

PUBLISHER'S CORNER

"Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are."
~St. Augustine

Good evening and welcome to the newest issue of A to Z Recipes Newsletter. We finally got some rain which was badly needed. What a switch from just a year ago when Houston was under water from Hurricane Harvey. God always gives us what we need. I worry about His timing sometimes!

As some of you may know, my son is becoming a great cook. Aside from watching me cook for years, he watches cooking shows, food networks and YouTube episodes of great chefs and not-so-great cooks. He watched a YouTube chef prepare "SOS" - you know "Sh-t on a Shingle" from WWII - where soldiers were often served whatever meat was available and in a more palatable form. Using canned (or leftover) meat, a gravy was made, and then all was served as a big lukewarm heap on toast. Well, as a surprise, Trey made us this prized treasure for breakfast and you know what? It was delicious! He seasoned it far better than my mom or granny ever did. And his presentation was better. I was amazed. We have even asked for it since.

Many thanks to the following for help in today's issue:

Pammie, Swanton, OH (recipes)
Marilyn, OH (recipes and postables)
Andy G. (monetary donation)

Why not take a few minutes and send us a recipe?

For recipes use [this link](#).

For other postables use [this link](#).

I have embedded the "subject" line so I know you're a friend, not a foe. PLEASE remember to include your name (just your first is fine) and your location (just your state is fine). I thank you so much!

Want to get to know one another better or share cooking tips? We have a gathering of fellow recipe collectors, cooks, and friends at the "QT". Join in at the A to Z Recipes Quick Talk (QT). Here is the link:

<https://www.quicktopic.com/37/H/a8K9wr7j97nV>

DID YOU KNOW?

Want your cake to taste like a bakery cake?

~Shared by Marilyn, OH

- First ~ Read directions on cake mix box
- #1 Add 1 more egg (OR 2 if you want it to be extra rich)
- #2 Use melted butter instead of oil and double the amount
- #3 Use milk instead of water...

Finally ~ mix well and bake for recommended time on box. Enjoy!

JUST MAKE ME LAUGH!

The Top 10 Rejected McDonald's New Items:

10. Salmon McNella
9. McKitty Sandwich
8. Chicken McBobbitts
7. McGristle
6. Way Too Damn Happy Meal
5. McShrooms
4. The Depressed Meal
3. McMenudo
2. Filet O'Gefilte Fish

... and the #1 Rejected McDonald's New Item:

1. Rocky Mountain McOysters

TODAY'S RECIPES

Brunswick Stew

~Shared by Pammie, Swanton, OH

This chicken stew is best served over homemade cornbread (recipe follows).

3 to 3 1/2 pound chicken
2 cups water
salt & pepper to taste
paprika to taste
2 cans (16 ounces) stewed tomatoes
1 can (17 ounces) whole, kernel corn, undrained
1 can (16 ounces) undrained lima beans
1 (or 2) potatoes, diced
1 chopped onion (size depends on your taste for onion)
2 Tablespoons corn starch
1/2 cup cold water

Put 2 cups water in kettle and add chicken (I put the chicken in whole), cover, and bring to a boil, then reduce heat and simmer until the chicken is cooked, about an hour.

Skim fat from the broth. Remove chicken from kettle and set aside to cool.

After it's cooled, bone chicken (it's better than chewing around the bones, trust us). Add paprika, tomatoes, corn (with liquid), beans (with liquid), potato, and onion. (Sometimes I add cooked bacon, too, about 1/4 pound.) Heat to boiling, reduce heat, cover and simmer until the potatoes are done, about an hour.

Mix the cornstarch with 1/2 cup cold water and stir into stew. Heat until it boils, stirring constantly, then boil for one minute or until stew thickens a bit, and it's done.

We make cornbread by following the recipe on the cornmeal box and it adds just the right flavoring to make this recipe scrumptious enough for even Elizabeth to eat. Pete would rather substitute peas for the lima beans, which is OK with us. We often add a can of peas and limas and corn and green beans; whatever we happen to have. Experiment and see what you can do.

Cornbread

~Shared by Pammie, Swanton, OH

This is from the Quaker Corn Meal Box.

1 1/4 cups all-purpose flour
3/4 cup corn meal
1/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt (optional-I don't add it)
1 cup skim milk
1/4 cup vegetable oil (Crisco is my choice)
1 beaten egg (or 2 egg whites. I use 1 whole egg)

Heat oven to 400 F. Grease an 8 or 9 inch baking pan. Combine dry ingredients. Stir in milk, oil and egg, mixing just until dry ingredients are moistened. Pour batter into prepared pan. Bake 20 to 25 minutes or until light golden brown and a wooden pick inserted near the center comes out clean.

Serve warm.

Sour Cream Peach Pound Cake

~Shared by Marilyn, OH

3 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon baking soda
2 1/2 cups sugar
1 1/2 cups (3 sticks) unsalted butter, softened
6 eggs
1 cup sour cream
1 teaspoon vanilla extract
1 teaspoon almond extract

2 cups fresh peaches, peeled, pitted, diced

Glaze:

1 1/2 cup powdered sugar

2 Tbsp milk, plus more, as needed

1/2 teaspoon almond extract

Preheat oven to 325° F and lightly grease a standard bundt pan with butter or non-stick spray.

In a medium bowl, whisk together flour, salt, cinnamon and baking soda until thoroughly mixed together.

In a large bowl or mixer, cream butter for 1-2 minutes, until fluffy, then add sugar and cream together for another 3-4 minutes.

Working one at a time, beat in eggs until incorporated, then mix in vanilla and almond extracts.

Beginning and ending with dry ingredients, alternate between adding flour mixture and sour cream to batter, beating until just combined, then fold in diced peaches.

Pour batter into greased bundt pan (it's okay if it's thick), being sure to only fill then spread into an even layer.

Place in oven and bake for 80-100 minutes, or until toothpick inserted in center comes out mostly clean.

Remove from oven and let cool.

Make glaze by whisking almond extract and milk (one Tbsp at a time) into powdered sugar.

Pour over cooled cake and let set.

Super Easy Scalloped Potatoes

~Shared by Marilyn, OH

4-5 pounds potatoes, peeled Salt and pepper

8 ounces cheddar cheese, shredded (about 2 cups)

1 (10.75-oz) can condensed Cheddar Cheese soup

1 1/4 cups milk

1/2 cup half and half

1/4 teaspoon onion powder* (or more to taste)

Spray a 13x9 baking dish with cooking spray. Cut potatoes into thin slices (not thicker than 1/4 inch). Add one layer of potato slices to the bottom of the baking dish. Sprinkle potatoes with salt and pepper. Sprinkle with 1/4 cup of shredded cheese. Repeat this process three more times. Top everything with remaining cup of cheese.

Combine condensed cheddar soup, milk, half and half and onion powder; whisk until smooth. Pour mixture over potatoes and cheese and cover dish with aluminum foil. Bake at 350 degrees for 30 minutes. Remove foil then continue baking for an additional 40-45 minutes or until potatoes are tender and dish is light golden brown and bubbly. Garnish with fresh chopped parsley, if desired.

*Note: Can add thinly sliced onion to layers for flavor also.

Cherry Tomato Salad

~Shared by Marilyn, OH

1 quart cherry tomatoes, halved

1/4 cup canola oil

3 Tbsp white vinegar

1/2 teaspoon salt

1/2 teaspoon sugar

1/4 cup minced fresh parsley

1 to 2 teaspoons minced fresh basil

1 to 2 teaspoons minced fresh oregano

Place tomatoes in a shallow bowl.

In a small bowl, whisk oil, vinegar, salt and sugar until blended; stir in herbs.

Pour over tomatoes; gently toss to coat.

Refrigerate, covered, overnight.

Serve and enjoy!

The BEST Homemade Steak Rub

~Shared by Marilyn, OH

2 Tbsp fresh cracked black pepper

2 Tbsp kosher salt
2 Tbsp paprika
1 Tbsp crushed red pepper flakes
1 Tbsp crushed coriander seeds (not ground)
1 Tbsp garlic powder
1 Tbsp onion powder
2 tsp cayenne pepper

Combine all ingredients in a medium bowl and stir well to combine.

Press into steaks or use as desired.

Store unused rub in an airtight container for several weeks.

Easy Italian Mac 'n Cheese

~Shared by Marilyn, OH

4 Tbsp unsalted butter
1/4 cup all-purpose flour
2 cups whole milk
1 pound dry mini penne pasta
8 ounces Italian blend shredded cheese (*see below to make your own blend)
1/3 cup fresh grated Parmesan cheese
1 Tbsp dried Italian seasoning (I prefer McCormick Tuscan Style Italian Seasoning)

Bring a large pot of water to a boil, salt it, cook pasta according to package directions, to al dente.

Drain pasta once it is cooked and set aside. Work on the next step while your pasta is cooking.

Meanwhile, in a medium sauce pan over medium heat melt butter, add flour and Italian seasoning and whisk for about 2 minutes to cook out the 'flour-y' taste.

Add milk and continue to whisk occasionally, allowing the mixture to thicken. Add cheeses and whisk until fully combined.

Pour cheese sauce over strained pasta and stir to combine. Sauce will thicken as it sits. Serve and enjoy!

NOTES:

*I do not use pre-shredded cheese as much as I used to. I use 4 ounces mozzarella and 4 ounces provolone (or 8 ounces mozzarella). I shred them and add them to the recipe in place of the cheese blend. From time-to-time I will add a little Romano, Asiago or Fontina into the mix.

It depends on what I have in the house. But the essential part is to use at least 4 ounces of mozzarella in your blend.

Veggie ideas: When there is about 5-6 minutes left on your pasta cook time add 2 cups frozen peas or frozen broccoli (cover pot to help it come back to a boil more quickly and remove cover once boiling again). They will be done the same time pasta is done and it will combine to make an incredible dinner.

Another vegetable option is to stir in 3 cups fresh baby spinach, once pasta and cheese sauce have been fully combined (at the end). It will be just wilted perfectly when it is time to serve.

Protein ideas: After you have drained your cooked pasta, add it back to the pan and add chopped leftover turkey, chicken or rotisserie chicken to the hot pasta.

Then pour the sauce over top. The heat from the pasta and cheese sauce will warm the meat through and it will be ready to serve when the mac and cheese is ready.

I have also used leftover ground beef, burgers, rinsed and drained beans (navy, kidney or pinto are our favorites).

PUBLISHER'S CHOICE

Fully Loaded Wedge Salad

Makes 4 servings

"Whenever we celebrate with a night out on the town, we always order a wedge salad. But we've grown past iceberg lettuce and replaced that green bowling ball with a crisp romaine heart. This version of Grandma's buttermilk dressing recipe is super simple (and you can even swap out the homemade dressing for a bottle of ranch or blue cheese if you're rushed for time). This salad just screams, 'Yes, I'm eating cheese and bacon on a salad, What's it to ya?'"

Dressing

1/3 cup mayonnaise (Duke's is our favorite)
3/4 cup sour cream
1/2 teaspoon garlic powder

1/2 teaspoon freshly ground black pepper
1/4 teaspoon Worcestershire sauce
2 to 3 tablespoons milk
1/2 cup crumbled blue cheese

Salads

2 romaine hearts
12 ounces grape tomatoes, halved
4 slices bacon, cooked until crisp and crumbled
Chopped chives or green onions (green tops only), for garnish

To make the dressing: In a medium bowl, combine the mayo, sour cream, garlic powder, pepper, and Worcestershire sauce. Add enough milk to thin it down, then stir in the blue cheese. Taste and adjust the seasonings. Set aside.

To prepare the salads: Wash the romaine hearts and remove any imperfect leaves. You can trim a bit off the stem end for cosmetic reasons, but leave it mostly intact so that it holds the leaves together. Halve each heart lengthwise and place one half on each of four serving plates. Divide the tomatoes among the plates, then pour the dressing over the lettuce. Crumble the bacon on top and garnish with a few chopped chives to serve.

Source: The Happy Cookbook by Fox & Friends host Steve Doocy and his wife, Kathy Doocy

The King of All Casseroles

Serving Size: 8

3 tablespoons vegetable oil -- divided
1 tablespoon paprika
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon salt
2 pounds boneless skinless chicken breasts -- cut into 3/4-inch cubes
1 cup diced green bell pepper
1 cup onion -- diced
1 clove garlic -- finely minced
16 ounces Mexican blend shredded cheese -- divided
10 corn tortillas -- cut or torn into quarters
1 (10 1/2 oz.) can cream of chicken soup
1 (10 1/2 oz.) can cheese soup
1 (10 oz.) can Rotel tomatoes -- or diced tomatoes with chilies, undrained
3 cups crushed corn chips

1. Preheat the oven to 350°F and lightly spray a 9 x 13-inch casserole dish with cooking spray.
2. Combine the 2 tablespoons of vegetable oil, the paprika, chili powder, cumin and salt in a large bowl and stir well. Add the cubed chicken and toss to coat. Let stand 10 minutes.
3. Meanwhile, in a large, deep skillet, heat the remaining vegetable oil and cook the green pepper and onion over medium high heat, stirring frequently for about 10 minutes or until the vegetables are softened and aromatic.
4. Add the chicken and garlic and continue to cook over medium high heat, stirring for another 10 minutes. The chicken should be browned and mostly cooked through.
5. Set aside one cup of the cheese for the topping. In a bowl, combine the chicken soup, cheese soup, and the tomatoes. Stir until well combined.
6. Make the layers in the casserole dish as follows: half the cooked chicken mixture, half of the remaining cheese, half of the tortilla pieces, and half of the soup mixture. Repeat.
7. Bake, uncovered, for 20 minutes. Remove from the oven and add the crushed corn chips and top with the remaining 1 cup cheese and continue to bake for 10 minutes until the cheese is melted and bubbling.

Per Serving (excluding unknown items): 381 Calories; 15g Fat (36.1% calories from fat); 31g Protein; 30g Carbohydrate; 4g Dietary Fiber; 72mg Cholesterol; 791mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Source: www.allfreecasserolerecipes.com/Chicken-Casseroles-Recipes

Spaghetti Salad

Ingredients

1 lb. spaghetti noodles
1 bottle of McCormick Salad Supreme seasoning
1 large cucumber chopped
2 large tomatoes
1 large onion
1 4-oz. bag sharp cheddar cheese
1/2 lb. shrimp (cooked)
1 large bottle of Wishbone Italian Dressing

Directions

Cook noodles as directed. While noodles are cooking chop up the cucumbers, tomatoes, and onions. When noodle are done rinse with cool water a little, drain well, then add all ingredients together and mix well. This mixing process will take at least a few times of mixing, has to be well mixed. When done sit back and enjoy.

Bourbon Chicken

Time: 15 min. prep + 30-40 min. cooking time

Yield: 5 servings

5 chicken breasts
2 T oil
1 t garlic
1/4 C apple or pineapple juice
1/3 C brown sugar
2 T ketchup
1 T apple cider vinegar
1/2 C water
1/3 C soy sauce
pinch red pepper flakes
1 T cornstarch

1. Cut your chicken into small 1-2 inch pieces with some kitchen scissors.
2. Heat up a large skillet over medium high heat. Once it is hot, pour 2 T Olive Oil into it.
3. Add your chicken pieces to the pan and let them cook for about 10 minutes, stirring occasionally.
4. The chicken will start to get a bit juicy and bubbly. Put the lid on the pan, slightly tilted and drain the juices out into the sink. Return the pan to the stove top and continue cooking over medium high heat.
5. Into a medium sized mixing bowl combine 1 t garlic, 1/4 C apple or pineapple juice, 1/3 C brown sugar, 2 T ketchup, 1 T apple cider vinegar, 1/2 C water, 1/3 C soy sauce, a pinch of red pepper flakes and 1 T cornstarch. Whisk it all together until the cornstarch is dissolved and all ingredients are well combined.
6. When your chicken has a nice brown sear on some of the pieces... pour the sauce into the pan. Stir it around to cover all the chicken pieces.
7. Reduce the heat to a low simmer and cover the pan with the lid at an angle to allow some of the steam to escape. Let this baby simmer away for about 20 minutes, stirring a couple of times during the cooking period.
8. Serve over white or brown rice.

Source: Jamie Cooks It Up!

<http://www.jamiecooksitup.blogspot.com>

BBQ Short-Rib Sliders with Whiskey-Bacon Barbecue Sauce (Slow Cooker)

This is from my fave food blogger, Cathy, from The Noble Pig.

Servings: Makes about 25 sliders

Ingredients

For the meat:

4 cups beef stock
2 cups dry red wine
2 Tablespoons kosher salt
1 Tablespoon smoked paprika
2 teaspoons ground cumin
2 teaspoons garlic powder
1/2 Tablespoon black pepper
2 teaspoons ground cayenne pepper
2 teaspoons mustard powder
2 Tablespoons dark brown sugar
6 pounds boneless beef short ribs

For the whiskey-bacon sauce

1/2 pound Carlton Farms, thick-cut smoked bacon, or your favorite bacon, chopped
1 medium onion, finely chopped
4 plum tomatoes, seeded and chopped
6 cloves garlic, crushed
1 Tablespoon spice mix (reserved from rib recipe above)
1/3 cup Jack Daniel's whiskey
4 Tablespoons Worcestershire sauce
2 cups ketchup

1/3 cup apple-cider vinegar
3 Tablespoons dark-brown sugar
1/2 cup strong coffee
1 teaspoon mustard powder
1/3 cup reserved juice from rib recipe above
romaine lettuce
slider buns

Directions

Add stock and wine to the slow cooker. In a small bowl, combine salt, smoked paprika, cumin, garlic powder, black pepper, cayenne, mustard powder and dark brown sugar. Reserve 1 Tablespoon of this mixture for the barbecue sauce. Add spice mix to the liquid in the slow-cooker and stir until incorporated. Add the meat, it should be completely covered in liquid (maybe a couple little pieces will stick out, it's okay). Turn slow-cooker on low for 8.5 hours. When finished, remove meat to a large cutting board and shred with two forks. Reserve 1/3 cup of the broth the meat cooked in for the barbecue sauce. Place shredded meat back into the slow cooker to keep warm.

For the barbecue sauce, heat a large, heavy-pan over medium heat and add bacon. Cook until bacon is browned and beginning to crisp. Add onion, cooking until softened, about 4-5 minutes. Stir in tomatoes and crushed garlic. Cook about 2 minutes more. Add the rest of the ingredients (not the lettuce and buns, obviously) and bring to a very low simmer. Cover and cook for 30 minutes, stirring occasionally.

Add sauce to meat and incorporate fully. Place on slider buns and top with romaine lettuce.

Source: Noble Pig

http://noblepig.com/2012/07/short-rib-sliders-with-whiskey-bacon-barbecue-sauce/?recipe_print=yes

Pizza Casserole

For a great casserole idea try this wonderful cheesy pizza casserole by Chrissy from For Mamas. The family loves it and it can be customized any way you want it. Add in your favorites to make it your own special recipe!

Ingredients

1 bag of egg noodles
1 jar of tomato sauce (I use Ragu spaghetti sauce)
3 cups Mozzarella cheese, shredded
1 1/2 pounds hamburger meat
1 package of pepperoni

Instructions

Brown the meat and drain the grease.

Boil noodles until soft. Drain the water.

Preheat oven to 350 degrees F.

In a 9x13 casserole dish, start layering by first spreading a thin layer of tomato sauce on the bottom.

Second layer half of the noodles over the sauce. Then half of the meat and the rest of the noodles.

Next layer half of the cheese, the rest of the meat, the rest of the sauce, and then the rest of the cheese.

Lastly, top with pepperonis.

Cover with foil and bake for 30 minutes. After 30 minutes remove foil and bake for another 15 minutes.

Once it is done baking, take it out and let it sit for 10 to 15 minutes.

Peanut Butter Cream Cups

Looking for a delicious dessert? Then check out these great cookies made using Pillsbury® refrigerated peanut butter cookies – ready in about an hour.

Prep Time 35 Minutes
Total Time 1:05 Hr:Mins
Makes 32

1 roll (16.5 oz) Pillsbury® refrigerated peanut butter cookies
2 cups frozen (thawed) whipped topping
4 teaspoons chocolate candy sprinkles

Heat oven to 350°F (325°F for dark pan). Grease 32 mini muffin cups with shortening or spray with cooking spray.

Cut dough into 32 equal pieces. Press each piece in bottom and up side of mini muffin cup.

Bake 9 to 12 minutes or until centers appear dry and edges begin to turn light golden brown.

Remove from oven. With handle of wooden spoon, make shallow indentation in center of each baked cookie cup. Cool 10 minutes. Run tip of knife around edge of each muffin cup; remove cookie cups from pan. Cool completely, about 10 minutes. Repeat with remaining half of cookie dough.

Up to 2 hours before serving, spoon 1 measuring tablespoonful whipped cream into each cooled cookie cup. Sprinkle each with 1/8 teaspoon decors. Store in refrigerator.

Nutrition Information:

1 Serving (1 Cookie Cup)

Calories 90 (Calories from Fat 40), Total Fat 4 1/2g (Saturated Fat 1 1/2g, Trans Fat 0g), Cholesterol 10mg; Sodium 55mg; Total Carbohydrate 12g (Dietary Fiber 0g, Sugars 6g), Protein 0g;

Durango Potato Casserole

For those who like it spicy, it's easy to turn up the heat on these potatoes by adding more chili powder or jalapenos for extra kick

12 Servings
Prep: 35 min.
Bake: 25 min.

Ingredients

2-1/2 pounds potatoes (about 8 medium), peeled and cut into 1-inch cubes
8 thick-sliced bacon strips
1 can (14-1/2 ounces) diced tomatoes and green chilies, drained
3 cups (12 ounces) shredded Mexican cheese blend
4 green onions, chopped
1/3 cup chopped green pepper
1/3 cup chopped sweet red pepper
1-1/2 cups reduced-fat mayonnaise
2 tablespoons lime juice
1 teaspoon seasoned salt
1/4 teaspoon pepper
1-1/2 teaspoons chili powder
2 tablespoons minced fresh cilantro

Directions

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until tender.

In a large skillet, cook bacon over medium heat until partially cooked but not crisp. Remove to paper towels to drain; set aside. Drain potatoes and transfer to a large bowl; add the tomatoes, cheese, onions and peppers.

In a small bowl, whisk the mayonnaise, lime juice, seasoned salt and pepper; add to potatoes and gently stir to coat. Transfer to a greased 13-in. x 9-in. baking dish. Coarsely chop bacon; sprinkle over the top. Sprinkle casserole with chili powder.

Bake, uncovered, at 350° for 25-30 minutes or until heated through. Sprinkle with cilantro. Let stand for 5 minutes before serving.

Yield: 12 servings (2/3 cup each).

Nutrition Facts: 2/3 cup equals 315 calories, 22 g fat (9 g saturated fat), 42 mg cholesterol, 876 mg sodium, 19 g carbohydrate, 2 g fiber, 10 g protein.

Source: Taste of Home 2012

Elegant Shrimp & Crab Casserole

Ingredients

2 Tbs. unsalted butter
1 lb. medium size raw shrimp, peeled and deveined
1/2 C. diced red bell pepper
1/2 C. diced onion
1 tsp. minced garlic
salt and pepper to taste
2 6-oz. cans white crab (you can use fresh)
1 can condensed cream of celery soup
1 can condensed golden mushroom soup
1/2 C. milk
1 C. grated cheddar cheese
1 C. buttered bread crumbs

Directions

Saute pepper, onion, and garlic in 2 Tbs. of butter until soft. Add shrimp and cook, stirring constantly, until the shrimp start to turn pink. Do not overcook. They will finish cooking in the oven.

Pour soups, crab, milk, and shrimp mixture into a 9x13-inch casserole dish. Mix well with a wooden spoon. Cover top first with the buttered bread crumbs, then with the grated cheese. Bake uncovered for 20-30 minutes until hot and cheese is bubbly.

Spicy Chicken Sandwiches with Cilantro-Lime Mayo

These reduced-fat chicken sandwiches feature chicken cutlets encrusted with tortilla chip crumbs, which yield a satisfying crunch. You can also use spicy chips for more heat.

Yield: 4 servings (serving size: 1 sandwich)
2 Hours, 27 Minutes

Ingredients

Mayo:

1/4 cup reduced-fat mayonnaise
2 tablespoons chopped fresh cilantro
1 teaspoon fresh lime juice
1 garlic clove, minced

Chicken:

1/4 cup egg substitute
3 tablespoons hot sauce (such as Tabasco)
1 teaspoon dried oregano
1/4 teaspoon salt
2 (6-ounce) skinless, boneless chicken breast halves
4 1/2 ounces baked tortilla chips (about 6 cups)
2 tablespoons olive oil

Remaining ingredients:

4 (2-ounce) Kaiser rolls, split
12 (1/8-inch-thick) red onion slices
4 lettuce leaves

Preparation

1. To prepare mayo, combine the first 4 ingredients.
2. To prepare chicken, combine egg substitute, hot sauce, oregano, and salt in a large zip-top plastic bag. Cut chicken breast halves in half horizontally to form 4 cutlets. Add chicken to bag; seal. Marinate in refrigerator 2 hours or up to 8 hours, turning bag occasionally.
3. Place tortilla chips in a food processor; process 1 minute or until ground. Place ground chips in a shallow dish.
4. Working with one cutlet at a time, remove chicken from marinade, allowing excess to drip off. Coat chicken completely in chips. Set aside. Repeat procedure with remaining chicken and chips.
5. Heat a large nonstick skillet over medium heat. Add olive oil to pan, swirling to coat. Add chicken to pan; cook 3 minutes on each side or until browned and done. Spread mayo evenly over cut sides of rolls. Layer bottom half of each roll with 3 onion slices, 1 lettuce leaf, and 1 chicken cutlet; top with top halves of rolls.

Nutritional Information

Amount per serving:

Calories: 419 Fat: 13.2g Saturated fat: 1.7g Monounsaturated fat: 6.1g Polyunsaturated fat: 3.4g Protein: 28.1g Carbohydrate: 46.8g
Fiber: 2.6g Cholesterol: 49mg Iron: 3.2mg Sodium: 611mg Calcium: 101mg

Source: Cooking Light DECEMBER 2008

Creamy Asian Slaw

Time prep: 15 min total
1 hr 15 min servings total
16 servings, 1/2 cup each

What You Need

1 tub (10 oz.) PHILADELPHIA Original Cooking Creme
1/4 cup KRAFT Asian Toasted Sesame Dressing
2 pkg. (12 oz. each) broccoli slaw
1/2 cup PLANTERS Slivered Almonds
1/2 cup golden raisins

Make It

COMBINE cooking creme and dressing in large bowl.

ADD remaining ingredients; toss to coat.

REFRIGERATE 1 hour. Stir before serving.

Kraft Kitchens Tips

Variation: Give this delicious slaw an Italian twist by preparing with PHILADELPHIA Italian Cheese and Herb Cooking Creme, and KRAFT

Tuscan House Italian Dressing.

Creamy Ranch-Feta Slaw Prepare as directed, using KRAFT Classic Ranch Dressing and adding 1/2 cup ATHENOS Traditional Crumbled Feta Cheese.

Variation: Substitute chopped apples for the raisins and/or chopped PLANTERS Pecans for the almonds. servings total:

16 servings, 1/2 cup each Nutritional info per serving: Calories 90 Total fat 5 g Saturated fat 1.5 g Cholesterol 10 mg Sodium 200 mg Carbohydrate 8 g Dietary fiber 2 g Sugars 6 g Protein 2 g Vitamin A 8 %DV Vitamin C 35 %DV Calcium 4 %DV Iron 2 %DV

Pesto-Chicken Penne Casseroles

Creamy, flavorful and so easy to fix, this meal-in-one will wow family and friends. Get ready for recipe requests for this easy chicken casserole!

12 Servings
Prep: 20 min.
Bake: 40 min.

Ingredients

1 package (16 ounces) penne pasta
6 cups cubed cooked chicken
4 cups (16 ounces) shredded Italian cheese blend
3 cups fresh baby spinach
1 can (15 ounces) crushed tomatoes
1 jar (15 ounces) Alfredo sauce
1-1/2 cups 2% milk
1 jar (8.1 ounces) prepared pesto
1/2 cup seasoned bread crumbs
1/2 cup grated Parmesan cheese
1 tablespoon olive oil

Directions

Cook pasta according to package directions. Meanwhile, in a large bowl, combine the chicken, cheese blend, spinach, tomatoes, Alfredo sauce, milk and pesto. Drain pasta and add to chicken mixture; toss to coat. Transfer to two greased 8-in. square baking dishes. In a small bowl, combine the bread crumbs, Parmesan cheese and oil; sprinkle over casseroles. Cover and freeze one casserole for up to 3 months. Cover and bake the remaining casserole at 350° for 40-45 minutes or until bubbly.

To use frozen casserole: Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 50-60 minutes or until bubbly. Yield: 2 casseroles (6 servings each).

Nutrition Facts: 1-1/3 cups equals 612 calories, 30 g fat (13 g saturated fat), 111 mg cholesterol, 829 mg sodium, 41 g carbohydrate, 3 g fiber, 42 g protein.

8-Vegetable Soup with Mixed Herb Pesto

Serves 6

1 small butternut squash
Extra virgin olive oil (EVOO), for drizzling, plus 3 tablespoons
Salt and pepper
2 red bell peppers
1 small bulb fennel, a handful of fronds reserved, chopped
2 carrots, chopped
2-3 celery stalks from the heart, chopped, reserve leafy tops
2 medium red onions, chopped
4 cloves garlic, chopped
1 Fresno chili pepper, thinly sliced or chopped
2 sprigs rosemary
A small handful of thyme
2 large bay leaves
1/2 cup dry white wine
1 can plum tomatoes (28-32 ounces)
1/2 teaspoon sugar
1 quart chicken stock or vegetable stock
A small handful of flat leaf parsley
A handful of basil or tarragon
3 tablespoons pistachios or pine nuts
A handful of grated Parmigiano Reggiano cheese (optional)

Pre-heat the oven to 425°F.

Peel and cube the squash and dress with a little EVOO, salt and pepper. Roast until just-tender, 25-30 minutes; do not brown.

After roasting the squash, char the peppers over an open flame on the stovetop or under a hot broiler. Place in a covered dish to cool to handle, then peel, seed and chop.

In a large Dutch oven, heat the EVOO, a couple turns of the pan, and add the fennel, carrots, celery, onions, garlic, chili pepper, salt and pepper, a bundle of rosemary and thyme tied with kitchen twine and two large bay leaves. Cover and cook for 10 minutes, stirring occasionally, to soften. Deglaze the pan with the wine, then add the roasted peppers, tomatoes and a sprinkle of sugar; break up the tomatoes with the back of a spoon and stir in the stock. Bring to a boil, then let simmer at a low rolling boil for 30 minutes. Remove the herb bundle and bay leaves and puree the soup along with the squash in a food processor or industrial blender. Pass through a coarse sieve for a smooth soup.

Wipe out the processor and return it to the base; add the celery tops, fennel fronds, flat leaf parsley, basil or tarragon, nuts and salt and pepper, then turn the processor on. Stream in enough EVOO to form a thick pesto (add a handful of Parmigiano Reggiano if you'd like).

Top shallow bowls of soup with a swirl of pesto. Serve with crusty bread, cheese and herb puffs or grilled cheese sammies.

Au Gratin Ham and Potatoes (Dutch Oven Recipe)

Ingredients:

4 Tbsp butter or margarine
1 onion
3 Tbsp flour
2 cups milk
Seasoned salt and pepper
1-1/2 cups cooked ham
3 cups potatoes
1/2 cup cheese
2 Tbsp fine bread crumbs

Instructions:

Mince onion. Dice ham. Dice potatoes. Grate cheese. Preheat dutch oven to 325 degrees. Melt butter and saute onion until translucent. Blend in flour. Gradually add milk, stirring constantly until thickened. Add pepper and seasoned salt. Mix in ham and potatoes to coat well. Sprinkle cheese and bread crumbs on top. Cover and bake at 400 degrees for 20 minutes.

Serves 4

Malted Milk Ice Cream Pie

Yield: Serves 12

Cook time: 15 Minutes

Prep time: 20 Minutes

Freeze: 4 Hours

Ingredients

Crust:

1 2/3 cups crushed chocolate wafers (from about 24 cookies)
1/4 cup sugar
4 tablespoons unsalted butter, melted and cooled

Filling:

2 1/2 cups malted milk balls
2 quarts vanilla ice cream, softened
1/2 cup malted milk powder

Glaze:

7 ounces semisweet chocolate, chopped
1/2 cup heavy cream

Preparation

1. Make crust: Preheat oven to 350°F. Combine wafers and sugar in a food processor and pulse until finely ground. Add butter and pulse until crumbly, about 10 seconds. Press mixture evenly over bottom and slightly up sides of a 10-inch springform pan (mixture will be dry). Bake until firm and set, 8 to 10 minutes. Let cool completely in pan on a wire rack.
2. Make filling: Place malted milk balls in a large ziplock bag. Seal bag and crush candies with a rolling pin. Set aside 1/2 cup of crushed candies for garnish. In a large bowl, stir ice cream, malted milk powder and remaining crushed candies. Spread evenly over bottom of cooled crust, smoothing top. Freeze until firm, at least 1 hour.
3. Make glaze: Place chocolate in a small heatproof bowl. Bring cream to a boil in a small pan over medium-high heat. Pour over chocolate and let sit for 2 minutes. Whisk until completely smooth. Working quickly, pour glaze over pie and spread evenly. Sprinkle with reserved crushed candies. Freeze until firm, at least 3 hours or overnight.
4. Remove cake from freezer 10 minutes before serving and let sit at room temperature. Just before serving, run a sharp knife around pan edges, loosen pan sides and unmold to a plate. Use a sharp knife to cut cake into wedges.

Source: All You JUNE 2012

Smashed White Bean and Avocado Club

Yield: Makes 4 servings

Prep time: 20 Minutes

Ingredients

2 15-ounce cans white beans, rinsed and drained
2 tablespoons extra-virgin olive oil
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
12 slices multigrain bread
1 small red onion, thinly sliced
1 cucumber, preferably hothouse (seedless), thinly sliced (peeled, if desired)
1 4- to 5-ounce container sprouts (such as alfalfa, radish, broccoli, or a combination)
2 avocados, pitted and thinly sliced

Preparation

In a medium bowl, combine the beans, oil, salt, and pepper. Roughly mash the mixture with the back of a fork.

Place 8 of the bread slices on a work surface. Divide the mashed beans among the slices. Top with the onion, cucumber, sprouts, and avocado. Stack the open-faced sandwiches on top of one another, avocado-side up, to make 4 double-decker sandwiches. Top with the remaining 4 slices of bread. Slice each sandwich in half, if desired, and serve.

Tip: You can make this quick sandwich even more quickly by using store-bought hummus in place of the smashed white beans.

Source: Real Simple AUGUST 2006

Blackberry-Gin Fizz

MAKES 8

Use the ripest, juiciest blackberries or raspberries for this cocktail.

1 6-oz. container blackberries
1/2 cup sugar
2 cups gin
1 cup fresh lime juice
Club soda
8 sprigs Thai basil or sweet basil

Purée blackberries and sugar in the blender. Let stand, stirring occasionally, until sugar is dissolved, about 10 minutes. Strain purée through a fine-mesh sieve into a pitcher (there will be about 3/4 cup); discard seeds in sieve. Stir gin and lime juice into pitcher.

Divide drink among ice-filled glasses; top with club soda. Garnish each with a basil sprig.

Source: Bon Appétit

Bacon and Cheese Breakfast Pizza

Prep: 15 min.

Bake: 25 min

Yield: 6 Servings

Ingredients

Pastry for single-crust pie (9 inches)
1/2 pound bacon, cooked and crumbled
2 cups (8 ounces) shredded Swiss cheese
4 eggs, lightly beaten
1-1/2 cups (12 ounces) sour cream
2 tablespoons chopped fresh parsley

Directions

Roll pastry to fit a 12-in. pizza pan. Bake at 425° for 5 minutes. Sprinkle bacon and cheese evenly over crust. In a large bowl, beat eggs, sour cream and parsley until smooth; pour over pizza. Bake for 20 to 25 minutes or until pizza is puffy and lightly browned.

Nutritional Facts 1 serving (1 piece) equals 595 calories, 40 g fat (21 g saturated fat), 248 mg cholesterol, 1,509 mg sodium, 22 g carbohydrate, trace fiber, 32 g protein.

Source: Taste of Home

