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1. ALFREDO SAUCE

- 1/4 cup butter**
- 1 cup heavy cream**
- 1 clove garlic, crushed**
- 1-1/2 cups freshly grated Parmesan cheese**
- 1/8 cup chopped fresh parsley**

Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve

2. AMBROSIA

**1 (20 oz.) can pineapple tidbits
2 oranges, peeled and segmented
1 tsp. lemon juice
1 cup grated coconut**

Place pineapple in a serving bowl. Sprinkle oranges with lemon juice and add to pineapple; stir gently. Refrigerate covered until chilled. Drain, if desired. Add coconut and stir gently.

3. AMISH DIP

Traditional Amish Dip/Sandwich Spread

**8 ounces cream cheese
1/2 cup mayonnaise
1 (6.50 ounces) can tuna
1/2 cup olives, pitted, chopped
1/2 cup walnuts or almonds, chopped
2 tablespoons lemon juice
black pepper**

Mix all of the ingredients, adding more or less mayonnaise depending on your desire to make a chip dip, or a sandwich spread. It was often served on dark heavy bread as a sandwich at quilting bees.

4. AMISH YUM-A-SETTA

This is a good recipe for a potluck dinner or reunion.

**2 pounds hamburger
Salt and pepper, to taste
2 tablespoons brown sugar**

1/4 cup chopped onion
1 can tomato soup
1 can cream of chicken soup
1 (16 ounce) package egg noodles
1 (8 ounce) package processed cheese,

Brown the hamburger with salt, pepper, brown sugar and onion. Add tomato soup. Cook egg noodles according to package directions. Drain. Add cream of chicken soup. Layer the hamburger mixture and noodle mixture in a 13 x 9-inch casserole with processed cheese between layers. Bake at 350 degrees F for 30 minutes.

5. ANGEL HAIR PASTA WITH LEMON CHICKEN

The fresh flavor burst of lemon perfectly accents the chicken and angel hair pasta in this quick and easy dish. Serve with a generous topping of Parmesan cheese and a tossed salad.

Estimated Times

Preparation time: 10 mins

Cooking time: 10 mins

1 pkg. (9 oz.) refrigerated Angel Hair Pasta
1-1/2 cups cooked diced chicken
1/3 cup butter, melted
2 tablespoons lemon juice
2 tablespoons chopped fresh parsley, (or 1 teaspoon dried parsley)
1/4 teaspoon marjoram
1/4 teaspoon garlic powder

Prepare pasta according to package directions.

Toss pasta with remaining ingredients. Season with salt and ground black pepper.

6. APPLE COBBLER

1 (18.25 ounce) box yellow cake mix
6 medium tart apples, peeled and sliced
2 tablespoons granulated sugar
1 teaspoon cinnamon

Preheat oven to 350 degrees F.

Combine apple slices with sugar and cinnamon in a large bowl. Sprinkle 1/4 of cake mix over the top. Toss until apples are completely coated. Spoon into a greased 8-inch square baking dish. Bake for 30 minutes.

Place remaining cake mix in a medium bowl. Dribble 1/2 cup melted butter over the top. Toss until mixture forms large crumbs. Sprinkle over partially cooked apple mixture. Bake for 20 minutes longer or until the top is puffed and yellow. Serve warm.

7. APPLE, PORK & NOODLE CASSEROLE

Serve with warm rolls and your favorite steamed vegetables.

Estimated Times

Preparation time: 15 mins

Cooking time: 40 mins

1 package (12-oz.) frozen apples, defrosted according to package directions

4 ounces medium noodles, cooked and drained

1-1/2 cups diced cooked pork

3 tablespoons butter or margarine, melted

1 clove garlic, peeled and minced

1 tablespoon chopped fresh rosemary, or half the amount of dried rosemary

1/2 teaspoon ground cinnamon

Preheat oven to 350*

Combine scalloped apples, noodles, pork, butter, garlic and rosemary in a 1-1/2 quart baking dish. Sprinkle with cinnamon.

Bake for 30 to 35 minutes or until heated through.

8. APRICOT CHICKEN

Sweet and tangy with a hint of garlic, these highly flavored chicken breasts make a great, quick dinner. Serve with rice, a green salad and hot rolls

Estimated Times

Preparation time: 10 mins

Cooking time: 30 mins

1/2 cup apricot preserves

1/2 cup dried apricots, halved

1 tablespoon + 1 tsp. soy sauce

2 cloves garlic, minced

4 (4-6-oz.) fresh boneless, skinless chicken breasts

1/2 teaspoon salt

1/4 teaspoon ground black pepper

Preheat oven to 425°F.

In a bowl combine apricot preserves, dried apricots, soy sauce and garlic; mix well. Add chicken and coat well. Season with salt and pepper.

Place chicken in a shallow roasting pan. Roast chicken for 30 minutes, or until done. Baste chicken several times during cooking. Remove chicken to a warm platter and pour pan juices over top. Serve warm.

9. APRICOT GLAZED PORK CHOPS

4 pork chops, 1/2 inch thick

1 tsp. salt

1 tbl. oil

1-1/3 cups (1 lb.) apricot halves, drain and reserve liquid

Reserved apricot liquid plus water to make 1-1/2 cups

2 tbl. cornstarch

2 tsp. lemon juice
2 tbl. slivered almonds

Sprinkle chops with salt. Brown in hot oil on both sides. Add 1/2 cup of the apricot liquid. Cover; reduce heat and simmer for 10 minutes. Combine cornstarch and remaining 1 cup apricot liquid; add to the chops. Continue simmering, stirring frequently, until the liquid thickens. Add apricots and almonds. Cover and continue simmering for 10 minutes.

10. BAKED HAMBURGER DINNER

1 package hamburger
1 package beefy onion soup mix

Preheat oven to 350

Combine hamburger and soup mix. Form meat into small patties. Line a cookie sheet with aluminum foil. Place patties on baking sheet. Cover with foil.

Bake for 30 minutes or until meat is completely done.

Serve with macaroni and cheese or baked beans and a favorite vegetable on the side. OR for a one-pan complete dinner, Use baking pan instead of baking sheet. Slice potatoes and carrots and pile around meat patties. Cover with foil and bake all together. Dinner is done in one pan, lined with foil, clean up is quick and easy!

11. BAKED PASTA

1 Large jar chunky or thick spaghetti sauce
1- 1/2 cups water
1 bag pasta (shells, bow-tie, etc.)
2 cups shredded Mozzarella cheese
Parmesan cheese

Lightly coat large baking dish with Crisco to make clean up easy.

Heat oven to 425

In a mixing bowl, stir sauce, water and pasta until well coated. Pour pasta & sauce into a baking dish.

Cover with foil and bake for 30 minutes.

Top with shredded cheese, return to oven for 10 minutes

Sprinkle with Parmesan and serve.

12. BAKED POTATO TOPPER

2 (16 ounce) containers sour cream

1 (3 ounce) can bacon bits

2 cups shredded Cheddar cheese

1 bunch green onions, chopped

May add a package of Hidden Valley Ranch Dressing for added flavor

In a medium size mixing bowl, combine sour cream, bacon, Cheddar cheese and green onions; stir well. Refrigerate, or serve immediately.

13. BAKED ZITI

1 pound dry ziti pasta

1 onion, chopped

1 pound lean ground beef

2 (26 ounce) jars spaghetti sauce

6 ounces Provolone cheese, sliced

1-1/2 cups sour cream

6 ounces Mozzarella cheese, shredded

2 tablespoons grated Parmesan cheese

Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.

In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and

remaining sauce mixture. Top with grated Parmesan cheese.
Bake for 30 minutes in the preheated oven, or until cheeses are melted.

14. BANANA OATMEAL COOKIES

Preparation time: 5 mins

Cooking time: 15 mins

1 cup sugar

3/4 cup shortening

1 egg

3/4 teaspoon cinnamon, ground

1/4 teaspoon nutmeg, ground

1 teaspoon salt

1 cup banana, mashed

1-1/2 cups flour

1-3/4 cups quick cooking oats

1/2 cup nuts, chopped

In a bowl, with an electric mixer on medium speed, cream together sugar and shortening. Add egg, cinnamon, nutmeg, and salt; mix well. Beat in mashed bananas. Add flour and quick cooking oats. Fold in chopped nuts. Drop by teaspoonfuls onto ungreased baking sheets. Bake at 350 degrees for 10 to 15 minutes.

15. BANANA WAFER PUDDING

1 (14 ounce) can sweetened condensed milk

1 1/2 cups cold water

1 (3.4 ounce) package instant vanilla pudding mix

2 cups heavy cream

3 bananas, sliced

1/2 cup lemon juice

36 vanilla wafers

In a medium bowl, stir together condensed milk and water. Beat in

pudding mix until smooth. Chill in refrigerator 5 minutes.

In a separate bowl, whip cream until stiff peaks form. Fold whipped cream into chilled pudding mixture.

Dip sliced bananas in lemon juice. Shake off excess.

In a 2-1/2 quart serving bowl, spoon 1 cup pudding mixture. Top with one-third each of the wafers, bananas and remaining pudding. Repeat layers twice. Chill until serving.

16. BARBECUE BEEF CUPS

3/4 pound lean ground beef

1/2 cup barbeque sauce

1 tablespoon dried minced onion

1 (12 ounce) package refrigerated biscuit dough (Grands)

1/3 cup shredded Cheddar cheese

Preheat oven to 350 degrees F (175 degrees C). Grease the cups of a muffin pan.

In a large heavy skillet over medium heat, cook beef until evenly brown. Drain excess fat. Stir in barbeque sauce and dried onion. Simmer for a few minutes over low heat.

Flatten each biscuit, and press into cups of the prepared muffin pan.

Make sure the dough comes to the top of the pan. Spoon a portion of the meat mixture into each dough cup.

Bake in preheated oven for 12 minutes. Sprinkle with cheese, and bake for 3 more minutes.

17. BBQ MEATBALLS

1 lb. hamburger

1 cup minced onion

1 egg

1/4 cup milk

1/4 cup bread crumbs

1 tsp. salt

1/4 tsp. pepper

2 tbl. cooking oil
2 (8 oz.) cans tomato sauce
1/2 cup brown sugar
2 tbl. vinegar
1 tsp. seasoned salt

Combine first seven ingredients and shape into 12 meatballs. Brown in oil in skillet, remove excess fat. Combine tomato sauce, brown sugar, vinegar and seasoned salt. Pour over meatballs. Simmer over low heat 10-15 minutes, turning frequently until meatballs are well glazed. Serve over rice or noodles.

18. BEAN AND PASTA SALAD

2 cups Rotini pasta
15-oz. can kidney beans
2 cups diced Cojack cheese
4 plum tomatoes, sliced
1/2 cup balsamic vinaigrette salad dressing

In large pot of boiling water, cook Rotini pasta according to package directions. Drain, rinse with cold water, and drain again. While the pasta cooks, drain and rinse the kidney beans and combine in a large bowl with remaining ingredients. Add drained pasta to salad and toss well. Chill until serving time, or serve immediately. 6 servings

19. BEEF & BEAN SUPPER DISH

1 pound ground beef
1/2 cup sliced onion
1/2 tsp. salt
1/4 tsp. pepper
3-1/4 cups (1 lb. 12 oz.) can Pork & Beans
1/2 cup catsup
1/2 tbl. Worcestershire sauce

2 tbl. brown sugar
1 tbl vinegar
1/4 tsp. Tabasco sauce

In a large fry pan, brown ground beef and onion; drain excess fat. Add remaining ingredients; mix well. Simmer, covered 20-30 minutes until the flavors blend.

20. BEEF & VEGETABLE STIR FRY

Estimated Times

Preparation time: 15 mins

Cooking time: 8 mins

1 beef bouillon cube
1/4 cup hot water
3 tablespoons reduced-sodium soy sauce
2 tablespoons dry white wine or water
1 tablespoon cornstarch
1/4 to 1/2 teaspoon ground ginger
1/4 teaspoon ground black pepper
1/4 tablespoon vegetable oil
1 pound lean beef sirloin steak, cut into 2-inch strips
2 cloves garlic, finely chopped
2 tablespoons water
1 package (16 oz.) frozen mixed vegetables
1/2 cup (about 3) 1-inch slices green onions
4 cups cooked brown rice

Dissolve bouillon in 1/4 cup water in a small bowl. Stir in soy sauce, wine, cornstarch, ginger, and pepper.

Heat vegetable oil in a large, nonstick skillet over medium-high heat. Add beef and garlic; cook, stirring constantly, for 3 to 4 minutes or until beef is no longer pink. Remove from skillet.

Heat 2 tablespoons water in same skillet. Add vegetables; cook, stirring occasionally, for 3 to 5 minutes or until vegetables are tender. Return beef to skillet; stir in bouillon mixture and green onions. Cook, stirring frequently, for 2 to 3 minutes or until sauce is thickened. Serve over

rice.

21. BEEF AND VEGETABLES

1 Tbl. olive oil

1 16 oz. pkg. frozen vegetables (try a mixture that includes broccoli, or baby carrots)

1 Tbl. water

1 cup stir-fry sauce

1 tsp. cornstarch

2 cups cooked roast beef, cut into cubes

hot cooked rice OR cooked egg noodles

Heat olive oil in a heavy skillet. Add vegetables and 1 Tbsp. water. Stir, cover, and cook over medium heat for 3 minutes.

Mix stir fry sauce and cornstarch in a small bowl. Add to skillet and stir to combine. Add beef and stir again. Cover and cook over low heat for 5-8 minutes, stirring occasionally, until vegetables are crisp-tender and beef is hot. Serve with cooked rice or egg noodles.

22. BEEF GOULASH

2 lbs. ground beef

1 cup onion, chopped

2 (10 1/4 oz.) cans beef gravy

7 cups (two 28 oz. cans) tomatoes with liquid, chopped

2 cups water

1/4 cup Worcestershire sauce

3 cups (two 10 oz. pkgs.) frozen beans and carrots

1 (8 oz.) pkg. egg noodles, uncooked (medium)

Salt & pepper to taste

In a saucepan, cook beef and onion until meat is browned and onion is tender; drain off excess drippings. Stir in beef gravy, tomatoes with liquid, water and Worcestershire sauce. Bring to a boil; add frozen vegetables and uncooked medium egg noodles. Return to a boil. Cover

and simmer 8 minutes or until vegetables and noodles are tender. Season with salt and pepper. Yields: 6 to 8 servings.

23. BEEF STEW IN A HURRY

**1 can (1 lb.) sliced carrots
1 can (8 oz.) whole potatoes
1 can (8 oz.) cut green beans
1/4 cup all-purpose flour
1 envelope dry onion soup mix
3 cups cut-up cooked beef**

Drain vegetables, reserving liquid. Combine flour and soup mix in large skillet. Add water to reserved liquid to measure 3 cups; stir into mixture in skillet. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in vegetables and beef. Cover; cook over low heat about 10 minutes or until it is heated through. 4 servings, about 1-1/2 cups each.

24. BEEF TIPS AND NOODLES

This makes a good Sunday lunch. Just start it cooking in the morning, after the meat is done, turn down the temperature and lunch is ready whenever you are!

**1 package beef tips
1 envelope beefy onion soup mix
1 can cream of mushroom soup
1 can beef consume'
1 cup of water
1 cup sour cream
1 package egg noodles
pepper to taste**

Combine soup mix, soups, sour cream and water in bowl. In crock-pot or slow cooker, place meat and pour soup mixture over top. Cook on high temperature for 3-4 hours, until meat is very tender.

Prepare egg noodles to package directions. Serve meat over noodles.

25. BEST BAKED ZITI

**1 pound dry Ziti pasta
1 onion, chopped
1 pound lean ground beef
2 (26 ounce) jars spaghetti sauce
6 ounces Provolone cheese, sliced
1-1/2 cups sour cream
6 ounces Mozzarella cheese, shredded
2 tablespoons grated Parmesan cheese**

Bring a large pot of lightly salted water to a boil. Add Ziti pasta, and cook until al dente, about 8 minutes; drain.

In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.

Preheat the oven to 350 degrees (175 degrees C). Butter a 9x13 inch baking dish.

Layer as follows:

1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining Ziti, Mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.

Bake for 30 minutes in the preheated oven, or until cheeses are melted.

26. BLACKENED SNAPPER WITH LIME AIOLI

Preparation time: 7 mins

Cooking time: 6 mins

**4 (6-oz.) snapper fillets
2 tablespoons butter, melted
1/4 cup Cajun spice mix**

1/2 cup mayonnaise
1 lime, juiced
1/2 teaspoon garlic salt

Brush fish with butter. Coat with Cajun spice mix.

Heat a large skillet over medium-high heat. When very hot, add fish and cook until just done, about 3 minutes per side.

Whisk together mayonnaise, lime juice and garlic salt.

Serve as a dip with fish.

27. BLUE RIBBON CHILI

2 pounds ground beef
1/2 onion, chopped
1 teaspoon ground black pepper
1/2 teaspoon garlic salt
2 1/2 cups tomato sauce
1 (8 ounce) jar salsa
4 tablespoons chili seasoning mix
1 (15 ounce) can light red kidney beans
1 (15 ounce) can dark red kidney beans

In a large saucepan over medium heat, combine the ground beef and the onion and saute for 10 minutes, or until meat is browned and onion is tender. Drain grease, if desired.

Add the ground black pepper, garlic salt, tomato sauce, salsa, chili seasoning mix and kidney beans. Mix well, reduce heat to low and simmer for at least an hour.

28. BLUEBERRY DUMP CAKE

1 (18.25 ounce) box yellow cake mix
4 cups fresh blueberries, or thawed
1/2 cup granulated sugar
1/2 cup butter or margarine, melted
1 teaspoon ground cinnamon

Preheat oven to 350 degrees F.

Mix blueberries, sugar and cinnamon in the bottom of a 13 x 9-inch pan. Cover blueberries with dry cake mix. Pour butter over cake mix, but do not stir.

Bake for 30 minutes or until light brown. Serve warm or cold, topped with ice cream.

29. BOURBON GLAZED SALMON

1/4 cup fat free low sodium chicken broth

1/4 cup bourbon

3 tablespoons tomato paste

3 tablespoons honey

salt & freshly ground black pepper

3/4 lb salmon fillets

Stir together the broth, bourbon, tomato paste and honey in a medium skillet on medium-high heat. When it comes to a simmer, add the salmon. Keeping the sauce at a low simmer, cook the salmon 3 minutes; turn and cook 3 more minutes. The sauce will cook to a glaze.

Divide salmon between 2 dinner plates and spoon glaze on top.

30. BREADED PORK CHOPS

6 pork chops, 1/2 inch thick

1/2 cup dry bread crumbs or cracker crumbs

1 tsp. salt

1/4 tsp. pepper

1 egg, slightly beaten

3 tbl. oil

1/3 cup water

1/2 tsp. Worcestershire sauce

In a shallow dish, combine bread crumbs, salt and pepper. Dip the pork

chops into the egg, then into the bread crumbs.

Brown the chops in hot oil on both sides in a large fry pan. Add water and Worcestershire sauce. Cover and simmer 35-40 minutes, until tender. Uncover and continue cooking about 10 minutes until the coating is crisp.

31. BREAKFAST BURRITOS

To round out the meal, serve these burritos with yogurt mixed with fresh fruit.

4 slices turkey bacon

2 flour tortillas (7 inch)

2 Tbl. shredded Sharp Cheddar Cheese

1 large egg white

1 Tbl. chopped green chilies

Cook turkey bacon in a nonstick skillet on medium heat 8 to 10 minutes or until lightly browned. Place 2 turkey bacon slices on each tortilla; sprinkle with cheese.

Beat egg and chilies; add to hot skillet. Cook and stir 2 minutes or until set. Divide egg mixture between tortillas; fold tortillas over filling. Top with Salsa, if desired.

32. BREAKFAST MONKEY BREAD

4 cans "layered" style biscuits

5 tsp cinnamon

1-1/4 cup sugar

1-1/2 sticks margarine

2 - 8 or 9 inch cake pans

Preheat oven 25*degrees less than biscuit can directions (sugar will burn easily) Melt margarine in a bowl or large measuring cup.

Combine sugar and cinnamon in a bowl. Separate biscuits and quarter each. Roll biscuit dough in sugar/cinnamon mixture

Place half of the biscuit dough in each pan Equally divide the rest of the sugar mixture between both pans.

Pour half of the melted margarine over the top of the sugared dough in each pan. Bake slightly longer than biscuit directions, watching until browned and layers are separated.

33. BREAKFAST PITA POCKETS

This is a very versatile recipe. I like to add crisp bacon, tomato and avocado.

**1 pita bread, cut in half
2 eggs
salt and pepper to taste
1/2 cup cooked and diced potatoes**

Preheat oven to 350 degrees F (175 degrees C). Place pita bread in the oven to warm.

Heat a medium skillet over high heat. Coat with cooking spray. Add potatoes and saute until lightly browned, about 5 minutes. Reduce heat to medium and add eggs. Mix gently until eggs are firm, about 45 seconds. Season with salt and pepper. Remove pita from oven. Stuff pita with potato and egg mixture. Eat immediately.

34. BROWN SUGAR CHEWY'S

**1 egg
1 cup light brown sugar, packed
1 teaspoon vanilla flavoring
1/2 cup sifted flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1 cup chopped nuts**

Directions:

1. Beat egg.

- 2. Add sugar and vanilla.**
- 3. Blend in dry ingredients.**
- 4. Add nuts.**
- 5. Pour into well greased 8 inch square pan.**
- 6. Bake in 350 degrees F oven for 20-25 minutes.**
- 7. Allow to cool completely before cutting.**
- 8. This will be slightly soft when removed from oven.**

35. BROWNIES

- 1 cup white sugar**
- 4 eggs, well beaten**
- 1 (16 oz.) can Hershey's chocolate syrup**
- 1-1/4 cups flour**

Beat ingredients approximately 3 minutes. Pour into a greased 13 x 9 inch pan. Bake at 350 degrees for 30 to 35 minutes. Cool and frost with your favorite chocolate frosting recipe.

36. BRUNSWICK STEW

- 1 chicken (5 lbs.)**
- 4 cups cold water**
- 1 can condensed tomato soup**
- 1 small can tomatoes**
- 1 onion, sliced thin**
- 1 can green lima beans**
- 3 potatoes, sliced thin**
- 1 tbl. sugar**
- Salt & pepper**
- 1 stick butter or margarine**
- 1 can whole kernel corn**

Stew chicken, remove from bone and cut in 1 inch pieces. Return to kettle and add tomato soup, tomatoes, onion, lima beans, potatoes and seasonings. Cook until vegetables are tender. Add corn and butter.

**Cook 5 minutes. If desired, thicken with flour mixed with cold water.
Serves 8.**

37. CAESAR SALAD

2 anchovies

3 large cloves of garlic

1 egg yolk

1 tsp Worcestershire sauce

1 tsp Dijon mustard (not coarse)

salt (I use coarse Kosher) & freshly ground black pepper

juice of half a lemon

1/3 to 1/2 cup olive oil

1 - 2 hearts of Romaine, chopped, or one bag of pre-chopped.

About 1/2 cup coarsely grated Romano.

1/2 cup to 1 cup good quality store-bought or homemade croutons.

Heat oven to 350°. Spread croutons in a pan and toss them in the oven while you make the dressing.

In a large wooden bowl, using two dinner forks crisscrossed, mash the anchovies and garlic together into a paste. Shortcut: press them together through a garlic press.

Whisk in egg yolk, Worcestershire, Dijon, salt and pepper, and lemon juice. Pour in olive oil slowly, whisking vigorously.

At this point, I pour off about 1/2 to 1/3 of the dressing from the bowl, then add it back to taste. Depending on the amount of salad you use, the above recipe might make too much. Better safe than soggy. You can refrigerate and use any leftover within a few days.

Add lettuce, Romano, and warm croutons to your dressing bowl. Toss, adding reserved dressing if necessary. Serve immediately.

38. CANDIED CARROTS

1 pound carrots, cut into 2 inch pieces

2 tablespoons butter, diced

1/4 cup packed brown sugar

1 pinch salt
1 pinch ground black pepper

Place carrots in a pot of salted water. Bring water to a boil, reduce heat to a high simmer and cook about 20 to 30 minutes. Do not cook the carrots to a mushy stage!

Drain the carrots, reduce the heat to its lowest possible setting and return the carrots to the pan. Stir in butter, brown sugar, salt and pepper. Cook for about 3 to 5 minutes, until sugar is bubbly. Serve hot!

39. CARIBBEAN FUDGE PIE

A splash of rum extract adds an island flair to this sweet chocolate pie. Coffee and walnuts contribute to the richness by adding a savory tone.

Estimated Times

Preparation time: 15 mins

Cooking time: 30 mins

12 ounces Semi-Sweet Chocolate Morsels

3/4 cup firmly packed brown sugar

1/4 cup butter, softened

3 eggs

2 teaspoons Instant Coffee

1 teaspoon rum flavoring

1 cup chopped walnuts

1/4 cup flour

1 9-inch pie crust

1/2 cup halved walnuts

Preheat oven to 375*

In a small saucepan melt chocolate chips over low heat and set aside to cool.

Cream brown sugar and butter together in a large mixing bowl until light and fluffy, using an electric mixer at medium speed. Add eggs, one at a time, beating well after each addition.

Add chocolate chips, coffee powder and rum flavoring; blend well. Stir in nuts and flour; stir to combine.

Pour into unbaked pie crust. Arrange remaining walnuts in a circle around edge of pie.

Bake for 25 minutes or until outer edge is set. Cool on a wire rack.

40. CARRIBBEAN PINEAPPLE CHICKEN

8 slices of pineapple

4 boneless skinless chicken breast halves, slightly pounded

1/4 cup vegetable oil

4 cloves garlic

1/2 cup flour

1 cup water

3/4 cup honey

1/2 cup soy sauce

juice of one lime

1 tsp. coconut

pinch of ground red pepper

minced cilantro (optional)

crushed red pepper (optional)

Mix water, honey, soy sauce, lime juice, coconut extract and red pepper. Set aside.

Cut pineapple slices in half. In a nonstick skillet, sauté in oil over medium heat until slightly browned. Set aside.

Rub chicken breasts with garlic. Dredge in flour until thoroughly coated.

In the pan juices, sauté the chicken over medium heat until browned (about two minutes). Turn and brown other side. Remove chicken from pan and set aside. Rinse or wipe pan.

Note: you don't need to cook the chicken in this step; you're just browning the flour coating so that it sticks to the chicken while it's simmering in the sauce. Cooking the flour also prevents a pasty flavor.

Pour honey-soy mixture into pan. Return chicken to pan and simmer in honey mixture for 12-15 minutes over low heat. Turn chicken once

during cooking being careful not to tear the coating.

Note:

Make sure the sauce is only simmering. If the heat is too high, the mixture bubbles vigorously and burns, ruining the flavor of the dish. Serve over Caribbean rice. Serve with snow peas or broccoli, arranged decoratively with pineapple. Garnish with a sprinkle of cilantro and crushed red pepper, if desired

Caribbean Rice:

2 tbl. vegetable oil

1 tbl. julienne strips peeled fresh ginger

1 1/2 cups long-grain rice, rinsed well in several changes of water and drained

1 3/4 cups water

1/3 cup canned unsweetened coconut milk

1 small bay leaf

1/2 teaspoon salt

Tabasco to taste

2 scallions, minced

2 tbl. minced fresh cilantro

1 tsp. of coconut extract (optional)

In a medium saucepan, heat oil over moderately high heat until hot, but not smoking. Sauté ginger for about 2 minutes, stirring frequently. Add rice and cook 2 minutes, stirring frequently.

Add water, coconut milk, bay leaf, salt, Tabasco, and extract. Bring mixture to a boil. Reduce heat to low and cook covered, 20 minutes, or until rice is tender and liquid is absorbed.

Remove pan from heat and sprinkle rice with scallions and cilantro. Let rice stand 5 minutes and fluff with a fork. Discard bay leaf and serve.

41. CARROT RAISIN SALAD

3 cup grated carrots

1 cup seedless raisins

1 tbl. honey

6 tbl. mayonnaise
1/4 cup milk
1 tsp. lemon juice
1/4 tsp. salt (optional)

Combine carrots and raisins; toss lightly. Combine remaining ingredients in a separate bowl. Pour over carrots and raisins. Stir carefully and thoroughly. Chill thoroughly before serving. Makes 6 to 8 servings.

42. CHEESE & CORN QUESADILLAS

A fun snack that disappears quickly.

Preparation time: 10 mins

Cooking time: 9 mins

4 (10-in.) flour tortillas
1 can (15-oz.) corn, drained
1-1/2 cups shredded Monterey Jack cheese
2 medium roma tomatoes, seeded and diced

Preheat oven to 350°F. Spray 2 baking sheets with vegetable cooking spray.

Place tortillas on prepared baking sheets. Evenly sprinkle each tortilla with corn, cheese and tomatoes. Bake for 4 minutes, or until cheese begins to melt and tortilla is still pliable. Fold tortilla in half. Carefully flip tortilla over, and bake another 5 minutes. Cut each quesadilla into 4 wedges; serve warm.

Optional accompaniments: salsa, sour cream and/or guacamole.

43. CHEESEBURGER CRESCENTS

1 pound hamburger meat
Velveeta cheese
1 large can Crescent rolls

Brown ground meat and season to taste. Drain grease. Remove crescent roll whole from package and roll out flat. Put ground meat and cheese onto surface of crescent roll directly down the center. Fold sides and ends of crescent roll over ground meat and cheese to form something like a pizza pocket. Bake according to package directions.

Bake at 350*

Cooking Time: 30 minutes total

Servings: 2-3

44. CHEESEBURGER PIZZA

1 can refrigerated pizza crust

1/2 lb. ground beef

Onion

1 cup spaghetti sauce

1 cup shredded cheddar cheese

Heat oven to 425. Grease 12 inch pizza pan

Unroll dough, place in greased pan; press out dough from center to sides.

Bake 7-9 minutes or until light golden brown.

Brown ground beef and onion, drain any grease. Spread sauce over partially baked crust. Top with ground beef and cheese.

Return to the oven; bake an additional 12-18 minutes or until bubbly.

45. CHEESY HAM & VEGGIE BAKE

Serve with a tossed green or a fruit salad, and hot rolls for a great meal in a hurry.

Estimated Times

Preparation time: 10 mins

Cooking time: 35 mins

1 package (10-oz.) broccoli, cauliflower and carrot mixture
1 can (10.75-oz.) Cheddar Cheese soup
1/2 cup sour cream
2 cups chopped ham
2 cups cooked rice
1/2 cup soft bread crumbs
1 tablespoon butter, melted

Preheat oven to 350°

Cook veggies according to package directions; drain.
In a large bowl, combine soup and sour cream. Stir in broccoli, ham and rice. Spoon into 1½-quart baking dish.
Combine bread crumbs and butter in a small bowl and sprinkle over casserole. Bake 30 to 35 minutes or until thoroughly heated. Serve warm.

46. CHEESY POTATO & EGG FRITATTA

2 tablespoons vegetable oil
1 large baking potato, peeled and sliced 1/4 inch thick
6 eggs, beaten
1/2cup shredded cheddar cheese
salt and pepper to taste

Heat oil in a large skillet or frying pan over medium high heat. Spread potato slices across bottom of the pan and cook, turning once, until golden on both sides. Remove slices from pan and drain.
When all potato slices have been cooked, return them to the pan. Turn heat to high. Pour on the beaten eggs and season with salt and pepper. Tilt the pan so that the eggs flow to the bottom of the pan. Turn heat to medium low. Cover pan with a plate and flip pan so that frittata is turned out onto plate. Slide the frittata back into the pan with the uncooked side down. Cover and let cook another 2 minutes.
When frittata is finished cooking, remove it from the pan and drain briefly on paper towels before serving.

47. CHICKEN BURRITOS

Set out the cheese and other fixings and let the whole gang fix for themselves.

Estimated Times

Preparation time: 12 mins

Cooking time: 6 mins

1 tablespoon vegetable oil

1 pound boneless, skinless chicken breast halves, cut into 2-inch strips

1-1/4 cups water

1 package (1.5-oz.) Taco Seasoning Mix

8 (10-in.) burrito-size flour tortillas, warmed

Heat vegetable oil in large skillet over medium-high heat. Add chicken; cook for 3 to 4 minutes or until no longer pink. Add water and seasoning mix. Bring to a boil. Reduce heat to low; cook for 3 to 4 minutes or until mixture thickens.

Spoon chicken mixture evenly over tortillas. Top with shredded cheddar cheese, shredded lettuce, chopped green onions, sliced olives and Salsa, if desired. Fold into burritos.

48. CHICKEN CACCIATORI

3 lbs. frying chicken, cut up

3 tbl. oil

**2 cups (2-8 oz. cans) tomato sauce
with cheese**

3/4 cup tomato paste

2 tbl. minced instant onion or 1/2 cup chopped fresh onion

1 tsp. salt

1 tsp. Italian seasoning

1/4 tsp. garlic powder

1/8 tsp. pepper

Brown chicken in oil in a large fry pan. Drain excess oil.

Stir in remaining ingredients. Reduce heat; cover and simmer 45-50 minutes until tender. Serve over spaghetti or rice is desired.

49. CHICKEN CURRY IN A HURRY

**2 teaspoons brown sugar
2 teaspoons curry powder
1/2 teaspoon dry mustard
1/4 teaspoon pepper
4 boneless chicken breast halves, cut in bite-size pieces
14.5 ounces chicken broth or about 1-3/4 cups
1 1/2 cups orange juice
1 1/4 cups long grained rice, uncooked
10 ounce package frozen Peas**

Combine first 5 ingredients; sprinkle 1 tbsp seasoning mixture over chicken, tossing to coat. Reserve remaining seasoning mixture. Bring chicken broth, orange juice, rice and reserved seasoning mixture to a boil in a large non stick skillet. Add chicken; reduce heat, cover and simmer 15 minutes. Stir in peas; cover and simmer 10 minutes or until liquid is absorbed.

50. CHICKEN DIVAN CASSEROLE

**10-oz. pkg. frozen rice medley
10-oz. pkg. frozen broccoli in butter sauce
1 cup prepared Alfredo sauce
2 cups cooked cubed chicken
1 cup grated Parmesan cheese**

Preheat oven to 350 degrees. Cook rice and broccoli as directed on packages. Spread rice in bottom of 1-1/2 quart glass casserole dish. Top with broccoli in sauce and chicken. Spoon sauce over casserole and sprinkle with cheese. Bake at 350 degrees for 25-30 minutes until casserole bubbles around the edge and is thoroughly heated. 4 servings

51. CHICKEN FRIED RICE

A great use for last night's leftover chicken and rice, this quick dish has a bit of everything: vegetables, meat, rice and plenty of Asian flavor.

Estimated Times

Preparation time: 20 mins

Cooking time: 12 mins

**2 teaspoons peanut oil
1/2 cup chopped green onions
1/4 cup sliced celery
1/4 cup chopped seeded red bell pepper
1 clove garlic, crushed
1/2 teaspoon grated gingerroot
1/4 teaspoon crushed red pepper flakes
6 tablespoons liquid egg substitute
3 cups cooked long-grain rice
2 cups diced cooked chicken
2 tablespoons lite soy sauce
1 teaspoon sugar**

Heat oil over medium-high heat in a large, non-stick skillet or wok. Add green onions, celery, bell pepper, garlic, ginger and red pepper flakes and sauté until tender-crisp (about 5 minutes).

Pour in egg substitute; cook, stirring occasionally, until mixture is set (about 3 minutes). Stir in rice, chicken, soy sauce and sugar; cook until heated thoroughly. Serve hot.

52. CHICKEN MELON SALAD

**1 cup low fat mayonnaise
1/3 cup orange juice
4 boneless, skinless chicken breasts
2 cups Gemelli pasta
1 ripe cantaloupe, cut into 1" pieces**

In a large bowl, combine mayonnaise and orange juice and blend well. Refrigerate while preparing rest of salad.

Bake chicken breasts at 375 degrees for 20-30 minutes if thawed and 60-70 minutes if frozen, until thoroughly cooked. Let cool until cool enough to handle. Cut chicken into 1" pieces, and add to salad dressing. Cook pasta as directed on package. Drain, rinse briefly with warm water; then drain thoroughly. Stir cooked and drained pasta into mayonnaise/orange juice mixture.

Gently stir cantaloupe into the salad. Chill 1-3 hours until cold or serve immediately. 6 servings

53. CHICKEN NOODLE BAKE

**1 tbl chopped onion (or flakes)
3 chicken breasts (substitute canned chicken if needed)
1 can cream of celery soup
1/2 cup milk
1/2 cup sour cream
3/4 cup grated cheddar cheese
salt and pepper
2 pieces of toast
1 twelve ounce package of egg noodles**

Preheat oven to 350*

Prepare egg noodles according to package instructions.

Brown chicken and onion together Add soup, milk, sour cream and cheese, salt and pepper to taste, heat until bubbly

Stir in cooked noodles. Pour chicken and noodle mixture in a 9x13 baking dish. Crumble toast on top.

Bake for 20-25 minutes until hot.

54. CHICKEN RANCH WRAPS

4 flour tortillas
2 cups cooked chicken, diced
1 envelope Hidden Valley Ranch Dressing Mix
1 cup sour cream
sliced black olives, if desired
Salsa optional

Heat sour cream, olives (if used), and Ranch Mix in a medium saucepan; add chicken. Get everything hot without boiling. Serve by wrapping mixture in tortilla - garnish with salsa. May also include lettuce, chopped tomato, or green onion as garnish.

55. CHILI & CORNMEAL CRUSTED CHICKEN

Chicken need not be deep-fat fried in order to satisfy the need for a crispy crust. Slather your bird with this coating, fry in a little oil and serve with your family's favorite rice and beans.

Preparation time: 8 mins

Cooking time: 10 mins

1-1/2 pounds fresh boneless, skinless chicken breasts, see cooking tip section
1/4 cup cornmeal
2 tablespoons chili powder
1 teaspoon cumin
1/8 teaspoon salt
1/8 teaspoon ground black pepper
2 eggs, beaten
2 tablespoons vegetable oil

Pound chicken breasts between 2 pieces of plastic wrap or waxed paper to about 1/4-inch thickness; set aside.

In a shallow dish combine cornmeal, chili powder, cumin, salt and pepper. Dip chicken breasts in beaten egg, then into cornmeal mixture. Heat oil in a large, nonstick skillet over medium-high heat. Add chicken and cook on both sides until golden and no longer pink inside, about 10 minutes total.

56. CHILII CHEESE FRIES

**1 can chili without beans
1/2 jar pasteurized process cheese sauce
frozen fries**

Prepare 1 large cookie sheet of fries in oven according to directions. Place chili in a microwave safe bowl, heat until hot. Place cheese sauce in microwave safe bowl, heat until hot - being careful not to scorch. After the fries are cooked, place them in a plate. Pour chili over the fries. Pour cheese on the top and serve.

57. CHOP SUEY DINNER

Quick and easy dinner to make for lunch or supper.

**1 lb ground beef
2 large onions (sliced)
1 stalk celery (Diced)
1 can cream of chicken soup
1 can mushroom soup
2-1/2 cups water
1 cup uncooked rice (Not Instant)
1 tablespoon soy sauce
1 cup bean sprouts (To be sprinkled on top after it is baked.)**

Brown the ground beef with onions and celery; add the rest of the ingredients (except the bean sprouts.) and stir together well. Butter or grease casserole dish. Place the ingredients in the casserole dish. Bake at 325 degrees for 1-1/2 hours. Sprinkle with bean sprouts and serve.

58. COCOA CRUNCHY PEANUT BUTTER COOKIES

2 cups sugar
1/2 cup water
1/4 lb. butter
1/4 cup cocoa
Pinch of salt
1 cup crunchy peanut butter
1 tsp. vanilla
3 cups quick oats

Boil sugar, water, butter, cocoa and salt for 1 minute. Stir in crunchy peanut butter, vanilla and oats. Drop by spoonful on wax paper. Let stand until hard.

59. COCONUT SHRIMP

Prep time 15 min.
Cook time 15 min.

40 medium shrimp
2 tsp. garlic and herb seasoning
1 tsp. black pepper
1-1/2 cups flour
4 medium eggs, well-beaten
2 cups shredded coconut

Preheat oven to 400°F. Spray a large baking sheet with nonstick spray. Sprinkle garlic and herb seasoning and pepper evenly over the shrimp. Place the flour, egg, and coconut in three small separate bowls. Dip shrimp into the egg, then the flour, then the egg again, and then into the coconut. Place shrimp on the baking sheet at least 1 inch apart. Bake for about 12-15 minutes, or until they are crisp and golden brown. Serving suggestion: dip in mango sauce.

60. COLA CAKE

Just add a few ingredients to a regular box of yellow cake mix and you'll have, not only a very flavorful moist cake, but also a great conversation piece.

**1 yellow cake mix
1 package (3.5-oz.) instant vanilla pudding mix
1 cup shredded coconut
1 cup chopped nuts, (walnuts or pecans)
1/2 cup vegetable oil
1 can cola-flavored soda
4 eggs**

Preheat oven to 350°F. Grease and flour a Bundt, fluted or tube pan. In a mixer bowl combine cake mix, pudding mix, coconut, nuts, oil, soda and eggs; mix well. Pour into a prepared pan. Bake for 50 to 60 minutes or until a toothpick comes out clean when inserted in center. Remove from oven; allow to cool down prior to removing from pan and placing on a wire rack. Sprinkle with powdered sugar or drizzle with melted chocolate.

61. CORNER BAKERY FRENCH TOAST

This is not like regular 'French toast', it's more like a rich, soft, moist bread pudding that can be sliced and served with syrup. It's perfect for brunch and can also be served for dessert. This recipe comes from the Chicago Tribune.

**14 slices thick day-old bakery cinnamon-raisin bread
3 eggs, lightly beaten
1-1/2 cups half-and-half
1 cup whipping cream
1/2 cup sugar
1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
maple syrup, warmed**

Heat oven to 375°.

Line bottom of greased 8-inch square baking pan with 3 slices of bread, cutting to fit; top with 3 more slices, cutting to fit. Place 8 slices across top in 2 rows; shingle-fashion. Press down firmly. Whisk eggs in a medium bowl; whisk in half-and-half, cream, sugar, vanilla and cinnamon. Pour egg mixture evenly over bread. Cover tightly with foil. Bake 40 minutes. Remove foil; bake 10 minutes longer. Remove and let stand 10 minutes before serving. Serve with maple syrup.

62. CORNMEAL WAFFLES

Yummy with maple syrup and ham or bacon

Estimated Times

Preparation time: 10 mins

Cooking time: 10 mins

1 cup yellow cornmeal

1 cup flour

2 tablespoons sugar

4 teaspoons baking powder

1/2 teaspoon salt

1-3/4 cups milk

2 eggs, lightly beaten

1/3 cup butter, melted

In a large bowl, combine cornmeal, flour, sugar, baking powder and salt. In a separate bowl with an electric mixer at medium speed, beat together milk, eggs and butter. Add to dry ingredients and mix to blend. Pour batter onto a hot, greased waffle iron and bake until browned and crisp. Serve with butter and syrup or jam.

63. CRANBERRY CHICKEN

Estimated times

Preparation time: 15 mins

Cooking time: 20 mins

8 (4-6 oz.) fresh boneless, skinless chicken breasts

1/2 cup flour

1 cup whole berry cranberry sauce

2 tablespoons red cooking wine

1 tablespoon soy sauce

1 clove garlic, crushed

1 teaspoon finely grated gingerroot

1 teaspoon ground black pepper

4 tablespoons butter

Dredge chicken lightly in flour; set aside.

In a small saucepan, combine cranberry sauce, cooking wine, soy sauce, garlic, ginger and pepper.

Warm over low heat until cranberry sauce melts and sauce is thoroughly mixed. Set aside.

In a large frying pan, melt butter over medium-high heat until hot. Add chicken and sauté for 5 minutes. Turn over and continue cooking for 5 minutes more or until chicken is cooked through.

Pour cranberry sauce over chicken and let simmer 1 to 2 minutes, continuously spooning sauce over chicken. Serve on a bed of white rice.

64. CRAWFISH ETOUFFEE

This quick version of a Cajun classic is a welcome addition to anyone's weeknight repertoire. Condensed soup takes the place of the traditional darkened roux.

Estimated times

Preparation time: 12 mins

Cooking time: 14 mins

1/4 cup butter

1 cup chopped peeled onion

1 cup chopped seeded green bell pepper

1/2 cup sliced celery

2 cloves garlic, crushed
1 pound crayfish tail meat
1 can (10.75-oz.) condensed cream of celery soup
1/2 cup chicken broth
1/4 cup chopped fresh parsley
1 teaspoon salt
1/2 teaspoon hot pepper sauce
1/8 teaspoon pepper

3 cups cooked long-grain rice

Melt butter in a large, deep skillet over medium-high heat. When foam subsides, add onion, green bell pepper, celery and garlic and sauté until tender-crisp, about 4 minutes. Stir in crayfish, soup, chicken broth, parsley, salt, hot pepper sauce and pepper. Bring to a boil, reduce heat and simmer for 10 to 15 minutes. Serve warm over rice.

65. CREAMY CHICKEN & NOODLES

1 (16 ounce) package wide egg noodles
2 (5 ounce) cans chunk chicken, drained
2 (10.75 ounce) cans condensed cream of mushroom soup
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Return pasta to pot with chicken, soup, garlic salt and pepper over medium heat. Heat through, 5 minutes.

66. CREAMY CHICKEN & RICE CASSEROLE

2 cups cooked, cubed chicken
2 cups instant rice
2 cans cream of chicken soup
2 cups milk

1-1/2 cups shredded cheddar cheese
1 tsp. pepper
1 tsp. seasoned salt

Mix all together in large bowl. Pour into greased 13 x 9 baking pan.
Bake at 350 for 30 min.

Temperature: 350 degrees
Cooking Time: 30 minutes

67. CREAMY CHICKEN AU GRATIN A POT PIE

2 cans cream of chicken soup
1 cup milk
salt
pepper
1/2 tsp onion flakes or powder
3-1/2 cups cubed chicken breast
6 cups favorite frozen vegetables, thawed (approx. 2- 14oz pkgs.)
2 cups shredded cheddar cheese
1 can layer style refrigerated biscuits

Preheat oven to 375. Spray a 13x9 glass baking dish with non-stick spray.

In a skillet, combine soup and milk, salt, pepper and onion, heating until well blended. Add chicken, vegetables and cheese. Mix well. Cook until bubbly, stirring constantly. Pour mixture into baking dish. Place biscuits on top of chicken/vegetable mixture.

Bake for 20-28 minutes, until biscuits are golden brown.

68. CREAMY RANCH SKILLET POTATOES

4 to 5 medium potatoes, peeled and cubed
1/3 cup onion, chopped
1 envelope ranch-style dressing mix (1 ounce)

**1/3 cup sour cream
2 cups milk
1 teaspoon parsley**

Precook potatoes in microwave or boil until slightly tender. Spray a large skillet with non-stick cooking spray. Over medium heat, brown onions and potatoes. Add remaining ingredients and simmer just until sauce thickens.

69. CREAMY SPINACH SALAD

**6 cups bite-size pieces spinach, washed and dried
1 small onion, sliced
1/4 cup diced celery
3 hard-boiled eggs, sliced
Freshly ground black pepper
1/2 cup unflavored yogurt
1 clove garlic, minced
1 tsp. minced parsley
1 tsp. minced chives
1/4 tsp. Worcestershire sauce
1 tbsp. grated Parmesan cheese
4 tsp. lemon juice**

Combine spinach, onion, celery and eggs in a large bowl. Cover and refrigerate until ready to serve. In a separate bowl, combine remaining ingredients. Taste and correct seasonings. Chill. Drizzle dressing over spinach; toss lightly. Makes 4 to 6 servings.

70. CREAMY SWISS CHICKEN

This recipe comes from Pillsbury's Easy Weeknight Meals. It is easy, rich, creamy, and very satisfying.

**4 boneless, skinless chicken breasts
1 can condensed cream of chicken soup**

1/4 cup half and half or milk
1/2 cup purchased dry bread crumbs
2 Tbl. melted butter
1/2 cup shredded gruyere or Swiss cheese

Preheat oven to 375 degrees. Place chicken in a greased 12x8" glass baking dish. In a small bowl, combine soup and half and half. Mix well with wire whisk and pour over chicken. Bake at 375 degrees for 30 minutes.

Meanwhile, combine bread crumbs with melted butter in small bowl. Remove chicken from oven, sprinkle with cheese, and sprinkle crumb mixture over the cheese. Return to oven and bake 10 minutes longer, or until chicken is thoroughly cooked. 4 servings.

71. CREOLE EGGPLANT

1 onion, peeled and chopped
1 green bell pepper, seeded and chopped
1 can (8-oz.) tomato sauce
1 clove garlic, crushed
1/2 teaspoon salt
1/4 teaspoon dried crushed oregano
1/4 teaspoon black ground pepper
1/4 teaspoon hot pepper sauce
1 eggplant, peeled, sliced, diced

In a heavy skillet combine onion, green bell pepper, tomato sauce, garlic, salt, oregano, pepper, and hot pepper sauce. Cover and cook over low heat for 10 minutes; stir in eggplant. Cover and cook an additional 20 minutes, stirring occasionally.

72. CREOLE GUMBO

1 (14-1/2 oz.) can chicken broth
1 (14-1/2 oz.) can tomatoes
3 cups water

1 sm. bay leaf
1 tbl. dried thyme leaves
2 tbl. butter or margarine
1 cup chopped onion
1/4 cup chopped green bell pepper
1 tbl. minced parsley
3 tbl. file powder (or more according to taste)
1 lb. sliced chicken breast (other parts may be used)
3 turkey sausage, sliced
Salt, pepper and garlic powder
2 cups frozen sliced okra
3 cups cooked rice
2 cups frozen baby shrimp, cooked
Hot pepper sauce (optional)

Combine chicken broth, tomatoes, water, bay leaf, thyme, butter, onion, green pepper, parsley, file powder, chicken, sausage, salt, pepper and garlic powder in stockpot or large Dutch oven. Cook 30 minutes. Add okra. Cook according to time on package (8 to 10 minutes). Add rice and shrimp. Let stand 5 minutes. Remove bay leaf before serving. (If you prefer, cook rice separately and pour the gumbo over it.) Season with hot pepper sauce, if desired.

73. CRESCENT TWIST APPETIZERS

1 can Crescent Dinner Rolls
1 tbl. melted butter
2 tbl. shredded Cheddar cheese
Garlic salt

Preheat oven to 375*.

Separate dough into 4 rectangles. Press perforations to seal. Brush two of the rectangles with melted butter; sprinkle with Cheddar cheese and Parmesan cheese. Sprinkle with garlic salt. Place remaining 2 rectangles on top of seasoned rectangles. Cut each crosswise into ten 1/2 inch strips. Twist each strip 5 to 6 times. Place on ungreased cookie sheet; securing ends by pressing to the sheet.

Bake for 10-12 minutes until golden brown.

74. CRISPY EGGPLANT

**1 eggplant
1 egg, beaten
1 (8 ounce) container sour cream
2 cups Italian seasoned bread crumbs
3 tablespoons all-purpose flour**

Preheat oven to 325 degrees F (165 degrees C). Grease a cookie sheet. Wash eggplant and slice into 1/4 to 1/2 inch slices. In a medium bowl, stir together the egg and sour cream until well blended. Toss the egg plant slices with the flour to coat. Dip one slice at a time into the batter then coat with the seasoned bread crumbs. Place coated eggplant onto the prepared cookie sheet and spray the tops with cooking spray. Bake in the preheated oven for 15 minutes, then turn the slices over and continue to cook for an additional 15 to 20 minutes, or until both sides are brown and crisp.

75. CRISPY PARMESAN FISH FILLETS

**6 (4 ounce) fine-textured fish fillets (such as flounder, sole or cod)
1 egg, beaten
1/2 cup grated Parmesan cheese
1/2 cup cornflake crumbs
1/4 teaspoon ground red pepper (optional)**

**Heat oven to 450 degrees
Dip fish in egg; coat with combined cheese, crumbs and pepper. Place in greased shallow baking dish. Bake 5 to 10 minutes or until fish flakes easily with fork. Makes 6 servings.**

Variation: Substitute boneless skinless chicken breast halves for fish. Decrease oven temperature to 400 degrees F. Bake 15 to 20 minutes or until chicken is cooked through.

76. DIJON SALMON

**(4 ounce) fillets salmon
3 tablespoons prepared Dijon-style mustard
salt and pepper to taste
1/4 cup Italian-style dry bread crumbs
1/4 cup butter, melted**

Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil.

Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter.

Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.

77. EASIEST CROCK POT BEEF ROAST

This is so easy to put on in the morning on my way out to work and I come home to a yummy dinner entree. All I do is add some cooked rice or mashed potatoes and a veggie or salad.

**4-5 lbs boneless beef chuck roast
1 can Cream of Mushroom, or Golden Mushroom soup
1 can French onion soup
flour (or corn starch mixed with water for thickening gravy)**

Trim beef of all fat and cut into pieces to fit in the crock pot. Dump in cans of soup on top of meat- no need to stir.

Put lid on and cook on low 8-10 hours. Remove meat from crock pot and pour juices from crockpot into small saucepan. Bring to boiling and thicken with flour or corn starch mix.

Serve meat and gravy with mashed potatoes or rice, and a veggies or salad.

78. EASY BEEF N' TATER CASSEROLE
(Kid friendly supper)

1 lb lean ground beef
1/2 package Lipton's onion soup mix
1 can mushroom soup
1 package tater tots
1 cup grated cheese of choice

Directions

Press the raw ground beef in the bottom of a square baking dish. Sprinkle with the Onion Soup mix. Spread the mushroom soup over the top. Place a layer of frozen tater tots on top. Bake 50 minutes, sprinkle with grated cheese and bake 10 more minutes.
You can double the recipe and use a 13 x 9" baking dish.

Temperature: 350
Cooking Time: 1 Hour

79. EASY CHICKEN PIE

3 cups diced cooked chicken
2 cups sliced celery
1 cup sliced carrot
1/2 cup slivered toasted almonds
1/4 cup diced onions
1 can cream of chicken soup
1/2 cup sour cream
1/2 cup mayonnaise
1 teaspoon celery salt
2 tablespoons lemon juice
2 unbaked 9-inch pie crust
1-1/2 cups shredded cheddar cheese (divided)

Combine all ingredients except pie crust and 1 cup of cheese. Spoon into pie crusts. Bake at 350 degrees F for 30 minutes or until crust is browned.

Sprinkle remaining cheese over the top and bake for an additional 10 minutes Cool 10 to 15 minutes before cutting into wedges.

80. EASY CORN DOGS
Kids love these!!

4 refrigerated cornbread biscuits
4 hot dogs

Preheat oven to 400 degrees F (200 degrees C).

Wrap a biscuit around each hot dog, pinching the dough at the end to seal.

Bake until golden brown, about 10 minutes.

81. EASY ENCHILADAS

12 Corn tortillas
1 package enchilada sauce mix
1 lb. ground beef
2 tbl. instant minced onion or 1/2 cup chopped fresh onion
2 cups shredded Cheddar or Monterey Jack Cheese
1/4 cup chopped or sliced black olives

Preheat oven to 350*

In a medium, saucepan prepare enchilada sauce mix as directed on the package. In a large fry pan, brown the ground beef and onion. Drain excess fat. Stir 1/2 cup enchilada sauce into the meat mixture. To assemble, dip each tortilla into the sauce. Spoon about 2 tbl. meat mixture and 1 tablespoon cheese down the center of each tortilla. Roll into thirds and place seam side down in a 9 by 13 inch baking dish. When all the tortillas are assembled, pour the remaining sauce over the top. Sprinkle with olives and extra cheese. Cover with foil; bake for 20 minutes until heated through and the cheese is melted.

Canned or homemade enchilada sauce to make 4 cups can be used for the mix.

82. EASY GARLIC CHICKEN

**3 tablespoons butter
4 skinless, boneless chicken breast halves
2 teaspoons garlic powder
1 teaspoon seasoning salt
1 teaspoon onion powder**

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

83. EASY LASAGNA

The following recipe for lasagna tastes as though you worked for hours to get such delicious results. It takes roughly only an hour from start to finish!

Ingredients:

**9 lasagna noodles
1 lb. ground beef or ground turkey
1 28 oz. jar spaghetti sauce
1 16 oz. container of small curd cottage cheese
1 package shredded mozzarella cheese (8 oz.)
1 cup grated parmesan cheese
1 medium-sized onion**

Brown meat and onion in a skillet and remove grease. Add spaghetti sauce and simmer 2-3 minutes.

While browning meat, cook noodles for approximately 10 minutes and drain. Place 3 noodles horizontally in a 9" x 12" pan and begin layering

process with the sauce. Dab on 1/3 of the cottage cheese, mozzarella cheese and parmesan cheese. Repeat the layering process two more times for a total of 3 layers.

Bake for 35 minutes at 350 degrees. Serve with toasted garlic bread and a tossed salad.

84. EASY MAC & CHEESE

1 (8 ounce) package elbow macaroni
5 tablespoons butter
5 tablespoons all-purpose flour
1 quart warm milk (110 degrees F/45 degrees C)
salt and pepper to taste
1 pinch cayenne pepper
1/4 pound cubed ham
8 ounces cubed Cheddar cheese
7 ounces Monterey Jack cheese, cubed
paprika to taste

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 x 13 baking dish. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a medium saucepan, melt butter and stir in flour to make a roux. Cook 1 to 2 minutes, stirring constantly, then whisk in warm milk a little at a time to make a white sauce. Bring to a boil, then reduce heat and simmer. Mix in salt, pepper, and cayenne, and stir frequently until sauce thickens.

Remove pan from heat and stir in Cheddar, Jack and ham. Combine pasta with sauce and stir well. Pour into baking dish. Use paprika to make a decorative pattern on top. Bake 45 to 60 minutes, or until top is the desired crispiness. Let rest 20 minutes before serving.

85. EASY MEXICAN CALZONES

1 (15-oz.) package refrigerated pie crust, room temperature

1 pound ground beef
1 (4-oz.) can diced green chiles
1/4 cup water
1 (1.25-oz.) package Taco Seasoning Mix
1 cup shredded mild Cheddar or Monterey Jack cheese, divided

Garnish suggestions: Salsa ,shredded lettuce, sour cream, diced tomatoes, sliced green onions

Preheat oven to 425 degrees F.

Brown beef in large skillet; drain. Add chiles, water and seasoning mix; mix well.

Place unwrapped pie crusts on cutting board; unfold. Cut each crust in half, making 4 half circles. Place 1/2 cup beef filling on half of each half circle. Place 1/4 cup cheese on top of each. Dampen edge of crust with water. Fold sides over filling; crimp edges with tines of fork. Place on ungreased baking sheet.

Bake for 10 to 15 minutes or until golden brown. Cool on baking sheet for 5 minutes. Garnish as desired.

86. FORGOTTEN CHICKEN

1 chicken, cut up
1 envelope dry onion soup mix
2 cans cream of chicken soup
2 cups uncooked rice
2 cans water

Place chicken in bottom of roaster or casserole dish. Sprinkle with dry soup mix. Pour 2 cups of rice over this, set aside. Mix 2 cans water with 2 cans chicken soup. Pour over chicken and rice. Cover tightly. Bake in 350 degree oven 1 hour. Do not lift cover until done.

87. FRUIT CUPS WITH PINEAPPLE DRESSING

Preparation time: 9 minutes

15-1/2 ounces pineapple chunks
11 ounces Mandarin orange sections
2 bananas, sliced
1 apple, chopped
1 pound seedless grapes
1-1/4 cups marshmallow creme
3 tablespoons mayonnaise
1/4 teaspoon vanilla

Reserving the syrup, drain pineapple chunks and mandarin orange sections; set aside. In a bowl combine the fruit, sliced bananas, chopped apple, and halved seedless grapes. Spoon into individual serving dishes. In a bowl combine marshmallow creme, mayonnaise, vanilla, and of the reserved liquid; stir well. Spoon over the fruit.

88. FRUIT SALAD

24 ounces cottage cheese
1 (12 ounce) container frozen whipped topping, thawed
1 (6 ounce) package orange flavored gelatin mix
2 (11 ounce) cans mandarin oranges, drained
1 (20 ounce) can pineapple chunks, drained

In a large bowl, combine the cottage cheese, whipped topping and gelatin mix. Stir in the oranges and pineapple. Chill in the refrigerator.

89. GARLIC LIME CHICKEN

Estimated Times
Preparation time: 35 mins
Cooking time: 8 minutes

1/2 cup soy sauce
1/4 cup lime juice
1 tablespoon Worcestershire Sauce

2 garlic cloves, crushed
1/2 teaspoon dry mustard
4 fresh boneless, skinless chicken breasts
1/2 teaspoon pepper
1 vegetable cooking spray

In a bowl mix together soy sauce, lime juice, Worcestershire sauce, crushed garlic cloves, and dry mustard. Place boneless chicken breasts in a bowl and pour the soy sauce mixture on top. Cover and marinate in the refrigerator for 30 minutes.

Remove the chicken from the marinade and sprinkle with pepper. Spray a non-stick skillet with vegetable cooking spray and heat over medium heat. Add the chicken and cook about 6 minutes on each side, or until tender.

90. GARLIC MASHED POTATOES

The secret is cooking the garlic with the potatoes, then mashing them up together. A great side dish that is sure to please. Enjoy!

Preparation time: 5 mins

Cooking time: 20 mins

2 pounds potatoes, peeled and cut into large chunks
8 cloves garlic, peeled and smashed
1/4 cup whipping cream
2 tablespoons butter, softened
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Add potatoes and garlic to a large saucepan; cover with 2 inches of water. Bring to a boil and simmer until tender, about 15 to 20 minutes. Drain well and put back in pan. Add milk, butter, salt and pepper; mash with a potato masher until creamy. Serve immediately.

91. GERMAN CHOCOLATE PECAN BARS

1 (18 1/4 ounce) package German chocolate cake mix
2 cups pecan pieces
4 eggs, divided
1/4 cup butter or margarine, melted
8 ounces cream cheese, softened
1 (16 ounce) package confectioners' sugar

In large mixing bowl, combine cake mix, pecans, 1 egg and butter; mix well. Pat mixture into bottom of 13 x 9-inch greased baking pan; set aside.

In a large bowl, blend cream cheese, remaining eggs and confectioners' sugar until smooth. Pour over cake mixture. Bake at 350 degrees F for 45 minutes or until set. Cool completely on wire rack. Cut into squares.

92. GINGER PEACHY CHICKEN

8 skinless, boneless chicken breast halves
3/4 cup brown sugar
4 fresh peaches - peeled, pitted and sliced
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
2 tablespoons fresh lemon juice

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish and sprinkle with 1/2 cup of brown sugar. Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger, cloves and lemon juice.

Bake at 350 degrees F (175 degrees C) for about 30 minutes, basting with juices, or until chicken is cooked through and juices run clear.

93. GLAZED CARROTS

10 to 12 small carrots, washed & trimmed

2 tbl. margarine
1 tsp. brown sugar
2 tbl. honey
Dash of parsley, if preferred

Cook carrots in a small amount of boiling salted water 10 minutes. When tender, drain and set aside. Melt margarine in medium skillet. Add sugar and honey. Blend. Add carrots. Cook 3 to 4 minutes over low heat, stirring so each carrot is glazed. Sprinkle with parsley.

94. GLAZED MICROWAVE CHICKEN

Prep: 5 min, Cook: 15 min.

4 boneless and skinless chicken breasts
2 tsp. paprika
8 thin lemon slices
1/4 cup honey
1/4 cup spicy brown mustard
1/4 tsp. onion powder
1 tsp. lemon juice
1 tsp. curry powder

Sprinkle chicken breasts with paprika and then top with lemon slices. Place in microwave dish, cover loosely with wax paper, and microwave for about 8-10 minutes, turning dish halfway through cooking. Remove chicken from the dish; (leave behind any liquid).

In a small microwave bowl, mix remaining ingredients. Microwave the sauce for 2 minutes. Spoon sauce over chicken and microwave again for about 2 minutes, or until the glaze is hot and a fork can be inserted into the chicken with ease.

95. GOLDEN STEW

4 carrots, cut into 1 inch pieces

1-1/2 cups peeled and diced potatoes
2 medium onions, cut up
Water
1 pkg. (10 oz.) frozen peas, thawed
2 cups cubed ham
1 can cream of Mushroom soup undiluted
1 (8 oz.) jar process cheese spread

In a large saucepan or Dutch oven, combine carrots, potatoes, onions and just enough water to cover. Cook covered until veggies are tender about 10 minutes. Add peas and ham, continue to cook 5 more minutes. Drain water, stir in soup and cheese and heat through.

96. GREEN BEAN CASSEROLE

1 or 2 cans French-style green beans, drained
1 can cream of mushroom soup
3 tbl. milk
Parmesan cheese and red pepper to taste
1 can French-fried onions

Pour green beans into buttered casserole dish. Mix together soup and milk. Pour over green beans. Sprinkle top with cheese and red pepper. Bake at 350 degrees for 20 minutes. Wait until 5 minutes before done, sprinkle onions on top and finish cooking.

97. GRILLED ASPARAGUS

Prep: 10 min, Marinate: 15 min, Cook: 10 min.

20 spears fresh asparagus, or more as desired
1/2 cup olive oil
1 tsp. salt
1 tsp. pepper
1/4 tsp. garlic powder, or to taste
1/4 tsp. onion powder, or to taste

Cut about 1 inch off the bottom of the asparagus to get rid of the tough part. Wash the asparagus, and place in large freezer bag. Pour olive oil in the bag with the asparagus. Add salt, pepper, garlic powder, and onion powder. Zip up the bag, and shake to coat all the asparagus. Place bag in fridge for 15 minutes, or overnight. Remove from fridge 30 minutes before cooking; allow to come to room temperature in the bag. Throw on the grill for about 5-8 minutes.

98. GROUND BEEF STROGANOFF

**1 lb. ground beef
1/2 cup chopped onion
1/2 cup drained mushrooms
1-1/4 cups condensed Cream of Mushroom soup
1/4 cup water, red wine or beef broth
1/2 cup sour cream**

In a fry pan, brown the ground beef and onion; drain well. Stir in mushrooms, soup and water. Cover and simmer for 15-20 minutes. Stir in sour cream; heat through, but do not boil. Serve over noodles or rice.

99. HARVEST YAMS

**3 large yams, quartered length-wise
3/4 cup maple syrup
1 teaspoon ground nutmeg
1-1/2 teaspoons ground cinnamon
1/2 cup butter, sliced**

Preheat oven to 325 degrees F (165 degrees C). Lay yams skin side down in a 9x12 inch baking dish. Pour maple syrup over the yams and sprinkle with nutmeg and cinnamon. Dot with butter and cover with aluminum foil. Bake in a preheated oven for 25 minutes. Serve with a ham slice, buttered green beans, and hot rolls.

100. HAWAIIAN BUNDT CAKE

1/2 cup margarine, melted
3 eggs
1 (18.25 ounce) package yellow cake mix
1 (20 ounce) can crushed pineapple with juice
1/2 cup chopped pecans
1/2 cup coconut
1 mashed banana

Preheat oven to 350 degrees F. Grease and flour a 10 inch bundt pan. In a large bowl stir the melted margarine, eggs, and the banana. Add the cake mix and crushed pineapple with juice and mix until smooth. Stir in the 1/2 cup chopped pecans, and the coconut. Pour batter into prepared pan. Bake in the preheated oven for 50 to 55 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

101. HEAVENLY PEACH PIE

**2-1/2 cups fresh peaches or 1 large
can sliced peaches with juice**
1 small box peach gelatin
1 (18.25 ounce) box yellow cake mix
1/2 cup (1 stick) butter or margarine
1-1/2 cups water

Preheat oven to 350 degrees.
Pour peaches into a greased 13 x 9-inch pan. Sprinkle gelatin over peaches. Sprinkle cake mix over gelatin. Dot evenly over cake mix 1 stick butter or margarine. Punch holes in mixture with knife. Pour water on top. Bake for 1 hour or until done.

This is delicious served warm with whipped topping or vanilla ice cream.

102. HONEY GLAZED CHICKEN

Oranges, red wine and gingerroot create a savory blend of flavors.

Estimated times

Preparation time: 15 mins

Cooking time: 30 mins

1 orange, unpeeled, quartered

4 fresh boneless, skinless chicken breasts, about 6-oz. each

1/2 cup orange juice

1 teaspoon salt

1/4 teaspoon ground black pepper

1/4 teaspoon grated, fresh gingerroot

1/2 cup honey

1/2 cup red wine

1 tablespoon grated orange peel

Preheat oven to 375°

Place orange quarters into a 13x9x2-inch baking dish; top with chicken breasts over each quarter.

Combine orange juice, salt, pepper and ginger in a small bowl; pour over chicken. Bake covered for 20 minutes. Remove cover; brush with honey. Bake for 10 additional minutes or until tender, basting frequently with red wine and grated orange peel. Remove from oven; serve warm.

Serve with a rice dish, veggies and a green salad.

103. HONEY MUSTARD CHICKEN

6 skinless, boneless chicken breast halves

salt and pepper to taste

1/2 cup honey

1/2 cup prepared mustard

**1 teaspoon dried basil
1 teaspoon paprika
1/2 teaspoon dried parsley**

Preheat oven to 350 degrees F (175 degrees C).

Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

104. HURRY UP PEPPER STEAK

Tenderizing the meat will cut your cooking time.

**1 flank steak (1-1/2 lbs.)
Meat tenderizer
2 tbl. oil
Dash pepper
1-1/4 cups(10oz. can) Beef Consomme' or broth
1/8 tsp. garlic powder
1/8 tsp. Thyme
1 large green pepper, cut into 1 inch pieces
1 tbl. flour or cornstarch
1/4 cup water**

Score flank steak. Prepare with meat tenderizer as directed on package. Cut across the grain into strips 1/2 inch wide. In a large fry pan, brown meat in oil on both sides. Add seasonings and consomme'. Cover; simmer 30 minutes until the meat is tender. Add green pepper and continue cooking 10 minutes until green pepper is crisp tender. Combine flour and water. Add to meat mixture and cook, stirring constantly until thickened. Serve with rice if desired.

105. IRISH CREAM BARS

Cake:

1 (18.25 ounce) box yellow cake mix
3 eggs
2/3 cup Bailey's Irish Cream
1/3 cup oil

Swirl:

1 can cream cheese frosting
1 package white chocolate chips
1/4 cup Bailey's Irish Cream

Preheat oven to 350 degrees F. Prepare 15 x 10 x 1-inch jellyroll pan. Mix cake mix with eggs, Irish Cream and oil. Set aside 1/2 cup of prepared cake batter for Swirl. Pour cake batter into prepared pan. In a small bowl, blend all Swirl ingredients. Drop large spoonfuls of this mixture over the cake batter. Swirl with a fork to make a marble effect. Bake for 25 to 30 minutes. Cool and cut into squares.

106. ITALIAN CHICKEN

4 to 6 boneless, skinless chicken breasts
1 lg. jar spaghetti sauce of choice
2 cups grated mozzarella cheese
parmesan cheese
salt, pepper, garlic
to taste
Fettuccine noodles

Grease large casserole dish
Season chicken breasts with salt, pepper and garlic. Place flat in
casserole dish. Bake for 20 minutes turning once. Pour spaghetti sauce
over chicken and sprinkle generously with mozzarella cheese. Bake until
bubbly and cheese has melted. Prepare noodles according to directions
and serve chicken and sauce over noodles. Top with grated parmesan
cheese.

107. JALEPENO CORN CASSEROLE

1 16 oz can whole kernel corn
1 16 oz can creamed corn
1/2 cup sugar
3/4 cup yellow corn meal
1 egg
1 small chopped onion
1 clove minced garlic
chopped jalapeno to taste
1 stick melted REAL butter

Mix it all up; pour in a casserole.
Bake for 45 minutes at 350*

108. JAMAICAN JERKED CHICKEN

Jerk seasoning is a spicy blend of garlic, onions, chiles and other spices originating from the Caribbean. Try this one out on the barbecue when it's too hot to stay inside.

Estimated Times

Preparation time: 5 mins

Cooking time: 30 mins

3-1/2 pounds fresh chicken legs
2 tablespoons olive oil
2 tablespoons jerk seasoning
2 limes, juiced

Preheat oven to 400°

Brush chicken with oil and sprinkle with Jerk Seasoning. Place in a shallow roasting pan and bake 30 minutes or until cooked thoroughly. Sprinkle with lime juice and serve hot.

109. LEMON 7-UP BUNDT CAKE

**1 package lemon cake mix
1 package instant lemon pudding mix
3/4 cup vegetable oil
4 eggs
1 cup 7 up**

Preheat oven to 350 degrees. Grease and flour a 10 inch bundt pan. In a large bowl; combine cake mix and pudding mix; add eggs, oil and 7 up. Beat until well blended. Pour into prepared pan and bake 35-40 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool 10 minutes before inverting onto serving platter.

110. LEMON BROILED CHICKEN

**2-1/2 to 3 lbs. frying chicken, cut up
1 lemon, halved
1 tsp. salt
1/2 tsp. paprika
1/8 tsp. pepper
2 tbl. butter
1 tsp. sugar**

Preheat broiler. Rub chicken pieces on all sides with cut surface of the lemon, squeezing lemon halves to release the juice. Place chicken pieces skin side down on broiler pan. Combine salt with paprika and pepper. Brush chicken with half of melted butter; sprinkle with half of the seasoning mixture. Broil or grill 6-8 inches from the heat for 15-20 minutes until deep golden brown. Turn chicken; brush with remaining butter and sprinkle the remaining seasoning mixture. Continue broiling 10 to 15 minutes until chicken is tender and deep golden brown. For a special flavor treat, sprinkle chicken pieces with sugar about 3 minutes before the end of broiling pan.

111. LEMON PUDDING COOKIES

**1 cup baking mix (like Bisquick)
1 (3.40 ounces) package instant lemon pudding
1 large egg, beaten to blend
1/4 cup vegetable oil
sugar**

Preheat oven to 350°F.

Mix all except sugar together in large bowl until dough forms. Roll dough into 1-inch balls. Place balls 2 inches apart on greased cookie sheets. Dip flat-bottom glass into sugar. Press glass onto dough ball and flatten into 1/4-inch-thick cookie.

Repeat with remaining cookies. Bake until just golden brown on edges, about 10 minutes.

Transfer to racks and cool completely. Store cookies in airtight container.

112. LEMON ROASTED POTATOES

**2 tablespoons lemon juice
4 teaspoons olive oil or vegetable oil
1/2 teaspoon thyme
1/2 teaspoon garlic salt
pepper
6 small red potatoes, quartered**

In a medium bowl, combine lemon juice, oil, thyme, garlic salt, and pepper. Add potatoes; toss to coat. Place in lightly greased baking dish. Bake, uncovered, at 450° for 40 minutes or until tender.

113. LOUISIANA DIPPIN' SHRIMP

1 pound shrimp, heads off and unpeeled

1/2 cup butter
1/2 cup zesty Italian dressing
1 tablespoon lemon juice
2 teaspoons ground black pepper
1/8 teaspoon garlic powder

Preheat oven to 350 degrees F (175 degrees C).

Wash shrimp and drain well. Melt margarine/butter in a one quart casserole dish. Add salad dressing, lemon juice, black pepper and garlic powder. Add shrimp to the casserole dish. Stir gently to cover the shrimp with the mixture. Cover and bake, stirring occasionally for 25 to 30 minutes or until shrimp are pink.

Serve the shrimp hot on a large platter and place the sauce in individual bowls so that you can easily 'dunk' French bread in the sauce!

114. LUSCIOUS LEMON BARS

1 (18.25 ounce) box yellow cake mix
2 eggs
1/3 cup vegetable oil
8 ounces cream cheese, softened
1/3 cup granulated sugar
1 teaspoon lemon juice

Mix dry cake mix, 1 egg and oil until crumbly; reserve one cup of mixture. Pat remaining mixture lightly into an ungreased 13 x 9-inch baking pan. Bake 15 minutes at 350 degrees.

Beat cheese, sugar, lemon juice and remaining egg until light and smooth. Spread over baked layer. Sprinkle with reserved crumb mixture. Bake 15 minutes longer. When cool, cut into bars.

115. MANDARIN PORK CHOPS

Estimated Times

Preparation time: 4 mins

Cooking time: 25 mins

**4 pork chops
1 tablespoon oil
1/2 cup orange juice
1/4 cup water
3 tablespoons brown sugar
2 tablespoons lemon juice
1 tablespoon cornstarch
2 chicken bouillon cubes, crushed
11 fluid ounces Mandarin orange sections
1 green bell pepper, sliced**

In a large skillet, brown pork chops in oil; remove from the pan. Add orange juice, water, brown sugar, lemon juice, cornstarch, and crushed chicken bouillon cubes to the skillet. Cook and stir until slightly thickened. Return the pork chops, cover, and simmer for 20 minutes, or until tender. Add mandarin orange sections (drained) and sliced green bell pepper; heat through.

116. MANGO PUREE

Dresses up plain ice cream or cheesecake for a quick dessert.

**2 ripe mangoes, peeled, pitted and cut into pieces
3 tbsp. sugar
juice of 1/2 lemon**

**Purée mango, sugar and lemon juice in food processor until smooth.
Keep refrigerated for up to 3 days.**

117. MARBLED MINI CHEESECAKES

**12 vanilla wafers
2 (8 oz) pkg. cream cheese, softened to room temp.
1/3 cup sugar**

2 tsp vanilla
2 eggs
1/2 cup melted chocolate chips

Preheat oven to 325

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. Mix cream cheese, vanilla and sugar on medium speed until blended.

Add eggs and mix well. Drizzle melted chocolate onto top of cheesecake, taking a table knife, gently swirl in chocolate to make marbled effect.

Spoon over wafers, filling 3/4 full

Bake for 20-25 minutes until set and small cracks appear in tops.

118. MEATBALLS AND RICE

1 package hamburger
1 package beefy onion soup mix
2 cans cream of mushroom soup
1 cup rice

Mix hamburger and soup mix together. Roll meat into 1/2" balls. Brown in pan, until fully cooked. Add cream of mushroom soup. Cook until soup is bubbly. Cook rice according to package directions.

Serve meatballs and gravy over rice. Add your favorite vegetable on the side and you've got a great meal!

119. MEXICAN BEEF PIZZA

2 pounds ground beef
1 package taco seasoning
1-1/2 cups Thick-n-Chunky style salsa
1 can refrigerated pizza crust
1 cup grated Monterey Jack cheese
1 cup grated Velveeta cheese

Preheat oven to 425 degrees. Unroll dough, place on pizza or baking

pan, pressing dough until thin crust is formed to edge of pan. Bake crust for 8 minutes or until crust begins to brown. Brown ground beef, mix in taco seasoning. Spread salsa on crust, followed by taco meat and cheeses. Return to oven, bake additional 7-12 minutes, or until edges of crust are golden brown and cheese is melted.

120. MEXICAN BEEF TORTILLA BAKE

Onion flakes

2 pounds ground beef

1 can cream of mushroom soup

1 can mild Rotel tomatoes (original or hot if preferred)

1 tsp cumin seed

1 tsp chili powder

1 dash garlic powder

4 oz. processed cheese, melted

¼ cup sour cream

4 flour tortillas

tortilla chips

2 cups grated cheddar cheese

Preheat oven to 350.

Brown beef and onion together. Combine all ingredients except for chips, tortillas and cheddar cheese together over medium heat until just bubbling. Lightly grease 13x9 baking dish with shortening.

Slice tortillas into 2 inch strips and layer bottom of dish

Layer tortilla chips in dish with chicken mixture.

Place a layer of tortilla strips on top. Cover with grated cheddar cheese.

Bake in oven 20 minutes or until cheese is melted.

121. MEXICAN CHICKEN PIZZA

2 chicken breasts, chopped (can be substituted with 1 package southwestern-flavored cooked chicken breast strips found in refrigerated section of store)

1 package taco seasoning (DO NOT use if using pre-seasoned chicken)
1-1/2 cups Thick-n-Chunky style salsa
1 can refrigerated pizza crust
1 cup grated Monterey Jack cheese
1 cup grated Velveeta cheese

Preheat oven to 425 degrees. Unroll dough, place on pizza or baking pan, pressing dough until thin crust is formed to edge of pan. Bake crust for 8 minutes or until crust begins to brown.

Brown chicken; mix in taco seasoning.
Spread salsa on crust, followed by chicken and cheeses.
Return to oven, bake additional 7-12 minutes, or until edges of crust are golden brown and cheese is melted.

122. MEXICAN FLANK STEAK

1 2-lb. beef flank steak
6 fresh or canned tomatillos
1 15-oz. can whole baby corn on the cob, drained
1 red onion, chopped
1/2 tsp. salt
1/4 tsp. pepper
1/4 cup chopped fresh cilantro
1/4 cup dry red wine or water

Trim flank steak to remove any visible fat. Remove husk and stem from tomatillos, if necessary. Place drained corn on the cob and onion in the bottom of 3 quart slow cooker. Top with steak and tomatillos. Sprinkle all with salt, pepper, and cilantro. Pour wine or water over. Cover crockpot and cook on low for 6-7 hours or until steak is tender. Remove steak and slice crosswise across grain into strips. Serve vegetables and sauce with steak. 6 servings.

123. MEXICAN LASAGNA

2 lbs ground beef
1 (16 ounces) jar salsa
1 (16 ounces) jar of nacho cheese sauce
6 10 inch tortillas
1 can refried bean
2 cups Mexican blend cheese

- 1. Preheat oven to 400 degrees.**
- 2. Brown ground beef in a 12" skillet and drain.**
- 3. In a large mixing bowl, mix ground beef, salsa, and cheese sauce.**
- 4. Spread 1/4 of the meat mixture in the bottom of a 13x9 glass baking dish and cover with two overlapping tortillas.**
- 5. Spread 1/3 of the beans over the tortillas and then spread another 1/4 of the meat mixture, then cover with two more tortillas.**
- 6. Repeat once more and finish with the final 1/3 of beans and 1/4 of meat mixture.**
- 7. Layer cheese on top.**
- 8. Cover tightly in foil and bake @ 400 degrees for 20 minutes.**
- 9. Let stand for 5 minutes.**
- 10. Enjoy!**

124. MEXICAN SUPPER

Quick, Easy and Yummy!!!

1 can refried bean
1 lb ground beef
1 package taco seasoning
1 can diced tomatoes
1 (8.00 ounces) package 4 cheese Mexican blend cheese, shredded
3 teaspoons crushed garlic
1 medium onion (Chopped)
1 bag nacho chip

Brown the ground beef and drain well. Using the directions on the pkg. of taco seasoning, and using the diced tomatoes, add the taco seasoning and tomatoes to the meat. Let simmer 2 to 3 minutes. Stir in garlic and onion.

Cover the bottom of a 9x12 oiled casserole dish with the refried beans. Then layer the meat and taco seasoning and tomato mixture over the beans. Sprinkle shredded cheese over top all. Bake in 350 degree oven till cheese melts. Serve hot with tortilla or nacho chips.

125. MOROCCAN CHICKEN

Juxtapose the sweetness of apricot jam with salty black olives; add lemon, ginger and cinnamon. Moist, steamed chicken breasts dressed with this Moroccan-inspired sauce are the delectable result.

Estimated Times

Preparation time: 15 mins

Cooking time: 20 mins

2 fresh boneless, skinless chicken breasts, about 4-oz. each

2/3 cup apricot jam

1/2 cup sliced black olives

1 tablespoon lemon juice

2 teaspoons grated gingerroot

1 teaspoon cinnamon, ground

Place chicken breasts in a steamer basket or on a metal rack over 1-inch of water. Cover; bring water to a boil. Reduce to a simmer; steam chicken for 15 to 20 minutes or until done.

Meanwhile combine apricot jam, black olives, lemon juice, gingerroot and cinnamon in a small saucepan; heat until bubbly. Transfer chicken to a serving dish; dress with sauce. Serve Warm.

Serve with rice pilaf and a salad

126. MU SHU CHICKEN

2 cups cooked rice (white)

2 cups broccoli, chopped

3 boneless, skinless chicken breasts
3 egg whites
1 tsp brown sugar
3 Tbl. Chinese marinade or sweet and sour sauce
1/2 cup plum sauce
6 flour tortillas or Chinese pancakes

Prepare rice according to package directions.

Place broccoli in a microwave-safe dish; cook on high until done.

Spray a skillet with nonstick cooking spray. Grill chicken until done.

Add egg whites and scramble into chicken mixture. Add sugar and marinade/sauce.

Add plum sauce, rice and chicken/broccoli mixture to tortilla/pancake. Roll up and serve.

127. NEW ENGLAND CRAB & CORN CHOWDER

This hearty dish from the New England coast is equally suited to the succulent blue crab of Maryland, the Pacific coast's renowned Dungeness or Alaska's King!

Preparation time: 20 mins

Cooking time: 30 mins

2 bacon slices, cut into 1/2-inch pieces
1 tablespoon butter
1 large onion, peeled and finely chopped
3 tablespoons flour
3 cups chicken broth
1 large potato, peeled, cut into 1/4-inch dice
3/4 cup half-and-half
1 11-oz. can corn, drained
1/2 red bell pepper, seeded, cut into 1/4-inch dice
1/2 pound cooked crab meat, canned or fresh
1/4 teaspoon salt
1/8 teaspoon ground black pepper
2 green onions, thinly sliced

Cook bacon in a large stockpot over medium heat until golden brown, about 3 minutes; drain and discard excess fat. Add butter and onion; sauté until soft, about 4 minutes. Add flour, mix well and cook an additional 3 minutes, stirring constantly. Add chicken broth and whisk well, then add potato.

Reduce heat to simmer and cook until potato is tender, about 12 minutes. Add half and half, corn, bell pepper and crab. Simmer 5 more minutes or until heated through and bell pepper is tender. Season with salt and pepper to taste. Garnish with green onions.

128. ONION DIP

**8 ounces cream cheese, softened
1/2 cup Miracle Whip
1/4 cup milk
1/2 cup green onions, slices
1 teaspoon Worcestershire sauce**

Combine cream cheese and Miracle Whip, mixing until well blended. Add remaining ingredients. Mix well. Chill several hours. Serve with veggies or potato chips.

129. ORANGE BURGUNDY CHICKEN

**2-1/2 to 3 lbs. frying chicken, cut up
2 tbl. butter or margarine, melted
1/2 tsp. seasoned salt blend
1/8 tsp. pepper
3 tbl. brown sugar
1 tbl. cornstarch
1/4 tsp. salt
1/8 tsp. ground ginger
1/3 cup orange juice
1/3 cup orange marmalade
1 tsp. lemon juice
1/3 cup Burgundy**

1 orange, thinly sliced

In a large frying pan, brown the chicken in butter. Season with salt and pepper. Add the remaining ingredients, except Burgundy and orange slices. Reduce heat; cover. Simmer, stirring occasionally, 25-35 minutes until tender. Add Burgundy and orange slices. Continue simmering 10 minutes. Serve hot.

130. ORANGE PINEAPPLE CAKE

**11 ounces Mandarin orange sections
1 package yellow cake mix
4 eggs
1/2 cup oil**

**9 ounces non-dairy whipped topping
16 ounces pineapple chunks, crushed
3-1/2 ounces instant vanilla pudding mix**

Drain mandarin orange sections, reserving the liquid.

Combine the orange sections, yellow cake mix, eggs, and cooking oil in a large mixer bowl. Add the reserved liquid and an equal quantity of water; mix well and beat for 2 minutes.

Pour into a greased 13" x 9" cake pan and bake at 350 degrees for 30 minutes. Remove from the oven and cool completely.

Meanwhile, combine non-dairy whipped topping, crushed pineapple chunks (undrained), and instant vanilla pudding mix. Spread on cake. Refrigerate until served.

131. ORANGE ROSEMARY PORK CHOPS

Preparation time: 10 mins

Cooking time: 15 mins

4 (6-oz.) boneless pork chops
1 tablespoon chopped fresh rosemary
1/4 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons olive oil
1 shallot, peeled and minced
1/3 cup beef broth
1/3 cup orange juice

Season pork chops with rosemary, salt and pepper.

Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove to a serving platter and cover to keep warm.

Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes. Pour over pork chops and serve garnished with extra rosemary.

132. OVEN BEEF STEW IN A BAG

Braised in an onion-tomato mixture and sparked with black pepper, this beef stew melts in your mouth. Serve with sourdough bread and a crisp green salad.

Preparation time: 10 mins

Cooking time: 45 mins

2 tablespoons flour
1 packet (2-oz.) dry onion soup mix
1 oven roasting bag
1 ounce (14.5-oz.) stewed tomatoes, drained
1 cup thinly sliced carrots
1/2 cup water
1/4 teaspoon ground black pepper
1 pound flank, skirt or round steak, cut into strips
1- 1/2 cups white rice, cooked as directed

Preheat oven to 325°

Combine flour and dry onion soup mix in oven roasting bag; shake to mix. Add tomatoes, carrots, water and pepper; again, shake to blend; add beef strips.

Turn bag to coat beef with sauce. Tie bag closed and place in a 13x9x2-inch baking dish. Cut 6 vent slits in the top. Bake until tender, about 45 minutes. Serve over hot rice.

133. PAN FRIED ASPARAGUS

**1/4 cup butter
2 tablespoons olive oil
1 teaspoon coarse salt
1/4 teaspoon ground black pepper
3 cloves garlic, minced
1/2 pound fresh asparagus spears, trimmed**

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

134. PARMESAN CHEESE BREAD

**1/2 cup butter
3 tablespoons sour cream
1/3 to 1/2 cup freshly grated parmesan cheese
1 tablespoon sesame seed
1 loaf French bread**

DIRECTIONS:

- 1. Mix all ingredients**
- 2. spread on both halves of your favorite french bread split lengthwise.**
- 3. Broil until cheese melts and begins to turn golden-keep a close eye on**

it.

4. Slice on diagonal about 2" wide and serve immediately.

5. Can be prepared ahead and broiled just before serving

135. PARMESAN CHICKEN

4 boneless skinless chicken breasts

1 pack Ritz crackers

1 stick of butter

1/3 cup parmesan cheese

salt & pepper to taste

Place crackers on a ziplock bag and crush them well. Add Parmesan cheese to crumbs. Melt butter in microwave. Dip chicken breasts in melted butter and coat well with cracker crumb mixture. Spray baking dish with non-stick spray. Place chicken in dish and cook uncovered.

350* for 45-60 minutes

136. PARTY KIELBASA

The ingredients to this sound really yucky, but be adventurous and just try it. It gets rave reviews from everyone!!

2 pounds kielbasa sausage

2 cups ketchup

2 cups grape jelly

Slice kielbasa into strips or circles.

Pour ketchup and jelly into a slow cooker. Turn the heat to a medium temperature; stir occasionally while the jelly and ketchup melt together. When the mixture forms into a thin glaze; add the kielbasa and cook until the kielbasa is hot.

137. PEACHES N' CREAM BREAKFAST CAKE

1 (29 ounce) can peach halves in heavy syrup, undrained
8 ounces cream cheese, softened
1/4 cup apricot or peach preserves
2 tablespoons butter or margarine
1 (9 ounce) box yellow cake mix
2 tablespoons vegetable oil
1 egg
1 teaspoon ginger

Preheat oven to 350 degrees.

Drain peaches, reserving 1/2 cup syrup. Place sliced peaches in a 9 by 13 inch pan.

Beat cream cheese, preserves and butter in a mixing bowl. Pour over peaches. Beat cake mix, reserved syrup, oil, egg and ginger. Pour over peaches. Bake 35 to 40 minutes.

138. PESTO PEPPERS WITH PENNE

2 cups penne pasta
16-oz. pkg. frozen mixed bell pepper stir fry with onions
10-oz. pkg. prepared pesto

Cook pasta in boiling salted water to desired doneness as directed on package. Drain. Meanwhile, cook bell pepper stir fry in heavy nonstick skillet with 1 Tbsp. water until heated through and crisp tender. Stir in cooked, drained pasta and pesto and cook over low heat, stirring carefully, until thoroughly heated. Serves 6

139. PIÑA COLADA MUFFINS

1 (18.25 ounce) box yellow or butter cake mix
1 teaspoon coconut extract
1 teaspoon rum extract
1 cup flaked coconut

1/2 to 1 cup nuts, chopped
1 (8 ounce) can undrained crushed pineapple

Prepare cake mix following package instructions. Add other ingredients. Mix 1 minute - don't over-mix. Grease muffin tins and fill 3/4 full. Bake at 350 degrees F for 15 to 20 minutes.

140. PINEAPPLE PORK CHOPS

3 Tbl. orange juice
2 Tbl. honey
4 1" thick pork loin chops
1 20-oz. can pineapple chunks, drained
1 Tbsp. chopped fresh mint

Mix orange juice and honey. Place pork chops on broiler pan. Brush with the orange juice mixture. Broil about 5" from heat about 5-6 minutes or until brown. Turn, brush with more orange juice mixture and broil 6-9 minutes or until brown and to desired doneness. In a small saucepan, combine remaining orange juice mixture, pineapple and mint. Heat to boiling, stirring occasionally. Boil for 2 minutes and serve with the pork chops.

141. POPOVER PIZZA FOR KIDS

Preparation time: 15 mins
Cooking time: 35 mins

1/2 pound bulk pork sausage
1/2 pound lean ground beef
1 can (15-oz.) tomato sauce
2 tablespoons flour
1 teaspoon crushed dried oregano
1/2 teaspoon salt, divided
12 ounces mozzarella cheese, sliced
1 cup flour

**1 cup 2% milk
2 eggs
1 tablespoon vegetable oil
1/4 cup grated Parmesan cheese**

Preheat oven to 425°

In a medium skillet, combine sausage and beef and cook, stirring, until browned and crumbly. Drain off fat and add tomato sauce, the first addition of flour, oregano and half of the salt. Heat to boiling and cook, stirring, for 1 minute.

Pour meat mixture into a 9x13-inch ungreased baking pan and cover with mozzarella.

In a medium bowl, beat together second addition of flour, milk, eggs, oil and remaining salt; pour over meat and cheese. Sprinkle with Parmesan cheese and bake until puffy and cheese has melted, 25 to 30 minutes. Serve immediately.

142. PORCUPINE MEATBALLS

Originally from the back of the Rice-A-Roni box, one of my boys' all time favorites.

**1 box beef-flavored Rice-A-Roni
1 lb lean hamburger
1 egg
2-1/2 cups hot water**

Set aside the seasoning packet from the Rice-A-Roni.

Combine rice/vermicelli mixture with the hamburger and egg.

Shape into walnut-sized meatballs and brown lightly in skillet, using a spoon to turn the meatballs.

Drain grease. Mix the contents of the reserved seasoning packet with the 2-1/2 cups water. Pour mixture over meatballs in skillet.

Bring to a boil; then reduce heat to medium-low and cover.

Simmer 25-30 minutes. Serve with noodles or rice.

143. POTATO CRUSTED WHITE FISH

Prep: 10 min, Cook: 5 min.

4 boneless white fish fillets, fresh or frozen

4 medium potatoes, peeled

1 cup oil

1 tsp. salt

1 tsp. pepper

1 tsp. onion powder

1 tsp. garlic powder

If using frozen fish, thaw in a dish filled with milk. Dry with a paper towel. Shred the potatoes. Heat oil in a skillet. Take the shredded potatoes and form a coating around the fish until the entire fish is encased in shredded potato. Sprinkle salt, pepper, onion powder, and garlic powder over the fish. Place fish in frying pan and cook on each side for about 2-3 minutes, or until each side is golden brown. Remove fish and set on a plate with paper towels to drain off any excess oil. Suggestion: Serve with rice and steamed vegetables.

144. QUESADILLAS

3 browned chicken breasts, diced, or 2 large cans of chicken breast.

1 tsp cumin seed

1-1/2 tsp chili powder

1 tsp chopped onion flakes

1/2 tsp garlic powder

1 can Fiesta Nacho Soup or 1 jar nacho cheese dip

1 pkg. flour tortillas

2 cups grated cheddar cheese (for top of tortillas)

Brown chicken (canned chicken too) with cumin seed, chili powder, onion flakes, and garlic powder in pan (cover bottom of pan with water to prevent sticking). Mix in soup or cheese dip.

On a cookie sheet, place 1 tortilla down for bottom of quesadilla and

thinly spread chicken/cheese mixture over it. Top with another tortilla. Sprinkle grated cheddar cheese over top. Place in broiler for 30 - 40 seconds to melt cheese - WATCH CLOSELY TO PREVENT CHEESE FROM BURNING!

Slice tortillas into small pizza-like slices and serve with your favorite Mexican side dishes!

145. QUICK BEEF & VEGETABLE STEW

**3/4 lb. ground round or sirloin
1-1/2 lg. white onion, minced
1 (18 oz.) can sliced potatoes (cut up some), drained
1 (17 oz.) can niblet corn, drained
2 (18 oz.) cans whole tomatoes, cut some
1 (4-1/2 oz.) can green beans, drained
1 (4-1/2 oz.) can lima beans, drained
1 (4-1/2 oz.) can green peas, drained
Pepper to taste
Dash cumin & thyme (1/4 tsp.)
1/2 tsp. garlic powder
2 tsp. chicken bouillon
1 cup cooked macaroni
1 (28 oz.) can tomato sauce**

Brown meat in microwave and cook onion in microwave. Place in 5 quart Dutch oven on medium heat and cook on top. Pour in 2 cans whole tomatoes and tomato sauce. Pour in drained vegetables. Season as directed. Add chicken bouillon and macaroni. Simmer 30 minutes.

146. QUICK & EASY CHICKEN POT PIE

**1 stick melted butter
1/3 cup all purpose flour
1 tsp chopped onion flakes
1 can chicken broth**

2/3 cup milk
1 large can chicken breast
1 single serving size can green peas
1 single serving size carrots
1 can peeled, sliced potatoes
salt and pepper to taste
1 can biscuits (homestyle best used)
9" square baking dish

Over medium heat, brown flour and onion flakes in melted butter. Stir in broth and milk. Add chicken and vegetables, stirring until well blended. Salt and pepper to taste.

Lightly grease baking dish. Press 1/2 can of the biscuits out to be a little flatter, so they won't rise a lot and will be "crust-like". Place the pressed biscuits on bottom of dish. Pour chicken mixture over biscuits. Top with remaining biscuits.

Bake according to biscuit can directions.

147. QUICK & EASY COOKIES

1/2 cup peanut butter
1/2 cup sweet milk
1/4 cup cocoa
1/4 cup margarine
2 cups sugar
1 tsp. vanilla
3 cups Rice Krispies

Heat milk, butter, vanilla. Stir in cocoa and sugar. When sugar has dissolved, let boil 2 minutes. Be careful to not let burn. Remove from heat. Add peanut butter and stir. Stir in Rice Krispies to coat. Drop by spoonfuls onto wax paper. Let cool.

148. QUICK & EASY FUDGE

12 oz milk chocolate chips
6 oz semisweet chocolate
1 can sweetened condensed milk (14 oz)
1/3 cup confectioners sugar
1 tsp vanilla
1 cup chopped nuts

Grease an 8" x 8" pan. Microwave the chips and condensed milk, uncovered, in a 2 quart bowl, on high, for 2 minutes. Stir until smooth. Stir in sugar and vanilla; then add nuts until well blended. Pour into a prepared pan, and spread evenly. Chill until firm.

149. QUICK & EASY GAZPACHO

2 ripe tomatoes, peeled
1 cucumber, peeled
1/4 cup diced bell pepper
1/4 cup diced onion
1 cup tomato juice
2 tbl. Olive oil
1-1/2 tsp. vinegar (red wine best)
Dash Tabasco
Garlic, salt & pepper to taste

Put all ingredients in the blender. Blend and chill. Serve cold. Garnish with celery stick or croutons.

150. QUICK & EASY GOULASH

1 (12 ounce) package egg noodles
1 pound lean ground beef
1 (26 ounce) jar spaghetti sauce
1 (15.25 ounce) can whole kernel corn
1 onion, chopped
1 cup shredded Cheddar cheese

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat, brown the beef; drain.

Heat through over medium the beef, spaghetti sauce, corn, chopped onion and cheese. Mix with the noodles and serve.

151. QUICK & EASY LEMON BARS

1 white cake mix

2 eggs

1 can lemon pie filling

Put into a greased and floured jelly roll pan. Bake at 350 degrees for 12 to 15 minutes. Frost with powdered sugar frosting with lemon juice added.

152. QUICK & EASY NUTTY BARS

1 Duncan Hines Butter Recipe Golden Cake Mix

3/4 cup butter or margarine, melted

1-1/2 cups pecans or walnuts, chopped (divided 3/4 cup, 3/4 cup)

1 cup brown sugar, packed

2 (8 oz.) pkgs. cream cheese

Preheat oven to 350 degrees. Grease and flour 9 x 13 inch pan. Stir together in a medium bowl until well mixed: dry cake mix, 3/4 cup melted butter or margarine, 3/4 cup nuts. Press mixture evenly into the bottom of prepared pan. Stir together with a spoon until well mixed: 1 cup brown sugar, 2 packages softened cream cheese. Spread evenly over mixture in pan. Sprinkle with remaining nuts. Bake 25 to 30 minutes or until edges are browned and cheese topping is set. Cool completely before cutting into bars. Store in refrigerator in an airtight container.

153. QUICK & EASY PASTA

**1 red onion, sliced
3 cloves garlic, sliced
2 tsp. red pepper flakes
2 tbl. olive oil
1 (20 oz.) can Italian plum tomatoes, drained
10 oz. pasta noodles
1/4 cup fresh parsley, minced
Salt and pepper to taste**

Saute onions and garlic in oil over low heat until onion is wilted. Mix in pepper flakes and tomatoes. Simmer to thicken for 10 minutes, stirring frequently. Meanwhile, cook pasta in 3 quarts rapidly boiling water. Drain and put in large bowl. Top with sauce and parsley and toss to mix. Serve immediately.

154. QUICK APPLE SQUARES

**3/4 cup of softened butter or margarine
1 package of white cake mix
One 21 ounce can of apple pie filling
1/2 cup of flaked coconut**

**In a large bowl, cut butter into dry cake mix.
Set aside one cup.
Press remaining mixture into 13x9 inch baking pan.
Spoon pie filling evenly over cake mixture.
In a small bowl, combine reserved cake mixture and coconut.
Sprinkle over pie filling.**

**Bake at 350 degrees for 45 minutes or until golden brown.
Cool slightly before cutting in 3 x 1 1/2 inch bars.**

155. QUICK BANANA PUDDING

Banana-flavored pudding chilled on a bed of vanilla wafers is a nostalgic dessert from the 1950's. Dressed with fresh, sliced bananas and whipped cream this is soothing and sweet; a good way to round out a spicy meal.

**1 package 3 1/2-oz. instant vanilla pudding mix
2 cups milk
1/2 pound vanilla wafers
3 bananas, sliced
8 ounces non-dairy whipped topping, thawed**

**Prepare instant vanilla pudding mix with milk according to package directions. Refrigerate temporarily.
Meanwhile layer wafers across bottom of an 8-inch round baking pan. Pour pudding mix over wafers. Slice bananas; layer atop pudding. Top with whipped topping.
Serve immediately or refrigerate.**

156. QUICK BARBECUE SAUCE

**1/4 cup onion, chopped
2 tablespoons margarine
1 cup ketchup
1/4 cup brown sugar
1/4 cup lemon juice
1 tablespoon Worcestershire Sauce
1 teaspoon prepared mustard
1/8 teaspoon liquid hot pepper sauce**

In a small saucepan, cook finely chopped onion, lemon juice, Worcestershire sauce, prepared mustard, and liquid hot pepper sauce. Bring to a boil; reduce heat, and simmer, uncovered, for 15-20 minutes.

157. QUICK BBQ SAUCE SURPRISE

1 (12 fluid ounce) can cola-flavored carbonated beverage

**1 cup ketchup
1/4 cup minced onion
garlic powder to taste, or fresh garlic
1/2 teaspoon hot pepper sauce
3 tsp. liquid smoke**

In a medium saucepan, combine the cola, ketchup, onion, garlic powder and hot pepper sauce. Cook over medium heat until reduced by a third and thickened.

158. QUICK CHEESE BREAD

**2 eggs
3/4 cup water
1-1/3 cups biscuit baking mix
1 cup cheddar cheese, grated
2 teaspoons dry mustard
1 tablespoon parsley, chopped
1/2 cup cheddar cheese, grated
1 tablespoon butter**

Beat eggs then stir in water. Add biscuit baking mix, stirring until smooth. Stir in grated cheddar cheese, dry mustard, and chopped parsley. Spoon the batter into a lightly greased 8" pan. Sprinkle with grated cheddar cheese and dot with butter. Bake at 350 degrees for 35 minutes.

159. QUICK CHEESE DIP

Transform leftover bits of cheese into a melted treat that's a quick fix for surprise guests or a snack to keep hungry people out of the kitchen while dinner is being prepared. Garnish it with a confetti of diced red pepper or pimento and some chopped parsley.

**2 packages 8-oz. cream cheese
1 cup grated cheddar cheese**

1 cup grated Monterey Jack, or any other mild white cheese
1/2 cup grated Parmesan cheese, parmigiano reggiano, if possible
1/2 teaspoon onion or garlic salt
1/8 teaspoon hot pepper sauce, or to taste
1/4 cup 2% milk

In a microwave-safe serving dish, mash the cream cheese with the cheddar, Monterey Jack and Parmesan cheeses, onion salt, black pepper and hot pepper sauce (if using). Microwave on MEDIUM for 2 minutes, stirring every 30 seconds and rotating the dish a quarter turn. Using a fork, mix milk into cheese mixture thoroughly. Microwave on MEDIUM for 2 more minutes, stirring and rotating every 30 seconds as before, or until completely melted and bubbling slightly.

Serve hot with an assortment of crackers, tortilla chips, breadsticks and/or raw or steamed vegetables.

160. QUICK CHERRY DESSERT

1 cup butter
1-1/2 cups sugar
4 eggs
1 teaspoon almond extract
2 cups flour
2 teaspoons baking powder
21 ounces cherry pie filling
1/4 cup powdered sugar
1 cup cream, whipped
1/3 cup powdered sugar

Preheat oven to 350 degrees.

In a large bowl, cream together butter and sugar. Add eggs and beat until light and fluffy. Stir in almond extract. Sift in flour and baking powder and mix until smooth.

Butter a 13" x 9" baking dish. Pour the mixture into the pan; then spoon cherry pie filling into the cake in spots, spacing four spoonfuls

evenly in each direction. Bake for 45 to 50 minutes, or until the center is set. The filling will sink into the cake while baking. Place bottom side up, on a serving plate then dust with powdered sugar. Spoon cream whipped to stiff peaks with powdered sugar on top.

161. QUICK CHICKEN DIVAN

20 ounces frozen broccoli, chopped
2 cups chicken, cooked and chopped
2 cans cream of chicken soup
1 cup mayonnaise
1 teaspoon lemon juice

1 cup Cheddar cheese, grated, divided
1 cup soft bread crumbs
2 tablespoons butter

Cook chopped frozen broccoli according to the package directions. Drain and arrange in a greased baking dish. Place cooked, chopped chicken on top of the broccoli. Sprinkle with 1/2 cup of the cheese

In a saucepan, combine cream of chicken soup, mayonnaise and lemon juice. Pour over the chicken. Sprinkle other 1/2 cup grated cheese spread on top. Toss soft bread crumbs in butter and sprinkle on top. Bake at 350 degrees for 30 minutes, or until browned.

162. QUICK CHICKEN QUESADILLAS

Prep: 10 minutes Cook: 5 min.

4 large flour tortillas
1/2 cup canned refried beans
1/2 cup salsa
3/4 lb. roasted chicken meat, chopped
4 green onions, chopped
1 cup fat-free cheddar cheese

**1/2 cup nonfat sour cream
2 cups lettuce, shredded
2 medium tomatoes, chopped**

Turn on broiler. Arrange tortillas on a cookie sheet. Spread refried beans over tortillas. Add salsa; then layer with chicken, onions, and cheese. Place cookie sheet under broiler 1-2 minutes or until the cheese melts and the tortillas are crisp. Serve topped with sour cream, lettuce and tomatoes.

163. QUICK CHILI

**1-1/2 to 2 lbs. hamburger
1 green pepper, chopped
1 onion
2 lg. cans red kidney beans
2 cans tomato soup
Chili powder
Sugar
Salt
Pepper**

Simmer and brown green peppers and onions. Add hamburger tomato soup, beans, chili powder (approximately two soup spoons full), small amount of sugar, salt and pepper. Make early in the morning and simmer all day. The longer it sets, the better it gets.

164. QUICK CORNBREAD

**1 cup flour
1 cup cornmeal
1 tablespoon baking powder
1 cup milk
1/4 cup oil
1 egg**

Combine flour, cornmeal, baking powder, milk, oil, and egg. Mix well. Pour into a well greased 8" baking dish. Bake at 450 degrees for 25 minutes.

165. QUICK OATMEAL COOKIES

**2 cups sugar
1/2 cup milk
1/2 cup butter**

Bring above ingredients to a boil and add:

**1 tsp. vanilla
1/2 cup peanut butter
3 cups quick oats**

Drop by teaspoon on waxed paper to cool.

166. QUICK PASTA FAGIOLI

**2 cloves garlic
2 tbl. olive oil
1 lg. carrot, pared and coarsely chopped
1 lg. onion, coarsely chopped
1 tsp. leaf rosemary, crumbled
4 tbl. tomato paste
3 cans (20 oz. each) white kidney beans, undrained
46 oz. (6 cups) chicken broth
6 oz. small pasta such as elbows or small shells
2 tbl. red wine vinegar**

Saute, chopped carrot, garlic and onion in oil in a fry pan until they begin to color 3 to 5 minutes. Add rosemary and tomato paste. Add beans with their liquid and chicken broth. Simmer, uncovered, 2 minutes. Add pasta, stirring to distribute ingredients evenly. Cover and simmer, stirring occasionally for 8 minutes or until pasta is al dente (firm). Remove from heat. Let stand, covered, 10 minutes. Add salt if

necessary. Stir vinegar into soup. Combine: 1/2 cup grated Parmesan cheese and 1/4 cup finely chopped parsley. Sprinkle over top of soup.

167. QUICK PEANUT BUTTER FUDGE

1 cup creamy peanut butter
1 cup butter or margarine
1 cup chopped nuts
1 lb. box powdered sugar

Melt peanut butter and butter in a medium saucepan, stirring constantly. Add nuts and stir to combine. Remove from heat and sift in powdered sugar, stirring until well blended. Pat out in a 9x9x2-inch pan; refrigerate until firm. Cut into squares.

168. QUICK PECAN COOKIES

1 pkg. Duncan Hines butter recipe cake mix
1 stick margarine
2 eggs
1 cup pecans

Chop pecans; melt butter. Mix all the ingredients. Will be stiff. Drop on cookie sheet. Bake at 350 degrees until brown (about 10 to 15 minutes).

OPTION: Chocolate chips, coconut, or other nuts may be used.

169. QUICK PECAN FUDGE

Chocolate chips, marshmallow and pecans makes this a rocky-road type fudge.

1-1/2 cups sugar

2/3 cup evaporated Milk
2 tablespoons butter
1/4 teaspoon salt
1-1/2 cups semi-sweet chocolate morsels
4 ounces miniature marshmallows
1 teaspoon vanilla
3/4 cup chopped pecans

Line an 8x8x2-inch pan with aluminum foil; set aside.

Combine sugar, evaporated milk, butter and salt in a heavy-medium saucepan over medium heat. Bring to a boil; stirring constantly. Boil 4 to 5 minutes. Remove from heat; stir in semi-sweet chocolate chips, miniature marshmallows and vanilla. Stir vigorously until the marshmallows are melted, about 1 minute.

Pour into prepared pan. Sprinkle with chopped pecans, pressing in lightly. Refrigerate until firm. Cut into 16 pieces.

170. QUICK SALMON CARBONARA

1 package (12-oz.) spaghetti pasta
1/4 cup butter or margarine
1/2 cup half-and-half
2 eggs, beaten
1/4 cup chopped fresh parsley
1/4 teaspoon ground black pepper
1/2 cup grated Parmesan cheese
1 can (14.75-oz.) salmon, drained and flaked

Cook pasta according to package directions; drain.

Meanwhile, heat butter in a small saucepan over medium heat. Whisk in half-and-half and heat until hot, but not boiling. Pour a little into beaten eggs to temper, stir well. Pour tempered egg mixture into pan and heat briefly, stirring gently (do not allow eggs to curdle). Stir in parsley and pepper; mix well. Remove from heat and stir in Parmesan cheese. When pasta is done, gently toss with warm sauce along with salmon until evenly coated. Serve immediately.

171. QUICK SAUCEPAN BROWNIES

**1 cup semi-sweet chocolate morsels
1/4 cup margarine
2 cups biscuit baking mix
1 can sweetened condensed milk
1 egg
1 cup walnuts, chopped**

Preheat oven to 350 degrees.

Melt semi-sweet chocolate chips and margarine in a saucepan over low heat, stirring frequently. Remove from the heat and stir in biscuit baking mix, sweetened condensed milk, egg, and chopped walnuts; mix well.

Pour into a greased and floured 13" x 9" baking pan. Bake for 20 minutes, or until the brownies pull away from the sides.

172. QUICK SEAFOOD NEWBURG

**1-1/4 cups cooked shrimp, crab or lobster
2/3 cup cooked peas
1 can frozen condensed cream of shrimp soup**

Warm undiluted soup. Fold in seafood and peas. Add sherry to taste, if desired. Serve over rice. If preferred, omit the peas and serve over asparagus spears, on toast.

173. QUICK SKILLET GUMBO

**1 (12 oz.) can luncheon meat, cut in strips
1 tbl. oil
1 lg. onion, chopped**

1 (10 oz.) pkg. frozen cut okra
1 (16 oz.) can tomatoes, broken up
1 cup chicken broth
1/2 tsp. salt
1/8 tsp. pepper
1 bay leaf

In a large skillet brown meat in hot oil. Add onion; cook until tender. Add okra, tomatoes, broth and seasonings. Cover and bring to a boil. Reduce heat, uncover and simmer 10 minutes or until okra is tender and liquid slightly thickened. Discard bay leaf. Makes 4 servings.

174. QUICK SOUTH WESTERN DIP

Just heat 1 pound of cubed Velveeta cheese together with 1/2 cup of Pace picante sauce and 1/4 cup milk over low heat; stir until sauce is smooth. Dip with corn chips, tortilla chips or potato chips.

175. QUICK STIR FRY

6 pork chops, fat trimmed
1 lg. pkg. stir fry frozen vegetables
1 pkg. dry teriyaki mix

Cut chops into strips and brown. Sprinkle part of teriyaki mix over browned chops. Add frozen stir fry vegetables. Add rest of dry teriyaki mix and cook for 20 minutes. Serve over rice.

176. 1-2-3 VEGETARIAN CHILI

1 (28 ounce) can tomatoes, undrained
1 (16 ounce) jar Thick 'N Chunky Salsa
1 (15 ounce) can black beans, rinsed, drained

1 (10 ounce) package frozen whole kernel corn
1 cup halved zucchini slices
1 teaspoon chili powder
1 (8 ounce) package shredded mild Cheddar Cheese

Mix tomatoes, salsa, beans, corn, zucchini and chili powder in saucepan. Bring to boil on medium-high heat. Reduce heat to low; simmer 10 minutes. Sprinkle 2 tablespoons cheese onto bottom of each serving bowl; top with chili. Sprinkle each with additional 2 tablespoons cheese.

177. RANCH HAM SALAD

3 cups small shell pasta
2 cups frozen baby peas
2 cups diced cooked ham
2 cups diced Cojack cheese
1-1/4 cups purchased creamy ranch salad dressing

In a large pot of boiling water, cook pasta until tender according to package directions. Place peas in a colander and drain cooked pasta over the peas to thaw. Drain well. Meanwhile, combine remaining ingredients in large bowl. Stir in pasta and peas and mix gently to coat. Chill for 2-3 hours before serving. 8 servings

178. RED BEANS, RICE AND SAUSAGE

1 pound pork sausage
1/2 cup rice
1 can red beans
1 tsp salsa
1 pinch garlic powder
Flour tortillas

Prepare rice according to package. Brown pork sausage.

Heat beans, salsa and garlic powder

Heat tortillas in the microwave for 20 seconds.

Spoon rice, sausage and beans into the center of the tortilla, roll up and enjoy!

179. REUBEN CASSEROLE

**1 Granny Smith apple, peeled and chopped
6-oz. corned beef, cut into 1/2" cubes
1 14-oz. can sauerkraut, rinsed and drained
1 package refrigerated mashed potatoes
2 cups shredded Havarti cheese with caraway**

Preheat oven to 350 degrees. In microwave safe dish, cook chopped apple on high power for 1-3 minutes or until tender, stirring once. Drain, if necessary. Combine with corned beef and sauerkraut in a medium bowl and mix to combine.

Spread half of the potatoes in a greased 8" square glass baking dish. Sprinkle with 1/2 cup shredded cheese. Top with all of the corned beef mixture, then remaining potatoes. Sprinkle with remaining cheese. Bake at 350 degrees for 20-25 minutes or until casserole is hot and cheese is melted.

180. ROASTED GARLIC POTATOES

Roasting makes these potatoes crisp and golden on the outside and tender on the inside. An easy alternative to mashed or baked potatoes.

Estimated Times

Preparation time: 10 mins

Cooking time: 30 mins

1/2 cup olive oil

1/4 cup butter, melted

4 potatoes, scrubbed and peeled

3 cloves garlic, thinly sliced
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon ground black pepper

Preheat oven to 400°

In a small bowl combine melted olive oil and butter; set aside.
Slice potatoes into rounds 1/4-inch thick. Arrange in a single layer in a shallow baking pan, overlapping slightly. Brush with reserved butter and oil mixture, pouring any remaining mixture over top.
Combine garlic, salt, thyme and black pepper in a small bowl and mix together. Sprinkle evenly on top of potatoes. Bake for 30 minutes, or until tender. Serve warm.

181. SALSA CHICKEN & RICE

Treat your family to a suppertime change of pace - serve this southwestern skillet. All you need to add is a steamed or fresh vegetable to enjoy on the side.

Estimated Times

Preparation time: 15 mins

Cooking time: 15 mins

Standing time: 5 mins

2 cups cooked white rice, kept warm
1 tablespoon vegetable oil
1 pound boneless, skinless chicken breast halves, cut into strips
1 medium onion, chopped
1 small red bell pepper, sliced
1 jar (16 oz.) Salsa - Homestyle Recipe (Mild)
1/2 cup shredded Mexican-blend cheese
1 container (8 oz.) sour cream (optional)
1/4 cup chopped fresh cilantro (optional)

Heat oil in a large skillet over medium-high heat. Add chicken, onion and bell pepper; cook, stirring occasionally, for 10 to 12 minutes or until

chicken is no longer pink. Stir in salsa; bring to a boil. Remove from heat; sprinkle with cheese. Cover; let stand for 5 minutes or until cheese is melted.

SERVE over rice. Garnish with sour cream and cilantro.

182. SALSA SWISS STEAK

1 Tbl. oil

1-1/2 lb. boneless beef top round steak

1/2 tsp. salt

1/4 tsp. pepper

2 onions, sliced

1 10-oz. can condensed cream of mushroom soup

1 cup thick and chunky salsa

Trim fat from steak and cut into 5 serving pieces. Heat oil in a large skillet. Sprinkle steak pieces with salt and pepper and cook in the oil for about 5 minutes or until browned, turning once.

Place in 4-6 quart slow cooker. Top with onion. In the skillet where you cooked the steak, combine soup and salsa and mix well with drippings. Pour over steak in crockpot. Cover and cook on LOW setting for 8-10 hours. 5 servings

183. SANTA FE CORN & SAUSAGE STEW

This thick and creamy stew is perfect for a quick lunch. For dinner on those nights when time is at a premium, add your favorite pre packaged salad, brown and serve dinner rolls

Estimated Times

Preparation time: 5 mins

Cooking time: 10 mins

1 tablespoon butter or margarine

1/3 cup chopped onion

1/4cup finely chopped red bell pepper

1-1/2 cups milk
1 can (10.75-oz.) condensed cream of chicken soup
1 cup frozen corn, thawed
8 ounces bulk sausage, cooked and drained
1 can (4-oz.) diced green chiles
1/2 cup shredded Swiss cheese
1/8 teaspoon cayenne pepper

Melt butter in large saucepan. Add onion and bell pepper, cook for 5 minutes. Stir in milk, soup, corn, sausage, chiles, cheese and cayenne pepper. Bring to a boil. Reduce heat to low; cook for 5 minutes, stirring occasionally, until thoroughly heated.

184. SANTA FE VEGGIE QUESADILLAS

1 (12 inch) flour tortilla
3/4 cup shredded Cheddar/Monterey Jack cheese blend
1/2 cup whole kernel corn, drained
1/2 cup diced red bell pepper
1/2 cup black beans, drained
1 chopped green onion

Prepare a lightly oiled large skillet over medium heat. Place the tortilla in the skillet and flip it once to ensure an even coating of oil on both sides.

Allow the tortilla to heat on one side for 1 minute. Beginning at the center of the tortilla, evenly spread the cheese blend until the tortilla's entire surface is covered. Top the cheese with corn, red bell pepper, black beans and green onion. When the cheese is completely melted, carefully slide the tortilla from the pan onto a cutting board. Slice into wedges and serve warm.

185. SASSY BARBECUED PORK & PINEAPPLE

1-1/4 cups (1lb. 4 oz. can) pineapple rings, drain and reserve 2/3 cup liquid

1 package (3/4 oz.) barbecue sauce mix
Reserved 2/3 cup pineapple liquid
1 cup (8 oz.) tomato sauce
6-8 pork chops, about 1-1/2 inches thick
salt and pepper

Preheat the broiler.

In a small saucepan, combine the barbecue sauce mix, pineapple liquid and tomato sauce. Cook over medium low heat, stirring occasionally, until the mixture thickens and comes to a boil. Broil or grill the pork chops 3-4 inches from the heat, brushing occasionally with the sauce for 8-10 minutes on each side. Place pineapple rings on the broiler pan or grill during the last 5 minutes. broil or grill, brushing occasionally with the sauce. Sprinkle the chops with salt and pepper; serve with glazed pineapple rings.

186. SAUSAGE BRUNCH CASSEROLE

1-1/2 pounds ground pork sausage
1 (8 ounce) package refrigerated crescent roll dough
2 cups Mozzarella cheese
4 eggs, beaten
3/4 cup milk
salt and pepper to taste

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 425 degrees F (220 degrees C).

Lightly grease a 9x13 inch baking pan. Lay crescent rolls flat in the bottom of the pan. Combine cooked sausage, cheese, eggs, milk, salt and pepper; pour over crescent rolls.

Bake in preheated oven for 15 minutes, until bubbly and rolls are baked.

187. SESAME CHICKEN & BEAN SALAD

1 pound asparagus, cut into 1-inch pieces
3/4 cup Italian dressing
2 tablespoons sesame oil
3 tablespoons soy sauce
1-1/2 teaspoons grated gingerroot
1/3 cup green onions
2 cans (15-oz.) pinto or black beans, rinsed and drained
1 pound fresh boneless, skinless chicken breasts, broiled or grilled, and shredded
6 cups spinach leaves, rinsed
2 tablespoons sunflower kernels

Steam asparagus until crisp-tender, about 3 minutes. Set aside to cool. Whisk together Italian dressing, sesame oil, soy sauce and ginger in a small bowl.

Combine beans, chicken, asparagus and green onion in a large bowl. Drizzle with Sesame Dressing and toss to coat. Arrange spinach on plates; spoon bean mixture on top and sprinkle with sunflower kernels.

188. SESAME CHICKEN

The coating is crunchy and mildly seasoned. A creamy vegetable, a potato casserole and fruit salad would pair nicely with this.

3 tbl. butter
1 egg
2 tbl. milk
1/4 cup flour
2 tbl. sesame seeds
3/4 tsp. ground Thyme or poultry seasoning
1/8 tsp. pepper
1-1/2 lbs. chicken wings (8 wings)

Preheat oven to 375*. In a 13 by 9 inch baking pan, melt butter. In a small bowl, combine egg with the milk; beat slightly. In a shallow bowl, combine remaining ingredients except chicken. Dip chicken pieces in the egg mixture, then in the flour mixture. Place in a single layer in the pan, rolling gently to coat with butter.

Bake at 375* for 40-50 minutes until golden brown and crisp.

189. SHEPHERD'S PIE

**1 pound lean ground beef
1 chopped onion
2 cups frozen mixed vegetables
1 10-oz. can cream of mushroom soup with roasted garlic
3 cups refrigerated mashed potatoes**

Preheat oven to 375 degrees. In heavy skillet cook ground beef and onion until beef is brown and onion is tender, stirring to break up meat, about 10 minutes. Drain well. Stir in vegetables and soup and cook until hot, about 4 minutes. Place in 9 inch pie plate. Spoon mashed potatoes over hot meat mixture. Bake at 375 degrees for 35-45 minutes until potatoes are golden brown and pie is bubbling. 6 servings.

190. SHRIMP AND CORN CHOWDER

Estimated Times

Preparation time: 15 mins

Cooking time: 23 mins

**1/2 cup chopped green onion
1 clove garlic, crushed
1/8 teaspoon cayenne pepper
1 tablespoon butter
2 cans condensed cream of potato soup
3 ounces cream cheese, softened
3 cups 2% milk
2 cups shrimp, peeled and deveined
1 cup canned corn**

Saute chopped green onions, crushed garlic clove, and cayenne pepper in butter until the onion is tender. Add cream of potato soup, cream cheese and milk. Cook until smooth, stirring frequently.

Stir in shrimp and corn. Bring to a boil, reduce the heat, and simmer, covered, for 10 minutes, or until the shrimp turns pink, stirring occasionally. Serve hot.

191. SHRIMP & VEGETABLE SALAD

**1 cup uncooked Rotini pasta
1 16-oz. pkg. frozen cauliflower, sugar snap peas and carrots, cooked and drained
1 cup cherry tomatoes, cut in half
1 9-oz. pkg. frozen cooked shrimp, thawed
1/2 cup tarragon vinaigrette**

Cook Rotini as directed on package and drain. Mix with remaining ingredients and chill at least 1 hour to blend flavors. Serves 5

192. SHRIMP ALFREDO PASTA

Using evaporated milk instead of cream gives this dish a creamy feel without the fat.

**1 package (12-oz.) refrigerated fettuccine
1 teaspoon olive oil
1/2 cup red bell pepper, seeded and chopped
2 cloves garlic, peeled and minced
1 can evaporated milk
1 cup grated Parmesan cheese
8 ounces medium shrimp, peeled, deveined and cooked
1/2 cup frozen peas, thawed
2 tablespoons chopped fresh parsley**

Cook pasta according to package directions. Drain and set aside. In a nonstick skillet, heat oil over medium-high heat; cook red bell pepper and garlic for 30 seconds or until softened slightly. Add to pasta along with evaporated milk and Parmesan cheese. Cook over medium-high heat, stirring gently, for 3 to 4 minutes or until sauce is heated

thoroughly and thickened slightly.

Add shrimp and peas; stir gently until heated thoroughly. Remove from heat; let stand for 2 to 3 minutes or until thickened. Garnish each serving with parsley and Parmesan cheese, if desired. Season with salt and pepper according to taste.

193. SIMPLE FRUIT SALAD

**1 cup sour cream
1 cup pineapple chunk or fruit cocktail, drained
1 cup miniature marshmallow
1 cup mandarin orange sections, drained
1 cup grated coconut
lettuce, for presentation**

Mix in a bowl and chill well. Serve on lettuce leaves.

194. SKILLET SPAGHETTI

Be sure to stir frequently as the pasta cooks, separating the strands carefully with your spoon.

**1 28-oz. jar spaghetti sauce
1-1/2 cups water
1 lb. frozen fully cooked meatballs
2 handfuls spaghetti pasta, broken in half
1 cup grated Parmesan cheese**

In 12" skillet, combine spaghetti sauce and water and stir to combine. Bring to a boil. Add meatballs and spaghetti. Stir well, making sure spaghetti is under the sauce. Cover, reduce heat and simmer for 20-25 minutes, stirring frequently. You may add more water if the mixture appears to be too dry. Cook until spaghetti is al dente. Serve with cheese. Serves 4 to 6.

195. SLOPPY JOES

**1/2 cup catsup
1 tsp. Worcestershire sauce
1 tbl. vinegar
2 tbl. brown sugar**

Pour over a pound of hamburger, browned in a skillet. simmer for 15 minutes. Serve on a hamburger bun.

196. SMOKED TURKEY CLUB SALAD

Add spinach to the mixed salad greens and you'll mix in more vitamins A and C.

**4 slices smoked turkey breast, cut into strips
1 small tomato, chopped
1/4 cup real bacon pieces or bits
4 cups mixed salad greens
1/2 cup finely shredded Cheddar cheese**

Arrange turkey, tomato and bacon over greens on a large platter. Sprinkle with cheese.

197. SOUTHERN FRENCH TOAST

**2 eggs
1/4 cup whipping cream
2 Tbl. honey
1/4 tsp. salt
1/4 tsp. cinnamon
grated zest of 1/2 orange
1/2 tsp. vanilla extract
8 slice white bread (1/2 inch thick)**

3 Tbl. butter

garnish:

fresh blueberries

fresh strawberries

strawberry, blueberry or regular pancake syrup

powdered sugar

whipped cream

In a shallow dish, beat the eggs, whipping cream, honey, salt, cinnamon, orange zest and vanilla extract. Set aside.

Melt the butter in a large skillet or griddle over medium heat. Dip bread slice into the egg mixture, turn and dip the other side. Once the bread is coated with the batter, carefully transfer to the skillet (the butter should be melted at this point)

Cook for about 2-4 minutes, or until golden brown. Turn. Repeat.

Remove the French Toast from the skillet and transfer to a warm plate.

Garnish with syrup, whipped cream, powdered sugar and berries.

198. SOUTHWESTERN PIZZA

Prep: 5 minutes Cook: 10 minutes

1 baked cheese pizza crust

1 cup barbecue sauce

1 cup roasted chicken meat, sliced

1 onion, sliced

1 cup red or green bell pepper, seeded and finely sliced

1 tsp. chili powder

1 cup shredded fat-free mozzarella cheese

Preheat oven to 450°F. Spread barbecue sauce over pizza crust.

Arrange chicken, onion, and peppers over top and sprinkle with chili powder and cheese. Bake 10 minutes, or until golden.

199. SPEEDY CHILI

1 lb. ground beef
2 tbl. instant minced onion or 1/2 cup onion, chopped
1/2 cup celery
2 cups 1-1/4 cups tomato soup (10 3/4 oz. can)
2 cups (15 oz. can) kidney beans
2 tsp. chili powder
1 tsp. salt
dash pepper

In a large fry pan, brown ground beef, onion and celery. Drain excess fat. Add remaining ingredients and mix well. Cover and simmer 15 to 20 minutes to heat well.

200. SPEEDY MEAT SAUCE

This is a super-fast sauce, and the ingredients are easy to keep on hand. If you use a cup of wine for the sauce and drink a glass while you make it, you'll still have a few glasses left to serve with dinner.

1 pound 90% (or higher) lean ground beef
1 can Italian-style crushed tomatoes
1 onion, diced
4 garlic cloves, minced
1 cup red wine
salt & pepper
1-1/2 cups ketchup
1 8-ounce package of your favorite pasta
freshly-grated Parmesan

Sauté the ground beef, using a wooden fork to break the meat into tiny pieces. Add the onion and cook until golden and lazy.

Meanwhile, bring a pot of salted water to a boil, and cook pasta according to package directions. Add the garlic to the skillet with the ground beef, and cook for a minute or two. Stir in the tomatoes and the

wine, allowing to simmer for about 10 minutes. Add about 1 1/2 cups of ketchup (I know this sounds sketchy, but it really adds great flavor and consistency to this dish), mix well, season with salt and pepper, and simmer about 5 minutes more.

Serve over your drained pasta. Pass Parmesan separately.

201. SPEEDY SWISS STEAK (Pressure Cooked)

1-1/2 to 2 lbs. round steak, cut into serving pieces
2 tbl. oil
1 cup chopped onion or 1/4 cup instant minced onion
1/4 cup chopped green pepper
1-1/4 cups (10-3/4 oz.) can tomato soup
1/4 cup water
1/2 tsp. celery seed, if desired
1/2 tsp. paprika
1/2 tsp. salt
1/8 tsp. pepper
2 tbl. flour
1/3 cup water

In a pressure cooker, brown round steak in oil on both sides. Add all of the ingredients except flour and 1/3 cup water. Close cover securely. Place pressure cooker regulator on vent pipe. Bring cooker up to 15 pounds pressure or until pressure regulator is rocking slowly. Reduce heat and cook at 15 pounds pressure for 15 minutes. Remove from the heat. Let pressure cooker stand, allowing pressure to drop by itself. Combine flour and 1/3 cup water. Add to the meat mixture. Return to heat and cook stirring constantly until thickened.

202. SPICY GREEN BEANS

Green beans (a couple of handfuls per person), rinsed and ends broken off
olive oil

**coarse Kosher salt
coarsely ground black pepper
crushed red pepper**

Heat up your pan on medium heat. Add olive oil and heat a few seconds.

Toss in your green beans and shake or stir occasionally until the beans start to sear. Little black spots will appear. This should take about 2 minutes or so, depending on the amount of beans you're cooking.

Grind in fresh black pepper, toss in some coarse Kosher salt (the coarse stuff doesn't dissolve into the oil, so you get a more distinct flavor) and the crushed red pepper, give the pan a final shake, and it's done.

203. SPINACH ARTICHOKE DIP

This dip went over well when I had to bring something to a birthday party. It is easy to make and absolutely delicious!

**2 packages frozen chopped spinach, defrosted
2 packages frozen artichoke hearts, defrosted
1/2 cup mayonnaise
8 ounces shredded mozzarella cheese
2 cloves garlic, minced**

Drain all water from spinach and artichokes in a colander.

In a bowl mix spinach and artichokes with mayonnaise, cheese, garlic, and season with salt and pepper.

Bake in a preheated 325' oven for 20 to 25 minutes.

Serve with White Corn Tortilla Chips and Baguette Bread.

204. SPINACH FETA SALAD

**6 cups baby spinach, rinsed and dried
4 ripe tomatoes, sliced
1 English cucumber, chopped
6 radishes, thinly sliced**

1/4 cup crumbled feta cheese
1 red bell pepper, seeded and thinly sliced

In a large bowl, toss together the spinach, tomatoes, cucumber, radishes, feta and red pepper. Top with dressing of choice and enjoy!

205. SPINACH SALAD

1 bag fresh spinach
1 small bag bean sprouts
1 small can water chestnuts
2 hard boiled eggs, sliced
Fresh bacon bits
1 small can mandarin oranges

--DRESSING:--

1 cup oil
3/4 cup sugar
1/4 cup red wine vinegar
1/8 cup catsup
1 med. onion, chopped fine
2 tsp. Worcestershire sauce

Combine the salad ingredients. Combine dressing ingredients and chill for a couple of hours prior to pouring over the salad.

206. SPRING FLING SHRIMP STIR FRY

Succulent stir-fried shrimp and tender snow peas are coated in a sweet and tart citrus sauce.

Preparation time: 15 mins
Cooking time: 5 mins

2 tablespoons vegetable oil

1 pound medium shrimp, peeled and deveined
1/2 pound snow peas, trimmed
1 clove large garlic, peeled and thinly sliced
1 tangerine, juiced
1 lemon, juiced
1 tablespoon soy sauce
1/2 teaspoon salt
1/4 teaspoon ground white pepper
2 tablespoons chopped fresh cilantro
3 cups cooked short-grain rice

Heat wok or a large sauté pan over medium-high heat. Add oil and swirl to coat. When hot, but not smoking, add shrimp and stir-fry for 1 minute. Add snow peas and garlic and stir-fry until peas are crisp-tender, about 2 minutes. Add tangerine juice, lemon juice, soy sauce, salt and pepper and continue cooking until vegetables and shrimp are well coated, about 1 minute. Mix in cilantro. Transfer stir-fry to a warm platter and serve with steamed rice. Cooking Tip: If you want a thicker sauce, mix 2 teaspoons of cornstarch in the tangerine juice before adding to the stir-fry.

207. SWEET & SOUR MEATBALLS

1 lb. ground beef
1/4 cup dry bread or cracker crumbs
1/2 tsp. instant minced onion or 2 tbl. finely chopped onion
1/2 tsp. salt
1/8 tsp. pepper
1 tbl. oil or shortening
1/4 cup sugar
2 tbl. cornstarch
2 tbl. soy sauce
2 tbl. vinegar
1/2 cup water
1/2 cup reserved pineapple syrup
1-1/2 to 2 green peppers, cut into 1 inch pieces
1-1/4 cups (13-1/4 oz. can) drained pineapple tidbits or chunks (reserve syrup)

In a large mixing bowl, combine ground beef, bread crumbs, onion, salt and pepper; mix well. Shape into 1 inch balls. Brown in hot oil in a fry pan. Drain off drippings; remove meatballs. Combine sugar and cornstarch in fry pan; stir in soy sauce, vinegar, water and pineapple syrup. Cook, stirring constantly until the mixture thickens and boils. Add the green pepper, pineapple and meatballs. Cover and simmer 15-20 minutes. Serve over rice.

208. TACO BAKE

Prep: 10 min, Cook: 25 min.

**1 lb. ground beef, or ground turkey
3 ounces taco seasoning
1 cup canned refried beans
1 cup salsa
1 cup shredded Monterey Jack cheese**

Preheat oven to 350°F. In a large skillet, brown the ground beef and drain the fat. Mix in the taco seasoning. Spoon browned meat into a small glass baking dish. Top with a layer of refried beans, a layer of salsa, and a layer of cheese. Bake for 20-25 minutes.

209. TACO CORNBREAD PIZZA

**1 (8.5 ounce) package corn muffin mix
1 pound ground beef
1 (1.25 ounce) package Taco Seasoning Mix
1 (8 ounce) package shredded Cheddar cheese, divided**

**Prepare corn muffin mix as directed on package. Spread batter into greased 12-inch pizza pan. Bake at 400 degrees for 8 to 10 minutes or until lightly browned.
Brown meat; drain. Add Seasoning Mix and 3/4 cup water; prepare as directed on package. Sprinkle 1 cup cheese over baked crust. Top with**

meat mixture and remaining cheese. Bake 4 to 5 minutes or until cheese is melted. Serve with your favorite taco toppings such as shredded lettuce, chopped fresh tomatoes Thick 'N Chunky Salsa, Guacamole and Sour Cream.

You may like to spread a layer of refried beans over the pizza crust before topping with the cheese and meat.

210. TANGY MAPLE SAUCY PORK

8 cups water
8 oz dried packaged noodles
1 cup peeled carrots, baby
4 green onions, cut in 1 inch pieces
12 oz pork tenderloin
1/2 tsp coarse pepper
1 tbl oil
1 cup apple juice
2 tsp mustard
3 tbl Maple syrup
1 tbl Red wine vinegar or cider vinegar

Pour water into a Dutch oven. Bring to a boil, add noodles and carrots and cook, uncovered for 5 minutes. Add green onions and cook about 2 minutes more.

Meanwhile, diagonally cut tenderloin into 12 slices. Sprinkle with pepper. Heat oil in a large skillet over medium high heat. Cook pork in hot oil for 4 minutes. Turn over and cook for 3 to 4 minutes more or until no longer pink. Remove pork and keep warm.

For sauce: carefully add apple juice and mustard to skillet. Scrape brown bits from bottom of pan and mix well in juice. Boil gently, uncovered for 2 minutes. Stir in maple syrup and vinegar. Boil 1 more minute. Drain noodles and place on plates.

Arrange pork on noodles and spoon sauce over the top. makes 4 servings.

211. THAI NOODLES

Thai flavors inspire this simple stir-fried noodle dish. For even more Thai flavor, substitute pungent, salty fish sauce for the soy sauce.

Preparation time: 30 mins

Cooking time: 12 mins

**8 ounces 1/4-inch thick rice noodles
1/4 cup ketchup
2 tablespoons soy sauce
1 tablespoon firmly packed brown sugar
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon ground ginger
2 tablespoons vegetable oil, divided
4 eggs, beaten
8 green onions, cut into 1-1/2-inch pieces
1 clove garlic, peeled and thinly sliced
2 cups bean sprouts
1/4 cup chopped dry-roasted, unsalted peanuts**

Place noodles in a large bowl. Cover with hot tap water and let stand for 30 minutes; separate noodles as they soften. Drain well when pliable.

In a small bowl, whisk together ketchup, soy sauce, brown sugar, crushed red pepper flakes and ginger; set aside.

Place half the oil in a large nonstick skillet or wok over medium heat. Pour in eggs and swirl to coat pan. As mixture sets, lift up edge and allow uncooked portion to flow underneath. When set, remove from pan and thinly slice.

Reheat pan over medium-high heat until hot. Add remaining oil and sauté green onions and garlic for 2 minutes. Stir in bean sprouts and stir-fry for 1 minute. Add ketchup mixture and mix well. Add drained noodles and eggs and toss until evenly coated and thoroughly heated. Serve immediately garnished with peanuts.

212. THE BEST CHICKEN SALAD

2 boneless chicken breast halves, cooked
1/4 cup creamy salad dressing
4 tablespoons cole slaw dressing
1 stalk celery, chopped
1/4 onion, chopped
salt and pepper to taste

In a food processor, combine the chicken, creamy salad dressing, cole slaw dressing, celery, onion, and salt and pepper. Mix until well chopped

213. THICK AND HEARTY POTATO SOUP

1 stick margarine
1/4 cup chopped onion
1/4 cup flour
3 cans evaporated milk
5 medium raw potatoes, peeled and cubed
1 potato "baked" in the microwave until soft
(peel and mash with a fork)
6 slices bacon cooked and crumbled
1-2 cups milk
salt and pepper

In a large heavy pot, melt margarine. Brown onion in margarine. Stir in flour to make a paste, cook paste for a minute or two. Pour in 1 can evaporated milk, whisking paste until smooth. Add the other 2 cans of evaporated milk

Add smashed potato, bacon and cubed potatoes.

Add enough milk to cover potatoes to desired thickness

Salt and pepper to taste. Cook until potatoes are tender, stirring often to avoid sticking or scorching

After dishing into bowls, top with grated cheddar cheese or sour cream.

214. THREE BEAN SALAD

1 (15.25 ounce) can kidney beans, rinsed, drained
1 (15.5 ounce) can Great Northern beans, rinsed, drained
1 (15 ounce) can black beans, rinsed, drained
1/2 cup diced green pepper
1/2 cup diced red pepper
1 cup Italian Fat Free Dressing

Mix all ingredients in large bowl. Refrigerate several hours or until chilled.

215. TORTELLINI STIR FRY

This stir-fry is redefined - with pasta instead of rice. It's a great way to get all the vegetables found in Asian stir-fries, but with an Italian accent. Serve with a fruit salad

Preparation time: 15 mins

Cooking time: 10 mins

1 package (9 oz.) Refrigerated Three Cheese Tortellini, prepared according to package directions, drained
1 tablespoon vegetable oil
1 package (16 oz.) loose-pack frozen stir-fry vegetables
1/3 cup prepared peanut- or garlic-flavored stir-fry sauce
2 tablespoons water
1/8 teaspoon crushed red pepper (optional)
2 tablespoons chopped unsalted cashews or peanuts

Heat oil in a large skillet over medium-high heat. Add vegetables; cook, stirring occasionally, for 7 to 8 minutes or until crisp-tender. Stir in cooked pasta, stir-fry sauce, water and crushed red pepper; cook for 1 to 2 minutes or until mixture is heated through. Sprinkle with nuts just before serving.

216. TORTELLINI WITH PEAS & PARMESAN

I love this easy recipe because I love tiny peas! You can use any type of frozen vegetable, including lima beans, corn, asparagus, or snap peas.

**1- 9-oz. pkg. refrigerated tortellini pasta
2 cups frozen baby peas
3 Tbl. butter
1/2 cup grated Parmesan cheese**

Cook tortellini as directed on package. Meanwhile, place peas in a colander. When the tortellini is cooked and al dente, pour the contents of the pot over the peas in the colander (this thaws the peas to perfection). Return to the pot. Add butter and stir over low heat until the butter is melted and pasta and peas are coated. Sprinkle with Parmesan cheese and serve. 3 servings

217. TUNA & TARRAGON SALAD SANDWICHES

A classic sandwich filling made 'continental-style' with tarragon and French bread, this Tuna and Tarragon Salad Sandwich contrasts the slightly briny flavor of ocean fish with the sweetness of tarragon.

**1 can 6-oz. tuna, drained
1 small tomato, chopped
2 tablespoons chopped trimmed green onions
2 tablespoons mayonnaise
1/4 teaspoon crushed dried tarragon
1/8 teaspoon salt
1/8 teaspoon ground black pepper
4 slices French bread**

Combine all ingredients in a large mixing bowl except bread; mix well. Spread mixture on bread and serve.

218. TUNA MAC

1 can tuna

**1 box macaroni & cheese
1 can of peas
milk
butter**

**Cook Mac & Cheese as directions say, add peas and tuna. Warm and serve. Easy!!
Serve with garlic bread and a fruit salad.**

219. TUNA TORTELLINI SALAD

This is a delicious change of pace from a standard tuna salad. Line your serving bowl with salad greens and garnish with Parmesan cheese curls made by 'peeling' a piece of Parmesan cheese with a vegetable peeler.

Estimated Times

Preparation time: 10 mins

Cooking time: 15 mins

1 pkg.(20 oz.) refrigerated family size Three Cheese Tortellini, cooked, rinsed and drained

1/2 pound green beans, cut into 1-inch pieces, cooked

2 cans (6 1/8 oz. each) solid white tuna packed in water, drained

1 large chopped tomato, diced

3/4 cup sliced ripe black olives, sliced

4 green onions, sliced

3/4 cup mayonnaise

3 tablespoons balsamic vinegar

3/4 teaspoon celery salt

1 small can corn

Combine tortellini, green beans, tuna, tomato, olives corn and onion in a large bowl. Combine mayonnaise, vinegar and celery salt in a small bowl. Stir mayonnaise mixture into pasta mixture. Season with salt and pepper.

220. VEGETABLE CASSEROLE

One 10 ounce package of frozen broccoli
One 10 ounce package of frozen cauliflower
One 10 ounce package of frozen carrots, sliced
1 can of cream of mushroom soup
1/2 pound of Velveeta cheese, cubed
1/2 package of Pepperidge Farm sage stuffing mix
1 stick of melted margarine

Cook vegetables according to package directions. Drain and place in 2 quart baking dish. Add cubed cheese and mushroom soup. Stir lightly to mix. Pour melted margarine over stuffing mix and cover vegetable mixture.

Bake 30 minutes at 350°F.

221. VEGETABLE SALSA SOUP

6 (14.5 ounce) cans chicken broth
1 (16 ounce) jar medium salsa
2 cups chopped carrot
2 cups celery, chopped
1 cup frozen mixed vegetables

In a pot over medium high heat, combine the broth, salsa, carrots, celery and mixed vegetables. Simmer together for 20 minutes, or until vegetables are tender.

222. VINAIGRETTE
Excellent!!

1/2 cup red wine vinegar
1/2 cup vegetable OR olive oil
1 clove crushed garlic
2 teaspoons white sugar
1 teaspoon salt

Directions

In a jar with a tight fitting lid, combine vinegar, oil, garlic, sugar, and salt. Shake well.

223. WHIPPED SWEET POTATO CASSEROLE

**2 pounds sweet potatoes, peeled and cubed
2 tablespoons orange juice
3/4 cup brown sugar
1/8 teaspoon ground nutmeg
2 tablespoons butter, cubed
1 cup miniature marshmallows**

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan cook sweet potatoes in salted water over medium-high heat for about 20 minutes, or until done. Drain, and add orange juice, brown sugar, nutmeg and butter. Whip until smooth. Spread into a medium size casserole dish and top with marshmallows.

Bake in preheated oven for about 10 minutes, or until marshmallows are golden brown.

224. ZIPPY BAKED BEAN CHILI

Baked beans in chili? You bet. Serve a steaming bowl for lunch or ladle over warm cornbread for a more substantial dinner entrée.

**1 tablespoon vegetable oil
1/2 cup chopped onion
3 cloves garlic, finely chopped
8 ounces sausage, cooked, crumbled and drained
8 ounces ground beef, cooked and drained
1 can (16-oz.) pork and beans
1 can (10.75-oz.) condensed tomato soup
1 cup beef broth
1 can (4-oz.) diced green chiles**

1 tablespoon chili powder
2 teaspoons ground cumin
1 tablespoon chopped fresh cilantro, optional

Heat oil in a large saucepan; add onion and garlic. Cook for 5 minutes. Add sausage, beef, beans, soup, broth, chiles, chili powder and cumin. Bring to a boil; reduce heat to low. Cook for 15 minutes. Season with salt and ground black pepper. Garnish with cilantro, if desired.

