



COVID COOKING WITH YOUR SEWING FRIENDS

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EAT. ENJOY. SHARE.

Sun Dried Tomato, Spinach & Cheese Stuffed Chicken Breast

From Kathy Grazio

The juices from the sun dried tomatoes, cheese and Italian dressing baste the chicken as it roasts! Serves 2

Ingredients

- 6 oz small chicken breasts (2), boneless and skinless
- ½ cup sun dried tomato (oil packed, cut into strips). Use enough to cover the chicken
- 4 slices mozzarella cheese (or other melting cheese of choice)
- Handful of spinach leaves
- 2 tsp olive oil

Italian Dressing

- 1 tbsp Dijon mustard
- 1 tbsp white wine vinegar or lemon juice
- ½ tsp sugar
- 2 tsp olive oil
- ½ tsp EACH Italian mixed herbs and red pepper flakes (use whatever dried herbs you have - thyme, oregano, parsley, basil)
- Salt and pepper

Instructions

1. Preheat oven to 350
2. Whisk together the Italian Dressing ingredients in a bowl. It will be thicker than salad dressing.
3. Cut a pocket into each chicken breast, taking care not to cut all the way through.
4. Coat the chicken (inside and out) with the Italian Dressing.
5. Place chicken on work surface. Stuff with sun dried tomato, top with cheese then finish with spinach leaves. Stuff just as much as you can.
6. Seal with toothpicks (just stick them in on the diagonal).
7. Heat oil in an ovenproof skillet over high heat. Add chicken and cook for 1 ½ minutes on each side or until golden.
8. Transfer to oven and cook for 15 minutes, or until cheese is melted and bubbly and chicken is cooked through. Rest for 3 minutes before serving, drizzled with juices in the skillet.

deSha's Cornbread

from Anne Copeland; freezes well

This recipe is from deSha's Restaurant in Lexington, KY. It is a regional favorite in eastern Kentucky, but finds its way to all parts of the country.

Ingredients

- 3 cups self-rising cornmeal
- 1/3 cup sugar
- 6 eggs
- 1 ½ cups vegetable oil
- 3 cups sour cream
- 2 2/3 cups cream-style corn

Directions

Combine all ingredients in order listed; mix well. Pour into a greased 9-inchx13-inch pan.

Bake at 350 degrees for approximately 30 minutes. Makes 12 squares of cornbread.

Honey Butter

1 ¼ cups butter, softened

½ cup honey

Mix softened butter and honey together. Serve with warm cornbread.

Pecan-Crusted Tilapia

from Lois Storm

Ingredients

- ½ cup pecan pieces
- ½ cup bread crumbs
- ¼ cup flour
- ½ cup reduced-fat milk
- 1 egg
- 1 ½ pounds tilapia fillets
- 1 teaspoon seasoned salt
- ¼ cup canola oil

Directions

1. Chop pecans finely (like coarse bread crumbs); combine with bread crumbs in medium bowl. Place flour in second medium bowl. Blend milk and egg together in third medium bowl.
2. Preheat large sauté pan on medium 1-2 minutes. Sprinkle both sides of fish with seasoned salt.
3. Dip fillets in flour (coating both sides) then dip into egg mixture (allowing excess to drip off). Finally, dip into pecan mixture. Wash hands.
4. Place oil in pan; swirl to coat. Add fish (wash hands) and cook 2-3 minutes on each side or until golden. Serve. Optional, serve with lemon

Crock Pot Pot Roast

from Viri Lashley

Ingredients

- 2 ½ or 3 pound rump, chuck or sirloin roast
- 2 cans of Golden Cream of Mushroom Soup
- 3 baking potatoes peeled and cut in chunks (can use red potatoes unpeeled)
- 1 small bag of baby carrots
- Sliced onions (optional)

Directions

- Place potatoes and carrots in the bottom of the crock pot. Sprinkle with salt and pepper.
- Place roast on top. Sprinkle roast with salt and pepper. Pour both cans of soup on top of roast.
- Cook on low for 7-8 hours or until roast is tender and falls apart.

Panko Crusted Salmon

From Viri Lashley

This is my go-to recipe for salmon and it is actually an Ina Garten recipe.

Ingredients

- 2/3 cup Panko (Japanese dried bread flakes)
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 tablespoons good olive oil
- 4 (6-8 oz) salmon fillets, skin on
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- Lemon wedges, for serving

Directions

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix together the panko, parsley, lemon zest, ½ teaspoon salt, and ½ teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.
3. Place the salmon fillets skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.
4. Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
5. Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature.

Baked Corn En Casserole

From Paris Harrison

A family favorite!

Ingredients

- One #303 can cream corn
- One #303 can whole kernel corn - drained
- 1 large onion chopped
- 1 medium bell pepper chopped
- 1 #2 oz pimento chopped
- 2/3 cup milk
- 1 egg well beaten
- 1 cup saltine cracker crumbs
- 1 cup grated cheddar cheese
- ¼ cup melted butter
- 2 Tb sugar
- Salt and pepper to taste
- Red pepper to taste

Directions

1. Combine all ingredients and mix well.
2. Place in a greased 2 qt. casserole
3. Bake at 350 for 1 hour

Hearty Chicken Soup

from Karla Milota

Recipes from America's Test Kitchen magazines are the best Recipes for Two and I use them almost weekly!

From Soups and Stews for Two by America's Test Kitchen

Ingredients

- 1 12 oz Bone in split chicken breast
- 2 teaspoon vegetable oil
- 1 small onion chopped fine
- 1 celery rib minced
- 1 carrot peeled and cut into half inch pieces
- 1 teaspoon fresh thyme or ¼ dried
- 1 tablespoon flour
- 3 cups chicken broth
- 1 bay leaf
- ½ cup wide egg noodles
- 1 tablespoon minced fresh parsley

Directions

1. Pat chicken dry with paper towels and season with salt and pepper. Heat oil in medium saucepan and brown chicken, skin side down until golden about 6 minutes, transfer to plate. Pour off all but 1 tablespoon fat from saucepan.
2. Add to saucepan onion, celery and carrots and cook over medium heat until soft about 5 minutes. Stir in thyme until fragrant about 30 seconds. Stir in flour and cook 1 minute. Slowly whisk in broth, scraping up any browned bits.
3. Add chicken and bay leaf. Bring to simmer and cook till chicken registers 160 degrees, 20 to 25 minutes. Remove chicken and shred once cooled, discarding skin and bones.
4. Discard bay leaf. Return soup to simmer and add noodles and cook till soft. Turn off heat and add in chicken and let sit till warm, about 2 minutes.
5. Add parsley
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Flawless Fish Fillets

from Jean Van Valin

This recipe turns out perfect every time. I use the tilapia loins (frozen from Costco). My favorite fish recipe.

“Nearly any type of fish can be pan-seared, but this technique works best with firm fillets that are at least 1 ½ inches thick, such as grouper, halibut, red snapper, or salmon. Serve them along with a favorite side dish, and you’ve got a healthy and easy dinner”. Robby Melvin, Test Kitchen Director.

Directions

START WITH A HOT SKILLET. Preheat the oven to 425 degrees. Pat the fish dry on both sides; season with salt and pepper. Heat 2 Tbsp. olive oil in an ovenproof skillet over medium heat. Once the oil is hot, carefully place the fillets in the pan.

PRESS TO SEAR. Press down on the fillets lightly using a spatula to sear them evenly. Cook 3 to 4 minutes or until the edges of the fillets are lightly browned. Do not flip the fish.

FINISH IN THE OVEN. Transfer the skillet to the preheated oven, and cook until the fillets are done, 4 to 5 minutes. Serve immediately, seared side up.

Chicken with Creamy Spinach and Artichokes from Jean Van Valin

20 minute meals from Your Kitchen; serves 4

Impress Guests!

Directions

1. Season four 6-oz boneless, skinless chicken breasts with ½ tsp each salt and pepper. In skillet on medium, cook chicken in 1 Tbsp oil 6 to 8 minutes per side. Remove from heat and squeeze juice of 1 lemon on top.
2. Meanwhile, halve artichoke hearts from one 14-oz can and brown, cut sides down, in 1 Tbsp oil on medium-high, 3 minutes.
3. Lower heat to medium, toss with 2 cloves garlic, thinly sliced. Stir in ½ cup dry white wine; cook 2 minutes. Stir in ¼ cup sour cream and a bunch of spinach leaves; season with salt and pepper and cook until just wilted.

Sautéed Brussels Sprouts with Shallots and Cranberries

From Darlene Morse

This recipe is very quick to prepare. I often make this at Thanksgiving. If you have all ingredients prepared ahead of time and about 20 minutes before you are ready to sit down, begin sautéing the shallots. The recipe takes about 12 minutes.

Ingredients

- 2 tablespoons extra virgin olive oil
- 4 shallots, thinly sliced
- ½ cup slivered almonds or pine nuts or pecans
- 2 pounds Brussels Sprouts, trimmed and halved lengthwise
- 1 teaspoon sea salt
- ½ cup dried cranberries
- ½ cup water
- Freshly ground black pepper

Directions

Heat a skillet over medium heat. I like to use an 11-inch skillet. Add oil then shallots. Sauté shallots for about 2 minutes; then add slivered almonds; then add the Brussels sprouts and salt.

Sauté Brussels Sprouts for about 5 minutes. Add the dried cranberries and water. Cover pan and cook, stirring occasionally, for 5 to 10 minutes. Smaller Brussels sprouts will take closer to 5 minutes, while large ones will take closer to 10 minutes. Or cook until desired tenderness is reached.

Season with freshly ground black pepper to taste.

French Chicken in Vinegar Sauce with Garlic and Shallots

From Darlene Morse

Ingredients

- 1 cup chicken broth
- 1 teaspoon cornstarch
- ½ cup cider vinegar
- 2 teaspoons honey
- 4 lbs chicken thighs, skin on
- 2 Tablespoons olive oil
- 2-3 shallots, minced
- 6-8 cloves garlic
- 2 Tablespoons butter
- 3 sprigs fresh tarragon chopped
- Crusty bread

Directions

- Make a sauce by dissolving a teaspoon of cornstarch in a cup of chicken broth.
- Whisk in ½ cup cider vinegar and at least 2 teaspoons of honey.
- Take chicken thighs, dry them and add salt and pepper.
- Heat oven to 450 degrees.
- Heat to smoke some oil in a pan, cook chicken pieces skin side down till a good browning occurs.
- Remove chicken.
- Throw in to the pan the minced shallots and as much garlic as you like.
- After 30-45 seconds, add the broth mixture and heat to boil.
- Return chicken pieces to pan skin side up, and put it all in the oven at 450 degrees till the chicken is done (about 30 minutes).
- Remove from the oven and then remove chicken from the pan.
- Finish sauce by reducing, and turn off heat and whisk in some butter and tarragon.
- Spoon sauce over chicken.

Use crusty bread to sop up the sauce.

Roasted Cauliflower and Chickpeas with Mustard Dressing.

From Darlene Morse

Ingredients

- 1 can (14 oz) garbanzo beans (chickpeas), rinsed and drained
- 1 large head cauliflower, cut into florets
- Olive oil
- Mineral salt
- ¼ cup fresh Italian parsley, chopped
- Fresh ground pepper, to serve

Mustard dressing ingredients

- 2 Tablespoons Dijon mustard
- 2 Tablespoons whole grain mustard
- Juice from 1 lemon
- 2 Tablespoons olive oil

Directions

- Preheat oven to 400 degrees.
- Prepare cauliflower and chickpeas, toss together in a large roasting pan with 4 tablespoons of olive oil and dash or two of salt. Roast for 25 minutes, stirring every 10 minutes or so.
- In a small bowl, prepare your mustard dressing and set aside.
- Remove cauliflower and chick peas from oven and put in a large bowl. While still warm, add dressing and toss. Add in parsley last or top your portion when or before serving. Tastes great warm or at room temperature.

Serve cauliflower and chickpea mix over a nice bed of quinoa or rice.

Whipped Cream Pound Cake

From Darlene Morse

Ingredients

- 1 cup (2 sticks) butter, softened
- 2 cups sugar
- 6 eggs
- 3 cups all-purpose flour
- 1 cup (1/2 pint) heavy cream
- 1 tsp vanilla extract

Directions

Heat the oven to 325 degrees. Grease and flour a 10-inch Bundt or tube pan. In a large bowl, with an electric mixer on medium speed, beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition.

Reduce the mixer speed to low, and beginning and ending with flour, alternately beat the flour and the cream into the butter mixture, beating well after each addition, until well combined. Beat in the vanilla. Pour the batter into the prepared pan.

Bake the cake 60 to 75 minutes, or until a cake tester inserted in the center comes out clean. Cool the cake in the pan on a wire rack for 10 minutes. Remove the cake from the pan, and cool completely on the rack. Place the cake on a serving plate.

I made a lemon drizzle to on ours, but any flavor can be used. It tastes good served with fruit.

Marinated Vegetable Salad

From Susan Marshall

Ingredients

- 1 teaspoon salt
- $\frac{3}{4}$ cup vinegar
- 1 tablespoon water
- 1 teaspoon pepper
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup sugar
- 16-ounce can French green beans
- 12-ounce can Mexicorn or shoe peg corn
- 2-ounce jar pimientos
- 17-ounce English peas
- 1 cup chopped celery
- 1 onion chopped
- 1 green pepper chopped

Directions

- 1.** Combine in saucepan and boil.
- 2.** Stir to dissolve sugar.
- 3.** Cool and add vegetables.
- 4.** Refrigerate 12 hours or overnight.

Note: Keeps for days.

Chocolate Zucchini Bread

from Linda Sanita; she bakes it every week!

Ingredients

3 cups all-purpose flour
1 tablespoon baking powder
1 ½ to 2 teaspoons ground cinnamon
1 teaspoon salt
2 eggs, lightly beaten
3 cups coarsely shredded, unpeeled zucchini
½ cup of sugar
1 cup vegetable oil (I use Avocado oil)
2 teaspoons vanilla
½ cup dark chocolate chips
¼ cup chopped walnuts or pecans (optional)
¼ cup of raisins

Directions

Step 1: Preheat oven to 350 degrees. Grease the bottom and sides of two 8x4x2-inch loaf pans; set aside. In a large bowl stir together flour, baking powder, cinnamon, and salt. Make a well in the center of flour mixture.

Step 2: In a medium bowl combine eggs, zucchini, sugar, oil and vanilla.

Step 3: Bake about 55 minutes or until a toothpick inserted near the centers comes out clean.

Step 4: In microwave melt ½ cup of chocolate pieces. Drizzle melted chocolate over loaves.

Texan Style Enchilada Casserole (Beef Nachos)

from Patti Turner; it's often
requested by her husband!

Ingredients

Preheat oven to 375 degrees

1 pound ground beef

¼ onion, chopped

1 can sliced black olives (optional)

Tortilla chips

½ cup sour cream

8 oz shredded 4 cheese Mexican mix or block cheddar cheese, shredded

1 cup enchilada sauce (small can and didn't use all of it)

1 cup Salsa

Directions

- Cook ground beef and onion in skillet over medium high heat, stirring until beef crumbles and is no longer pink. Drain well.
- Add salsa, enchilada sauce, and sour cream. Simmer on medium heat about 20 minutes until mixture starts to thicken.
- Lightly grease 9" x 13" baking dish. Spread tortilla chips on bottom of baking dish. Spoon beef mixture over the chips. Cover with cheese and add olives.
- Bake at 375 degrees for 15 to 20 minutes until top is browned. Serve casserole with desired toppings (salsa).

Try the above with macaroni instead of chips. Mix all ingredients and bake in oven for 20 to 25 minutes.

Wild Rice Soup

From Lois Storm; it's a great recipe
for lunch or dinner!

Ingredients

2/3 cup wild rice
2-2 ½ cups cold water
3-4 teaspoons (3 cubes) chicken bouillon
½ cup butter
1 small onion, finely chopped
½ green pepper, finely chopped
2 carrots, finely chopped
2 stalks of celery, finely chopped
3-4 mushrooms, finely chopped
1 cup flour
1 ½ - 2 cups cooked chicken or turkey, diced (I used about 3 cups)
3 cans chicken broth (14 ½ oz. size)
1 pint half and half

Directions

- Bring wild rice, 2-2/1 cups cold water and bouillon to a rolling boil. Cover and simmer for 45 - 60 minutes.
- Melt ½ cup butter in a large kettle or Dutch oven. Add the chopped vegetables and sauté until until vegetables are tender.
- Add the wild rice mixture to the sautéed vegetables and stir in 1 cup of flour. Add 3 cans of chicken broth and the chicken or turkey meat and stir.
- Add 1 pint of half and half and stir. If the soup should get too thick for your taste, add a little skim milk to it. Heat on low and serve.

Crockpot Chicken Breast

Four favorite recipes from
Linda Patton!

Ingredients

- 4 chicken breasts
- 1 cup chicken broth
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- ¼ cup of milk
- 4 slices of cheese; either mozzarella, provolone, Jack
- 1 box stuffing mix

Directions

Place chicken breast on the bottom of crockpot in a single layer. Add chicken broth then add slice of cheese to the top of each breast.

In a small bowl, whisk together cream soups and milk. Add to crockpot on top of chicken. Top with stuffing mix.

Cook on high for 4 hours or low for 8 hour

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Crockpot Pork Roast

#2 from Linda!

Ingredients

- 3-4 lb pork roast
- 2 tablespoons oil
- 2 cups baby carrots
- 10 oz cream of mushroom soup
- 6 potatoes, quartered
- 1 onion cut into chunks
- 1 envelope dry onion soup mix
- Salt and pepper to taste

Directions

Brown pork roast on all sides in oil. Place roast in crockpot.

Mix soups in a medium sized bowl. Add carrots, potatoes and onions to soup mix.

Pour over roast.

Cook on high for 4 hours or low for 8 hours.

Chicken Tortilla Soup

#3 favorite from Linda Patton!

Ingredients

- 4 chicken breasts, cut in small chunks
- 2 15 oz. cans of black beans
- 1 can Rotel tomatoes with chilies
- 14 ½ oz. can tomato sauce
- Tortilla chips
- 2 cups Mexican cheese
- Sour Cream

Directions

Combine all ingredients except chips, cheese and sour cream in a large crockpot. Cook on low for 8 hours.

To serve, put a handful of chips into individual bowls. Ladle soup over chips, top with cheese and sour cream.

Shepard's Pie

#4 Linda Patton favorite!

Ingredients

Preheat oven to 350 degrees

- 1 ½ lbs. ground beef
- 1 onion chopped
- 2 cloves garlic minced
- 1 bag of frozen mixed vegetables
- ½ teaspoon celery salt
- 1 tablespoon Worcestershire sauce
- 1 cup beef broth
- 1 tablespoon corn starch
- Mashed Potatoes (I use Idahoan instant)

Directions

Place ground beef, garlic and onion in a skillet and cook. Add frozen vegetables (I precook veggies for a few minutes)

In a small bowl mix broth, Worcestershire sauce and corn starch. Pour over meat, veggies and cook 2-3 minutes.

Pour into a 9 x 13 baking dish. Bake 25 minutes. Top with mashed potatoes

Crabbies

from Kathy Grazio

Appetizer that works for a snack or lunch with a small salad.

Ingredients

1. 1 package English Muffins
2. 1 stick of butter
3. 1 jar of Old English Cheese spread
4. 1 ½ teaspoon mayonnaise
5. ½ teaspoon garlic salt
6. ¼ teaspoon pepper
7. 1 tablespoon minced dry onion
8. 1 can lump crabmeat

Directions

Mix ingredients 2 through 8 in sauce pan on low heat until blended.

Cut English Muffins in halves; use entire package. Place them on a cookie sheet.

Spread cheese and crabmeat mixture on each half.

Put the cookie sheet in the freezer until slightly frozen.

Remove the cookie sheet; cut each half into quarters and put them in a zip lock baggie and return to freezer.

As needed, take out any and bake at 350 degrees for 15-20 minutes.

Italian Sausage with Alfredo Sauce

from Kathy Grazio

Recipe from a friend and it
has become a favorite!

Ingredients

- 3 ½ cups uncooked spiral pasta (used a little less)
- 1 pound Johnsonville ground mild Italian sausage (I use sweet Italian sausage)
- 1 medium green pepper, chopped
- 1 large onion, chopped
- 1 can (4 ounces) mushroom stems and pieces, drained (I use fresh)
- 1 jar (15 ounces) roasted garlic Alfredo sauce
- ¼ cup shredded Parmesan cheese

Directions

Cook pasta according to package directions.

Meanwhile, in a large skillet, cook the sausage, green pepper, onion and mushrooms over medium heat until meat is no longer pink; drain. Stir in Alfredo sauce.

Drain pasta and stir into skillet; heat through.

Sprinkle with Parmesan cheese.

Broccoli Salad

From Georgie Vickery

2 lb Broccoli florets (8 cups)

1 lb Bacon cooked and minced

½ cup Sunflower seeds (or nuts of your choice)

1 cup raisins

Dressing

1 ½ cups Mayonnaise

1/3 cup Sugar

3 T Lemon juice

3 T Apple cider vinegar

½ t salt

In a small bowl, mix together mayonnaise, sugar, lemon juice, apple cider vinegar and salt. Whisk until smooth.

In a large bowl, toss together broccoli florets along with bacon, red onions, sunflower seeds, raisins and prepared dressing. Can be served immediately, but is best when chilled for at least an hour.

Slow-Cooker Mediterranean Chicken & Orzo From Catherine Tatem

Perk up basick chicken breast and whole-wheat orzo with the vibrant flavors of the Mediterranean, like lemon and olives. Serves 4

Ingredients

- 1 pound boneless, skinless chicken breasts, trimmed
- 1 cup low-sodium chicken broth
- 2 medium tomatoes, chopped
- 1 medium onion, halved and sliced
- Zest and juice of 1 lemon
- 1 teaspoon herbs de Provence
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¾ cup whole-wheat orzo
- 1/3 cup quartered black or green olives
- 2 tablespoons chopped fresh parsley

Directions

1. Cut each chicken breast half into 4 pieces.
2. Combine the chicken, broth, tomatoes, onion, lemon zest and juice, herbs de Provence, salt and pepper in a 6-quart slow cooker.
3. Cook on high for 2 hours or on low for 4 hours.
4. Stir in orzo and olives; cook for 30 minutes more.
5. Let cool lightly. Sprinkle with parsley.

Ground Beef with Tater Tots

From Cindy Moore

An oldie but goodie and a family favorite!

Ingredients

- ½ pound lean ground beef (90% lean)
- ¼ cup chopped onion
- 2/3 cup condensed cream of mushroom soup, undiluted
- ¼ cup milk (fat free or low fat)
- 2 cups frozen tater tots
- 1 cup shredded cheddar cheese (you could use less if you prefer)

Directions

- In a small skillet, cook ground beef and onion over medium heat until the meat is no longer pink; drain. Stir in soup and milk.
- Transfer to a shallow 1-qt baking dish coated with cooking spray.
- Top with Tater Tots.
- Bake, uncovered, at 350 degrees for 25-30 minutes or until bubbly.

Beef Tips in the Crock Pot

Two recipes from Carol Harvey

Ingredients

- 1 can tomato soup
- 1 can cream of celery soup
- 1 package Beefy Onion dry soup mix
- 1 package beef tips or as many as you like

Directions

Combine everything in a crock pot. Cook on high. Stir occasionally until meat is soft and tender.

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Fluffy Rice and Chicken

Ingredients

- 1 can cream of chicken soup (can use mushroom soup instead)
- 1 soup can milk
- $\frac{3}{4}$ cup uncooked regular rice
- 1 envelope onion soup mix (about 1 $\frac{1}{2}$ oz)
- 2 chicken breasts, halved

Directions

Heat oven to 350 degrees. Mix chicken soup and milk, reserve $\frac{1}{2}$ cup of the mixture. Mix remaining soup mixture. Mix remaining soup mixture, the rice, and half of the dry onion soup mix. Pour into ungreased baking dish, $11\frac{1}{2} \times 7\frac{1}{2} \times 1\frac{1}{2}$ ". Place chicken breasts on top. Pour reserved soup mixture over chicken. Sprinkle with remaining dry onion soup mix. Cover with aluminum foil and bake 1 hour. Uncover and bake 15 minutes longer.

Beef and Macaroni Soup

From Phyllis Costa

Ingredients

- 1 lb lean ground beef
- ½ cup diced onion
- 6-8 cups beef broth
- 1 14oz can of diced tomatoes
- 2 Tbs tomato paste
- 1 tsp Worcestershire sauce
- ½ tsp oregano
- ½ tsp dried basil
- 1 ½ cups elbow macaroni, uncooked
- 1 ½ cups frozen mixed vegetables

Directions

1. In a large soup pot, brown beef and onion until no pink remains. Drain any fat.
2. Add broth, tomatoes, tomato paste, Worcestershire sauce, and seasonings. Bring to a boil. Simmer 5 minutes.
3. Stir in macaroni and vegetables, simmer an addition 8 minutes or until pasta is tender. Season with salt & pepper to taste.
4. Serve with grated cheese if desired.

Note: If you are not going to eat this all at one sitting or you want to freeze the soup, cook the pasta separately. If left in the soup, the pasta will absorb the broth.

Broiled Salmon with Fettuccine and Peas

from Susan Marshall

Ingredients

- 6-ounce salmon fillets (skinned, preferably at the store)
- Lemon juice
- Chef Prudhomme's Magic Salmon Seasoning
- Lean Cuisine Fettuccine Alfredo - 1 box serves 2
- Frozen green peas

Directions

1. Preheat broiler on low with rack on 2nd position from broiler element
2. Line pan with regular foil - salmon won't stick
3. Rinse fillets under running water, pat dry
4. Coat fillets with lemon juice, bottom and top, in the pan
5. Sprinkle tops with salmon seasoning and fold under the thin ends to make thickness uniform
6. Broil 6-9 minutes depending on thickness (no need to turn); should just give with pressure and be browned
7. Place on a heated plate, toss the foil, and put the pan away
8. Microwave the fettuccine for 3 minutes, stir, and heat about 2 minutes more till sauce thickens
9. Heat peas as directed, and mix with the fettuccine as a side for the salmon

Note: cooking time and rack position are dependent on individual ovens, as I learned when I used my new oven. Your oven may be different.

Chocolate-Kahlua Snowball Cookies

from Susan Marshall

Yield: 4 dozen

Ingredients

- 1/3 cup Kahlua coffee liqueur
- 2 tablespoons light corn syrup
- 1 teaspoon instant coffee granules
- One 9-ounce package chocolate wafer cookies, finely crushed
- 1/4 cup sifted powdered sugar
- 3/4 cup almonds, toasted and chopped
- Additional powdered sugar

Instructions

1. In medium bowl, mix Kahlua, corn syrup and instant coffee granules until well blended.
2. In medium bowl, combine cookie crumbs, powdered sugar and almonds. Mix well.
3. Pour coffee mixture over crumb mixture, blending well.
4. Shape dough into 1-inch balls.
5. Roll each ball in powdered sugar two times, making certain to coat each cookie well.
6. Cookies can be stored in an airtight covered container for up to 1 week.

Note: Store the cookies in a container of powdered sugar until ready to serve. Coffee granules are optional.

New Year's Day Chili

From Victoria Gillis

"Being married to a Yankee, it is difficult to get him to eat the required New Year's Day meal of ham, collard greens, and black-eyed peas. So, I developed a chili recipe and I pair it with a salad and pray that salad greens will stand in for collards!"

Ingredients

- 1 lb. lean ground beef
- 1 lb. lean ground pork
- 1 can chili or kidney beans
- 1 can black-eyed peas
- 1 can black beans
- 1 large can vegetarian baked beans
- 1 28 oz. can diced tomatoes, plus chopped tomatoes if you want to add them
- 1 Vidalia onion, chopped
- 1 bell pepper, chopped
- 3 cloves garlic, minced
- 3 T chili powder
- 2 T sugar
- 3 T wine or balsamic vinegar (sometimes I use cider vinegar)
- 1 t cumin
- 1 bottle dark beer
- 1 T crushed red pepper (optional)

Directions

1. Brown beef and pork with onions and peppers, drain off fat
2. Stir in undrained tomatoes
3. Add all beans
4. Add all other ingredients
5. Cover and simmer 1 hour OR put in crock pot all day

Top with sour cream or Greek yogurt and cheddar cheese

Variations:

- Vegetarian chili - leave out the ground beef and pork
- Mild chili - leave out the red pepper