SHORTCAKE BISCUITS WITH BERRIES
Canola oil spray
1½ cups unbleached all-purpose flour
½ cup whole-wheat or whole-wheat pastry flour
½ salt
4 ts. baking powder
3 to 4 Tb sugar for the biscuits, plus more for the berries, according to taste
2 Tb butter, softened
4 Tb canola oil
1 cup fat-free (skim) milk
1 lb. fresh strawberries
1 pt. fresh blueberries or 2 cups frozen blueberries, defrosted
¼ cup orange juice
1½ cups vanilla frozen yogurt, softened slightly (optional)

Preheat the oven to 425 degrees. Spray a nonstick cookie sheet with canola oil spray and set it aside. With a paring knife take the stems off of the strawberries and slice them into a bowl. Feel free to nibble! Add the fresh blueberries and mix in the orange juice and sugar to taste. Set it aside for about 30 to 60 minutes. (If you’re using frozen blueberries that have been defrosted, stir them in at the end of this recipe, just before assembling the shortcakes.) In a medium bowl, mix together the flour, salt, baking powder and sugar. Using a pastry blender or a fork, cut the butter and oil into the flour mixture until it resembles coarse bread crumbs. Add the milk all at once. Stir until the milk is mixed in and there are no lumps. Form 8 well rounded biscuits. Using a large spoon, scoop up a cup of the dough and drop it onto the cookie sheet. (You may need to use a teaspoon to scrape the dough off the spoon.) Bake the biscuits for 15 to 20 minutes. (Use a toothpick to test the centers). When they are done, cool on a wire rack. Use a serrated knife to gently slice off the top third of each biscuit. (Add the defrosted frozen blueberries at this point.) Top the bottom half of the biscuit with some berries and juice. Lay the top third of the biscuit on top of the berries. Top it with more berries and juice. Place the remaining berries around each biscuit. Garnish each biscuit with frozen yogurt, if desired, and indulge.

BREAKFAST PIZZA
1 lb. bulk sausage, cooked, drained
1 pkg crescent rolls
1½ cup frozen hash brown potatoes, thawed
1 cup shredded sharp cheddar cheese
1 cup shredded swiss cheese
5 eggs
¼ cup milk
½ tsp salt
¼ tsp pepper
2 Tb grated parmesan cheese

Separate rolls and palce each triangle in ungreased pizza pan. Press over bottom and up sides to form crust (make sides high or it can run over). Layer meat, potatoes, and cheddar cheese onto crust. Beat eggs in bowl, add milk, salt & pepper. Pour over crust. Sprinkle with parmesan cheese. Bake at 375 degrees for 23-30 minutes until set.

CREAM SCONES
3 cups bread flour
½ cup sugar
2 Tb baking powder
½ tsp salt
2 cups heavy cream
2 Tb milk
3 Tb coarse sugar for topping

Cut two 10 inch circles of waxed paper. Use one to line a 10 inch round cake pan. Reserve the second piece. Sift the flour, sugar, baking powder and salt together into a mixing bowl. Make a well in the center of the flour mixture. Add the cream to the flour mixture and stir by hand just until the batter is evenly moistened. Place the dough into the lined cake pan and press into an even layer. Cover the dough with the second paper circle. Freeze until very firm, at least 12 hours. Preheat the oven to 350 degrees. Prepare a baking sheet with a light coat of cooking spray. Thaw dough for 5 minutes at room temperature; place it onto a cutting board. Cut the dough into 10 wedges and place each piece on baking sheet 2 inches apart. Brush scones with milk and sprinkle with coarse sugar. Bake until golden brown, 30-40 minutes. Cool the scones on a baking sheet for a few minutes, then transfer to a cooling rack. Serve warm with Devonshire Cream and your favorite jam! Scones may also be served at room temperature. Yields 10 scones.

Dried Cherry Scones: Add one cup of dried cherries to the dry ingredients just before blending in the cream. Follow the remaining method as stated above.

Ham and Cheddar Scones: Omit milk and coarse sugar. Add 1 cup medium-diced ham, ½ cup medium-diced cheddar cheese and ½ cup sliced scallions to flour mixture before blending in the cream. Follow the remaining method as stated above.

DEVONSHIRE CREAM
4 oz. Cream cheese
1-2 Tb granulated white sugar
1 tsp pure vanilla extract
Zest of lemon (optional)
1 cup heavy whipping cream

In bowl of electric mixer, place all the ingredients and beat until the mixture holds its shape and looks like softly whipped cream. Refrigerate the cream until ready for use. Note: this cream does not hold very well and should be made shortly before serving.

TORTELLINI SOUP
2 cans chicken broth (14.5 oz.)
2 Tb parsley
Grated parmesan cheese
1 large can crushed tomatoes
1 tsp dried basil
1 9 oz. package cheese-filled tortellini (refrigerated or frozen)
½ lb. ground beef browned & drained (optional)

Bring first 4 ingredients to boil in stock pot. Add ground beef, if desired, and return to boil. Stir in tortellini and return to boil. Reduce heat and simmer 3 minutes (10 minutes if frozen tortellini is used). Stir in parsley. Sprinkle individual servings with grated parmesan cheese and serve with bread sticks or Texas toast. Note: dried tortellini may but used but will increase required simmer time.
**GRANDMA’S FRUITCAKE RECIPE**

9-inch spring form pan or an angel food cake pan.

- ½ tsp baking soda
- 1 cup buttermilk
- 1 cup dried pitted cherries
- ½ cup dried cranberries
- ½ cup golden raisins
- 1 cup good-quality brandy
- Soft butter and flour for the cake pan
- 1 cup unsalted butter, at room temperature
- 2 cups sugar plus 3 tablespoons sugar to sprinkle on top
- 2 extra-large eggs
- 3 cups flour
- 1 tsp coarse salt
- 1 tsp freshly-grated nutmeg
- 1 cup candied lemon and orange rind, chopped coarse
- ¼ cup hazelnuts, toasted in the oven for 10 minutes and chopped coarse

Preheat oven to 325° F. Put the baking soda in a 2-cup measure and add the buttermilk. Stir well with a fork and set aside. (The soda will make the buttermilk foam and rise.) Combine the dried cherries, cranberries, and raisins with the brandy in a small saucepan. Bring to a boil, simmer for 5 minutes, cover the pan, and let the fruit seep. Butter and flour a 9-inch spring form pan or angel food cake pan. Tap out any excess flour. Cream the butter and sugar together until light and fluffy and beat in the eggs. Combine the flour with the salt and nutmeg and sift the dry ingredients together. Beat the flour mixture into the butter mixture in thirds, alternating with the buttermilk mixture. Scrape the bowl as necessary. Fold in the fruit, the candied rind and the nuts, making sure they are evenly distributed throughout the batter. Spoon the mixture into the cake pan, smooth the top, and sprinkle it evenly with the remaining 3 tablespoons of sugar. Bake 1 hour and 40 minutes. Let the cake cool on a rack for 1 hour. Carefully turn it out of the pan and invert it onto a cake plate sugared side up. Serve right away or wrap tightly in several layers of plastic wrap and store in an airtight container 2 weeks at room temperature, or 1 month in the refrigerator.

**PINEAPPLE CASSEROLE**

2 20 oz. cans chunk pineapple
1 cup sharp cheddar cheese
1 cup sugar
6 Tb flour
1 sleeve Ritz crackers, crushed
½ cup butter or margarine, melted

Drain pineapple. Mix pineapple, flour, sugar, and cheese. Pour into baking dish. Mix crackers and melted butter. Cover top of pineapple mixture with cracker mixture. Bake in preheated 350 degree oven for 25 minutes. Note: Make 1 ½ times recipe for 9x13 inch dish.

**SUMMER RICE SALAD**

2 cups cooked wild rice
½ cup corn*
2 scallions, trimmed and sliced
3 Tb chopped walnuts
2-4 Tb finely chopped parsley
2 Tb chopped red onion
1 Tb rice vinegar
1 Tb extra virgin olive oil
Salt and freshly ground black pepper, to taste

In a large bowl, combine the wild rice, corn, scallions, parsley, nuts and onion. In a small bowl, whisk together the vinegar and oil, then add it to the rice mixture. Toss to combine. Season it to taste with salt and pepper. Cover and let it stand for 30 minutes before serving to allow the flavors to develop. *Note: For the corn, cut the kernels off 1 ear of cooked corn, or use defrosted frozen, or drain and rinse canned corn. Yellow or white corn is equally good. Makes 8 servings.

**PEPPER SLAW**

5 Tb fresh lime juice
3 Tb reduced-fat mayonnaise
5 cloves garlic, finely minced
1-2 tsp minced canned chipolata chilies (or to taste)
1 Tb. honey
1 large red bell pepper, cut into thin strips
1 large green bell pepper, cut into thin strips
1 large yellow bell pepper, cut into thin strips
12 oz. jicama, peeled, cut into thin strips
1/3 cup minced fresh cilantro leaves
Salt and freshly ground black pepper, to taste

Purée the first 5 ingredients in a blender or a food processor until the dressing is smooth. Place the peppers, jicama and cilantro in a large bowl. Toss in the dressing to coat the peppers and jicama. Season it with salt and pepper to taste. Cover and refrigerate the slaw until the vegetables soften a little but are still crunchy, about 4 hours. Makes 10 servings. Note: Jicama (pronounced HEE-kah-mah) is often refereed to as the Mexican potato. It has a sweet, nutty flavor. It is available in Mexican markets and also in the Ethnic food section of many supermarkets.

**VANILLA WAFFER POUND CAKE**

1 cup butter
2 cups sugar
6 eggs
½ cup milk
1 tsp vanilla
1 tsp baking powder
1 cup chopped pecans
1 bag or can flaked coconut (7 oz.)
1 box vanilla wafers, crushed (12 oz.)

Cream butter and sugar together. Add eggs one at a time beating well after each addition. Add milk and vanilla and baking powder. Mix well. Add nuts, coconut and vanilla wafers. Mix well. Pour into well greased and floured tube pan. Bake at 350 degrees for 1 hour.
HONEY BAKED CHICKEN

3 lb. chicken  1 tsp salt
1/3 cup margarine, melted  1 tsp curry powder
2 Tb prepared mustard  1/3 cup honey

Combine all ingredients and pour over chicken. Bake 1 1/4 hour, basting every 15 minutes until chicken is tender and browned. Serve with rice.

CLASSIC PINEAPPLE GLAZED HAM

1 (15.25 ounce) can sliced pineapple, drained with juice reserved
1 (4 ounce) jar maraschino cherries, drained
1 cup brown sugar

Before baking ham, place pineapple slices on ham with toothpicks and place cherries in center of pineapple slices. In a small saucepan combine brown sugar and reserved pineapple juice and bring to a boil; boil 1 minute or until mixture is thick. Pour some of this glaze over the ham about every 15 minutes in the last hour of baking, until all is used.

APPLE GLAZED HAM

¾ teaspoon lemon juice  ¼ cup orange juice
2 Tb brown sugar  1 tsp margarine
1 dash cinnamon  1 small apple, cored, sliced thinly
¾ orange, quartered and sliced

Prepare and heat a ham according to package directions. Meanwhile, prepare glaze. In small saucepan, combine lemon juice, orange juice, brown sugar, margarine and cinnamon; boil 1 minute. Reduce heat; add apple and orange and simmer 2-3 minutes. Brush glaze on your ham 30 minutes before meat is done. Heat ham uncovered for final 30 minutes.

TANGY HONEY GLAZED HAM

1/4 cups dark brown sugar  1/3 tsp ground cloves
1/3 cup pineapple juice  2 Tb Dijon mustard
1/3 orange, juiced and zested  1/3 cup honey

Cook ham according to package directions. In a small saucepan, combine brown sugar, pineapple juice, orange juice, orange zest, Dijon mustard, and ground cloves. Bring to a boil, reduce heat, and simmer for 5 to 10 minutes. Set aside. Remove ham from oven, and brush with glaze. Brush ham with glaze every 10 minutes of the last hour of cooking time.

TRAVIS’ FAVORITE STRAWBERRY PIE

3-4 oz. cream cheese, softened  Baked pie shell
1/2 cup sugar  2 Tb cornstarch
2 cups sliced strawberries  pinch of salt
3 heaping Tb strawberry flavored gelatin


TOMATO – BASIL SOUP

1/2 cup brown rice, uncooked  2 Tb tomato paste
2/3 cup chopped celery  2 tsp sugar
2/3 cup chopped onion  2 cloves garlic, chopped
1 1/4 lbs. canned tomatoes, with juice
2-2/3 cups chicken stock or water
2 Tb plus 2 tsp fresh basil, chopped or 1 tsp dried

Place all ingredients, except basil (if using dried, add now), in a nonreactive pot over medium high heat. Season with salt and pepper to taste. Bring mixture to a boil, stirring constantly, breaking up tomatoes with edge of spoon. Reduce heat to low, cover and simmer about 30 minutes or until rice is tender. Stir in fresh basil and serve. Yield 4 servings.

GINGER-PUMPKIN CHIFFON PIE

1/4 cup fine gingersnap crumbs  Nonstick cooking spray
1 cup evaporated skim milk  1/2 cup sugar
1 envelope unflavored gelatin  1 1/4 tsps ground ginger
1 large egg yolk  3 large egg whites
1 lb. can solid-pack pumpkin  1/4 tsp cream of tartar

Lightly coat the bottom and sides of a 9-inch pie pan with the cooking spray. Place the gingersnap crumbs into the coated pie pan. Tilt the pan from side to side until the sides and bottom are lightly but evenly dusted with the crumbs. Refrigerate while you prepare the filling. In a small saucepan, combine 1/4 cup of the sugar and 1/4 cup of the milk; sprinkle the gelatin and ginger evenly over the surface and let soften for 5 minutes. Set the saucepan over moderately low heat and cook, stirring, for 5 to 6 minutes or until the gelatin and sugar dissolve. Remove from the heat. In a small bowl, beat the egg yolk and remaining milk together, then slowly whisk in the hot gelatin mixture. Transfer the mixture back to the saucepan, set over low heat, and cook, stirring, for 2 to 3 minutes or until slightly thickened; be careful not to boil or the mixture will curdle. Transfer the filling to a large bowl, blend in the pumpkin, cover and refrigerate for 20 to 30 minutes, stirring occasionally, until the mixture mounds slightly when dropped from a spoon. In the large bowl of an electric mixer, beat the egg whites and cream of tartar at moderate speed until foamy; slowly add the remaining 1/4 cup sugar and beat at moderately high speed until the whites hold soft peaks. With a rubber spatula, fold the egg whites into the pumpkin mixture and spoon into the crust. Refrigerate at least 8 hours before serving. Yield 8 servings.

CRACKLIN’ CORN BREAD

1 1/2 cups cornmeal  1/2 cup flour
2 tsp baking powder  1/2 tsp salt
1 egg, beaten  1 1/2 cups milk
1/2 cup cracklins

BAKED ACORN SQUASH WITH APRICOT PRESERVES

1 acorn squash, halved and seeded  
3 Tbs apricot preserves

Preheat oven to 400 degrees F. Place squash halves cut side down in a baking dish. Fill the dish with water to the depth of ¼ inch. Bake 40 minutes in preheated oven. Remove squash from oven and set the oven to broil. Turn squash cut side up in the dish and season lightly with salt. Place 1 teaspoon butter and 1½ Tablespoons apricot preserves in each squash half. Return to oven and broil 5 minutes or until butter is melted and squash is lightly browned. Yield 4 servings.

CREAMY TROPICAL DESSERT

Almond Crust

1 cp butter or margarine, softened  1 ½ cups all-purpose flour
½ cup finely chopped almonds  ½ cup powdered sugar

Dessert

1 8-oz pkg cream cheese, softened  1 tsp vanilla
2/3 cp granulated sugar  1 Tbs cornstarch
2 cup miniature marshmallows  1½ cp whipping cream
1 20-oz pineapple tidbits in juice, drained (1 cup juice reserved)
1 papaya or mango, peeled, seeded and cut into pieces
1 Kiwi peeled, cut into pieces

Heat oven to 400 degrees. In large bowl, beat flour, butter and powdered sugar with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on high speed about 2 minutes or until creamy. Stir in almonds. Press mixture evenly in bottom of ungreased 13x9-inch pan. Bake 12-15 minutes or until edges are golden brown. Cool completely, about 30 minutes. In large bowl, mix cream cheese, granulated sugar and vanilla with spoon. Reserve ½ cup of the pineapple. Stir remaining pineapple into cream cheese mixture. In chilled medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream and marshmallows into cream cheese mixture. Spread out crust. Cover and refrigerate at least 4 hours until set but no longer than 48 hours. In 1-qt saucepan, place cornstarch. Gradually stir in reserved 1 cup pineapple juice. Cook over medium heat, stirring constantly until thickened and bubbly. Cook and stir 2 minutes longer. Cool completely, about 30 minutes. Fold in reserved 1/3 cup pineapple, the papaya and kiwifruit. Cut into squares. Serve with fruit mixture. Store covered in refrigerator.

CROCK POT PEACH COBBLER

2 cups peaches  
⅓ tsp vanilla  
⅓ tsp cinnamon  
4 Tbs melted butter

Layer items (stirring corn starch in peaches). Cover and cook for 3-3 ½ hours.

SCOTCH EGGS

4 boiled eggs, peeled, room temperature  
1 lb. Ground pork sausage, raw
1 cp all-purpose flour, seasoned with salt & pepper
2 eggs, lightly beaten with 2 TB milk
2 cups fine, dry breadcrumbs
Oil for deep frying

Divide the sausage meat into four equal pieces and roll each piece out on a lightly floured surface into a 5-6 inch circle. Put seasoned flour in one bowl, the egg-milk mixture in a second bowl, and breadcrumbs in a third bowl. Dip egg into the egg mixture, then in the flour. Repeat for each egg. Place each egg onto a sausage circle and bring up the sides to cover the egg completely. Squeeze gently to eliminate the air. Dip each ball into the egg mixture and roll in the breadcrumbs. Heat oil to approx. 375-400 degrees F. Fry eggs, 2 at a time, until each is deep brown all over, about 10 minutes. Remove with slotted spoon and drain on paper towels. Cut eggs in half to serve as a main course or quarter each to serve as an appetizer. Serve with mustard. Note: can be made 3 days ahead and refrigerated but not frozen.

AUTUMN GARDEN SOUP

3 large onions, diced  
3 large tomatoes, unpeeled and diced
2 green peppers, sliced
3 carrots, peeled and sliced
3 large potatoes, unpeeled and diced
3 large onions, diced

Wash and prepare vegetables as indicated. Peel the tomatoes by placing them in boiling water for 1 minute and then immediately transfer to cold water. Peel and quarter tomatoes and place in a large saucepan with the salt. Slowly simmer over low heat for 20 to 30 minutes, stirring occasionally to prevent burning. Then add other ingredients, except mushrooms, and bring to a boil. Reduce heat and simmer over medium heat until the vegetables are tender. Add mushrooms fifteen minutes before the soup is done. Season to taste with salt, pepper, parsley, garlic powder, etc.

BASIL CHICKEN

4 whole skinless chicken breasts
½ tsp pepper
1 can cream of celery soup
½ tsp basil
½ whole green pepper, sliced

Place chicken breasts in slow cooker. Sprinkle with pepper and basil. Spread soup on top of chicken. Arrange slices of green pepper on top of soup. Cover and cook on low 6 to 8 hours.
### POUND-CAKE-STYLE LEMON CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1¾ cups all-purpose flour</td>
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<tr>
<td>¾ cup whole-wheat flour</td>
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<tr>
<td>2/3 cup granulated sugar</td>
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<tr>
<td>½ tsp salt</td>
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<tr>
<td>2 eggs</td>
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<tr>
<td>½ tsp grated lemon peel</td>
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<tr>
<td>½ tsp vanilla extract</td>
<td></td>
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<tr>
<td>1¼ tsp confectioners' sugar</td>
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</table>

Fresh raspberries or strawberries, optional

Preheat the oven to 350 degrees. Spray a 9-inch square pan (or muffin tins) with vegetable cooking spray. In a large bowl, stir together the flours, baking powder, sugar, baking soda and salt. In another bowl, stir together the milk, eggs, canola oil, lemon peel, lemon juice and vanilla and lemon extracts. Add the milk mixture to the dry ingredients. Stir just to combine. Pour the mixture into the prepared pan and spread it into an even layer. Bake for about 45 to 55 minutes, until a toothpick inserted in the center comes out clean. Cool in the pan on a wire rack for 10 minutes. Remove the cake to the rack and cool to room temperature. Sift confectioners' sugar over the cooled cake if desired. Top the cake with fresh raspberries or strawberry slices (optional). Makes 12 servings. **Optional Icing:** Whip one 8 oz. pack of softened reduced-fat cream cheese, thinning it to the desired consistency with skim milk and a little honey. Spread it over the top of the cake.

### ALL BRAN REFRIGERATOR ROLLS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 Cup Shortening</td>
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<tr>
<td>1 Cup All-Bran Cereal</td>
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<tr>
<td>1 Cup Boiling Water</td>
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<tr>
<td>6 Cups Flour</td>
<td></td>
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<tr>
<td>2 Packages of active dry yeast</td>
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### ZESTY LOW-FAT POTATO SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>10 oz. round, red potatoes</td>
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<tr>
<td>2 Tb chopped fresh parsley</td>
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<tr>
<td>¼ cup nonfat mayonnaise</td>
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<tr>
<td>1¼ Tb low sodium chicken broth</td>
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<tr>
<td>¼ tsp pepper</td>
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<tr>
<td>½ cup chopped celery</td>
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<tr>
<td>1 jar diced pimento (2 oz.)</td>
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<tr>
<td>3 Tb nonfat sour cream</td>
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<tr>
<td>½ tsp rubbed sage</td>
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<tr>
<td>½ tsp dried thyme</td>
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Wash potatoes. Cook in boiling water to cover for 15 minutes or until tender. Drain and cool. Peel potatoes and cut in 1/2 inch cubes. Combine potato, celery, parsley, and pimento. Combine mayonnaise and ingredients in a small bowl. Add mayonnaise mixture to potatoes; cover and chill. Note: canned potatoes may be substituted when pushed for time.

### COCONUT BREAD

**WITH SWEET PINEAPPLE BUTTER**

<table>
<thead>
<tr>
<th>Coconut Bread</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>3 cp all-purpose flour</td>
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<tr>
<td>1 tsp ground cinnamon</td>
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<tr>
<td>1 cup unsalted butter, melted</td>
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<tr>
<td>1 cp brown sugar, packed</td>
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<tr>
<td>Zest of 1 lemon, finely grated</td>
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<tr>
<td>1 ½ cp unsweetened coconut milk</td>
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<tr>
<td>Confectioners’ sugar for dusting</td>
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</table>

Preheat oven to 375 degrees F. Grease bottom and sides of a 9x5” loaf pan with butter. In a large bowl mix the flour with the baking powder, salt, and cinnamon. In another large bowl, whisk together the melted butter with the brown sugar, eggs, vanilla extract and lemon zest. Pour the wet ingredients into the dry ingredients and fold everything together with a spatula until you have a smooth batter. Gently fold in the shredded coconut until evenly distributed. Pour into the prepared loaf pan and set in on a cookie sheet. Bake for 1 hour or until a wooden pick comes out clean when inserted into the center. Rotate the pan periodically to ensure even browning. Cool the bread in the pan for 20 minutes, remove and cool enough to handle; let cool completely before slicing.

**Sweet Pineapple Butter**

1 8 oz. can crushed pineapple, drained
1 cp unsalted butter, softened

Press the liquid out of the crushed pineapple using the back of a spoon. Mash the pineapple with the softened butter until well blended. Mound the butter in a small bowl. Toast the slices of coconut bread, dust with confectioners’ sugar and serve with the pineapple butter.

### SHRIMP/SEAFOOD BOIL

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>4 Tb Old Bay Seasoning</td>
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<tr>
<td>24 Corn-on-cob (1/2 ears)</td>
<td></td>
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<tr>
<td>5 lbs. Shrimp/crab legs/scallops</td>
<td></td>
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<tr>
<td>2 lbs Whole okra</td>
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Fill LARGE pot half full of water. Add Old Bay Seasoning and bring to a boil. Add potatoes and corn to pot. Let water return to boil & cook for a good 5 minutes before adding Kielbasa. Return to a boil & cook for another 5 minutes. Add okra & seafood last. Remove ingredients as they get done. Serve on absorbent newspaper laid on picnic table. Pour everything into the middle of the table and dig in! Feeds approx. 20 people.

### EASY CHOCOLATE CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 box fudge cake mix</td>
<td></td>
</tr>
<tr>
<td>3 oz. pkg. “cook &amp; serve” chocolate pudding</td>
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</tbody>
</table>

Prepare pudding according to package directions using a 4 quart pan. Remove from heat when pudding begins to boil; stir in cake mix. Pour into a greased 9x13 pan. Sprinkle chips on top of batter. Bake at 350 degrees as specified on cake mix box (approximately 30 minutes).
EASY DEVIL-ICIous COOKIES
1 Devil's Food cake mix, dry 2 eggs, slightly beaten
1 TB water ½ cup shortening
½ cup chopped pecans, optional

Preheat oven to 375 degrees F. Combine cake mix, eggs, water and shortening. Mix with a spoon until well blended. Mix in pecans. Shape dough into balls the size of small walnuts. Roll balls in powdered sugar. Place on greased baking sheets. Bake at 375 degrees for 8-10 minutes. Do not overbake! Makes approx. 4 dozen cookies.

BANANA CARAMEL SPICE PIE
1 cookie crumb crust (Shortbread, graham cracker, Oreo)
1 large ripe banana
2 cups cold skim milk
2 packages sugar-free vanilla instant pudding
½ tsp ground cinnamon
1 small tub of lite whipped topping (8 o.z)

Place bananas in bottom of crust. Mix milk, pudding and cinnamon, beat with wire whisk for 1 minute. Fold in whipped topping and spoon into crust on top of bananas. Refrigerate 4 hours until set. Drizzle top with caramel topping and serve.

LIGHTENED MACARONI & CHEESE
6 oz. uncooked elbow macaroni
Cooking spray
1 tsp vegetable oil
1 cup chopped onion
1 cup chopped green bell pepper
1 cup shredded reduced-fat cheddar cheese
1 cup fat-free mayonnaise
4 oz can sliced mushrooms, drained
¼ tsp pepper
1 can reduced-fat/sodium cream of celery soup, undiluted
2 oz jar diced pimiento, undrained
1 cup cornflakes cereal, crushed

Preheat oven to 350 degrees. Cook macaroni according to package directions, omitting salt and fat; drain. Rinse macaroni under cold water; drain well, and set aside. Coat a large nonstick skillet with cooking spray; add vegetable oil, and place over medium heat until hot. Add onion and bell pepper, and sauté until tender. Combine sautéed vegetables, macaroni, cheese, and next 5 ingredients in a large bowl; stir well. Spoon into a 2-quart casserole coated with cooking spray. Sprinkle crushed cereal over casserole. Bake, uncovered, at 350 degrees for 40 minutes. Makes 6 Servings.

CROCKPOT FUDGE
2 lbs. White chocolate 1 Bar German Chocolat
12 oz. Chocolate chips 24 oz. Dry roasted nuts

Put all ingredients in the crockpot and cook on medium for 2 hours. Stir at the end only. Drop by tablespoons on waxed paper. Takes about two hours to set up after dropping out.

SPINACH LASAGNA
2 tsp olive oil 2 cloves garlic, minced
1 8 oz. can tomato sauce ¼ tsp pepper
1 16 oz. can diced tomatoes ½ tsp oregano
2 tsp olive oil ¼ cup chopped onions
8 oz. cooked lasagna noodles Nonstick baking spray
1 10 oz. package spinach, washed, stemmed, and chopped
12 oz. 1% fat cottage cheese (or 12 oz. reduced-fat ricotta)
8 oz. shredded part-skim Mozzarella cheese
¼ cup grated Parmesan cheese

Preheat oven to 375°. Lightly coat baking dish with nonstick spray. In large saucepan over low heat, sauté garlic in 2 teaspoons olive oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce and tomatoes, pepper and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to separate and heat spinach. Layer lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese. Cover baking dish tightly with foil. Bake for 25 minutes at 375° or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.) Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

JELL-O CHOCOLATE PUDDING FUDGE
1 pkg (8 squares) Baker’s Semi-sweet baking chocolate, divided
½ cup (1 stick) butter or margarine, divided
1/3 cup water
1 small pkg Jell-O Instant Chocolate Pudding & Pie Filling
3 cups powdered sugar

Microwave 4 of the chocolate squares, 6 Tb of the butter, and water in large microwaveable bowl on high for 2 minutes or until butter is melted. Stir. Add dry pudding mix; stir until well blended. Add powdered sugar, 1 cup at a time, stirring until well blended after each addition. Press into foil-lined 8-inch square pan. Microwave remaining 4 chocolate squares and 2 Tb butter in large microwaveable bowl on high 1½ minutes. Spread over pudding mixture. Refrigerate 2 hours or until firm. Cut into 1 inch squares. Storage: store cut-up fudge between sheets of wax paper in airtight container in refrigerator up to 2 weeks.

CUCUMBER SLAW
2 cups shredded unpeeled cucumber, squeezed dry
½ cup shredded, peeled carrot
2 green onions, finely chopped
¼ cup mayonnaise ¼ tsp grated lime rind
1½ tsp lime juice Salt and pepper

In medium bowl, combine cucumber, carrot and onion. In small bowl, stir together mayonnaise, lime rind and juice; add salt and pepper to taste. Just before serving, spoon dressing over cucumber mixture and toss well to coat.
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**PUMPKIN DUMP CAKE**

| 1 29 oz. can pure pumpkin | 1 12 oz. can evaporated milk |
| 3 eggs | 1 cup sugar |
| 1 tsp salt | 3 tsp cinnamon |

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1 box yellow cake mix

¼ cup melted margarine

Preheat oven to 350 degrees. Mix first six ingredients until well blended and pour batter into a 9x13” greased pan. Sprinkle cake mix on top and then cover with pecans. Pour melted margarine over top. Bake 50 minutes. May be topped with whipped cream when served.

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**HOPPIN’ JOHN**

4 Bacon strips

¼ cup Onion, diced

½ Bell pepper, diced

½ Red bell pepper, diced

2 cup FRESH Black-eyed peas or 2-10 oz frozen black-eyed peas

½ cup uncooked white rice

2 cup Water

Salt & pepper and Hot Sauce, to taste

Dice bacon. Brown in Dutch oven with onion and peppers until bacon is crisp and vegetables are soft. Add peas and rice then water. Cover and simmer over very low heat about 20 minutes, until the rice is tender. Salt & pepper to taste. Add a dash of hot sauce (to taste).

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**CATHY’S CHOCOLATE CAKE**

1 box Devil’s Food Cake Mix, prepared

1 can Dark Chocolate Frosting

1 jar Cranberry Butter (8-12 oz. approx)

1 8 oz. cream cheese, softened

1 8 oz. Cool Whip, thawed

Prepare cake mix according to package directions and bake in 3 round cake pans. For filling, beat cream cheese and cranberry butter; beat in whipped topping. Spread filling between cake layers and frost top and sides with canned frosting. Refrigerate. Note: the filling makes enough for TWO cakes! I wouldn’t be afraid to freeze left-over filling for future use (but I haven’t tried this yet!) Any flavor of fruit jam could be substituted according to taste, i.e. pumpkin butter with a spice cake mix, etc. Don’t be afraid to experiment!

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**CARROT SOUFFLE’**

1 16 oz. bag baby carrots

3 large eggs

1 ¼ cup sugar

½ cup butter, softened

1 ½ tsp baking powder

1 tsp cinnamon

Cook carrots in boiling water to cover 20-24 minutes or until tender. Drain well; cool. Process carrots and eggs in a food processor until smooth, stopping to scrape down sides. Add sugar and remaining ingredients; process 30 seconds or until smooth. Pour mixture into a lightly greased 8” square baking dish. Bake at 350 degrees for 55-60 minutes or until set.

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**SUMMER SQUASH AND CORN SAUTÉ**

1½ Tb olive oil

1 large green bell pepper

2 medium yellow summer squash

Seasoned salt

1 ½ cups fresh whole corn kernels

Hot sauce

2 medium firm tomatoes, diced

Heat oil in a wide skillet. Cut the bell pepper into short strips and sauté over medium heat for 2 minutes. Halve the squash lengthwise and slice, not too thin or thick. Add the squash and corn to the sauté, stirring often, until all the vegetables are tender-crisp to your liking. Add the tomatoes and heat through. Season to taste with hot sauce and seasoned salt. Yield: 4 to 6 servings

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**PARMESAN CORN ON THE COB**

½ tsp Italian herb seasoning

¼ cup melted butter

¼ cup grated Parmesan cheese

¼ cup water

4 or 5 ears sweet corn, husked

In a bowl, combine the butter, Parmesan and Italian herbs. Place husked corn, ends cut straight across, in a shallow microwave-safe dish. Add water, cover with vented plastic wrap or a glass lid, preferably. Microwave on high for 10-13 minutes, turning dish once. Let stand, covered, 5 minutes. Drain ears and brush with the butter mixture. No salt should be necessary because the cheese is salty. Yield: 4 or 5 servings

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**CALICO SQUASH CASSEROLE**

1½ cups yellow squash, sliced

1-2 onions, chopped

1 ½ cups zucchini, sliced

½ cup sour cream

1 can cream of mushroom soup

½ cup butter

3 medium carrots, grated

1 (5.5 oz.) package croutons

8 oz. shredded mozzarella cheese

Preheat oven to 350 degrees F (175 degrees C). Boil squash and onion in a small amount of water for 5 minutes. Place boiled squash and onions in a 9x13 inch baking dish. Mix in soup, sour cream, carrots, croutons, and butter. Top with Mozzarella cheese. Cover dish and bake in preheated oven for one hour.

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**MOLASSES SUGAR COOKIES**

Mix together:

¾ cp vegetable oil

1 cp sugar

¾ cp unsulphured molasses

1 egg

Add to above mixture:

2 tsp baking soda

½ tsp ground clove

½ tsp ginger

1 tsp cinnamon

¼ tsp salt

After stirring spices into batter add:

2 cp all-purpose, pre-sifted flour

Preheat oven to 375 degrees. Mix batter by hand until it reaches a point where you can knead it with your hands. Roll mixture into 1 inch balls. The dough will be a little sticky and oily so roll into some extra sugar before placing onto a cookie sheet. Bake for 10-11 minutes until the surface of the cookies become cracked and not too brown. Remove from oven and let sit for 2 minutes before moving to a cooling rack. Can be frozen.
HEALTHY JAMBALAYA
Recipe Collection

1 Tb olive oil
2-3 garlic cloves, minced
2 ribs celery, cut in ¼ inch slices
1 yellow bell pepper, chopped
1 bay leaf
¼ tsp dried red pepper flakes
Dash of hot sauce (optional)
⅛ lb. skinless, boneless chicken breast, cut in 3/4-inch pieces
1 can (14.5 oz.) whole plum tomatoes in juice
1 cup long-grain brown rice, cooked (according to package directions) and hot
1/4 cup Extra Virgin Olive Oil
4 cloves garlic
3 medium-sized tomatoes, chopped
1/4 cup chopped fresh basil
1 tsp olive oil
1 tsp grated Parmesan cheese
McCormick® Sea Salt Grinder
1/4 cup olive oil
1 tsp black pepper
1/4 cup fresh basil, washed, dried and chopped
Olive oil
1 pkg dry pesto sauce mix
Olive oil
1 medium onion, chopped
1 green bell pepper, chopped
1 scallion, chopped
1 Tb tomato paste
Pinch of ground cloves
Salt and pepper, to taste
Pinch of ground cloves
1 tsp dried thyme
Pecan KISSES

In a 3-quart pot, heat the oil over medium-high heat. Add the onion and garlic. Sauté until the onion is tender, about 4 minutes. Add the chicken and cook, stirring, until the pieces are white on all sides, about 6 minutes. Add the tomatoes and their juice, breaking them up with a spoon. Mix in the celery, bell peppers, scallion and tomato paste. Stir in the bay leaf, thyme, pepper flakes, cloves and hot sauce, if using. Bring it to a boil. Reduce the heat and simmer until the chicken is cooked and the sauce has thickened, about 20 minutes. Remove the bay leaf. Stir the precooked rice into the chicken mixture and heat through. Season to taste with salt and pepper. Makes 6 servings.

NO SUGAR STRAWBERRY PIE

1 qt strawberries
3 cups water
2 sm boxes surgar-free strawberry gelatin
2 baked pie shells

Slice strawberries and sprinkle with NutraSweet. Mix cornstarch and water in saucepan. Bring to boil and cook until thickened; add gelatin. Combine mixture with strawberries. Pour into pie crust. Chill at least 3 hours. Top with whipped cream or lite frozen topping when served.

ANGEL FOOD TRIFLE

1 pkg angel food cake mix (16 oz.)
¼ cup cornstarch
2 cups skim milk
1 tsp grated lemon rind
2 8-oz. cartons vanilla low-fat yogurt
2 cup sliced strawberries
1/3 cup sugar
⅛ tsp salt
⅛ tsp egg substitute
⅛ cup lemon juice
3 kiwi fruit, sliced
3 strawberry fans
1/8 tsp vanilla

Prepare cake mix according to package directions. Cut into bite-size cubes; set aside. Combine sugar, cornstarch and salt in a saucepan; gradually add milk, stirring well. Cook over medium heat until mixture begins to thicken, stirring constantly. Remove from heat; gradually add egg substitute, stirring constantly with a wire whisk. Cook over medium-low heat 2 minutes, stirring constantly. Remove from heat; cool slightly. Stir in lemon rind and lemon juice; chill. Fold yogurt into cream mixture; set aside. Place one-third of cake in bottom of a 16 cup trifle bowl. Spoon one-third of custard over cake. Arrange half each of strawberry slices and kiwi slices around lower edge of bowl and over custard. Repeat procedure with remaining ingredients, ending with strawberry fans on top. Cover and chill 3-4 hours.

PESTO BREAD DIPPING OIL

1 pkg dry pesto sauce mix
Olive oil

Mix and serve with toasted Italian bread slices.

ITALIAN HERB DIPPING OIL

1/4 cup Extra Virgin Olive Oil
10 grinds McCormick® Italian Herb Seasoning Grinder
1/8 tsp grated Parmesan cheese
McCormick® Sea Salt Grinder

Mix all ingredients. Serve on small plates or bowls with your favorite crusty bread.

ITALIAN DIPPING OIL (FOR BREAD)

½ cup olive oil
1/8 tsp black pepper
4 cloves garlic
½ cup fresh basil, washed, dried and chopped

Pour olive oil into a shallow sauce pan. Place on stove on low; do not boil. Add basil and pepper. Stir with a spoon to evenly distribute ingredients. Transfer warm product to shallow bowls. Use a garlic press to add garlic just before serving. Make sure you use a good quality olive oil and fresh basil and garlic for best results. More garlic can be added if desired. Serve with warm bread.

PECAN KISSES

2 egg whites
2 cups powdered sugar
1 tsp vinegar
1 ½ cup pecans
1 tsp vanilla

Beat egg whites with salt in mixing bowl until soft peaks form. Gradually beat in sugar, vinegar and vanilla. Continue beating until very stiff. Fold in pecans. Drop by teaspoon on a greased baking sheet. Bake at 300 degrees for 15-20 minutes or until firm. Cookies should remain light colored. Cool on racks. Yield 3 ½ dozen. Note: Use spatula to get cookies off baking sheet; they are delicate when hot.

SPRING VEGETABLE SALAD

1 medium cucumber, halved lengthwise, thinly sliced
Reduced fat dressing
4 oz semi soft goat cheese, crumbled
10 medium baby carrots, halved lengthwise if thick
1 cup sugar snap peas, stem ends snapped
1 ½ cup asparagus, cut into 2-inch lengths

Bring a large skillet half full of water to a boil. Add asparagus and carrots; cook 1 minute. Add sugar snap peas; cook until vegetables are crisp-tender, about 1 to 2 minutes more. Drain, rinse under cold water until cool and drain again. Put vegetables in a medium bowl and add cucumbers; toss to mix. To serve, place 1 1/2 cups of salad greens on each of 4 salad plates. Place about 1 cup of vegetable mixture in center of each; drizzle each with about 3 tablespoons of dressing and 1 ounce of goat cheese.
BLUEBERRY BEST COFFEE CAKE

Crumb Topping
½ cup granulated sugar  1/3 cup all-purpose flour
¾ cup margarine, softened  ½ tsp ground cinnamon

Coffee Cake
2 cups all-purpose flour  ½ cup granulated sugar
¾ cup shortening  ¼ cup milk
2½ tsp baking powder  1 egg
¼ tsp salt
2 cups fresh blueberries (or frozen, thawed and well-drained)

Vanilla Glaze
½ cup powdered sugar  ¼ tsp vanilla
1 – 1½ tsp hot water

Heat oven to 375 degrees. Grease bottom and side of 9x3-inch springform pan or 9-inch square pan with shortening or cooking spray. In small bowl, mix ½ cup sugar, 1/3 cup flour and the cinnamon. Cut in butter with fork until crumbly. Set aside. In large bowl, stir together all coffee cake ingredients except blueberries. Beat with spoon 30 seconds. Fold in blueberries. Spread batter in pan. Sprinkle with topping. Bake 45-50 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes, remove sides of pan. In small bowl mix all glaze ingredients until smooth and thin enough to drizzle. Drizzle over warm coffee cake.

HONEY MUSTARD GRILLED CHICKEN

1 boneless, skinless chicken breast, cut in half
2 Tb honey
2 Tb Dijon mustard
2 cloves garlic
1 tsp fresh thyme
Black pepper to taste

Microwave the chicken, covered, for 2½ minutes on high. Pat dry. Mix remaining ingredients and brush on both sides of chicken. Grill 5 minutes on each side or until done, brushing on more honey-mustard mixture if desired. Yield: Makes 2 servings.

PINA COLADA CUPCAKES

1 box yellow cake mix  1/3 cp vegetable oil
¼ cp water  1 tsp rum extract
1 can crushed pineapple, drained  3 eggs
1 tsp coconut extract  1 tsp rum extract
1 container whipped vanilla frosting
¼ cp shredded coconut

Preheat oven to 375 degrees (350 degrees for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mix, oil, water, 1 tsp rum extract, the pineapple and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups. Bake 14-19 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes. Stir coconut extract and 1 tsp rum extract into frosting. Spread frosting on cupcakes. Dip tops of frosted cupcakes in coconut. Store loosely covered at room temperature. Makes 30 cupcakes.

SHRIMP, SWEET CORN & NEW POTATO BOIL

13 oz. pkg crab boil mixture  6 cups water
1 tsp salt  1 lb. small red potatoes
8 small ears sweet corn  1 lemon, cut into wedges
1 lb. uncooked, peeled, deveined medium shrimp (thawed)
3 Tb butter or margarine, melted
Pepper, parsley & cocktail sauce, if desired

Mix water, salt and crab boil mixture in 4-qt Dutch oven. Cover and heat to boiling. Add potatoes and corn. Heat to boiling; reduce heat to medium. Cover and cook 10-15 minutes or just until potatoes are tender and corn is bright yellow. Remove Dutch oven from heat. Add shrimp; let stand 3-5 minutes or until shrimp are pink and firm. Drain potatoes, corn and shrimp; discard crab boil bag. Place corn and potatoes on serving platter; drizzle with melted butter. Arrange shrimp on platter; squeeze juice from lemon wedges over shrimp (if desired). Sprinkle with pepper and parsley. Serve with cocktail sauce.

SICILIAN CHICKEN

4 boneless, skinless chicken breast halves
1 tsp Italian herb seasoning
1 Tb olive oil
1 onion, chopped
½ tsp cumin
2 Tb red wine vinegar
1 Tb honey
1 lb. recipe-ready crushed tomatoes

Season chicken with half the Italian herbs, and salt & pepper to taste. Heat oil in a heavy, nonstick skillet over medium-high heat. Sauté’ chicken 2-3 minutes until browned on bottom. Turn over and stir in onion and remaining Italian seasoning. Cook 2 minutes and stir in remaining ingredients. Bring to a boil. Cover skillet, reduce heat to medium low and cook 6-8 minutes until chicken is cooked throughout. Yield 4 servings.

CHEESY SPINACH NOODLES

8 oz. egg noodles  ½ tsp dried basil
1 Tb dried parsley flakes 1 cup low-fat cottage cheese
¾ to ½ tsp salt (to taste) 2 Tb Parmesan cheese
10 oz. pkg frozen chopped spinach, thawed and drained

Cook noodles according to package directions. While noodles are cooking, cook the spinach in a skillet for 5 minutes. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese. Makes 6 servings.

FIBER ONE COOKIES (AKA HAYSTACKS)

1 Hershey Bar (regular size) 1 tsp Fiber One cereal
2 Tb peanut butter

Melt Hershey Bar and peanut butter in nonstick pot over low heat. Stir constantly until completely blended. Remove from heat and stir in cereal. Drop by spoonfuls onto wax paper (9 servings). Place in refrigerator until firm. Store in air tight container. Note: this is a reduced fat/calorie version of the original Haystacks.

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 **BEEF TIPS IN MUSHROOM SAUCE**

2 pounds lean chuck, cut in 1 1/4” pieces  
1 can 98% fat free cream of mushroom soup  
1 pkg. onion soup mix  
1 can sugar free sprite or 7-Up

Put meat in crock pot. Pour soup & onion soup mix over meat. Add Sugar Free Sprite/7up. Cook in crock pot all day on low (or high for at least 4 hours). Turn off and let sit for 30 minutes before serving. Serve over cooked rice. Makes 8

 **CHILLED MELON SOUP**

| 1 cantaloupe in chunks         | 1 cup plain yogurt  |
| ¼ cup orange juice             | 1 Tbsp honey        |
| ¼ tsp nutmeg                    | ¼ tsp salt          |
| Generous pinch cayenne         | Fresh mint, for garnish |

Put half of the cantaloupe into a blender along with the yogurt and blend until smooth. Add the remaining cantaloupe and blend again until smooth. Pour into a large mixing bowl. Add the orange juice, honey, nutmeg, salt and cayenne and blend until well mixed. Pour into a soup tureen and chill at least 1 hour before serving. Garnish with fresh mint sprigs before serving.

 **MAYONNAISE BISCUIT**

| 2 cups self-rising flour        | 1 cup milk  |
| 6 Tbsp mayonnaise               |             |

Preheat oven to 400 degrees F (200 degrees C). In a large bowl, stir together flour, milk, and mayonnaise until just blended. Drop by spoonsfuls onto lightly greased baking sheets. Bake for 12-15 minutes in the preheated oven or until golden brown.

 **RED VELVET CAKE WITH WHITE TRUFFLE FROSTING**

**Cake**

| 1 Box German Chocolate Cake Mix  |  
| 1 ¾ cup water                  |  
| ½ cup vegetable oil            |  
| 3 eggs                        |  
| 1 bottle red food color (1 oz.) |  
| 1 Tbsp baking cocoa           |  

**Frosting**

| 1 ½ cups white vanilla baking chips |  
| 2 ¼ cup canned vanilla frosting (2 16 oz. cans) |  

Heat oven to 350 degrees (325 for dark or non-stick pans). Grease or spray bottom of 2 8-inch round cake pans. In large bowl beat cake mix ingredients with electric mixer on low speed 30 seconds; beat on medium speed 2 minutes. Pour into pans. Bake and cool according to package directions. Slice each layer in half to give you 4 layers. In medium microwavable bowl, microwave chips uncovered at 50% power 4-5 minutes, stirring halfway through microwave time. Stir until smooth; cool 5 minutes. Stir in frosting until well blended. Place 1 cake layer, cut side up on serving plate and spread with 1 cup of frosting. Repeat with remaining layers. Top with last layer cut side down and frost with remaining frosting.

 **TRIPLE CHOCOLATE TORTE**

| 1 pkg. fudge brownie mix (1 lb. 3 oz.) |  
| Water, vegetable oil & eggs as directed on brownie mix pkg. |  
| 1 ¼ cup milk |  
| 1 4-oz. pkg. white chocolate instant pudding  |  
| 1 8-oz. frozen whipped topping, thawed  |  
| 1 1/3 cup miniature semisweet chocolate chips  |  
| 1 pt raspberries or strawberries, optional  |

Heat oven to 325 degrees F. Spray bottom only of 9-inch springform pan with cooking spray. Prepare brownie mix as directed on package using water, oil and eggs. Spread in pan. Bake 45-50 minutes or until toothpick inserted in center comes out clean. Cool completely (do not remove sides of pan). In large bowl, whisk milk and pudding mix approx. 2 minutes or until thickened. Fold in whipped topping and chocolate chips. Pour over brownie. Cover and freeze at least 4 hours before serving. Remove side of pan. Serve with raspberries or strawberries. Store covered in freezer.

 **OREO SNOWBALLS**

| 1 pkg. Oreo cookies, crushed | 8 oz. cream cheese, softened |
| 1 pkg. white chocolate chips or squares |

Mix crushed Oreo cookies with cream cheese until well mixed. Roll into balls. Dip balls into melted white chocolate. Chill.

 **GARLIC “N” LEMON ROAST CHICKEN**

| 1 small onion, finely chopped |  
| 1 envelope LIPTON RECIPE SECRETS Savory Herb with Garlic Soup Mix  |  
| 2 Tbsp olive or vegetable oil |  
| 2 Tbsp lemon juice |  
| 1 3½ lb. roasting chicken |

In large plastic bag or bowl, combine onion and soup mix blended with oil and lemon juice; add chicken. Close bag and shake, or toss in bowl, until chicken is evenly coated. Cover and marinate in refrigerator, turning occasionally, 2 hours. Preheat oven to 350 F. Place chicken and marinade in 13x9” baking or roasting pan. Arrange chicken breast side up; discard bag. Bake uncovered, bastng occasionally, 1 hour and 20 minutes or until meat thermometer reaches 180 F. (Insert meat thermometer into thickest part of thigh between breast and thigh; make sure tip does not touch bone.) Serves 4.

 **FLUFF**

| 16 oz. Cool Whip, refrigerator thawed |  
| 1 small pkg. instant pudding  |  
| 12 oz. Vanilla yogurt |  
| 1 large can Mandarin oranges, drained* |  
| 1 large can crushed pineapple, drained* |

Whisk pudding mix with yogurt in a large bowl. Stir in cool whip. Add fruit and mix well. Chill and serve. **Other canned fruits may be substituted or added as well as chopped nuts, coconut and/or marsh-mallows**
### SAUSAGE EGG AND CHEESE BISCUIT MUFFINS
6 oz. Jimmy Dean 50% Less Fat Pork Sausage
7.5 oz. can Pillsbury Buttermilk Biscuits
1/2 cup egg substitute
1/4 cup fat free shredded Cheddar cheese

Preheat oven to 350°. Crumble and cook sausage in a skillet until browned. Spray a 12 cup muffin tin with non-stick cooking spray. Line muffin cups with biscuits, pressing up sides to cover. Evenly divide sausage between muffin cups. Pour egg substitute over sausage, dividing evenly among muffin cups. Sprinkle each with Cheddar cheese. Bake in preheated oven for about 20 minutes or until biscuits are done. Serve immediately. Serves 10.

### CRANBERRY WHIP
2 cups fresh or frozen cranberries
2 cups miniature marshmallows
2 cups crushed pineapple, drained
1/2 cup granulated sugar
1 cup whipping cream, whipped, or 2 cups Cool Whip

Grind cranberries in a food processor or blender. Mix cranberries, marshmallows, pineapple and sugar and refrigerate overnight. Fold in whipped cream or Cool Whip.

### BANANA SPLIT SALAD
1 can sweetened condensedmilk
12 oz. Whipped topping, thawed
1 can cherry pie filling
3 bananas, sliced
1 cup sliced strawberries
1/2 cup chopped nuts
1/4 cup sweetened flakedcoconut

Mix ingredients, chill then enjoy the delectable treat you have just created with friends and family.

### BLUEBERRY SOUR CREAM CAKE
1 stickbutter, softened
1 egg
1 1/3 cups all-purpose flour
1/2 tsp salt
2 cups sour cream
1/2 tsp ground cardamom

Preheat oven to 350 F. Grease 9-inch spring form pan. Beat together butter and 1/3 cups sugar in large bowl until light and fluffy. Blend in egg and 1 tsp vanilla. Combine flour, baking powder and salt in medium bowl. Add to butter mixture, mixing until well blended. Spread in prepared pan; cover with blueberries. Combine 1/3 cup sugar, 1 tsp vanilla, sour cream, egg yolks, cardamom and lemon peel; pour over blueberries. Bake 50 to 55 minutes or until set. Cool 10 minutes. Loosen cake from rim of pan. Cool completely before removing rim of pan. Makes 1 (9-inch) cake.

### CORNMEAL-BATTERED FISH AND CHIPS
1 1/2 cup yellow cornmeal
1 cup skim milk
1 tsp lemon zest
1 tsp dried basil
1 tsp dried oregano
1 1/4 lb. uncooked cod, or haddock fillets (4 5-oz. pieces)
2 large peeled potatoes, cut-up
2 Tbsp white vinegar, or red wine vinegar
1/2 tsp table salt
1/2 tsp black pepper, freshly ground

Preheat oven to 400°F. Coat a large baking sheet with cooking spray. In a shallow dish, combine cornmeal, milk, zest, basil and oregano; mix well to make a thick batter. Dust fish with additional 2 tablespoons of cornmeal; add fish to batter and turn to coat both sides. Place fish on prepared baking sheet and spoon over any remaining batter, making an even coating. Place potatoes in a large bowl and add vinegar, salt and pepper; toss to coat. Arrange potatoes next to fish on baking sheet. Bake, carefully flipping fish once, until potatoes and fish are fork-tender and cornmeal batter just starts to crack, about 30 to 35 minutes. Yields 1 fish fillet and 1/2 potato per serving. *Note: 1 tablespoon of lemon- and- herb seasoning may be substituted for the zest, basil and oregano, if desired.*

### CHEESE STRAWS
4 1/4 cups all-purpose flour
1 lb. butter (not margarine!)
2 sticks Kraft cheese – 1 sharp, 1 extra sharp
(foil wrapped - not the 2% kind)

Grate cheese. Mix in flour, stir in melted butter. Mix well. Press through cookie press or roll in small balls and flatten. Bake at 350 degrees until just beginning to brown. Salt immediately after removing from oven! Cool on wire racks!! *My mother says they freeze well but I’ve never had them last long enough to know! Enjoy!*

### VEGETABLE PACKETS FOR THE GRILL
2 ears corn cut into 4 pieces each
1 onion, chopped
4 small red potatoes, halved
2 carrots cut-up
2 cloves garlic, minced
2 TB Dijon mustard
1/8 tsp pepper
1/2 tsp dryed thyme leaves
1/2 p salt

Combine vegetables in large bowl. Mix butter, mustard and seasonings and add to vegetables, stirring to coat. Divide evenly among four 18x12-inch sheets of heavy duty foil. Seal with a double fold. Grill, uncovered, 4-5 inches from medium high heat 25-35 minutes, or until vegetables are tender.
Layer sandwiches inside 9x13” pan. Drizzle caramel topping over sandwiches, followed by the pecan pieces. Top it off with the cool whip and you are ready for a sure Delight. Be sure to freeze sanwiches hard before beginning, they tend to soften before you are finished.

**SHRIMP DURANGO**

1 pound dry fettuccine pasta  
1 lb. shrimp, peeled and deveined  
2 Tb lime juice  
1/8 teaspoon cayenne pepper

**SESAME GREEN BEANS**

1 Tb olive oil  
1 lb. fresh green beans, cut  
3/4 teaspoon salt

**EGGLESS SWEET POTATO CASSEROLE**

6 sweet potatoes, cooked, peeled, mashed  
3/4 cup evaporated milk  
1 tsp vanilla extract  
1 tsp salt  
1/3 cup butter, melted  
1/3 cup all-purpose flour

Preheat oven to 350 degrees F. Grease 2 quart casserole dish and set aside. Blend together the sweet potatoes, evaporated milk, orange juice, vanilla, sugar, salt, 3 tablespoons butter, nutmeg and cinnamon. Pour into prepared casserole dish. Prepare the topping by mixing together the 1/3 cup butter, brown sugar, flour and pecans. Sprinkle over casserole and bake for 45 minutes or until hot. Makes 6 to 8 servings.

**NICHOLAS’ AMAZING MEAT BARBECUE SAUCE**

By: Nicholas A. Mitchell, Age 9  
(Onslow County 4-H District Activity Day Gold Medal winner)

Mix all ingredients together and apply to meat as it grills.

**PATRIOTISM PIE**

1 can sweetened condensed milk  
1/4 cup lime juice  
1 cup cherries (pitted), red raspberries or strawberries  
1 cup blueberries  
8 oz. whipped topping, thawed  
1 9-inch graham cracker crust

Fold together milk and topping. Add lime juice. Fold in cherries, berries or watermelon balls and blueberries, reserving a few for garnish. Pour into crust. Place remaining fruit on top to garnish. Chill for 2 or more hours before serving.

**SPINACH SHRIMP SALAD**

12 oz. Tomato paste  
1 cup brown sugar  
1 tsp nutmeg

**GRILLED MARINATED SALMON**

In a medium bowl, combine the soy sauce, vinegar, sugar, oil, mustard powder, ginger and ground black pepper. Place the salmon in a shallow, nonporous dish and pour the marinade over the salmon. Cover and marinate in the refrigerator for at least 1 hour, turning occasionally. Preheat an outdoor grill for medium high heat and lightly oil grate. Grill the fish for about 3 to 4 minutes per side or to desired doneness. Serves 4.
SOUVLAKI

1 lemon, juiced  
¼ cup olive oil
1/4 cup soy sauce  
1 tsp dried oregano
3 cloves garlic, crushed
4 lbs. Pork tenderloin, cut into 1 inch cubes
2 medium yellow onions, cut into 1 inch pieces
2 green bell peppers, cut into 1 inch pieces
skewers

In a large glass bowl mix together lemon juice, olive oil, soy sauce, oregano and garlic; add pork, onions and green pepper and stir to coat. Cover and refrigerate for 2 to 3 hours. Preheat grill for medium – high heat. Thread pork, peppers and onions onto skewers. Lightly oil grate. Cook for 10 – 15 minutes or to desired doneness turning skewers frequently for even cooking. Serves 12.

HONEY LIME FRUIT SALAD

½ cup honey  
¼ cup frozen limeade concentrate, thawed
2 tsp poppy seeds
4 cups fresh cut-up fruit
¼ cup slivered almonds, toasted

Mix honey, limeade concentrate and poppy seeds in medium bowl. Carefully toss fruit with honey mixture. Sprinkle with almonds.

HOT MILK SPONGE CAKE

4 eggs  
2 cups sugar
2 cups flour  
1 stick margarine
1 cups milk  
1 tsp vanilla
1 heaping tsp baking powder  
pinch of salt

Beat eggs until light and fluffy. Gradually beat in sugar. Add vanilla; gradually add flour, mixing well. Add salt. Scald milk and margarine in small saucepan. Gradually add to flour mixture. Add baking powder last. Pour batter into greased & floured 9x13 inch pan or three 8” round pans (batter will be thin). Bake 350 degrees for 25 – 30 minutes.

DAY BEFORE POTATOES

4 potatoes, peeled & cubed  
8 oz. cream cheese
1 ½ cups sour cream  
1 Tb onion powder
1 ½ tsp salt  
¼ tsp black pepper
3 Tb butter

Bring a large pot of salted water to a boil. Drop in potatoes, and cook until tender but still firm, about 15 minutes. Transfer potatoes to a large bowl, and mash until smooth. Mix in the cream cheese, sour cream, onion powder, salt, pepper and butter. Cover, and refrigerate 8 hours, or overnight. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish. Spread potato mixture into the prepared baking dish, and bake in the preheated oven for about 30 minutes.

ROASTED AUTUMN VEGETABLES

1 small butternut squash, cubed
2 red bell peppers, seeded and diced
1 sweet potato, peeled and cubed
3 potatoes, cubed
1 red onion, quartered
1 tablespoon chopped fresh thyme
2 tablespoons chopped fresh rosemary
¼ cup olive oil
2 Tb balsamic vinegar
salt and freshly ground black pepper

Preheat oven to 475 degrees F. In a large bowl, combine the squash, red bell peppers, sweet potato, and potatoes. Separate the red onion quarters into pieces and add them to the mixture. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan. Roast for 35 to 40 minutes in a preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

APPLE & CREAM PIE

4 medium cooking apples, sliced  
1 pie crust
¾ cup walnuts, chopped  
1 cup sugar
1 cup whipping cream  
1 egg
3 Tb flour  
1 tsp cinnamon
1 tsp vanilla  
¼ tsp nutmeg
1/8 tsp salt

Layer apple slices over crust. Mix together whipping cream, sugar, egg, flour and spices. Pour over apple slices. Sprinkle walnuts on top. Bake at 450 degrees for 10 minutes, then reduce heat to 350 degrees and bake until apples are tender, or 35-40 minutes.

HARVEST RICE DISH

2 cups chicken stock  
½ cup brown rice
½ cup wild rice  
3 Tb butter
3 onions in ½-inch wedges  
1 Tb brown sugar
1 cup dried cranberries  
½ tsp orange zest
2/3 cup fresh sliced mushrooms  
salt & pepper to taste
½ cup slivered almonds, toasted

Combine rice and broth in saucepan and bring to boil. Reduce heat to low; cover and simmer 35-45 minutes, until rice is tender and broth is absorbed. In medium skillet, melt butter over medium-high heat. Add onions and sugar. Sauté’ until butter is absorbed and onions are translucent and soft. Lower heat and cook onions for another 20 minutes, until they are caramelized. Stir in cranberries and mushrooms. Cover skillet and cook for 10 minutes or until berries start to swell. Stir in nuts and orange zest, then fold this mixture into the cooked rice. Add salt and pepper to taste.
CALIFORNIA EGG SALAD
12 large hard boiled eggs, peeled and mashed
1 cup mayonnaise
½ cup sweet pickle relish
1 sweet red bell pepper diced
¼ cup chopped olives
Mix all ingredients together in a mixing bowl. Enjoy! Yields 12 servings.

FIRECRACKER CORN-ON-THE-COB
2 sticks unsalted butter or margarine, softened
2 teaspoons Pepper Sauce
8 ears corn-on-the-cob
In small bowl, combine butter and Pepper Sauce. Mix well. Peel one side of corn husk away from cob without removing completely, and loosen remaining husk. Do not remove silk. Brush butter mixture over kernels and smooth back husk to original shape. Prepare grill. Place corn directly onto coals. Cover grill with lid or foil tent. Cook 10 to 12 minutes. The outside husk will be charred.

HERBED EGG SALAD
12 hard boiled eggs, peeled and chopped
2/3 cup sour cream
2/3 cup mayonnaise
2/3 cup minced herbs (parsley, chives, and/or tarragon)
2 scallions, minced
2 tablespoons fresh lemon juice
1 tablespoon Dijon Mustard
1 teaspoon freshly grated lemon zest
Stir together all ingredients in a mixing bowl. Add salt and pepper to taste. Enjoy! Yields 12 servings.

COWBOY COOKIES
1 cup sugar
2 eggs
1 cup shortening
1 cup light brown sugar
2 cups flour
⅛ tsp baking powder
1 tsp vanilla
¾ tsp baking powder
⅛ tsp soda
3 cups quick rolled oats
6 oz. chocolate chips
Cream first 5 ingredients thoroughly. Sift together flour, soda, salt and baking powder. Add to creamed mixture. Add oats and chocolate chips. Drop by spoonfuls on ungreased cookie sheet. Bake at 350 degrees for 15 minutes.

PUMPKIN DIP
2 cups powdered sugar
1 can pumpkin (13 oz)
1 8-oz. cream cheese
½ tsp cinnamon
½ tsp ginger
½ tsp nutmeg
Mix well and refrigerate for several hours. (Ginger may be left out for those who do not like the taste of ginger)

NON-ALCOHOLIC
(Slow Cooker Wassail)
2 quarts apple cider
2 cups orange juice
1/2 cup lemon juice
12 whole cloves
4 cinnamon sticks
1 pinch ground ginger
1 pinch ground nutmeg
In a slow cooker or a large pot over low heat, combine apple cider, orange juice and lemon juice. Season with cloves, ginger and nutmeg. Bring to a simmer. If using a slow cooker, allow to simmer all day. Serve hot.

GRILLED CORN ON THE COB
Soak the desired number of ears of corn still in the husks in a bucket of salt water overnight. Take the ears directly from the bucket and put them on the grill to cook. To eat, just pull back the husks, discard the silks, use the husks for a kind of a handle, butter and enjoy. (The salt water acts both to salt the ears and also to moisten them so the corn doesn't dry out and burn on the grill.) Other recipes involve removing the silks and buttering the ear before grilling rather than soaking in the salt water and some people wrap them in foil rather than grilling them in the husks.

GRILLED CORN ON THE COB
WITH CHIPOTLE AND LIME JUICE
4 large ears of corn, shucked
2 teaspoons chipotle oil
1 large lime, cut into 4 wedges
Preheat grill to medium. Brush the corn with the chipotle oil. Grill until corn is tender, about 8 minutes. Serve each ear with a wedge of lime.

GRILLED CORN ON THE COB
WITH ZESTY BUTTER
4 ears corn
4 Tb butter, softened
1 tsp lemon juice
½ tsp salt
½ tsp lemon pepper
¼ tsp cayenne pepper (opt)
Carefully pull back each piece of corn husk one by one without detaching it from base. Remove corn silk and replace husks one piece at a time over corn kernels. Tie string around center of each cob and trim string close to knot. Soak corn in sink of cold water for 30 minutes. Remove from water and pat dry. Grill over medium heat turning occasionally until tender-about 15 minutes. Combine spread ingredients and serve with corn.

ROASTED FALL VEGETABLES
3 medium beets, peeled, cubed
1 large turnip, peeled, cubed
1 cup pearl onions, peeled
½ cup olive oil
½ tsp dried rosemary
salt to taste
Preheat oven to 425 degrees F. Place the beets and turnip in a 9x9 inch baking dish. Cut an X in the root end of the onions and place them in the dish. Drizzle the olive oil over the vegetables and add the rosemary and salt. Stir to coat the vegetables with oil. Bake in preheated oven for 1 hour, or until the vegetables are golden brown and tender. Serve hot.
**ZESTY FRUIT SALAD**

1 8-oz. "key lime" nonfat yogurt  
1 apple  
1 orange  
1 banana

Cut fruit into bite-size pieces. Add yogurt. Stir. **Note:** A variety of fruit combinations can be used. It is the key lime yogurt that gives a "fresh" and "zesty" flavor. If you like coconut, you might enjoy using "coconut cream pie" flavored yogurt along with a sprinkle of flaked coconut for another dressed-up fruit salad option. Makes 4 servings.

**CHOCOLATE FUDGE DIP**

6 Tb nonfat yogurt  
6 Tb prepared chocolate fudge  
½ tsp frozen orange juice concentrate, thawed

**HONEY ALMOND DIP**

2/3 cup nonfat yogurt  
3 Tb toasted, slivered almonds, finely chopped  
2 ½ Tb honey

**PINA COLADA DIP**

½ cup nonfat plain yogurt  
1/3 cup crushed pineapple, drained  
2 Tb flaked coconut  
1 tsp sugar

**STRAWBERRY CREAM DIP**

½ cup light sour cream  
¾ cup strawberry fruit spread or jam

**MARSHMALLOW CREAM DIP**

8 oz. Cream cheese, softened & then whipped  
1 jar marshmallow cream  
1 tsp extract (vanilla, orange, brandy, etc.)  
(you might want to break out the hand mixer for this one ... but worth it!)

**MEXICAN CASSEROLE**

2 lbs. ground beef  
1 medium onion, chopped  
1 can cream of mushroom soup  
1 can cream chicken soup  
1 4-oz. can chopped green chilies  
½ cup water  
6-8 flour tortillas  
1 pkg. Taco Seasoning Mix  
1 lb. Grated cheddar cheese

Saute’ meat until brown; drain off fat. Add onion and cook until tender. Add soups, water and taco mix and heat. Line bottom of 9x13 pan with 3-4 tortillas, torn into pieces. Cover with ½ of meat mixture, ½ of chilies, and ⅓ of cheese. Repeat 2nd layer with tortillas, meat, chilies and cheese. Bake at 325 degrees for 30-40 minutes. Serves approx. 8-10.

**TACO SOUP**

1½ pound ground beef  
1 onion, chopped  
1 pkg taco seasoning mix  
2 cups tomato juice  
1 can whole kernel corn  
1 can kidney beans  
1 (15 oz) can black beans  
1 (15 oz) can tomato sauce

Cook ground beef and onions until thoroughly browned. Drain and rinse. In a large pot over medium heat, combine the ground beef, taco seasoning and 2 cups of water. Simmer for about 20 minutes. Add tomato juice, corn, beans, tomatoes, and tomato sauce. Stir well and heat throughly but do not boil! Serve with tortilla or corn chips and garnish with shredded cheddar cheese on top of each serving if desired. Makes approx. 12 servings.

**APPLE BUTTER BARS**

1¼ cup plain flour  
salt to taste  
½ cup margarine, in pieces  
¼ cup apple butter  
1 cup brown sugar  
1¼ cup quick-cooking oats


**Cranberry Fruit Salad**

1 8 oz can of crushed pineapple, drained, reserving the juice  
½ cup of Ocean spray cranberry Juice cocktail  
2 TB lemon juice  
1 3-oz package of raspberry gelatin  
1 16-oz can of Whole Berry Cranberry sauce  
½ cup of chopped celery

Combine the reserved pineapple juice, cranberry juice and lemon juice in a medium saucepan. Bring to a boil. Remove from heat. Add gelatin, stirring until it is completely dissolved. Break up the cranberry sauce with a fork. Stir into gelatin mixture. Refrigerate until the mixture begins to set. Stir in pineapple and celery. Pour into a 4 cup mold. Chill until firm. Makes 8 servings.