

# Recipes

## Breakfast

- [French Toast](#)

3 large egg whites, lightly beaten  
6 slices cinnamon-raisin bread  
Vegetable oil spray or butter flavored spray  
2 tablespoons [Almond-Apple butter](#)  
Maple syrup if desired

Place egg whites in a medium pie plate. Place two slices of bread into pie plate and let soak 5 to 10 seconds; turn bread over and let soak another 5 to 10 seconds. Remove from plate and set aside. Repeat with remaining slices of bread.

Coat a nonstick skillet with vegetable oil spray. Heat skillet over medium high heat. When skillet is hot, add the prepared slices of bread. Brown evenly on both sides. Serve with a teaspoonful of Almond-Apple Butter on each slice of bread. Drizzle with maple syrup if desired.

- [Wonderful Waffles](#)

Preheat your waffle iron according to the directions. You may want to lightly spray it with vegetable oil before heating.

3 cups flour  
2 Tbl + 2 tsp baking powder  
1 tsp salt  
2 Tbl sugar  
4 cups milk  
4 eggs  
1/2 cup vegetable oil

In a large bowl, whisk (or use electric mixer on low) together all ingredients. Let batter sit for about five minutes to activate the baking powder.

When waffle iron is ready to use, pour about 1/3 cup of batter onto each of the four squares (experiment with your iron - you don't want the batter overflowing.) Gently close the cover and set your timer as the manufacturer suggests. Do not lift the cover while they bake. When done, carefully lift one edge with a flat spatula and pull the waffle away from the iron. Keep waffles warm on a plate under a clean dishtowel while the others bake.

## Appetizers

- [Crab Meat](#)

2 cans (about 5oz each) flaked crabmeat  
1 loaf dark rye party bread (I find it in front of the deli counter. Each slice is about 2" square, and 1/4-inch thick, and there are probably 40 slices in a loaf; one loaf would make a double batch)  
1 large cucumber  
1 package(8 oz.) sliced Swiss cheese  
Mayonnaise or Miracle Whip (to taste - about 2 Tablespoons)

On a large cookie sheet, lay out 20 slices of the party rye. Peel and slice the cucumber into 1/4-inch slices; lay one slice on each slice of bread. Drain the crabmeat, and mix it with mayo or Miracle Whip to your liking (I go easy on the mayo myself). Put about a tablespoon of the crabmeat mixture on each cucumber. Fold and tear each slice of Swiss cheese into 8 pieces. Lay one slice on each appetizer. Broil until cheese is lightly golden.

- [Easy on Your Teeth Deviled Eggs](#)

6 hard boiled eggs  
2 tbsp butter, melted  
1 tsp lemon juice  
1 tsp prepared mustard  
1/8 tsp dill weed  
dash Worcestershire sauce  
dash hot sauce  
1/2 cup mayonnaise  
1/8 tsp salt  
1/8 tsp pepper paprika

Peel the eggs after they have cooled and cut into halves lengthwise. Carefully remove the yolk, place in a small bowl, and mash with fork. Add the remaining ingredients except the paprika. Mix well until smooth and creamy. Refill the egg halves with this mixture and sprinkle with paprika.

- [Sesame Chicken Nuggets](#)

1/3 cup coarse-grained mustard  
1/3 cup honey  
2 tbsp. lime juice  
1/4 tsp. salt  
1/8 tsp. pepper  
1 lb. skinned, boned chicken breasts,  
cut into 1-inch pieces  
2 egg whites  
1/2 cup sesame seeds, toasted  
1/2 cup dry breadcrumbs  
Vegetable cooking spray

Preheat oven to 350 degrees

Combine first three ingredients in a shallow bowl; stir well, and set aside.

Sprinkle the salt and pepper over chicken, and set aside. Place egg whites in a bowl. and stir well. Combine roasted sesame seeds and bread crumbs in a shallow dish, and stir well. Dip chicken in egg whites. Dredge in sesame seed mixture

Arrange chicken in a single layer on a baking sheet coated with cooking spray flake at 350 degrees for 15

minutes, turning once. Serve chicken with mustard mixture Yield: 4 servings (serving size about 3 ounces chicken and 3 tablespoons mustard mixture).

- [Palatable Pinwheels](#)

Cream cheese spread -- choose favorite flavor  
4 (12 oz) pkgs. Flour tortillas  
Chopped green chilies (optional)  
Chopped black olives (optional)

Spread cream cheese over tortillas -- add chopped ingredients if desired. Roll tortilla tightly. Chill 2 hours. Cut to make 1-inch pieces. Discard ends.

## Soups and Sides

- [Squash n' Zucchini Stir Fry](#)

For a zesty change from simple corn, broccoli and green beans, this try-something-different succulent combination produces a flavor that keeps them coming back for more. Call it ratatouille, call it gourmet; you're sure to call it delicious.

1 medium zucchini  
- peeled and 1/4" sliced  
1 medium yellow squash  
- peeled, 1/4" sliced, and each slice halved  
1 small eggplant  
- peeled, 1/4" sliced, and then halved  
3 small tomatoes (Romas work well)  
- each cut in 8 pieces  
1 onion, sliced or 1 Tbl dried onion  
1/2 tsp oregano  
1/2 tsp basil  
1/2 tsp parsley  
about 1/2 cup olive oil (or vegetable oil)

Toss all of the ingredients together, including the oil, in a large no-stick frying pan or a Dutch oven. Saute this combination about 20 minutes over medium-high stove heat until everything is quite tender.

- [Soothing Santa Fe Chicken Chowder](#)

2 tbsp butter  
1 med onion finely chopped  
2 cloves garlic minced  
1 cup chicken broth  
1 tsp ground cumin  
1/2 tsp cayenne pepper  
1/2 tsp coriander  
1/2 tsp salt  
2 cups very finely chopped chicken breast  
1 pint half & half  
1 can (15 oz) creamed sweet corn  
1 can (10 oz) diced tomatoes green chilies  
1 1/2 cup finely grated sharp cheddar cheese

In a Dutch oven over medium high heat, melt the butter and saute the onion and garlic. Add the chicken broth, cumin, cayenne, coriander, salt and chicken. Stir, and over high heat, bring to a boil. Reduce heat and simmer, covered, for 10-15 minutes. Add the half and half, corn, tomatoes, and green chilies. Stir and increase the heat to medium. Gradually stir in the cheese until melted.

- [Special Smiley Mashed Potatoes](#)

1 package (22 oz) frozen mashed potatoes  
1 tbsp butter or margarine  
2 1/2 cups milk  
1/2 pound ground beef, cooked, finely crumbled, and drained  
1 package taco seasoning mix  
1 tbsp sun dried tomatoes or 1/2 cup finely diced fresh tomatoes with skins removed  
2 oz diced black olive  
1/2 cup sour cream  
1/2 cup grated cheddar cheese

In large microwaveable bowl, combine the potatoes, butter and milk. Microwave on high for 8 minutes. Remove bowl from microwave oven and stir the mixture well. Stir in the last 6 ingredients, return bowl to the microwave and cook 7 minutes on high. Stir well with fork to fluff.

- [Sore Teeth Baked Potato Soup](#)

3 strips bacon  
2 tbsp. butter  
3 tbsp flour  
3 cups milk  
grated cheese  
1 1/2 tsp salt  
1/4 tsp pepper  
5 potatoes -- boil, peel, diced  
2 tbsp minced onion

Fry bacon with onions together -- save grease. Place 1 tbsp bacon grease in double boiler in which butter has been melted. Blend in flour and add milk, stirring constantly. Cook until smooth and thickened. Add salt and pepper, then cooked, diced potatoes, onion and crumbled bacon. Stir- garnish with grated cheese as served.

- [Comforting Chipotle-Cheddar Mashed Potatoes](#)

2 1/2 lbs. potatoes, scrubbed and cut into 1 inch cubes  
2 1/2 tsp salt  
1 cup milk  
1 tbsp butter  
1/8 tsp ground cinnamon  
1 cup shredded white sharp cheddar cheese (4 ounces)  
2 canned Chipotle Chilies in Adobo, chopped  
1 tsp Adobo Sauce from canned chipotle.

In large saucepan, combine potatoes, salt and enough cold water to cover potatoes. Bring to a boil over high heat. Reduce heat to medium; gently boil until fork tender

In small saucepan, combine milk, butter, and cinnamon and remaining salt. Set aside.

Drain potatoes. Return potatoes to sauce pan. Place over medium heat; toss about 1 minute to dry out. Remove from heat; add cheese; stir to combine. Add milk mixture; chipotle and Adobo Sauce. Mash.

## Entrees

- [Painless Pasta with Roasted Red Pepper Cream Sauce](#)

2-8 oz containers soft style cream cheese  
1 cup half and half  
2 green onions, very thinly sliced  
3 tbsp onion, very finely chopped  
1/2 tsp basil  
1/2 tsp garlic powder  
1/2 tsp pepper  
1/2 tsp salt;  
2-7 oz jars roasted red sweet peppers, drained and finely chopped  
12 oz angel hair pasta, cooked  
1/2 cup parmesan cheese, finely grated

In a medium sized sauce pan over medium heat, melt the cream cheese, stirring often. Add the half and half. Stir in the green onions, onion, basil, garlic, salt, pepper and the red peppers. Continue to stir until the sauce is creamy and smooth and heated through. Pour over pasta and toss to coat. Sprinkle the parmesan cheese on top.

- [Metal Mouth Meatballs](#)

1 lb ground beef  
1/2 cup Italian seasoned bread crumbs  
1/2 cup milk  
1/2 tsp garlic powder  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp Worcestershire sauce  
1 tsp minced onion  
1 tbsp very finely chopped green pepper  
1 egg, beaten  
1/2 tsp dried oregano

Combine all ingredients and mix thoroughly with hands. Form or roll into 24 equal sized balls. Place in a well-greased 9" x 13" x 2" casserole dish and bake at 400 degrees for 25-30 minutes. Service with a smooth spaghetti sauce over soft dante angel hair pasta.

- [Wired White Pizza](#)

1 tube (10 oz) Refrigerated pizza dough  
1 container (10 oz) refrigerated alfredo sauce  
1/2 cup onions, finely chopped  
7-8 slices bacon, crisply fried and finely crumbled  
1 jar (2.5 oz) sliced mushrooms, drained  
1 cup cooked chicken breast, chopped  
7 oz hickory smoked gouda cheese, grated

Using a pizza baking sheet, follow the manufacturer's directions for handling and shaping the dough. Pre-bake the dough prior to the layering of the ingredients for 5-6 minutes at 425 degrees or until lightly golden brown. Evenly spread the alfredo sauce over the pre-baked dough and layer the remaining ingredients in the order given. Transfer the pizza to a preheated oven and bake at 425 degrees for 10-12 minutes.

- [Chew-less Chili Chicken](#)

2 cups cooked chicken breast, finely chopped  
1 can (10 1/2 oz) cream of chicken soup  
1/2 cup chicken broth  
1 can (4 oz) chopped green chilies  
1 jar (2 oz) diced pimentos  
8 flour tortillas, 7" diameter, cut into small pieces  
2 1/2 cups cheddar cheese

In a large bowl, combine all the ingredients and mix thoroughly. Reserve 1 cup of the cheese for sprinkling on top. Pour into a greased 9" x 12" x 2" casserole dish and bake at 350 degrees for 20 minutes or until hot and bubbly.

- [Bucky Beef Enchiladas](#)

1 lb ground beef  
1 medium onion, chopped  
1 clove garlic, minced  
10 flour tortillas, cut into small bite-size pieces  
2 cups cheddar cheese, grated  
1 can (4 oz) green chilies, chopped  
1 can (4.5 oz) black olives, chopped  
1 can (10 1/2 oz) cream of chicken soup  
1 can (10 oz) diced tomatoes and green chilies  
1/2 cup water

In a skillet, cook the ground beef, onion and garlic. Drain and run through a food processor or blender. In a greased 9" x 13" x 2" casserole dish, layer 1/2 the mixture, tortillas, cheese, green chilies, and black olives. Repeat. In a medium sized bowl, combine the soup, diced tomatoes, green chilies, and water. Mix thoroughly and pour over the top of the layered ingredients. In a preheated oven, bake covered at 350 degrees for 1 hour.

## Desserts

- [Butterscotch Brownies](#)

1/3 cup vegetable oil  
2 cups brown sugar  
2 eggs  
1 1/2 cups flour  
2 tsp baking powder  
1 tsp salt  
1 tsp vanilla  
(optional: 1 cup butterscotch bits)

Preheat oven to 350 degrees. Baking time 40 minutes.

In a large bowl, combine oil and brown sugar, using an electric mixer and blending well. Add eggs. Stir in flour, baking powder and salt, then add vanilla.

Spread batter into a greased 9" x 9" pan. If desired, sprinkle 1 cup butterscotch bits over top. Bake 40 minutes at 350 degrees. After cooling one minute, swirl the bits with a knife to give a marbled effect.

Cover pan with foil keep to brownies soft, or cut them in squares and store them in a covered container.

- [Braces Friendly Banana Cream Cake](#)

1 1/2 cups granulated sugar  
1 stick butter, softened  
2 eggs  
1/2 cup sour cream  
2 cups flour  
1 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
2 tsp vanilla extract  
1/2 cup milk  
2 cups bananas, thinly sliced

Grease a 9" x 12" x 2" baking pan and lightly dust with flour. In a large mixing bowl, cream the butter and sugar. Beat in the eggs one at a time. Beat in the sour cream. Add the flour, baking powder, baking soda, and salt, mixing well. Beat in the vanilla, milk and bananas. Pour into the prepared baking pan. Bake in a preheated oven at 350 degrees for 45 minutes. Top with whip cream or drizzle with a chocolate topping of your choice.

- [Crossbite Carrot Cake](#)

2 cups granulated sugar  
2 sticks butter, softened  
4 eggs  
2 1/2 cups all-purpose flour  
2 tsp baking powder  
1 tsp baking soda  
1 tsp ground cinnamon  
1 tsp ground ginger  
2 tsp salt  
1 can crushed pineapple in heavy syrup, well drained  
2 tsp vanilla extract  
2 cups carrots, very finely grated.

Grease and lightly dust a 9" x 12" x 2" baking pan with flour. In a large bowl, cream the butter and sugar until light and fluffy. Beat in the eggs one at a time. Gradually add the flour, baking powder, baking soda, cinnamon, ginger, and salt, mixing well. Beat in the pineapple, vanilla extract, and carrots. Pour into the baking pan and bake in the preheated oven at 350 degrees for one hour. Allow to cool completely frosting.

## Cream Cheese Frosting

1 pkg (8 oz) cream cheese, softened  
1 stick butter, softened  
2 tsp lemon juice  
1 tsp vanilla extract  
1 1/2 cups powdered sugar (confectioners' sugar)

In large bowl, combine the cream cheese and butter, beating until smooth. Beat in the lemon juice and vanilla. Gradually beat in the powdered sugar until smooth.

- [Open Wide Oreo Cake](#)

1-pkg. Oreo cookies (I use double stuff) crushed  
3/4 stick butter, melted  
1 - 8 oz. Pkg. Cream cheese, softened  
1 - cup confectioners' sugar  
2 containers cool whip  
1 lg. Pkg. Instant chocolate pudding prepared according to directions.

Mix together crushed Oreo's and butter; press into 9 x 13 pan. Blend cream cheese and powdered sugar together; add 1 container cool whip and spread on top of crust. Layer prepared pudding over cream cheese layer. Top with remaining cool whip, Decorate with reserved cookie crumbs or grated chocolate. Refrigerate or freeze.

- [Headgear Flan](#)

1/2 cup sugar  
1 2/3 cups (1 can) Sweetened Condensed Milk  
1 cup milk  
3 eggs  
3 egg yolks  
1 tsp vanilla

In round 9" cake pan, sprinkle sugar evenly. Place over medium heat on burner and shake until sugar is caramelized (light golden brown) [watch carefully -- this only takes a minute or two and it burns very easily]

Combine other ingredients and mix. Pour over caramelized sugar. Cover with foil. Place cake pan in another larger, shallow pan filled with enough water so that the cake pan with ingredients will be covered halfway. Bake 55 minutes at 250 degrees in this water bath. Uncover and cool 30 minutes. Loosen edges with knife. Carefully flip over onto a large plate - it's easiest to place the plate upside down on the rim of the pan and turn them both over together, then slowly lift the pan to reveal the flan. Cut into pie-like pieces.