine to the skillet. If there is little to no black shine, repeat the process. When caring for your skillet, remember to NEVER wash the skillet. After each use, simply wipe it clean. Store the skillet in a dry place, but my grandma always stored her skillet in the oven.

Melissa Watson

Tom's Biscuits

My dad's recipe for homemade biscuits is the best I've ever had. He learned how to make them from his mother, who was born in 1900 and is no longer with us. My dad grew up on a farm, rising early to do chores such as feeding animals and chopping firewood, before sitting down to a hardy breakfast including, of course, homemade biscuits! He would then ride his bike 6 miles to school. I don't mind my hour commute to work as much when I remember his early mornings. Anytime I go to my parent's for dinner they know I am hoping for some fresh biscuits or variations such as added cheese in the dough or just toasted with butter.

- 4 cups of white flour ("Better for Bread" kind)
- 1 stick of real butter (¼ pound)
- ¼ teaspoon of salt
- 4 level teaspoons of baking powder
- 2 cups of buttermilk (avoid extra thin quart size)

- Use large bowl, put sifter in bowl and drop inside sifter 4 cups of flour.
- Then add salt and baking powder. Take regular plate knife and gently stir, allowing salt and baking powder to penetrate flour.
- Lift sifter above bowl and place 4 cup container in bowl below sifter. Sift 3 times and then remove sifter and 4 cup container from large bowl.
- Stir mix within large bowl several times with plate knife, then cut butter into small pieces and allow small pieces to fall into flour mix. Use table fork to blend butter into flour mix, then use hands to finish.
- Pour entire 2 cups of buttermilk into flour mix in bowl. Take plate knife and stir buttermilk throughout flour mix. This is very important as it allows the milk to be evenly spread though out the flour mix. Allow the left over flour mix to remain outside the dough.
- Next empty the contents on a counter and begin to work some of the leftover flour mix into the outside of the dough, adding a little plain flour as needed. Knead well. Your dough will be moist inside.
- ***Now this is the most important thing to remember.*** Do not force the excess flour into the dough. Different climates provide more or less moisture and this is where you allow for it, which will make your biscuits always come out the same. Cover the dough with the large bowl and allow to set for at least 5 minutes before rolling out and cutting the biscuits. Your rolling pin should have a coating of flour to prevent sticking.
- Use cooking oil lightly on pan. Place biscuits on pan, put a very small piece of butter on top of each biscuit. Cook in pre-heated oven at 425 degrees until done, 12 to 15 minutes.

Katherine Coleman

Regina McGrath's Williamson Bread

2 packages Pillsbury crescent rolls
2 – 8 oz. packages of Philadelphia cream cheese
1 cup sugar
1 teaspoon of vanilla
1 egg yolk – (use white for top)

Spread 1 package of rolls onto greased 9 X 13 pan.

Mix sugar, cream cheese, vanilla & egg yolk together. Spread over rolls. Place the other package of rolls on top. Whip egg white and brush top of rolls. Sprinkle with cinnamon and sugar.

Bake at temperature on rolls package until brown (use your own discretion, whatever shad you like).

Regina McGrath

Pumpkin Bread

2 2/3 cups of sugar
2/3 cup butter
4 eggs
2 1/3 cups of flour
2 cups of pumpkin
2/3 cup milk
1 3/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon baking powder
1 teaspoon pumpkin spice
2 teaspoons baking soda
2/3 cup of chopped nuts (pecans or walnuts)

Thoroughly mix sugar and butter in food processor.

Add eggs and mix well again.

Combine pumpkin and milk in the mixture and mix thoroughly.

Mix in the flour and the remaining ingredients.

Bake at 325 for 50-60 minutes or until cake tester comes out clean.

Freddie Sue Fulton

Mandel Bread

This recipe is from my husband's family.

1 cup sugar
1 cup oil
1/8 teas salt
1 teas vanilla
4 eggs
3 teas baking powder
4 (Plus) cups of flour
Choc chips, chopped walnuts, cherries (type for baking) cinnamon

Mix sugar, oil & salt
Add vanilla and eggs – ONE AT A TIME
Add 1st cup of flour and baking powder ADD OTHER CUPS OF FLOUR ONE AT A TIME and mix
By the third cup of flour you will have to use five fingers instead of the spoon
(At this point sometimes I have to flour by hands add the 4th cup of flour)

When the batter forms into a ball and clears the side of bowl add the chips, nuts cherries as you like

Grease cookie sheet.

Take small wad of dough and ease or roll into a loaf (somewhat like a meat loaf) shape

Bake at 350 degrees until golden brown (about ½ hour) slice and put back in oven for a few minutes

Let cool

Variations

Sometimes before putting back I lay sliced pieces on its side and slightly sprinkle with cinnamon

Laura Epstein

Main Course

Orange Chicken

2 lbs boneless, skinless chicken pieces
1 egg
1 1/2 t salt
White pepper
Oil (for frying)
1/2 cup and 1 T cornstarch
1/4 cup flour
1 T minced ginger root
1 t minced garlic
1 dash crushed red chilies
1/4 cup chopped green onions
1 T rice wine
1/4 cup water
1 t sesame oil

Orange Chicken Sauce

1 1/2 T soy sauce
1 1/2 T water
5 T sugar
5 T white vinegar
1 orange grated zest
Combine the above ingredients in a small bowl.

Cut chicken into bite size pieces and place in a large bowl. Stir in egg, salt, pepper and 1 T oil and mix well. In a separate bowl stir cornstarch and flour together. Add chicken pieces, stirring to coat. Heat oil for frying. Add chicken pieces and fry 3-4 minutes or until golden and crisp. Remove chicken from oil and drain on paper towels. Set aside. Clean wok (skillet) and heat 15 seconds over high heat. Add 1 T oil. Add ginger and garlic and stir-fry until fragrant. Add and stir-fry crushed chilies and green onions. Add rice wine and stir 3 seconds. Add Orange sauce and bring to boil. Add cooked chicken, stirring until well mixed. Stir water into remaining 1 T cornstarch until smooth. Add to chicken and heat until sauce is thickened. Stir in 1 T oil and sesame oil. Serve over rice

Kristi Bares

Bruschetta Chicken Bake

Prep time: 10 min

Total time: 40 min

Makes: 6 servings, 1 cup

1 can (14-1/2 oz.) diced tomatoes, undrained

1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken

1/2 cup water

2 cloves garlic, minced

1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces

1 tsp. dried basil leaves

1 cup Shredded Low-Moisture Part-Skim Mozzarella Cheese

Preheat oven to 400°F. Place tomatoes in medium bowl. Add stuffing mix, water and garlic; stir just until stuffing mix is moistened. Set aside

Place chicken in 13x9-inch baking dish; sprinkle with the basil and cheese. Top with stuffing mixture.

Bake 30 min. or until chicken is cooked through.

Nutrition (per serving)

Calories 310 Total fat 7g Saturated fat 3g Cholesterol 80mg Sodium 710mg

Carbohydrate 25g Dietary fiber 2g Sugars 4g Protein 33g Vitamin A 10%DV Vitamin C

15%DV Calcium 20%DV Iron 15%DV

Michelle Johnson

Stuffed Cabbage

Here is a family favorite that I got from my grandmother, Sophie Kot, many years ago. Sophie was originally from Poland and although this recipe may not be exactly as they would have made them in Poland, they are really the BEST!

STUFFED CABBAGE--from Grandma Kot

Serves 6

1 Large head cabbage--Cut out core; Put in big pot of water with high heat to steam off leaves.

COMBINE:

2 lbs. Hamburger, 2 eggs, 1 can Cr. of Mush. Soup, 1 c. half cooked rice; and chopped celery, onions, green pepper and sliver of salt pork browned in butter.

Stuff leaves and Bake (covered) at 350 about 2 hrs. or until leaves are tender.

Mary Ellen Rudzinski

Easy Feta Chicken Bake

6 boneless skinless chicken breast halves (about 2lbs.)
2 Tbsp. lemon juice, divided
1/4 tsp salt
1/4 tsp black pepper
1 pkg. (4oz.) ATHENOS Crumbled Feta Cheese with Basil & Tomato
1/4 cup finely chopped red pepper
1/4 cup chopped fresh parsley

Preheat oven to 350.

Arrange chicken in 9x13-inch baking dish.

Drizzle with 1 Tbsp. of the lemon juice. Season with salt & pepper. Top cheese; drizzle with remaining 1Tbsp. of lemon

Bake 35 to 40 minutes or until chicken is cooked through. Sprinkle with red pepper & parsley.

Sue Farrington

Chicken with Wine & Mushrooms

Ingredients

1 -2 packages of chicken cutlets (cut into pieces) (or 2-3 packages chicken tenders)
1 – jar of sliced mushrooms
1 – stick of salted butter
¼ cup – lemon juice
1 cup – dry white wine (your choice)
2 – eggs (scrambled for dipping chicken)
Progresso Italian flavored breadcrumbs
Olive oil (or your favorite oil)

Instructions

Wash chicken, pat dry and dip in egg mixture
Dredge in breadcrumbs to coat
Fry in oil until golden brown
Drain on paper towels
Place in large glass Pyrex or corning ware dish

Sauce ingredients

Melt butter in sauce pan
After melted add ¼ cup lemon juice
Mix together and add 1 cup white wine
Bring to boil
Drain mushrooms and add to mixture

Pour prepared sauce over chicken
Bake at 375 degrees for about 40 minutes

Serving suggestions

Tossed salad
Choice of: pasta with marinara sauce - rice - oven browned potatoes
Italian bread or dinner rolls

Jacqueline Flynn

Turkey Meatballs

My family loves these turkey meatballs. A former neighbor gave the recipe to me, when I lived in Israel. I've adapted it to American products and measurements and made it healthier and lighter.

2 lbs lean ground turkey
2 egg whites
1/2 c bread crumbs
spices to taste – pepper, onion powder, garlic powder

Sauce

15 oz can no salt added tomato sauce
2 TBS mustard (yellow or brown)
2c water
1 tsp sugar (brown or white)
spices to taste – salt or salt substitute, pepper, onion powder, garlic powder, oregano, Italian spices

1. Put all the sauce ingredients in a medium-large pot on a high flame on the stove. Stir well.
2. In a bowl, mix the meatball ingredients well.
3. Form into 1" balls.
4. Put meatballs into pot once the sauce begins boiling.
5. Once all are in, lower flame to medium, and let cook for 30-40 minutes, stirring occasionally.

Serving suggestion: Over white rice.

Note: This recipe is easily doubled and tripled. Leftovers freeze well in Ziploc bags. You can also mix in equal amounts of pureed vegetables and ground turkey to make the meatball mixture.

Wendy Hersh

Broiled Tilapia Parmesan

How do you get a family with children to eat fish that is not in “fish stick” form? The answer is easy, quick and healthy. Fish is a food of excellent nutritional value, providing high quality protein and a wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, selenium, and iodine in marine fish. Its protein – like that of meat – is easily digestible and favorably complements dietary protein provided by cereals and legumes that are typically consumed in many developing countries. Experts agree that, even in small quantities, fish can have a significant positive impact in improving the quality of dietary protein by complementing the essential amino acids that are often present in low quantities in vegetable-based diets.

The values mentioned here are all great, but the big issue is how do you get your family to eat fish that is not in “fish stick” form? The answer is this recipe. With my daughters who are 6, 10 and 14, we worked together to identify characteristics of “fish sticks” that they love. After several iterations, we arrived with the above recipe which still gives a lot of flavor and texture but is not too “fishy.” This is an easy dish that you can feel good about preparing together with family members as well as serving to the entire household. Enjoy!

Ingredients

1/4 cup Parmesan cheese	1/8 teaspoon dried basil
2 tablespoons butter, softened	1/8 teaspoon ground black pepper
1 tablespoon and 1/2 teaspoons light mayonnaise	1/8 teaspoon onion powder
1 tablespoon fresh lemon juice	1/8 teaspoon garlic
1 pound tilapia fillets (other fish may be substituted – try flounder, catfish filets or even salmon)	

Directions

Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder, and garlic. Mix well and set aside.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

Makes 4 servings.

Angela M. Sottek

Mom & Me Easy Spaghetti

1 pound ground chuck
1 package spaghetti noodles
1 can tomato paste
1 can tomato sauce
Black pepper

Cook noodles in pot till ready.

Brown meat, drain.

Add paste and sauce to meat and stir. Add dash of black pepper and serve.

Jana Hoffman

Camping Dish

This is a simple but very tasty recipe that my mother has made for all of the years of my life. It has been a family favorite even to those "picky eaters". She is now 86 and living in Iowa. She has her own home, gardens and walks a mile every day even after having had knee replacements and heart surgery in the past. I bet that "Camping Dish" has contributed to her good health and positive attitude.

1 lb. hamburger browned (drain off fat)
1 can whole kernel corn drained
1 can tomato soup (undiluted)
1 can kidney beans (undrained)
Season to taste (salt, pepper, even garlic powder if you desire)

Brown the hamburger, add the other ingredients and serve. This even tastes better on the second day.

Bev Cooper

Goo

This recipe, belonging to my Grandmother Dora, has now been passed down through four generations. Because it serves many, it has been a mainstay at many family gatherings with many happy memories. It brings the generations together! My grandmother was an awesome cook, but not the best typist. This recipe does not “stink” but it can stick! Rat cheese is a very strong cheese; the current generation uses a good cheddar. Hope you at least enjoy reading the recipe!

1 ½ pounds pork (lean and in cubes)

1 ¼ pounds veal (lean and in cubes)

1 green pepper

1 package noodles

1 can cut corn

1 can chicken soup

1 can pimientos

1 can mushroom

¼ pound rat cheese

Brown bread crumbs

Cook meat until tender in water and spices after sautéing meat a little. Grandma says the spices (salt and pepper) keep the meat from stinking. Add all ingredients except bread crumbs. Add those last after simmering for ever long.

Linda Simmons

Pop's Barbecue

The recipe comes from my grandfather and is a favorite asked for by all of our family members.

- 1 4-5 lb. fresh pork shoulder
- 2 medium cans of tomato puree (or one 15 oz. can)
- 2 cups apple cider vinegar
- 1 cup margarine (1 stick)
- 6 Tsp. mustard
- 3 Tsp. hot sauce
- 1 Tsp. salt
- 3 Tsp. black pepper
- 1, 2, or 3 Tsp. cayenne pepper

Cook pork shoulder in water (I use a slow cooker) until done. Shred the pork. Mix all other ingredients and simmer for 30 minutes. Add pork. Heat through. Freezes well.

Serves lots.

Leigh Ann Kersey

Meat Loaf

This is my husband's grandmother's meatloaf recipe so it has been in the family for at least 3 generations.

2# ground beef
1 can chicken rice soup
1 cup quick cooking oatmeal
1 egg
2 tsp salt
1/4 tsp pepper
Onion to taste

Combine ingredients. Put in loaf pan and bake 1 1/2 - 2 hours at 350 degrees.

Sheila McMath

Olivia's and Mom's Chicken Casserole

This is definitely an old fashion comfort food. Olivia, my daughter, and I make this for a great family meal usually in the winter. But, most importantly, it is our standard 'care dish' that we prepare and deliver to a family which is enduring a difficult time.

Preparation

Preheat oven to 350 degrees

Butter a large casserole dish (9 x 13)

Toast slivered almonds in the oven until light brown

Microwave or sauté 2 large chicken breasts. Cool and cut into bite size pieces

Boil one box of egg noodles. Drain well.

Sauté one can of sliced mushrooms in butter

Assemble in large bowl

Noodles, mushrooms and chicken pieces

One jar of Classico Alfredo sauce

One large package (2 cups) of Mozzarella cheese

One can of Chicken and Mushroom Soup

2/3 cup of mayonnaise

Salt and pepper as you like

Fold

All above ingredients into buttered casserole dish

Top casserole with one small container of shaved parmesan cheese

Bake

35-40 minutes

Remove from oven and top with toasted almonds

Serves a crowd. Enjoy hot!!!

Carrie Taylor

Cabbage and Noodles

This simple recipe has been my favorite ever since my grandfather showed me how to make it many, many years ago. I have prepared this dish only for my immediate family, until recently when I shared it with my neighbors and friends. I was pleased that it quickly became their favorite as well.

Of course, my grandfather also taught me to make this with home made pasta, that we rolled and cut ourselves, it brings back very happy times.

I assume that this dish is Hungarian as was my Grandfather and I as well.

One large head of “firm cabbage” grated on the large whole of a grater. If, using a food processor make sure that the cabbage is not too fine or too big.

Salt and set aside for about 5 min. Meanwhile boil a one pound bag of wide egg noodle according to instruction, add a dab or butter or olive oil to keep from sticking.

Squeeze the excess water from the cabbage that was released from the salt. In a large skillet, heat two table spoon of olive oil, add the cabbage and on medium heat fry/sauté for about 15-20min.

The last 5 min. turn up the heat so it browns stirring all the while. Mix well with the cooked noodles, add salt and pepper to taste and enjoy.

Jó étvágyat!

Eva Higgins

Sausage Balls

This is a favorite of my family's - we have been making these for years at Christmas. I am always asked by my friends to bring these to holiday parties and family gatherings. There have been several variations of this recipe, but I have found that this one is still a favorite.

2 1/2 C of Bisquick

1 lb of uncooked sausage (Jimmy Dean or Owens Original)

1 block of Cracker Barrel Extra Sharp cheese (in the red package)

****Helpful hint - It is best to set the sausage and cheese out about an hour before you start to make them so that they are easier to mix together and the cheese is easy to grate****

Grate the block of cheese. Mix all ingredients together in a bowl. It is easiest to do it with your hands. It will take a little work and some time to get it all mixed together real well. Once mixed, roll into small balls. Put on a cookie sheet and bake at about 350 degrees for about 10-15 minutes or until golden brown.

I always make these up ahead of time, like the night before. If you are going to do this, roll them up and set them on a cookie sheet. Place the cookie sheet in the freezer for about an hour. Then remove them and place them into a container or large plastic Ziploc bag. Putting them in the freezer will prevent them from sticking together when you store them overnight.

Tina Edwards

Chicken Supreme

This is an easy quick recipe and my two boys love it. I hope you will too!

6 boneless chicken breast (or a combination of boneless thigh and breast)
1 can of cream of chicken soup (I use the healthy, low fat one)
1/4 c of water to thin the soup
4-6 slices of Swiss cheese (enough to cover the chicken)
3-4 cups of Pepperidge Farms dry stuffing mix
1 stick of butter/margarine

Cut chicken into chunks (I usually just cut it in 3rds) and put on the bottom of a 9x13 baking dish. Pour chicken soup mixture over chicken and add a bit of black pepper. Top with the Swiss cheese (my kids liked lots of cheese, whatever your preference). Take the dry stuffing mix and add the melted stick of margarine to coat the dry bread.

Bake for one hour at 350. Let stand for just a couple minutes. Goes great with mashed potatoes!

Beth Firby

Hannah & Samantha's Tai Chicken

Prepare Marinade:

Marinade

2tbl cilantro
1 tbl garlic
1 tbl curry powder
2 tbl fish sauce
2 tbl oil
Salt & pepper to taste
Into food processor or blender

Soak wooden skewers

Pound 6 split boneless chicken breasts. Cut chicken in to long strips. Weave chicken onto wooden skewers.

Allow chicken to marinate up to 8 hours in refrigerator

Prepare dipping sauce that can be reheated prior to serving.

Sauce

1tbl oil in to pan
Add 1 tbl chili paste
Sauté 2 minutes
Add
1 cup peanut butter
¼ c sugar
1 tbs salt
1 can unsweetened coconut milk
1tbl fish sauce

Take off of heat and whisk until smooth

Grill chicken and squeeze lime juice on chicken once off of grill.

Sarah Walsh

Chicken Pot Pie

Makes 2 chicken pot pies.

4 deep dish frozen pie shells
2 large cans (12.5 oz each) of chunk chicken
1 large can (28 oz) of Veg-all - drained
1 reg can (15 oz) peas - drained
1 can cream of chicken soup
1 can cream of onion soup
1 can chicken broth
Salt & pepper to taste

Set pie shells out to thaw for about 10 - 15 minutes. Prick pie shells w/ a fork. Bake two of the shells at 400 degrees for about 10 minutes (follow directions on package for cooking an empty shell).

In a large mixing bowl combine chicken, Veg-all, peas and soups. Add chicken broth to desired consistency - salt & pepper to taste. Pour mixture into 2 baked pie shells. Top each pie w/ an uncooked pie shell. Press seams together; cut slits in top to vent. Bake on a cookie sheet at 400 degrees for at least 40 minutes or until well browned and heated through.

It heats up great for lunch the next day too. The cream of onion soup gives great flavor. We adjusted the Bisquick chicken pot pie recipe to make this one. My family likes it better than the doughy type most people make. Everyone eats their vegetables in this, and I can have it in the oven in 30 minutes or less. The kids can help too.

Rosey Needham

Noodles Lorraine

1 8 oz package of egg noodles
2 tablespoons butter
1 large onion chopped
2 eggs, beaten
1 teaspoon salt
½ teaspoon nutmeg
8 slices of bacon, cooked and chopped
2 cups diced Swiss cheese
½ cup grated parmesan cheese

Preheat oven to 350

Cook noodles according to package directions, drain. In small saucepan, melt butter and cook onion until transparent. In large bowl, combine eggs, salt and nutmeg. Add noodles, butter/onion mixture, bacon and cheese.

Please in 2 quart baking dish.

Bake 45 mins or until top is golden brown.

Patricia Dunn

Stuffed Mirlitons

This recipe has become my signature dish for large family meals such as Christmas and Thanksgiving. Mirlitons are abundant in South Louisiana, but I don't know how available they are elsewhere. They are also called mango squash, vegetable pear or chayote, according to my cookbook. The recipe is my version of a very popular New Orleans dish, recipes for which are found in most local cookbooks. You can easily cut this recipe in half for smaller dinners.

12 mirlitons

2 sticks butter (can be increased or decreased some without hurting anything.)

3 large onions, minced

3 cups cooked shrimp, cut up (I usually use about a pound and sauté it in a little oil and seasoning.)

1 pound crab meat, picked over for shells at least twice

2 teaspoons salt or to taste

3 tablespoons parsley

2 teaspoons thyme

4 bay leaves

2 teaspoons black pepper and/or Tony's to taste. Some people might not like it so spicy.

6 cups fresh bread (I use a whole loaf French bread) soaked in water and squeezed almost dry.

Boil mirlitons until tender. Cut in half and scoop out the centers. There is a seed to discard. If you're stuffing individual shells, scoop out the centers. For this many people I just peel them and make a casserole. Mash the centers well, then place in a pot with hot butter. Heat a bit, then add shrimp and onion. Add salt, parsley, thyme and bay leaves, and simmer 20 minutes. Now add crab, bread and pepper, and simmer slowly for 10 minutes, stirring almost all the time. Place in shells or in a casserole, and sprinkle with bread crumbs. Bake in 375 degree oven until brown and bubbly.

This will serve 20-24 people, depending on how you serve it and whether is a main or side dish. I usually reserve a little without the seafood for the strict vegetarians.

Rebecca Freedman

Simple Homemade Macaroni & Cheese

Ingredients

8oz. elbow pasta
1 can Campbell's Cream of Mushroom Soup
 $\frac{3}{4}$ soup can of milk
8oz. shredded mild cheddar cheese
 $\frac{1}{2}$ cup Italian style bread crumbs

Directions

Heat oven to 350

Cook pasta according to package directions, strain and place in a baking dish.

Empty cream of mushroom soup in medium saucepan

Fill approx. $\frac{3}{4}$ of the empty soup can with milk

Over medium high heat, stir together cream of mushroom soup and $\frac{3}{4}$ soup can of milk until well mixed together

Slowly add the shredded cheddar cheese until completely melted, stirring frequently

Pour sauce over elbows in baking dish and stir together

Sprinkle breadcrumbs over top of casserole

Bake at 350° for 20-25 min until edges are bubbling

Ame McClune

3rd Generation Chili (name says it all)

Ingredients

1 52 oz Can of Ranch Style beans.
2 small cans of diced green chilies
1 medium can of sliced stewed tomatoes (seasoned)
1 medium can of red kidney beans
1 lb of lean ground beef
Chili powder to taste (I use only a few sprinkles)
1 large white onion

Instructions

Dice onion as small as you can
In medium frying pan, sauté onion and use a few sprinkles of chili powder
Open all cans and pour contents into slow cooker (Stir together)
In medium pan, brown ground beef
Add meat to chili mix (stir together)
Cook on low for the day

*Tastes best when it has all day to cook on low.

**Also good, try grated Longhorn Colby cheese & corn bread

***Recipe will also taste great with out onion and kidney beans

April Michelle Tuzon

Thelma's Easter Eggs

My mother always prepared these eggs at Easter and it just became a symbol of the holiday for me and my brothers. Mother passed away 20 years ago in March and I still have these eggs and the coconut (dyed green for grass) crème cake. My 19-year-old daughter enjoys getting out the bowls and setting it up to dye the eggs.

1 dozen hard-boiled eggs – peeled
½ - ¾ cup mayonnaise
2 Tablespoons sweet pickle juice
Salt and pepper to taste

Buy an Easter Egg kit and set up the dye in the 6 – 8 cups with vinegar and water as per the instructions.

Drop the peeled whole egg into the dye cups allowing 4 – 6 minutes for coloring.

Drain on paper towel.

When the eggs have dried to touch, slice and mix yellows with mayonnaise, pickle juice, salt and pepper. Re-fill egg whites and place on lettuce leaf tray in center of table. You can top each egg with a slice of olive or sprinkle of paprika.

You have delicious devil or dressed eggs and a beautiful Easter centerpiece.

Emily Loveday

Award Winning Chili Recipe

The Sayles Family, Los Angeles, CA. Our family has won six chili competitions with this recipe!

Ingredients

2 pounds ground sirloin	2 Serrano peppers
One tablespoon olive oil	1 ½ tablespoons onion powder
One tablespoon butter	3 teaspoons cumin
1 pound sirloin steak, cut into small cubes (about ½ inch in size)	2 tablespoons of New Mexico Chili Powder
One can (8 ounce) Hunt's Tomato Sauce	1 teaspoon salt
½ can (14 ½ ounce) Swanson Chicken Broth	1 teaspoon pepper
One can (14 ½ ounce) Swanson Beef Broth	2 teaspoons garlic powder
½ teaspoon cayenne pepper	½ teaspoon brown sugar
2 teaspoons beef bouillon	One (16 oz.) can refried beans (we use Rosarita)
2 teaspoons chicken bouillon	½ package pinto beans, prepared /or 2 (16 oz.) cans pinto beans
7 tablespoons of chili powder (Williams brand if you can find it)	

Preparation

Melt butter in skillet. Add olive oil. At medium heat, brown ground sirloin and cubed sirloin steak in skillet.

Drain fat from meat and put in a large dutch oven on stovetop.

Add one can tomato sauce, a half of the can of chicken broth, ½ teaspoon cayenne pepper, 2 teaspoons of the chicken bouillon and beef bouillon, one tablespoon of the chili powder, one and a half tablespoons onion powder, one tablespoon cumin, the can of beef broth and ½ of the can of chicken broth. Seed the serrano peppers and add.

Bring to a boil and cover. Simmer for about an hour.

Remove the peppers and add the following: Salt and pepper, the rest of the chili powder, the New Mexico chili powder, and the rest of the cumin. Add the rest of the chicken broth if the consistency is too thick. Cook for another 30 minutes.

Add the refried beans, brown sugar and the beans. Reduce heat, cover and cook for another 15-20 minutes. Adjust salt and pepper to taste, if needed.

David Sayles

Three Bean Bake

Here is my family's best dish. Each time we prepare it . . . everyone wants the recipe. It's not your basic bake bean dish . . . it is colorful and very delicious. Please try it.

It's a dish my Aunt Mildred used to prepare. She came upon it when she could only afford one dish for her family and slices of white bread. They were not poor but on a very tight budget.

Once you prepare it, you will see that it could easily be a meal in itself with a salad. I always make it for BBQ's. In fact, my son uses it for his catering business when he does BBQ's and everyone is just amazed by this unique dish and everyone says . . . it's not your usual bake bean casserole.

When my mother passed away, we went through her recipes and I found this one . . . the paper was so torn and yellow, that I wrote it down and then typed it on another sheet. My Aunt Mildred passed away before my mother and Mom got her few recipes.

½ lb ground chuck
6 bacon slices, chopped
1 small onion, chopped
1 (15 oz.) can of lima beans, drained and rinsed
1 (15 oz.) can of kidney beans, drained and rinsed
1 (15 oz.) can of pork and beans, DO NOT DRAIN!!
½ cup of brown sugar, packed
½ cup of ketchup
½ cup of barbeque sauce
1 tsp of dry mustard

Cook the first three ingredients in a large skillet, stirring until the beef crumbles and there is no more pink. Drain and return to the skillet. Stir in the remaining ingredients. Pour into a greased baking dish and bake on 400 degrees for 40-55 minutes.

Enjoy everyone and Bon Appetit!

Frances Goforth

Mexican Pizza Casserole

Ingredients

1. 1lb. hamburger
2. family size Velveeta Mac & Cheese
3. traditional sauce or Ragu
4. bag of pepperoni
5. 2 cups of Mexican cheese

Cook hamburger and drain

Cook Mac & Cheese

Mix sauce in with hamburger

Put layer of pepperoni on bottom of pan, then put a layer of Mac & Cheese, then put layer of sauce. Do first 3 steps again

Put cheese on top of it

Bake 350 until cheese is melted.

Angela Gulley

Pork Posole

A Laura Ebert Original

Ingredients

- One package of pork shoulder with bone, blade cut.
- 3 whole carrots roughly cut (few small pieces) and skinned
- 1 large white onion. 3 celery stalks roughly cut
- Couple of tablespoons of garlic
- Little bit of cooking oil
- 5 jalapeno peppers
- 1 Can 29oz of hominy
- 1 can chicken broth
- 1 tablespoon of Mexican chicken broth cube or crumbles
- ½ Can of Ranchero Salsa (Herdez brand)
- Small packet of fresh green chilies
- 3 large pinches of Mexican oregano
- 3 large pinches of parsley
- Salt & pepper to taste
- Red Chili sauce to add to taste on the side (buy or make it yourself)

Make the vegetable stock. Start with a bit of oil and brown the garlic. Add the onions until they are clear. Add 1 large cup of water and the Mexican chicken cube or crumbles to the pot. Add carrots, celery & 3 jalapenos that are roughly cut and include the seeds.

Brown the pork on each side, only need to sear as you don't need to cook all the way. Once the meat is done, deglaze the pan with the can of chicken broth. Add meat drippings to a new pot (not the vegetable pot).

Add meat, juice from the pan, hominy, oregano, parsley, salt, pepper, green chilies, Ranchero sauce, 2 left over jalapeno's (diced and without seeds).

When vegetables are fully cooked and soft, take out a few carrots and onions chunks and the jalapenos and blend in a mixer till pureed. Add to big pot with the meat. Drain the rest of the vegetables and use juice in a big new pot. Add a bit more water if needed. Boil and lower to simmer for about 4 hours or longer.

Add the red chili sauce to the top as to taste.

Serve with tortillas (homemade is best).

Laura Ebert

Mitzi's Maryland Crab Cake

I am pleased to submit the attached recipe for Mitzi's Maryland Crab Cakes, a culinary treat that has delighted family and guests for generations. My mother Mildred "Mitzi" Blumenthal originated this recipe has prepared it virtually the same way since before World War II, and continues to do so to this day at the ripe young age of 90. When we entertain at our home by the Chesapeake Bay during the summer months, we prepare crab cakes according to the recipe, and serve them with steamed white Maryland corn on the cob; sliced Maryland beefsteak tomatoes and Georgia Vidalia onions drizzled with balsamic vinegar; homemade cole slaw; steamed asparagus; oven warmed dinner rolls; and peeled, sliced Maryland peaches with vanilla bean ice cream for dessert. (Reservations are recommended.)

The keys to successful crab cakes are:
Fresh, quality crabmeat (jumbo lump or back fin).
Old Bay Seasoning.
Bake-and-Broil (as opposed to frying).

Ingredients are per pound of crabmeat:

1 pound fresh lump Maryland crabmeat – Make it "Jumbo Lump" or "Back Fin". Other varieties can have little bits of spiky crab cartilage. Try for Maryland blue crab crabmeat, or Louisiana, or other US source, but avoid imported crabmeat. Drain the crabmeat.

1 slice white bread, crust removed – Use Arnold or Pepperidge Farm bread (they crumble more easily than fresh white bread), or use a slice of regular white bread that's been exposed to air long enough to make it easy to crumble.

2 tablespoons mayonnaise – It's fine to use low fat mayonnaise, but do not use non-fat mayonnaise.

1 teaspoon Old Bay Seasoning – Try 1 teaspoon for your first batch of crab cakes. Too much seasoning can overpower the flavor of delicate crabmeat.

Pinch or two of parsley flakes – Entirely optional. Parsley, too, can overpower crabmeat flavor, so no more than a pinch or two for color.

¼ teaspoon prepared yellow mustard – Mustard adds tang.

1 egg, beaten – Helps to bind the crab cake, but not strictly necessary. Try using an egg in your first batch.

Progresso unseasoned bread crumbs (or other brand).

1 tablespoon very finely minced red bell pepper – For color and a hint of sweetness. Finely mince the red bell pepper and microwave it with a touch of water to render it semi-cooked. (Pour off the water after heating.)

Directions

You will be baking and then broiling the crab cakes. Place the oven rack in a position near the broiler element, but not too close to it.

Preheat oven to 350 degrees.

With two forks, tear the slice of bread into small crumbly bits in the mixing bowl. Mix in the mayonnaise, Old Bay seasoning, parsley, red bell pepper, mustard and egg. Stir in the crabmeat – gently. You want to mix the ingredients but not break up the lumps of crabmeat.

Form the crab cakes (makes 4 or 5 good size patties) and sprinkle each side of the crab cakes with bread crumbs.

Place crab cakes on a lightly greased (spray with Pam) cookie sheet or shallow baking dish and bake in a 350 degree oven for 15 minutes.

Then turn the oven to broil and broil the crab cakes until they turn light golden brown on top. Remove the tray or dish from the oven, turn the crab cakes, and broil them on the other side until golden brown.

Serve immediately with ice cold beer in frosted mugs.

Gordon H. Prager

Chicken Tetrazinni

1 lg. pkg. spaghetti
1-2 Tbsp butter
1/2 cup chopped onion
2 cups diced chicken
2 cups grated Velveeta
1 pint whipping cream

Cook spaghetti as directed, drain. Sauté onion in butter. Brown chicken in butter (or use PAM)
Line 9"x13" pan with spaghetti. Cover with chicken, onion, then cheese. Pour cream over the top. Cover with foil.

Bake @ 350 for 20 to 30 minutes.

Janice Sims

Louise's Italian Fried Rice

Attached is a recipe that my mother made which she call "Italian fried rice". My mom was born in Naples and was a creative and excellent cook. Most of her recipes were in her head but before she passed away I managed to get some written down to pass along to her grandchildren.

This is an easy, one pan side dish that goes very well with a pork roast or chops and doesn't take very long to prepare.

Ingredients

½ stick butter

1 medium onion

½ lb pancetta (Italian bacon) or you can substitute a good ham like Black Forest

1 ½ cups of rice

2 large eggs

Melt butter in fry pan. Sauté onion over medium heat until it just starts to soften. Add pancetta (or ham) and sauté together until onion is clear and pancetta is cooked (about 5 minutes). Add cooked rice into pan and mix well until rice is coated with onion and pancetta mixture.

Wisk eggs until well blended and pour over mixture in pan. Over medium heat allow to cook turning over until egg is absorbed and rice turns a golden color.

Serves at least 6

Excellent side dish to roast pork

Joan M. Lionetti, CPCU

Mizithra Spaghetti with Brown Butter

This is the tastiest and easiest Greek dish you will ever have. It has been a favorite of mine and my sister-in-law Peggy for some time now. We always get excited when we start making this. It is delish!!

1 pound spaghetti
1 cup butter
3/4 pound Mizithra cheese grated

Directions

Cook spaghetti in large pot of salted, boiling water until al dente. Drain.
When spaghetti is almost done, start slowly melting butter over medium heat until golden brown. Skim butter solids off top. Toss spaghetti with butter. Sprinkle with cheese to taste.

Enjoy.

Sandy Payne

Mexican Casserole

Ingredients

1 lb lean ground beef
1 pkg taco seasoning
1 box Jiffy Mix cornbread
1 small can of corn
1 small can of diced jalapeno chilies
1 cup of shredded cheddar cheese
1 regular sized jar of chunky salsa (use your favorite)
1 can refried beans
Sour cream
8x8 glass baking dish

Preheat oven according to temperature shown on Jiffy Mix cornbread box

Brown and drain ground beef and put back in skillet

Add taco seasoning, corn and 1/2 of the jar of your favorite chunky salsa to the beef mixture and simmer for about 5 minutes

While beef is browning, prepare Jiffy mix cornbread mix according to the box

Fold in cheddar cheese and jalapenos into the cornbread batter set aside

Layer refried bean in the bottom of the baking dish. Layer the beef mixture over the beans

Pour the cornbread batter over the meat mixture

Bake in preheated oven according to the Jiffy Mix baking instructions (approximately 12-14 minutes or until cornbread is golden brown)

Let stand about 10 minutes before serving.

Garnish with more salsa and sour cream

Joanne Kirby

Taco Meatloaf

This recipe was created by a member of the family to get her kids to eat meatloaf! It has been a "favorite" among my children for years and when they went off to college it was one recipe that had to be included in their "recipe" book that went with them!

1 1/2 lbs lean ground beef
1/4 cup salsa (any kind and you can use mild, medium, or hot!)
1 pkg taco seasoning (I prefer the "low-salt" seasoning pack)
1 cup crushed Doritos or corn chips (any kind or flavor works!)
1 egg

Mix well and put in meat loaf pan
Bake for 1 1/4 hours at 350 degrees

About 15 minutes before you take it out of the oven, I cover the top with shredded cheese . . . can be taco cheese or regular shredded cheese. (The 40% less fat cheese works very well... I would not use no-fat cheese.)

Serve on a bed of lettuce with salsa on the side. I usually would serve with a baked potato, and fruit salad.

Enjoy!

Mary Lou Pletcher

Easy Chicken Casserole

Great for last-minute meal needs – feeds 4-6 persons, with leftovers.

Ingredients

Bag of egg noodles

2-3 cups finely-cut chicken (or 2 cans canned chicken)

1 can cream of chicken soup

1 1/2 cup milk

1 can corn

1 cup frozen peas

2-4 slices of cheese (a mix of American and provolone or mozzarella works great)

Salt & pepper

Instructions

Boil one bag of egg noodles. While noodles are boiling, prepare a microwaveable casserole dish as follows: Mix chicken, cream of chicken soup, milk, corn, and peas. When noodles are ready, add noodles and salt & pepper to taste. Microwave on high for 5 minutes. Stir and microwave on high for 5 more minutes. Remove from microwave, stir, add 2 slices of cheese, in strips, pushing to middle so that casserole covers this layer of cheese. Then add remaining 1-2 slices of cheese, in strips, on top. Microwave another 3 minutes. Stir and serve.

Other Serving Suggestions

You can add other vegetables/spices to taste. Carrots and celery give the casserole a nice crunch.

Kelly Smits

Melting Pot Fondue Dinner

My son Derek is nearly 12. His favorite family meal is our own version of a "melting pot" fondue dinner. It's easy to prepare and takes a long time to eat, so we have plenty of time for talking about whatever is on our minds. Sometimes we do it with just he and I; sometimes we bring along friends. Here's the basics:

Cut lean boneless sirloin into small cubes of about 1".

Slice chicken breasts into similar slices or chunks.

Marinate in teriyaki sauce, and garlic seasoning with salt and pepper. Let sit at least an hour.

Use chicken bouillon seasoned with extra basil to fill a small fondue pot. Heat over stove or in microwave as a head start then; then light the sterno under the fondue pot. Each person gets a skewer for chicken and one for beef. Of course, Harry (the dog) enjoys and extras.

Side Dishes

Bake one potato per person

Steamed broccoli

Fresh baguette from the bakery with butter

Use various dipping sauces: teriyaki (Derek's favorite); peach dressing (for the chicken), mango salsa (for whatever).

Derek gets all-you can drink skim milk, Mom gets a glass of Cabernet. We chit-chat and enjoy the slow cooking and catch up on our day together. This is usually our special mother-son meal to kick-off the school year or celebrate something special. It's easy, healthy and doesn't require much clean-up either!

Sue Wiesing

Rocky Mountain Dutch Oven Potatoes

We do things a little different out west. Outdoor meals and gathering with friends and family can create the need for large portions of side dishes. Tubs of salad and dutch ovens full of potatoes and cobbler are a great addition to any meal. Dutch oven cooking does not have to be done over an open fire but can be done using charcoal. I have prepared these potatoes many times for family reunions and church summer parties. Enjoy!

Ingredients

5 lbs. russet potatoes	1 lb. butter
3 whole onions	salt & pepper
2 lbs. grated cheddar cheese	charcoal
1 lb. bacon	

Prepare

- 1) Thick slice potatoes, leave skin on
- 2) Thick slice onions
- 3) Cook bacon until crisp and break into bits
- 4) Slice butter into pats

Into one Large Dutch Oven

1. Place 5-8 pats of butter on the bottom
2. Thin layer of potato slices, then a thin layer of onion slices, bacon bits, salt & pepper lightly, place 3-5 pats of butter on top and cover with a layer of grated cheese.
3. Repeat thin layers from Step 2) until the Dutch Oven is full (Dutch Oven should be heaped full to allow for settling).
4. Butter the inside of the Dutch Oven lid to prevent sticking and put the lid on the Dutch Oven.
5. Place 8 to 12 heated charcoal briquettes under the Dutch Oven and 8-12 heated charcoal briquettes on top of the Dutch Oven Lid (depending on the size of the Dutch Oven).
6. Cook for 45 minutes, it is done when the potatoes are cooked.

Secret tips

1. Don't use too much butter
2. Adjust number of charcoal briquettes on the lid using tongs to add or reduce heat.

Jay Hill

Shredded Potato Casserole

My grandmother made this dish at every family gathering at her horse farm in Ohio. It's very tasty, somewhat rich and definitely comforting. We still make this every Thanksgiving and Christmas. Everyone loves this dish.

Ingredients

9 medium red potatoes
1 cup whipping cream
1 cup milk
1 teaspoon dry mustard
Salt and pepper
½ lb. shredded sharp cheddar

Cook potatoes in skins and cool.

Shred potatoes using a cheese grater into a casserole dish (Corning ware medium tall oval works best).

Sprinkle with mustard, salt and pepper.

Pour in milk and cream.

Top with the shredded cheddar cheese.

Bake at 350 for 50 minutes, cover during the first half. The cheese should be very melty and slightly browned when done.

Andria Zimmerman

Chicken Alfredo Pesto Pasta

8oz. (1/2 of 16-oz. pkg) of angel hair pasta, uncooked
2tsp. oil
1lb. boneless chicken breasts, cut into bite size pieces
2 cups milk
1/2 cup (1/2 of 8 oz. tub) Philadelphia Cream Cheese Spread
1 large red pepper, cut into strips
1/4 cup Kraft 100% Grated Parmesan Cheese
2 Tbsp. pesto

Cook pasta as directed on package. Meanwhile, heat oil in large nonstick skillet on med heat.

Add chicken; cook and stir 7 minutes or until cooked through.

Stir in milk and cream cheese spread; cook 3 minutes or until cream cheese spread completely melted and mixture is well blended.

Add peppers, Parmesan cheese and stir. Cook 3 minutes or until heated through, stirring occasionally.

Drain pasta. Add to cream cheese mixture; toss to coat.

Sue Farrington

BBQ Chicken

4 tablespoons canola oil
4 tablespoons light brown sugar
4 tablespoons of Dijon mustard
4 tablespoons of soy sauce
1 teaspoon of well drained horseradish

Mix until smooth and marinate chicken for two hours (save some marinade for basting).

Place the boneless chicken breasts on a hot grill and cook over medium heat for 4 minutes per side, then again for 2 minutes each side, basting the chicken after each turn.

It is the best BBQ chicken you will ever make!

Mark Fritz

Chicken Pasta Recipe

1 rotisserie chicken (from grocery store)
10 oz. medium egg noodles
2T butter
1T Good Seasons Italian Dressing Mix
1 c. whipping cream
1/4 c. fresh grated parmesan
Parsley

Combination Extras

1. Onions, frozen peas and ham or proscuitto
2. Chopped roasted red peppers and shrimp
3. Sundried tomatoes, toasted pine nuts, artichoke hearts

Directions

Cook noodles according to package directions. Drain and coat with 2 T butter.

While noodles are cooking, debone and chop chicken.

Add chopped chicken, whipping cream, parmesan and dressing mix to noodles. Cook at medium high heat for 5 minutes until sauce thickens.

Top with parsley or add ingredients from any one combination shown above.

This is an easy and fast meal which is great for spending less time cooking and more time with family.

Nanya Stooksbury

Ceviche

1 large red pepper
1 large green pepper
1 box cherry tomatoes
¼ cup onion
1 cup carrots
2 cucumbers (peeled)
½ cup fresh cilantro
1 habenero pepper
3 limes
½ cup chopped scallops, crab, or shrimp

Dice seafood & cover with the juice from 1 lime – refrigerate for 2hrs (1hr for precooked seafood).

Dice all veggies & mix with juice from remaining 2 limes.
(DON'T TOUCH THE HABENERO WHEN YOU CHOP IT!!!)

Mix veggies & seafood.

Serve with tortilla chips.

Sarah Wellumson

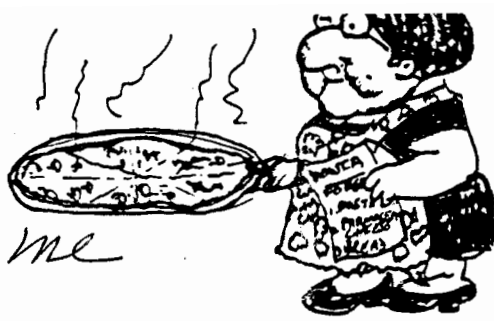
Meatballs with Tomato Sauce

Recipe on following page.

Valerie di Maria

WROTE
FROM AN
ITALIAN
MOTHER

→ me



Meat Balls

- 1 lb. chop meat (x2) 1/2 ground pork, 1/2 ground beef
- 1 Glove of Garlic - minced
- 1 Beaten Egg
- 1/2 cup of Bread Crumbs unseasoned
- 1/3 c. of Parmesan grated cheese
- Little Salt + pepper.

Mix all ingred. together and
Shape into balls. + fry, just till late brown
in 1/3 cup of oil. Oil must be hot.

St. Tomatoe Sauce

- 2 cans of St. Tomatoes each can 2 lb. 3 oz.
- 4 cloves of garlic
- 1 large onion sliced
- 1 TB. crushed Basil leaves
- Little Salt + pepper
- 4 TB. of oil

over

Put 2 lb. tomatoes in blender or blend for about 10 sec. Put Tomatoes in large Sauce pan and set aside.

In ~~large~~ another large pot heat oil until med. hot add garlic + onions till golden brown, ~~and~~ Take out garlic + onions add to tomatoe Sauce with 4 TB. of oil from pot where you fried garlic + onions. Add Salt + Pepper and Basil. Stir bring to a boil, lower heat simmer 1 1/2 hrs. Stir once in a while.

Enjoy!

Love
Mom

MeMaw's Chicken Casserole

1 can cream of chicken soup
1 can cream of mushroom soup
1 8oz tub of sour cream
1 stalk of Ritz crackers
1 stalk of butter
4 chicken breasts

Boil chicken breasts and then tear apart cooked chicken into a casserole dish. Cover the bottom thoroughly.

In separate bowl mix chicken soup, mushroom soup, and sour cream and then spread evenly over the chicken.

Crumble Ritz crackers over top of mixture.

Heat butter in pan on stove top and then pour over ingredients in casserole.

Cook on 350 degrees for about one hour and serve.

Jana Hoffman

Barbecue Meat Loaf

We've made this in my family for several generations.

1 1/2 lbs ground round
1/2 cup bread crumbs
1 chopped onion
1 egg
1 1/2 teaspoon salt
1/2 cup tomato sauce

Mix all ingredients and form into a loaf. Put this in an appropriate size pan.

Heat together

1/2 cup water
1 1/2 cup tomato sauce
3 tablespoons balsamic vinegar
3 tablespoons yellow mustard
2 tablespoons Worcestershire sauce
5 tablespoons dark brown sugar
1 can chopped tomatoes – optional

Pour this over the meat loaf and bake at 350 for 1 hour 15 minutes

Delicious served with green beans and creamed potatoes.

Buffi Grogan

Spicy Chicken Enchiladas

1 can cream of chicken soup
½ cup sour cream
½ cup ranch dip
1 cup buffalo sauce
4 cups cheddar cheese (shredded)
Flour tortillas
4 chicken breasts

Boil chicken and tear apart.

Mix soup, sour cream, and dip in bowl and set aside.

Mix chicken in buffalo sauce.

On each tortilla layer dip mix, cheese, and chicken and place in casserole dish.

Once dish is full then put in oven and bake on 350 for 40 minutes. Take out and sprinkle cheese over top and place back in oven for 5 minutes.

Serve with sour cream and taco sauce.

Jana Hoffman

Grilled Pork Tenderloin

2/3 cups of lime juice
½ cup soy sauce
2 tsp. oregano each side of loin
1 tsp. thyme each side of loin

This recipe will marinade at least 2 tenderloins.

Mix together the first 2 ingredients. Set aside.

Pierce meat with fork all around and rub down meat with oregano and thyme dividing proportionately. Pour liquid mixture over meat. Turn meat to insure both sides have been covered by liquid mixture.

You can marinade overnight which really brings out the flavor; however, if you are crunched for time, place meat on grill and each time you turn the meat, slice it with the knife gently and pour mixture over meat. Grill on medium-high heat for 25-30 minutes. Turn often to keep from burning. Slicing the meat gently also helps to get the inside of the meat done without overcooking the outside. Do not overcook.

When marinating, after rubbing down the meat with spices, I place the meat in a plastic gallon size freezer bag. Once in the bag, I pour the juices over the meat. Feel free to add more spice if it is not sufficient to cover that side.

You can also freeze this meat and let thaw in the refrigerator overnight. Microwave and it is wonderful. Or, fry up in a pat of butter and add to biscuits for a delicious breakfast with eggs.

Kell Holland

Corn Hotdish

My recipe is Corn Hotdish (of course it's a hotdish – I live in the Midwest). I grew up on it and my kids did as well. It is definitely a family favorite at our house.

1 lb. of hamburger (browned) with pepper and onion seasoning

Cook one box of spiral noodles according to package

Combine the above with 1 can of cream of chicken soup and 1 can of creamy corn and 1/4 cup of milk.

Microwave on high for five minutes.

Cheri Trench

Hamburger Casserole

Our family likes this recipe as it is quick and easy to prepare when you are in a hurry and on the go.

2 pounds ground beef
1 large can Campbell's Cream of Mushroom Soup
1/2 white chopped onion
1 box shell macaroni
2 cups shredded sharp cheddar cheese
Bread crumbs

Brown ground beef (season as you like; I like to add lemon pepper and garlic powder) and onion; cook macaroni according to instructions on box; drain beef, onion, and macaroni. Mix well together with cream of mushroom soup in Pyrex baking dish. Cover mixture with cheese, then sprinkle top with bread crumbs. Bake at 350 degrees for 30 minutes uncovered.

Carol M. Ogburn

Panne (Breaded) Turkey Breast

I serve this with spaghetti. My children love when I prepare turkey this way. I hope someone tries this and enjoys it as much as my family.

Fresh turkey breast

Remove skin

Thinly slice raw turkey

Dip sliced turkey in an egg & milk wash

Dip in seasoned Italian bread crumbs

Pan fry lightly in oil.

Place on paper towel to drain excess oil.

Yields a large platter of paneed turkey breast.

I usually serve it with a vegetable and salad. Leftovers are even better. The next day I take whatever panne turkey is left, place in a platter pour a little red Italian gravy, if not home made you can use (Prego or Ragu) top it with mozzarella and parmesan cheese and bake until the cheese melts.

Gay M. Herkender

Sherried Beef

1 pkg. stew beef
1 pkg dry onion soup
1-2 can golden mushroom soup
1 jar onions, drained
1-2 cans button mushrooms
1 cup sherry (dry or cooking)

Mix and cook in crock pot on low all day. Serve over cooked rice or noodles.

LeAnne Stefl

Dreamy Chicken

3 cups cooked chicken (cut in bite size pieces)
2 cups (14 oz. can) French style green beans (drained)
1 can cream of celery soup
1 can sliced water chestnuts (drained)
1 cup mayonnaise
1 package Uncle Ben's Long Grain and Wild Rice (cooked)
1 can chopped mushrooms (optional)
1 medium onion (chopped)
Salt & pepper to taste

Mix all of the above and put in lightly greased 9 x 13 pan. Sprinkle top with bread crumbs and bake at 350 degrees for 1 hour.

Lucy Allison

Easy Chicken Pot Pie

It is very hard to work all day and then go home and cook dinner. So to make sure I provide my children with a good meal (and not fast food picked up on the way home) I found easy and quick, but still nutritious recipes. Below is one of their favorites. I hope other families will enjoy as much as we have.

2 cans chicken (or boil 2 chicken breasts and de-bone and cut into pieces)
2 cans mixed vegetables (drained)
1 cup milk
1 can cream of chicken soup
1 stick melted margarine
1 can water
1 cup self rising flour

1. Spread chicken in bottom of casserole dish.
2. Add mixed vegetables.
3. Mix soup and water and pour over chicken and vegetables.
4. Mix flour, milk and melted margarine and pour on top.

Bake at 400 degrees for 30 minutes.

Debbie Kelley

Slow Cooker BBQ Ribs

This is so simple...

Ingredients

2 packages of beef short ribs
1 bottle of BBQ sauce (any kind)

Brown beef short ribs in a skillet and then put in crock pot. Add the bottle of BBQ sauce to the ribs in the crock pot and cover. Cook on low heat for entire day (approx 8 hours). Ribs will be done when you arrive home from work. Use care when removing from crock pot as meat will be falling off the bones.

Cheryl Baldwin

Chicken Fettuccini (including Casino Butter and Provo Sauce)

For 19 years I worked as a part-time DJ. The majority of those years were spent at one location, Mac & Ray's restaurant and banquet center. A large establishment in the Metro Detroit area. It was common to serve 4,000 meals a day. Working there over those years gave me access to the kitchen and staff. I began to learn cooking methods from chefs. Most importantly were the sauces and use of spice. As I learned, I experimented, mainly on my family. My three children make it a point to be home for meals, especially dinner. Sunday dinners are what we call "sit-downs", usually a special meal that takes a degree of preparation. Sunday meals need no planning, they are there for a special meal. No TV's, iPods, radios are allowed. Their friends must leave if they are not staying (by invitation) for dinner. This is one of their favorites. It is fantastic dish, a hearty, stick to your ribs meal, better in cooler weather. I would consider this an easy but somewhat time consuming if you make it from scratch. My family usually helps with this and many other meals without being asked, they offer. Sundays are Family Days at our house.

Final Preparation

- ½ to ¾ cup sweet red/yellow/orange peppers diced (mix and match colors enhances visual appearance)
- 1 cup sliced mushroom heads sliced 1/8 inch thick length wise
- 2 overflowing cups of precooked, cubed chicken breast meat. (Char grilled or broiled seem to work best, or prepared to your liking, and lightly spiced.) (Usually 2 large or 3 medium breast halves)
- 1 cup of heavy whipping cream (slightly whipped)
- 1 pint of Provo sauce (all ready prepared or purchased from specialty shop or restaurant)
- ½ pint Casino butter (all ready prepared or purchased from specialty shop or restaurant)
- 8-12 oz's cooked Fettuccini noodles (Al dente)

Directions

In a large skillet, medium heat, melt the casino butter and add mushrooms and peppers. Sautee for 5-7 minutes or until mushrooms lose their white color and sponginess. Add the chicken and continue for 2-3 minutes. Add Provo sauce and bring back to a light boil. Wisk the heavy cream for 20-30 seconds and add to mixture, constantly stirring mixture until lite boil is achieved.

Dinner for four to six hearty eaters is now done!

Spoon equal amounts of broth and chicken over pasta and serve immediately!

We strongly recommend fresh bread. (Thick sliced)

Casino Butter

- 1 cup butter, softened
- 1/2 tablespoon (heaping), about 2 or 3 cloves minced fresh garlic
- 1/4 cup (level) finely grated Parmesan cheese
- 1 tablespoon (level) garlic salt
- 1 tablespoon (level) finely chopped pimento
- 1 tablespoon (heaping) finely chopped fresh parsley
- 1/4 teaspoon (level) finely ground black pepper
- 1/4 teaspoon (level) ground paprika

Directions

In a small bowl, combine softened butter, combine all ingredients, and mix until smooth. Let sit refrigerated for at least 4 hours before use. (Overnight would be best)

You can add more garlic to suit your taste. This recipe (garlic) intensifies as it sits.

Provo Sauce

- 6-8 medium vine ripened tomatoes peeled and diced OR 2 (14.5 oz) cans peeled and diced tomatoes with juice
- 4 cloves garlic, minced or finely chopped
- ¾ cup finely chopped red bell peppers
- 2 stalks celery, finely chopped
- ½ large onion, (white or yellow) medium chopped (about ¼ cup)
- 1 cup chopped fresh parsley
- 1 tablespoon dried oregano
- ¼ teaspoon of fresh basil, finely chopped
- 1 bay leaf, fresh, finely chopped
- ¼ cup extra virgin olive oil
- Coarsely ground fresh black pepper to taste (at least a ¼ teaspoon)
- Salt to taste (at least a ½ teaspoon)

Directions

In a large pot combine tomatoes, garlic, bell peppers, celery, onion, parsley, basil, bay leaf, oregano, olive oil. Once boil is achieved add pepper and salt to taste. Bring to a low boil or simmer.

Simmer uncovered for 2 to 3 hours. Stirring every 15 minutes. Until wateriness (on top) is gone.

Andrew A. Bregier

Calametti Spaghetti (actually vermicelli!)

Here's my recipe – a Sunday tradition in our home! This recipe was created by my father's mother who was from Corsica and has been in the family for years. It's a wonderfully different pasta dish and was regular Sunday fare at our house.

3-4 pound rump roast
5-6 fresh garlic pods (peeled)
4 stalks celery, chopped
1-2 large onions, chopped
2 cans of chopped stewed tomatoes
2 small cans sliced mushrooms - or fresh, if you prefer
Italian seasoning (to taste)
Flour
Salt
Pepper
Vegetable oil

Make deep slits in the raw roast with a paring knife. Push garlic pods in the slits. Salt and pepper the roast, dredge it in flour. In a Dutch oven brown roast on all sides in small amount of vegetable oil. Add enough water to cover the meat and bring to almost a boil. Reduce heat.

Sautee onions & celery in small amount of oil until onions are clear. Add to Dutch oven along with tomatoes, mushrooms and Italian seasoning. Simmer 15 minutes per pound of meat.

Remove roast from pot, cover with foil, allow to rest for about 10 minutes.

Meanwhile: Mix 1/4 cup flour (or cornstarch) with enough water to make a soupy paste. Stir into the sauce to thicken. Add salt & pepper to taste.

Slice roast across the grain. Ladle sauce over vermicelli (NOT Spaghetti!) and slices of roast.

Serve with salad with Italian dressing and garlic bread – Enjoy!

Angele C. Balthrop

Shrimp-Rice Casserole

I make "Shrimp-Rice Casserole" every Christmas Eve. My husband (Gary) and our 2 children (Jennifer and David) and I celebrate every Christmas Eve with 90 of our relatives . . . each family brings their favorite dish.

Ingredients

4 cups cooked rice
2 cans cream of mushroom soup (10 ½ oz)
1 pound raw shrimp (cut up)
1 cup cheddar cheese (cubed small)
4 tablespoons melted margarine
4 tablespoons chopped green pepper
4 tablespoons chopped onion
2 tablespoons lemon juice
1 teaspoon Worchester sauce
1 teaspoon dry mustard
½ teaspoon pepper

Directions

Combine ingredients and put in a greased 3 Quart Casserole.

Bake uncovered -- 375 - 40 minutes.

Amy K. Rudzik

BBQ Chili

This is a favorite recipe of mine that my Mom used to make for my brother and I when we were kids. It always makes me think of Fall, football and family. It puts a new spin on chili, is very easy to throw together and we would eat on the leftovers for days.

Enjoy!

2 cans kidney beans
2 cans Ranch style beans
1 can pinto beans
1 lb. ground beef, browned and drained
1 onion, diced
1 green bell pepper, diced
1 c. BBQ sauce
1 c. catsup
1/2 c. mustard
1/2 c. brown sugar
10 slices bacon, cooked and crumbled

Combine all ingredients in slow cooker or crock pot.

Cook on low 4-6 hours.

Serve.

Misty M. Snyder

Cincinnati Chili

This is one of my family's favorite dishes! Growing up we would visit my grandparents every summer and stop by the local Skyline Chili parlor for some Cincinnati Chili. Any time we're in the area we still stop in for a four-way. The recipe attached comes from my parents.

This chili is served over spaghetti and topped with diced onion and mild cheddar cheese. Oyster crackers are great to eat along with this or as an additional topping. Top a hot dog with the chili, onion and cheese and call it a Coney. Either way, it's delicious!

2 lb lean ground beef
3 cups water
1 can tomato sauce (15 oz)
2 bay leaves
1 teaspoon ground cinnamon
1 ½ teaspoon salt
1 ½ teaspoon vinegar
1 ½ teaspoon ground allspice
1 teaspoon Worcestershire sauce
2 teaspoons cumin
1 tablespoon chili powder
¼ teaspoon garlic powder
1/2 crushed red pepper
1 tablespoon Hershey's cocoa or 1 block unsweetened chocolate

Directions

Add ground beef to water in a large pot and stir until beef separates to a fine texture.

Add all other ingredients. Stir to blend. Bring to a boil.

Reduce heat and simmer (uncovered) for 3 hours. Stir occasionally. May cover for the last hour if desired consistency has been reached.

Note: Make sure you use mild cheddar (fine shredded) for your Conneys and platters of Four Ways.

Carla Kime

Aunt Mary's Meatballs

The Greatest Meatballs in the World! My Aunt Mary Sgroi learned to prepare these homemade meatballs when she was married 50 years ago. She has handed down this recipe to all her children and family members. She continues to make these meatballs in Syracuse, New York and send them to us in Dallas, Texas on special occasions.

Meatball Ingredients- 1 ½ lb. Meatball Mixture

- 1 lb beef
- ¼ lb pork
- ¼ lb veal

Other ingredients

- 2 cup water
- 1 cup bread crumbs
- Salt and pepper to taste
- 1 Tablespoon Grated Elephant Garlic
- 4 eggs
- 1 cup grated Italian cheese
- 3 teaspoons parsley

Directions

Prepare Meat Ball Mixture as directed above and set-aside.

In a large mixing bowl add water to the breadcrumbs and let stand for a while. Add salt and pepper to taste. Add elephant grated garlic, eggs, cheese, and parsley. Add prepared meatball mixture and mix well with hands.

Form small meatballs with hands and fry in saucepan with hot vegetable oil until dark on out side.

Drain cooked meatballs on a paper towel.

Erin Dugan

Thanksgiving in July

Here is one of my family's favorite recipes. Take time for family gatherings with this very simple Chicken dish. (Reminds you of Thanksgiving)

Serves 6

6 half chicken breasts - boneless
1 box of Cornbread Stove Top Stuffing
1 can of Campbell's Chicken/Mushroom soup (10 ³/₄ oz.)
4 oz of shredded mozzarella cheese

Preheat oven to 350 degrees

Preparation

Lightly coat bottom of baking dish with Pam or oil of your choice – 9X13 baking pan

Place dry stove top stuffing in bottom of pan and sprinkle with season packet. Place chicken breasts on top of dry stuffing. In separate bowl, empty can of chicken/mushroom soup and ½ can of water. Stir until blended well. Pour over chicken breasts and dry stuffing. Sprinkle mozzarella cheese over entire dish. Cover with foil and bake in oven at 350 degrees for 45 minutes.

Suggested side dishes

Green bean casserole
Cranberry sauce or Yams
Yeast rolls

For desert, try

Sliced apples with warmed caramel sauce/dip poured over apples

This meal will surely make your family think of Thanksgiving (in July). Kitchen smells great, very few leftovers and fresh fruit is always a good end to a comforting meal. Enjoy!

Carolyn M. Fontaine

Pat's Shrimp N Grits

Shrimp N Grits (a truly Southern favorite) has become a family favorite and was shared with me by my daughter's mother-in-law. Hope everyone else enjoys it as much as our family!

1 ½ cups chicken broth
1 ½ cups milk
¾ cups quick grits
¼ sea salt
1 cup grated sharp cheese

Combine broth and milk, heat until light boil, add salt and grits, reduce heat and cook until desired thickness, add cheese.

1 pound peeled and deveined shrimp (depends on size of shrimp, can do more or less)
¾ cup chopped red pepper
¾ cup chopped green pepper
¾ cup chopped onion
6 strips bacon

Cook bacon, retain grease. Saute peppers and onions in small amount of bacon grease. Add shrimp and heat thoroughly. Serve cheese grits with shrimp mixture on top. Crumble bacon on top & garnish with additional grated cheese and chopped green onions.

Serves 4

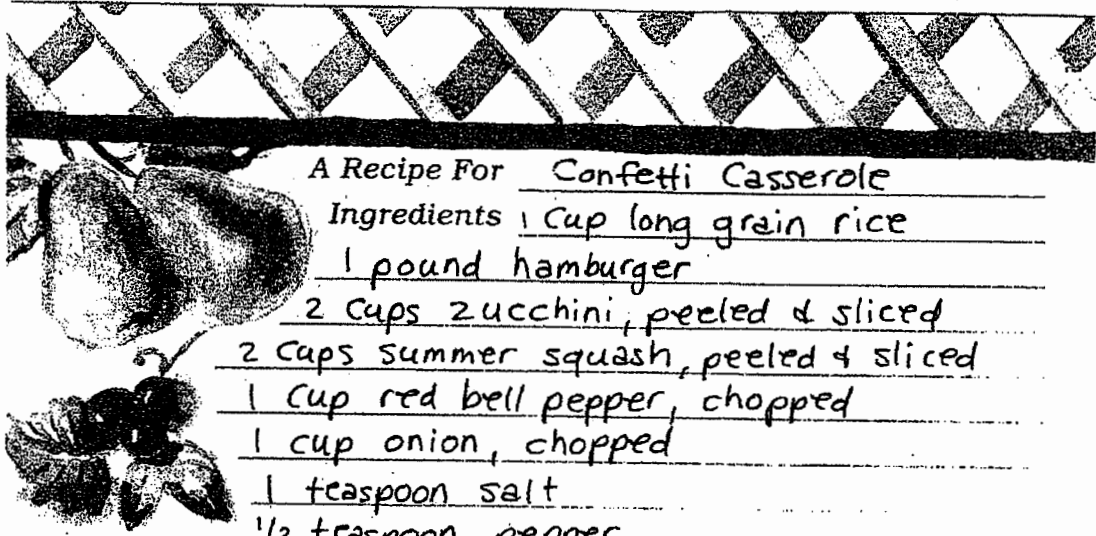
Bibby K. Pinson

Confetti Casserole

Attached is my own original recipe for a hamburger casserole. I created this recipe to enter the Southern Living Recipe Contest. Well, I didn't ever hear from Southern Living, but my husband loves the casserole, so that's more important!

Recipe on following page.

Tami Schasny



A Recipe For Confetti Casserole

Ingredients 1 cup long grain rice

1 pound hamburger

2 cups zucchini, peeled & sliced

2 cups summer squash, peeled & sliced

1 cup red bell pepper, chopped

1 cup onion, chopped

1 teaspoon salt

1/2 teaspoon pepper

1 (11 oz.) can whole kernel corn, drained

2 cans (10 3/4 oz.) condensed cheddar cheese soup

2 cups sharp cheddar cheese, shredded

Cook rice according to package directions.

Brown ground beef in a 12-inch skillet and drain. Add zucchini, squash, red pepper, onion, salt and pepper. Cook and stir over medium-high heat for 10 minutes. Turn heat to low. Add corn and stir. Add soups and stir in 1 cup shredded cheese. Add rice and mix well. Turn into ungreased 9 x 13 glass dish. Spread evenly and top with the remaining 1 cup cheese. Bake uncovered in a 350° oven for 25 minutes.

Preparation Time

Serves

King Ranch Chicken

3-4 cups cooked shredded chicken (boil) – reserve ½ cup of stock

- 1 bag tortilla chips
- 1 10 ¾ oz Cream of Mushroom soup
- 1 10 ¾ oz Cream of Celery soup
- 2 4 oz cans chopped green chilies
- 1 cup chopped onion
- 1 tsp. chili powder
- 1 pound grated cheese (cheddar or colby)
- 1 10oz. can Rotel Tomatoes & Green Chilies
- ½ cup chicken stock

Line 9 x 13 pan with tortilla chips.

Sprinkle 2 Tbl spoons of stock over chips.

Combine remaining stock, soups, green chilies, chopped onion, chili powder and shredded chicken in sauce pan. Heat thoroughly.

Pour ½ of meat mixture over chips topping with ½ of cheese.

Repeat layer starting with tortilla chips. Spread remaining cheese.

Top with Rotel Tomatoes & Green Chilies.

Bake at 350 for 1 hour.

Terry Jones

BBQ Fish

4 boneless fish filets, between 6-8 ounces each (use a firm fish such as salmon, red sapper, cod, talapia etc.)

1 large sweet onion

1 lemon

1 bottle of your favorite BBQ sauce

Pre-heat your oven to 400 degrees F.

Using aluminum foil, tear off a 4 pieces of foil 12-15 inches long for each filet packet. Place a filet in the center of each piece of foil and raise the sides of the foil around the fish so the remaining ingredients will not spill out when added to the packet. Chop the onion and add it on top of the fish. Cut the lemon in half and drizzle the juice over top of the onion and fish. Add BBQ sauce to cover the onion and fish in each packet, approx. 1/4 of the bottle for each packet. Tightly close each packet and make sure it is sealed.

Place the packets on a baking sheet and place in the oven.

Bake at 400 F for 16-20 minutes, larger filets will require additional cooking time.

This dish can also be cooked outdoors on a grill, but double the foil to guard against breaking and spills.

Kim Phillips

Melanie's Healthy But Tasty Slow Cooker 2 Bean Chili

I am famous for my chili. The recipe is low fat and health conscious and has been traded with other family members who were trying to reduce salt content, fat content or both – but high on flavor!

- 1 spray cooking spray
- 1 1/2 medium leek(s), or 1 large, white part only, finely chopped
- 1 Hungarian peppers, cored, seeded and finely chopped (or an Italian pepper)
- 1/2 tsp red pepper flakes, or 1 habanero chile, cored, seeded and minced (do not touch seeds with bare hands)
- 1 large stalk celery, trimmed and chopped
- 2 cup mushroom(s), sliced
- 2 medium garlic clove(s), minced
- 1 small head cauliflower, about 4 cups florets
- 15 oz canned garbanzo beans, drained and rinsed
- 15 oz canned pinto beans, drained and rinsed
- 1/2 tsp dried oregano, crushed
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/4 tsp black pepper
- 1/2 tsp table salt
- Coat a large nonstick pot with cooking spray. Add leek, Hungarian pepper, red pepper flakes or habanero chile, celery, mushrooms and garlic. Sauté over medium-high heat until golden, stirring frequently, about 5 minutes.
- Spoon mushroom mixture into a 5-quart slow cooker. Add cauliflower, beans, oregano, cumin, chili powder, pepper, salt and broth. Cover and cook on low setting for 7 to 8 hours.
- Just before serving, remove 1 cup of beans and vegetables, and about 1/4 cup of liquid. Place in a blender and puree. Return to slow cooker and stir to combine. Yields about 1 heaping cup per serving.
- 2 1/2 cup fat-free chicken broth, or vegetable broth

Melanie Beranek

Aunt Doreen's Italian Beef Sandwiches

This recipe for Italian beef sandwiches has been in our family for 40 years. My aunt made them for many family parties and they were always a favorite. Italian beef sandwiches are to Chicago as Philly cheese steak sandwiches are to Philadelphia! Many people from the east coast or west coast have never had them until they visit Chicago.

3 lb rump or round chuck roast
3 stalks celery, diced
1 large onion, diced
2 Tbsp soy sauce
1 tsp garlic powder
1 Tbsp fresh oregano
Salt and pepper
1 bay leaf
2 green peppers sliced

Day before serving

Put all ingredients except green peppers in a Dutch oven and cover with 1 quart beef broth and water

Simmer for 3 hours

Cool in broth overnight

Slice very thin

Simmer green pepper slices in some broth

Place sliced beef, broth and green pepper in baking pan – add little more soy sauce and garlic pepper; cover with foil and reheat in a slow oven (250 degrees) until hot

Cut Italian or French bread to desired length, split and put sliced beef, peppers, and a little broth on bread to make sandwiches.

Kathy Emmerson

Jim's Smothered Chops

4 – 6 pork chops
Salt and pepper to taste
Flour
1 T peanut oil
1 large onion chopped
1 clove garlic chopped
Fines herbs
1 bay leaf

Salt and pepper chops and sprinkle with flour. Sauté in electric or regular skillet in oil until browned. Remove chops to plate. Sauté onion and garlic until translucent. Add 1 teaspoon of flour and brown.

Return chops to skillet and add water to just cover the chops. Add herbs and bay leaf.

Simmer uncovered 30-40 minutes.

Serve on top of rice.

Andrea Mills

Southern Fried Shrimp

I came to Texas in 1966 from Southern California and was introduced to fresh shrimp and this recipe. Forty-one years later I'm still using this recipe! My family loves it!

1 pkg (2 lbs) deveined shrimp	4 tsp granulated garlic
2 ziplock plastic bags	2 cups cornmeal
4 cups of flour	6 eggs
4 tsp salt	4 cups of whole milk
2 tsp pepper	peanut oil

Peel (leaving tails on) and butterfly thawed shrimp. In each ziplock bag put 2 cups flour, 1 cup cornmeal, 2 tsp salt, 1 tsp pepper, 2 tsp granulated garlic, close bag and shake well.

Mix the 6 eggs in a bowl with the whole milk. Soak the deveined raw butterfly shrimp in the mixture.

Heat two pots of peanut oil (approximately 6 – 8 cups in each pot) to deep fat fry the shrimp. The peanut oil will need to be very hot to deep fat fry.

Put one-half of the egg/milk soaked deveined raw butterfly shrimp in each ziplock bags and shake. Drop battered shrimp into the hot peanut oil. Fry until golden. Using a large-holed spoon remove golden shrimp from peanut oil and place on platter lined with paper towels to soak up the grease.

Dipping Sauce

½ cup mayo
¼ cup catsup
Dash Worcestershire sauce
½ to 1 tsp sugar to taste
Salt to taste

Pamela Prokop

Easy Country Style Steak (Crockpot Recipe)

8 pieces of cube steak (can be 4 large pieces cut in half)
1 pack Lipton Onion Soup
1 can mushroom soup
1 can or jar brown gravy

Make a layer of cube steak in bottom of crockpot. Sprinkle some of the Lipton Soup on top. Pour some of mushroom soup over steak along with some of the gravy. Make another layer, same way until all ingredients have been used.

Cooking time depends on your crockpot. If it's a slow cooker, you can put on when you go to bed and it will be done when you get up or when you leave for work, it will be done when you get home. If you get up early on Sunday morning, it will be done when you get home from church.

You can make larger servings just by doubling recipe and adding a little more time.

Working mothers need all the help we can get.

Kay Griffin

Stuffed Shells

This is my brother-in-law Dominic's favorite recipe for Stuffed Shells. The combination of both meat and cheeses makes it a little different than the traditional meat or cheese filled pasta.

Ingredients

1 lb ground chuck, veal, pork, or turkey or combination of your favorites
1 large container Ricotta cheese
½ cup parmesan or Romano cheese
¼ cup mozzarella cheese
2 eggs
2-3 cloves garlic
Parsley, salt, pepper to taste
Large pasta shells for stuffing

Cook pasta according to package directions. Drain pasta and run under cool water.

Brown and crumble meat in frying pan coated with oil or cooking spray on medium high heat. Chop garlic and add to meat.

When meat is brown, remove from heat and drain on plate lined with paper towels

In a large bowl, combine meat, cheeses, eggs and seasonings. If the mixture is too runny, add more cheese. If it is too dry, add another egg.

Stuff shells with meat and cheese mixture. Top with your favorite homemade meat or marinara sauce. Cover with foil and bake in a large baking dish at 325 for 30-40 minutes.

Sheree McDermott

Bourbon Chicken

1 lb chicken thigh meat cut into large bite size chunks
1/2 cup soy sauce
1/2 cup brown sugar
1 tsp fresh minced garlic
1 tsp powdered or freshly grated ginger
2 tbsp dried minced onion
1/2 cup Jim Beam Bourbon whiskey
2 tbsp white wine

Mix all the marinade ingredients and pour over chicken pieces in a bowl. Cover and refrigerate stirring often for several hours (best overnight). Bake chicken at 350 for one hour in a single layer basting every 10 mins. Remove chicken Scrape pan juices with all the brown bits into a frying pan.

Heat and add 2 tbs wine. Stir and add chicken cook for 1 min and serve.

I serve them on toothpicks for appetizer or with steamed rice balls.

Erin Kayser

Easy Baked Ziti

It's my favorite dish to prepare because my husband is Italian and he says my spaghetti sauce is better than his grandmother's homemade sauce. The recipe is fast, easy, tastes great, and there's plenty of leftovers. My son likes to help by combining the ingredients and stirring the pasta. It's great family time together and a warm and nutritious meal.

- 1 32 ounce jar Ragu Traditional Spaghetti Sauce (or your own favorite)
- 1 onion – cut in four to six sections
- 1 16 ounce can whole tomatoes
- ½ teaspoon sweet basil
- 2 Table spoons brown sugar – add more or less according to taste
- 1 32 ounce container Polly-O Ricotta Cheese
- 1 egg
- 1 tablespoon dry garlic/parsley powder – add to taste
- Salt and pepper - to taste
- 1 12 ounce package of Italian mix (mozzarella, parmesan, Romano) shredded cheese
- 1 16 ounce box Ziti Pasta

Combine spaghetti sauce with brown sugar, sweet basil, onion and canned tomatoes and bring to a slow boil then simmer 40 to 50 minutes – longer simmering adds flavor

Cook pasta according to package directions

Heat oven to 400

Blend ricotta cheese, egg, dry garlic/parsley powder, Italian cheese, salt and pepper. Add mixture to cooked pasta in large baking dish and bake at 400 until bubbly.

Remove from oven let sit for 5 minutes and serve with fresh garlic bread and salad.

The leftovers are even better.

Enjoy!

Anett Cardinale

Engreval's Crawfish Etoufee

As my husband, 72 years young, tells it! "I am Eugene Lavergne and my wife, Carol Lavergne, works in the New Orleans office. My family was originally from France and came to New Orleans in 1864 to establish local schools to teach French children. My family moved west to the Acadian Parishes (no counties in Louisiana) and settled in Ville Platte, Louisiana. Ville Platte is deep in Cajun country and growing up the only English spoken was at school. Of course we ate as a family at all meals and shared our daily experiences as well as stories of our ancestors. It was a great place to grow up. We still keep the tradition of eating together for every meal.

Cajuns were quite adept in using the local food of fare provided. Acadian Parishes are laced with swamps and crawfish (mud bugs) are plentiful. Crawfish can be fixed many ways including, but not limited to, Etouffee, Bisque, Gumbo, Bread, or just boiled with corn on the cob, potatoes and garlic. My family liked the Etouffee best and we fixed it often. Try it, I know you enjoy it as much as my family does. (I plan to enter this recipe in the Eunice, Louisiana Crawfish Etouffee cook-off this year. Will let you know if I win.)

This is authentic Cajun as you can get. Bon Appetite!!

Ingredients

4 pounds frozen (Louisiana) crawfish tails	3 TBS tomato sauce
3 sticks salted butter (cut into small pieces)	1 TSP cayenne pepper (Or to taste)
2 large onions finely cut	1 TSP salt (Or to taste)
1 green bell pepper finely cut	2 TBS granulated garlic
3 stalks celery finely cut	

Note: Etouffee is French for smother. When adding salt use caution because butter is salted

Melt butter in a large pot, add crawfish tails and cook on medium heat. When butter begins to bubble remove crawfish tails with a slotted spoon, transfer to a bowl. Add the finely cut vegetables (onions, green pepper, and celery). Cook on medium heat until you cannot recognize any particular vegetable, about 20 minutes. Add the cayenne pepper, garlic, and salt. Return cooked crawfish tails to pot and cook on medium heat for 10 minutes.

Sometimes the vegetables add too much water. In that case, mix 2TBS cornstarch into ½ cup of water and add a little at a time until desired thickness is reached. Serve over steamed rice.

Carol Lavergne

Mexican Chicken Casserole

Chicken breasts cut into bite size pieces (about 4)
1 envelope taco seasoning
1 can black beans, drained & rinsed
1 can diced tomatoes, drained
1 can shoepeg corn
1 can (4 oz) diced chilies, drained
1/2 cup mild salsa
1 box/package of cornbread mix
1 cup 3 Blend Mexican Shredded Cheese

Cook chicken then add/ mix in taco seasoning, black beans, tomatoes, corn, chilies, & salsa.
Transfer to casserole dish (2 quart).

Spread shredded cheese on top of mixture.

Mix cornbread according to package directions. Spread batter over the chicken mix.

Cook at 350 for 30 minutes or until the cornbread is done.

*If you like it hot/spicy use a hot salsa and/or taco seasoning mix.

Susan Boykin

Castilian Pie

Here is our family recipe for this delicious casserole. If you love cheese and meat enchiladas you will love this more!

Oven: 350°-375°

1 lb. hamburger
Onion – use regular or green onion to taste
Salt & pepper to taste

Cook until meat and onion is done

Add 2 small cans (10 oz.) enchilada sauce
1 small can tomato soup (10 oz.)
2 cans sliced or chopped olives

In casserole – layer – meat mixture, grated cheese, corn tortilla, etc., ending with cheese.

Bake uncovered at 350°-375° for 45 minutes

Gail King

Family Pork Chops

Great recipe from the Deep South, where hospitality starts with good cooking but doesn't end there.

Salt and pepper to taste
6 pork chops
Onion slices
¾ cup catsup
1 cup water
2 Tablespoons Worcestershire sauce
2 Tablespoons vinegar
2 Tablespoons brown sugar
1 teaspoon paprika
1 teaspoon chili powder

Directions

Salt and pepper the chops and place them in a shallow baking dish. Top each chop with an onion slice. Make a sauce of the remaining ingredients and pour over the chops, cover and bake at 300° to 325° for about 1½ hours. Uncover for the last 20 minutes. Serves 6. The sauce can be made up and kept on hand. It may be used on chicken, meat loaf, spareribs or stew meat. The gravy is good on rice. – Mrs. Elvis Stout

Joyce Hylander Boswell

Side Dishes

Au Gratin Potatoes

You need 5 or 6 potatoes, Stick of margarine or butter, Carnation milk, salt, pepper, seasoning salt, celery salt and French onion dip. Cracker Barrel sharp cheddar cheese. Make a paste with onion dip and carnation milk to add to your recipe. (1/2 onion dip and 1/2 carnation milk. Combine and stir until smooth.)

Peel and slice potatoes and cook slices for 5 to 10 minutes.

Cover the bottom of your baking dish with some paste.

Put in baking dish. Potatoes (about 1/3 of what you cooked), cover with butter, salt, pepper, seasoning salt, celery salt, then add paste and cheddar cheese.

Repeat above until you use all potatoes.

Put in the oven on 400 degrees for about 45 minutes. When almost ready top with cheese.

You note there is not amount of each item as you use these items to your taste. My Grandmother taught me to cook and I am still trying to figure out what a pinch and dab are! This is the "sought after dish" at all of our family functions.

Brenda Dominy

Rice Pilaf

The following is my recipe for rice pilaf. Bear in mind that this is a flexible recipe. I do not think I fix it quite the same at any time. You will want to experiment with what tastes best to you. It is not light, but is only served a couple of times a year on holidays. We can afford to let loose every once and awhile. It goes well with turkey, lamb, ham or beef. There is no special story behind it. I was only indulging my love of bacon. I am responsible for the recipe, but assume no liability for those who overindulge.

You will want to pre-dice the following

1 1/2 cups of onion	1 pkg Uncle Ben's Long Grain & Wild Rice Original Recipe
1 1/2 cups of celery	1 pkg Reese's All Natural Wild Rice 4 oz
2 cups of mushrooms	1 1/2 teaspoons of Wyler's chicken granules
1/2 cup of dried cherries	1 1/2 teaspoons of Wyler's beef granules
1 1/4 oz of slivered almonds	Pepper (to taste)
3 1/2 cups of water	1 lb diced (1 inch wide) bacon

Preheat 3 1/2 cups of water (5 min in microwave) pour in 2 qrt pot. Add chicken and beef granules. Stir until dissolve. Add season mix from Uncle Ben's. Bring to boil. Add Reese's Wild Rice. Cook for 30 min, then add Uncle Ben's rice. Cook till nearly done. Drain off any excess water, though hopefully there will be none.

While the rice cooks, fry the bacon in a large skillet until done, but chewy. It will cook more when you bake the pilaf. Remove bacon to paper toweled plate to soak away excess grease. Save grease in pan. Add onions, celery and almonds. Pepper to taste while the ingredients sauté. When onions and celery are tender add mushrooms and dried cherries. Continue to sauté for 5 min.

Mix cooked rice, bacon and sauté veggies in glass baking casserole. Flatten mixture out and cover casserole with alum foil.

Bake at 350 F for 20 min. Uncover and bake for another 10 min.

Ready to serve. Enjoy

Anthony Sullivan

Zucchini Fritters

Easy, delicious, healthy and cheap

1 pound (about 2 medium) zucchini
1 teaspoon salt
1 tablespoon freshly grated lemon zest (1 lemon) plus 1 lemon, cut into 8 wedges (optional)
10 sprigs fresh flat-leaf parsley, stems removed and leaves finely chopped, plus more sprigs for garnish (optional)
1 medium clove garlic, peeled and minced
¼ teaspoon freshly ground pepper
2 large eggs, lightly beaten
½ cup all-purpose flour
2 to 4 tablespoons olive oil

Directions

Using the large holes of a box grater, grate zucchini into a medium bowl. Add the salt, lemon zest, chopped parsley, garlic, pepper, and eggs. Mix well to combine. Slowly add flour, stirring so no lumps form.

Heat 2 tablespoons olive oil in a large sauce pan over medium-high heat until the oil sizzles when you drop a small amount of zucchini mixture into the pan.

Carefully drop about 2 tablespoons zucchini mixture into pan; repeat, spacing fritters a few inches apart.

Cook fritters until golden, 2 to 3 minutes. Lower heat to medium. Turn fritters, and continue cooking until golden, 2 to 3 minutes more.

Transfer fritters to a plate; set aside in a warm place.

Cook remaining zucchini mixture, adding more oil to pan if necessary. Garnish with parsley sprigs and lemon wedges, if desired; serve.

Dip into apple sauce and/or sour cream.

Serves 4

Marisha Chinsky

Spinach Casserole

2 pkg (box) frozen chopped spinach
1 can cream of mushroom soup
1 8 oz cream cheese (softened)
1 can French fried onions
1 t. Worcestershire sauce

Partially cook spinach and drain. Add cream cheese, soup and Worcestershire sauce, mix until blended.

Add 1/2 can of French Fried Onions and mix well.

Pour into casserole dish and sprinkle remaining French Fried Onions on top.

Bake at 350 for 30 minutes.

To spice it up, add Hot Pepper Jack Cheese to taste.

Esther Rutz

Gram's Turkey Dressing

10-12 slices of stale white bread
2 - 8 inch pans of corn bread
3 ribs of celery, chopped fine
2 med onions, chopped fine
3 eggs beaten
5 ½ cups vegetable broth
Stick of melted butter
1 tbsp. poultry seasoning or to taste

Mix it all up and bake around 45 min on 350 until it starts browning on top

Cathey Stone

Kris' Baked Beans

1 large can pork and beans
1 can kidney beans, drained
1 can butter beans, drained
1 pound bacon
1 pound hamburger
1 medium onion
1 teaspoon liquid smoke
1 tablespoon vinegar
1½ cups ketchup
Salt and pepper to taste

Cook bacon until crisp. Set aside. Crumble when cool. Cook hamburger with chopped onion. Drain grease. Dump beans into crock-pot. Add other ingredients. Simmer in crock-pot on low until hot. The longer they cook, the better they get!

Denise Phelps

Squash Souffle

This is a favorite side dish of all my young children (8yrs, 5 yr old twins). It is easy to make and I'm always asked the recipe when I bring this to a potluck.

1 lb cooked squash (or 2 cans of squash, drained. I use squash with Vidalia Onions.)

2 eggs

1 can Reduced Fat Cream of Mushroom Soup

Dash of garlic salt

1 cup shredded sharp cheddar cheese

2 cups cracker crumbs (any kind - it changes the flavor depending on the cracker: Ritz, Saltine, cheese-flavored)

In a blender, combine squash, eggs, mushroom soup and garlic salt. Pour into casserole dish.

Fold in cracker crumbs and cheese.

Bake at 350 degrees for 35-40 minutes, until lightly browned on top.

Susie Pritchett

Twice Baked Squash Potatoes

Four baking potatoes
5 pieces of yellow squash
1/2 stick of butter
Salt and pepper

Poke holes in potatoes and put in zip lock baggies with a small amount of water in the bottom. Put in microwave for about 10 – 15 minutes. While potatoes are cooking, boil the yellow squash until tender.

Take potatoes out and half them scooping the middle out of the skin, put in a bowl. (try to keep skin in tact, like a little boat) Save skin.

When squash is tender drain well and put in with potato pulp. Add /2 stick of butter, salt and pepper and mix up thoroughly.

Put mixture back into potato skins, sprinkle shredded cheddar cheese on top, cover and bake in 350 degree oven for about 20 minutes. Uncover and cook another 5 minutes.

YUM....YUM

Cheryl Irby

Desserts

Pecan Pie

This is my Aunt Donnis' Pecan Pie recipe as she passed away several years ago and this was one of our favorites that she would bring to the family reunions.

Preheat oven to 300 degrees

Brown 2 deep dish pre-made pie crusts in the oven (be sure to poke holes in the bottom and sides of the pie crusts with a fork to avoid the crust bubbling while browning and cover the top edge crust with foil to avoid burning).

Items needed for the pie

1/2 stick of butter, melted
3/4 c. Karo white syrup
3/4 c. Karo dark syrup
1 1/2 c. sugar
1/8 tsp salt
1 1/2 tsp vanilla
6 large eggs
1 1/2 c. pecans, chopped

Combine melted butter, syrup, sugar, salt and vanilla together in a mixing bowl, mixing until blended. Add eggs, one at a time, mixing between each egg. Add pecans to the mixture and gently stir. Pour mixture into the 2 browned pie shells and remove foil from top edge of crusts and bake in the oven at 300 degrees for 45 minutes to an hour, depending on oven. Center should be mostly firm when done.

Cynthia Reese

Rob O'Brien's Grandmother's Cream Cheese Frosting

1 8 oz package cream cheese, softened
1 stick butter or margarine, softened
1 tsp vanilla
1 cup confectionary sugar

Blend all ingredients together until smooth. Frost!

Our family's favorite frosting. Perfect for kids' cakes and cupcakes because it's not too sweet. Our daughter loved to help make this and then lick the beaters as a treat.

Rob O'Brien

Cherries Dominique

Total time: 1 hour

1½ cup unsifted flour
1 cup sugar
1 Tbsp. baking soda
1 egg
¼ cup milk

1 can sour cherries, drained
1 cup sugar
1 cup butter
1/3 cup cream*
1 tsp. vanilla
1 tsp. cinnamon

Mix together all ingredients up to the cherries. Fold in cherries. Bake for 30-45 minutes in a 350° oven.

Meanwhile prepare topping:

In a saucepan, melt together remaining ingredients (sugar through cinnamon, column 2). Spoon over individual cake servings.

*(Evaporated milk may be used in place of cream)

This is definitely not a "light" recipe, but it is so good and so simple to make.

Anna Linkenback

Anise Cookies

2 sticks of margarine (melted)
4 eggs (beaten)
4 c flour
1 c sugar
4 tsp baking powder
4 tsp anise extract

Mix dry ingredients, add melted butter and eggs. Mix well. Roll into balls, small about 1 inch.
Bake 350 10-12 minutes. Cookies should remain very light in color.

Glaze

1 1/2 c confectionary sugar
2 tbs milk
1/2 tsp anise

Mix all ingredients until consistency of frosting. Dip cookies in glaze after they have cooled and sprinkle with sprinkles or colored sugar.

Diane Niles

Italian Cream Cake

Ingredients

1 stick margarine (4 ounces)
2 cups flour
2 cups sugar
1 cup buttermilk
1 small can flaked coconut
5 egg whites, stiffly beaten
1/2 cup shortening
5 egg yolks
1 teaspoon baking soda

1 teaspoon vanilla
1 cup chopped pecans, or walnuts
Frosting
1 package cream cheese, softened (8 ounces)
1 box confectioners' sugar, (1 pound)
1/2 stick margarine, softened (4
Tablespoons)
1 teaspoon vanilla

Preparation

Cream margarine and shortening; add sugar.

Add egg yolks and beat well.

Combine soda and flour; add to creamed mixture alternately with buttermilk. Stir in vanilla. Add coconut and nuts.

Fold in egg whites.

Pour into 3 greased and floured cake pans; bake at 350 degrees for 25 to 30 minutes.

Frosting

Beat cream cheese until smooth; stir in sugar. Add vanilla and beat until smooth. Spread on cake layers; sprinkle top with chopped nuts.

Penny Culberson

Wacky Cake - The Moistest Chocolate Cake!!

This is a recipe that my great-grandmother passed on to my grandmother and so on. As a child this cake was the only thing chocolate I liked, although that's changed, this is still my all-time favorite! Notice the recipe doesn't contain eggs or milk, and mixing is easy! This recipe was used a lot during the depression era due to the lack of available ingredients and the lack of income for most families. Its modern Wacky name is due to the ingredients – don't freak out over the vinegar!!

Ingredients

3 cups unbleached all-purpose flour	2 teaspoon real vanilla extract (not imitation)
2 cup sugar	2 teaspoon vinegar
6 tablespoons unsweetened cocoa (nonalkalized is best)	10 tablespoons vegetable oil
2 teaspoon baking soda	2 cup cold water
1 teaspoon salt	

Topping

1/4 c peanut butter
3 c powdered sugar
1/4 -1/3 c evaporated milk

Preparation

In a large mixing bowl, sift together flour, sugar, cocoa, soda and salt. Make three wells in the flour mixture. In one put vanilla; in another the vinegar, and in the third the oil. Pour the cold water over the mixture and stir until moistened. Pour into two (2) 8 x 8-inch or one (1) 9x13 pans, lightly greased & floured.

Bake at 350°F. oven for 25 to 30 minutes, or until it springs back when touched lightly (toothpick test works great too). Be careful not to overcook as cake will be dry.

Peanut Butter Topping (not so vegetarian)

Beat all ingredients, using evaporated milk to the consistency you prefer, top cake while hot and ENJOY!

Erin Jennings

Fried's Rugelah

I'm submitting this on behalf of my partner, Dan Schreiber - from his childhood and continued-on baking days.

I was born in Monticello NY and spent all of my childhood summers at my family's bungalows in the tiny towns of Woodridge and Mountindale where my biggest treat of all was a tiny little bakeshop in Mountindale called Fried's. When you entered Fried's there was that magnificent smell of fresh baked onion and egg rolls, the likes of which I have yet to see duplicated. Fried's counters were jammed full of treats, yeast raised cupcakes filled with cherry and topped with streusel, large cookies with a chocolate blob in the middle that were know as Chinese cookies, and magnificent babkas and strudels. The most significant treat of all were Fried's Rugelah. These little pastries whose roots stem from bakeries in Eastern Europe were the true masterpiece. Each rolled up pastry, hand formed and chocked full of nuts and fruits were a mere bite or two ...but oh my, what a bite. In the tradition of New Yorkers, Fried closed his shop and headed for life in a condominium in Florida. And with the closing of those doors, the secret of what made Fried's rugelah so good disappeared seemingly forever.

As someone who enjoys baking, I have sought recipes for years that potentially emulated what Fried had so miraculously stumbled upon. And while I doubt I will ever get to the exact recipe, I have come up with rugelah that are as close to the tradition as possible. They are a bit of trouble to make but are wonderful for days after baking, and as my dad always says, they are excellent eaten frozen.

Recipe

For the dough:

2 cups all purpose flour

2 sticks unsalted butter (you can substitute margarine but they won't be as tasty as with butter)

1 12 Ounce package cream cheese

Add the flour to the bowl of a food processor. Cut the butter and cream cheese into cubes and add to the work bowl. Process until dough comes together. Gather the dough, wrap in plastic and chill for an hour or so as it will be difficult to work with right out of the processor.

For the filling

I always eyeball this so its more a matter of a little bit of this and a little bit of that. Please add more of any ingredient to your taste.

1 cups of unsalted almonds (raw or roasted)

1 cup of raisins (dark or golden)

1 cup of sugar (white or ½ cup white and ½ cup brown)

½ tsp salt

¾ cup flour

1 tsp cinnamon

1 tsp good vanilla extract

Willis Family Day Recipe Book 2007

½ stick butter
Apricot Jam
Raspberry Jam
1 egg beaten with a teaspoon of water (for glazing)

Add almonds, raisins and sugar to the same bowl of the processor you made the dough in. Pulse until the almonds are chopped and the raisins are about the same size and texture as the almonds. Add the flour, cinnamon and salt and pulse again until the ingredients are thoroughly mixed. Cut the butter into small cubes and add to the mixture and pulse several times to incorporate. Add the vanilla and pulse again just until the mixture seems even in size like crumbs for a cake topping. Set aside until ready to use.

To assemble

Preheat the oven to 350 degrees

Remove chilled dough from the plastic and cut into 8 even pieces. Pat each out into a disk. Put one disk on a floured surface and return the other pieces wrapped in the plastic to the refrigerator to keep chilled. Using a rolling pin, roll dough into a circle approximately 8 inches across. Make sure surface remains floured or dough may stick.

Add a teaspoon Apricot or Raspberry jam (I make half of the batch with apricot and the other half with the raspberry), and smooth over top of the dough leaving about a half inch of the dough with no preserves on it. Add 1 eighth of the filling on top and spread to cover the preserves. Press down on the filling so that it flattens out and adheres to the dough. Using a pastry scraper, cut the dough in half and in half (making 4 sections). Cut each section in half making 8 triangles (much in the way a pizza would be cut). Starting at the wide end of each piece, roll up towards the center like a crescent roll. When rolled up, give each pastry a slight bend to give it a crescent moon shape. Place on a baking sheet that has been sprayed with non stick cooking spray or lined with either a silpat or parchment paper. Repeat with remaining pieces and disks of dough.

When all the pastries have been assembled, use a pastry brush to paint the top of each with the egg glaze.

Bake for approximately 15 minutes and then check for doneness. Rugelah are done when the tops are golden brown. Allow to cool for several minutes on the tray, and then transfer to a rack to cool completely. Store cooled rugelah in a plastic freezer bag in the fridge, or move to freezer where they can stay frozen for a month or so (although they will never last that long uneaten).

Mark Keller

Sandy's Coffeecake

My favorite family recipe is one that I have been enjoying since I was a child. My family calls it Sandy's Coffeecake, after my mother's best friend. The recipe developed out of a mistake. Sandy fortunately combined two recipes in her head and the result was this delicious coffeecake. We call it coffeecake, but it can be enjoyed any time of the day. I have shared this cake with my Willis Associates over the years and they always ask for the recipe. I hope everyone enjoys it.

1 box yellow cake mix
1 box vanilla instant pudding
3 eggs
3/4 cup sherry
3/4 vegetable oil
1 tsp. nutmeg
3/4 cup sugar
3/4 chopped walnuts
1 tsp. cinnamon

Preheat oven to 350

Batter - combine cake mix, pudding, eggs, sherry, oil and nutmeg and beat with electric mixer for 2 minutes

In separate bowl, combine sugar, walnuts and cinnamon

Spray PAM in bundt pan really well

Alternate layers of batter and sugar mixture in pan. Start with the batter, then a layer of the sugar, batter, sugar and finally batter

Use knife and marble slightly

Bake for 55 to 60 minutes - check as ovens vary

Cool completely then invert onto cake plate

Dust with powder sugar

Tara Stanbridge

Nana's Gingerbread

This recipe came from my late grandmother who probably learned it in Waco, Texas, where she was born in 1895. She was adamant about stirring exactly 300 strokes, no more, no less. She also liked to drop the pan from about six inches above the kitchen counter to remove air bubbles she said, but it also made a loud satisfying smack.

2 eggs
1 cup sugar
1 cup molasses
1 cup oil

2 1/2 cup flour
1 t ginger
1/2 t cloves
1/4 t cinnamon
1 1/2 t baking soda (use less for fudgier cake)
1/2 t salt

1. Preheat oven to 350 degrees
2. Grease and flour a 9"x13" pan
3. Combine and beat wet ingredients
4. Combine and sift dry ingredients
5. Put wet and dry ingredients together before mixing, add 1 cup boiling water, stir 300 strokes
6. Pour into a greased and floured 9"x13" pan
7. Bake at 350 degrees for 35 minutes

Can be served with whipped cream or powdered sugar, but we love it plain. It's delicious warm and even better the second day.

Jon Fried

Peanut Butter Balls

This may not be considered an original recipe, but it is very much a family tradition. I found the recipe in a magazine in 1979 and have made these every Christmas since. And while the recipe is not original, the method of dipping is original and results in balls that look they came off the line at a factory. I put them in individual paper candy cups and then into Christmas tins and give them as gifts. The original recipe called for melting chocolate and paraffin in a double boiler, but the advent of the microwave and candy coating chocolate have made the process much easier.

1 1/2 c. creamy peanut butter
5 1/2 c. confectioners sugar (1 box)
1 c. butter, softened
2 packages CandiQuick or chocolate flavored almond bark

Fork
Toothpicks
Wax paper

Combine peanut butter, sugar, and butter. Blend with dough hooks until well blended. Roll into balls and place on cookie sheet. Cover with plastic wrap and chill.

Melt CandiQuick in microwave according to package directions; stirring occasionally. Do not overheat. Drop one ball into chocolate and cover with chocolate. Lift ball out of chocolate with fork and shake gently to drain excess chocolate. Use a toothpick to wipe chocolate from the fork and slide ball off fork onto wax paper.

I've tried many other dipping methods and this works best for me. It does take a little practice and patience.

Nancy Williams

Pound Cake

The following pound cake recipe has always been a family favorite that was baked by my Mother for birthdays and family get-togethers. My Mother has always been a great baker, but many years ago when my Dad was sick and she was confined to the house taking care of him, she started baking cakes for other people. She is now 82 years old and still bakes cakes. She has a great little business that supplements her retirement and keeps her quite busy!

My Mother (Evelyn Walker) recently traveled to Nashville to see my daughter's new baby daughter which is her 15th great-grandchild. My daughter requested she bake this cake for her which she did. When I found myself hiding the cake from my sister I knew this was the recipe to submit!

Cream together

2 sticks of oleo
½ cup Crisco shortening
3 cups sugar
5 eggs
1 tsp vanilla

Sift together

3 cups flour
½ tsp salt
½ tsp baking powder

Add sifted ingredients to creamed mixture alternating with 1 cup of milk. Mix well.
Bake in a floured, greased tube pan at 350 degrees for approximately one hour 15 minutes.

Bonnie Williams

Vanilla Wafer Pie

by Angelina Rosa Vicente Gronski, my Grandmother

This makes a 9x13 pan and best if made a day or two ahead.

You will need the following

1 cup butter, 3 large eggs, 1 big bag powdered sugar, vanilla wafers, walnuts, 2 cans crushed pineapple, 1 quart heavy whipping cream

Crush 1 box vanilla wafers and add 1/4 cup butter. Press in pan and reserve a couple of TBSP for topping.

Cream 1 cup butter and 1 pound box 10XXX powdered sugar, add 3 large eggs one at a time, not extra large. If too thick add more sugar. Spread over crumbs.

Drain 2 small cans crushed pineapple very well.

Whip 4 cups heavy cream until very stiff. Add about 1/2 cup powdered sugar and 1 tsp vanilla, add drained pineapple and 1/2 cup walnuts. Spread on butter mixture.

Top with reserved TBSP crumbs.

Best if made at least a day ahead, so it can set up.

Debra Parra

Supreme Banana Pudding

2 boxes vanilla instant pudding
3 cups of milk
1 can sweetened condensed milk
1 12oz carton of cool whip
1 box vanilla wafers
6-7 bananas

Mix pudding and milk until thick. Add condensed milk and cool whip. Layer dish with wafers, bananas and pudding mix.

Barbara Frisse

Peach Dessert

1 tube Crescent rolls
2 peaches, cut in fourths
 $\frac{3}{4}$ cup of water
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ stick butter

Wrap a Crescent roll around $\frac{1}{4}$ peach and place in 9x9 baking dish. Cook butter, sugar and water until sugar is dissolved and pour over crescent rolls with peaches. Sprinkle with sugar and cinnamon.

Bake at 350 degrees for 20 minutes or until brown.

Dorothy Rohrer

Chocolate Pecan Pie

3 cups sugar
1 (13oz) can of milk
7 tablespoons cocoa
1 stick melted butter
4 eggs beaten
Pinch of salt
1 teaspoon vanilla
2 cups Angel Flake Coconut (optional)
1 cup chopped pecans

Mix together all of the above.

Bake at 350 for 45 to 50 minutes.

Use (3) 9" pie shells or 2 deep disk pie shells.

S. Kay Ware

Sugar and Spice Pecans

In loving memory of Cortney.

Three cups whole pecan halves
One large egg white
2/3 cup sugar
1.5 teaspoon cinnamon

Beat egg white with whisk until foamy.
Add pecans. Gently stir until well coated.

Stir sugar and cinnamon together until blended, then pour over pecans. Gently stir pecans until well coated.

Lightly spray cookie sheet with vegetable oil. Spread pecans in pan.

Bake 20 minutes at 325. Remove immediately to cool.

Pam Rutherford

Chocolate Éclair

Filling

2 (3 oz.) pkg. French vanilla pudding
3 cups milk,
1 box regular graham crackers
12 oz. cool whip

Whip together pudding and milk.
Add cool whip. Refrigerate.

Frosting

2 blocks (1 oz) unsweetened chocolate
3 Tbsp. butter
2 Tbsp corn syrup
3 Tbsp. milk
1 Tbsp. vanilla
1 ½ cups powdered sugar.

Microwave chocolate. Using a thick pot mix all ingredients except powdered sugar. Bring to a simmer and constantly stir. Put ½ cup powdered sugar in and simmer. Put ½ cup powdered sugar in and simmer. Put the remaining ½ cup of powdered sugar in. Let cool.

Use a 9 x 13 layer pan . Layer with graham crackers. Put half of the filling in it. Put a second row of graham crackers. Put in the rest of the pudding. Put on another layer of graham crackers. Pour the frosting on the top.

Optional: Top with strawberries.

Patricia Baine

Snowball Cookies

This recipe is a Picerno family favorite because it won first place in a cookie bake-off contest for holiday cookies.

I hope you like it.

1 cup butter
½ cup confectioners' sugar
½ teaspoon salt
2 teaspoons vanilla
2 cups sifted flour
1 cup finely chopped nuts (pecans or almonds)
Additional confectioners' sugar for rolling

Beat the butter and sugar until creamy. Add remaining ingredients and mix. Using a teaspoonful of dough, roll into small 1" balls.

Bake at 375 degrees for 12 to 15 minutes.

Cool slightly and roll in the confectioners' sugar.

Let cool completely and roll in confectioners' sugar again.

Present on a silver platter with a paper doily and festive holiday greens.

Makes 3 dozen cookies.

Raysha J. Picerno

Simply Citrus Cake

This is a wonderful light cake that they will request over and over!

1 pkg yellow or white cake mix
1 pkg Jello lemon instant pudding and pie filling (4 serving size)
1 1/3 cups sour cream
3 eggs
1/4 cup oil
3/4 cup water
2 tbs grated orange peel
1/4 cup powdered sugar
1 tub cool whip
1 can (11 oz) mandarin oranges-drained

Preheat oven 350 degrees.

Combine cake mix, pudding, sour cream (1cup), eggs, oil, water & orange peel in bowl. Beat on low for about 1 minute, then on medium for about 2 minutes. Pour into two 9" cake pans and bake for 25-30 minutes. (Coat pans with Pam or other appropriate treatment to keep cakes from sticking).

Beat remaining 1/3 cup sour cream and powdered sugar in large bowl with a wire whisk. Then, gently fold in whipped topping.

Spread 1 layer with 1/2 of the topping mixture and top it with orange segments. Repeat with top layer. Refrigerate until served.

Tammy L. Coffman

Salted Nut Roll Bar (Quick and Easy)

I can not say that this is an original recipe but it is a family favorite.

1 (24 oz.) jar dry roasted peanuts
12 oz. Reese's peanut butter chips
1 stick butter
1 can sweetened condensed milk
2 c. mini marshmallows

Grease a 9 x 13 inch cake pan.
Sprinkle 1/2 of peanuts in the bottom.
Melt butter and peanut butter chips on the stove top over med high heat.
Stir in sweetened condensed milk.
Add mini marshmallows.
Pour this mixture over peanuts, then sprinkle the rest of peanuts on top.

Refrigerate. Serve when cool.

Barry Fitzpatrick

Excellent Sugar Cookies

My Mother was a great cook and there was never a time that she didn't have something homemade to go with coffee! I remember coming home from school to a dining room table full of fresh baked bread, raised donuts, buttermilk donuts, caramel rolls, crescent rolls, cookies or what ever it happened to be that she was making that day. Usually a variety of things each day. She baked for fun, for her family and for the community. She was and is my inspiration! The night before she died she had gathered her things together and it was obvious that she was planning on making her famous donuts the next day. She was also known for making special sugar cookies for every holiday. She would decorate them and the kids (young and old) would look forward to getting some of Syvie's cookies. No one ever left my mother's house hungry!! And everyone was made to feel at home at her house. Like family! I would like to share the sugar cookie recipe with you, my Willis family.

Sift Together

6 cups flour
1 tsp soda
1 tsp baking powder
1 tsp salt

Add

1 cup butter
1 cup Crisco

Mix together like pie crust.

In a separate bowl - Mix together

4 eggs - well beaten
2 cups sugar

Add to flour mixture and knead well. Cover and chill. Roll thin and cut into shapes.

Bake in 350 degree oven approximately 10 minutes. These are creamy in color and very crisp.

Frost with powdered sugar frosting and decorate as you desire.

Eat and Enjoy!!

Debbie Rentz

Cream Puffs

The Cream Puff recipe has been in my family for about 25 years and my Aunt Grace, who is 93 years old now, is the one who started making this recipe and she still brings them to everyone's house especially on a holiday. I have, for many years, taken up making them too, because keeping up with a family tradition is a wonderful thing to do. They are delicious and very easy to make.

2 cups water; 1 cup Crisco. Put together in a pot and bring to a boil.

Take the pot off the stove and add 2 cups of flour & a ½ teaspoon of salt. Stir with a wooden spoon until it comes away from the sides of the pot.

Add 8 eggs – beating after each one with an electric mixer (set on low speed).

Then with a teaspoon, drop some of the mixture on a **GREASED** cookie sheet (make sure you leave about an inch between droppings).

Bake at 450 degrees for 10 minutes & then lower the oven to 400 degrees & bake for another 20-25 minutes (until golden brown).

Remove from the oven and cool very well before filling them.

Slit the puffs and fill them and then sprinkle with confectioner's sugar. Will yield about 35-40 puffs. If you want to make less, than just cut the recipe in half.

The puffs should be made the day that you are going to serve them – not before.

Cream Puff Filling

2 packages of French Vanilla instant pudding; 2 cups of whole milk and 2 small containers of heavy cream.

Chill the bowl & beaters for about 2 hours before mixing the above. Add all the ingredients and beat at high speed until thick (just enough to be the consistency of pudding). Fill the puffs and enjoy!

Marie DeLuca

Grandmom's Austrian Sugar Cookies

Recipe on following page.

Ross Uchida

Grandmom's Austrian Sugar Cookies



"Five generations have enjoyed these Austrian sugar cookies at Christmastime. My mother spends days creating unique cookies for each child and grandchild. In our house, my wife mixes the dough; my girls and I decorate and bake; everyone devours. These delightful, artistic cookies are treasured holiday gifts for family and friends. This is my great-grandmother's recipe from Austria; my girls look forward to going to grandmom's every Christmas to make more.

5 cups cake flour
1 tablespoon plus
1 teaspoon baking powder
1 teaspoon grated nutmeg
1 cup butter
2 cups sugar
4 eggs
Grated rind of 2 lemons
2-1/2 tablespoons cream
Assorted colored sugars



Sift dry ingredients together and set aside. Cream the butter in a large mixing bowl and add the sugar. Beat in a mixer and add the eggs, one at a time. Add the lemon rind and cream. Sift in the dry ingredients and beat until dough is thoroughly mixed. Separate dough into 8-10 clumps, wrap each in wax paper and freeze overnight.

Preheat oven to 325°F. Move dough from freezer to refrigerator. Thaw a batch for a few minutes at room temperature. Lightly sift cake flour onto cutting board, rolling pin and your hands. Knead the batch of dough a bit and roll it out fairly thin onto the cutting board. Dip holiday cookie cutters in flour and cut out cookies, setting them onto a lightly greased cookie sheet or parchment paper. Decorate with colored sugars and sprinkles. Let the kids help - be creative! Bake for 8-10 minutes or until edges are barely browned. Cool on a rack.



(Growing up as a child, my brothers and sisters and I created "Dr. Seuss" cookies from the scraps.)

Ross Uchida – Willis Information Technology - Nashville



Pineapple Cream Cheese Flan

The story behind this pineapple cream recipe is that my family loves pineapple so we decided to try to add pineapple to a traditional cheese flan. So my mom tried adding the pineapple to see what would come out of it and we think that the results were delicious. All her children and grandkids love to eat it when she makes it – only on special occasions.

1 cup sugar
4 oz. cream cheese
14 oz sweetened condensed milk
1/2 cup 2% reduced fat milk
8 oz canned crushed pineapple in juice
1 teaspoon vanilla extract
3 large eggs

Directions

Heat oven to 350

Cook sugar in a medium saucepan in medium heat. Pour into a 10 inch deep dish glass pie pan. In a large bowl beat the cream cheese until smooth. Add condensed milk, milk, pineapple, reserved ¼ cup of pineapple juice, vanilla and eggs.

Place pie pan in a shallow pan such as a broiler pan. Pour hot water into shallow pan about half way up sides of pie pan.

Bake at 350° for 30 to 35 minutes or until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate at least 2 hours.

Claudia Yanez

Caramel Fudge Brownies

What You Need

1 chocolate cake mix (German or devil's food) without the pudding
14 oz. bag of caramels
1 cup chocolate chips
3/4 cup melted butter or oleo
1 can evaporated milk
1 cup nuts (optional)

Instructions

Melt caramels with 1/3 can milk in double boiler. Combine cake mix with butter or oleo and remaining milk. Spread 1/2 of cake mix in 9 x 13 greased pan.

Bake 8 minutes at 350 degrees. Remove from oven, add chips and nuts and pour caramel over it, cover with cake batter and bake 27 minutes or until firm.

Cut in squares and top with cool whip.

Karen Wedmore

Easy Chocolate Lovers Cupcakes with Peanut Butter Icing

The cupcakes aren't healthy but they are super easy and so yummy!

Cupcakes

1 package (18.25 ounces) plain devil's food or dark chocolate fudge cake mix
1 package (3.9 ounces) chocolate instant pudding mix
4 large eggs
1 cup sour cream
1/2 cup warm water
1/2 cup vegetable oil, such as canola, corn, soybean, or sunflower
1.5 cups semisweet chocolate chips

- 1) Pre heat oven to what it says on the box
- 2) Place the cake mix, pudding mix eggs, sour cream, warm water and oil in a large mixing bowl. Blend with an electric mixer on low speed for 1 minute. The batter should look thick and well combined. Fold in the chocolate chips making sure they are well distributed throughout the batter.
- 3) Bake cupcakes as directed on box

Peanut Butter Frosting

1 cup creamy peanut butter
8 tablespoons (1 stick) butter, at room temperature
2 cups confectioners' sugar sifted
3 to 4 tablespoons milk
2 teaspoons vanilla extract

Place peanut butter and butter in a large mixing bowl. Blend with a mixer until fluffy, add confectioners sugar, 3 tablespoons milk and the vanilla. Blend with the mixer on low speed until the sugar is well combined, increase the speed to medium and beat until the frosting lightens and is fluffy, if frosting seems to stiff blend in 1 tablespoon more milk.

Kathleen de Guzman

Cowboy Cookies

Grind: 1 Cup Oats

Sift: 1 Cup Flour

Blend

1/2 cup shortening

1 cup coconut

1/2 tsp baking powder

1/2 cup sugar

1 cup nuts

1/2 tsp baking soda

½ cup brown sugar

1 cup dates

1/2 tsp salt

1 egg

1 cup raisins

1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp cloves

Mix ground ingredients with sifted ingredients into the blended mixture. Roll into balls about the size of a walnut, press with bottom of sugar dipped drinking glass.

Bake at 350 degrees for 15 minutes.

Maryann Carafello

Mom's Apple Cobbler

Pillsbury Pie Crust (2 rolls to package) that you would find in the dairy section.

Mix 2 cups of finely chopped apples with a teaspoon cinnamon thoroughly

In boiler – mix 2 cups sugar – 2 ½ cups water heat until sugar dissolved

Put stick of butter in Pyrex dish-put in oven and let butter melt

Take the rolled up pie crust – spread out on counter – cut in four pieces. The two rolls will make 8 pieces.

Place with apples on the flat pieces and roll them up. Place rolled up pie crust with apples inside in Pyrex dish that has the butter in it. Sugar/water mix – pour over the pie crust/ apples (make sure all of pie crust/apples have touched by the mixture).

Put in oven @ 350° for 55 to 60 minutes.

Enjoy.

Susan McCutchen,

Sauces and Dips

Grandmother Dilling's White Barbecue Sauce

Our four daughters were the only grandchildren of their Grandmother Dilling. We were at her house for a big meal each Sunday, every birthday and holiday. She loved cooking for them but there were only a few things that all four granddaughters agreed to – they all liked Grandmother's White Barbecue Sauce used with chicken cooked on the grill. A little extra was always set aside for them to use during the meal.

It's not a grand recipe, only a simple one. But each daughter has called or emailed asking how to make Grandmother's chicken sauce. Grandmother has not cooked in many years but the girls are still using her sauce with their own little families today.

1qt mayonnaise
1/2 lb. margarine or butter
4 t catsup
4t mustard
4t lemon juice
2t Worcestershire sauce

Mix all together.

Baste chicken several times while cooking.

Marilyn Dilling

Aunt Pat's Steak Marinade

Great for barbeques

Ingredients

Marinade

1 cup soy sauce
1 cup Honey
½ cup olive oil
¼ cup red wine vinegar
1 tbsp powdered ginger
3 cloves garlic – crushed or finely minced

2½ - 3lbs London broil or other beef cut

Directions

Combine all ingredients for marinade. Place steak in a shallow glass dish or re-sealable freezer bag and cover with marinade. Refrigerate for 24 hours, turning occasionally. Cook on hot grill to preferred temperature, discard remaining marinade.

John Mina

Homemade Butter

1 Lb. Margarine softened (not melted)

1 Cup Oil

1 Cup Buttermilk

Mix all together with hand mixer. (I use pure canola oil but you can use any kind of oil you like.)
It will taste just like whipped real butter and will be a lot cheaper.

Note: I started making butter this way about 40 years ago.

Pat Broadway

Black Bean Salsa

- 1 can of black beans –rinsed and drained
- 1 can of sweet corn – drained
- 2 firm tomatoes – chopped (more like 3-4, squeeze out juice)
- 1 med. mild yellow onion – chopped
- 1/2 bunch of cilantro – cleaned and chopped (more leaves than stem)

- 1 T sugar
- 1/2 cup olive oil (virgin or extra virgin)
- 1/3 cup seasoned rice vinegar (I put a bit extra in)

Mix all ingredients, allow to marinate for a few hours and serve with tortilla chips or Fritos.

Kelli Walston

Beverages

Pretty Party Punch

Great for showers or birthday parties.

Ingredients

2 Jars (6 oz) Maraschino or salad cherries
12 oz or 16 oz bottle cherry juice or apple juice
1 can frozen orange juice concentrate (Minute Maid or name brand)
1 can frozen lemonade concentrate (Minute Maid or name brand)
½ Liter each Sprite and Ginger Ale (can use only Ginger Ale if preferred).
1 Quart Blue Bell Rainbow Sherbet (best with Blue Bell)

Create a cherry ice ring the day before serving punch:

2 jars Maraschino or salad cherries

2 cups apple juice

Drain cherries (RESERVE the liquid for the punch)

Pour drained cherries and 2 cups apple juice into a small bowl or Jello mold and freeze overnight.

About 10-15 minutes before serving, mix in a large punch bowl

1 can frozen orange juice concentrate (Minute Maid or name brand)

1 can frozen lemonade concentrate (Minute Maid or name brand)

Mix concentrates until they turn a bit mushy.

Pour in

½ Liter each Sprite and Ginger Ale (can use only Ginger Ale if preferred).

Remainder of apple juice.

Cherry juice reserved from making ice ring.

By Scoop or Large Spoonfuls, Add

1 Quart Blue Bell Rainbow Sherbet (best with Blue Bell)

Finish

Stir punch just enough to mix

Top with ice ring, serve

Linda Bell