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26 Quick Casseroles & Pastas



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Grandmother's 10 Tips for Quick & Easy Cooking

1. Quick and easy is all about the prep work. Take away the stress by prepping parts of the recipe you are making the day before and storing in airtight containers.
2. When you get home from the grocery store with fresh produce, take 10-15 minutes right away to wash and chop veggies, and keep them in an airtight container lined with a paper towel in the fridge. ([Watch Grandma's How To Video](#))
3. Cut chicken into bite sized cubes and freeze so you can take out what you need when you need it. ([Watch Grandma's How To Video](#))
4. When it comes to soup stock, always make it in a large quantity and freeze it in sealed bags or airtight freezer containers. When you need it for a recipe you can simply pull the bag out of the freezer and heat up in a pot on the stove.
5. Love garlic, but don't like the smell on your hands? After touching garlic, rub your hands vigorously on your stainless steel sink for 30 seconds before washing them to remove the smell.
6. To keep herbs in place when you are cutting them, add a little salt on your cutting board first to hold them in place.
7. When you make sauce, freeze any leftovers in ice cube trays. The cubes can be heated up quickly when you need them for a quick meal.
8. Invest in parchment paper to line your pans when cooking. This makes for super easy clean up and also keeps your food from sticking.
9. For quick healthy meals, pre-make a batch of homemade salad dressing that you can use to make a fast salad.
10. If a recipe calls for a product you don't have, take a peek in your fridge and don't be afraid to get creative.



Baked Cauliflower with Cheese

Preheat the oven to 350°F.

You can either bake in one 9-inch baking dish or divide into 4 individual baking dishes.

Brush the baking dish(es) with butter.

Wash the cauliflower.

Cut and separate into bite-size florets.

Bring a pot of water with 1/2 teaspoon of salt to a boil.

Add the cauliflower and cook for about 5 minutes, just to the tender stage.

Drain the water.

Add cold water to the pot to cool down the cauliflower then drain.

Combine the milk, all purpose flour, paprika, and cayenne together in a saucepan. Bring to a simmer over medium heat, stirring with a whisk.

When the sauce thickens, stir in the grated cheddar cheese.

Season to taste with salt and pepper.

Place the cauliflower into the baking dish(es) and pour the cheese sauce over. Sprinkle the parmesan on top.

Cover the baking dish(es) with aluminum foil and place into the preheated oven. Bake for 15-20 minutes.

Uncover and bake for another 5-10 minutes or until golden and the cheese is bubbling.



1 medium sized cauliflower

1 Tablespoon butter

1/2 cups milk

1 Tablespoons all purpose flour

1/4 teaspoon paprika

1/8 teaspoon cayenne pepper

1 cup grated white cheddar cheese

3 Tablespoons fresh grated parmesan cheese

salt and pepper to taste

Serves 2-4



Baked Potato and Mushroom Casserole

Preheat oven to 425°F.
Line a baking sheet with parchment paper.
Cut the potatoes in the shape of french fries or you can cut into wedges.
Place the potatoes onto the baking pan.
Drizzle on the olive oil, and toss to mix.
Add the brown sugar, salt, and black pepper and toss to coat the potato pieces.
Spread out the potatoes into a single layer.
Place pan in the pre-heated oven and bake for 15 minutes, then take out and turn the potato pieces over.
Place back in oven and continue baking for another 10 minutes while you prepare the next step.
The cooking time will depend on the size of the potatoes.
Meanwhile, wash and dry the mushrooms, then cut into slices.
Melt the butter in a large frying pan.
Place mushrooms in single layer in frying pan and let cook on one side until brown, and then turn over and brown the second side. Do not overcrowd the mushrooms. Cook in batches if necessary.
Once the potatoes are baked and crispy remove from the oven and gently stir in the mushrooms.
You can now either portion the fries and mushrooms into individual baking dishes, or you can place it all into a large baking dish.
Sprinkle the cheese on, place back into the oven for 5 minutes or long enough to melt the cheese.
Remove from the oven and garnish with chopped green onions.
Season with salt and pepper to taste.



4 medium potatoes, peeled and washed
2-3 Tablespoons olive oil
1 Tablespoon light brown sugar
1/2 teaspoon kosher salt
1/2 teaspoon fresh ground black pepper
2 cups brown or white mushrooms
2 Tablespoons butter
1 cup mozzarella cheese, grated
salt and pepper to taste
***Optional garnish, chopped green onions**

Serves 4



Broccoli and Chicken Pasta Bake

Preheat oven to 400°F.

To prepare the chicken, heat the olive oil in a large skillet over medium heat.

Place three chicken pieces into the skillet and cook for 5-10 minutes or until nicely browned

Turn off and set aside.

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water.

Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat

down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover

the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to

bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat,

put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove.

Gently stir in the fried chicken chunks.

Stir in the grated cheese.

Do a taste test and add salt and pepper to taste.

Pour the contents into a buttered heat proof dish.

Place the tomato halves on the top.

Cover with aluminum foil bake in the preheated oven for 20 minutes to heat through.



1 1/2 lbs. boneless skinless chicken breasts, cut into 1-inch pieces

1 Tablespoon olive oil

3 cups penne pasta, uncooked

4 cups broccoli, washed and cut into florets

1/2 lb mozzarella cheese grated

salt and pepper to taste

6 to 8 cherry tomatoes, halved

Serves 3-4



Cauliflower Casserole

Preheat oven to 350°F.
Bring a pot of water to a boil.
Add cauliflower and cook for about 10 minutes.
Drain and place the cauliflower into a 2-quart casserole dish.
In a small bowl combine butter, parmesan cheese, bread crumbs, salt and red pepper flakes.
Sprinkle the mixture over casserole and top with the grated cheddar cheese.
Place into the heated oven and bake for 20 minutes, or until cheese is melted and bubbly.
Serve hot.



1 large head cauliflower, broken into small florets
1/2 cup butter, melted
1/4 cup grated parmesan cheese
2/3 cup seasoned bread crumbs
1/2 teaspoon salt
1 teaspoon crushed red pepper flakes
1 cup shredded cheddar cheese

Serves 2-4



Cheesy Beef and Macaroni

Preheat oven to 350°F.

Grease a large baking dish with olive oil. Set aside.

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *el dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. While pasta is cooking, prepare the meat.

To prepare the meat, heat olive oil in a large skillet over medium heat. Add onions and sauté for 5-6 minutes, until transparent. Add garlic and sauté for 30 seconds. Add the beef and cook until browned, breaking up to form a crumbly consistency. Drain off any fat. Add the white wine and cook for 1 minute. Stir the meat mixture into the pasta and set aside. In a small mixing bowl stir together the milk, mustard, soy sauce, salt, pepper, and cayenne pepper. Measure out 1/4 cup water and stir the flour in. Stir the flour paste into the milk mixture and mix in well. Pour these ingredients into a saucepan and using medium heat, cook, stirring occasionally with a wooden spoon until the sauce begins to thicken. Shut off, add the grated cheese and stir in. Pour this cream sauce into the pasta and meat mixture and stir gently to combine. Transfer all to the prepared baking dish. Cover with aluminum foil and cook in the preheated oven for 30 minutes or until heated through and bubbly. Remove from oven and let sit for 5 minutes before serving.



- 2 1/2 cups elbow macaroni**
- 1 Tablespoon olive oil**
- 1/2 onion, chopped**
- 2 garlic cloves, minced**
- 1 lb. lean ground beef**
- 2 Tablespoons white wine *Optional**
- 1 1/2 cups milk**
- 1 Tablespoon spicy brown mustard**
- 1 teaspoon soy sauce**
- 1/2 teaspoon salt**
- 1/2 teaspoon black pepper**
- 1/8 teaspoon cayenne pepper**
- 1/4 cup water**
- 1/8 cup all purpose flour**
- 2 cups sharp cheddar cheese, shredded, and divided**

Serves 4



Cheesy Egg Noodles

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *el dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. While the noodles are cooking, prepare the cheesesauce.

Combine the milk, Worcestershire sauce, and onion powder, in a saucepan. Heat the mixture over medium heat stirring constantly to keep it from scorching.

Once the mixture starts to simmer, add the cheddar cheese, turn the heat to low and continue to heat until the cheese has melted and you have a nice creamy sauce. If the sauce is too thick you can add a little more milk.

Pour cheese sauce over the cooked egg noodles. Mix until well coated. Season with salt and pepper to taste and serve immediately.



1/2 teaspoon salt
1 Tablespoon olive oil
1 lb. wide egg noodles
2/3 cup milk
1 teaspoon Worcestershire sauce
1 teaspoon onion powder
8 oz. cheddar cheese, cubed
salt and fresh ground pepper to taste

Serves 2-4



Cheesy Potato Casserole

Wash the potatoes and place into a pot. Cover with water, bring to a boil and par boil the potatoes.

Be sure not to overcook and make mushy. Drain the water and run the potatoes under cold water. You can peel the skins off or leave them on.

Slice the potatoes into thin rounds and put them into a large mixing bowl. Set aside.

Preheat the oven to 350°F.

Butter an oven proof baking dish.

Chop the ham slices into 1/2 inch pieces.

Using low heat melt the butter in a medium sized saucepan. Add the chopped onion and saute until transparent. Add the ham and cook for 2 minutes. Add the sour cream, can of chicken soup and milk. Stir to combine and bring to a boil, then shut off and remove from heat.

Stir in the shredded cheese to melt. Do a taste test and season with salt and pepper if desired.

Pour the sauce over the sliced potatoes, and very gently using a rubber spatula, toss to coat.

Transfer the potatoes to the prepared baking dish and place into the preheated oven.

Bake for 20 minutes, or until the top is golden brown.



6-8 medium sized young potatoes
6-8 thin slices of deli ham
1/2 cup butter
1/2 cup onion, chopped
2 cups sour cream
1 (10 1/2 oz.) can cream of chicken soup
1/2 cup milk
1 1/2 cups cheddar cheese, grated
salt and pepper to taste

Serves 4-6



Cheesy Zucchini Casserole

Preheat oven to 350°F.

Grease a 9x13-inch baking dish lightly with butter and set aside.

Wash, dry and slice the zucchini into thin rounds.

In a medium bowl, combine the melted butter, onion, garlic salt and egg.

Mix in the bread cubes.

Gently fold in the zucchini and mix until well combined. Season with salt and pepper to taste.

Transfer the mixture to the prepared baking dish and spread evenly.

Top with the cheese.

Cover baking dish with aluminium foil and transfer to the preheated oven.

Bake for 30 minutes.

Remove the foil and bake, uncovered, for another 20 minutes or until a nice golden color

Remove from oven and sprinkle on chopped green onions to garnish.

Serve hot.



2 cups zucchini, sliced thin
1/4 cup butter, melted
1 large onion, chopped
1 teaspoon garlic salt
1 egg, beaten
4 slices bread, cubed
2 cups cheddar cheese, shredded
1 green onions, chopped
salt and pepper to taste

Serves 4



Chicken and Macaroni

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *el dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. To keep the noodles from sticking together, add a tablespoon of olive oil and toss. Meanwhile cook the chicken.

Heat oil in a large deep skillet or dutch oven set over medium-high heat.

Add chicken and cook until browned.

Add chicken broth and bring to a boil.

Cover and simmer for 8 to 10 minutes, until chicken is cooked through. Add broccoli. Stir to combine. Cover and cook for an additional 3-5 minutes, until until broccoli is slightly tender.

Season with salt and pepper to taste.

Stir in the cheese and noodles, and heat for a couple of minutes until cheese has melted and the pasta has heated through.

Serve immediately.



2 cups shell pasta

1 Tablespoon olive oil

4 boneless skinless chicken breast halves, cut into chunks

1 (14 oz.) can chicken broth

1 small head broccoli florets

**3/4 lb. cheddar cheese, grated
salt and pepper to taste**

Serves 4



Chicken and Pasta Bake

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *el dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove.

Heat oven to 350°F.

Grease a 9x13 inch baking dish with butter.

Heat the olive oil in a large skillet set over medium-high heat. Add chicken, in batches if necessary. Cook, stirring occasional, until lightly browned and cooked through. Remove chicken from skillet and set aside. With the skillet still set over medium-high heat, add the onion and cook for 3-5 minutes, until transparent. Add the zucchini, peas, tomato soup and diced tomatoes. Allow the sauce to simmer for 10 minutes, until vegetables are cooked. Pour the sauce over the pasta. Add the cooked chicken and sour cream and mix everything together until well coated and combined. Season with salt and pepper to taste. Pour pasta in the the prepared baking dish and spread out evenly.

Evenly sprinkle the cheese over the pasta.

Cover the dish with aluminium foil.

Transfer the dish to the preheated oven and bake for 20 to 25 minutes, until heated through.

Remove the foil and turn the oven to broil.

Broil pasta bake for 3 minutes until cheese is bubbly and lightly browned. Carefully remove from the oven and allow to sit for 5 minutes before serving.



2 cups macaroni
2 Tablespoons olive oil
2-3 boneless, skinless chicken breasts, chopped into small bite size pieces
1 onion, chopped
1 small zucchini, finely chopped
1 cup frozen peas
1 (14 oz.) can tomato soup
1 (14 oz.) can diced tomatoes
2-3 Tablespoons sour cream
2 cups cheddar cheese, shredded
salt and pepper to taste

Serves 4-6



Chicken With Spaghetti

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *el dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. Stir in one tablespoon olive oil to keep from sticking together.

To cook the chicken, heat the half the oil in large deep skillet or dutch oven over medium-high heat until hot.

Add chicken pieces and lightly brown all sides, about 10 minutes.

Remove chicken from skillet and set aside in a bowl.

Add the remaining oil, onions and garlic to skillet. Cook 5 minutes or until onions are softened, stirring occasionally.

Stir in undrained tomatoes, broth, paprika, salt and pepper; bring to a boil.

Add noodles and chicken to skillet.

Cook covered 10 minutes or until heated through, stir occasionally.

Do a taste test and season to taste.



10 oz. spaghetti, broken into 2 inch pieces
3 Tablespoons olive oil, divided
2 boneless chicken breast, cut into bite size pieces
2 cups onions, chopped
1 Tablespoon garlic, minced
2 (14 1/2 oz.) cans roasted diced tomatoes, undrained
1 2/3 cups chicken broth
1 1/2 teaspoons paprika
1/4 teaspoon salt
1/4 teaspoon ground red pepper

Serves 4



Creamy Macaroni & Sundried Tomatoes

Preheat oven to 350°F. Grease a 6 cup casserole dish with butter.

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove.

While the pasta is cooking; melt butter in large saucepan over medium heat.

Whisk in the flour.

Gradually stir in milk, cooking 1-2 minutes or until the sauce is thickened.

Add Parmesan and 1 1/2 cups cheddar and stir for one minute or until cheddar is melted.

Stir in chopped sundried tomatoes. Shut off and mix together with the macaroni. Season with salt and pepper to taste.

Transfer to the prepared casserole dish.

Top with remaining cheddar, parsley and bread crumbs.

Bake 20 minutes or until macaroni is heated through and topping is lightly browned.



1 1/2 cups noodles (Cavapetti or elbow macaroni)

3 Tablespoons butter

1/4 cup all purpose flour

2 cups milk

1/4 cup parmesan cheese, grated

2 cups white cheddar cheese, grated

1/2 cup fresh bread crumbs

1/4 cup sun dried tomatoes, chopped

1 teaspoon dried parsley

salt and pepper to taste

Serves 4



Creamy Tuna Pasta

Preheat oven to 350°F.

Grease a casserole dish with butter.

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove.

Meanwhile melt the butter in a frying pan and sautee the onions until soft and translucent.

Add the mushrooms and cook for 5 minutes then turn off the heat and set aside.

Open the can of tuna, drain and break apart into little pieces in a large mixing bowl.

Stir in the mushroom soup, milk, mustard, lemon juice and frozen peas, along with the fried onions and mushrooms and grated cheese.

Gently stir in the noodles. Season with salt and pepper to taste.

Transfer the mixture to the prepared casserole dish.

Bake in the oven about 30 minutes and serve.



500 grams spiral noodles
2 Tablespoons butter
1 medium onion, chopped
1 cup chopped mushrooms
1 can solid white albacore tuna
1 cup canned mushroom soup
1/2 cup milk
1 teaspoon Dijon mustard
2 Tablespoon lemon juice
1 cup frozen peas
1 cup of grated cheese
salt and pepper to taste

Serves 4



Green Pea Casserole

Preheat oven to 350°F.
Grease a casserole dish and set aside.
Using medium heat, melt the butter in a frying pan and sautee the onions until soft and translucent.
Slowly sprinkle in the flour and continue cooking for 1 minute.
Slowly add the milk stirring all the while until the mixture is smooth. Simmer for about 5 minutes.
Stir in the frozen peas and season with salt and pepper to taste.
Pour the mixture into the greased casserole dish and then sprinkle a fine layer breadcrumbs.
Top with the shredded cheddar cheese.
Place the casserole into the preheated oven and bake for 10 minutes to heat through and until cheese is melted.
This dish goes well with with mashed potatoes.



2 Tablespoons butter
1 small onion, minced
2 Tablespoons all purpose flour
2 cups milk
8 cups frozen peas
salt and pepper to taste
1/2 cup fine bread crumbs
1 cup shredded cheddar cheese

Serves 4



Grilled Chicken Bites And Pasta

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked el dente. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. Stir in one tablespoon olive oil to keep from sticking together.

Meanwhile, in a large frying pan, heat oil with medium heat. Add the garlic and cook for one minute to release the flavors.

Add the sweet bell pepper and sautee for 3-4 minutes.

Add in chicken pieces and cook until juices run clear.

Add diced tomato and cook just long enough to heat the tomatoes and soften slightly.

Season with salt and freshly ground pepper to taste.

Spoon chicken mixture over pasta to serve.



- 1 454g package spaghetti noodles**
- 3 Tablespoons olive oil**
- 1 clove garlic, crushed**
- 1 orange sweet bell pepper, diced**
- 4 chicken breasts, but into bite sized peces**
- 2 large fresh tomatoes, diced**
- salt and freshly ground pepper to taste**

Serves 4-6



Ham and Bow Pasta Bake

Pre heat oven to 350°F

Grease a 9x13 inch baking dish.

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove.

Meanwhile heat a sauce pan to medium heat, melt the butter and add the cubed ham. Gently fry for a few minutes to heat the ham.

Stir in the flour and continue cooking for another 2 minutes.

Add the milk and bring to a low boil.

Stir in dill and season with salt and pepper to taste.

Add the peas to the pasta along with the sauce and stir to combine.

Transfer to the prepared baking dish.

Sprinkle cheese and bread crumbs evenly over top.

Bake 15 minutes or until heated through and the topping is nicely browned.



2 cups bow pasta
2 Tablespoon butter, melted
2 cups ham, cubed
3 Tablespoons all purpose flour
2 cups milk
1 teaspoon dill, chopped fine (optional)
1 1/2 cups peas
1 cup mozzarella cheese, grated
1 1/2 cups bread crumbs
salt and pepper to taste

Serves 3-4



Ham and Pasta Bake

Preheat the oven to 400°F.

Grease a large baking dish with butter.

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove.

Meanwhile in large saucepan, using medium heat, melt the butter. Add the onions and sauté onion for about 5 minutes until transparent. Add the ham and continue frying until the ham is nice heated through. Shut off.

In a mixing bowl, stir together the pasta sauce, yogurt and cheddar cheese.

Stir the fried onions and ham into the pasta.

Stir the sauce into the pasta. Season with salt and pepper to taste.

Transfer the mixture into large baking dish.

Sprinkle evenly with parmesan cheese.

Bake for 25 minutes until top is golden brown.



500 grams rotini noodles
3 Tablespoons butter
1 onion, diced
2 cups cooked ham, diced
3 cups pasta sauce
3 cups Greek yogurt
2 cups cheddar cheese
1/2 cup parmesan cheese
salt and pepper to taste

Serves 4-6



Layered Potato Cheese Casserole

Heat oven to 350° F. Grease a 9x13 inch baking dish.

Peel, wash and slice the potatoes into rounds.

Dice the onion.

In a mixing bowl stir together the sour cream, milk, salt and flour until there are no lumps.

Layer 1/3 of the potatoes and onions into the bottom of the baking dish.

Cover with half of the sour cream mixture then repeat layers ending in a third potato layer.

Cover the dish with aluminum foil and bake for 30 minutes.

Uncover and top with the grated cheese.

Return to the oven and bake for an additional 10 minutes, until the cheese is melted and bubbly and potatoes are tender.



4-6 medium sized potatoes
1 large onion, diced
1/2 cup sour cream
1 cup milk
2 teaspoon all purpose flour
1/2 teaspoon salt
1 cup mozzarella cheese, grated

Serves 4-6



Layered Potatoes With Cheese

Wash the potatoes. If you are leaving the skins on, cut off any blemishes. Slice the potatoes into thin rounds.

Place the sliced potatoes into a large saucepan and add enough water to cover.

Set the saucepan over high heat and bring to a boil. Once boiling, reduce heat to medium and simmer the potatoes for 8-10 minutes. Cook the potatoes just until they are tender. Do not overcook. You do not want them to be mushy. Poke with a fork for doneness. As soon as they are firm and tender, drain the water. Run the potatoes under cold water to stop the cooking process, drain the water, then set the potatoes aside.

Meanwhile, heat the butter and olive oil in a large skillet set over medium heat. Add the onions. Sauté for 5 minutes until transparent, stirring as needed. Add the garlic and heat for one minute to release the flavors. Remove from heat and season with salt, and fresh ground pepper. Set aside. Preheat the oven to 425°F.

Grease a 9x13-inch baking dish with butter.

Mix the Italian seasoning into the olive oil in a small container.

Lay a single layer of potatoes in the bottom of the prepared baking dish, cover with a layer of cooked onion mixture. Drizzle a little seasoned olive oil on top. Continue layering in this order. Finish with a drizzle of the olive oil.

In a saucepan, heat the chicken stock until simmering. Pour the hot stock around the edges of the baking dish. Cover the dish with aluminum foil and transfer to the preheated oven. Bake until the potatoes are tender, about 30 minutes. Remove the foil and sprinkle on the cheese.

Transfer back to the oven and cook for another 8 minutes, until cheese is melted. Set the oven to broil and broil for 2 minutes to brown the cheese. Remove from the oven and allow the potatoes to sit for 5 minutes before serving.



- 5-6 medium sized potatoes**
- 1 Tablespoon olive oil**
- 1 Tablespoon butter**
- 2 medium sized onion, thinly sliced**
- 1 Tablespoon minced garlic**
- 1/2 teaspoon salt**
- 1/2 teaspoon fresh ground black pepper**
- 1 Tablespoon Italian seasoning**
- 3 Tablespoons olive oil**
- 2 cups chicken stock**
- 1 1/2 cups Swiss cheese, shredded**

Serves 6-8



Lemon Shrimp Pasta

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. Stir in one tablespoon olive oil to keep from sticking together.

Meanwhile, in large frying pan, over medium heat, melt the butter and fry the garlic for one minute. Add the shrimp and cook until pink and done. Transfer onto a plate and set aside.

Pour the olive oil into the frying pan, add the onions and cook onion until translucent, about 3-4 minutes. Add the shrimp back to the pan. Pour on the lemon juice, and gently toss together. Add the spinach and basil. Put a lid on and cook for 2 minutes longer just to soften the leafy greens.

Serve over pasta. Sprinkle on the lemon zest. Season with salt and freshly ground pepper. Serve immediately and sprinkle on a little fresh grated parmesan cheese if desired.



- 1 454g box of spaghetti**
- 1 Tablespoons butter**
- 3 cloves garlic, minced**
- 300g fresh or frozen shrimp, peeled and deveined**
- 2 Tablespoons olive oil**
- 1 small onion, diced**
- 2 Tablespoons fresh lemon juice**
- 1/4 cup fresh baby spinach**
- 1/4 cup fresh basil leaves, chopped**
- fresh ground pepper**
- 1 teaspoon lemon zest**
- fresh grated parmesan cheese**

Serves 4-6



Pasta Cheese Casserole

To cook pasta, fill a large pot 2/3 of the way with hot tap water. Add 1 teaspoon salt to the water. Bring to a boil over high heat. Add the pasta and stir with a wooden spoon to be sure noodles don't stick to the bottom of the pot. Turn the heat down, enough to maintain a boil and stir every so often to prevent noodles sticking. Do not cover the pot. After 8-10 minutes, take a piece of pasta out of the water, allow it to cool and do a test for doneness. Bite into the pasta. If it is too hard to bite or you see a white center, it needs to cook a little longer. When it cooks all the way through it is ready and cooked *al dente*. Turn off the heat, put the pasta into a strainer. Shake out excess water and put the pot back onto a cool part of the stove. Stir in one tablespoon olive oil to keep from sticking together.

Preheat oven to 350°F.

Grease a 9x13 inch baking dish with butter.

In a medium size bowl, combine the cheddar and parmesan cheeses. Set aside.

Evenly layer 1/2 of the pasta in the bottom of the prepared baking dish.

Pour on 2 cups of your favorite spaghetti sauce.

Layer half of the cheese mixture over the casserole.

Repeat the layering with the remaining pasta and sauce, finishing with a layer of the remaining cheese.

Arrange the cherry tomatoes evenly over the top of the casserole.

Sprinkle on the mozzarella cheese.

Transferred to the preheated oven and bake for 30 to 35 minutes, until cheese is golden.

Serve hot.



12 oz. pasta
1 cup shredded cheddar cheese
1 cup shredded parmesan cheese
4 cups spaghetti sauce
1 cup shredded mozzarella cheese
10-20 cherry tomatoes, halved

Serves 4



Potato and Zucchini Casserole Bake

Preheat oven to 375°F.

Grease a casserole dish with butter.

Peel and wash the potatoes and wash the zucchini. Cut both vegetables into thin rounds of a similar size.

To make the sauce, pour the cream into a cooking pot and add the nutmeg and garlic. Turn on very low heat and let steep for 15 minutes. Stir as needed so it does not scorch. Stir in the salt and pepper.

Turn off and set aside.

Stir in the parmesan cheese.

Spoon a layer of sauce onto the bottom of the casserole dish. In the casserole dish, form rows, alternating the sliced zucchini and potatoes. Spoon in the remaining creamy sauce, nudging it between the zucchini and potatoes so it goes into all the spaces.

Bake for 40 minutes. Sprinkle the shredded white cheddar cheese on top, return to the oven for another 5 minutes until the cheese lightly browned.



3 russet potatoes, peeled and cut into thin slices
2 zucchini squash, cut into thin slices
***Choose potatoes and zucchini that are a similar size around so when you cut the rounds they stand nicely. Or you can cut the potato into rounds and then cut the rounds in halves if they are too large.** **2 cups heavy cream**
1/2 teaspoon nutmeg
2 cloves garlic, chopped fine
1 teaspoon salt
1/2 teaspoon pepper
1 cup freshly grated parmesan cheese
1/2 cup shredded white cheddar cheese

Serves 4



Potato Cheese Bake

Preheat oven to 350°F. Grease a 9 inch baking dish.

Wash and peel the potatoes and cut them into bite size cubes.

Dice the onion.

Mix together the potatoes and onions in the baking dish.

Pour milk into the baking dish.

Sprinkle salt and cheese on top.

Cover with aluminum foil and bake 30 minutes.

Uncover and bake another 10 minutes or until the cheese has browned.

Garnish with freshly chopped herbs.



4 large potatoes, peeled and cut
1 large onion, diced
1/4 cup milk
1 teaspoon salt
1 cup cheese, grated
1 Tablespoon parsley, chopped fine

Garnish
a handful of freshly chopped parsley and basil

Serves 4



Potato Mushroom Casserole

Preheat oven to 400°F.

Wash and peel the potatoes and cut into 1/4 inch rounds. Place the potatoes into a large bowl and add 4 tablespoons of the olive oil, salt and pepper. Toss the potatoes gently coating them with the mixture. Set aside.

Heat 2 tablespoons of oil over medium heat in a frying pan. Add the onions and sauté for about 5 minutes until transparent. Add the minced garlic and cook for one minute. Add mushrooms and cook until they throw off their juices (about another 5 minutes).

Grease a large baking dish.

Transfer the onion, garlic and mushroom with their juices into the baking dish.

Layer the potatoes on top

Cover the baking dish tightly with aluminum foil and bake for 30 minutes.

Poke with a knife to test if baked through.

When done, remove the casserole from oven.

Turn the oven down to 350 degrees F.

Uncover the casserole and sprinkle the shredded cheese on top.

Bake about 10 minutes more, until the cheese turns golden brown.

Remove the casserole from the oven & let sit for 5 minutes before serving.



4 medium sized baking potatoes
6 Tablespoons olive oil, divided
1 teaspoon salt
3/4 teaspoon ground black pepper
1 medium onion, chopped
2 cloves garlic, minced
3/4 lb fresh white mushrooms, sliced thin
1/2 lb. cheddar cheese, shredded

Serves 4



Salmon Potato Pie

Preheat oven to 400°. Grease a 9 inch pie plate with butter

Wash peel and cut the potatoes into small one inch cubes. Place into a cooking pot and cover with water. Using high heat, bring to a boil and cook uncovered for 15-20 minutes until the potatoes are soft. Drain the water, add the milk and a tablespoon of butter and mash. Season with salt and pepper to taste.

Set aside on a cool part of the stovetop.

Meanwhile, melt the remaining butter in a medium size saucepan over medium heat.

Add the flour and cook, stirring with a wooden spoon for about one minute.

Gradually add milk and continue cooking, stirring as needed until the sauce is smooth and thickened, about 3-4 minutes.

Turn off and gently stir in the chopped green onions, flaked salmon, peas and cheese.

Season to taste with salt and pepper.

Spoon into the prepared pie plate.

Spread the mashed potatoes over the salmon mixture and, and cover evenly.

Bake for 15 minutes or until heated through.

Brown the salmon potato pie under the broiler for a couple minutes if necessary.



3 medium sized russet potatoes
1/4 cup milk
2 Tablespoons butter, divided
1 1/2 Tablespoons all purpose flour
1 cup milk
3 Tablespoons chopped green onion
1 cup flaked, cooked or canned salmon, drained and rinsed
1 cup frozen peas, thawed
1/4 cup grated old Cheddar-style cheese
salt and freshly grated pepper, to taste

Serves 4



Spinach Egg Bake

Preheat oven to 350°F.

Grease either one single larger casserole dish or 4-6 ramekins, depending on their size.

If you are using frozen spinach, be sure to defrost, then squeeze out any water.

If you are using fresh spinach, steam the spinach, and squeeze out all the water, then chop into small pieces.

In a mixing bowl, combine the cottage cheese, eggs, parmesan, half the mozzarella cheese, garlic powder, minced onion, oregano, salt and pepper. Stir in the spinach and spoon the mixture into the prepared baking dish(es)

Top with the remaining shredded mozzarella cheese. Cover the baking dish(es) with aluminum foil and place into the oven to bake for 40 minutes.

Remove the aluminum foil and bake another 5 minutes, to brown the tops.

Serve.



1 (10 oz.) package of frozen spinach
Or 2 cups fresh cooked spinach chopped
1 cup dry cottage cheese (or ricotta cheese)
2 eggs
5 Tablespoons parmesan cheese
8 oz. mozzarella cheese, grated, divided
1/4 teaspoon garlic powder
1/4 cup minced onion
1/2 teaspoon oregano
1/2 teaspoon salt
1/2 teaspoon pepper

Serves 4-6



Baked Chicken Fillets

Preheat oven to 350°F.

Line a 9x13 inch baking dish with parchment paper and lightly oil the parchment paper.

Wash chicken fillets and pat dry.

Slice them in vertical halves so they will be thinner.

Place chicken fillets in the prepared baking dish. Season each breast with salt and pepper to your taste.

Divide and place a dollop of butter on top of each chicken fillet.

Cover the pan with aluminum foil to seal and bake for 25 minutes.

Uncover the pan and place 2-3 tomato slices onto each breast.

Sprinkle on the shredded cheese.

Return to the oven and bake for another 10-15 minutes or until the chicken is done and the cheese has melted and is lightly browned.



4 boneless, skinless, chicken breasts
1 Tablespoons olive oil
4 Tablespoons butter
1/4 teaspoon seasoning salt
black pepper
1 -2 medium tomatoes, sliced
1 cup shredded mozzarella cheese

Makes 4 servings



Baked White Fish

Preheat oven to 350°F.
Line a baking dish with aluminum foil.
Melt the butter in a small saucepan.
Grease the foil with a little of the melted butter.
Place the sliced lemon onto the bottom of the pan.
Place the fish fillets on top of the lemon slices.
Sprinkle on the tarragon, basil, salt, pepper and paprika.
Sprinkle on the finely crushed cracker crumbs.
Drizzle the melted butter over all the fish filets.
Place into the preheated oven and bake for 20-30 minutes or until the fish is cooked through.
Remove from the oven.
Serve and season with salt and pepper to taste.



1/4 cup butter, melted
1 lemon, sliced, into thin rounds
1 lb. white fish fillets (you can use any variety)
1 Tablespoon fresh tarragon, finely chopped
1 teaspoon fresh basil, finely chopped
1/2 teaspoon salt
1 teaspoon paprika
4 Tablespoons cracker crumbs, finely crushed

Makes 2 servings



Beef Bites

Mix together hoisin sauce, sherry, soy sauce, barbeque sauce, onions, garlic and ginger in a small mixing bowl. Set aside.

Heat one tablespoon of olive oil in a large skillet set over medium-high heat.

Add the beef cubes and sear for 4-5 minutes, turning to brown all sides.

Reduce heat to medium and pour in the sauce. Stir to coat well.

Allow to simmer until the beef is cooked to desired doneness and the sauce begins to thicken.

Taste and adjust seasoning, if necessary.

Serve hot with egg noodles or rice.



6 Tablespoons hoisin sauce
6 Tablespoons sherry wine
1/2 cup soy sauce
2 teaspoon barbecue sauce
1 teaspoon onion salt
4 garlic cloves, minced
2 Tablespoons fresh ginger, minced
1 Tablespoon olive oil
1 pound rib eye or 1 pound tenderloin, cut into
1/2 inch cubes

Makes 2 servings



Chicken and Sweet Potato

Place the chicken cut chicken into a mixing bowl, and sprinkle on the cornstarch
Toss around to coat.
Heat wok or large skillet until very hot.
Add 1 tablespoon oil to wok; rotate wok to coat sides.
Add chicken and minced garlic; stir-fry about 3 minutes or until chicken is lightly browned and cooked through.
Remove chicken mixture from wok to a bowl and set aside.
Add 1 tablespoon oil to wok; rotate to coat side.
Add sweet potatoes and stir-fry 1 minute.
Stir in wine and cold water, and chicken bouillon granules. Heat to boiling; then reduce heat.
Cover and simmer about 3-5 minutes or until potatoes are crisp but tender and cooked. Add cornstarch+water mixture and oregano flakes.
Stir together and cook about 20 seconds or until heated through.
Stir in chicken mixture, and cook a few minutes until chicken is heated through.
Delicious served with rice.



1 lb. chicken breasts, cut into bite sized cubes
1 teaspoon cornstarch to sprinkle on the chicken
2 Tablespoon olive oil, divided
3 garlic cloves, minced
1 Tablespoon olive oil
2 medium sweet potatoes or 2 medium yams, peeled and cut into bite sized cubes
1/3 cup dry white wine or 1/3 cup apple juice
1/3 cup cold water
1 teaspoon chicken bouillon granule
1 teaspoon cornstarch + 1 Tablespoon water, stirred together
1 teaspoon dried oregano flakes
salt and pepper to taste

Makes 2-4 servings



Chicken Curry

Heat the oil in a large frying pan over medium-high heat.

Add the onion and sautee about 5 minutes until transparent and tender. Add the garlic and cook one minute longer.

Add the chicken and cook until lightly browned.

Add the curry powder and toss to coat with a wooden spoon.

Add chicken broth and tomato paste.

Simmer uncovered for 8 minutes or until chicken is cooked through and sauce has thickened.

Serve over rice and garnish with cilantro and yogurt.



- 2 Tablespoons olive oil**
- 1 large onion, coarsely diced**
- 2 garlic cloves, minced**
- 500g boneless, skinless chicken breasts, cut into 1 inch pieces**
- 2 Tablespoons curry powder**
- 1 cup chicken broth**
- 1 1/2 Tablespoons tomato paste**
- 1/4 cup fresh cilantro, chopped**
- 1/4 cup plain nonfat yogurt**



Chicken Patties

In a large bowl, combine the ground chicken with bread crumbs, eggs, flour and all seasonings and the lemon juice.

Use your hands to form chicken mixture into patties about 1/2" thick.

Place the patties onto a sheet lined with parchment paper, cover with plastic wrap and place to chill in refrigerator for about 30 minutes.

To cook, heat the butter and vegetable oil in a large frying pan over medium-high heat.

When bubbly, add the chicken patties, in a single layer.

Saute 5 minutes until golden on each side.

Check that the patties are cooked through and if any pink shows, continue cooking until done.

Serve with freshly chopped parsley.



2 lbs. ground chicken
1 cup breadcrumbs, fresh
1 egg, beaten
1/4 cup all purpose flour
salt and pepper to taste
1 Tablespoon paprika
1/2 teaspoon dried thyme
1 teaspoon lemon juice
1 Tablespoon butter
1 Tablespoon vegetable oil
2 Tablespoons parsley, chopped



Chicken Stroganoff

In large skillet, heat 2 teaspoons of oil; add the chicken strips.

Cover the skillet with and lid and cook the chicken over medium-high heat for about 10 minutes, stirring as needed until the chicken is cooked through.

Remove the chicken from skillet to a bowl and set aside.

In same skillet, heat remaining 2 teaspoons oil; add mushrooms and onion.

Cook stirring frequently, until the liquids have evaporated and onions are golden brown.

In a mixing bowl, use a wire whisk, to combine broth and flour, blending until all the flour is dissolved; strain through a sieve as you add to the skillet to be sure there are no lumps, and add to the mushrooms and onions.

Stirring constantly, bring the liquid to a boil over high heat then reduce heat to low.

Simmer for 10 minutes, stirring frequently.

Stir the chicken into this broth mixture and simmer for 5 minutes.

Remove skillet from heat.

In a small bowl, stir together the sour cream, red wine vinegar, mustard, salt and pepper.

Gently stir this into the chicken mixture.

Serve with egg noodles or rice.



- 1 Tablespoon plus 1 teaspoon olive oil, divided**
- 10 oz. boneless, skinless chicken breast, cut into 1/2-inch strips**
- 2 cups sliced fresh mushrooms**
- 1 cup sliced onions**
- 1 cup chicken broth**
- 2 teaspoon all purpose flour**
- 3 Tablespoons sour cream**
- 1 teaspoon red wine vinegar**
- 1 teaspoon Dijon-style mustard**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**



Crispy Oven Baked Chicken Breasts

Preheat oven to 450°F.

Line a cookie sheet with parchment paper or aluminum foil. Grease with olive oil.

Mix the crushed cornflakes in a bowl along with spices and set aside.

Place the Ranch dressing onto a shallow dish.

Dip the chicken breasts in the Ranch dressing.

Roll chicken in cornflake mixture and place onto the prepared baking sheet leaving space between the pieces.

Place into the preheated oven and bake for 10 minutes.

Flip the breasts over and bake another 8-10 minutes or until the juices run clear when pierced with a fork in the thickest part.

It should read 165F°-170F° on the food thermometer inserted into the thickest part.



4 (4 oz.) skinless, boneless chicken breasts
1/2 cup cornflakes, crushed
1 teaspoon of combination of spices of choice (parsley, garlic powder, onion powder, salt etc.)
1/4 cup Ranch flavored dressing



Easy Baked Chicken Legs

Preheat oven to 400°F.
Line a baking sheet with aluminum foil and grease the foil with olive oil.
Into a large mixing bowl, place chicken and barbecue sauce, Toss to evenly coat chicken.
Arrange pepper, onion and garlic over the prepared baking sheet.
Place chicken pieces in a single layer over top of vegetables.
Season with salt and pepper.
Bake 40 minutes or until chicken is cooked through and crispy.
The food thermometer should read 165°F. to 170°F.



1 Tablespoon olive oil
6 chicken drumsticks with thighs
1/2 cup barbecue sauce
1/3 cup bell pepper, chopped
1 medium onion, chopped
2 garlic cloves, chopped
salt and pepper, to taste



Easy Beef Stroganoff

Heat the olive oil in a large skillet over medium-high heat.

Pat the meat cubes dry with a paper towel and just before you gently set them into the hot pan, season with a little salt and pepper.

Let the meat sizzle for a minute or two before you flip the meat to the other side.

Once you have seared all the meat, on all sides, transfer to a bowl and set aside.

In the same skillet, melt the butter and add in the onions first, cook for 2 minutes, add the garlic, cook another minute then the mushrooms, cooking for a few minutes until tender.

Add the tomato paste and flour to the skillet and heat, stirring continuously for about a minute.

Add in about half of the beef broth and the wine.

Bring to a simmer and cook until thickened.

Re-add the cooked beef to the sauce and then stir in the remaining broth.

Cover and simmer on very low heat for one hour, stirring every 20 minutes or so.

At the end, stir in the sour cream.

Season with salt and pepper to taste.

Garnish with freshly cut dill.

Serve hot over noodles or rice.



- 1 Tablespoon olive oil**
- 1 lb. beef, cubed**
- 2 teaspoons butter**
- 1 small onion diced**
- 1 clove garlic, minced**
- 1 cup fresh mushrooms, sliced**
- 2 Tablespoon tomato paste**
- 3 teaspoons all purpose flour**
- 1 cup beef broth**
- 1/4 cup dry white wine**
- 1/2 cup sour cream**
- a small sprig of dill**



Easy Meatloaf

Preheat oven to 350°F.

Grease a 5x9 inch loaf pan with olive oil.

In a large bowl, combine the ground beef, egg, onion, milk and bread OR cracker crumbs.

Season with salt and pepper to taste and place in the prepared loaf pan.

In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.

Place into the preheated oven and bake for one hour.

Serve with ketchup or a tomato sauce of your choice.



- 1 1/2 lbs. ground beef**
- 1 egg**
- 1 onion, chopped**
- 1 cup milk**
- 1 cup dried bread crumbs OR cracker crumbs**
- salt and pepper to taste**
- 2 Tablespoons brown sugar**
- 2 Tablespoons prepared mustard**
- 1/3 cup ketchup**



Easy Sweet and Sour Chicken

Pre-heat your oven to 325°F.
Line a baking sheet with aluminum foil and grease the foil with olive oil.
Slice the chicken breasts in halves the long way, so that each breast is thinner.
Season with salt, pepper, and garlic powder.
Put the cornstarch into a shallow dish.
Beat the eggs and place into a shallow dish.
Dip each piece of chicken in corn starch, coating both sides, then in egg.
In a skillet, heat vegetable oil to medium-high heat.
Brown each piece of chicken on both sides. Don't crowd the chicken, you can do in batches.
Place each piece of browned chicken onto the prepared baking sheet.
Add in pineapple rounds, placing them on the sheet around the chicken breasts. You want them to also sit directly on the sheet, so they will cook in the sauce and brown alongside the chicken.
In a large bowl whisk together all sauce ingredients and pour over the chicken and pineapple rings.
Bake in the oven for about an hour, turning the chicken every 15 minutes, and the pineapple ring at least once.
To serve, remove the chicken and pineapple from the pan to a serving platter and spoon out any remaining sauce that is in the pan to drizzle over the chicken.
Serve with rice and sesame seeds if desired.



3-4 boneless skinless chicken breasts
salt, pepper, garlic powder for seasoning the chicken

1 cup corn starch

2 eggs, beaten

1/4 cup vegetable oil (more if needed)

1 can pineapple rings

Sauce

3/4 cup granulated sugar

3/4 cup brown sugar

1/2 cup ketchup

1 cup vinegar

1 1/2 tablespoons Worcestershire sauce

2 teaspoons garlic powder

1/2 teaspoon coarse black pepper



Fishcakes

This recipe is a tasty way to use up any cooked fish and leftover mashed potatoes.

Remove any bones from the fish.

Flake the fish. Place in a mixing bowl and add the mashed potatoes and raw egg. Mix well.

To this mixture, add the hard boiled egg, lemon juice, vinegar and parsley. Season with salt and pepper.

Dust your hands with flour and form the mixture into little round cakes.

Place the breadcrumbs into a small dish.

Coat each cake with bread crumbs. Pat the crumbs on with your fingertips so they will stick.

Cover and chill for one hour.

To cook, heat the oil on medium-high in a large frying pan.

Add the fishcakes and fry until golden brown and crispy.

Garnish with fresh parsley, and serve with lemon slices.



- 1 lb. firm white fish, cooked**
- 2 cups mashed potatoes, cooked**
- 1 egg, raw**
- 1 egg, hard boiled and finely chopped**
- 1/4 teaspoon lemon juice**
- 1/4 teaspoon white wine vinegar**
- 1 Tablespoon parsley, chopped**
- 1 teaspoon salt**
- 1/2 teaspoon pepper**
- 1/2 cup all purpose flour**
- 4 Tablespoons breadcrumbs**
- 2 Tablespoons oil (for frying)**



Glazed Baked Pork Chops

Preheat oven to 350°F.
Line a baking dish with aluminum foil and grease the foil with olive oil.
Season the pork chops with a sprinkle of salt and pepper and place into the prepared baking dish.
In a bowl, combine oil, honey, lemon juice, garlic, soya sauce and barbeque sauce.
Brush the sauce on each side of pork chops.
Drizzle the remaining sauce over pork chops.
Cover the baking dish with aluminum foil and bake for 30-40 minutes.
Remove from oven and serve, spoon any sauce that is left in the baking dish over the pork chops.



4 pork chops
1/4 teaspoon salt
1/4 teaspoon pepper
3 Tablespoons olive oil
1/4 cup honey
2 Tablespoons lemon juice
2 cloves garlic, minced
2 teaspoons soy sauce
1 Tablespoon barbeque sauce

Serves 2-4



Honey Chicken Bites

In a medium container with a tight fitting lid, combine the soy sauce, wine, sesame oil and sugar. Mix until well combined.

Add the chicken pieces.

Cover with a tight fitting lid and marinate in the refrigerator for at least one hour, up to over night. Turn the container occasionally to marinate evenly.

Sauce

In a medium sauce pan set over medium heat, combine the sweet chili sauce, ketchup, honey, oyster sauce, soy sauce and water.

Bring the sauce to a boil and then reduce to a simmer and cook until the sauce begins to thicken. Once thickened, set aside.

In a large ziploc bag, combine the flour, cornstarch salt and pepper. Carefully shake the bag to mix until well combined.

After the chicken has marinated, add a few pieces at a time to the bag with the flour mixture.

Gently shake the bag to coat the chicken with flour.

Place the coated chicken on a dish and set aside while you repeat with the remaining chicken pieces.

Heat the olive oil in a large skillet set over medium-high heat.

Add the chicken pieces. Don't crowd them, do in batches if necessary. Be sure to turn them to brown all sides and stir fry until cooked through. Repeat until all the chicken is cooked.

Serve with dipping sauce.

These honey chicken bites go well with rice.

Dipping Sauce:

Put all the dipping sauce ingredients into a small saucepan and heat. Transfer to dipping bowls. Serve along side a bed of rice, if desired.



Marinade Sauce

- 1 Tablespoon light soy sauce**
- 1 Tablespoon cooking wine**
- 1 teaspoon sesame oil**
- 1 teaspoon granulated sugar**
- 1 lb. boneless skinless chicken breasts, cut into bite sized pieces**
- 1 teaspoon granulated sugar**

Coating

- 1 Tablespoon all purpose flour**
- 1 Tablespoon cornstarch**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 Tablespoons olive oil**

Dipping Sauce:

- 1 Tablespoon sweet chili sauce**
- 2 Tablespoons tomato ketchup**
- 1-2 Tablespoons honey**
- 1 Tablespoon oyster sauce**
- 2 Tablespoon light soy sauce**
- 1/4 cup water**

Serves 2



Meatloaf

Preheat oven to 350°F.

Have ready a 5x9 inch loaf pan.

In a large bowl, mix the ground beef, bread crumbs, egg, onion, salt and pepper, ketchup and milk together.

Transfer the mixture to the loaf baking dish and flatten out the top.

Sauce

In a small bowl, stir the sauce ingredients together and pour over top.

Place into the preheated oven and bake 1 1/4 hours.

Tip: Make a second batch of sauce and heat it in a small saucepan of the stovetop to serve with the meatloaf.



Meatloaf

1 1/2 lbs. lean ground beef

1 slice dry bread chopped finely for bread crumbs

1 egg

1 small sweet onion, finely chopped

1 teaspoon salt

1/4 teaspoon black pepper

4 Tablespoons ketchup

1/2 cup whole milk

Sauce

4 Tablespoons apple cider vinegar

3 Tablespoons dark brown sugar, packed firm

1/2 cup ketchup

Serves 4-6



Meatloaf With Gravy

Preheat oven to 350°F.

Grease a 5x9 inch loaf pan with olive oil. In large bowl, mix together all meatloaf ingredients, first with a wooden spoon and then use your hands to combine the ingredients really well.

Place into the prepared loaf pan and bake for 1 1/2 hours.

When the loaf is close to ready, make the gravy. Melt the butter in a skillet over medium heat, add the onion and saute for 3-5 minutes or until lightly browned.

Add the flour and brown lightly, stirring with a wooden spoon so the flour browns evenly and does not burn.

Add the beefstock, stirring to combine and work out any lumps. Bring the gravy to a boil, then reduce heat and simmer for 5 minutes.

Serve with the meatloaf.



Meatloaf

500 grams lean ground beef
500 grams lean ground pork
2 eggs, beaten
2 cups breadcrumbs
1 onion, chopped
3 cloves garlic, minced
1 carrot, finely chopped
1 stalk celery, finely chopped
1 teaspoon each of basil, thyme and parsley
2 Tablespoons Worcestershire sauce
1 teaspoon each of salt and pepper

Gravy

1/4 cup butter
1 small onion, chopped
1/4 cup all purpose flour
1 1/2 cups beef stock

Serves 4-6



Oven Baked Breaded Chicken

Preheat oven to 375°F.

Line a baking sheet with parchment paper, grease with olive oil and set aside.

Cut the chicken breasts into pieces.

In a mixing bowl stir the egg white and yogurt together.

Add the chicken pieces and gently toss to coat.

In a shallow bowl, combine the corn flake crumbs, seasoning salt and pepper.

Working in an assembly line, take a piece of chicken from the egg mixture, allowing excess to drip off. Dredge chicken into the cornflake mixture and then lay on the prepared baking sheet. Continue with the remaining chicken pieces.

Using a spoon, drizzle a bit of the melted butter over each piece of chicken.

Transfer the baking sheet to the prepared oven and bake for 20 minutes, until the chicken is just cooked through.

Serve immediately.



1 1/2 lbs. boneless skinless chicken breasts, cut into pieces

1 egg white

1/4 cup plain yogurt

1 1/2-2 cups finely ground corn flake crumbs

1/2 teaspoon seasoning salt

1 teaspoon freshly ground black pepper

1/8 cup butter, melted

Serves 2



Porcupine Meatballs In Tomato Sauce

Preheat oven to 350°F.

Have ready a 9x13 inch baking dish.

Mince the onion into very small pieces that are not larger than a piece of cooked rice. You want them to blend into the meatballs and not be chunky.

In a large mixing bowl, combine the meat, cooked rice, finely chopped onion and egg. Season with salt and pepper.

Use your hands to squish and mix the mixture together.

Roll into 2 inch round meatballs.

Open the stewing tomatoes and the can of tomato paste and dump them into a bowl. Stir to combine.

Pour the sauce over the meatballs. Cover the baking dish with aluminum foil and place into the preheated oven.

Bake 45 minutes. Test to see if the meatballs are ready. Cut one meatball in half to determine if it is cooked all the way through. If there is any pink showing put back into the oven and bake longer. When ready, transfer the porcupine meatballs to a serving dish and scatter the finely grated cheese on top.



1/2 cup finely minced onion
2 lbs. lean ground beef
1 cup cooked white rice
1/2 cup finely chopped onion
1 egg
1/2 teaspoon salt
1/2 teaspoon freshly grated pepper
1 (14.5 oz) can stewed tomatoes
1 (6 oz) can tomato paste
1 cup finely grated cheddar cheese
(Makes about 30 meatballs)



Salisbury Steak

Combine ground beef, chopped onions, cracker crumbs, egg, horseradish, salt and pepper.

Shape into dense thin meat patties.

Heat 2 tablespoons butter in skillet.

Cook patties till no longer pink inside, 8-10 minutes each side.

While the salisbury steaks are cooking use a separate skillet to cook the onions and mushrooms.

Melt the butter over medium heat, add the onions first and sauté for 3-5 minutes until they are translucent and tender. Add the sliced mushrooms and continue cooking another 4-8 minutes.

Turn to very low heat.

Place the cooked salisbury steaks on top of the onions and mushrooms to keep warm while you make the gravy.

To make the gravy, spoon out any fat that may be in the skillet, if you used extra lean ground beef there will likely not be much or any.

Add the flour and stir with a wooden spoon scraping and combining any brown bits that may be leftover in the skillet from cooking the meat.

Add the salt and pepper. Cook 2 minutes.

Stir in the cream and chicken broth, stirring when necessary to make a nice gravy without lumps.

Add Worcestershire sauce and hot sauce for an extra burst of flavor. Simmer 5 minutes

To serve, place the steak on the plate, then coat with onions, mushrooms and gravy.

This dish goes very well with mashed potatoes.



Salisbury Steak

- 1 lb. extra lean ground beef
- 1/3 cup finely chopped onion
- 1/4 cup cracker crumbs
- 1 egg, slightly beaten
- 1 1/2 Tablespoons horseradish
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 Tablespoons butter

Fried Onions and Mushrooms

- 3 Tablespoons butter
- 1 medium onion, sliced
- 8 ounces fresh mushrooms, sliced

Gravy

- 3 Tablespoons all purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup cream or whole milk
- 3/4 cup chicken broth
- 1/8 teaspoon Worcestershire sauce
- 1/8 teaspoon hot sauce

Serves 2



Spicy Chicken Bites

In a small saucepan set over low heat, combine the butter, honey and hot sauce. Heat until butter is melted and sauce is bubbling. Turn off and set aside.

Preheat oven to 400°F.

Line an oven proof baking dish with aluminum foil.

In a large plastic bag, combine the flour, baking powder, sugar, salt and pepper.

Close and shake bag to mix well.

Working in batches, place the chicken pieces into the plastic bag. Shake the bag to toss and evenly coat the chicken.

In a large sturdy saucepan, heat the oil over medium heat. Working in batches, place the chicken bites into the pan. Cook 3-4 minutes to brown the sides.

Once all the chicken is cooked, place into the prepared baking dish.

Pour over the sauce and gently toss until chicken is well coated.

Cook in the preheated oven for 25-30 minutes or until golden and tender. Give the chicken a gentle stir after 15 minutes of cooking time using a silicone spatula.

Serve immediately.



Sweet & Spicy Sauce

1 Tablespoon butter

3 Tablespoons honey

3 Tablespoons hot sauce

Chicken Bites

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

1/2 cup flour

1/2 teaspoon baking powder

1/2 teaspoon granulated sugar

1/2 teaspoon salt

1/4 teaspoon fresh ground pepper

2 Tablespoons olive oil

Serves 2



Turkey Meatloaf

Preheat the oven to 350°F.

Grease a 9x5 inch baking dish with olive oil. In a large bowl combine the turkey, 1/4 cup of the ketchup, Worcestershire sauce, minced garlic, egg, breadcrumbs, parmesan cheese, thyme, oregano, salt and pepper.

Stir with a wooden spoon to start, then use your hands to squish together and mix well.

Transfer the mixture into the prepared baking dish and press down to form the loaf. Flatten the top and spread the remaining 2 tablespoons of ketchup over the top.

Bake for 40 minutes.

Slice and serve immediately



- 1 lb. extra-lean ground turkey breast**
- 1/4 cup + 2 Tablespoons ketchup**
- 1 teaspoon Worcestershire sauce**
- 2 garlic cloves, minced**
- 1 large egg**
- 1/3 cup plain breadcrumbs**
- 2 Tablespoons grated Parmesan cheese**
- 1 teaspoon dried thyme**
- 1 teaspoon dried oregano**
- 1/2 teaspoon salt**
- 1/2 teaspoon freshly ground black pepper**



Baked Potato Fries

Preheat the oven to 425°F.
Line two baking sheets with parchment paper and grease the paper with a little olive oil. Peel and wash the potatoes, cutting off any dark bruises. Cut the potatoes in half lengthwise, then again and once again, so you end up with nice big potato fries. Pat the potatoes dry with paper towels.
Put the potatoes into a large bowl and drizzle on the olive oil, toss to coat.
Arrange the fries so they are single layer. They will not bake to a crisp state if they are stacked.
In a small cup stir together the garlic powder, onion powder, salt, pepper and cayenne pepper. You can add more seasoning to taste.
Sprinkle onto the potatoes and put them into the preheated oven.
Bake for 30-45 minutes and you will want to turn them over once or twice so all the sides are golden brown and crispy.
Serve nice and hot!



4 russet potatoes
2 Tablespoon olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon cayenne pepper



Cast Iron Skillet Cornbread

Preheat oven to 425°F.
Grease a 9-inch cast iron skillet with butter.
In a large bowl mix together cornmeal, flour, baking powder, and salt.
Whisk dry ingredients together.
Measure out 1 cup of milk.
Add 1/4 cup melted butter to the milk.
Break an egg into small bowl, and stir into the milk mixture.
Pour the wet ingredients into the dry and stir together with a wooden spoon.
Pour batter into prepared skillet.
Place in center rack of the preheated oven.
Bake for 20 minutes.
Insert a toothpick into the center and when it comes out clean the cornbread is ready.
Let cornbread cool slightly before slicing.
Serve with butter.



1 cup cornmeal
1 cup all purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup milk
1 egg
1/4 cup melted butter



Cheesy Scalloped Potatoes

Preheat oven to 325°F.

Butter a 9x13 inch oven proof casserole dish.

Place the butter into a saucepan, melt over medium low heat and stir in the flour. Cook the mixture for 2 minutes, stir constantly and do not let it get brown.

Add the milk and use a whisk to combine with the flour and butter.

Bring to a boil then reduce the heat and stir in the cream cheese, Swiss and cheddar cheese, along with all the spices.

Simmer for 5 minutes and stir with a spatula until the cheese has melted.

Turn off and set aside.

Peel, wash, dry and slice the potatoes into 1/4 inch round slices.

In the prepared baking dish, place the potatoes in layers, alternating the potatoes and the sauce and end with the sauce.

Sprinkle the parmesan on top.

Cover the baking dish tightly with aluminum foil and place into the preheated oven.

Bake for 1 1/2 hours.

During the last 10 minutes of baking, remove the aluminum foil so you can brown the top.

Sprinkle the freshly chopped parsley on top.

Let the scalloped potatoes set for 5 minutes before serving.



3 Tablespoons butter
2 Tablespoons all purpose flour
2 1/2 cups whole milk
6 oz. cream cheese, herb flavor
1 cup swiss cheese, grated
1 cup cheddar cheese, grated
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1 pinch nutmeg
5 medium baking potatoes
1/4 cup grated parmesan cheese
1/2 cup fresh, finely chopped parsley

Serves 4-6



Extra Creamy Mashed Potatoes

Peel and wash the potatoes. Cut the potatoes in quarters. Transfer to a saucepan and cover with an inch of cold water. Stir a teaspoon of salt into the water so that it dissolves. Bring to a boil, then reduce to a simmer. Set the pan over medium-high heat and bring the water to a boil. Once boiling, reduce the heat to a bare simmer. Do not cover. Begin checking the potatoes after 10 minutes of boiling. The potatoes are done when they are tender all the way through. Test this by poking the potato with a paring knife. If it slides easily all the way to the center, the potatoes are done. If not, boil a little longer and check again.

Drain the potatoes into a strainer. When the potatoes have finished draining, place them back into the dry pot. Mash the potatoes, before adding in all the other ingredients.

Use an electric mixer to add the butter and the cream cheese beating in.

Add the cream a little at a time until desired consistency is reached.

Add salt and pepper to taste.

When the potatoes are boiling you can prepare the bacon bits.

Cut the bacon strips into 1/4 inch pieces.

Place into a frying pan and cook over medium heat until the bacon is crispy.

Line a plate with paper towels. Use a slotted spoon to transfer the cooked bacon onto the paper towels.

Serve the potatoes nice and hot and garnish with the bacon bits.



4 large potatoes

1/4 cups butter

1/3 cup cream cheese, at room temperature

1/4 cup heavy cream

salt and pepper to taste

Garnish

6 strips of bacon, chopped into thin strips

Serves 4



Foil Potatoes

Preheat the oven to 400°F.
Lay out 4 squares of aluminum foil on the counter.
Scrub the potatoes clean cutting off any blemishes.
Cut each potato in half lengthwise, then cut in opposite direction so that you have quartered the potato.
Place each potato onto a square of aluminum foil. Place one tablespoon of butter into the cut sides of each potato and season with garlic salt and salt.
Close the potato back together, and wrap tightly in the aluminum foil.
Bake potatoes directly on the oven rack for 40 minutes, or until tender.
Open carefully, divide the shredded cheese while the potatoes are still hot so the cheese will melt. Sprinkle with parsley.



4 medium size russett potatoes, scrubbed
4 Tablespoons butter, divided
1 teaspoons garlic salt, divided
1 teaspoons salt, divided
1/2 cup shredded cheese, divided
2 teaspoons freshly chopped parsley divided

Serves 4



Oven Roasted Potatoes

Preheat oven to 400°F.

Grease a baking dish or large cast iron skillet with oil.

Peel and wash the potatoes, then cut the potatoes into wedges. Dry with a paper towel. Place the potato wedges into a large bowl, drizzle on the oil and toss to coat.

Add the seasoning and pepper and toss well.

Place in the prepared baking dish and place in center of oven.

Cook for 40 minutes or until golden and tender when poked with a fork.

Top with parmesan and let bake another 5 minutes or until the cheese has melted.



4-6 large potatoes, peeled
1/4 cup vegetable oil
4 teaspoons seasoning salt
1 teaspoon black pepper
1/2 cup freshly shredded Parmesan

Serves 4-6



Potato Dumplings

Peel and wash the potatoes. Cut the potatoes in halves. Transfer to a saucepan and cover with an inch of cold water. Stir a teaspoon of salt into the water so that it dissolves. Bring to a boil, then reduce to a simmer. Set the pan over medium-high heat and bring the water to a boil. Once boiling, reduce the heat to a bare simmer. Do not cover. Begin checking the potatoes after 10 minutes of boiling. The potatoes are done when they are tender all the way through. Test this by poking the potato with a paring knife. If it slides easily all the way to the center, the potatoes are done. If not, boil a little longer and check again. Drain the potatoes into a strainer.

Cut the potatoes into pieces and press through the ricer into large bowl. Mix in salt and nutmeg. Add 1/2 cup flour and potato starch.

When the potatoes have cooled enough to handle, using your hands, knead mixture in bowl until a smooth dough forms, adding more flour a tablespoon at a time, if the dough is sticky. Work in the beaten egg.

Form dough into balls, using 1/4 cupful for each. Working in batches, cook dumplings in large pot of boiling salted water 5-10 minutes (or until dumplings rise to top).

Using a slotted spoon, transfer dumplings to a glass pie plate greased with melted butter. Keep covered with a damp kitchen towel as remaining dumplings are cooked. You should place no more than 4-5 dumplings in your pot at any one time in order to prevent them from sticking together. Touching them during cooking, will cause them to fall apart.

To brown the outsides, gently transfer dumplings to a large skillet. Use a spatula to be sure the butter gets transferred too. Using medium heat, brown one side, then gently flip and do the second side.

Serve.



- 2 large russet potatoes**
- 1 1/2 teaspoons salt**
- 1/8 teaspoon ground nutmeg**
- 1/2 cup all purpose flour (or more if needed)**
- 1/8 cup potato starch**
- 1 large egg (beaten)**
- 2 Tablespoons butter, melted**



Roasted Baby Potatoes

Wash the baby potatoes. Transfer to a saucepan and cover with an inch of cold water. Stir a teaspoon of salt into the water so that it dissolves. Bring to a boil, then reduce to a simmer. Set the pan over medium-high heat and bring the water to a boil. Once boiling, reduce the heat to a bare simmer. Do not cover. Begin checking the potatoes after 10 minutes of boiling. You want the potatoes to be just cooked and still firm.

Test this by poking the potato with a paring knife. When they are the correct doneness, drain into a strainer.

Strain, let cool enough to peel the skins off.

Place the potatoes into a mixing bowl.

Preheat oven to 375°F.

Grease a cooking pan with olive oil.

In a small bowl mix together the olive oil, chili, turmeric, and coriander powders as well as the yogurt and a sprinkle of salt. Drizzle over the potatoes. Toss gently, using a spatula to coat the potatoes evenly with the marinade.

Spread the potatoes into the prepared cooking pan, and don't stack the potatoes.

Bake for 15-20 minutes, or until you see a nice crispy texture to the outside of the potatoes.

Remove when ready.

Garnish with freshly chopped chives and coriander.

Sprinkle on sesame seed if desired.



30 baby potatoes
2 Tablespoons olive oil
3 teaspoons red chili powder
1/2 teaspoon turmeric powder
1 teaspoon coriander powder
2 teaspoons plain yogurt
salt to taste
a few fresh chives and a sprig of coriander leaves, chopped
***Optional; sesame seeds to garnish**

Serves 4-6



Sweet Potato Souffle

Preheat the oven to 425°F.

Using a knife, spear the sweet potatoes. Wet the potatoes with water, and then wrap damp potatoes individually in aluminum foil and place on a baking sheet. Place into the preheated oven and bake until they are soft. Do a light squeeze test. If it gives, its ready; usually about 45 minutes, depending on the size of the potatoes. Remove from the oven, unwrap from the foil and let the potatoes cool down until you can handle them, then peel off the skins. Place the peeled sweet potatoes into a large bowl. Add the sugar, milk, butter, vanilla, and salt. Using an immersion blender (or alternatively, a regular blender or food processor), puree the potatoes until completely smooth and creamy. Do a taste test, and add in more sugar or salt to taste. Mix in beaten eggs. Set aside. In a medium bowl, combine the brown sugar, butter, flour, and pecans. Grease a glass baking dish and lower the oven heat to 400°F. Transfer the sweet potato mixture into the baking dish, and then sprinkle the pecan mixture evenly on top. Bake for 20 to 25 minutes, or until the top becomes golden brown. Note* Alternately, you can divide and bake in individual baking dishes.



For the Souffle:

4 medium sized sweet potatoes
1/2 cup granulated sugar
1/2 cup milk
8 Tablespoons butter, melted
1 Tablespoon pure vanilla extract
1/2 teaspoon salt
3 eggs, beaten

For the Topping:

1 cup lightly packed brown sugar
4 Tablespoons butter, cubed and at room temperature
1/2 cup all purpose flour
1 cup chopped pecans

Serves 4-6



Vegetable Fritters

Peel and wash the potatoes.

Peel and the carrots.

Wash the zucchini.

Use a food processor to shred the potatoes, carrots and zucchini or do with a hand grater.

Place into a large bowl.

Stir in the onions, flour, salt, parsley and egg yolks into a bowl. Stir to combine.

Place egg whites into a mixing bowl and beat until stiff peaks form. Fold through the vegetable mixture.

Have ready a plate lined with parchment paper.

Using your hands form the fritters.

Set each fritter onto the parchment paper lined plate.

Heat a tablespoon of olive oil in a large skillet over medium heat.

Add a few fritters to the pan. Do not crowd them.

Cook until the bottom is golden brown.

Gently flip the fritters and cook a further 5-8 minutes or until cooked through, flip as necessary so you do not burn them.

Repeat until all the fritters are cooked addin olive oil to the skillet with each new batch.



- 2 medium sized potatoes**
- 1 large carrot**
- 2 small zucchins (grated)**
- 1 onion chopped**
- 1/2 cup all purpose flour**
- 1/2 teaspoon salt**
- 1/4 cup fresh chopped parsley**
- 3 eggs, separated**
- 2 or more Tablespoons olive oil**



Baby Potato Beef Stew With Herbs

Heat the oil in a large stew pot or dutch oven at medium high heat.

Place the beef cubes into the heated pot and season with salt and pepper. Cook the cubes of beef until nicely browned on all sides. Turn down the heat to medium.

Add the onion and cook for 2 minutes.

Sprinkle on the flour. Cook for one minute.

In a small bowl, stir together the tomato paste, vinegar and beef stock. Add to the meat and stir gently to combine.

Add the garlic, bay leaf, herbs and rosemary.

Top with potatoes and carrots. Gently stir in.

Cover and reduce heat to low, simmer for 45-60 minutes, stirring occasionally.



- 1 Tablespoon olive oil**
- 1 1/2 lbs. beef chuck, cut into 2-inch cubes**
- 1/2 teaspoon salt**
- 1/2 teaspoon fresh cracked pepper**
- 1 medium yellow onion, cut into 1-inch chunks**
- 2 Tablespoons all purpose flour**
- 3 Tablespoons tomato paste**
- 1 Tablespoon balsamic vinegar**
- 1 1/3 cup beef stock**
- 3 cloves garlic, crushed**
- 1 bay leaf**
- 1 teaspoon freshly chopped thyme**
- 1 teaspoon finely chopped rosemary**
- 1 1/2 lbs. baby potatoes, washed**
- 5 medium carrots, peeled and cut into pieces**

Serves 4-6



Beef and Noodle Soup

Using a soup pot, melt the butter over medium heat.

Add the beef and cook for about 5 minutes, or until the meat has browned on all sides. Add the onion and celery and cook another 3 minutes.

Pour in the beef broth.

Add the parsley, ground black pepper, and carrots. Bring to a boil, reduce heat to low and simmer for 30 minutes. Do a taste test and adjust seasonings to suit your taste.

Add the noodles, turn heat up and bring the soup to a boil.

Boil for one minute, then turn back down to simmer for 10 minutes. Shut off and cover.

Let sit for about 15 minutes or until the noodles have cooked through.



1 Tablespoon butter
1 lb. cubed lean beef stew meat
1 cup chopped onion
1 cup chopped celery
8 cups beef broth (canned, tetra pack or bouillons added to water)
1/2 teaspoon dried parsley
1/2 teaspoon ground black pepper
1 cup chopped carrot
1 1/2 cups noodles of your choice
salt and pepper to taste
***Optional, garnish with fresh herbs.**

Serves 4



Best Chili

Make the chili in a large pot on the stove top. Melt the butter over medium heat, add the onions and cook until tender and translucent. Add the ground meat and cook until no pink is showing. Use a wooden spoon to break it into a crumbly texture as it cooks. Drain off any fat. Add all the remaining ingredients and seasonings. Bring to a boil, then turn down to simmer. Cover with a lid. Simmer over very low heat for 2 hours, do a taste and adjust seasonings to taste.

*Note you can also use a crock pot, or you could transfer the chili to an oven proof dish after you have combined everything and bake, covered at 325°F. for 2 hours.



- 1 Tablespoon butter**
- 1 medium sized onion, diced**
- 1 lb. lean ground beef OR ground chicken**
- 1 red pepper, diced**
- 1 Tablespoon jalapeno, finely chopped**
- 1 (14 oz.) can Mexican-style tomatoes**
- 2 (8 oz.)cans tomato sauce**
- 2 Tablespoons cumin**
- 2 Tablespoons chili powder**
- 1 teaspoon salt**
- 1/2 teaspoon cayenne pepper**
- 1/2 teaspoon paprika**
- 2 (14 oz.) cans kidney beans, drained and rinsed**
- 1/4 cup water**

Serves 8-10



Chicken Gumbo Soup

In a soup pot, melt the butter over medium heat. Add the onions and cook until translucent and tender.

Add the garlic and cook one minute longer.

Add the celery and red pepper. Cook 3 minutes.

Add the chicken pieces and cook for about 5-8 minutes stirring frequently until cooked through.

Stir in tomatoes, chicken stock, rice, cumin, cinnamon, Worcestershire and red pepper flakes.

Heat to boiling, then reduce heat and simmer, covered for 15-20 minutes until rice is tender.

Stir the cornstarch into the cold water. Spoon some of the hot soup broth into the cornstarch mixture and stir to combine, then add cornstarch mixture back into the hot soup and stir in.

Bring to a boil, and give it a stir. Shut off.

Serve piping hot.



- 3 Tablespoons butter**
- 1 onion, minced**
- 2 cloves garlic, minced**
- 2 cups celery, diced**
- 1 red bell pepper, diced**
- 6 boneless, skinless chicken thighs, (or 4 boneless, skinless chicken breasts, or a combination of both) cut into 1/2 inch pieces**
- 1 (16 oz.) can diced tomatoes**
- 4 cups chicken stock**
- 1 cup white rice, uncooked, rinsed in cold water**
- 2 teaspoons cumin**
- 1 teaspoon cinnamon**
- 2 teaspoons Worcestershire sauce**
- 1 teaspoon crushed red pepper flakes**
- 2 Tablespoons cornstarch + 1/4 cup cold water**

Serves 6-10



Chicken Meatball Soup

Start by making the meatballs.

In a large bowl, mix the ground chicken, water, egg, 1/3 cup onion, bread crumbs, cheese, salt and pepper to taste.

Shape the mixture into small 1-inch meatballs.

Heat the olive oil in the soup pot on the stove top.

Place the meatballs in and brown the outsides.

Cook for about 10 minutes, they should be cooked through.

Remove the meatballs with a slotted spoon to a bowl.

Add the chicken broth, carrots, red pepper, and frozen peas to the soup pot and bring to a boil.

Add the noodles, stirring as necessary and boil for about 5 minutes.

Return the meatballs to the soup. Turn heat down to low and let simmer for 15-20 minutes.

Do a taste test and season with salt and pepper to suite your taste.



Meatballs

3/4 lb. ground chicken

1/4 cup cold water

1 egg, beaten

1/3 cup onion, finely minced

1/2 cup plain breadcrumbs

1/2 cup parmesan cheese, freshly grated

1/2 teaspoon salt

fresh ground black pepper

1 Tablespoon olive oil

Soup

8 cups chicken broth

2 large carrots, sliced

1 red bell pepper, cut into chunks

1 cup frozen peas

1 cup long narrow soup noodles

Serves 4-6



Chicken Stew

In a large soup pot or dutch oven, melt the butter over medium heat.

Add the onion and cook until the onion is translucent and tender.

Add the garlic and cook for one minute.

Add chicken chunks and cook until browned, about 7 minutes stirring frequently.

Add the chicken broth and stir in the rosemary, thyme, salt and pepper.

Add the potatoes and carrots and bring to a boil.

Let boil for one minute, then reduce to simmer.

Cover and simmer for 30 minutes.

Note: If you want the broth thicker, stir 2 teaspoons flour into 1/4 cup water. Stir to make a smooth paste. Pour the paste into the simmering stew and stir it in well to completely incorporate. Simmer for 10 minutes.



4 Tablespoons butter
1 medium sized onion, chopped
3 cloves garlic, minced
3 chicken breasts, cut into 1 inch chunks
2 cups chicken broth
1 Tablespoon rosemary
1 teaspoon thyme
1 teaspoon salt
1/2 teaspoon pepper
3 large potatoes, cut into small chunks
4 carrots, cut into thin round slices

Serves 3-4



Chunky Chicken Noodle Soup

Melt the butter in a large soup pot over medium heat.

Stir in the onion and cook until translucent and tender, about 2 minutes.

Add the celery and cook another 2 minutes.

Add the chicken cubes and cook another 4-5 minutes until the chicken is cooked through.

Add the chicken broth, carrot, salt, pepper and parsley and bring to a boil.

Add the egg noodles, boil for another 5 minutes then turn down to simmer and cook for 10 minutes.

Do a taste test, add the cayenne pepper if using and salt and pepper if needed.



2 Tablespoons butter
1/2 cup diced onion
1/2 cup diced celery
2 boneless, skinless chicken breasts cut into cubes
8 cups chicken broth
1/2 cup diced carrot
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon freshly chopped parsley
4 oz. uncooked thin egg noodles
1/4 teaspoon cayenne pepper (optional)

Serves 4-6



Homemade Vegetable Pasta Soup

Heat the oil in a large soup pot over medium heat.

Add the onion and cook until translucent and tender, about 2 minutes.

Add the garlic and cook one minute.

Add the celery and cook two minutes.

Stir in the chicken broth and tomato paste.

Bring to a boil, and add the carrots and rinsed beans.

Reduce the heat to a simmer and cook for about 15 minutes.

Bring the soup back up to a boil and add the pasta. Cook until el dente, about 10 minutes, stirring occasionally.

Add the parsley.

Turn down to simmer, season with salt and pepper to taste and cook 5 more minutes.

Serve hot.



2 Tablespoons olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 celery stalk, diced
8 cups chicken broth
2 Tablespoons tomato paste
2 carrots, sliced
2 cans (15 oz. each) beans, such as navy or cannellini, drained and rinsed
3/4 cup or short, tubular pasta
1/4 cup chopped fresh parsley
salt and pepper to taste

Serves 6-8



Split Pea and Potato Soup

Heat the oil in a large soup pot over medium heat
Add the onion and cook until translucent and tender, about 2 minutes.
Add the chopped ham cook until it has a golden brown color.
Add the celery and cook another 2 minutes.
Add the soup broth and the split peas, along with the bay leaf, pepper, salt and cumin.
Add the potatoes and carrots. Bring to a boil, then turn to simmer and cook for 40 to 60 minutes or until the peas are soft. Stir frequently to keep the solids from burning on the bottom of the pot.
Do a taste test and season with salt and pepper if needed.



2 teaspoons olive oil
1 onion, chopped
1 cup chopped ham (optional)
1 stalk celery, chopped
8 cups soup broth (vegetable, chicken or beef, canned or tetra packs)
2 cup split peas
1 large bay leaf
black pepper, 1-2 turns of grinder
1 teaspoon sea salt
1 teaspoon cumin
2 medium sized potatoes, peeled and cubed and washed
1 carrot, chopped

Serves 4-6

Tomato and Meatball Soup

Begin by making the meatballs.

In large bowl, place the beaten egg, onion, parsley, bread crumbs and ground beef.

Mix lightly with a wooden spoon.

Use your hands to combine the rest of the way and to roll into about 36 small meatballs.

Place the meatballs onto a plate as you form them.

In shallow bowl, mix all purpose flour, salt and pepper.

Roll meatballs in all purpose flour mixture.

Heat the oil in the soup pot over medium heat and add the meatballs, browning them on all sides and making sure they are cooked through.

Do not overcrowd. Do in batches, moving the cooked meatballs to a bowl.

Set the cooked meatballs aside while you prepare the rest of the soup.

Pour off any fat that may be in the soup pot.

Add the water to the soup pot along with the cans of tomato soup, the bouillon, oregano, basil, thyme, salt and pepper to taste, celery, carrots, and garlic, and bring to a boil.

Add the meatballs to the soup, turn down and simmer for 20 minutes.

Add the noodles, bring to a boil and cook for 5-8 minutes until the noodles are tender.

Turn off and serve.



Meatballs

1 egg, beaten
1/2 cup diced onion
1/2 cup chopped fresh parsley
1/2 cup bread crumbs
1 lb. lean ground beef
1/3 cup all purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
2 Tablespoons olive oil

Soup

2 quarts water (16 cups)
2 cans tomato soup (8 oz. each)
2 teaspoons vegetable or beef bouillon
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon black pepper, ground
2-3 stalks celery, diced
2-3 carrots, diced
1-2 clove garlic, minced
1 1/2 cups O-noodles uncooked
Serves 6-8



Tomato Rice Soup

Melt the butter in large soup pot over medium heat.

Add the onions and cook until translucent and tender.

Add garlic and cook for one minute.

Add the celery and red bell pepper and cook another 2-3 minutes.

Add tomato juice, can of diced tomatoes, herbs, salt, pepper and rice.

Bring to a boil, then turn down to a simmer for 20 minutes. Add the parsley and simmer another 10 minutes. Shut off.

Serve hot.



- 1 Tablespoon butter**
- 1 medium onions, chopped**
- 2 garlic cloves, minced**
- 1 stick celery finely sliced**
- 1/2 red bell pepper sliced**
- 750 ml tomato juice**
- 1 (30 oz.) can diced tomatoes**
- 1 teaspoon dried oregano**
- 1 teaspoon salt**
- 1 teaspoon fresh ground pepper (to taste)**
- 1 cup white rice**
- 2 Tablespoons fresh chopped parsley**

Makes 4 servings



Chicken and Cheese Panini

Slice the chicken breasts into thin slices. Heat the olive oil in large frying pan, and warm up the chicken, cooking over medium low heat for 4-5 minutes or until cooked through.

While the chicken is cooking, butter each slice of bread on one side.

Lay all 8 slices of bread onto parchment paper or plates with the butter sides down.

Spread a little mayonnaise onto 4 of the slices and ranch dressing onto the other 4 slices.

Divide the cooked chicken onto four slices that have mayonnaise on them. Lightly season with a little salt and pepper.

Divide the cheese slices evenly and place on top of the chicken.

Place the second piece of bread, butter side out onto each of the sandwiches.

If you are using a panini maker, have it pre-heating while you are assembling the sandwiches.

Place into the panini maker and cook the sandwiches until they are golden brown on the outside and the cheese is melted and heated on the inside.

If you are using a frying pan, heat the pan over medium heat and place the sandwiches onto the pan, pressing down the a little on each sandwich with a flipper.

Cook one side to golden brown.

Flip the sandwiches and place a lid over the frying pan to contain the heat. Grill the second side until nice and brown and the cheese is melted. Flip more than once if necessary to prevent the sandwich from burning.

Cook in batches as per the size of your panini maker or skillet allows.

*Note you can also use precooked chicken or deli chicken.



1 Tablespoon olive oil
2 chicken breasts, cut into thin slices
2 Tablespoons butter (more or less)
8 slices whole grain bread
salt and pepper to taste
2 Tablespoons mayonnaise (more or less)
2 Tablespoons of ranch dressing (more or less)
8 slices of cheddar cheese (or more)

Makes 4 sandwiches



Grilled Cheese and Ham Sandwich

Mix together the butter and parmesan cheese. Butter each slice of bread on one side. Lay all 8 slices of bread onto parchment paper or plates with the butter sides down. Spread a little Dijon mustard onto 4 of the slices. Divide the cheese and ham slices onto four slices that have Dijon mustard on them. Lightly season with a little salt and pepper. Cover with the second slice of prepared bread. Heat a large skillet over medium low heat and place the sandwiches onto the pan. Press the sandwiches down lightly with a flipper. Cook one side to golden brown. Flip the sandwiches and place a lid over the frying pan to contain the heat. Grill the second side until nice and brown and the cheese is melted. Flip more than once if necessary to prevent the sandwich from burning. Cook in batches as per the size of your skillet.



3 Tablespoons butter, softened
1/4 cup parmesan cheese
8 slices of a bread, your favorite
Dijon mustard
8 slices Monterey jack cheese (or more)
8 slices cooked deli ham
salt and pepper

Makes 4 sandwiches

Grilled Cheese Tomato Grain Sandwich

Butter each slice of bread on one side.
Lay all 8 slices of bread onto parchment paper or plates with the butter sides down.
Divide the cheese among them.
Divide the sliced tomatoes.
If using sweet onion, place a thin layer next.
Place the second piece of bread, butter side out onto each of the sandwiches.
Heat a large skillet over medium low heat and place the sandwiches onto the pan.
Press the sandwiches down lightly with a flipper.
Cook one side to golden brown.
Flip the sandwiches and place a lid over the frying pan to contain the heat. Grill the second side until nice and brown and the cheese is melted.
Flip more than once if necessary to prevent the sandwich from burning.
Cook in batches as per the size of your skillet.



4 Tablespoon butter, at room temperature
8 slices whole grain flax seed bread
8 slices mozzarella cheese (or more)
2 medium size tomatoes, sliced thin
Optional: a few thin slices of sweet white onions

Makes 4 sandwiches

Grilled Reuben Sandwich

Butter each slice of rye bread on one side.
Lay all 8 slices of bread onto parchment paper or plates with the butter sides down.
Spread a layer of mayonnaise on all 8 slices of bread.

To build the sandwiches, on the bottom slice of each sandwich, load up with corned beef. We say 4 slices per sandwich at least, but if you can get the slivered corned beef, load it up as thick as you want.

Divide up the sauerkraut, again putting as much or little as you like in each sandwich.

Season with a sprinkle of salt and pepper.

Place the second piece of bread, butter side out onto each of the sandwiches. Push down lightly with your fingertips.

Put a large skillet over medium low heat.

Carefully put the sandwiches into the skillet and grill until golden brown. Press down a little with the flipper and gently turn the sandwiches over. Put a lid to cover and grill the other side until golden brown, heated through, and cheese has melted. Flip more than once if necessary to keep from burning.

Cook in batches as per the size of your skillet.
Serve immediately with dill pickles.



8 slices light rye bread
4 Tablespoons butter
4 Tablespoons mayonnaise
1 (16 oz.) can sauerkraut, rinsed and drained and patted dry with a paper towel.
16 slices corned beef (or more)
8 slices swiss cheese (or more)
salt and pepper to taste
2 dill pickles, cut lengthwise into quarters.

Makes 4 sandwiches



Meatball Sub Sandwich

Preheat oven to 450°F.

Have ready a baking sheet, lined with parchment paper.

Slice the tops off the buns, creating a v-indent in the buns that will hold the meatballs.

Crumble the bun tops into a large mixing bowl.

Add the meat, egg, basil, salt and pepper.

Shape meat mixture into 16 small meatballs.

Heat the olive oil in a large frying pan over medium heat.

Add the meatballs and cook until cooked through.

Add the spaghetti sauce to the meatballs and stir gently to coat. Turn off the heat.

Place the 4 buns onto the lined baking sheet and place into the preheated oven for 5 minutes to lightly toast the buns.

Remove from the oven and divide the meatballs into the buns. Spoon the sauce on each to coat.

Divide and sprinkle on both cheeses.

Place back into the oven.

Turn on broiler and broil for about 5 minutes or less, until cheese is melted and bubbly.

Keep an eye on them while doing this so you do not burn them.

Serve right away.



4 sandwich buns, the top sliced off
500 grams lean ground beef
1/4 cup breadcrumbs, from the bun tops
1 large egg
1 cup fresh basil, chopped
salt and pepper
2 Tablespoons vegetable oil
1 cup spaghetti sauce
1 cup each, mozzarella and cheddar cheese, grated

Serves 4



Tuna Sandwich

Into a medium sized bowl, break up the tuna with a fork. Add the finely chopped sweet onion, diced baby dill pickles, mayonnaise and mustard. Use a fork to combine well. Salt and pepper the tuna filling to taste. Toast the 4 slices of bread and lightly butter. Place 2 pieces of toast on a cutting board and spoon on half of the tuna mixture. Top with a lettuce leaf. Place the second toast on top, and cut into halves to serve.



1 (6 oz.) can solid white albacore tuna
1/2 small sweet onion, chopped fine
2 baby dill pickles, diced
2 Tablespoons mayonnaise
1 teaspoon Dijon mustard
salt and pepper, to taste
4 slices wholesome bread, toasted
1 teaspoon butter (more or less)
2 leaves leaf lettuce

Makes 2 sandwiches



Baked Chocolate Glaze Donuts

Preheat oven to 425°F.

Grease a 12 hole donut pan. Set aside.

Combine all purpose flour, sugar, baking powder, nutmeg, and salt in a large mixing bowl.

In a separate medium bowl, combine buttermilk, eggs, and melted butter. Mix until well combined.

Pour the wet ingredients into the dry ingredients and fold together until just combined.

Evenly spoon the batter into the prepared donut pan.

Transfer pan to the preheated oven and bake for 7 to 9 minutes, or until toothpick inserted into the centre of a donut comes out clean.

Let donuts cool for 5 minutes before removing from the pan.

Transfer to a wire cooling rack and let the donuts cool completely before glazing.

Chocolate Glaze:

Combine the chocolate chips, butter, corn syrup, and water in a medium heat proof bowl set over a pot of barely simmering water.

Heat, stirring as needed, until the ingredients are melted and smooth.

Remove chocolate glaze from heat.

Working one at a time, dip the tops of the donuts into the chocolate glaze.

Set aside on a serving platter and cover with sprinkles.



Donuts

2 cups all purpose flour

3/4 cup granulated sugar

2 teaspoons baking powder

1/4 teaspoon ground nutmeg

1/2 teaspoon salt

3/4 cup buttermilk

2 eggs, beaten

2 Tablespoons butter, melted

Chocolate Glaze

1/2 cup chocolate chips

2 Tablespoons butter

2 teaspoons light corn syrup

2 teaspoons water

rainbow sprinkles

(Makes 12 donuts)



Banana Split Pie

Mix together graham crumbs with butter, press into the bottom of a 9 inch pie plate. In a stand mixer bowl place 1 cup butter, 2 cups confectioners' sugar and 2 eggs. Using the paddle attachment on medium speed, beat until smooth, light yellow, and fluffy. Spread into pie crust and top with sliced bananas and pineapple. In mixing bowl place, whipping cream, 2 tablespoons confectioners' sugar, and vanilla. Using the whisk attachment beat until just stiff. Spread the whipped cream over the entire pie. **Chocolate Drizzle:** In a small saucepan over low heat, melt the butter. Stir in the chocolate chips and heat until the chocolate has melted. Drizzle over the entire pie. Gently cover with plastic wrap and place in refrigerator until ready to serve. Top each slice with a cherry to serve.

Note: For many, eating raw eggs is a concern. This list gives you suggestions for alternatives in your baking needs:

*Alternatives for pasteurized raw eggs
2 tbsp cornstarch = 1 egg
2 tbsp arrowroot flour = 1 egg
2 tbsp potato starch = 1 egg
1 heaping tbsp soy powder + 2 tbsp water = 1 egg
1 tbsp soy milk powder + 1 tbsp cornstarch + 2 tbsp water = 1 egg.
1 banana = 1 egg
1 tbsp milled flax seed and 3 tbsp water = 1 egg.



1 1/2 cups graham cracker crumbs
6 Tablespoons butter
1 cup butter
2 cups confectioners' sugar
2 pasteurized eggs
2 bananas sliced thinly
8 oz. can crushed pineapple, drained very well
1 1/2 cups whipping cream
2 Tablespoons confectioners' sugar
1 teaspoon pure vanilla extract

Chocolate Drizzle
2 teaspoons melted butter
1/3 cup chocolate chips

Optional: 1 jar maraschino cherries



Brownie Bite Sundae

Preheat oven to 350°F.
Grease and flour an 8 inch square cake pan.
In a large saucepan, melt butter.
Remove from heat, and stir in sugar, eggs, and vanilla.
Beat in cocoa, flour, salt, and baking powder.
Spread batter into prepared pan.
Bake for 25 to 30 minutes. Let cool.

Caramel Sauce:

Put the sugar in a heavy-bottom saucepan over medium heat. whisk as the sugar starts to melt. As soon as all the sugar is melted, remove from the heat and add the butter.
Once all the butter is melted, whisk in the cream until you have a smooth caramel sauce.

To Serve, scoop ice cream into serving bowls and top with brownie pieces and caramel sauce.



Brownies

1/2 cup butter
1 cup granulated sugar
2 eggs
1 teaspoon pure vanilla extract
1/3 cup unsweetened cocoa powder
1/2 cup all purpose flour
1/4 teaspoon salt
1/4 teaspoon baking powder

Caramel Sauce

1/2 cup granulated sugar
3 Tablespoons butter
1/4 cup heavy cream

Vanilla ice cream, to serve



Chocolate Cheesecake Dip

In a medium bowl, use an electric mixer to beat the cream cheese and whipping cream until well blended and smooth.

Add cocoa and vanilla extract, and beat in well.

Beat in the brown sugar and cinnamon.

This easy to make chocolate cheesecake dip can be served with marshmallows, graham crackers, or fruit on a stick for dipping.



2 cups cream cheese, at room temperature
1/2 cup whipping cream
4 Tablespoons dark cocoa powder
1/2 teaspoon vanilla extract
1/4 cup dark brown sugar
1 teaspoon ground cinnamon



Chocolate Chip Chocolate Muffins

Preheat the oven to 350°F.

Line with paper liners or grease two 12-hole muffin pans.

In a large mixing bowl stir together the flours, sugar, baking powder, baking soda, salt and cocoa powder.

In a medium sized mixing bowl, using an electric mixer combine the milk, eggs and oil. Beat into the all purpose flour until the all purpose flour moist.

On slow speed, mix in one cup of the chocolate chunks and 1/2 cup of the nuts.

Divide the batter into the muffin tins, filling each one 3/4 of the way full.

Sprinkle additional chocolate chunks and nuts on the top

Place both tins onto the middle rack into the preheated oven and bake for 18-20 minutes or until a toothpick inserted in the middle comes out clean. Or bake in two batches.

Remove to cooling racks, let sit 5 minutes, then move each muffin out of the tin and onto the cooling rack.



2 cups all purpose flour
2 cups whole wheat flour
1 cup granulated sugar
1 teaspoon baking powder
1 Tablespoon baking soda
1 teaspoon salt
4 Tablespoons unsweetened cocoa powder
1 3/4 cups milk
2 large eggs
1/2 cup + 2 teaspoons vegetable oil
1 1/2 cups chocolate chunks, divided
3/4 cup chopped nuts (your choice: walnuts, peanuts, almonds), divided
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 Tablespoon pure vanilla extract

(Makes 24)



Chocolate Coconut Bars

Preheat oven to 375°F
Line a 9×13 pan with parchment paper, and grease the paper with butter. Leave extra paper overlapping the sides so you can easily remove the bars when they are baked.
Stir together the graham cracker crumbs, sugar and butter in a large bowl.
Evenly press the graham cracker mixture into the prepared pan.
Bake for 10 minutes. Remove from the oven and place onto a cooling rack for 20 minutes.
Sprinkle one cup of chocolate chips, and the chopped pecans over the crust.
Pour condensed milk over the top, tilt the pan from side to side to spread it to all corners, use a silicone spatula to aid in spreading evenly.
Sprinkle with the remaining chocolate chips and the butterscotch chips.
Sprinkle the top with coconut.
Bake for about 15 minutes, or until coconut is browned slightly.
Cool completely on a wire rack.
Remove using waxed paper, and cut into bars.
Store in an airtight container.



3 1/2 cups graham cracker crumbs
1/4 cup granulated sugar
1 cup (2 sticks) butter, melted
1 1/2 cup chocolate chips, divided
1/2 cup butterscotch chips
3/4 cup chopped pecan pieces
1 can (14 oz) sweetened condensed milk
1 1/2 cups shredded coconut



Chocolate Cream Pie

Preheat oven, 350°F.

Lightly grease a 9 inch pie plate.

In a large mixing bowl, mix together the chocolate crumbs, sugar, vanilla, and butter.

Press the mixture firmly and evenly against the bottom and sides of the pie plate.

Place into the preheated oven and bake for 10 minutes. Remove and place onto a cooling rack and let cool completely before filling.

To make the chocolate pie filling, in a medium sized sauce pan whisk the water, cornstarch and cocoa powder together until smooth.

Add the condensed milk and egg yolks and use a silicone spatula to stir and keep from sticking to the bottom as you cook over medium low heat for 5-10 minutes, until thickened.

Remove from heat and stir in butter and vanilla.

Pour into baked pie shell.

Place into the refrigerator and chill until ready to serve.



Crust

- 1 1/2 cups chocolate cookie crumbs**
- 2 Tablespoons granulated sugar**
- 1/2 teaspoon pure vanilla extract**
- 1/4 cup butter, melted**

Filling

- 1 2/3 cups water**
- 3 Tablespoons cornstarch**
- 5 Tablespoons cocoa powder**
- 1 (14 oz.) can sweetened condensed milk**
- 3 egg yolks, beaten**
- 2 Tablespoons butter**
- 1 teaspoon pure vanilla extract**



Coconut Rice Pudding

Use a large heavy bottom saucepan.
Stir together the coconut milk, sugar, and salt.
Stir in the pre-cooked cold and unsalted rice, stir together.
Cook, uncovered over moderate heat for about 40 minutes until thickened. Stir frequently.
When cooked, stir in the pure vanilla extract.
Serve warm.
Garnish each serving with a sprinkling of toasted coconut and pistachio nuts.



3 1/2 cups well-stirred canned unsweetened coconut milk
1/3 cup granulated sugar
1/4 teaspoon salt
1 1/2 cups cold unsalted cooked rice
1 teaspoon pure vanilla extract
Garnish: sweetened flaked coconut, toasted and pistachio nuts

Serves 4

Condensed Milk Coconut Balls

In a medium sized pot heat the sweetened condensed milk, vanilla, butter and coconut over medium heat.

Stir constantly with a silicone spatula until thick. Grease a small mixing bowl with butter and pour mixture into it.

Place into the refrigerator and chill for 30 minutes.

Grease your hands with some butter, taking a teaspoonful of batter at a time roll into balls.

Roll the balls in coconut flakes.

Place into a container with a lid.

Keep refrigerated until you plan to eat these yummy treats.



1 (400 g) can sweetened condensed milk
1 Tablespoon vanilla essence (for coconut flavour)
1 Tablespoon butter
4 Tablespoons desiccated coconut (for coconut flavour)
coconut flakes

Makes about 12 coconut balls

Easy Chocolate Chip Cookies

Preheat oven to 350°F.

Lightly grease a baking sheet with butter.

In a mixing bowl, stir together the flour, sugar, brown sugar, and baking powder.

In a large mixing bowl, using an electric mixer, beat the butter until smooth.

Add the eggs one at a time and beat in.

Slowly add the flour mixture to the butter mixture beating in with the electric mixer on medium low speed. Add the vanilla and mix in. Use a wooden spoon to stir in the chocolate chips.

Drop small balls of cookie dough onto an the prepared baking sheet and leave at least an inch of space between them.

Bake on center rack of oven about 10-14 minutes.

Remove the baked cookies and leave them sit on the cookie sheet for five minutes before moving the cookies directly onto the cooling rack.

Bake in batches if too much for one sheet.



3 cups all purpose flour
1 cup granulated sugar
1/2 cup brown sugar
2 teaspoons baking powder
1 cup butter, at room temperature
3 large eggs
2 teaspoons pure vanilla extract
1 1/2 cups chocolate chips



Easy Lemon Cupcakes

Preheat oven to 350°F.

Line a muffin tin with cupcake liners.

In a mixing bowl, stir together the flour, baking soda and baking powder. Set aside.

In a large mixing bowl, beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating after each addition.

Mix in lemon zest, lemon juice and lemon extract.

Slowly add the flour mixture and beat in.

Add the yogurt and mix until well incorporated.

Fill lined cups 3/4 full with batter.

Place into preheated oven and bake for 18 to 20 minutes or until a toothpick inserted in the center of a cupcake comes out clean.

Remove and set the hot tin on a cooling rack.

When cupcakes are cool enough to touch remove them from the tin directly onto the rack and let cool completely before frosting.

Vanilla Buttercream Frosting

In a mixing bowl, use an electric mixer to beat butter for a 3 minutes on medium speed.

Slowly add 2 cups of confectioners' sugar to the butter and beat on low speed until the sugar is incorporated.

Increase mixer speed to medium and add the salt, vanilla extract, and 1 tablespoon of milk and beat for 3 minutes.

If your frosting needs a more stiff consistency, add more of the remaining confectioners' sugar.

If your frosting needs to be thinned out, add more milk 1 teaspoon at a time.

Put the frosting into the piping bag.

Buttercream icings are so easy to work with because you can add more or less of the confectioners' sugar and milk and get to that perfect consistency.

Assembly

Pipe design on top of each cooled cupcake, serve.



Cupcakes

- 1 1/3 cups all purpose flour**
- 1/2 teaspoon baking soda**
- 1/2 teaspoon baking powder**
- 1/3 cup butter, at room temperature**
- 2/3 cup granulated sugar**
- 2 large eggs**
- 1 Tablespoon ground lemon zest**
- 2 Tablespoons lemon juice**
- 1/4 teaspoon lemon extract**
- 1/2 cup yogurt**

Vanilla Buttercream Frosting

- 1/2 cup (1 stick) butter, at room temperature**
 - 2-3 cups confectioners' sugar, SIFTED**
 - 1/4 teaspoon salt**
 - 1 teaspoon pure vanilla extract**
 - 1-2 Tablespoons milk or heavy cream**
- (Makes 1 1/4 cups frosting)**

Makes about 12 cupcakes



Easy Lunch Box Sugar Cookie

Preheat oven to 400°F.
Line a baking sheet with parchment paper and lightly grease the paper with butter.
Using an electric mixer on medium speed, cream butter and sugar together in a large mixing bowl. Beat in the egg and vanilla.
Stir the baking powder into the flour, then add the dry ingredients to the creamy butter mixture adding in increments and beating in slowly with an electric mixer until incorporated.
Use your hands to form the dough into a ball. Roll the cookie dough out on a lightly floured surface to 1/4 inch thickness.
Use a cookie cutter to cut out 2-1/2" circles and place them onto the prepared baking sheet leaving an inch space between the cookie.
Assemble the dough pieces that were not used, form another ball, roll out and cut more cookies. Repeat until all the dough is used.
You may need to cook in batches.
Dab the sprinkles onto the cookies and press them in lightly.
Place the cookies to bake in the preheated oven on the middle rack.
Bake for 7-10 minutes.
The cookies should be light in color with light browning on the edges when baked.
Remove from the oven and let sit in the baking pan for 5 minutes, then transfer the cookies directly onto the cooling rack.
Keep stored in a sealed container.



1 cup butter
3/4 cup granulated sugar
1 large egg
1 teaspoon pure vanilla extract
2 teaspoon baking powder
2 3/4 cups all purpose flour
*** Optional. Colored candy sprinkles. These cookies are tasty without the candy sprinkles on them as well.**



Gummy Candy

Have ready Jelly molds of your choice.
There are lots of styles of jelly molds such as gum drop, bears, worms and so on.
Measure out juice and honey, set aside
In a mixing bowl, use an immersion blender to puree fruit to the consistency of thin sauce, Set aside one cup of puree.
If necessary, squeeze the puree through a cheesecloth so you have pure juice.
Bring 1/2 cup water to a boil.
Into a medium size mixing bowl, pour 1/2 cup cold water.
Whisk gelatin into cold water.
Whisk the boiling water into gelatin mixture.
Stir in the honey until combined.
Stir in the pureed fruit and the juice until fully combined.
Quickly pour the mixture in to jelly molds.
Place molds in refrigerator 2-3 hours until firm.
This is an easy treat to make that has no artificial colors or flavors.



1 cup fruit juice
1/4 cup honey or maple syrup
1 cup pureed fruit
1/2 cup boiling water
1/2 cup cool water
1/2 cup gelatin powder



Individual Tiramisu Parfaits

Have ready 6 dessert dishes.

In a large mixing bowl combine the mascarpone cheese, 2 tablespoons of the Bailey's Irish Cream, and sugar. Beat with an electric mixer on low speed until combined.

In a clean mixing bowl using a whisk attachment, beat the heavy whipping cream on medium high speed until stiff peaks form.

Fold the whipped cream into the mascarpone mixture.

Pour the cooled espresso into a medium sized bowl and stir in the vanilla and the remaining Bailey's.

Cut the ladyfingers into cubes. Place 6 cubes into the bottom of the dessert dishes.

Drizzle 2 tablespoons of espresso over the cubes. Repeat for the other 5 dishes.

Add 1/4 cup layer of mascarpone cheese mixture to each dish, Gently press down and spread to an even layer.

Repeat the process, cubed ladyfingers, espresso, mascarpone cheese, then shaved chocolate.

Cover the top of each one with plastic wrap and place in the refrigerator to chill for at least 2 hours before serving.



2 cups mascarpone cheese
3 1/2 Tablespoons Bailey's Irish Cream, divided
1/3 cup granulated sugar
1 1/2 cups heavy whipping cream
24 soft ladyfingers
1 1/4 cups espresso, cooled
1 Tablespoon pure vanilla extract
1/4 cup bittersweet chocolate, shaved

Makes 6 servings

Mini Peanut Butter Cup Cookies

You need to work with frozen and unwrapped mini peanut butter cups so plan to unwrap and freeze them several hours, or even a day in advance of baking these treats.

Preheat oven to 375°F.

Prepare your mini muffin tins with liners.

In a mixing bowl, stir together the flour, salt and baking soda and set aside.

In a large mixing bowl, using an electric mixer on low to medium speed, mix the butter until creamy. Beat in the sugar, peanut butter and brown sugar until fluffy.

Beat in the egg, vanilla and milk.

Mix in the flour mixture; and mix until well combined.

Shape 40 little balls and place each ball into the prepared lined mini muffin pans.

Place in the preheated oven and bake for 8 minutes.

Have the peanut butter cups sitting out and at the ready

Once baked, remove from oven, place the tin onto a cooling pad and working quickly, press a frozen mini peanut butter cup into each ball.

Cool and carefully remove from tin to cooling racks.

Tip* Bake in batches as you need to have enough time to place a peanut butter cup onto hot cookies so they can be pressed in.

These are great for a cookie exchange.



40 miniature chocolate covered peanut butter cups, unwrapped and frozen 1 3/4 cups all purpose flour

1/2 teaspoon salt

1 teaspoon baking soda

1/2 cup butter, at room temperature

1/2 cup granulated sugar

1/2 cup peanut butter

1/2 cup packed brown sugar

1 egg, beaten

1 teaspoon pure vanilla extract

2 Tablespoons milk

Makes 40



Simple Apple Cake

Preheat oven to 350°F.

Grease a 10 inch spring form with butter on the bottom and up the sides.

Peel, core and slice the apples thinly.

Put sliced apples in a bowl full of water and add 1 teaspoon lemon juice to help stop from browning. Set aside.

In a mixing bowl, stir together the flour, baking powder and cinnamon. Set aside.

In a large mixing bowl, using an electric mixer on medium-low speed, beat together the butter, sugar, eggs and vanilla until well incorporated.

Add the dry ingredients and mix until well combined.

Drain the water from the apples, and fold the apples into the batter.

Pour batter into prepared spring form pan and bake for 50 to 60 minutes, or until top is golden brown and an inserted toothpick in the middle of the cake comes out clean.

Remove from the oven and place the cake pan onto a cooling rack.

Once cool enough to touch, use a butter knife to run around the edges of the cake, then release cake from the spring pan and transfer to the cooling rack to let cool completely.

Dust cooled cake with confectioners sugar.



3 medium apples, peeled
1 teaspoon lemon juice
2 cups all purpose flour
1 Tablespoon baking powder
2 teaspoons cinnamon
1 cup butter, at room temperature
1 1/2 cups granulated sugar
3 eggs
2 teaspoons pure vanilla extract
confectioner's sugar for dusting

Serves 6 - 8

Simple Brownies

Preheat oven to 350°F.

Grease a 8 inch baking pan with oil.

In a mixing bowl using an electric mixer, mix together melted butter and cocoa powder until smooth. Add in sugar, eggs and vanilla, mix until well incorporated.

Stir in flour, baking powder and salt until well incorporated.

Pour batter into prepared baking pan and bake for 15 - 20 minutes, or until a toothpick inserted in the center of the brownie comes out clean.

Don't over bake.

Remove from oven and set of a wire rack to cool.

*Optional: Add your favorite nuts, chocolate chips or a combination of both to the batter before baking. (1 cup total)



1/2 cup butter, melted
1/2 cup cocoa powder
1 cup granulated sugar
2 eggs
1 teaspoon pure vanilla extract
1 cup all purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt

Serves 6 - 8



Simple Chocolate Cake from Scratch

Preheat your oven to 325°F.
Grease a 9x5 inch loaf pan and dust with flour. In a large mixing bowl, use an electric mixer on medium speed, to cream the butter and sugar together until fluffy. Add the egg, buttermilk and vanilla and mix until well combined. In a separate medium bowl, combine the flour, cocoa powder, baking soda, baking powder and salt. Mix and beat the dry ingredients into the wet. Mix until just incorporated. Pour the batter into the prepared pan. Place into the preheated oven and bake for 60-70 minutes, or until a toothpick inserted in the center of the loaf comes out clean. Remove and place onto a cooling rack. Allow the cake to sit for 15 minutes in the pan before removing. Transfer from the pan to the cooling rack and cool completely before frosting with your favorite frosting.



1/2 cup butter, at room temperature
1 1/2 cups brown sugar
1 large egg
1 cup buttermilk
1 teaspoon pure vanilla extract
1 1/2 cups all purpose flour
3/4 cup Dutch processed cocoa powder
1/4 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt



Simple Cupcakes

Preheat oven to 350°F.

Line a 12 muffin pan with paper liners.

Using an electric mixer and a medium sized mixing bowl, cream the butter and sugar together.

Break the eggs into a small bowl one at a time then beat in to the creamy mixture. Mix in the vanilla.

In a second bowl, stir together the flour and baking powder. Mix the dry ingredients in increments into the creamy mixture. Mix in the milk and beat until the batter is smooth.

Divide the mixture into the lined cupcake holders.

Place into the preheated oven and bake 20 to 25 minutes, or until a toothpick inserted in the center of a cupcake comes out clean.

Remove from the oven and place onto a cooling rack. Let sit for 5 minutes, then remove the cupcakes and place onto the cooling rack. When they are completely cooled you can frost them.

Simple Butter Cream Frosting

Divide the butter into 4 pieces and put them into a mixing bowl. Using an electric mixer, beat the butter until smooth. Add the vanilla and beat in. Add the confectioners' sugar and continue beating until the mixture is fully combined and creamy. Add the milk one tablespoon at a time. Use only what is need to get the desired consistency.

You can adjust the consistency of this butter icing by adding more or less milk and icing sugar. The frosting is now ready to use.

This frosting spreads easily or you can put it into a piping bag. If it seems a bit soft when you are piping, just put the piping bag into the refrigerator for 10 minutes or so.

Pipe onto the cupcakes and sprinkle with cake candy.



Cupcakes

1/2 cup butter, at room temperature

1 cup granulated sugar

2 eggs

2 teaspoons pure vanilla extract

1 1/2 cups all purpose flour

1 3/4 teaspoons baking powder

1/2 cup milk

(Makes 12)

Simple Butter Cream Frosting

1/2 cup butter, at room temperature

1 teaspoon pure vanilla extract

2 cups confectioners' sugar

1-3 Tablespoons milk

Garnish

cake sprinkles



Strawberry Cream Parfaits

If using frozen berries, in a size medium bowl, using a fork, chop and slightly mash the berries and any juices into a chunky sauce. Sprinkle on the 3 teaspoons sugar and set aside.

If using fresh berries, hull and wash the berries and dab dry with a paper towel.

Cut the berries into small pieces, add the sugar and stir in, set aside.

In both methods, save 4 whole berries for garnish.

To make the whipping cream, first chill a mixing bowl and the beaters in the freezer for 10 minutes.

Remove from the freezer, pour in the cream, sugar and vanilla and beat on medium-high speed until the whipped cream forms stiff peaks.

Do not over beat.

To assemble choose your parfait glasses, starting with strawberries at the bottom, alternate the berries and whipping cream, ending with whipping cream at the top.

Garnish with a whole berry.

If not serving right away, cover each one with a little plastic wrap and keep in the refrigerator.



1 lb. bag frozen unsweetened strawberries, thawed or 1 lb. fresh strawberries

***Leave a few whole berries for garnish.**

3 teaspoons granulated sugar

1 cup heavy cream

1 Tablespoon granulated sugar

1/2 teaspoon pure vanilla extract



Zesty Orange Powdered Cookies

Mix the flour, baking soda and salt together in medium bowl. Set aside.

Beat the butter and sugar using an electric mixer on medium speed until it is light and fluffy. Add the egg, orange juice, zest and vanilla extract and mix well.

Gradually beat in the flour mixture on low speed until just combined.

Use your hands to form the dough into a ball, place into a bowl, cover with plastic wrap and refrigerate 1-2 hours.

When you are ready to make the cookies, preheat oven to 375°F.

Line one or two cookie sheets with parchment paper.

Roll out the dough on well floured surface to 1/8-inch thickness.

Cut into shapes with cookie cutters.

Place cookies on baking sheets, leave a one inch space between the cookies.

Bunch up any remaining dough, form another ball and roll out again, cutting out more cookies.

Repeat this process until you have used all the dough.

Place into the preheated oven on the middle rack and bake for 8 to 10 minutes or until lightly browned.

Bake only one sheet at a time.

Remove to wire racks; cool completely.

Repeat until all the cookies are baked.

Once the cookies are cooled dust with confectioners' sugar.



2 1/3 cups all purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1 cup butter, at room temperature
1 1/4 cups granulated sugar
1 egg
1 teaspoon freshly squeezed orange juice
1 teaspoon orange zest
1 teaspoon pure vanilla extract
confectioners sugar for dusting



Savory Corn Muffins

Preheat oven to 400°F.

Grease a 12 hole muffin tin.

In a large mixing bowl, stir together flour, cornmeal, sugar, baking powder, chili powder, salt, baking soda, and pepper.

Using an electric mixer on low speed slowly add in the buttermilk, melted butter and egg. Mix until well incorporated.

Stir in the corn kernels, jalapeno and cilantro.

Fill each muffin hole 3/4 full, place into the preheated oven and bake about 18-22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Remove from oven and set to cool for a few minutes.

Remove from the muffin tin and serve warm.



- 1 cup all purpose flour**
- 1 cup yellow cornmeal, stone ground if possible**
- 3 Tablespoons granulated sugar**
- 1 Tablespoon baking powder**
- 1 1/2 teaspoons chili powder (or less to taste)**
- 1 teaspoon salt**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon fresh ground black pepper**
- 1 cup buttermilk**
- 1/2 cup butter, melted, left to sit to cool a bit**
- 1 large egg**
- 1/4 cup frozen kernel corn (left sit out to defrost)**
- 1 small jalapeno pepper, seeded and finely chopped (you can use a lesser amount for a less spicy muffin)**
- 2 Tablespoons finely chopped fresh cilantro**

(Makes 12)



Blueberry Applesauce Muffins

Preheat oven to 400°F.

Line a 12-cup muffin pan with paper liners. In a large mixing bowl, stir together the two types of flour, sugar, baking powder, baking soda, salt, nutmeg, and cinnamon.

Make a well in the center of the dry mixture.

In a medium size mixing bowl, stir together the buttermilk, applesauce, egg, oil, and vanilla extract.

Pour the buttermilk mixture into the flour mixture into the well and stir until the batter is just moistened.

Measure the blueberries into a small bowl and add the 1/4 cup of flour. Gently toss with a spatula to lightly coat the berries.

Fold the blueberries into the batter.

Divide the mixture evenly among the muffin cups.

Place into the preheated oven and bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Remove the muffin pan onto a cooling rack.

Let sit for 5 minutes, then remove the muffin and serve warm.



1 1/2 cups all purpose flour
1/2 cup whole wheat flour
3/4 cup light brown sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon nutmeg
1 teaspoon ground cinnamon
1 1/4 cups buttermilk
1 1/4 cups unsweetened applesauce
1 large egg
1 teaspoon vegetable oil
1 teaspoon pure vanilla extract
1 1/2 cups fresh blueberries + 1/4 cup all purpose flour



Easy Banana Muffins

Preheat oven to 375°F.

Line 12 standard muffin cups with paper liners.

Mash the bananas.

Melt the butter in a small pan over low heat on the stove top. Set aside.

In a mixing bowl, use an electric mixer to beat together the bananas and sugar.

Add melted butter, beat in.

In another bowl stir together the flour, salt and baking soda.

Add the dry ingredients to the wet ingredients and mix well.

Divide the batter into the 12 prepared cups.

Place into the preheated oven and bake 10-15 minutes.

Test with a toothpick inserted in the middle of a muffin.

If it comes out clean the muffins are ready.

Remove the pan to a cooling rack. Let sit for 5 minutes then, move each muffin onto the cooling rack.

These muffins are really delicious when they are warm.



3 ripe bananas, mashed
1/2 cup melted butter
1 cup granulated sugar
2 cups all purpose flour
1 teaspoon salt
1 teaspoon baking soda

