

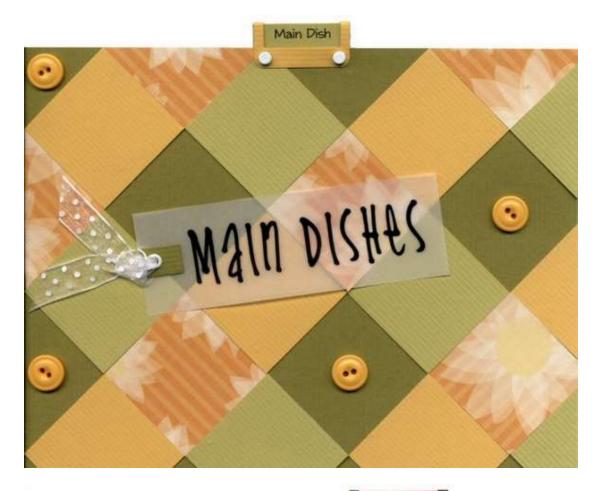




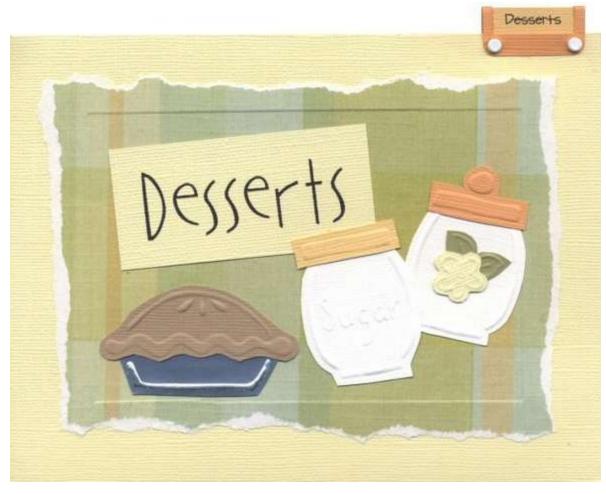
Soups + Salads

soups..

· · salads









Preheat oven to 350 degrees F. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish in a small bowl, combine the honey, mustard, bash,

paprika, and parsley. Mix well mixture over the chicken, and brush to cover. Bake in oven for 30 minutes. Turn chicken pieces over and brush with the remaining

chicken breasts pour 1/2 of this salt and pepper 1/2 cup honey the preheated 1/2 cup mustard 1 +sp dried basil 1 tsp paprika 1/2 +sp dried

parsley

1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

CHEESY

chicken

Crisp

8 bonelecc, ckinlecc

chicken breast halves

1/2 cup butter, melted

I cup cruched cornflakes

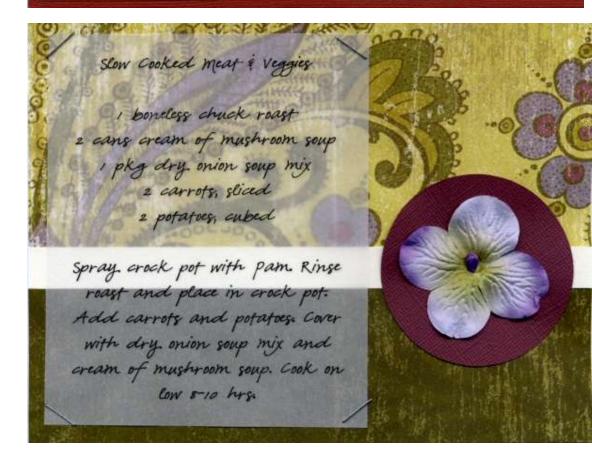
3/4 cup Parmeran cheese cheddar cheese.

1/4 cup thredded cheddar

preheat oven
to 350. In a
Medium bowl,
Mix the
cornflake
crumbs,
parmesan
cheese and

Dip the chicken breasts in the melted butter, and roll them in the cornflake crumb mixture. Place chicken in a lightly

greaced 9x13
inch balting dish.
Balte in the
preheated oven
for 30 to 40
Minutes, until
chicken is no
longer pink and
juices run clear.





This is a great recipe for when all your family is together. The best part is that no one has to wait for their special omelet! Have guests write their name on a quart-size Ziploc freezer bag with a permanent marker. Crack 2 large eggs into the bag and shake to combine them. Put out a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, salsa, etc. Each guest can add prepared ingredients of choice to their bag and shake. Make sure to get ALL the air out of the bag (very important) and then zip it up. Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. But make sure the pot is large enough so that the bags float freely; otherwise, the bags will melt when they come in contact with the sides of the hot pot. Open the bags and the omelet will roll out easily.

2 six-ounce boneless, skinless chicken breasts Salt

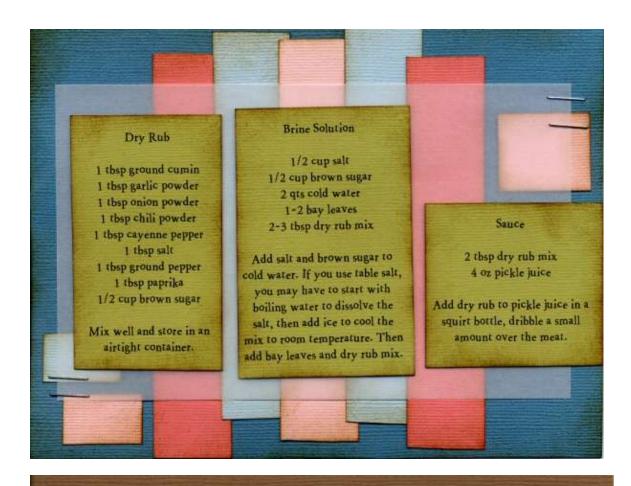
1 cup of flour 1/4 cup of olive oil 1/4 cup of white wine

4 large lemons

1/2 stick of unsalted butter softened

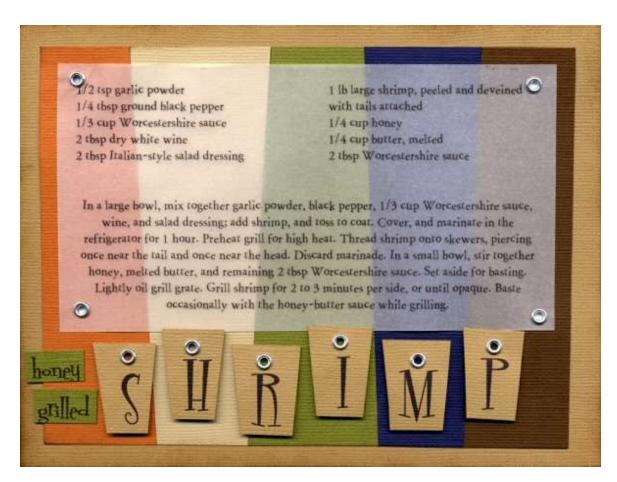
Small handful of drained capers

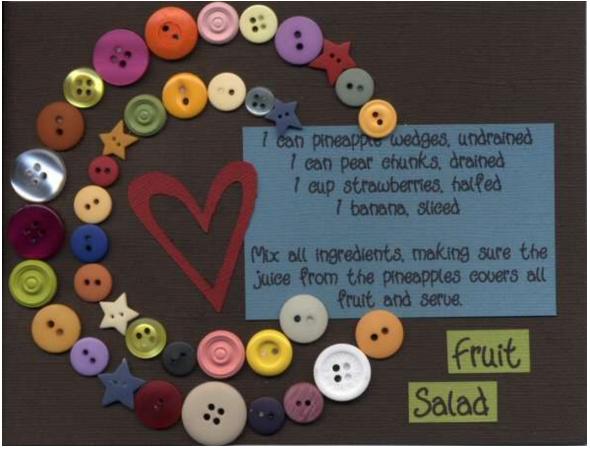
Cut three lemons in half and use for fresh lemon juice. Pour the juice through a fine strainer. Cut the last lemon into wedges for garnish. Begin to heat the olive oil in a 12 inch sauté pan on med-high. While oil is getting hot, lightly season both sides of the chicken breast with salt. Lightly dust the chicken breast in the flour. Shake off excess flour. Place chicken in the sauté pan skin side down. When the chicken is golden brown, turn over and brown the other side as well. It is important to brown both sides to insure the chicken is completely cooked through. When both sides are nice and brown, add white wine and lemon juice. Continue to cook for approximately two to three minutes. The liquid should reduce approximately half. Once the liquid is reduced, remove the chicken breasts from the pan and turn off heat. Check to make sure the chicken breasts are cooked by turning each piece of chicken over and cutting it halfway through with a knife. There should be no visible pink. If the chicken is not completely cooked through, place in a 400 degree oven for five minutes to complete cooking. Finish the sauce by placing the softened butter in the pan. Using rubber spatula, work the butter into the sauce as it melts. Pour sauce directly on top of chicken breasts. Garnish with capers and lemon wedges.

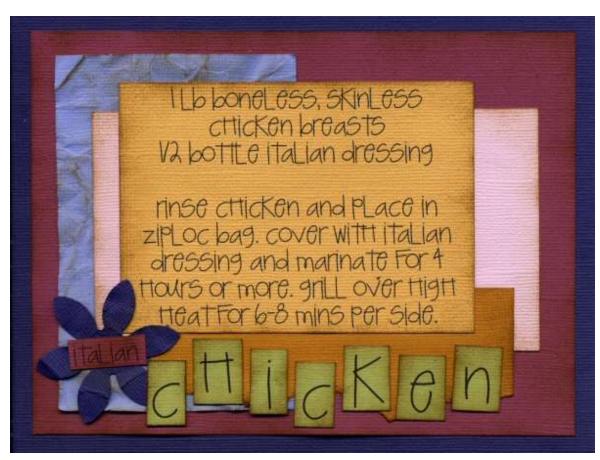


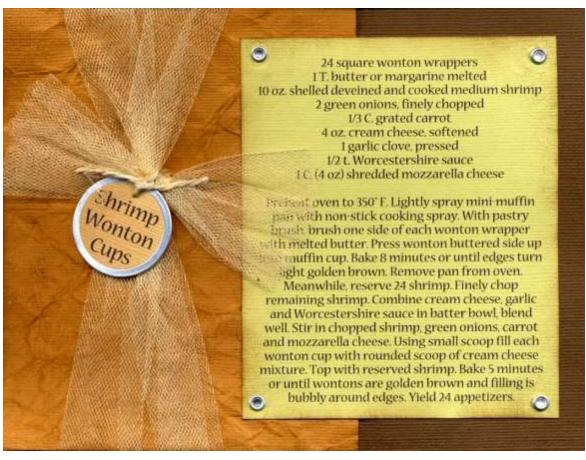
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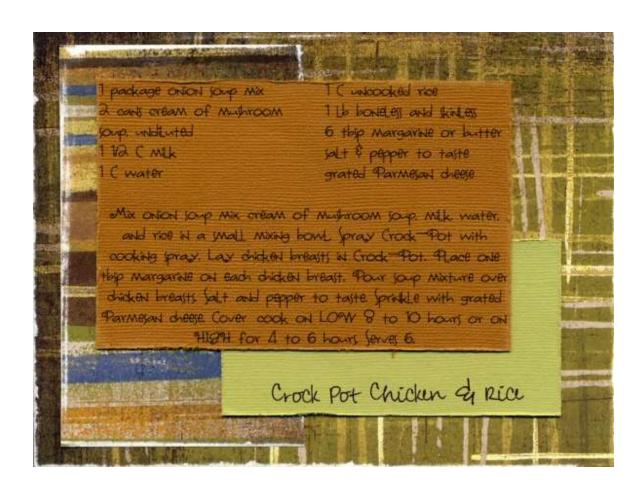
Rinse the pork shoulder and place in a large container, pour in the brine solution until the shoulder is completely covered - add water if necessary. Cover the container and place in the refrigerator for at least 8 hours. Then remove park shoulder from brine solution, pat dry with paper towels, place in baking pan that is bigger than the shoulder by at least a inch in length and width and at least 3 inches deep. Sprinkle dry run onto the surface of the shoulder and massage in such that it adheres to the surface. Coat all sides. Make sure the fat layer on the shoulder is facing up before cooking! Place baking pan uncovered in a 225-250 degree oven on the middle rack. Insert a probe thermometer into the center or thickest part of the shoulder, but not touching the bone. Monitor the temperature throughout cooking (a digital thermometer with an alarm function is the easiest way to do this). Do not user a higher temperature and do not remove from the oven until the center of the shoulder reaches 200 degrees. This will take anywhere from 6 to 10 hours depending on the size of the shoulder. When the shoulder has reached 200 degrees, shut off the oven and let the roast cool for a couple of hours before removing from the oven. If the bottom of the pan is dry (or crusted with dried spices) then cover the pan with foil to retain internal moisture of the meat during the cooling period. When the temperature drops to 170 degrees or slightly lower, emove from oven. Place on a large, clean work surface such as a cutting board, remove the bone and the large sheet of crusted fat on the top. Using either gloved hands (caution! It's still hot) or two large forks, begin pulling the meat. It should fall apart very easily. Store in small containers (1 to 2 lbs in each container), freeze some for later use or to share with friends.

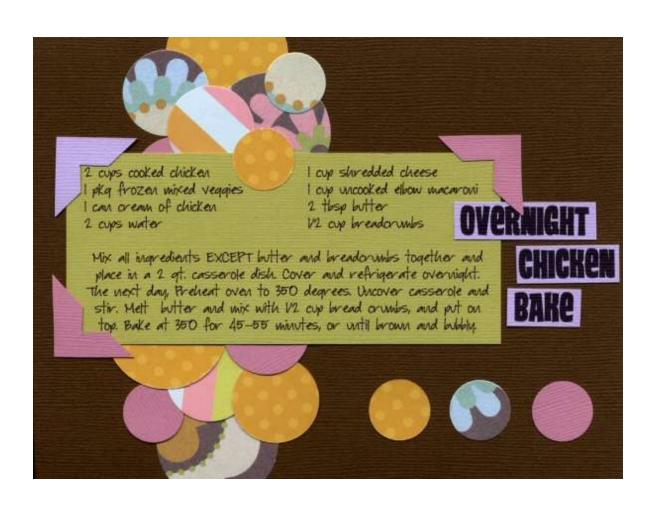


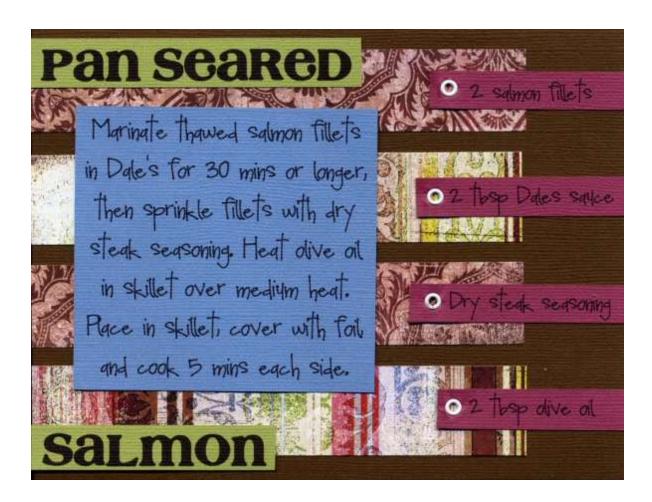


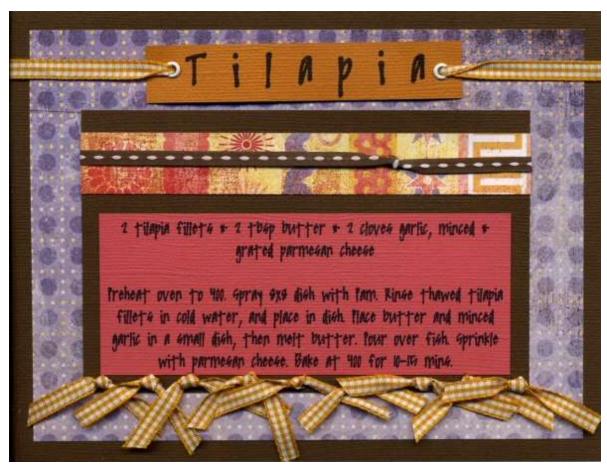


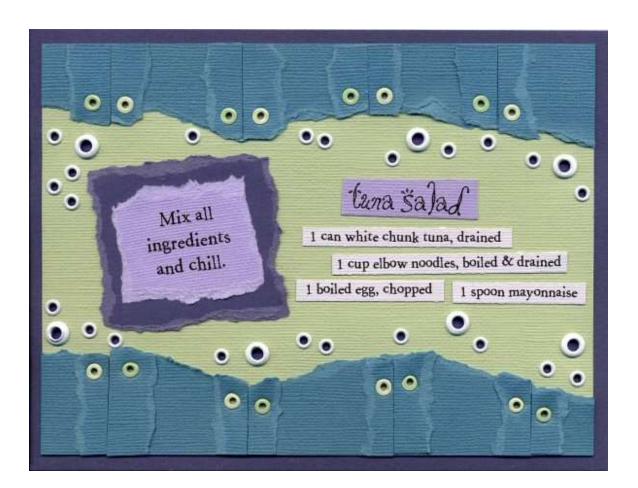


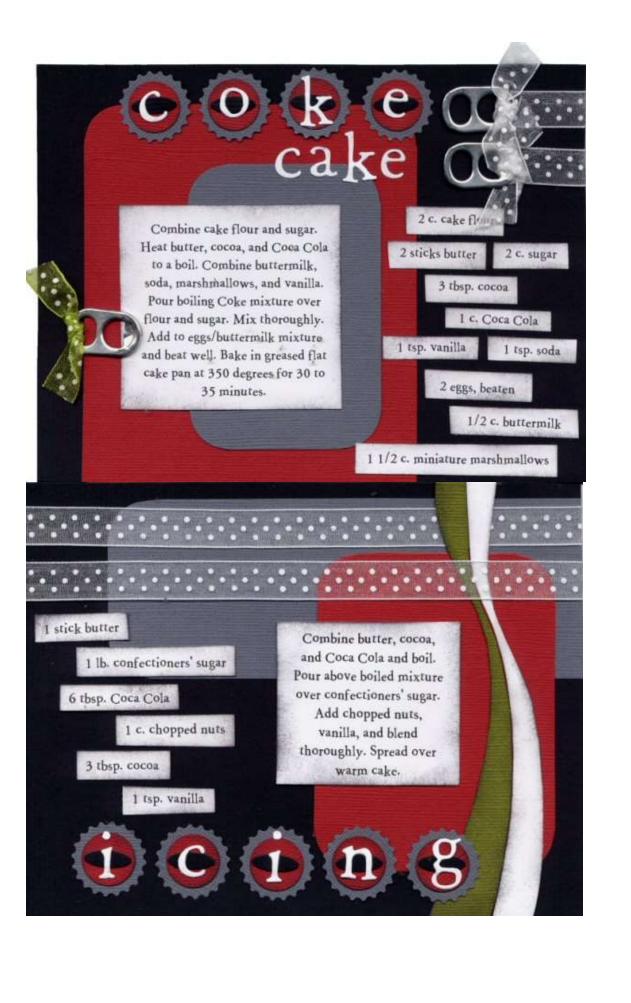


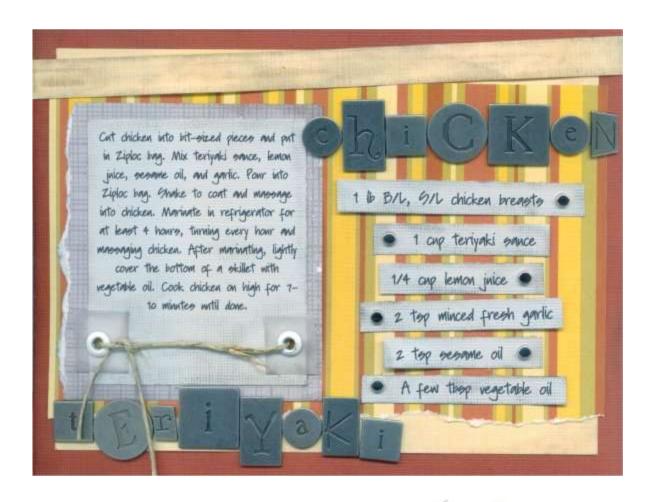


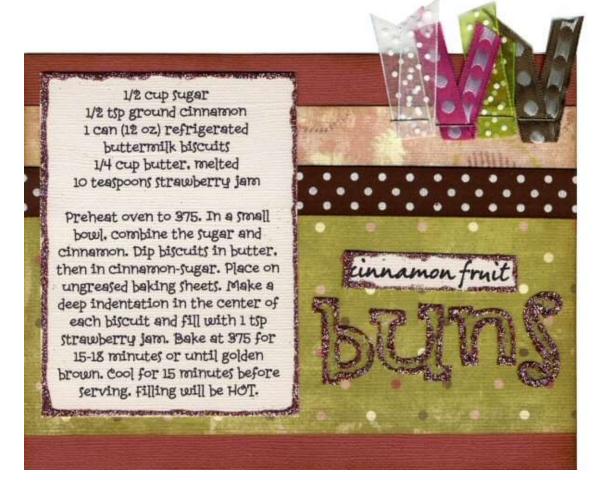


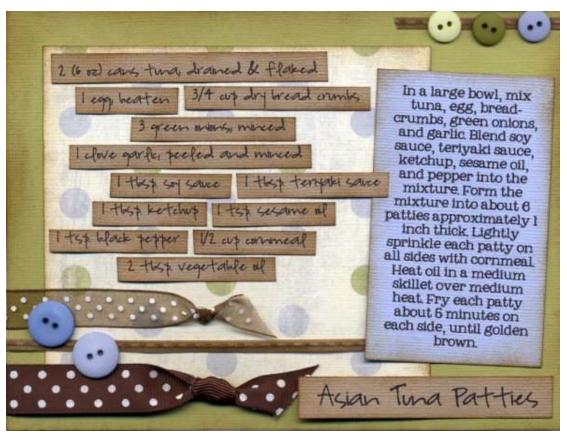


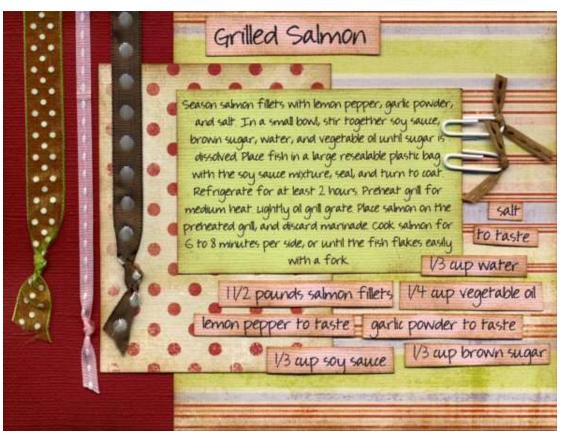




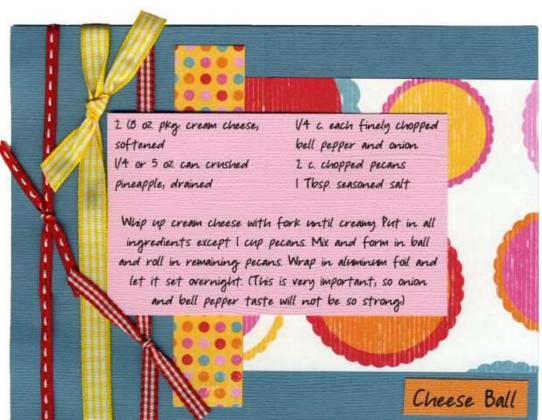


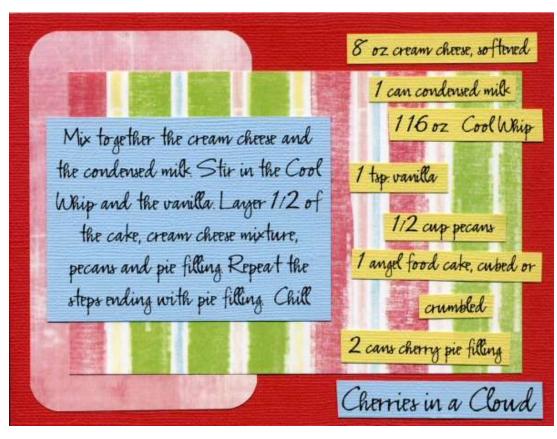


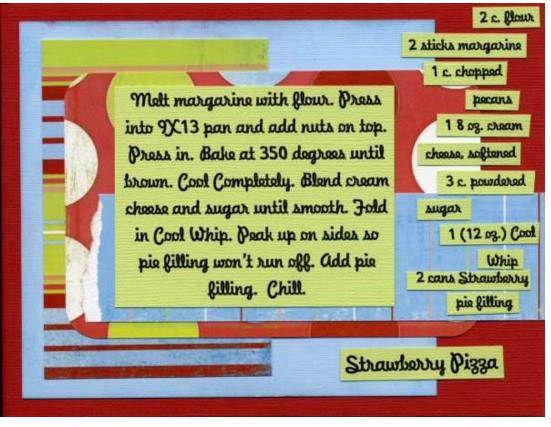


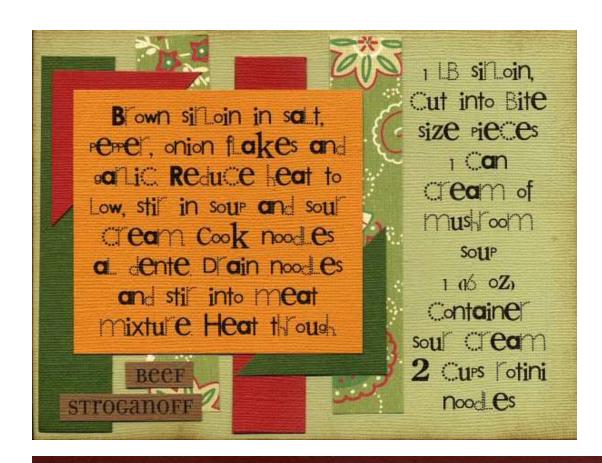










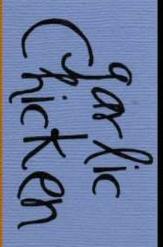






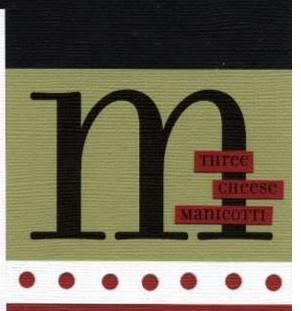
2 teaspoons crushed gardic 1/4 cup office oil 1/4 cup seasoned bread crumbs 114 cup grated Parmeson cheese 1 lb skinless boneless chicken breasts

Preheat oven to 425. Spray 9x13 dish with Pam. Warm the gardic and olive oil to blend the flavors. In a separate bowl combine the bread crumbs and Parmesan cheese. Dip the chicken breasts in the olive oil and gardic mixture, then into the bread crumb mixture. Place in 9x13 dish and bake at 425 for 30 to 35 minutes, until no longer pink and juces run clear.



1 (8 03) package manicott pasta
16 03 vicotta cheese
1 cup mozzavella cheese, divided
1 cup shvedded Montevey Jack cheese
2 tablespoons sour cream
1/3 cup dried bread crumbs, seasoned
1/4 cup chopped fresh pavsley
salt and pepper to taste
2 cups spaghetti sance

Preheat oven to 350. Spray 9x15 banking dish with Pam. Boil and drain manicotti. Meanwhile, in a large bowl, combine ricotta cheese, 1/2 cap mozzavella cheese, Monterey Jack cheese, sour cream, bread crumbs, parsley and salt and pepper to taste, mix well. Cover bottom of 9x15 dish with a thin layer of spaghetti sauce. Fill each manicotti with cheese mixture and place in dish. Cover with remaining sauce Sprinkle remaining mozzavella cheese on top. Bake uncovered at 350 for 40 minutes.



1 16 82 can thench style green beans 1 16 82 can whole Kennel conn 1/2 cup diced onion 1/2 cup diced bell peppen 12 cup sour cream
1 can cream of celeng soup
12 cup grated cheddan
cheese

Mix all ingredients in a casserble dish. Crush one sleeve of Ritz crackers. Melt 1 stick of mangarine. Spread crackers over ingredients. Pour melted mangarine over crackers. Bake at 350 degrees for 30 minutes.

vegetable

Cassengle

Chicken Scampi

Boil and drain noodles. Meanwhile, put chicken in a Ziploc bag with flour and pepper. Shake until evenly coated. Coat the bottom of a large skillet with olive oil. Cook 4-5 mins on each side, or until golden and juices run clear. Set noodles and chicken aside in a large bowl. Add all ingredients of alfredo sauce in a skillet and cook until smooth. Pour over chicken and noodles, toss to mix and serve.

Ingredients for Chicken:

1 lb boneless, skinless
chicken breast tenders
cup flour, 1 tsp pepper
A few tbsp olive oil
8 oz angel hair pasta

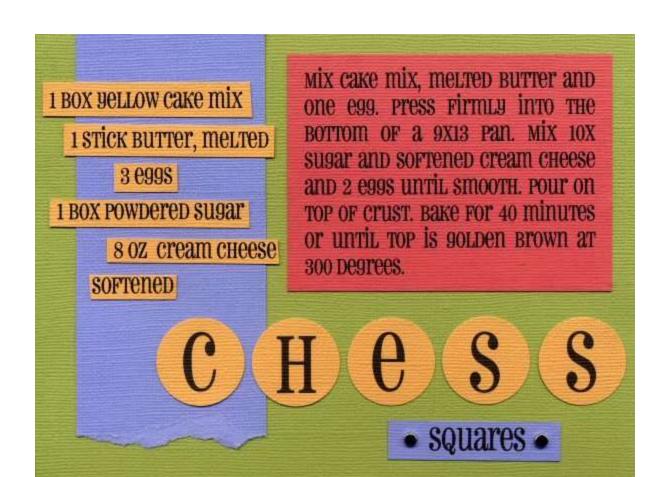
Ingredients for Alfredo Sauce:

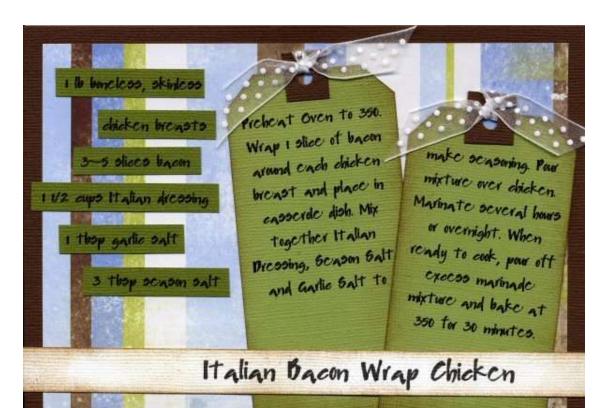
8 oz cream cheese

3/4 cup Parmesan cheese

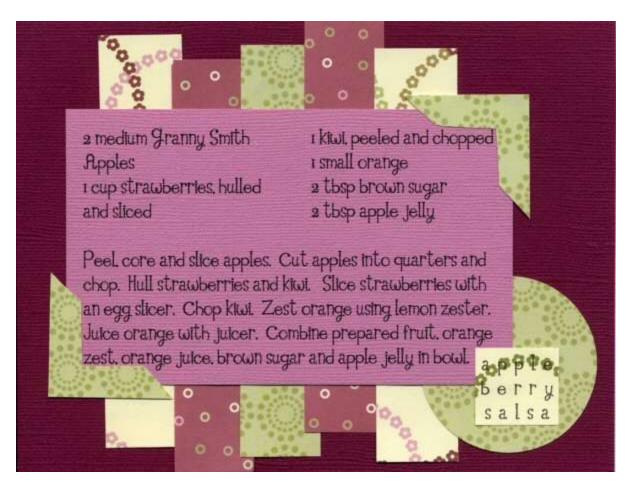
1/2 cup butter, 1/2 cup milk

1 clove garlic, minced









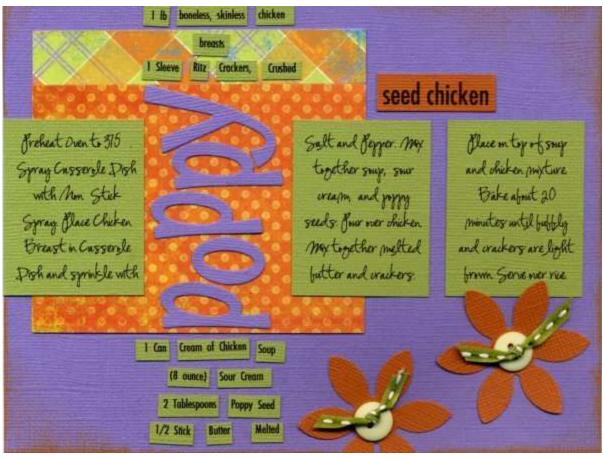


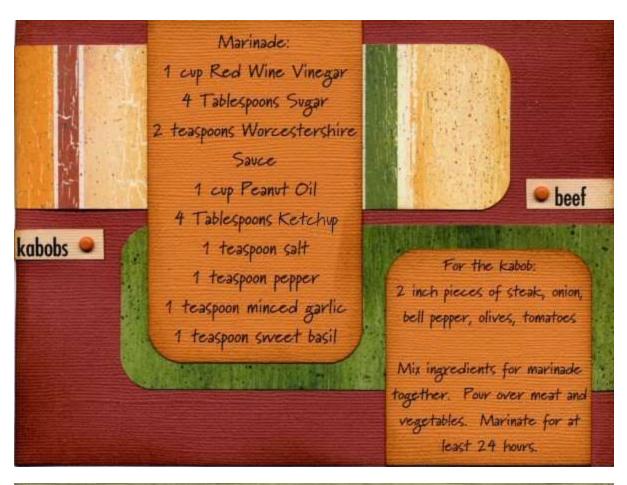


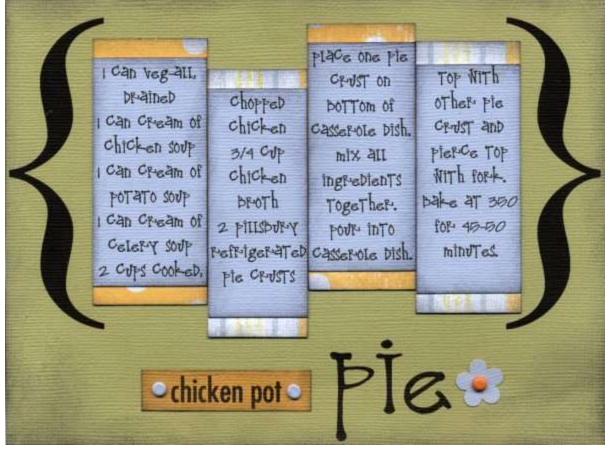
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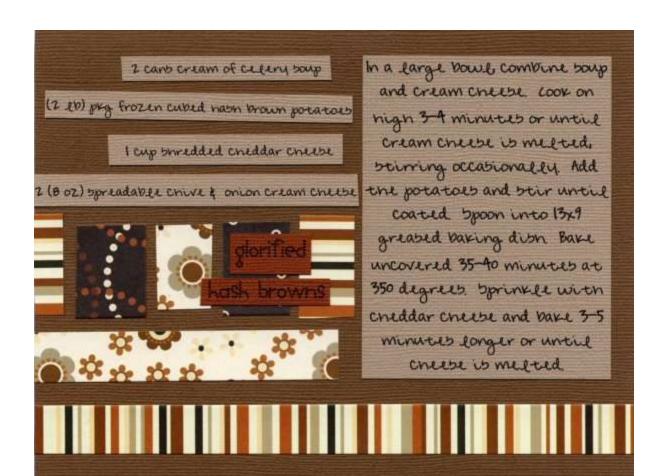
MIX GROUND BOOF, SOUPS and MILK and SPROAD Into the Bottom of a 9X13 Pan. ADD tateR tots and cover with SHRODDED CHOOSE. BAKE at 350 FOR ONE HOUR. 1 LB GROUND BEEF, BROWNED AND DRAINED
1 CAN CREAM OF MUSHROOM SOUP
1 CAN CHEDDAR CHEESE SOUP
1/2 CAN MILK
1 BAG FROZEN CAUER COUS
SHREDDED CHEDDAR CHEESE











- 3 quarts of water
- 2 cups of sugar
- 3 ripe bananas (mashed)
- 1 Large can of pineapple juice

1 1/2 cups of orange juice

1/4 cup of lemon juice

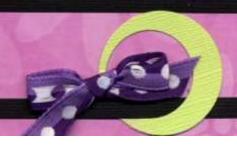
I two liter of ginger ale

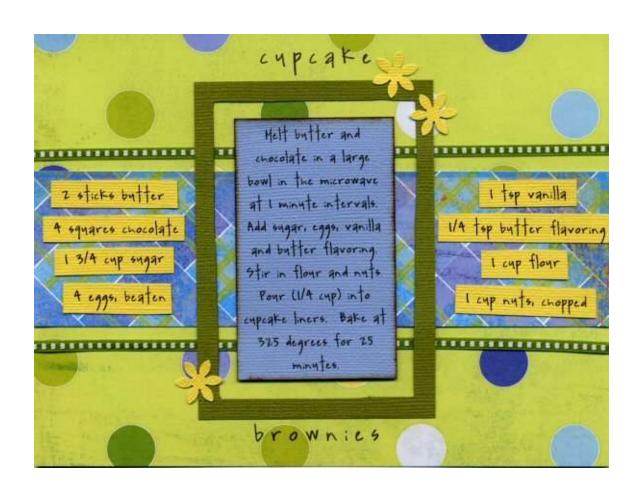
1 pkg of gallon size freezer Ziploc bags

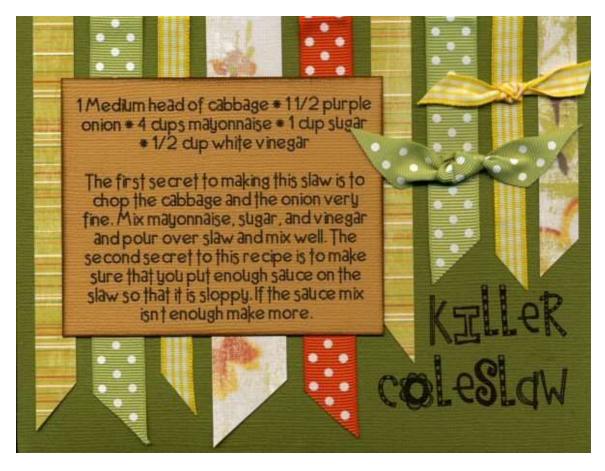
Bring 3 quarts of water and 2 cups sugar to a boil. Turn off stove once it has boiled. Add pineapple, orange and lemon juice along with the mashed bananas to boiled water. Let cool completely. Once cooled, pour into freezer bags. Freeze completely. When ready to use, take out of freezer 2 hours before using. Empty bags into punch bowl and add ginger ale to desired consistency. Should be slushy. This will keep several months in the freezer before using.

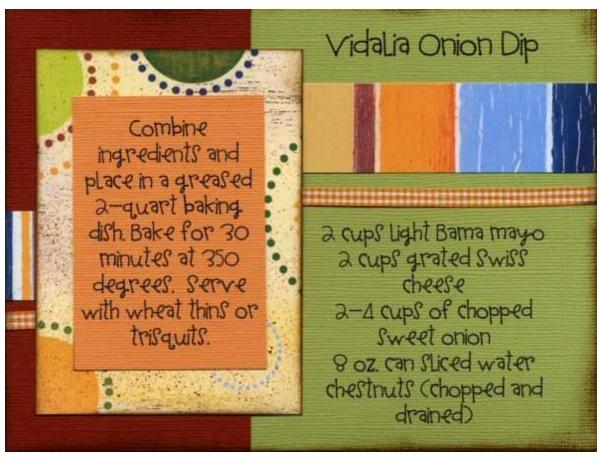
Serves 25 cups

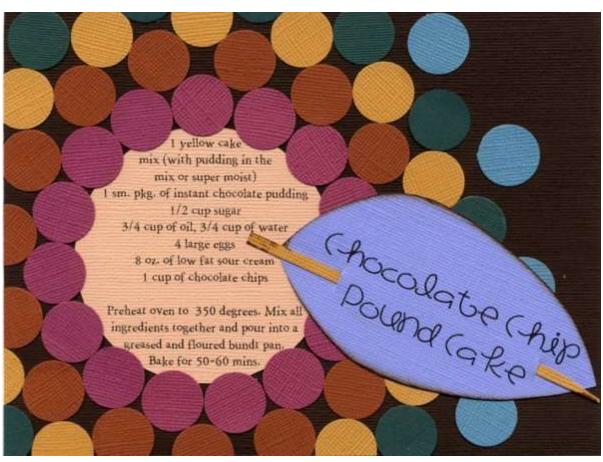
preapple & banana fruit punch slush

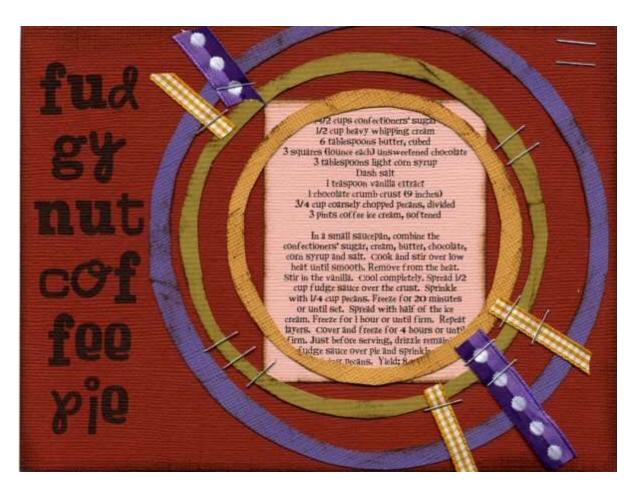




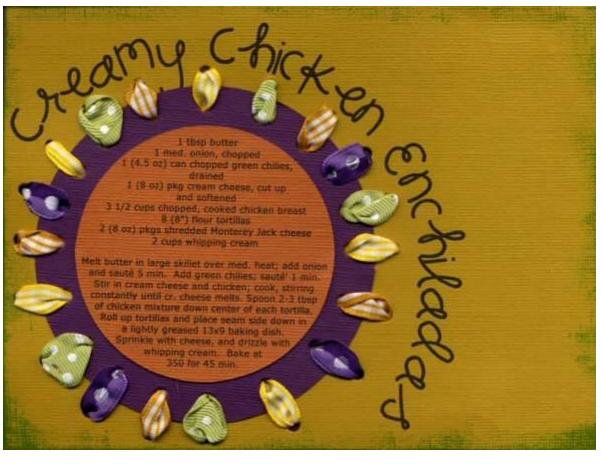


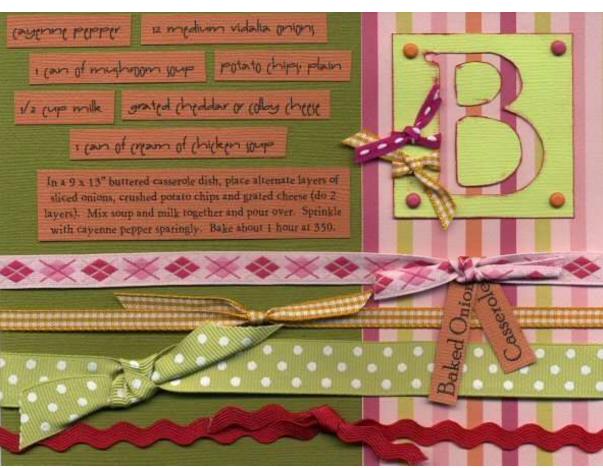




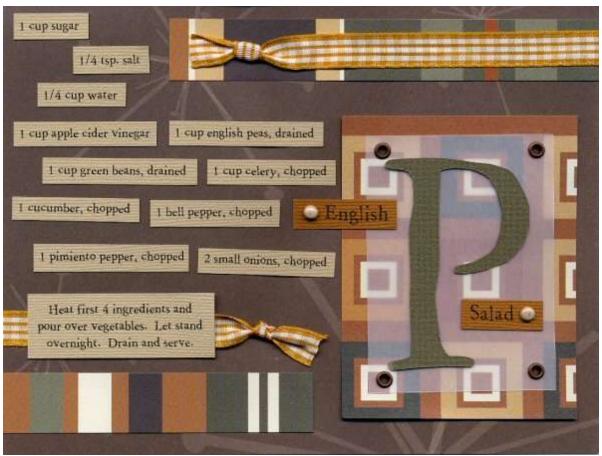


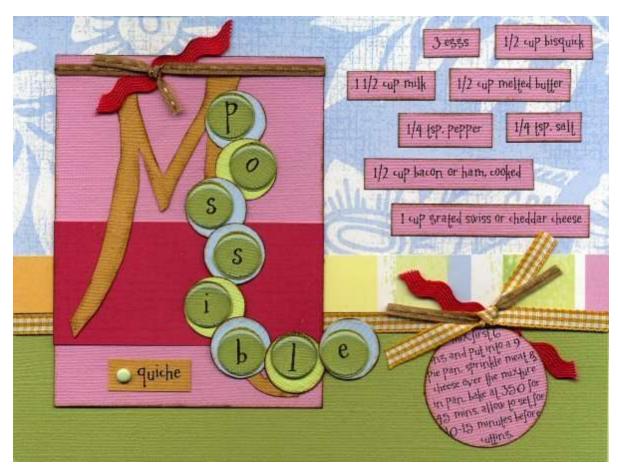


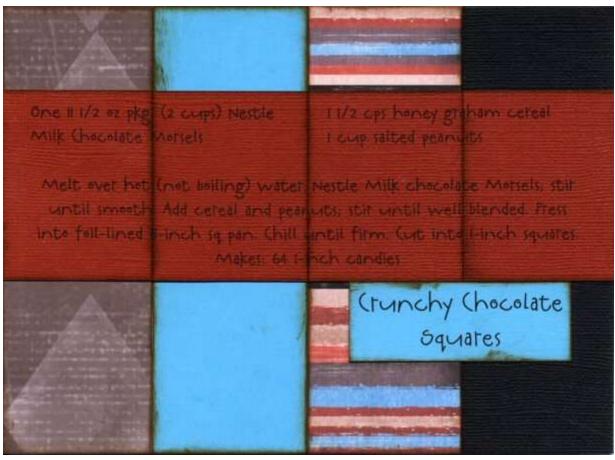


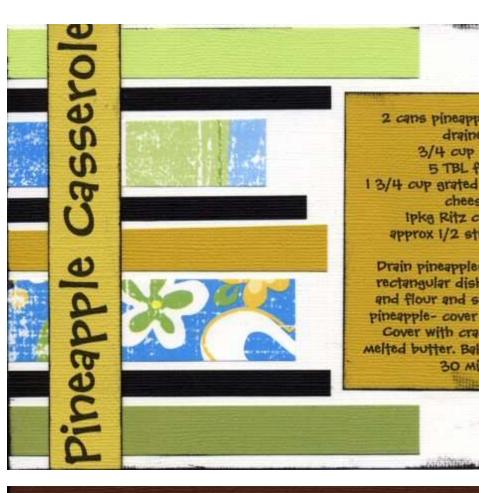








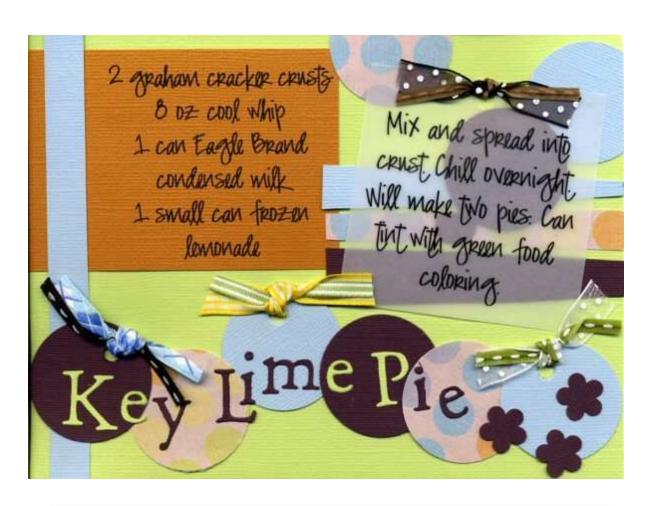




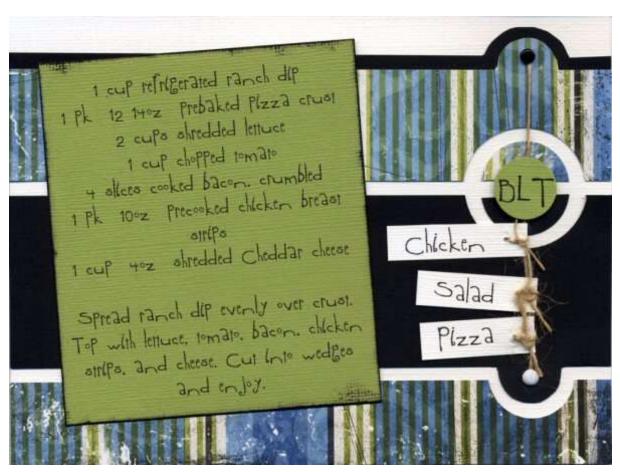
2 cans pineapple chunksdrained 3/4 cup sugar 5 TBL flour 13/4 cup grated mild cheddar cheese lpke Ritz crackers approx 1/2 stick butter

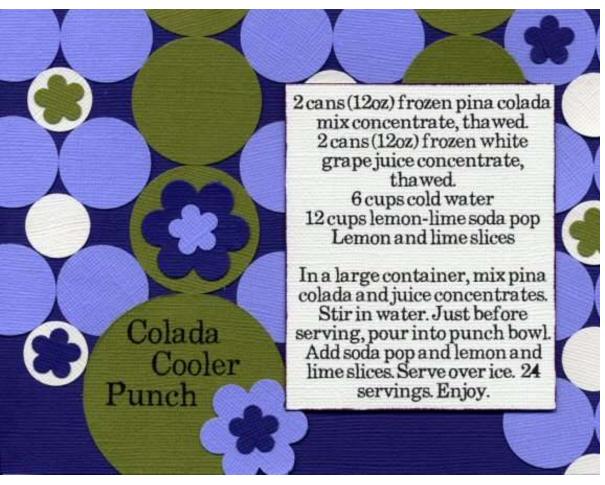
Drain pineapples & place in rectangular dish. Mix sugar and flour and sprinkle over pineapple- cover with cheese. Gover with crackers then melted butter. Bake @ 350 for 30 Min.

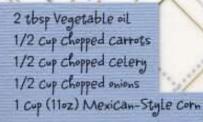
3 lbs flaked crab meat I cup green onions 1 cup celety 1/2 cup green peppet, chopped Seafood Salad 1/2 cup Ranch dressing 1/2 cup mayo Mix all ingredients and chill over night









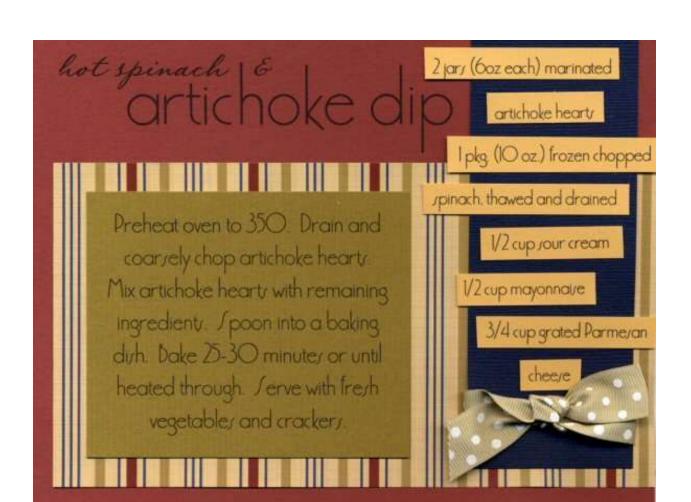


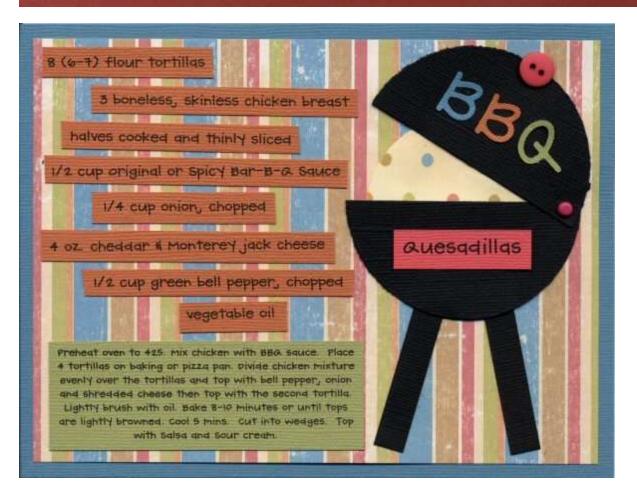
1/4 cup fresh minced cilantro
2 cans (10oz) Rotel Chunky Diced
Tomatoes w/green Chilies
3 cans (15oz) Ranch Style Black Beans,
undrained

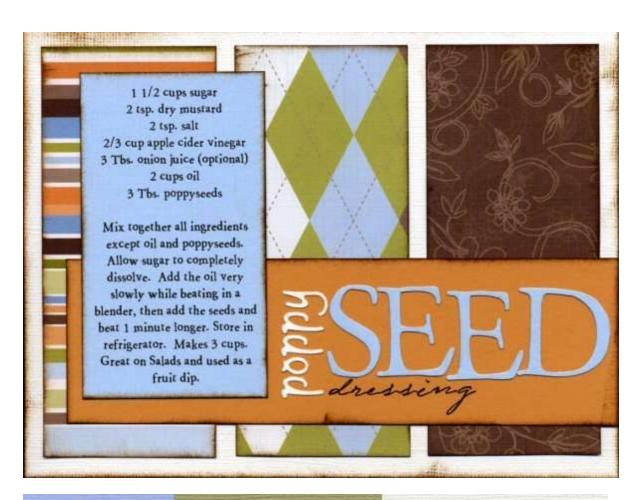
Heat oil in Dutch over over medium heat; add carrots, celery and onion. Cook about 15 minutes or until tender. Add remaining ingredients except citantro. Heat to a boil; reduce heat and simmer 20-30 minutes along in citantro; serve.

BLACK BEAN SOUP

Preneat men to 500. Eptay Tally traking Jon with Pane Until she 2 camp refrigerated package of execuent rule and sorted in crescent tob bottom of Just Layer ham, providence U4 IP Sheet name chicase, exami swiss cheese, and 1/4 It sleed provides respectant on top of the dough, In a toul test the eggs lightly, then str 14 IP sheet SWIDD CHEESE in the Permanan chaese and Plant Let It oliced Gener marmi popper. Paur 5/4 of thes mouther pt to corrector evenly in Jish, Unroll the second 5 655E enotogic of dough, and place on top of 5 THE STATES PARMICSAN The ment and cheese, Brush with the remaining egg mixture, Cover with I'm Top Plack p aumumum ful and Palie for 27 wanter in the presented oven, Sensore followed take another 17 inhutes, or until grayn s thiffy and scolen frown, but into SAVATED AND DETVE MATERIA



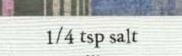




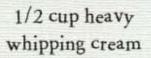
frosting frosting

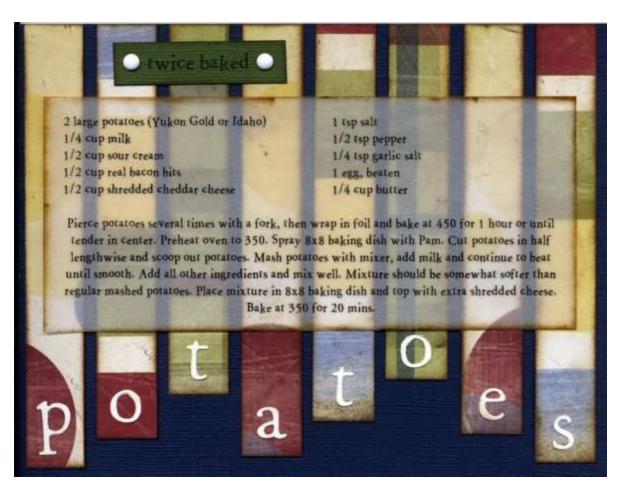
In a mixing bowl, cream shortening until fluffy. Add sugar, and continue creaming until well blended. Add salt, vanilla, and 6 ounces whipping cream. Blend on low speed until moistened. Add additional 2 ounces whipping cream if necessary. Beat at high speed until frosting is fluffy.

1 cup shortening 4 cups powdered sugar

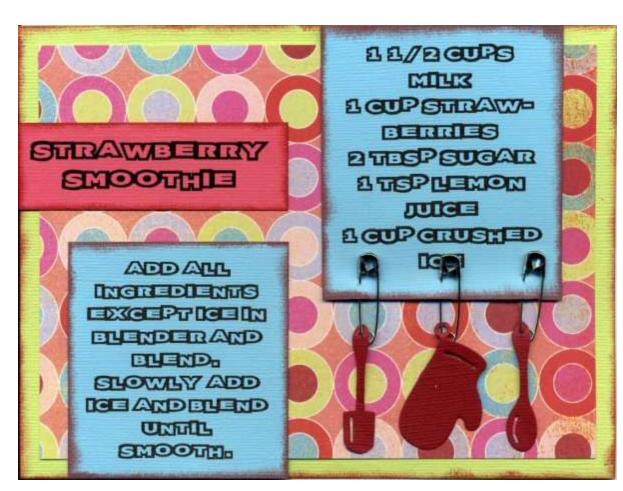


1 tsp vanilla extract









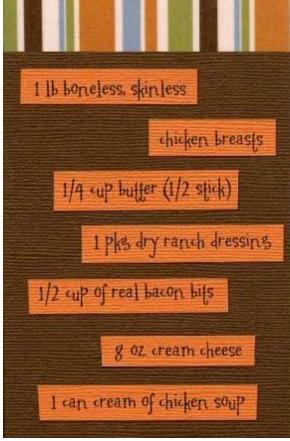


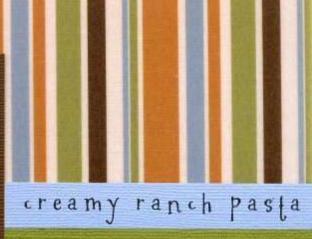
beef tips

Spray crock pot with Pam. Rinse beef tips and place in crock pot. Cover with dry onion soup mix and cream of mushroom soup. Cook on low 8-10 hrs. Serve over white rice.

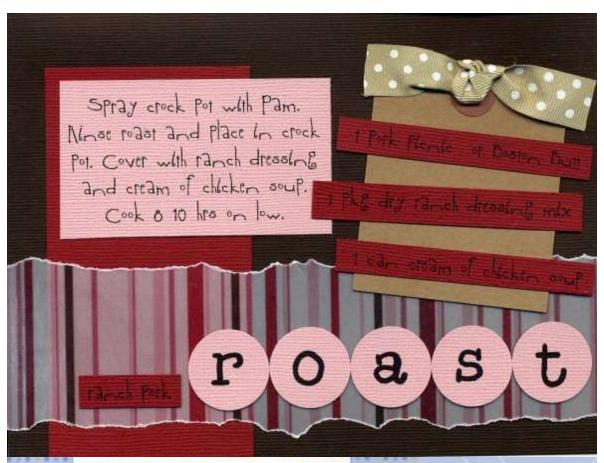








spray crock pot with pam. rinse chicken, cut into hitesized pieces, and place in crock pot, melt butter, pour over chicken, and sprinkle with dry ranch dressins and bacon hits, cover and cook for 3 hours on low, set out cream cheese to thaw to room temperature, in a separate bowt, blend cream of chicken soup and cream cheese and pour over chicken, cook an additional hour, serve over fettuccini noodles.



1 lb boneless, skinless
chicken breasts
2 cans cheddar cheese Soup
1 can cream of chicken Soup
Salt, pepper, garlic powder to
taste
2 cups rotini noodles

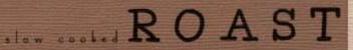
Spray crock pot with Pam.
Rinse chicken and place in crock pot. Sprinkle with salt, pepper, and garlic power.
Pour soups over chicken. If frozen, cook all day on low. If thawed, cook on high for 3 hours or low for 4 hours.
Before Serving, boil and drain rotini noodles. Pour in crock pot and gently stir to mix.







Preheat oven to 350. Spray bottom and sides of a 5x8 baking dish with Fam. Sprinkle half of breadcrumbs evenly over bottom of baking dish. Filt dish to coat sides evenly with breadcrumbs. Layer 1/3 macaroni, 1/3 shredded cheeses, and 1/3 remaining breadcrumbs in baking dish. Repeat layers twice, ending with breadcrumbs. Whisk together eggs, milk, salt and pepper, and pour evenly over layered mixture. Bake at 350 for 55 to 60 mins or until golden and set. Let stand 10 mins before serving. Makes 4 servings.



1 boneless

chuck roast

1 can

cream of

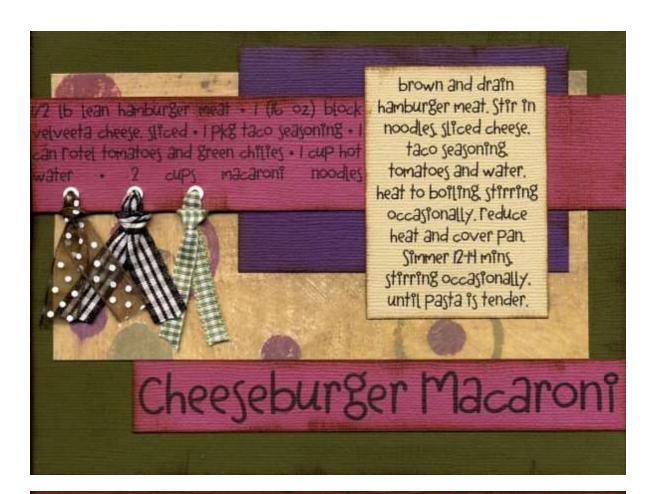
mushroom soup

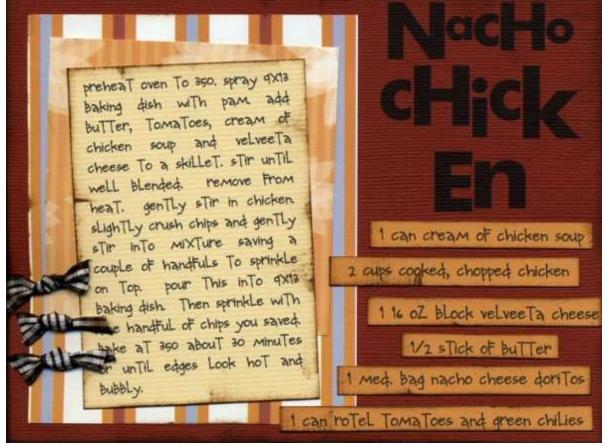
1 pkg dry

onion soup

mix

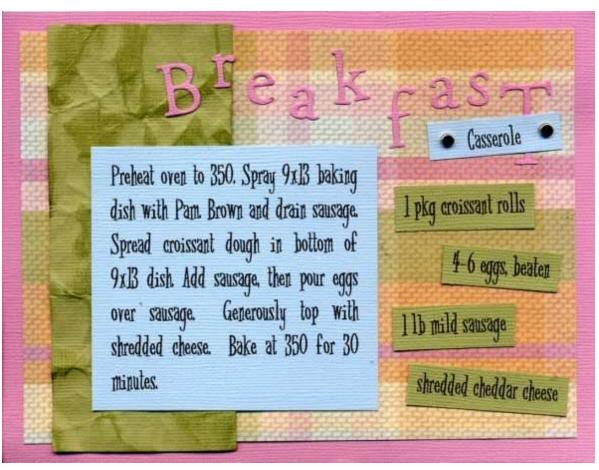
Spray crock pot with Pam. Rinse roast and place in crock pot. Cover with dry onion soup mix and cream of mushroom soup. Cook on low 8-10 hrs. Serve with mashed potatoes.

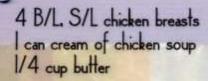






Set out vanilla ice cream so it will get soft. Spray 9" round pan with Pam. Finely crush about 25 Oreos. Mix with melted butter and spread in bottom of 9" round pan for the crust. Freeze for about 10 mins. Meanwhile, crush 20 more Oreos. After freezing, scoop a layer of ice cream on top of the crust. Heat Chocolate Fudge according to the directions on the bottle, and spread a layer on top of ice cream. Sprinkle about half of the crushed oreos on top of the chocolate fudge. Add one more layer ice cream, hot fudge, and remaining crushed oreos. Freeze for at least one hour before serving. Optional: Serve with a scoop of cool whip.

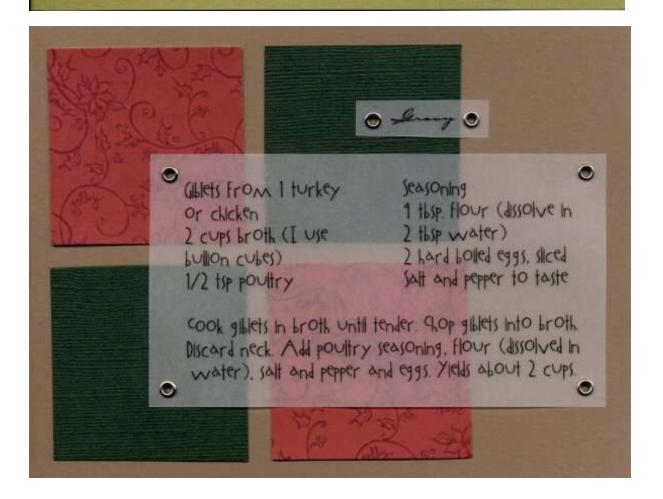




l pkg dry Italian dressing mix l (80z) pkg cream cheese, room temperature

Spray crock pot with Pam. Cut chicken into bite sized pieces, then place in crock pot. Melt butter, pour over chicken, and sprinkle with dry Italian dressing. Cover and cook for 3 hours on low. In a separate bowl, blend soup and room temperature cream cheese, and pour over chicken. Cook an additional 1/2 hour. Serve over fettuccini noodles.

Creamy Italian Chicken Pasta

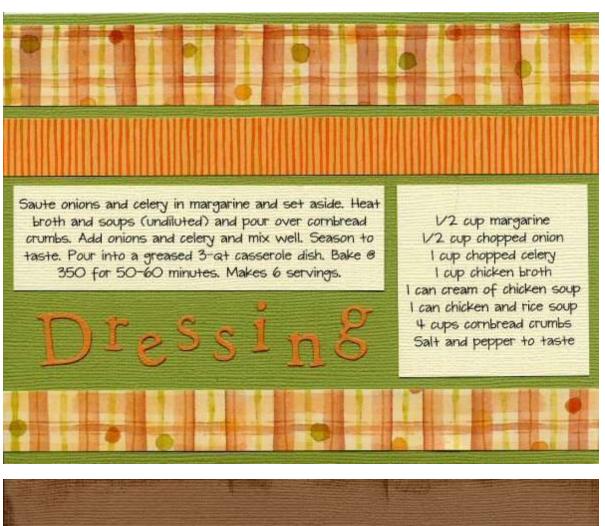




1/2 cup red bell pepper, dopped
1/2 cup fresh broccoli, dopped
1/4 cup water destauts, drained and
dopped
2 thl onion, chopped
1 (502) can chunk chicken, drained and
flaked
2/3 cup canned cream of chicken soup
1 cup (402) shredded (olby Jack
deese
2 pkgs (802 each) refrigerated crescent
rolls

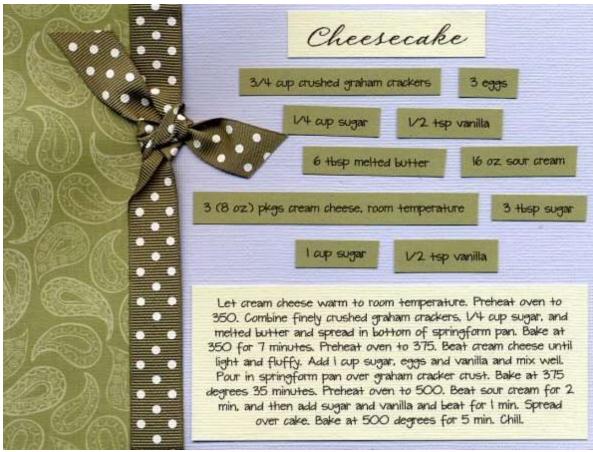
Preheat oven to 350 degrees. Chop pepper, broccoli, water chestnuts, and onion with food chopper. Flake chicken. Combine all ingredients except crescent rolls in large mixing bowl. Unroll crescent rolls and arrange triangles in a circle on 15° Baking. Stone with bases overlapping in center and points toward the outside. Scoop filling mixture onto widest portion of each triangle using a medium sized scoop. Fold points of triangles over filling and tuck under base at center. (Filling will not be completely covered.) Bake 25°-30 minutes or until golden brown.

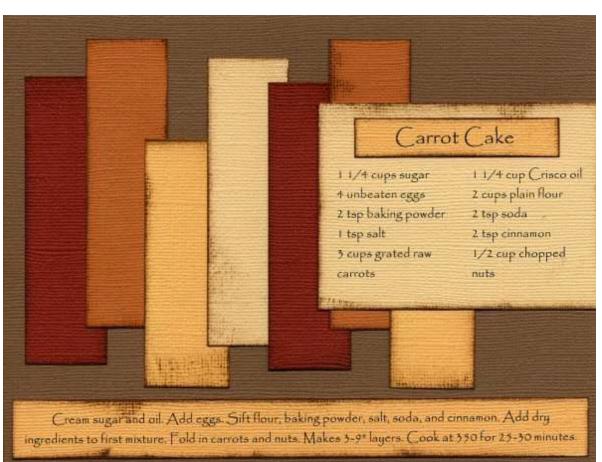
Chicken Holiday Wreath













I lg can crushed pineapple

1/2 stick Parkay

8 oz cream cheese

2 tsp vanilla

I box confectioner's sugar

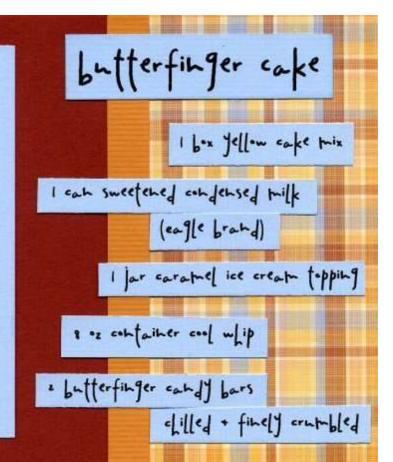
Drain pineapple. Save the juice for frosting. Cream Parkay and cream cheese. Add vanilla and sugar. Blend well. Add enough juice to spread. Place small amount of frosting and pineapple between each layer then ice with remaining frosting.

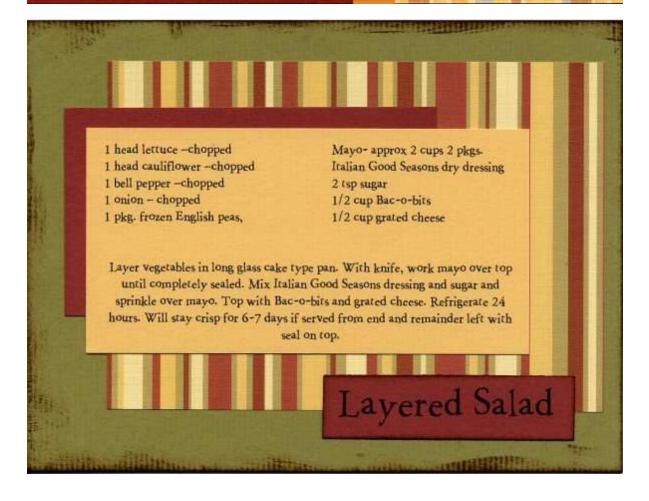
- 5 cups sliced pears
 - 3 TBL sugar
 - 1/2 cup uncooked outs
 - 1/3 cup all-purpose flour
 - 1 TBL cornstarch

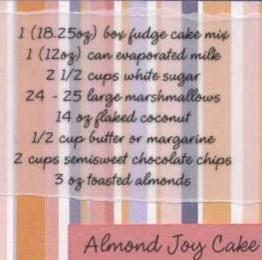
- 1/2 cup brown sugar, packed
- 1/2 top cinnamon
- 1/3 cup Smart Balance
- margarine
- 1/3 cup chopped nuts

Place sliced fruit in 8x8x2 baking dish Stir in sugar. In a mixing bowl combine oats. flour, cornstarch brown sugar, and cinnamon Cut in Smart Balance until mixture resembles coarse crumbs. Stir in chopped nuts and sprinkle evenly over fruit. Bake @ 375 for 30-35 minutes or until topping is golden brown Serve

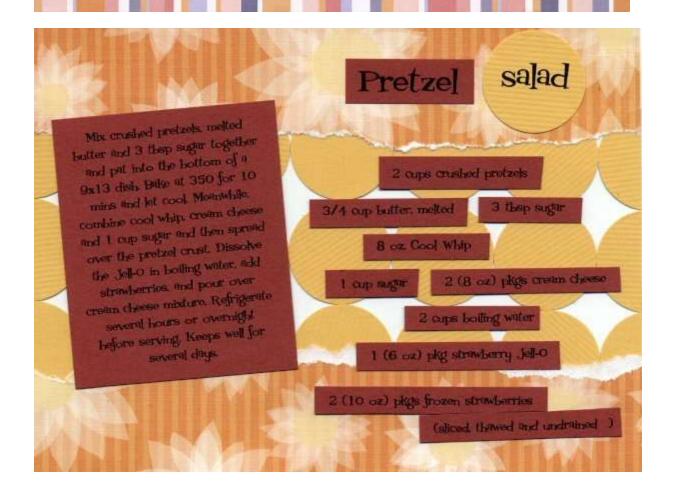
Bake cake by directions. While cake is baking mix milk and caramel topping until well blended. When cake is done and still hot, poke holes in cake with fork or Straw, Pour milk mixture over cake. Sprinkle one candy bar over the topping. Spread cool whip over top. sprinkle with other candy bar. Best when made one day in advance.

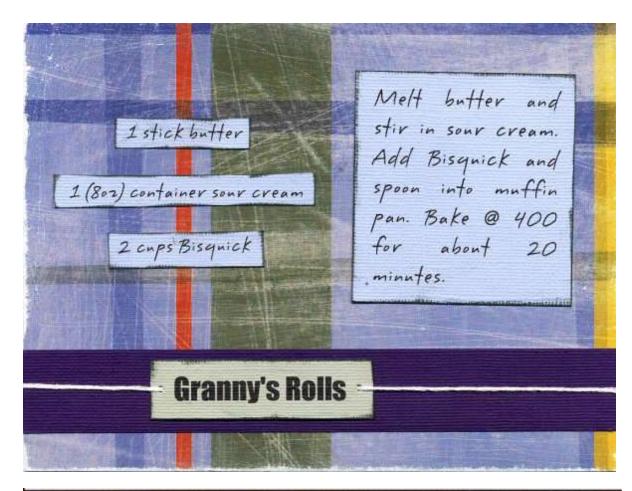


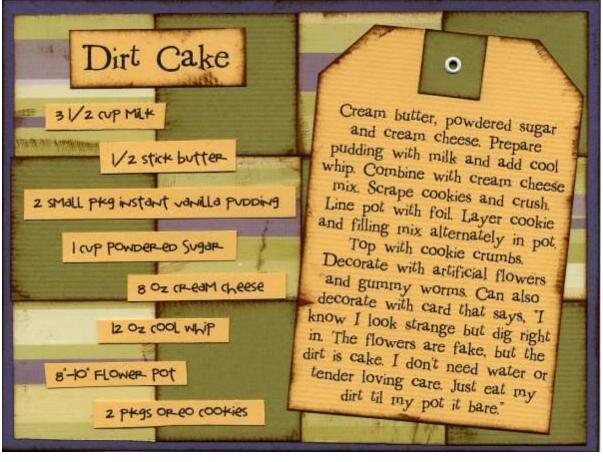


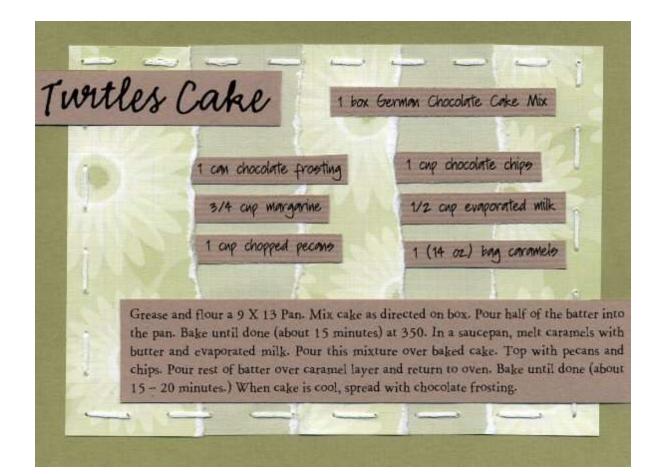


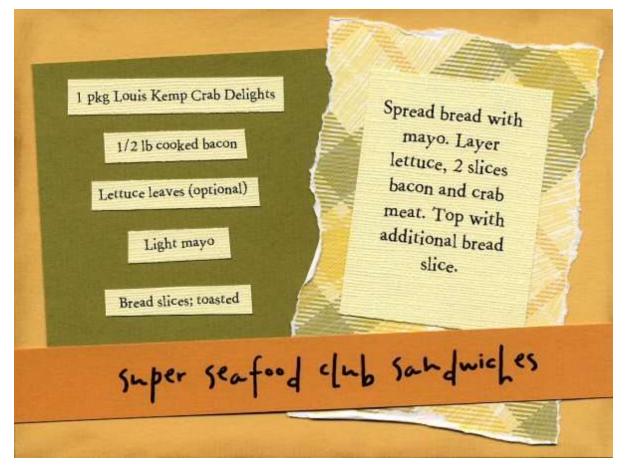
Mix cake mix and bake as directed for one 9 x 13 inch cake, in a saucepan combine 1/2 of the evaporated milk, and 1-1/2 cups of the sugar. Bring mixture to a rapid boil. Quickly remove from the heat and add marshmallows. Stir until melted. Stir in coconut. Pour mixture over the top of the baked cake. In a saucepan combine the remaining sugar and the remaining evaporated milk. Bring to a boil. Remove from heat and add butter and chocolate chips. Stir until melted. Mix in toasted almonds. Pour mixture over the top of the coconut topped cake. Chill for at least 2 hours before serving. Cake tastes best if baked the day before.

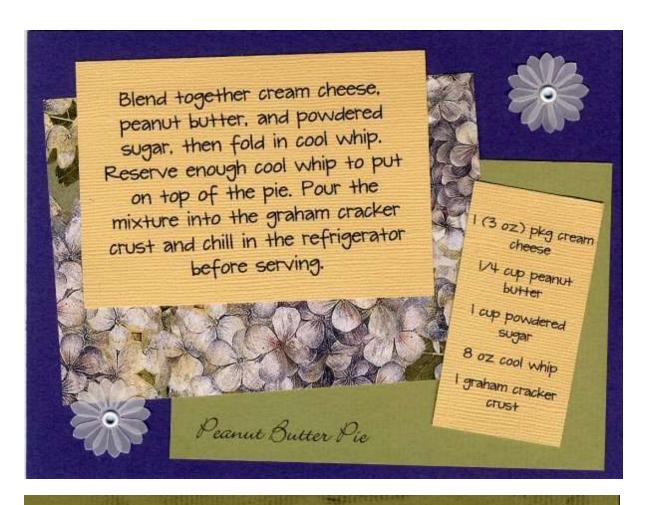


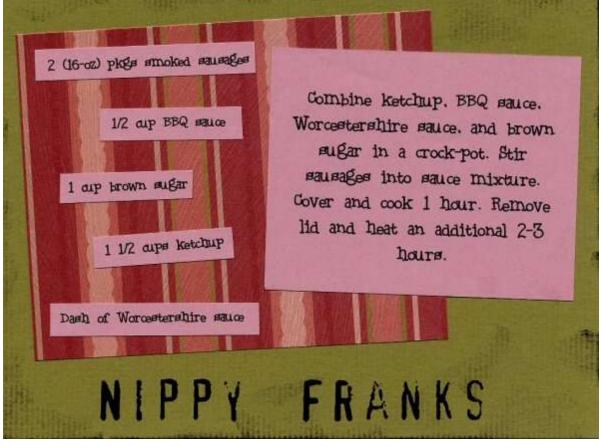


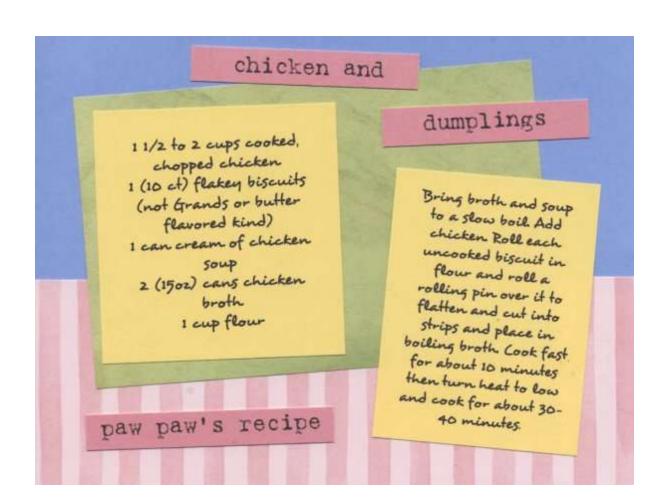


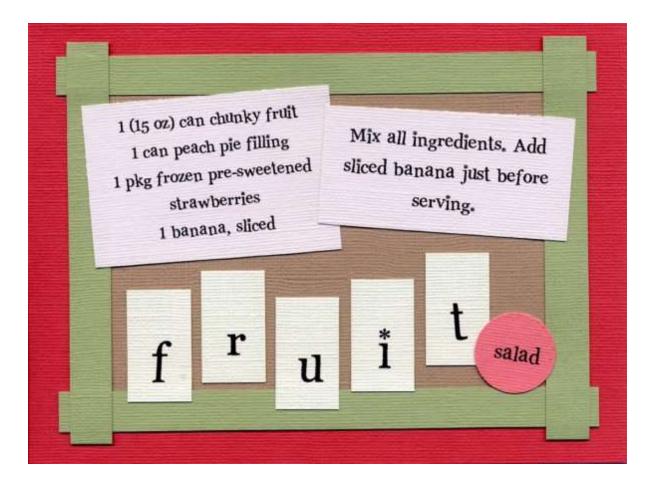








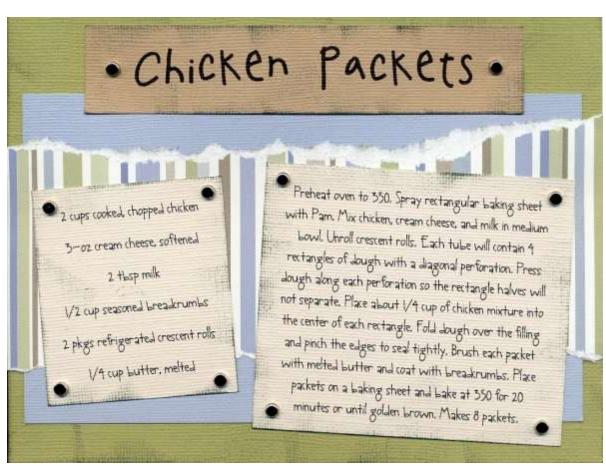


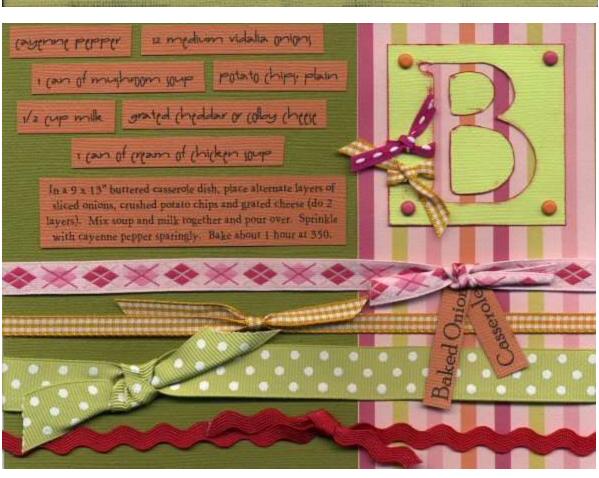


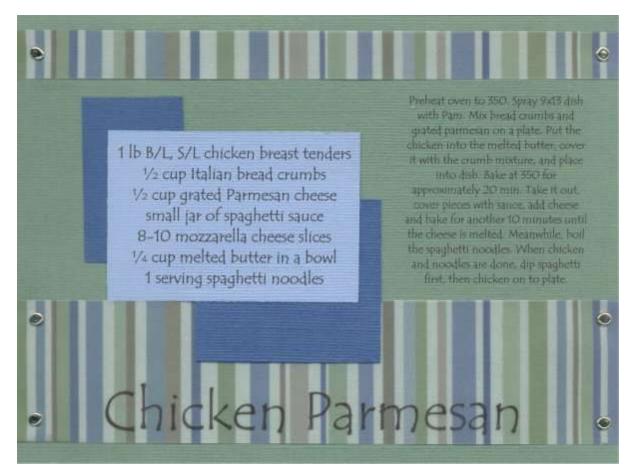


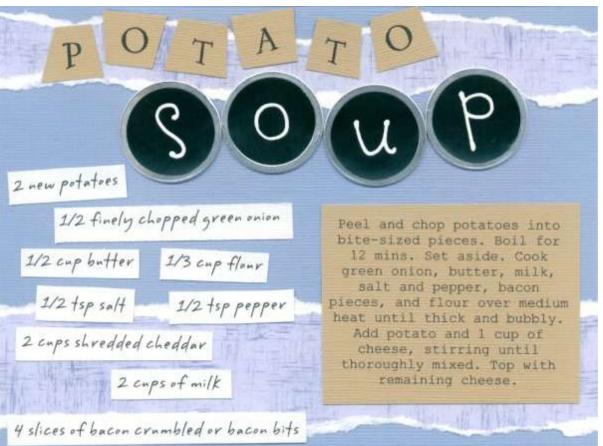


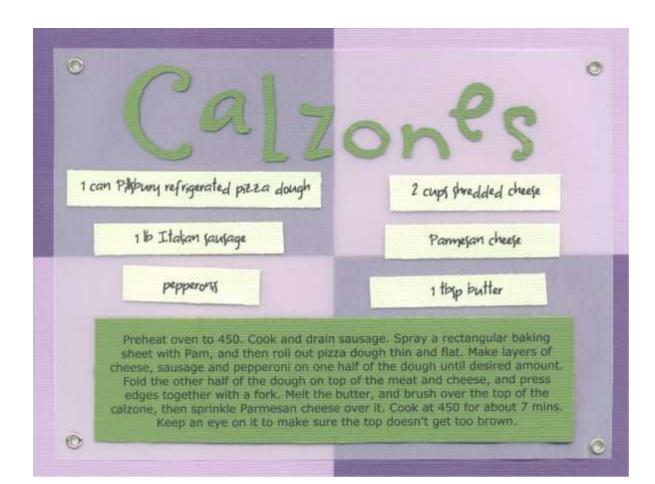


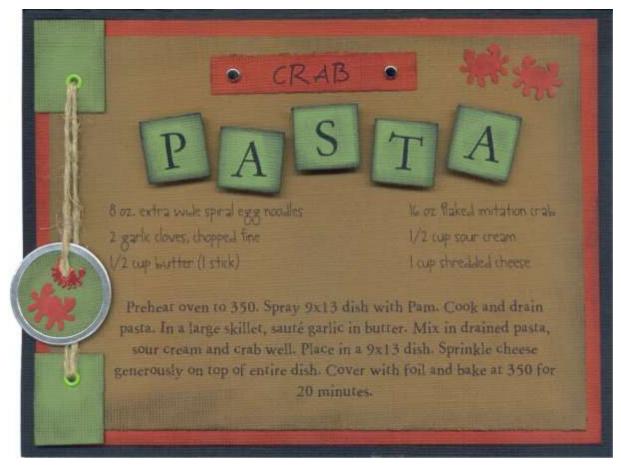


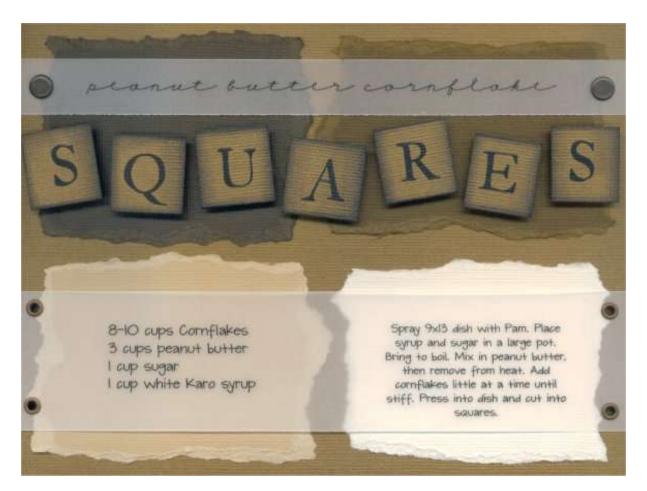


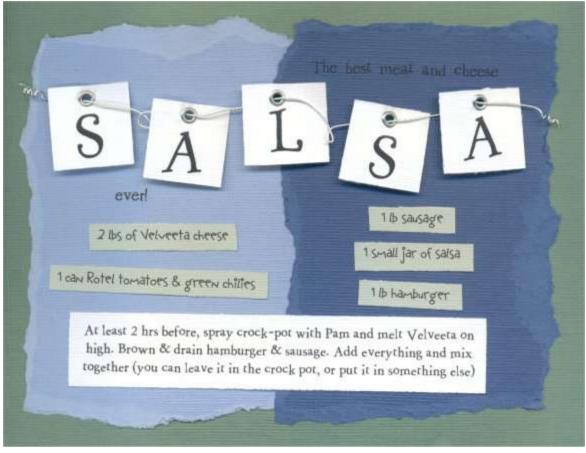












Baked Beans

2 15 oz cans Van Camps pork & beans

10 slices cooked bacon

I garlic clove, minced

1 pkg Lipton onion soup mix

1/2 cup water

1/2 cup ketchup

1/2 cup brown sugar

2 thsp prepared mustard

1 tbsp white vinegar

I lb ground beef, browned and drained

Preheat oven to 350. Spray 9x13 dish with Pam. Mix all ingredients except bacon together and spread in dish. Top with cooked bacon. Bake at 350 for 40-45 mins.

Chicken Enchiladas

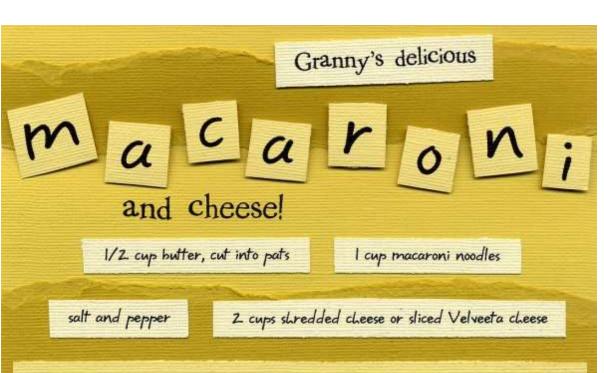
1 pkg Louis Rich Chicken Breast Strips,
Southwestern Flavor. (found in the
refrigerated area of the meat dept. You can
cook and chop your own chicken from
B/L S/L breasts, but this is much easier
and tastes soooo much better)

119 oz can Old El Paso Enchilada Sauce, Mild

1 package 8-inch flour tortillas

2 cups shredded cheese

Preheat oven to 375. Spray 9xl3 baking dish with Pam. Add chicken, I cup cheese, and 3/4 cup enchilada sauce in a large bowl. Mix well Spoon mix into flour tortallas and place in baking dish. Pour remaining enchilada sauce over tortallas (be sure to cover the entire enchilada, you can use a spoon to spread it) and generously sprinkle remaining cheese over the entire dish (add more if desired). Bake at 375 for 15-20 mins.



Preheat oven to 400. Boil and drain noodles. In an 8x8 dish sprayed with Pam, make a layer with pats of butter (space it out, not covered solid), then sprinkle salt and pepper, then layer with noodles, then cheese. Make as many layers as you want or until you run out of noodles. Bake at 400 for 30 min.

Ritz Chicken

t lb boneless, skinless chicken breast tenders

1 pkg crushed Ritz Crackers

1/4 cup grated Parmesan cheese

1/2 stick melted butter

2 cups shredded mozzarella cheese Preheat oven to 350. Spray
9x13 dish with Pam. Mix
Ritz crackers and grated
Parmesan in a bowl. Put
chicken into the melted
butter, then cover it with the
Ritz mixture, and place into
dish. Bake at 350 for
approximately 20 mins. Take
it out, cover pieces with
mozzarella cheese and bake for
another 10 mins until the
cheese is melted.

