

NANCY'S FAVORITE RECIPES

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APPETIZERS

ARTICHOKE DIP

14 oz. can artichokes
1 cup light mayonnaise
1 cup grated parmesan cheese
Garlic Powder
Paprika

Preheat oven to 350 degrees. Drain and mash artichokes. Mix in mayonnaise and Parmesan cheese. Add garlic powder to taste. Pour mixture into small baking dish and sprinkle paprika on top. Bake for 25-30 minutes or until bubbly.

ASPARAGUS CHEESE POCKETS

½ pound fresh asparagus, microwaved until tender and cut into half-inch pieces
3 oz. package cream cheese, softened
1 Tbsp. low-fat milk
1 to 2 Tbsp. mayonnaise
1 Tbsp. chopped onion
1 Tbsp. drained pimento, diced
8 oz. tube refrigerated crescent rolls
Non-stick olive oil spray

Preheat oven to 375°. In a large bowl, beat together the cream cheese, milk, and mayonnaise until smooth. Add in the onions and pimento. (You may make this the day before and refrigerate). Unroll the crescent dough into eight separate triangles. Place on an ungreased baking sheet. Spread cream cheese mixture onto each triangle. Sprinkle asparagus on top of mixture. Fold corners of dough together to hold filling inside. Lightly coat prepared pockets with cooking spray. Bake until browned, about 15 to 20 minutes. Serves 8.

BAKED EGG ROLLS

1 pound package frozen broccoli stir-fry vegetable blend
1 cup shredded cooked chicken
4-1/2 tsp. low-sodium soy sauce
2 tsp. sesame oil
2 garlic cloves, minced
½ tsp. ground ginger
½ of a 16 oz. package all-purpose pasta or egg roll wrappers
1 egg, beaten
1 jar of plum sauce

Preheat oven to 425 degrees. In a bowl, combine ½ package chopped, defrosted vegetables, chicken, soy sauce, sesame oil and spices. Place 1/4 cup mixture into the center of each wrapper. Fold bottom corner over filling then fold two sides toward the center. Moisten flap of remaining corner with beaten egg and seal. Place egg rolls seam side down on a greased baking sheet. Spray tops of wrappers with nonstick cooking spray or brush with beaten egg. Bake in 425 degree oven for 10-15 minutes, or until browned. Makes 8 servings. Recipe may be doubled. Serve warm with plum sauce.

CHILI DIP

15 oz. jar Cheese Whiz
15 oz. can Hormel chili without beans
1 bunch green onions, chopped
4 oz. can diced green chiles
1/4 tsp. tabasco

Mix all ingredients and bake in oven at 275 degrees for 45 minutes. Serve with large corn chips.

CROISSANT BRIE APPETIZERS

Fresh Croissants
Brie Cheese
Walnuts
Strawberry Jam

Toast walnuts over medium heat for a few minutes then chop into smaller pieces. Cut croissants in half. Lay brie cheese on one side of croissant and sprinkle with chopped walnuts. Melt in microwave for 12-15 seconds. Spread jam on top. Cut croissant halves into bite size pieces and serve warm.

EGGPLANT APPETIZER

1 large, firm eggplant
½ large sweet onion, peeled
1 Tbsp. olive oil
Salt to taste

Microwave eggplant until tender (about 5 minutes), let cool, and then scoop out pulp. Discard peel. In a food processor, chop onions. Add eggplant and puree with onions. Stir in olive oil and salt to taste. Serve as a dip with crackers.

GUACAMOLE

2 ripe avocados
8 oz. container diced tomatoes
8 oz. container chopped onions
1 Tbsp. fresh chopped parsley
Juice from 1 fresh lime
Salt
Tortilla Chips

Mix together chopped tomatoes, onions, and the scooped-out insides of two ripe avocados. Stir in parsley and lime juice. Add salt to taste. Pour into a serving bowl and serve with tortilla chips.

HOT DOG CRESCENTS

Beef Hot Dogs
Sharp Cheddar Cheese, cut into strips
Refrigerated Crescent Dinner Rolls

Preheat oven to 375 degrees. Slit hot dogs to within 1/2 inch of ends. Insert strips of sharp cheddar cheese. Separate crescent roll into triangles. Place hot dog on shortest side of each triangle and roll up. Put cheese side up on greased baking sheet. Bake for 12 to 15 minutes or until golden brown.

PORTOBELLO MUSHROOM APPETIZER

4 Portobello mushrooms, cleaned and stemmed
Balsamic vinegar
Olive oil
4 oz. mozzarella cheese, shredded
Fresh chopped basil
1 large ripe tomato, sliced

Scrape gills out of underside of mushrooms. Place mushrooms top side down on greased baking sheet. In each mushroom hollow, sprinkle some balsamic vinegar. Top with tomato slice, mozzarella cheese, fresh basil, and a few sprinkles of olive oil. Bake for 15 minutes at 350 degrees. Serves 4.

SPINACH ARTICHOKE DIP

14-oz. can artichoke hearts, drained and chopped
10-oz. package frozen chopped spinach, thawed and drained

3/4 cup parmesan cheese
3/4 cup light mayonnaise
1/2 cup reduced fat shredded mozzarella cheese
1/2 tsp. garlic powder

Preheat oven to 350 degrees. Mix all ingredients. Spoon into greased baking dish. Bake for 20 minutes or until heated through. Serve with crackers.

SPINACH BALLS

2 10-oz. packages frozen chopped spinach, thawed and drained
2 cups crushed herb stuffing mix
1 cup grated parmesan cheese
1/2 cup melted butter
4 small chopped green onions
3 eggs

Combine ingredients in a large bowl and mix well. Shape into 1-inch balls. Cover and refrigerate or freeze until ready to bake. In a preheated 350 degree oven, bake on an ungreased baking sheet for 10-15 minutes until golden brown. Serve with your favorite mustard.

SPINACH PUMPERNICKEL DIP

10 oz. package frozen chopped spinach, thawed and squeezed dry
1 package dry onion soup mix
1-1/2 cup sour cream
1 cup mayonnaise
8 oz. can sliced water chestnuts, drained and chopped
3 green onions, chopped
1 round pumpernickel bread

Mix together soup mix, sour cream, and mayonnaise until blended. Add spinach, water chestnuts, and green onions. Cover and chill. Just before serving, cut circle into top of bread and hollow out a bowl shape, saving pieces of bread to place around platter for dip. Spoon spinach dip into hollow and serve.

STUFFED MUSHROOMS

2-16 oz. packages whole white mushrooms
3 oz. cream cheese, softened
1/2 cup mayonnaise
1/2 cup sour cream
14 oz. can artichoke hearts, drained and chopped
10 oz. package frozen chopped spinach, thawed and drained
1/3 cup shredded mozzarella cheese
3/4 tsp. garlic powder
4 Tbsp. shredded parmesan cheese
2 Tbsp. grated parmesan cheese

Remove stems from mushrooms and discard or save for another use. Clean mushrooms and pat dry with paper towel. Meanwhile, beat cream cheese, mayonnaise, and sour cream in a small bowl. Add artichokes, spinach, mozzarella cheese, garlic powder, and shredded Parmesan cheese. Fill each mushroom cap with about 1 Tbsp. of spinach mixture. Place mushrooms on greased baking sheet and sprinkle with grated Parmesan cheese. Bake at 400 degrees for 20 minutes or until tender. Yields about 36 mushroom appetizers. Use leftover mixture as spinach dip.

BEVERAGES

CITRUS CIDER

64 oz. bottle apple cider
1/4 cup brown sugar
1/4 cup thawed orange juice concentrate
3 cinnamon sticks
1 tsp. whole cloves

¼ tsp. vanilla extract
Light rum (optional)

In a large saucepan, combine apple cider, brown sugar, and orange juice concentrate. Add cloves and cinnamon sticks. Cover and simmer for 1 hour. Remove cinnamon sticks and cloves and stir in vanilla. Pour into individual glasses or mugs. If desired, add light rum to taste. Serve warm or cold. Serves 6 to 8.

FRUIT PUNCH

1 large can pineapple juice
1 can frozen orange juice concentrate
2 liter bottle lemon-lime soda
Dash of Grenadine
Rum to taste

Mix all in large punch bowl and serve over ice.

NECTAR PUNCH

2 quarts lime sherbet
2 liters lemon-lime soda
½ large can pineapple juice
½ large jar cranberry juice
2 lemons, thinly sliced
3 limes, thinly sliced
1 small jar Maraschino cherries

Spoon sherbet into a large punch bowl. Add soda and juices. Garnish with sliced lemons and limes and add cherries.

SAUCES

CRANBERRY SAUCE

12 oz. bag fresh cranberries
¾ cup sugar
1 tsp. grated lemon peel
1 cup water

In a medium pot, mix all ingredients. Bring to a boil then reduce heat and simmer about 10 minutes or until cranberries are softened. Cool and store in refrigerator until served.

TURKEY GRAVY

2 Tbsp. canola oil
Turkey neck bone
2 medium carrots, chopped
1 large onion, chopped
32 oz. low sodium chicken broth
1 Tbsp. fresh parsley, chopped
1 Tbsp. fresh sage, minced
1 tsp. thyme
2 bay leaves
¼ cup cornstarch
¼ cup cold water
Salt to taste

In a Dutch oven, heat oil. Add turkey neck bone and brown on all sides. Remove from pan. Add the carrots and onion. Sauté until wilted and lightly browned. Return turkey part to pan. Add chicken broth, parsley, sage, thyme and bay leaves. Cover and simmer for 30 minutes. When done, remove turkey bone and bay leaves. In a small bowl, whisk together the cornstarch and water. Add to broth, increase heat, and stir until thickened and bubbly.

WHITE WINE GRAVY

3 Tbsp. cornstarch

¾ cup dry white wine
1 chicken bouillon cube
¼ cup sliced green onions

Skim fat from pan turkey juices. Pour remaining juice into measuring cup. Add water to make 2 cups of liquid. In a medium saucepan, blend the cornstarch and the white wine. Add pan juices, a chicken bouillon cube, and ¼ cup sliced green onions. Cook and stir until thick and bubbly. Season with salt to taste.

SOUPS

BUTTERNUT SQUASH SOUP

2 Tbsp. butter
1 onion, diced
1 pound peeled butternut squash, cubed
1 carrot, sliced
¼ tsp. cinnamon
¼ tsp. freshly grated nutmeg
Pinch ground cloves
32 oz. low-salt chicken broth
2 sprigs thyme
1 cup half-and-half
2 Tbsp. molasses

Melt butter over medium heat in large soup pot. Add onion and cook until wilted. Then add squash and carrots. Cook for 4-5 minutes, stirring often. Add spices and cook until vegetables start to caramelize. Then add chicken broth and thyme. Simmer for 20 minutes. Remove from heat and discard thyme sprigs. Using an immersion blender, puree the soup. (It can be frozen at this stage.) Stir in molasses to blend. Add half-and-half and mix to combine.

FRENCH ONION SOUP

¼ cup butter or margarine
5 cups thinly sliced onions
¼ tsp. sugar
1 cup red wine
4 cans (10-1/2 oz.) condensed beef broth, undiluted
4-6 French bread slices, each one inch thick
1 cup grated Swiss cheese
Olive oil

Preheat oven to 325 degrees. Melt butter in large soup pot. Add onions, stir, and simmer covered until golden, about 15 minutes, stirring occasionally. Uncover, raise heat to medium, and stir in sugar. Cook 10 minutes. Add red wine and beef broth, bring to boil. Reduce heat and simmer for 30 minutes. (Can freeze soup at this stage if desired). Meanwhile, toast bread slices until browned on both sides. Sprinkle each slice of bread with grated cheese and a few drops of olive oil on top. Pour soup into oven-proof tureens. Float toast, cheese side up, one slice in each bowl. Bake at 325 degrees for 20 minutes, then set for a minute under the broiler until the top is browned and bubbly. Serve immediately, or cool and refrigerate, covered. May be reheated.

MINISTRONE SOUP

48 oz. box low sodium chicken broth
28 oz. can petite diced tomatoes, undrained
15 oz. can whole white potatoes, drained & halved
15-1/2 oz. can cannellini beans, drained
9 oz. package frozen cut green beans
8 oz. package shredded carrots
1 large onion, cut into chunks
¼ red bell pepper, diced
1 Tbsp. each fresh parsley and dill
¾ cup small pasta

Combine all ingredients except pasta in large soup pot and bring to a boil. Cover and simmer for 30 minutes.

Add pasta, cook for additional 10 minutes. Serve hot.

MUSHROOM BARLEY SOUP

1 Tbsp. olive oil
20 oz. sliced mushrooms
8 oz. chopped onions
2 tsp. chopped garlic
¼ tsp. dried thyme
4-1/2 cups reduced sodium chicken broth
2 cups water
1 cup quick-cooking barley
¼ cup fresh chopped parsley
¼ cup fresh chopped dill
1 tsp. lemon juice

Heat oil in soup pot. Sauté onions, mushrooms, and garlic until wilted. Add parsley, thyme, and dill. Stir in broth and 2 cups water. Bring to a boil then lower heat to simmer. Cook until barley is tender and flavors blend, about 15 minutes.

POTATO LEEK SOUP

2 Tbsp. butter
2 leeks, cleaned and chopped
3 medium potatoes, peeled and cut in chunks. Keep in cold water until used.
3 cups (24 oz.) reduced sodium chicken broth
2 cups (16 oz.) water
1 bunch watercress
1 cup heavy cream or evaporated skim milk

Heat the butter in a saucepan to melt. Add leeks and sauté until wilted. Add potatoes, broth, and water. Bring to a boil and simmer for 30 minutes. Add watercress and simmer for another 20 minutes. Cool the soup and blend with immersion blender. Add the cream and reheat gently, or refrigerate and serve cold. Serves 6.

SWEET ONION CHOWDER

1/4 cup butter
4 to 5 large sweet onions, peeled and sliced
1 tsp. sugar
1 Tbsp. fresh dill, chopped
11 oz. can white corn, drained
(4) 14 oz. cans Swanson's low fat, low sodium chicken broth
2 Tbsp. flour
½ cup half-and-half

Melt butter in soup pot. Add onions. Stir and cook covered on medium heat until soft, about 20 minutes. Sprinkle in the sugar and mix again, cooking a few more minutes. Then add remaining ingredients and heat to a boil. Serve immediately.

TOMATO BISQUE

3 Tbsp. olive oil
1-1/2 onion, chopped
8 oz. celery, chopped
1 Tbsp. tomato paste
3 cups low-sodium chicken broth
½ cup white wine
1 Tbsp. chopped garlic
1 cup baby carrots
1 bunch fresh basil leaves
28 oz. can low sodium tomatoes, undrained
1/3 cup whipping cream

In a large soup pot, sauté onions and celery in olive oil until wilted. Mix in tomato paste. Add chicken broth, wine, garlic, carrots, basil and tomatoes. Simmer for 30 minutes. Add whipping cream and remove from heat. When cooled, blend with immersion blender. Add salt and pepper to taste. Reheat to serve.

TOMATO LENTIL SOUP

4-1/2 cups water
1 bag sliced carrots
8 oz. chopped onions
2/3 cup dried lentils, rinsed
6 oz. can tomato paste
2 Tbsp. chopped fresh parsley
1 Tbsp. brown sugar
1 Tbsp. white vinegar
1 tsp. garlic powder
½ tsp. dried thyme
¼ tsp. dried dill

In a large pot, combine water, carrots, onions and lentils, and bring to a boil. Cover and lower the heat, and simmer for twenty minutes or until vegetables are tender. Stir in the remaining ingredients. Heat and mix to blend.

Note: This could be a meal by itself with a salad or a crusty artisan bread with butter.

TURKEY SOUP

1 leftover turkey carcass
10 cups water
2 celery ribs, cut into chunks with celery leaves
1 large onion, cut into chunks
1 handful of fresh thyme sprigs
1 package baby spinach
1 can low-sodium great northern beans, rinsed and drained
1 cup baby carrots
½ to 1 cup fresh mushrooms
2 chicken bouillon cubes

Put the turkey carcass in a soup pot and add water. Toss in celery and onion and thyme. Bring to a boil then lower heat to simmer. Cover and cook for 2 hours.

Remove carcass, all remaining bones, and thyme sprigs. Take off any meat from the bones and add back to soup. Add spinach, beans, carrots, mushrooms and bouillon cubes. Simmer covered for another 30 minutes.

Note: You can toss in whatever ingredients you have at home that you like in your soup. If you prefer, use an immersion blender or serve the soup as is.

VEGETABLE BEAN SOUP

¾ cup dried large lima beans
(2) 48 oz. boxes low-sodium chicken broth
2 cups water
1 package fresh spinach
1 small package fresh basil
Handful each of fresh dill and parsley, chopped
1 turnip, peeled and cut into chunks
1 parsnip, peeled and cut into chunks
1 package baby carrots
¼ cup barley
¼ cup dried peas
1 can low-sodium cannellini beans, drained
1 large onion cut into chunks
14.5 oz. can diced tomatoes, undrained

The day before, cover dried lima beans with boiling water in a bowl and refrigerate overnight. In the morning, peel

and discard skins. Set lima beans aside. Bring broth and water to a boil in a large stock pot. Add spinach. Stir until spinach is wilted, then add other ingredients. Cover pot with one side partially open to vent and simmer for two hours. Cool and then blend all ingredients with immersion blender. Soup can be divided into smaller portions and frozen for later use.

Cooking Tip: Buy a bunch each of dill and parsley. Trim off stems. Rinse and separate into handfuls. Put each bundle into a plastic sandwich bag, seal and freeze until needed.

VEGETABLE BARLEY SOUP

3/4 cup dried large lima beans
3 to 5 beef marrow bones, depending on size
1 bunch fresh celery leaves
1/4 cup dried split peas
1 Tbsp. each fresh parsley and dill, chopped
1/4 cup pearl barley
1/4 cup uncooked rice
8 oz. baby carrots
1 large onion, peeled
1 parsnip, peeled
1 turnip, peeled
1 small potato, peeled
1 soft tomato
4 oz. fresh mushrooms (optional)

The night before, put lima beans in a medium bowl and cover with boiling water. Refrigerate overnight. In the morning, remove and discard shells; they'll slide off easily. Rinse and put lima beans aside.

Rinse marrow bones and place in bottom of large soup pot. Cover with cold water and bring to boil. Skim foam off top. Lower heat and add all other ingredients. Simmer covered for about two hours, stirring occasionally, until all vegetables are tender. Remove lid and let soup cool. With slotted spoon, remove marrow bones. Shake out marrow from bones into soup. Discard bones. Use immersion blender to puree soup until thoroughly blended. Note: This soup freezes well when cooled.

BREADS

BANANA BRAN MUFFINS

2-1/4 cups Quaker oat bran hot cereal, uncooked
1 Tbsp. baking powder
1/4 cup dark brown sugar
1/4 cup chopped walnuts
1-1/4 cup skim milk
2 ripe bananas
2 egg whites
2 Tbsp. applesauce

Preheat oven to 425 degrees. In a blender, mash bananas. Add milk, egg whites, and applesauce. Blend together. Meanwhile, mix the dry ingredients in a large bowl. Add milk mixture and stir. Optional: add dried fruit, i.e. dried cranberries. Grease muffin pan with non-stick spray or line with paper baking cups. Fill each cup about 3/4 full with batter. Bake for 17 minutes. Makes 12 muffins.

CORN MUFFINS

17 oz. can of corn
1/4 cup melted butter
2 cups biscuit mix
1/3 cup nonfat dry milk
3 Tbsp. sugar
1 cup shredded cheddar cheese
1 egg, beaten
2 Tbsp. chopped onion
1/4 tsp. dill

Pinch of dried thyme

Drain corn, reserving liquid and add liquid to melted butter to measure 2/3 cup of liquid total. Combine biscuit mix, dry milk, sugar in a large bowl. Stir in corn, cheese, liquid, egg, onion and dill, and thyme. Blend. Fill muffin cups 2/3 full. Bake at 400 degrees for 25 minutes.

CRANBERRY BREAD

2 cups all-purpose unbleached flour
1 cup light brown sugar
½ tsp. baking soda
1½ tsp. baking powder
1 tsp. salt
4 Tbsp. unsalted butter, melted
1 large egg, lightly beaten
¾ cup whole milk
12 oz. bag fresh cranberries
Cinnamon Sugar

Preheat oven to 350 degrees. In a large bowl, mix flour, sugar, baking soda, baking powder, and salt. In a medium bowl, stir together melted butter, egg, and milk. Add liquids to flour mixture. Stir to combine, then fold in cranberries. Put batter into greased and floured loaf pan. Sprinkle cinnamon sugar on top. Bake about 1 hour until toothpick comes out clean.

GARLIC CHEESE BISCUITS

2 cups biscuit mix
½ cup shredded cheddar cheese
2 cloves garlic, minced
2/3 cup low fat milk
2 Tbsp. butter or margarine, melted
1/4 tsp. garlic powder

Combine biscuit mix, shredded cheese, and minced garlic in a large bowl. Stir in milk until moistened. Drop by the tablespoon onto a greased cookie sheet. Bake at 450 degrees for 10 minutes or until browned. Meanwhile, mix together melted butter and garlic powder. Brush over warm biscuits and serve. Servings: 12.

LYCHEE BLUEBERRY MUFFINS

2 cups unbleached flour
1 Tbsp. baking powder
1 tsp. ground cinnamon
¼ tsp. freshly grated nutmeg
¼ tsp. salt
2 eggs
1 cup reduced fat milk
¼ cup canola oil
½ cup brown sugar
1 tsp. vanilla
2 Tbsp. applesauce
1/3 cup fresh lychees, drained and chopped
¼ cup fresh blueberries

Preheat oven to 350 degrees. In a large bowl, mix the flour, baking powder, cinnamon, nutmeg, and salt. In a medium bowl, beat the eggs, milk, oil, brown sugar, vanilla, and applesauce until smooth. Stir liquid mixture into dry ingredients. Add lychees and blueberries and mix until blended. In a greased muffin pan, fill each cup about half full. Bake at 350 degrees for 20-25 minutes or until lightly browned and a toothpick inserted in the center of a muffin comes out clean. Cool on rack when done. Yields 12 muffins.

RITZ CRACKER STUFFING

3 or more rolls of Ritz Crackers
2 Tbsp. olive oil

2 eggs or ½ cup egg substitute
1 onion, chopped
1 container chopped celery
Grated carrots
Garlic powder
Salt
White wine (optional)

Crumple crackers into a large bowl. Add eggs, mix, and set aside. In a frypan, sauté chopped onions and celery in olive oil until wilted. Add to crackers along with grated carrots. Sprinkle in salt and garlic powder to taste. If you want to moisten the mixture further, add some white wine. Bake at 350 degrees until heated through.

ENTREES: BEEF

BEEFY MACARONI & CHEESE

14.5 oz. package Kraft Macaroni & Cheese Dinner
4 Tbsp. unsalted butter
½ cup fat free milk
14.5 oz. can petite cut diced tomatoes no salt added
1-1/4 cups tomato basil spaghetti sauce
1 pound lean ground beef
½ tsp. minced garlic
1-2 cups shredded mozzarella cheese

Prepare mac and cheese dinner as directed for light prep using butter and milk portions above. Set aside. Meanwhile, sauté beef and garlic in skillet until browned. Remove from pan. Preheat oven to 350 degrees. Mix together diced tomatoes with juice and spaghetti sauce to make 3 cups total. In lightly greased baking dish, layer macaroni mixture, sauce, meat, and mozzarella cheese. Bake until browned and heated through, about 20 minutes. Serves 6 to 8.

BRISKET COLA

3-4 pounds beef brisket
2 Tbsp. olive oil
12 oz. can cola beverage
1 package dry onion soup mix
12 oz. bottle chili sauce

In a small bowl, combine the cola beverage, onion soup mix, and chili sauce. Heat olive oil in Dutch oven. Sear meat on both sides. Place fat side-up. Pour cola mixture over brisket. Cover and bake at 325 degrees for 3 to 4 hours or until fork tender. Uncover during the last hour. When done, remove from heat and let cool for at least fifteen minutes before slicing.

BRISKET WITH CRANBERRIES AND MOLASSES

3 pounds flat cut beef brisket
2 Tbsp. olive oil
3 Tbsp. all-purpose flour
14.5 oz. can low sodium chicken broth
1 cup dry red wine (i.e. cabernet)
1 bay leaf
2 Tbsp. molasses
2 cups water
12 oz. bag fresh cranberries
1 pound bag frozen pearl onions

Preheat oven to 350 degrees with rack in lower position. Heat oil in Dutch oven or large oven-proof pot. Brown meat fat side down then sear on all sides. Remove to plate. Add broth to pot and scrape up browned bits with spatula. Whisk in flour, wine, bay leaf, molasses, 2 cups water, and half the cranberries. Bring to a boil and stir. Return brisket to pot. Cover and bake in oven for 3 hours. Then stir in remaining cranberries and onions and cook for 30 minutes more until meat is fork tender. Discard bay leaf and cut meat into thin slices before serving. Serves 6 to 8.

BRISKET WITH DRIED PLUMS

3-1/2 lb. flat cut beef brisket
2 Tbsp. olive oil
2 medium onions, sliced
1 cup beef broth
1/4 cup Marsala wine
3 Tbsp. balsamic vinegar
3 Tbsp. honey
1/2 tsp. ground ginger
1/2 tsp. ground cloves
1/2 tsp. cinnamon
2 lb. sweet potatoes, peeled and cut into chunks
1 cup pitted dried plums (prunes)
1 cup dried apricots

Preheat oven to 350 degrees. Trim fat off brisket. Heat oil in heavy Dutch oven and add meat, browning on both sides. Remove brisket. Add onions and sauté until wilted, about 5 minutes. Meanwhile, mix beef broth, Marsala wine, vinegar, honey, ginger, cloves, and cinnamon in a bowl. Put brisket on top of onions in pot. Pour broth mixture over meat. Cover and bake for 2 hours. Then add sweet potato chunks. Scatter dried fruit on top. Cover and bake for 1 more hour or until meat is tender. Transfer meat to cutting board, and spoon out fruit with slotted spoon. Cut meat thinly across the grain. Serve with fruit and pan juices.

FRANKS CREOLE

3 Tbsp. olive oil
8 oz. container chopped celery, onion, green pepper (trinity mix)
1/4 cup chopped fresh parsley
1 tsp. chopped garlic
2 packages Hebrew National reduced fat hot dogs.
6 oz. can tomato paste
3/4 cup water
2 bay leaves
2 cups cooked rice

Slice frankfurters into bite-size pieces and put aside. In a large pot, sauté chopped vegetables and garlic in oil until tender. Add franks and stir to blend. Add bay leaves, tomato paste and water. Simmer for several minutes until heated through. Discard bay leaves and serve over rice. Serves 4 to 6.

HONEY BARBECUE MEATLOAF

1 1/2 pounds lean ground beef
1/2 cup plain bread crumbs
3/4 cup honey barbecue sauce
1 egg, beaten

Preheat oven to 400 degrees. In a large bowl, combine ground beef, 1/2 cup sauce, bread crumbs, and beaten egg. Put into greased loaf pan. Spread remaining sauce on top. Bake for approximately 50 minutes or until cooked through.

JAMBALAYA

2 Tbsp. oil
9 oz. package Perdue Short Cuts Original Roasted Chicken Breast
2-11 oz. packages Hebrew National reduced-fat beef franks
2-8 oz. containers fresh diced onions
2-8 oz. containers Trinity Mix (chopped fresh green pepper, celery, onions)
1 Tbsp. chopped fresh basil
1 Tbsp. chopped garlic
3 cups low-sodium chicken broth
2 cups uncooked jasmine rice
1 bunch green onions, chopped
8 oz. diced fresh tomatoes.
1 cup fresh parsley, chopped

Cut up the chicken and hot dogs into bite-sized pieces. Set aside in different bowls.

In a soup pot, sauté the franks in oil for flavor and then remove to bowl. Next add diced onions, Trinity Mix, basil and garlic to pot and sauté until tender. Return franks to pot along with chicken, tomatoes and green onions. Add broth and bring to a boil. Add rice, cover, and simmer for 30 minutes or until most liquid is absorbed. Mix in parsley and serve. Serves 6.

MOUSSAKA

1 large eggplant, peeled and sliced into thin rounds
2 Tbsp. olive oil
1-1/2 to 2 pounds ground beef
1 small onion, chopped
15-oz. can tomato sauce
3/4 cup dry red wine
2 Tbsp. chopped fresh parsley
1 tsp. dried oregano
1/4 tsp. ground cinnamon
1/4 cup unsalted butter
1/4 cup all-purpose flour
2 cups low-fat milk
3 eggs
1 cup grated Parmesan, divided

Salt eggplant slices on both sides and let sweat on a plate for a half hour, then rinse and pat dry.

Heat olive oil in skillet over medium high heat. Add ground beef and onions and cook until beef is brown, about 15 minutes. Stir in tomato sauce, wine, parsley, oregano and cinnamon. Simmer until mixture thickens, stirring occasionally, about 20 minutes. Set aside.

Preheat oven to 350 degrees. In a separate saucepan, melt butter over medium high heat. Add flour and stir 1 minute. Gradually add milk, whisking until smooth. Boil until thickened, stirring constantly, about 2 minutes.

Beat eggs in small bowl to blend. Whisk small amount of hot milk mixture into eggs. Return egg mixture to saucepan. Whisk constantly until mixture reaches a boil, then remove from heat. Stir in 1/2 cup grated Parmesan.

Grease 13x9x2 inch glass baking dish. Arrange half of eggplant slices in bottom of dish. Spread meat mixture over. Top with remaining eggplant. Pour hot custard cheese sauce over eggplant. Sprinkle with remaining 1/2 cup Parmesan. Cover loosely with foil and bake 1 hour. Uncover and continue baking until golden brown. Serves 6 to 8.

POT ROAST

3 to 4 pound flat cut brisket
2 Tbsp. olive oil
1 large yellow onion, sliced
1 can cream of mushroom soup
1/2 cup water
3/4 cup brown sugar
1/4 cup vinegar
1 tsp. Worcestershire sauce
1 tsp. mustard
1/4 cup Marsala wine

In a Dutch oven on top of the stove, brown meat in 2 Tbsp. oil on both sides. Add sliced onions. Blend together other ingredients in a bowl and pour over meat. Cover and simmer for 2-1/2 to 3 hours or until meat is very tender. Add water to moisten pot as needed during the cooking process. Allow to cool for a few minutes, then thinly slice meat across the grain.

SHEPHERD'S PIE

2 lb. prepared garlic mashed potatoes
8 oz. sliced mushrooms

2 Tbsp. olive oil
1 to 1-1/2 lb. lean ground beef
1 medium onion, chopped
1 Tbsp. chopped garlic
2 Tbsp. flour
12 oz. can Heinz fat-free beef gravy or any leftover gravy
1/4 cup chopped fresh parsley
1/2 tsp. dried marjoram
14-1/2 oz. can peas and carrots, drained
1 Tbsp. Worcestershire sauce
4 oz. shredded cheddar cheese

Microwave potatoes as directed but omit adding milk or butter. In heavy large skillet, sauté mushrooms in oil and remove when wilted. Add beef, onion, and garlic to same skillet and cook on medium high heat until beef is browned. Add flour and stir. Add mushrooms, gravy, parsley, marjoram, peas and carrots, and Worcestershire sauce. Simmer until mixed through. Transfer beef mixture into 9-inch square greased baking dish. Spoon mashed potatoes over beef layer. Sprinkle with cheddar cheese. Bake at 350 degrees for 15 minutes or until bubbly. Serves 4.

SPAGHETTI PIE

8 oz. spaghetti
2 Tbsp. margarine
2 eggs, beaten
1/3 cup grated parmesan cheese
8 oz. low fat cottage cheese
1 lb. lean ground beef
1/2 cup chopped onion
14-1/2 oz. can petite diced tomatoes, undrained
6 oz. can tomato paste
1 tsp. sugar
1 tsp. oregano
1/2 tsp. garlic powder
4 oz. shredded mozzarella cheese

Cook and drain spaghetti. Stir margarine into hot spaghetti. Mix in beaten eggs and parmesan cheese and stir until cheese is melted. Press spaghetti mixture into greased ten inch pie plate. Spread cottage cheese over spaghetti mixture. Meanwhile, in hot skillet, cook meat and onions until browned. Stir in tomatoes with juice, tomato paste, sugar, oregano, and garlic powder. Put meat mixture on top of cottage cheese in pie dish. Bake uncovered at 350 degrees for twenty minutes. Sprinkle mozzarella cheese on top and bake until melted. Serves 6.

SWEDISH MEATBALLS

1-1/2 lb. lean ground beef
1 egg, beaten
1/4 tsp. garlic powder
1 cup chopped onions, divided
1/4 cup plain bread crumbs
12 oz. bottle chili sauce
18 oz. jar grape jelly
15 oz. can tomato sauce
1/4 cup Marsala wine

Make meatballs: Mix ground beef with beaten egg, garlic powder, 1/2 cup chopped onions, and bread crumbs. Form into small balls. Set aside. (Or use frozen turkey meatballs instead of making them from scratch).

In a large saucepan over medium-high heat, blend together chili sauce, grape jelly, and tomato sauce until jelly is melted. Toss in remaining onions and add wine. When mixture is bubbly, add meatballs to pot. Stir gently to coat with sauce. Cover and reduce heat to simmer. Periodically lift lid, being careful of steam, and stir. Cook for 1 hour on low heat (or 1/2 hour if using frozen cooked meatballs). Serve over cooked rice as an entrée or as a party appetizer. NOTE: If you have leftover sauce after the meatballs are eaten, use the sauce for gravy in Shepherd's Pie. This sauce may be frozen until needed.

ENTREES: POULTRY

CHICKEN ASPARAGUS

1 pound fresh asparagus, trimmed
2 Tbsp. olive oil
1 red bell pepper, seeded and sliced thin
2-9oz. packages Perdue roasted carved chicken breast
1 cup whipping cream
1 small jar pesto sauce

Microwave the asparagus for two minutes, remove to plate, and cut into bite-sized pieces. Meanwhile, heat oil in large skillet. Sauté red bell pepper and asparagus until crisp-tender. Stir in cooked chicken. Add whipping cream and pesto sauce, mix to blend and heat through. Serve over rice or cooked couscous. Note: Substitute leftover chicken or turkey for packaged cuts. Makes 4-6 servings.

CHICKEN BASQUE

1-1/2 pounds skinless, boneless chicken thighs, cut into 2 inch chunks
2 Tbsp. olive oil
1 onion, sliced
1 red bell pepper, cut into strips
2 cloves garlic, minced
14.5 oz. can diced tomatoes, drained
1 lb. red potatoes, cut into bite-size chunks
1 can chicken broth
¼ tsp. each dried thyme and dried savory
1 small jar diced pimento, drained

In a Dutch oven, heat oil. Add chicken and brown on all sides. Add onion and red pepper. Cook until slightly wilted. Add garlic and stir. Add the remaining ingredients. Cover and simmer for 30 minutes or until chicken and potatoes are tender. Serves 6.

CHICKEN BEAN STEW

2 pounds chicken thighs or 5-6 chicken breasts, boneless and skinless
1/3 cup all-purpose flour
3 Tbsp. oil
1 medium onion, cut into chunks
3 peeled carrots, cut into chunks
1 tsp. chopped garlic
14.5 oz. can diced tomatoes
1 can low sodium chicken broth
1 can cannellini beans, drained and rinsed
¼ cup dry red wine (or more if needed to moisturize)

Preheat oven to 350 degrees. Sprinkle flour in a plate and dredge chicken pieces to coat. Heat 2 Tbsp. oil in a Dutch oven and brown chicken on all sides. Remove from pot. Deglaze with a bit of broth if necessary and add 1 Tbsp. oil. Stir in onion and carrots and sauté until onions wilt. Add garlic and stir. Add diced tomatoes. Place chicken on top. Pour broth and red wine over chicken. Bring to a boil, cover, and cook in oven for 30 minutes. Add beans. Cook for approximately 30 minutes more or until chicken is done. Serves 4 to 6.

CHICKEN BROCCOLI CASSEROLE

6-8 oz. package long grain and wild rice mix
16 oz. package frozen broccoli florets, defrosted
9 oz. package Perdue short cuts original roasted chicken breast
½ cup shredded cheddar cheese
1 cup sliced mushrooms
4 oz. jar pimento, drained
1 can condensed low sodium cream of mushroom soup
1 cup plain yogurt
1/3 cup mayonnaise

1 tsp. mustard
¼ tsp. curry powder
2 Tbsp. grated parmesan cheese

Preheat oven to 350 degrees. Prepare rice according to directions, omitting butter. Spray a 13 x 9 inch baking dish with cooking spray. Layer on rice, broccoli, chicken, cheddar cheese, mushrooms, and pimento.

In a small bowl, mix soup, yogurt, mayonnaise, mustard, and curry powder. Spread evenly over the top of the casserole. Sprinkle with parmesan cheese. Bake uncovered for 40 minutes or more until heated through.

CHICKEN CACCIATORE

1 package Perdue Italian seasoned 5 boneless, skinless chicken breasts
2 Tbsp. olive oil
1 onion, chopped
1 bell pepper, seeded and chopped
16 oz. fresh mushrooms, sliced
1 Tbsp. minced garlic
1 tsp. dried basil
1 tsp. dried oregano
1 cup dry red wine
28 oz. can diced tomatoes

In a large skillet, sauté the chicken breasts in olive oil until browned on both sides. Remove to a plate and set aside. Add onion and bell pepper to pan and cook until soft, about 5 minutes. Add mushrooms and garlic and stir occasionally until mushrooms are tender. Sprinkle on basil and oregano. Pour in the red wine and raise heat to a boil. Cook until wine is reduced, about 5 minutes. Stir in the tomatoes and add the chicken to the mixture. Cover and reduce heat to a simmer. Cook for 30 minutes or until the chicken is cooked all the way through. Serve over cooked noodles or rice. Makes 4-5 servings.

CHICKEN CRANBERRY

1-1/2 pounds boneless, skinless chicken thighs
2 Tbsp. olive oil
3 shallots, peeled and chopped
8 oz. bag fresh cranberries, rinsed
¾ cup water
1/3 cup apple cider vinegar
1 Tbsp. honey
¾ tsp. ground ginger
¼ tsp. allspice

Heat olive oil in large skillet. Sauté shallots until beginning to brown. Add cranberries, water, vinegar and honey. Cook until the berries soften and begin to burst. Stir occasionally. When cranberries are softened, add the ginger and allspice. Preheat oven to 400 degrees. Place chicken thighs in greased baking dish. Spread cranberry mixture over chicken. Bake for 45 minutes or until cooked through. Serves 4 to 6.

CHICKEN DIVINE

16 oz. sliced mushrooms
3 green onions, chopped
6 chicken breast halves
1 tsp. rosemary, crushed
Juice from 1 lemon
1 Tbsp. chopped garlic
2 Tbsp. parsley, chopped
½ cup dry white wine
½ cup chicken broth
1 Tbsp. flour mixed in 2-3 Tbsp. water

Spread mushrooms in bottom of greased baking pan. Sprinkle with green onions. Place chicken halves on top. Cover with rosemary, lemon juice, garlic, and parsley. Pour the white wine and chicken broth over all. Cover and bake at 400 degrees for 40 minutes or until cooked through. Remove cover and bake until chicken is slightly browned. Take

dish from oven and spoon chicken into serving dish. Meanwhile, make gravy: Put remaining sauce in measuring cup and add enough liquid to make 2 cups. Add sauce to pot and whisk in flour mixture. Simmer and stir often until thickened. Serves 6.

CHICKEN EGGPLANT

1 medium eggplant, peeled & cut into 1 inch cubes
24 oz. jar tomato basil sauce
1-24 oz. bag of 5 boneless, skinless chicken breasts by Perdue with Italian seasoning
6 oz. shredded mozzarella cheese
¼ cup chopped fresh basil

Place eggplant chunks in colander over sink and sprinkle with salt. Let stand for 30 minutes. Rinse bitter juice away and pat dry with a paper towel. Pour eggplant into a large bowl and mix in tomato basil sauce. Meanwhile, in a large nonstick skillet coated with cooking spray, brown chicken breasts on both sides. Remove to greased baking dish. Sprinkle with ¾ cup mozzarella cheese. Top with eggplant mixture and then remaining cheese. Cover and bake at 350 degrees for 40 minutes or until chicken is cooked through.

CHICKEN MAC AND CHEESE

12 oz. box macaroni and cheese mix
12 oz. can chunk chicken breast, drained
1 can Campbell's Healthy Choice cream of mushroom soup
1-1/3 cup 2% milk
9 oz. package frozen peas and pearl onions
8 oz. sliced mushrooms
6 oz. can French fried onions
1 small jar pimento, drained

Preheat oven to 325 degrees. Prepare macaroni and cheese dinner as directed. Pour into large bowl. Mix in the chicken, soup, milk, peas and onions, pimento, mushrooms, and half of the fried onions. Bake in a greased dish for 25-30 minutes. Sprinkle with remaining fried onions and bake until browned and bubbly.

CHICKEN ORZO

1 cup uncooked orzo pasta
2 Tbsp. olive oil
2 tsp. chopped garlic
1 package Perdue short cuts cooked chicken breast, cut into bite-size pieces
2-14½ oz. cans stewed tomatoes, cut up
1-15 oz. can low-salt cannellini beans, drained and rinsed
1-16 oz. package frozen broccoli florets, thawed
1 tsp. Italian seasoning

Cook pasta according to directions on box. Drain and put aside. In a separate large skillet, sauté garlic until tender. Stir in chicken, tomatoes, beans, broccoli, and Italian seasoning. Mix in pasta. Heat until warmed through. Serves 6.

CHICKEN PAPRIKA

¼ cup butter
3 Tbsp. all-purpose flour
2 Tbsp. paprika
1 tsp. poultry seasoning
8 skinless chicken thighs
1 can Campbell's Healthy Choice cream of mushroom soup
1 cup reduced fat milk
8 oz. fresh mushrooms, sliced
2 Tbsp. fresh parsley, chopped
¼ tsp. dried thyme

Melt butter in microwave. Remove from oven and stir in flour, paprika, and poultry seasoning. Place chicken in greased baking dish. Spread buttery paprika mixture over chicken. In a separate bowl, whisk the soup and milk until blended. Stir in sliced mushrooms. Pour liquid mixture over chicken. Sprinkle parsley and thyme on top. Bake

covered at 350 degrees for 35 minutes. Uncover and bake for 20 minutes more or until chicken is cooked through. Serves 8.

CHICKEN RASPBERRY

4-6 skinless, boneless chicken breasts
2 Tbsp. butter
2 Tbsp. vegetable oil
2/3 cup low-sodium chicken broth
3 large shallots, peeled and chopped
1/2 cup raspberry vinegar
1/2 tsp. rosemary
2/3 cup heavy whipping cream

In a Dutch oven, heat the butter and oil until melted. Brown chicken breasts on both sides and remove from pan. Deglaze pan with chicken broth then add shallots. Bring to a simmer. Add raspberry vinegar and bring to a boil. Place chicken breasts in pot, sprinkle with rosemary, and cover. Bake at 350 degree oven for 30 minutes. Remove pot from oven, mix in whipping cream, and flip breasts over onto other side. Bake uncovered for 15 minutes more. Serves 4 to 6.

CHICKEN SPAGHETTI CASSEROLE

16 oz. cooked spaghetti, vermicelli, or angel hair pasta
9 oz. package Perdue Original Roasted Chicken Breast Short Cuts
16 oz. package frozen peas and carrots
1 cup grated cheddar cheese, divided
2 cans Healthy Request cream of chicken soup
1 small jar diced pimento, drained

Combine all ingredients in greased 9 x 12 baking dish, reserving some grated cheddar to sprinkle on top. Bake at 350 degrees until browned and bubbly, about 20 minutes. Serves 6 to 8.

Optional: Substitute a can of white chicken meat for the chicken portion. Also, you can use any shredded cheese you have on hand. Add sliced water chestnuts for crunch.

CHICKEN STEW

6-8 boneless, skinless chicken thighs
1 lb. small red potatoes, quartered
1 bag cut fresh carrots
1 large onion, cut into small chunks
1 can low sodium chicken broth
6 oz. tomato paste
2 Tbsp. olive oil
1 Tbsp. ground saffron
1 tsp. ground cumin

Preheat oven to 400 degrees. Place the cut potatoes, carrots, and onion into a greased 13 x 9 inch baking dish. Place chicken on top. Combine remaining ingredients in a small bowl and then pour over chicken. Cover and bake for 1 hour or until chicken is cooked through and vegetables are tender. Serves 6.

CHICKEN TENDERLOINS

1 pound chicken tenderloins
2 Tbsp. mayonnaise
2 Tbsp. white horseradish
1/2 cup seasoned bread crumbs
2 Tbsp. chopped fresh parsley

Sauce

1/4 cup mayonnaise
1/4 cup fat-free plain yogurt
1 Tbsp. white horseradish

1 Tbsp. Dijon mustard
1/4 tsp. paprika

Preheat oven to 400 degrees. Combine 2 Tbsp. mayonnaise and 2 Tbsp. horseradish in small bowl. Dip chicken in mixture and then roll in bread crumbs mixed with parsley. Place chicken tenders in greased baking dish and bake for 30 minutes or until done. Meanwhile, combine the next five ingredients for the sauce and put aside. Serve baked chicken with sauce.

CHICKEN THIGHS DIJON

1 pound boneless, skinless chicken thighs
2 Tbsp. olive oil
1 Tbsp. balsamic vinegar
1 tsp. brown sugar
1 Tbsp. Dijon mustard
4 garlic cloves, chopped

Put the chicken into a greased baking dish. In a separate bowl, mix the olive oil with the balsamic vinegar, brown sugar, mustard, and garlic and then spread over chicken. Bake at 400 degrees for 30 minutes or more until cooked through. Remove chicken from oven and serve hot.

CHICKEN THIGHS WITH MUSHROOMS

4-6 boneless, skinless chicken thighs
2 Tbsp. spicy brown mustard
2 Tbsp. olive oil
8 oz. sliced mushrooms
2 tsp. minced garlic
2 green onions, chopped

Preheat oven to 400 degrees. Mix together mustard and olive oil. Coat chicken pieces with mixture. In a separate bowl, toss together mushrooms, garlic, and green onions. Place in greased baking dish. Put chicken on top of mushroom mixture. Bake for 35 minutes or until cooked through.

COCONUT CHICKEN CURRY

5 boneless, skinless chicken breasts
1 can lite coconut milk
2 Tbsp. curry powder
1 large onion, sliced
2 Tbsp. chopped garlic
1 can bamboo shoots
4 Tbsp. olive oil
Cooked rice

Cut chicken into bite-size pieces and refrigerate until needed. In a large skillet, heat 2 Tbsp. olive oil. Add curry powder and swirl it around until blended. Pour in the coconut milk and stir. Keep on low heat. In another large skillet or electric frypan, sauté the garlic and onions in the remaining olive oil. Once the onions are wilted, add the cubed chicken. Brown on all sides. Add bamboo shoots and pour in coconut milk mixture. Cover and simmer for 30 minutes. Serve over cooked rice.

GINGER CHICKEN THIGHS

1 boil-in bag brown rice
2 Tbsp. chopped green onions
6 boneless skinless chicken thighs
2 Tbsp. olive oil
2 tsp. chopped garlic
2 tsp. chopped peeled ginger
½ cup apricot preserves
2 Tbsp. low sodium soy sauce
2 Tbsp. Marsala wine

Cook rice as directed, drain, and then empty into serving bowl. Sprinkle green onions on top and set aside. Meanwhile, sauté chicken in oil in large skillet until browned on all sides. Remove to separate plate and keep warm. Add garlic and ginger to pan, and cook for a minute or two. Then add preserves, soy sauce, and wine. Stir to blend. Put chicken back in pan, coat in juices, and cover. Simmer until chicken is cooked through. Serve with rice.

HURRICANE HASH

2 cups uncooked long-grain rice
2-12.5 oz. cans chicken breast meat
4 oz. shredded mozzarella cheese
¼ cup grated Parmesan cheese
8.5 oz. can peas and carrots
2-10.5 oz. cans cream of mushroom soup
2 Tbsp. fresh dill, chopped

Cook rice according to package directions. Flake chicken breast in large bowl. Add all other ingredients including cooked rice. If desired, add salt to taste. Spread into greased baking dish. Bake at 350 degrees for 30 minutes or until heated through.

Note: Use whatever ingredients you have on hand. You can substitute spaghetti for the rice, parsley for the dill, add in diced tomatoes, or change the recipe to suit your food in stock. You can use cream of celery or cream of chicken soup for the mushroom soup if necessary.

ISLAND TURKEY THIGHS

1 cup each chopped onions, celery, carrots
1/3 cup ketchup
½ tsp. paprika
4 pounds turkey thighs
1 large size oven bag
1 Tbsp. flour
1/3 cup dry white wine
½ cup low sodium chicken broth
2 bay leaves

In a bowl, combine vegetables, ketchup, and paprika. Place flour in oven bag; shake to coat. Rinse and pat dry turkey thighs, then place in bag. Put into a 13 x 9 baking dish. Sprinkle vegetable mixture over turkey, then pour on wine and broth. Add bay leaves and seal bag. Cut slits in top. Bake at 350 degrees for 1-1/2 hours. Serves 8.

LYCHEE CURRY CHICKEN

1 pound chicken tenderloins
1 Tbsp. curry powder
2 tsp. powdered ginger
2 Tbsp. canola oil
1 package sugar snap peas, ends trimmed
1 red bell pepper, cut into strips
1 8 oz. package sliced zucchini
½ bunch green onions, chopped
1/3 cup reduced fat chicken broth
½ cup fresh lychees, chopped and drained, liquid reserved.
Hot cooked rice

Trim the tendons off the chicken and cut the meat into one-inch chunks. In a bowl, mix the curry powder and ginger and toss in the chicken to coat.

In a large nonstick skillet, heat the oil. Add the chicken and stir fry until browned on all sides. Add in the peas, pepper, zucchini, green onions, lychees, broth, and reserved lychee juice. Mix well and cover, steaming a few minutes until vegetables are tender and chicken is cooked through. Serve over rice.

MUSHROOM-STUFFED CHICKEN

4-6 boneless, skinless chicken breasts

¼ cup green onions, chopped
8 oz. sliced mushrooms
1 tsp. minced garlic
½ tsp. dried thyme
2 oz. shredded mozzarella cheese
¼ cup flour
¼ cup plain bread crumbs
½ cup egg substitute or 2 eggs, beaten
1 Tbsp. olive oil

Preheat oven to 350 degrees. Spray large skillet with cooking spray. Turn on heat to medium-high. Sauté onions, mushrooms, and garlic until wilted. Stir in thyme. Remove from heat and mix in cheese. Meanwhile, cut a slit through the thickest part of each chicken breast. Stuff each breast with ¼ cup mushroom mixture.

Place flour, bread crumbs, and beaten eggs in separate plates. Dip each chicken breast in flour, egg, and bread crumbs respectively. Heat oil in skillet and brown chicken on both sides. Transfer to baking dish and bake for 30 minutes or until cooked through.

QUICK TURKEY CURRY

1 cup diced green pepper
½ cup diced celery
½ large sweet onion, diced
4 green onions, sliced
2 Tbsp. canola oil
1-2 package(s) Perdue short cuts cooked turkey breast or 1-2 cup(s) cubed leftover turkey
1 can sliced water chestnuts, drained
2 oz. package slivered almonds
4 Tbsp. all-purpose flour
½ tsp. curry powder
½ tsp. paprika
¼ tsp. dried basil
16 oz. low sodium chicken broth
1 small jar pimentos, drained
Cooked rice, 4 servings

In a large skillet, sauté the green pepper, celery, and onions in oil until wilted. Stir in the turkey, water chestnuts, and almonds. Meanwhile, in a small bowl, whisk the flour, curry powder, paprika and basil into the broth until blended. Stir into the skillet mixture and add pimentos. Cover and simmer until heated through. Serve over rice. Yields 4-6 servings. Tip: You can buy two 8 oz. packages of pre-chopped green peppers, celery, and onions at the grocery store as a substitute for the green pepper and celery if you want a faster prep time.

ROAST TURKEY BREAST WITH HERBS

1 whole bone-in turkey breast (6-7 pounds)
2 Tbsp. olive oil
1 Tbsp. minced garlic
2 tsp. fresh lemon juice
2 tsp. dry mustard
1 Tbsp. rosemary
1 Tbsp. sage
1 tsp. thyme
¾ cup dry white wine

Preheat oven to 325 degrees. Place the turkey breast in a roasting pan, skin side up. In a small bowl, combine olive oil, garlic, lemon juice, mustard, rosemary, sage and thyme. Rub over turkey. Pour the wine into the bottom of the pan. Roast uncovered for 1-1/2 hours or longer until meat thermometer registers 165 degrees in thickest part of breast. Cover breast with foil if overbrowning during cooking time. When done, cover with foil and allow to cool for 15 minutes or so then carve into slices. Reserve pan juices for gravy. Serves 6 to 8.

TURKEY BURGERS

1-1/4 lb. ground turkey

½ cup bread crumbs
4 green onions, minced
2 Tbsp. fresh basil, chopped
2 Tbsp. fresh lime juice
1 Tbsp. soy sauce
2 tsp. garlic, minced
¼ tsp. chili powder

Mix ingredients in large bowl. Shape mixture into balls. Flatten to make into burgers. Refrigerate until ready to grill. Brush or spray burgers with oil on both sides. Grill over Direct Medium heat for about 5-7 minutes, turning once, until cooked through. Serves 4.

TURKEY MEATLOAF

2 tsp. olive oil
8 oz. package diced onion, celery, green pepper
1 tsp. minced garlic
1 pound lean ground beef
1 pound ground turkey
1 Tbsp. tomato paste (Buy a tube; easier to store)
¼ cup plain bread crumbs
½ cup buttermilk
1 egg white
2 Tbsp. chopped flat-leaf parsley
½ cup parmesan cheese

Preheat oven to 350 degrees. In a frying pan, sauté onion, celery and green pepper in oil until wilted. Add garlic and stir until fragrant. Turn off heat and set aside. Combine the rest of the ingredients in a large bowl. Add onion mixture and stir to blend. Fold into loaf pan and bake for one hour.

TURKEY TETRAZZINI

16 oz. spaghetti or vermicelli
2 cups cooked roast turkey or 8 oz. package Perdue carved turkey breast
2 Tbsp. olive oil
1 chopped onion
1 chopped green pepper
12 oz. package sliced mushrooms
10 oz. can Healthy Choice cream of mushroom soup
12 oz. package frozen mixed vegetables or 1 large can mixed vegetables, drained
4 oz. jar diced pimento
1 cup shredded cheddar cheese
¼ cup white wine
1 Tbsp. Worcestershire sauce
½ cup grated Parmesan cheese
Paprika

Cook spaghetti according to package directions, drain, and set aside. In a large skillet, heat oil. Sauté onion, green pepper, and mushrooms until wilted. Meanwhile, cut turkey into bite size pieces and put into a large bowl along with cooked spaghetti. Mix in onion, green pepper, and mushrooms, plus mushroom soup, mixed vegetables, pimento, cheddar cheese, white wine, and Worcestershire sauce. Mix well to blend. Pour into greased 11 x 14 baking dish. Sprinkle Parmesan cheese and paprika on top. Bake at 375 degrees for 25 minutes, or until heated through.

ENTREES: FISH

BAKED SALMON FILETS

Fresh salmon filets
Mayonnaise
Chili Sauce
Garlic Powder

In a small bowl, mix equal parts mayonnaise and chili sauce. Sprinkle in a shake of garlic powder. Spread sauce over fillets in a greased baking dish. Bake until fish is cooked through, at least 15 to 20 minutes. Serve with fresh lemon slices. Another good sauce: ranch dressing and spicy brown mustard.

BAKED TILAPIA

4 tilapia filets
14-1/2 oz. can diced low-sodium tomatoes with basil, oregano, and garlic
4 oz. chopped onions (1/2 of an 8 oz. container)
4 oz. chopped bell peppers (1/2 of an 8 oz. container)
4 oz. sliced mushrooms

Preheat oven to 350 degrees. Place tilapia filets in bottom of greased baking dish. Spoon tomatoes over fish. Sprinkle on chopped onions, peppers and mushrooms. Cover and bake for 30 minutes. Serves 4.

DILLED SALMON PIE

9-inch unbaked pastry shell
2 Tbsp. margarine
2 medium onions, chopped
1 Tbsp. fresh parsley, chopped
1/4 tsp. dried dill
3 Tbsp. all-purpose flour
1/4 tsp. salt
1 cup milk
1/2 cup shredded Swiss cheese
15-1/2 oz. can salmon, drained and flaked
Plain bread crumbs

Bake the unpricked pastry shell in 450 degree oven for 5 minutes; remove and cool. In medium saucepan, cook onions in 2 Tbsp. margarine until tender but not brown. Stir in parsley and dill. Blend in flour and salt. Add milk all at once. Cook and stir until mixture is thickened and bubbly. Stir in cheese until melted. Gently fold in salmon. Pour into pastry shell. Sprinkle bread crumbs on top of pie. Bake in 350 degree oven for 30 minutes. Let stand for 5 minutes before serving. Serves 6. Note: This pie may be frozen and reheated in oven.

MACARONI SHRIMP SALAD

16 oz. package elbow macaroni, cooked and drained
24 oz. frozen cooked salad shrimp
16 oz. frozen peas
1 medium onion, chopped
Juice from 1/2 lemon
Optional: Small jar diced pimento

DRESSING

1-3/4 cup mayonnaise
2 Tbsp. sugar
3/4 cup French salad dressing
2 Tbsp. white wine vinegar
1-1/2 tsp. paprika
1 to 2 tsp. garlic powder

In a large bowl, combine cooked macaroni with shrimp, peas, onion, lemon juice, and optional pimento (drained).

In a separate bowl, whisk together dressing ingredients. Pour enough over shrimp salad to moisten and save the rest as extra dressing. Cover and refrigerate before serving. Works well on a platter with scoops of shrimp salad on top of lettuce and surrounded by your favorite cut veggies. Makes 16-20 servings.

SALMON CROQUETTES

2- 15 oz. cans pink or red salmon, drained and flaked
Egg substitute
Garlic powder

Plain bread crumbs
Canola oil

Add salmon to large bowl. Pour in enough egg substitute to moisten salmon. Add a sprinkle of garlic powder and a toss of bread crumbs. Mix thoroughly. Form into patties. May refrigerate at this stage prior to frying. Fry in olive oil in large skillet until browned on both sides. Serve with tomato sauce. Also good with spaghetti.

SALMON POTATO BAKE

6 oz. box reduced sodium potato pancake mix
2 eggs
2 cups water
¼ c. margarine, melted
14.5 oz. can salmon, drained and flaked
¼ cup grated Cheddar cheese

In a large bowl, whisk eggs and water into the potato pancake mix. Let sit until thickened. Add melted margarine and salmon. Stir to blend. Pour into a greased square baking dish. Sprinkle cheese on top. Bake at 350 degrees for 30 minutes or until edges begin to brown.

GARLIC SHRIMP SKEWERS

16 large cloves garlic, peeled
1/3 cup olive oil
¼ cup tomato sauce
2 Tbsp. red wine vinegar
2 Tbsp. fresh basil, chopped
1 Tbsp. minced garlic
1-2 pounds jumbo shrimp, peeled and deveined, tails intact

Blanch whole garlic cloves in boiling water for 3 minutes, drain and set aside. Meanwhile, in a large bowl, blend the olive oil, tomato sauce, red wine vinegar, chopped basil, and minced garlic. Add the peeled shrimp and toss to coat. Cover and refrigerate for a half hour or so.

Heat the grill. Remove the shrimp from the bowl and thread them onto wood skewers presoaked in water. Curl shrimp so ends are nearly touching. Pierce the shrimp twice, just above tail and out the opposite side. Alternate with large garlic cloves. (Option: Add grape tomatoes or onion chunks at this stage). Place skewers on oiled grill rack 4-6 inches above the fire, turn frequently, and brush with remaining marinade. Grill for 6-10 minutes until cooked through.

Note: Shrimp skewers can also be finished off or baked/broiled in the oven, again for just a few minutes until cooked through.

SHRIMP BROWN RICE

1 Tbsp. olive oil
1 medium onion, chopped
1 medium red pepper, chopped
16 oz. sliced mushrooms
2 cups uncooked brown rice
1 tsp. minced garlic
1 tsp. saffron powder
48 oz. low-sodium chicken broth
1-2 lbs. cooked, deveined shrimp
12 oz. frozen broccoli florets
8 oz. frozen peas

In a Dutch oven, sauté onion, red pepper, and mushrooms in oil until tender. Stir in the rice, garlic and saffron. Cook 1 to 2 minutes, then add broth. Bring to a boil, reduce heat, and simmer until liquid is absorbed, about 45 minutes. Add broccoli, peas, and shrimp, and cook until heated through. Serves 6-8.

SHRIMP SALAD

2 cups salad-size shrimp
2 hardboiled eggs, chopped
4 Tbsp. minced onion
1/2 cup chopped celery
1 cup mayonnaise
2 Tbsp. Dijon mustard
1 Tbsp. dried tarragon
1/4 tsp. dried dill

Combine all ingredients in a bowl and mix together. Refrigerate for at least 4 hours to blend flavors. Serve on rolls for sandwiches, stuff in a large, ripe tomato, or serve on a bed of lettuce with your choice of garnish. Optional: Try a dash of curry powder. Serves 4.

THAI SHRIMP

1/2 pound bag frozen, peeled, cooked shrimp, defrosted
4 Tbsp. lime juice, divided
2 shallots, chopped
2 tsp. minced fresh ginger
2 cloves garlic, chopped
2 Tbsp. olive oil
1 pint cherry or grape tomatoes, halved
16 oz. sliced mushrooms
1/2 cup reduced sodium chicken broth
1/2 cup coconut milk
2 tsp. curry powder

Sprinkle shrimp with 2 Tbsp. lime juice. In a large skillet, sauté the shallots, ginger, and garlic in olive oil until wilted. Add tomatoes, mushrooms, broth, coconut milk, curry powder, and remaining lime juice and bring to a boil. Reduce heat and add shrimp. Add extra broth if more sauce desired. Toss to coat shrimp and simmer uncovered until mushrooms are tender and shrimp is heated through. Serve over rice. Makes 4-6 servings.

TILAPIA DIJON

2 Tbsp. light mayonnaise
2 Tbsp. grated Parmesan cheese
1 Tbsp. lemon juice
2 tsp. Dijon mustard
1 tsp. white horseradish
4 tilapia fillets (1 lb. or more)
1/4 cup plain dry bread crumbs
2 tsp. butter, melted

In a small bowl, combine the mayonnaise, 1 Tbsp. Parmesan cheese, lemon juice, mustard and horseradish. Put fillets on a greased baking sheet. Spread mixture over fish. Meanwhile, in another bowl, mix the bread crumbs, the melted butter, and the remaining 1 Tbsp. Parmesan cheese. Sprinkle over fish. Bake at 400 degrees for 20 minutes.

TUNA CHINESE CASSEROLE

(2) 5 oz. cans chunk light tuna, drained and flaked
14 oz. can La Choy chop suey vegetables, drained
10-3/4 oz. can Campbell's Healthy Request Cream of Mushroom soup
1/2 cup fat free milk
3 hard cooked eggs, diced
1 can La Choy chow mein noodles
Parmesan cheese.

Mix first five ingredients in large bowl. Pour into greased casserole dish. Sprinkle noodles and Parmesan cheese on top. Bake at 375 degrees for 30 minutes or until bubbling. Options: Add a can of peas. Serve over rice.

TUNA PEA CASSEROLE

8-1/2 oz. can Sweet Peas

10-3/4 oz. can Campbell's Cream of Mushroom Soup
6 oz. can Chunk White Tuna in Water, drained and flaked
1 Tbsp. Italian-Style Progresso Bread Crumbs
1 Tbsp. grated parmesan cheese

Mix first three ingredients in a microwave safe bowl. Sprinkle bread crumbs and parmesan cheese on top. Microwave for 3 minutes on high or until heated through. Serves Two. Note: This makes a nice company luncheon dish when baked and served in shell-shaped ovenware. Recipe may be doubled or more. If you keep the ingredients in stock, it's a quick throw-together meal accompanied by rolls and a prepared salad.

TUNA RICE SUPREME

2 cups uncooked long grain rice
6 oz. shredded sharp cheddar cheese
16 oz. frozen mixed vegetables
8 oz. chopped onions
2 cans Campbell's Healthy Choice cream of mushroom soup
1 small can mushroom pieces
4 oz. jar pimento
12 oz. can tuna
Grated Parmesan Cheese

Prepare rice according to package directions. Set aside. Flake tuna in large bowl. Add remaining ingredients plus rice. Sprinkle Parmesan cheese on top. Bake at 350 degrees until warmed through and bubbling, about 30 minutes.

TUNA SPAGHETTI PIE

Crust

8 oz. cooked spaghetti
¼ cup grated Parmesan cheese
1 egg, lightly beaten
1 Tbsp. butter, softened
1 tsp. chopped garlic

Filling

1 Tbsp. chopped onion
1 Tbsp. butter, melted
1 Tbsp. all-purpose flour
¼ tsp. garlic powder
¼ cup reduced fat milk
¼ cup light sour cream
1 egg, beaten
6 oz. can tuna, drained and flaked
¼ cup grated Parmesan cheese
1 tomato, thinly sliced

In a large bowl, mix together the first five ingredients. Press onto the bottom and sides of a greased 9-inch pie dish. Set aside. In a skillet, sauté the onion in butter until wilted. Remove from heat. Stir in the flour and garlic powder. In a separate bowl, beat the milk, sour cream, and egg until blended. Stir into the onion mixture. Fold in the tuna. Spoon filling into crust. Sprinkle half the remaining Parmesan cheese over the pie. Arrange tomato slices on top. Sprinkle on the rest of the Parmesan cheese. Bake at 350 degrees for 40 minutes or until crust is golden brown and filling is puffy.

TUNA SPAGHETTI SALAD

8 oz. box spaghetti
(4) 6 oz. cans solid white tuna in water, drained
14-1/2 oz. can petite diced tomatoes, drained
1 small jar pimentos, drained and chopped
1 cup celery, chopped
1 cup pitted black olives, chopped
1 cup sweet onion, chopped
3/4 cup mayonnaise or more as needed

4 tsp. lemon juice

Boil spaghetti in salted water until cooked. Drain. Place in bowl and cut into short pieces. In separate large bowl, flake tuna. Add the rest of ingredients and toss lightly. Mix in spaghetti. Serves 6. Recipe may be doubled.

ENTREES: VEGETARIAN

EGGPLANT PARMIGIAN

1 large firm eggplant
Salt
Flour
Egg substitute or 1-2 eggs, beaten
Bread crumbs
½ tsp. oregano
½ cup parmesan cheese
4-6 oz. mozzarella cheese
3 8-oz. cans tomato sauce or 1 large jar spaghetti sauce

Peel and slice eggplant crosswise into ½ inch thick rounds. Sprinkle slices on both sides with salt and let sweat on platter for 20 minutes or more. Rinse slices and pat dry with paper towel. Dip slices on both sides in flour, then egg substitute, then bread crumbs.

Arrange slices on shallow greased baking pan and bake at 400 degrees until fork goes through and slices are tender, about 15 minutes. Turn halfway. Remove from oven when done.

Spread 8 oz. can tomato sauce on bottom of greased casserole dish. Arrange half of eggplant slices over sauce, then cover with half of mozzarella cheese. Add another layer of sauce, eggplant, and mozzarella. Top with remaining sauce and oregano, and sprinkle over parmesan cheese. Bake at 350 degrees until bubbly, about 15 minutes. Serves 4 to 6.

EGGPLANT ROLLATINI

1 large eggplant, peeled and cut lengthwise into half-inch slices
2 cups tomato basil sauce
½ cup part-skim ricotta cheese
½ cup grated Parmesan cheese
1 large egg
1 tsp. minced garlic
4 oz. shredded mozzarella cheese

In a microwave-safe dish, lay out eggplant. Microwave on high for 6 to 8 minutes until pliable. Transfer to plate and drain liquid from baking dish. Pat eggplant slices dry. In a separate bowl, combine ricotta and Parmesan cheeses, egg, and minced garlic. Mix together.

Starting at the wide end of each eggplant slice, spread a teaspoon or so of the cheese mixture. Roll up each piece and lay seam-side down in greased microwave-safe baking dish. Pour sauce over all. Cover and microwave on high for 15 minutes or until eggplant is tender. Sprinkle mozzarella cheese on top. Microwave until cheese melts, about 2 more minutes. Optional: sprinkle on oregano or chopped basil leaves before cooking. Serves 4.

EGGPLANT TOMATO CASSEROLE

1 large eggplant, peeled and sliced lengthwise into ½ inch slices
2 large tomatoes, sliced
1 large sweet onion, thinly sliced
3 Tbsp. extra virgin olive oil
3 Tbsp. balsamic vinegar
Fresh basil leaves
½ cup plain bread crumbs
1 package mozzarella cheese slices
¼ cup grated Parmesan cheese

Sprinkle eggplant slices with salt and let sweat for a half hour. Rinse off and pat dry with paper towel. Grease a 13x9x2 baking dish. Layer the eggplant, tomatoes, and onions. Sprinkle with fresh basil leaves and drizzle with olive oil and balsamic vinegar. Cover and bake at 400 degrees for 20 minutes. Remove cover. Put mozzarella cheese slices over mixture, then sprinkle with bread crumbs and Parmesan cheese. Bake uncovered for 20 minutes more or until cheese is melted and bubbly. Serves 6 to 8.

MUSHROOM POTATO SAVORY

6 oz. box potato pancake mix
16 oz. sliced Portobello mushrooms
8 oz. container diced red onions
1 cup milk
1 cup shredded sharp cheddar cheese
1 cup shredded Swiss cheese
5 large eggs

Make potato pancake mix according to directions (will require additional eggs). Let sit to thicken. Preheat oven to 350 degrees. Spray a casserole dish with cooking spray. Spread the potatoes along the bottom of the greased dish. Bake for 25 minutes or until lightly browned.

In a large bowl, combine all the other ingredients. Pour on top of the potatoes. Bake for 45 minutes to 1 hour or until bubbly. Serve for brunch, or add garlic bread and a salad for a meat-free dinner. Serves 6 to 8.

SPAGHETTI SQUASH WITH PEAS AND MUSHROOMS

1 spaghetti squash
3 Tbsp. olive oil
1 tsp. minced garlic
½ tsp. dried oregano
8 oz. mushrooms, sliced
1 medium onion, chopped
15 oz. package frozen petite green peas
1/3 cup freshly grated Parmesan cheese

With a sharp knife, pierce the skin of the squash in at least 5 places. Place the squash on a microwave-safe dish and microwave on high for 10 minutes or until tender. Set aside until cool enough to handle. Then cut squash in half lengthwise and discard seeds. Using a fork, scrape the squash out in strands like spaghetti.

Meanwhile, sauté the onion, garlic, mushrooms in olive oil. Add frozen peas and stir until peas are thawed. Add squash and grated cheese to the vegetable mixture. Toss until everything is heated through and cheese is melted. Serves 4 to 6.

SPINACH STUFFED SHELLS

1 box jumbo pasta shells
10 oz. frozen chopped spinach, thawed and squeezed dry
15 oz. ricotta cheese
½ cup grated Parmesan cheese
1 egg
1 large jar marinara sauce
1 cup shredded mozzarella cheese
Chopped fresh basil leaves

Cook the pasta shells as directed on the package directions. Drain in colander. Preheat the oven to 350 degrees. Break up the spinach with a fork in a bowl. In another bowl, mix the ricotta and Parmesan cheeses and the egg. Add spinach and blend well. When shells are cool enough to handle, stuff each shell with one tsp. each of ricotta mixture.

Spread enough tomato sauce on bottom of greased rectangular baking dish to lightly coat surface. Add the shells. Cover with remaining sauce, mozzarella cheese, and fresh basil. Bake for 30 minutes or until edges are bubbly. Serves 6 to 8.

TOMATO BROCCOLI QUICHE

1 frozen deep dish pie shell
1 Tbsp. olive oil
½ onion, chopped
1 tsp. minced garlic
10 oz. chopped broccoli
1-1/2 cups Swiss cheese, shredded
1 Tbsp. flour
4 eggs, lightly beaten
¾ cup heavy cream
1-1/4 cup reduced fat milk
1 large tomato, thinly sliced

Pre-bake the pie crust as per directions on the package. Set aside. Reduce oven temperature to 325 degrees. Meanwhile, sauté the onion in olive oil in a medium skillet until wilted. Add garlic and broccoli and cook until broccoli is tender. Remove pan from heat.

In a small bowl, combine the Swiss cheese and flour. In another medium bowl, mix the eggs, cream, and milk. Add the cheese mixture and then the broccoli. Stir to blend. Pour the mixture into the pie crust. Top with tomato slices. Bake for 60 minutes or until lightly browned. Toothpick inserted in center should come out clean.

Options: You can omit the pie crust and pour the filling directly into a pie plate prepared with cooking spray. Cheddar or mozzarella cheeses would work as well.

VEGETABLE GUMBO

3 Tbsp. olive oil
8 oz. container chopped celery, onions, and green peppers
1 Tbsp. minced garlic
1 large bay leaf
¼ tsp. dried thyme
36 oz. vegetable broth
1 lb. sliced zucchini
1 can crushed tomatoes
1 can baby corn, drained
1 can red kidney beans, drained and rinsed
1 lb. peeled, cubed butternut squash
1-1/2 cups Arborio rice
2 Tbsp. fresh parsley, chopped

Heat oil in a large soup pan over medium heat. Add celery, onion, and green pepper mixture along with garlic. Cook for 7 minutes. Add bay leaf and thyme and cook for 2 more minutes. Add vegetable broth, stir and bring to a boil. Add zucchini, tomatoes, baby corn, and squash. Reduce heat and simmer for 5 minutes. Stir in rice.

Simmer covered for another 20 minutes, stirring occasionally so rice doesn't stick to bottom. Mix in beans and parsley and cook for 5 minutes more. When rice is done, serve hot. Serves 6 to 8.

VEGETABLE LASAGNE

12 no-cook lasagna noodles
12 oz. shredded Italian blend cheeses

Vegetables

2 medium zucchini, sliced
2 cups broccoli florets
2 large carrots, julienned
2 red bell peppers, julienned
2 tsp. chopped garlic
¾ tsp. dried thyme
¼ cup olive oil

Sauce

1 large onion, chopped

2 cups small Portobello mushrooms, sliced
2 tsp. chopped garlic
2 Tbsp. olive oil
2-28 oz. cans no salt crushed tomatoes
3 tsp. Italian seasoning
2 Tbsp. chopped fresh basil

Filling

1-1/4 cups ricotta cheese
8 oz. package cream cheese, room temperature
1 egg
3/4 cup grated Parmesan cheese

Put first seven ingredients into a bowl and mix to blend. Spread over two greased baking sheets. Bake at 425 degrees for 20 minutes or until tender. Set aside. Meanwhile, in a Dutch oven, sauté onions, mushrooms, and garlic in 2 Tbsp. olive oil until tender. Then stir in crushed tomatoes, Italian seasoning, and fresh basil leaves. Simmer for 15 minutes.

Combine filling ingredients in a separate bowl. In a greased 13 x 9 inch baking dish, spread 1 cup of sauce on the bottom. Then layer with noodles, cheese filling, vegetables, and sauce. Sprinkle shredded Italian cheeses on top. Bake at 350 degrees for 40 minutes or until bubbly. Serve as a one-dish meal or with garlic bread and salad. Serves 6 to 8.

VEGETABLE SHEPHERD'S PIE

12 oz. low-sodium vegetable broth
1/3 cup dry red wine
1 small can tomato paste
1 Tbsp. all-purpose flour
3 Tbsp. unsalted butter
3 Tbsp. olive oil
2 pounds mushrooms, stemmed and quartered
8 oz. package chopped fresh onions
12 oz. chopped fresh celery
5 medium garlic cloves, chopped
1 medium turnip, peeled and diced
8 oz. crinkle cut carrots, halved
2 medium parsnips, peeled and diced
1 Tbsp. chopped fresh sage leaves
1 Tbsp. chopped fresh thyme leaves
6.5 oz. package peeled pearl onions
1 Tbsp. Worcestershire sauce
24 oz. package prepared garlic mashed potatoes
Paprika

In a medium bowl, whisk together vegetable broth, wine, tomato paste, and flour until blended. Set aside. Meanwhile, melt 2 Tbsp. butter in a Dutch oven over medium-high heat. Add the mushrooms and 2 Tbsp. olive oil and cook until mushrooms are browned. Remove mushrooms into a bowl.

Add remaining butter and olive oil to pan along with onion, celery, and garlic. Sauté until softened and golden, about 2 minutes. Add turnip, carrots, parsnips, herbs, pearl onions, and Worcestershire sauce. Cook until vegetables are softened.

Add wine mixture to pan and deglaze by scraping up any browned bits. Stir in reserved mushrooms. Remove from heat and transfer vegetable mixture to a greased baking dish.

Prepare potatoes according to package directions. Thin with half-and-half if desired. Spread potatoes on top of vegetables. Sprinkle with paprika. Bake at 350 degrees until top is golden and mixture is bubbly, about 20 minutes. Serve hot. Serves 6 to 8.

VEGETARIAN STEW

2 Tbsp. olive oil
1 large onion, peeled and sliced
1 large eggplant, peeled and diced
2 large zucchini, peeled and thinly sliced
½ cup water
8 oz. can reduced sodium tomato sauce
14.5 oz. can reduced sodium diced tomatoes
2 tsp. chopped garlic
16 oz. can reduced sodium chickpeas
½ tsp. allspice
¼ cup chopped fresh parsley

In a large skillet, sauté onions in olive oil until starting to brown. Add eggplant. Reduce heat, cover, and cook for 5 minutes. Stir occasionally. Add zucchini, cover and cook for 3 minutes more. Add remaining ingredients. Cover and cook for 25 minutes. Serve hot.

ZUCCHINI BISCUIT BAKE

1 cup biscuit mix
½ cup grated Parmesan cheese
½ cup vegetable oil
1 Tbsp. dill
6 eggs, beaten
32 oz. sliced zucchini
8 oz. chopped onions
4 oz. chopped tomatoes

Combine all ingredients except tomatoes in a large bowl. Pour into greased rectangular baking dish. Sprinkle tomatoes on top. Bake at 375 degrees for 30 minutes or until golden brown.

ZUCCHINI EGG BAKE

2 Tbsp. olive oil
8 oz. diced onion
15 oz. can sweet corn, no salt added
2-16 oz. containers sliced zucchini
8 oz. diced tomatoes
8 oz. sliced mushrooms
1 Tbsp. fresh basil, chopped
1 tsp. dried oregano
12 oz. shredded mozzarella cheese
6 eggs, beaten

Preheat oven to 375 degrees. Heat the olive oil in a large skillet. Add the vegetables and sauté until softened. Remove from heat and stir in seasonings, about 2/3 of the cheese, and the eggs. Mix thoroughly. Transfer into greased casserole dish. Sprinkle remaining cheese on top. Top with foil and bake for 20 minutes. Remove foil and bake 10 minutes more or until browned and bubbly. Serves 6 to 8.

ZUCCHINI QUICHE

1 large onion, chopped
½ cup vegetable oil
½ cup grated Parmesan cheese
4 eggs, beaten
1 Tbsp. fresh parsley, chopped
3 cups zucchini, grated
1 cup biscuit baking mix
4 oz. shredded cheddar cheese
¼ cup egg substitute

Mix together the first five ingredients in a large bowl. Add in the zucchini, baking mix, cheese, and egg substitute. Stir to blend.

Meanwhile, preheat oven to 350 degrees and spray two 9 inch pie dishes with cooking spray. Pour mixture into pie plates, dividing evenly. Bake for 40 minutes or until golden brown.

VEGETABLE QUICHE

1 prepared pie crust
1 Tbsp. olive oil
3 handfuls fresh baby spinach, roughly chopped
1 small onion, chopped
1 red bell pepper, diced
5-10 asparagus spears, ends trimmed then chopped into 1-inch pieces
6 eggs
3/4 cup unsweetened almond milk
3 Tbsp. all-purpose flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. paprika
1/2 tsp. dried thyme

Preheat oven to 350 degrees. Place pie crust in an ungreased pie plate. Use a fork to poke a few holes in the bottom of the crust, and bake it for 10 minutes. Remove and set aside.

Meanwhile, heat olive oil in a large sauté pan over medium-high heat. Add chopped onion, diced red pepper and asparagus, and sauté for 5 minutes, or until the onions are translucent and the asparagus is fork-tender. Remove from heat.

In a separate large bowl, whisk together the eggs, flour, baking powder, almond milk, salt, paprika, and thyme. Stir in sautéed vegetables and fresh spinach, and mix until blended.

Pour the egg and vegetable mixture into the partially-baked pie crust. Bake for 45-50 minutes, or until set and a toothpick comes out clean. Remove from the oven and allow it to cool for at least 5 minutes. Then slice and serve.

SIDE DISHES

BARLEY CORN SALAD

4 cups cooked barley
2 pounds/32 oz. frozen corn, thawed
1 cup chopped red bell pepper
1 cup chopped green bell pepper
6 green onions, chopped
2 Tbsp. minced fresh parsley
4 Tbsp. lemon juice
4 Tbsp. canola oil
1 tsp. thyme

Mix first 6 ingredients in a large bowl. Add lemon juice, oil, and thyme. Stir and refrigerate until served. Yields 16 servings.

BARLEY PILAF

1 Tbsp. butter
1 large zucchini, sliced
1 large carrot, chopped
6 oz. sliced mushrooms
8 oz. chopped onions
2 cups low-sodium chicken broth
1 cup barley
1/2 tsp. dried marjoram

Sauté zucchini, carrot, mushrooms, and onions in butter until wilted. Add broth, barley, and marjoram. Bring to a boil. Cover and lower the heat to simmer until fluid is nearly absorbed. Remove from heat and let stand before

serving. Add salt to taste if desired.

Note: This is a healthy side dish but tastes rather mild. Add ¼ tsp. thyme, fresh chopped parsley, or another herb of choice for more flavor.

BROCCOLI CHEESE BAKE

8 servings

1/4 cup chopped onions
4 Tbsp. margarine
½ cup water
2 Tbsp. flour
8 oz. jar Cheese Whiz
2-10 oz. packages frozen chopped broccoli
¾ cup Egg Beaters
½ cup plain bread crumbs

For ½ steamer size (24 servings)

2 cups chopped onions
8 Tbsp. margarine (1 stick)
2 cups water
8 Tbsp. flour
2-16 oz. jars Cheese Whiz
4-16 oz. packages frozen chopped broccoli
3 cups Egg Beaters
½ cup plain bread crumbs

For full steamer size (48 servings)

4 cups chopped onions
16 Tbsp. margarine (2 sticks)
4 cups water
16 Tbsp. flour
4-16 oz. jars Cheese Whiz
8-16 oz. packages frozen chopped broccoli
6 cups Egg Beaters
1 cup plain bread crumbs

Defrost and drain the broccoli. Preheat oven to 325 degrees. Sauté onions in margarine. Mix flour in water. Stir into onions and cook until thick and boiling. Add Cheese Whiz, then broccoli and Egg Beaters. Place in a greased 8 inch square pan for smaller portion, or two half steamer trays for large crowd (may have overflow; add additional baking dish if needed). Sprinkle bread crumbs on top. Bake for 45 minutes or until set and browned.

CARIBBEAN RICE WITH PIGEON PEAS

2 cups long grain rice
1 can (13-1/2 oz.) coconut milk
1 can (15-1/2 oz.) Goya dry pigeon peas (look by the canned vegetables near beans)
1 cup chopped green onions
2 Tbsp. butter or margarine

Combine coconut milk, juice from peas, and water to make 4 cups of liquid. Cook the rice as directed on the package. When the liquid is absorbed, mix in green onions, pigeon peas, and butter. Add salt to taste. Serves 8.

CAULIFLOWER COUSCOUS

½ cup dried apricots, cut into quarters
1 lb. cauliflower rice
2 Tbsp. butter
2 Tbsp. olive oil
1 onion, sliced
2 cloves garlic, minced
½ package baby spinach
1 can garbanzo beans (chickpeas), drained and rinsed

½ cup walnuts, chopped
½ cup green onions, sliced

In a small bowl, put the apricots and cover with boiling water for at least 10 minutes. Drain before using.

In a large pot or skillet, heat 1Tbsp. olive oil and 1Tbsp. butter. Add onion and cook until wilted. Add garlic and stir. Add cauliflower and cook for several minutes, stirring occasionally. Mix in apricots, spinach, chickpeas, chopped nuts, green onions. Stir in remaining olive oil and butter. Heat and serve. Serves 6.

CHEESY HASH BROWN CASSEROLE

15 oz. can of Healthy Choice cream of celery soup
1 cup reduced-fat sour cream
1 Tbsp. flour
½ tsp. garlic powder
24-30 oz. package frozen hash brown potatoes
2 cups reduced-fat shredded cheddar cheese
1/3 cup freshly grated parmesan cheese
Paprika to taste

In a bowl, combine soup, sour cream, flour, and garlic powder. Stir in potatoes and cheddar cheese. Pour into a 13x9x2 greased baking dish. Sprinkle parmesan cheese and paprika on top. Bake uncovered at 350 degrees for 50-60 minutes.

CURRIED RICE AND PEAS

4 cups water
2 cups uncooked long grain rice
1 Tbsp. butter
16 oz. package frozen peas, cooked & drained
1 cup diced celery
5 green onions, sliced
½ cup mayonnaise
½ cup apricot jam
1-1/2 tsp. curry powder
1 sprinkle turmeric

Combine water, rice and butter in a saucepan and bring to a boil. Reduce heat and simmer, stirring occasionally, until water is absorbed. Remove from heat and mix in peas, celery, and green onions. In a separate bowl, blend mayonnaise, apricot jam, curry powder, and turmeric. Add to rice mixture and mix well. May be served warm or chilled.

GLAZED SWEET POTATOES

3 large sweet potatoes
1/3 cup granulated sugar
1/3 cup dark brown sugar
3/4 cup water
2 Tbsp. butter
3 Tbsp. lemon juice
½ tsp. freshly grated nutmeg
1/4 tsp. cinnamon

Simmer potatoes in pot of boiling water for about 10 minutes. Drain and cool. Meanwhile, preheat oven to 350°. In a separate small saucepan, bring both sugars and 3/4 cup water to a boil, stirring until sugars are dissolved. Simmer on low heat for 8 minutes and then remove from heat. Whisk in butter, lemon juice, nutmeg, and cinnamon.

Peel potatoes and slice crosswise into 3/4 inch slices. Arrange in single layer in shallow greased pan. Drizzle lemon syrup over potatoes. Bake for 40 to 50 minutes, turning over halfway, until tender and well-glazed. Serves 6 to 8.

GREEN BEAN CASSEROLE

2 cans (10-3/4 oz. each) Healthy Request Campbell's Condensed Cream of Mushroom Soup

1 cup milk
2 tsp. low sodium soy sauce
2-32 oz. bags frozen French-cut green beans, cooked as per package directions and drained
1 large can French fried onions

Preheat oven to 350 degrees. Mix together the soup, milk, soy sauce, beans and half the onions in a casserole dish. Bake for 25 minutes or until bubbling. Top with remaining onions and bake for 5 minutes more or until onions are browned. Makes 12 servings. Note: Worcestershire sauce might be a good substitute for soy sauce.

ISRAELI COUSCOUS WITH MUSHROOMS

2 cups large-grained couscous
2-1/2 cups low sodium chicken broth
8 oz. fresh gourmet mushroom blend
2 tsp. chopped garlic
2 Tbsp. olive oil
1 tsp. thyme
2 tsp. Worcestershire sauce

Preheat oven to 400 degrees. Mix together mushrooms, garlic, olive oil and thyme, and spread in aluminum foil-lined baking pan coated with cooking spray. Bake for 20 minutes. Meanwhile, cook couscous in chicken broth according to package directions. Stir mushroom mixture and Worcestershire sauce into couscous and mix to blend. Add salt to taste.

MUSHROOM PIE

16 oz. sliced mushrooms
8 oz. sliced Portobello mushrooms
2 large shallots, peeled and diced
2 Tbsp. olive oil
1 cup parmesan cheese
1/2 cup shredded Swiss cheese
2 deep dish pie crusts
Egg Substitute

Sauté mushrooms and shallots in olive oil in large skillet. Remove skillet from heat. Mix in parmesan and Swiss cheeses. Put the mixture into one pie crust. Fold other pie crust over top. Brush with egg substitute. Bake at 350 degrees for 30-45 minutes or until browned.

MUSHROOM RISOTTO

3 Tbsp. olive oil
1-1/2 pounds sliced mushrooms
1/2 cup port wine
48 oz. chicken broth
2 cups onion, chopped
2 cups Arborio rice
1 cup dry white wine
1 cup freshly grated parmesan cheese

In a sauté pan, heat 1Tbsp. olive oil. Add the mushrooms and stir until they are softened. Add the port wine and 1/2 cup chicken broth, and let simmer for 5 minutes. Remove from heat.

In a heavy-duty soup pot, heat 2 Tbsp. of olive oil. Add the onions and sauté until they become light brown, then add the rice and toss until the rice turns golden. Pour in the white wine. When all the wine has been absorbed by the rice, add the chicken broth, one cup at a time. Simmer very slowly until all the stock has been absorbed. Then add the mushroom mixture and continue to stir until most of the liquid has been absorbed. Stir in the parmesan cheese. Serve immediately.

NOODLE KUGEL

16 oz. bag wide egg noodles
4 eggs, beaten

½ cup sugar
½ pound margarine, melted
1/4 tsp. cinnamon
20 oz. can crushed pineapple
Juice from a fresh lemon
Cinnamon sugar
Cornflake crumbs

Preheat oven to 350 degrees. Cook the noodles in boiling water for 8 minutes, then drain and rinse under cold water. Stir a few noodles into the beaten eggs. Pour eggs into bowl with noodles and mix. Add sugar, melted margarine, cinnamon, drained pineapple, and lemon juice. Stir until blended. Put into 11x14 greased baking pan. Sprinkle cornflake crumbs and cinnamon sugar on top. Bake for approximately 50 minutes or until browned and bubbly.

OPTIONS: Cut margarine to 1/4 pound and add one pint sour cream OR Add one tsp. vanilla instead of lemon juice OR Add ½ cup raisins.

POTATO ONION BAKE

2 pounds Yukon gold potatoes
2 Tbsp. olive oil
2 large onions, peeled and sliced
2 tsp. chopped garlic
1 tsp. dried thyme
1 Tbsp. dried or fresh rosemary
14-1/2 oz. can low sodium chicken broth

Peel potatoes and thinly slice. Put aside. Heat oil in large skillet. Sauté onions and garlic until onions are wilted. Stir in thyme and rosemary. Layer potatoes and onion mixture in a greased rectangular glass baking dish. Pour broth over all. Cover with foil. Bake at 400 degrees for 30 minutes. Uncover and bake until potatoes are tender and top is golden brown, about 15 minutes more. Serves 6 to 8.

POTATO ZUCCHINI MASH

30 oz. package frozen shredded hash brown potatoes
10 oz. package matchstick carrots
3 large zucchini, peeled and shredded
5 eggs
2 Tbsp. onion flakes or fresh chopped onions
¾ cup mayonnaise
2 Tbsp. chopped garlic
3 Tbsp. egg substitute

In a large bowl, combine potatoes, carrots, and zucchini. In a separate small bowl, beat the eggs. Add mayonnaise and onions. Stir egg mixture into potatoes. Add chopped garlic and egg substitute. Blend until moist. Transfer into greased 9 x 12 baking dish. Bake at 350 degrees uncovered for 1 hour, or until edges begin to brown. Serves 6 to 8.

RICE WITH PEAS AND GARLIC

¼ pound butter
2 large onions, chopped
3 Tbsp. chopped garlic
3 cups uncooked long grain rice
5 cups reduced sodium chicken broth
16 oz. bag frozen green peas
Salt to taste

Melt butter in large saucepan. Add onions and garlic and sauté until wilted. Mix in rice and stir until coated and starting to brown. Pour in broth and bring to a boil. Reduce heat and cover, simmering until moisture is nearly absorbed. Add in green peas and cook until peas are heated through. Season with salt to taste. Serves 8 to 10.

ROASTED RED POTATOES

Half a bag of small red potatoes

Fresh garlic, chopped
1 large onion, sliced
Fresh rosemary
Olive Oil

Preheat oven to 400 degrees. Clean potatoes and cut into quarters. Put potatoes into large bowl. Mix in garlic, onions and rosemary. Add a splash of olive oil to moisten. Spread onto greased baking sheet. Bake for 30 minutes or until potatoes are fork tender. Serves 4.

ROASTED SWEET POTATOES WITH RED ONIONS AND ROSEMARY

3 large sweet potatoes, peeled
8 Tbsp. canola oil
3 tsp. minced garlic
2 large red onions, peeled
2 Tbsp. fresh rosemary, chopped
¼ cup grated parmesan cheese

Preheat oven to 375 degrees. Cut potatoes lengthwise and then into one inch cubes. Mix with 6 Tbsp. oil and minced garlic. Spread on greased, foil-lined baking sheet. Meanwhile, cut onions lengthwise and then crosswise into chunks. Mix with remaining 2 Tbsp. oil and spread on another greased, foil-lined baking sheet. Put potatoes on center rack and onions on bottom rack. Roast for 30 minutes. Halfway through, turn both batches and sprinkle rosemary on potatoes. When both vegetables are tender, remove from oven and toss together in bowl. Sprinkle cheese into mixture and serve.

SPINACH MUSHROOM CASSEROLE

(2) 10-oz. packages frozen chopped spinach
8 oz. can tomato sauce
2 cups grated cheddar cheese
2 cups sour cream
(2) 4-1/2-oz. jars sliced mushrooms
½ tsp. curry powder
Dash of freshly grated nutmeg

Preheat oven to 350 degrees. Cook spinach according to package instructions. Drain liquid. In a bowl, mix spinach and remaining ingredients. Put into a 2-1/2 quart greased casserole dish. Bake for 30 minutes. Serves 6.

SWEET POTATOES WITH MARSHMALLOWS

(2) 40-oz. cans sweet potatoes/ yams
½ cup (1 stick) unsalted butter, melted
½ cup light corn syrup
1 bag mini marshmallows

Preheat oven to 350 degrees. Drain and mash potatoes. Stir in melted butter and corn syrup. Put into greased baking dish. Sprinkle marshmallows on top and bake until marshmallows are browned and bubbly. Option: Add a 20 oz. can of drained crushed pineapple to potato mixture. For a larger crowd, add extra cans of yams. Serves 8 to 10.

WILD RICE, BARLEY, & MUSHROOM CASSEROLE

1/2 cup unsalted butter
1 medium onion, chopped
8 oz. wild rice
2 Tbsp. pearl barley
28 oz. canned beef broth
1/4 tsp. dried thyme
8 oz. sliced mushrooms

Melt 1/4 cup butter in 3-quart microwave casserole on high. Add onion and cook uncovered on high until soft, about 1 minute. Add rice, barley, beef broth, and thyme. Cover tightly and cook on high 25 minutes. Reduce to medium, stir, and cook until most liquid is absorbed, about 40 minutes. Let stand, covered, for about 10 minutes.

Melt remaining 1/4 cup butter in shallow 10-inch microwave dish on high. Add mushrooms. Cook uncovered on high until mushrooms are tender, stirring twice, 4 to 5 minutes. Stir mushrooms into cooked rice and barley mixture. Serves 6.

DESSERTS

AMARETTO CAKE

1 standard box yellow cake mix
1 box 5.1 oz. instant vanilla pudding
½ cup Amaretto
¾ cup water
½ cup vegetable oil
4 large eggs
¼ tsp. almond extract
1 cup powdered sugar
3-1/2 Tbsp. Amaretto

Put all ingredients into a large bowl and beat with mixer for 1 minute on low. Scrape down sides with spatula and beat for another 2 minutes on high. Pour batter into a greased and floured tube pan. Bake for 45 minutes or until golden brown. Cool on rack.

Invert cake onto a plate so right side is up. Mix together confectioners' sugar in a small bowl and blend in Amaretto. Drizzle over cake to form a glaze.

APPLE GINGER CAKE

2/3 cup light brown sugar
1/3 cup applesauce
1 large egg
3 Tbsp. molasses
1-1/2 cup all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
2 tsp. ground ginger
1/4 tsp. nutmeg
1/8 tsp. allspice
½ cup low fat vanilla yogurt
1 Gala apple, peeled, cored, and chopped

Coat an 8 inch baking pan with cooking spray. In a bowl, combine sugar, applesauce, egg, and molasses. In separate bowl, mix flour, baking powder, baking soda, and ground spices. Add dry ingredients to molasses mixture alternately with yogurt, beating until well blended. Fold in apples. Bake at 350 degrees for 30 minutes. Cut into squares when cool. For extra zing, sprinkle a tsp. of light rum onto individual portions and top with Cool Whip.

APPLE RUM CAKE

18-1/4 oz. spice cake mix
21 oz. can apple pie filling
3 eggs
¾ cup light sour cream
¼ cup rum
2 Tbsp. canola oil
1 tsp. almond extract
2 Tbsp. dark brown sugar
1-1/2 tsp. ground cinnamon
2/3 cup powdered sugar
2 tsp. reduced fat milk

Set aside 1 Tbsp. cake mix and 1-1/2 cup pie filling. In a large bowl, combine eggs, sour cream, rum, canola oil, almond extract, remaining cake mix and pie filling. Beat on medium speed for 2 minutes. Pour half the batter into a

greased fluted baking pan coated with nonstick spray. In a separate small bowl, mix together the brown sugar, cinnamon, reserved cake mix, and remaining pie filling. Spoon over batter. Top with remaining batter. Bake at 350 degrees for 45 minutes. Cool on rack before turning over onto plate. In a small bowl, mix powdered sugar and milk. Dribble glaze over cake and serve. Serves 10 to 12.

BANANA CHOCOLATE CHIP LOAF

1 stick margarine, softened
1 cup sugar
1 tsp. vanilla
2 eggs
1-1/2 cup flour
1 tsp. baking powder
1/2 tsp. baking soda
4 Tbsp. sour cream
2 ripe bananas, mashed
1 cup semi-sweet chocolate chips

Cream margarine with sugar in large bowl. Add vanilla, eggs, flour, baking powder, baking soda, and sour cream. Add mashed bananas. Fold in chocolate chips. Put into a greased loaf pan. Bake for 1 hour at 350 degrees or until toothpick inserted in center comes out clean. Time may vary due to oven variations

BLUEBERRY CRUMBLE

2 pints fresh blueberries
2 Tbsp. fresh lemon juice
1/4 tsp. cinnamon
2/3 cup sugar
2/3 cup flour
1 packet flavored instant oatmeal
4 Tbsp. butter, softened
Cinnamon sugar

Grease square baking pan and preheat oven to 350 degrees. Spread blueberries in bottom of pan. Sprinkle with lemon juice, cinnamon, and sugar. In separate bowl, combine flour, contents of oatmeal packet, and softened butter. Mixture should resemble small crumbs. Spread over blueberries. Sprinkle top with cinnamon sugar. Bake for 30 minutes or until browned and bubbly. Serve warm with whipped topping or vanilla ice cream.

CHOCOLATE CAKE

2 egg whites
1 egg
1-1/3 cup water
8 oz. low fat plain yogurt
18-1/4 oz. box Devil's Food cake mix
1/2 cup baking cocoa
2 tsp. powdered 10X sugar

Preheat oven to 350 degrees. In a medium bowl, combine egg whites, egg, water, and yogurt. In a large mixing bowl, blend cake mix and cocoa. Beating at low speed, add liquid mixture to dry ingredients. Blend well. Pour into a 10 cup fluted tube baking pan coated with cooking spray. Bake for 35 minutes and test for doneness with toothpick. Cool on wire rack before turning cake out onto a plate. Dust with powdered sugar and serve.

CHOCOLATE KAHLUA CAKE

1 box Yellow Cake Mix
1 oz. instant chocolate pudding mix
4 large eggs
1/2 cup vegetable oil
3/4 cup brewed coffee
2/3 cup Kahlua
1 cup mini chocolate chip morsels
9 oz. semisweet chocolate morsels

1 cup heavy whipping cream
2 Tbsp. Kahlua

Preheat oven to 350 degrees with rack in lower middle position. In a large bowl, add the cake mix and pudding mix and stir to blend. In another bowl, stir together the eggs, oil, coffee, and Kahlua until smooth. Gently fold wet ingredients into dry ingredients. Add the mini chocolate chips. Transfer to a greased Bundt pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool the pan on a wire rack.

Meanwhile, pour the heavy whipping cream into a pot and bring to a boil. Remove from heat. Stir in the chocolate chips and Kahlua until smooth. Cool slightly and then drizzle over cake.

CHOCOLATE ZUCCHINI CAKE

2-1/4 cups sifted all-purpose flour
1/2 cup unsweetened cocoa powder
1 tsp. baking soda
1 tsp. salt
1-3/4 cups sugar
1/2 cup unsalted butter, room temperature
1/2 cup vegetable oil
2 large eggs
1 tsp. vanilla extract
1/2 cup buttermilk
2 cups grated, unpeeled zucchini
6 oz. package semisweet chocolate chips
3/4 cup chopped walnuts

Preheat oven to 325 degrees. Grease and flour a 13x9x2 inch baking pan. Sift the flour, cocoa, baking soda and salt together into a medium bowl. In a separate bowl, beat the sugar, butter and oil until blended. Add the eggs one at a time and beat well. Add vanilla, and then mix in dry ingredients alternating with buttermilk. Mix in grated zucchini. Pour batter into baking pan. Sprinkle chocolate chips and nuts on top. Bake about 50 minutes or until a toothpick inserted into the center comes out clean. Let cool and serve.

COCONUT FUDGE PIE

3 oz. unsweetened chocolate
1/2 cup butter
3 eggs, slightly beaten
3/4 cup sugar
1/2 cup all-purpose flour
1 tsp. vanilla
2/3 cup sweetened condensed milk
2-2/3 cups flaked coconut

Melt chocolate and butter in a saucepan over low heat. Stir in beaten eggs, sugar, flour and vanilla. Pour into greased 9-inch pie dish. In a separate bowl, combine sweetened condensed milk and coconut. Spoon over the chocolate mixture, leaving a 1/2 to 1 inch border. Bake at 350 degrees for 30 minutes. Cool and serve.

CRANBERRY ALMOND COFFEE CAKE

1 stick butter
1 cup sugar
2 eggs
1 tsp. baking soda
1 tsp. baking powder
2 cups flour
1/2 tsp. salt
1/2 pint sour cream
1-1/2 tsp. almond extract
7 oz. can whole berry cranberry sauce
Chopped walnuts or pots
3/4 cup powdered sugar

Cream butter and sugar in large bowl. Add eggs and sifted dry ingredients alternately with the sour cream. Add 1 tsp. almond extract. Put one-third batter in bottom of pan, spread half of cranberry sauce on top, add one-third more batter, rest of cranberry sauce and then rest of batter. Sprinkle with chopped nuts.

Bake at 350 degrees for 55 minutes in a greased 8" tube pan. Mix 3/4 cup powdered sugar, 1/2 tsp. almond extract and 1 Tbsp. water. Drizzle over cake.

FRUIT COBBLER

¼ cup (1/2 stick) butter
1-1/2 cup Bisquick
1 cup sugar
2/3 cup reduced fat milk
1 can fruit pie filling: apples, peaches, cherries, etc.
Cinnamon

Preheat oven to 400 degrees. Spray a 9 x 12 baking pan with cooking spray. Melt the butter and spread in it evenly in the pan. In a separate bowl, whisk together the biscuit mix, sugar, and milk. Pour batter into pan. Drop the fruit evenly onto the top of the batter. Sprinkle cinnamon on top. Bake for a half hour or until browned and bubbly.

FUDGE RUM BALLS

1 cup crushed vanilla wafer crumbs
1 cup powdered sugar
3 Tbsp. cocoa
2 cups chopped walnuts
3 Tbsp. white corn syrup
1/4 cup rum
Candied cherries

Mix together crushed vanilla wafer crumbs, powdered sugar, cocoa, and 1 cup chopped walnuts. Add white corn syrup and rum and mix well. Scoop mixture into 1 inch balls. Roll each ball in remaining chopped walnuts. Press one half of a candied cherry on top. Refrigerate or freeze until served. Makes about 30 balls.

LEMON BARS

CRUST

½ cup butter, softened
¼ cup sugar
1 cup flour

FILLING

¾ cup sugar
2 eggs
3 Tbsp. lemon juice
2 Tbsp. flour
¼ tsp. baking powder
Powdered 10x Sugar

Preheat oven to 350 degrees. In a small bowl, cream butter and sugar until light and fluffy. Gradually add flour until blended. Press into an ungreased 8 inch square baking dish. Bake for 15 to 20 minutes or until edges are lightly browned.

Meanwhile, in a small bowl, beat the sugar, eggs, lemon juice, flour, and baking powder for the filling until frothy. Pour over crust. Bake for 10-15 minutes longer or until set and lightly browned. Cool on a wire rack. Sprinkle with powdered sugar and cut into squares. Yield: 9 squares.

LEMON BREAD PUDDING

PUDDING

2 cups dry cubes bread

4 cups scalded milk
1 Tbsp. butter
1/4 tsp. salt
3/4 cup sugar
4 eggs, slightly beaten
1 tsp. vanilla
1/2 cup golden raisins

SAUCE

1/2 cup sugar
1 Tbsp. cornstarch
1/8 tsp. salt
1/8 tsp. nutmeg
1 cup boiling water
2 Tbsp. butter
1-1/2 Tbsp. fresh lemon juice

PUDDING: Preheat oven to 350 degrees. Soak bread in milk for 5 minutes. Add 1 Tbsp. butter, 1/4 tsp. salt, and 3/4 cup sugar. Pour slowly over eggs. Add vanilla, raisins, and stir. Pour into greased baking dish. Place the baking dish into a pan of shallow hot water. Bake until firm, about 50 minutes.

LEMON SAUCE: Mix 1/2 cup sugar, cornstarch, salt and nutmeg in a medium saucepan. Gradually add water and cook over low heat until thick and clear. Add butter and lemon juice. Blend. Pour over pudding. Chill in refrigerator.

LEMON COOKIES

2 cups all-purpose unbleached flour
1/2 tsp. baking soda
1/2 tsp. salt
1 Tbsp. grated lemon peel
1/2 cup (1 stick) unsalted butter, softened
3/4 cup sugar
1 tsp. vanilla extract
1 large egg
2 Tbsp. fresh lemon juice

LEMON GLAZE

2 cups confectioner's (powdered 10x) sugar
2 Tbsp. grated lemon peel
1/3 cup fresh lemon juice

Preheat oven to 350 degrees. In a medium bowl, mix together flour, baking soda, salt, and lemon peel. In a larger bowl, beat together room temperature butter and sugar until light and fluffy. Add vanilla, egg, and lemon juice and beat until blended. Turn mixer on low and gradually add dry ingredients. Drop mixture by the tablespoon onto two greased cookie sheets about an inch apart each. Bake fifteen to twenty minutes until edges are golden. Meanwhile, mix ingredients for glaze and set aside. Cool cookies on racks, then brush glaze on top. Makes about two dozen.

LYCHEE PINEAPPLE UPSIDE DOWN CAKE

5 Tbsp. unsalted butter
1/2 cup brown sugar
1 can pineapple slices in juice
6 pieces Marachino cherries from a jar, drained
1 cup fresh lychees or 1 can lychees, drained and chopped
1 package classic vanilla cake mix
3 eggs
1/3 cup vegetable oil
2/3 cup pineapple juice reserved from can
1/2 cup water

Preheat oven to 350 degrees. Melt butter in microwave. Pour butter into a greased 9x13 baking pan. Sprinkle brown sugar on top. Drain pineapple slices, reserving liquid. Arrange about 6 pineapple slices on top of the brown sugar

mixture. Add cherries in center of each slice and sprinkle around a few chopped lychees. Meanwhile, combine cake mix, eggs, oil, pineapple juice, and water. Whisk mixture for 2 minutes. Pour half of the cake batter on top of the pineapple, cherries and lychees. Chop remaining pineapple rings and then spread over the batter, together with the remaining lychees. Pour another portion of the cake batter on top of the second fruit layer. Bake for 50 minutes or until the cake is set and a toothpick inserted in the center comes out clean. Remove from the oven and rest for about 10 minutes. Cover loosely with foil. Chill in the refrigerator for at least an hour. Slice and serve.

LYCHEE RICE PUDDING

3 cups cooked brown rice
2 cups nonfat milk
2 medium bananas, sliced
2 cups fresh lychees, chopped
1/2 cup water
4 Tbsp. honey
2 tsp. pure vanilla extract
1 tsp. ground cinnamon
1 tsp. ground nutmeg

In a medium-size saucepan, combine banana, lychee, water, honey, vanilla, cinnamon and nutmeg. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until tender but not mushy. Add the rice and milk and mix thoroughly. Serves 4.

ORANGE CRUMB CAKE

2 cups all-purpose flour
1 cup sugar
1/2 cup butter, room temperature
2 tsp. cinnamon
2 tsp. baking powder
Dash salt
2 eggs
1 cup orange juice
1 to 2 tsp. orange zest, optional

Combine flour, sugar, and butter until mixture resembles crumbs. Remove 1 cup of mixture to a separate bowl and add cinnamon. Set this portion aside for topping. To the first bowl, add baking powder and a dash of salt; blend well. Beat eggs with the orange juice; stir into the crumb mixture along with orange zest, until dry ingredients are moistened. Pour batter into a greased and floured 13x9x2-inch baking pan. Sprinkle reserved cinnamon crumbs over the cake batter. Bake at 350° for 30 minutes, or until a wooden toothpick inserted in center comes out clean.

PEAR BLUEBERRY COFFEE CAKE

17.8 oz. box Pillsbury Blueberry Quick Bread Mix
15 oz. can pears, drained and thin sliced
1 tsp. lemon juice
1/3 cup flour
1/3 cup sugar
1/2 tsp. ground cinnamon
2 Tbsp. butter, melted

Preheat oven to 375 degrees. Sprinkle pear slices with lemon juice. Prepare the bread mix batter according to box instructions. Pour into an 8 or 9 inch square baking dish. Arrange pear slices over batter. In a small bowl, combine the flour, sugar, and cinnamon, then add melted butter and stir. Mixture will be crumbly. Sprinkle over pears. Bake for 40 minutes or until toothpick inserted in center comes out clean.

PEAR CAKE

6 Tbsp. unsalted butter, divided
1/4 cup firmly packed dark brown sugar
2 large cans sliced pears in light syrup, drained
1-1/4 cups all-purpose flour
1/2 cup sugar

½ tsp. ground cinnamon
1/4 tsp. ground ginger
½ tsp. ground nutmeg
1/4 tsp. ground coriander
¾ tsp. baking powder
¾ tsp. baking soda
1 large egg
1/3 cup buttermilk
1/4 tsp. salt
2 Tbsp. molasses
½ tsp. pure vanilla extract

Preheat oven to 350 degrees. Melt 2 Tbsp. butter in 9x12 inch baking pan in oven. Sprinkle over with brown sugar. Lay pear slices in baking pan, fanning them out. Meanwhile, combine flour, baking powder, baking soda, salt and spices in a medium bowl. In a large bowl, cream remaining 4 Tbsp. butter with sugar until smooth. Blend in 1 egg, buttermilk, vanilla and molasses. Add dry ingredients slowly and stir until mixed through. Spread batter evenly over pears. Bake for 20-30 minutes, or until a toothpick inserted in center comes out clean. Invert onto a serving plate and serve warm. Good with whipped dairy topping or ice cream. Serves 12.

PUMPKIN MOUSSE

1-1/2 cups fat free milk
1oz. package sugar free instant butterscotch pudding mix
½ cup canned pumpkin
½ tsp. ground cinnamon
1/4 tsp. ground ginger
1/4 tsp. ground allspice
½ cup fat free whipped topping
1/4 tsp. freshly grated nutmeg

Whisk milk and pudding mix in large bowl for two minutes, then set aside. In another bowl, combine the pumpkin, cinnamon, ginger, and allspice. Gently fold in whipped topping until just blended. Spoon into individual serving dishes. Sprinkle nutmeg on top. Refrigerate until ready to serve. Serves 4 to 6.

PUMPKIN TRIFLE

1 box spice cake mix
3 cup plus 2 Tbsp. old-fashioned oats
1/4 cup plus 2 Tbsp. flour
1/4 cup brown sugar
1/4 cup granulated sugar
5 tablespoons butter, melted
1/2 cup apricot jam
1/4 cup orange juice
¼ cup egg substitute
¾ cup canned pumpkin
¾ cup white chocolate chips
1 cup heavy cream
1/2 cup dried cranberries + extra for garnish

Prepare cake as directed on package. Cool completely, cut into cubes and set aside.

Streusel

Preheat oven to 325°F. In a medium bowl, combine oats, flour, brown sugar and granulated sugar. Add melted butter and stir until mixture is crumbly. Pour into greased sheet pan. Bake for 15 to 20 minutes, or until golden brown. Set aside to cool, then crumble into small pieces.

Sauce

Combine apricot jam and orange juice in a medium mixing bowl. Whisk together until smooth.

Pumpkin Filling

Combine egg substitute and canned pumpkin in a medium bowl. Place white chocolate chips in a microwave-safe

dish. Microwave on high for 2 minutes or until melted, stopping halfway to stir. Add melted white chocolate to pumpkin mixture. In a separate bowl, whip cream until stiff peaks form. Fold whipped cream into pumpkin mixture.

Place a spoonful of filling at the bottom of each individual serving glass. Top with dried cranberries and a drizzle of sauce. Place a few cubes of cake over filling. Top with another layer of filling, cranberries, and sauce, then top with streusel. Sprinkle a few extra cranberries on top to garnish.

SPICED PEACH CAKE

16.5 oz. box spice cake mix
¼ tsp. cinnamon
1 cup buttermilk
1/3 cup vegetable oil
1/3 cup unsweetened applesauce
3 large eggs
21 oz. can peach pie filling

Preheat oven to 350 degrees. Grease and flour a 9x13 inch baking pan. Mix together the cake mix, cinnamon, buttermilk, oil, applesauce and eggs in a large bowl. Beat on slow for one minute then increase speed for two more minutes. Pour batter into greased pan. Spoon peaches and syrup from the can evenly over the batter. Bake for 30 minutes or until toothpick comes out clean from center.

STRAWBERRY COBBLER

½ cup + 1 Tbsp. sugar
1 Tbsp. cornstarch
1 cup water
3 cups strawberries, hulled
5 Tbsp. butter, diced
1 cup all-purpose flour
1-1/2 tsp. baking powder
½ tsp. salt
½ cup heavy whipping cream

Preheat oven to 400 degrees. Combine ½ cup sugar, cornstarch, and water in saucepan. Cook over medium heat, stirring constantly, until thickened. Stir in strawberries and remove from heat. Pour mixture into greased 2-quart baking dish and dot with 2 Tbsp. diced butter.

Sift together the flour, 1 Tbsp. sugar, baking powder, and salt. Cut in 3 Tbsp. butter. Stir in whipping cream. Mixture should be fairly soft. Spoon on top of berries. Bake for 25 minutes or until golden brown and bubbly. Serves 8.

WINE CAKE

1 box yellow cake mix
3-3/4 oz. package vanilla instant pudding mix
6 eggs
¾ cup oil
1 cup Beringer Malvasia Bianca wine (or another sweet white wine)
1 tsp. freshly grated nutmeg
Powdered (10x) confectioner's sugar

Mix all ingredients in a large bowl. Beat with electric mixer for 5 minutes at medium speed. Pour batter into greased angel food cake pan. Bake at 350 degrees for about 1 hour or until done. Cool on rack and then turn out on plate. Dust with powdered sugar, or mix powdered sugar with milk and dribble icing onto cake.