

My Recipes

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Chapter 1: Appetizers

Bean Dip

2 cans Hormel Chili No Beans

8 ounces cream cheese

1 can Hormel Chili with Beans

4 ounces shredded cheddar cheese

Put all ingredients in a large sauce pan except the shredded cheese.

Let simmer, then add shredded cheese, stirring occasionally until melted.

Serve with tortilla chips.

Per Serving (excluding unknown items): 1248 Calories; 117g Fat (83.2% calories from fat); 45g Protein; 7g Carbohydrate; 0g Dietary Fiber; 368mg Cholesterol; 1374mg Sodium. Exchanges: 6 1/2 Lean Meat; 19 1/2 Fat.

Nutr. Assoc. : 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 800

Calories from Fat 720

% Daily Value*

Total Fat 80g

123%

Saturated Fat 48g

240%

Cholesterol 240mg

80%

Sodium 720mg

30%

Total Carbohydrate 32g

11%

Dietary Fiber 0g

0%

Sugars 0g

Protein 16g

Vitamin A 48%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Katie's Famous Mac 'n Cheese Bites

2 cups uncooked elbow macaroni	1 1/2 cups shredded mozzarella cheese
1 tablespoon butter	1/2 cup seasoned bread crumbs
1 egg beaten	2 teaspoons olive oil
1 cup milk	1/2 teaspoon salt
1 1/2 cups shredded sharp cheddar cheese	1/2 teaspoon black pepper
(1/2 cup for the bread crumb mixture)	

Preheat the oven to 350 degrees F (175 degrees C). Grease a muffin tin with nonstick cooking spray. (this is really important. definitely err on the side of overgreasing the pan, as they tend to stick to it) In a small bowl, stir together the bread crumbs, olive oil and reserved cheese; set aside.

Bring a large pot of lightly salted water to a boil. Add the macaroni and cook for about 8 minutes, it should still be a little bit firm. Remove from the heat, drain and return to the pan; stir in the butter and egg until pasta is evenly coated. Reserve 1/2 cup of sharp Cheddar cheese and stir the remaining Cheddar cheese, milk and mozzarella cheese, salt and pepper into the pasta. (Taste it before you spoon into the muffin tins to make sure that it's seasoned properly. I think that I used a little more salt)

Spoon into the prepared muffin tin. Sprinkle the reserved cheese and bread crumb mixture over the tops. (I used mini muffin tins b/c I liked the shape better)

Bake for 30 minutes in the preheated oven, or until the topping is nicely browned. Allow the muffins to cool for a few minutes before removing from the pan. This will allow the cheese to set and they will hold their muffin shape.

Nutrition Facts

Amount per Serving		
Calories 3233		Calories from Fat 1416
		% Daily Value*
Total Fat 166g		255%
Saturated Fat 89g		446%
Cholesterol 550mg		183%
Sodium 6052mg		252%
Total Carbohydrate 143g		48%
Dietary Fiber 14g		56%
Sugars 13g		
Protein 165g		
Vitamin A 109%		Vitamin C 4%
Calcium 414%		Iron 23%

* Percent Daily Values are based on a 2,000 calorie diet.

Philly Cheesy Chili Dip

Makes 24 servings

1 8-ounce package cream cheese softened

1/2 cup Cheddar cheese shredded

1 15-ounce can chili

2 tablespoons cilantro chopped

Spread cream cheese onto bottom of microwaveable pie plate; top with chili and Cheddar cheese.

Microwave on HIGH 45 seconds to 1 minute or until Cheddar cheese is melted. Sprinkle with cilantro.

Serve with crackers.

Nutrition Facts

Amount per Serving

Calories 67

Calories from Fat 47

% Daily Value*

Total Fat 5g

8%

Saturated Fat 3g

15%

Cholesterol 16mg

5%

Sodium 129mg

5%

Total Carbohydrate 3g

1%

Dietary Fiber 0g

2%

Sugars 0g

Protein 3g

Vitamin A 3%

Vitamin C 0%

Calcium 2%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Philly Cheesy Pizza Dip

Makes 16 servings

1 8-ounce package cream cheese softened
 1/2 cup pizza sauce
 1/2 cup mozzarella cheese shredded
 2 tablespoons Parmesan cheese grated

2 tablespoons red bell peppers chopped
 2 tablespoons green bell peppers chopped
 1 teaspoon Italian seasoning

Spread cream cheese onto bottom of microwaveable 9 inch pie plate. Cover with pizza sauce; top with remaining ingredients.

Microwave on HIGH 2 minutes or until heated through.

Serve with crackers.

Nutrition Facts

Amount per Serving		Calories from Fat 62
Calories 79		% Daily Value*
Total Fat 7g		11%
Saturated Fat 4g		21%
Cholesterol 20mg		7%
Sodium 148mg		6%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		1%
Sugars 0g		
Protein 3g		
Vitamin A 5%		Vitamin C 3%
Calcium 6%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Sausage Balls

1 pound hot sausage
1 small jar Cheez Whiz
3 cups baking mix
1/2 cup milk
1/2 cup dry mustard

3/4 cup sugar
1/4 cup beer or water
1/3 cup vinegar
2 eggs -- beaten

Mix sausage, Cheez Whiz, baking mix and milk and form into small balls (about 100).

Bake 10 to 12 minutes at 450.

Mix mustard, sugar, beer, vinegar and eggs.

Cook and stir over low heat until thickened.

Serve warm with Sausage Balls.

Per Serving (excluding unknown items): 2400 Calories; 71g Fat (26.4% calories from fat); 49g Protein; 397g Carbohydrate; 10g Dietary Fiber; 391mg Cholesterol; 4375mg Sodium. Exchanges: 15 1/2 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk; 12 Fat; 10 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 2350

Calories from Fat 450

% Daily Value*

Total Fat 54g

83%

Saturated Fat 14g

68%

Cholesterol 2mg

1%

Sodium 5672mg

236%

Total Carbohydrate 399g

133%

Dietary Fiber 0g

0%

Sugars 158g

Protein 31g

Vitamin A 5%

Vitamin C 2%

Calcium 51%

Iron 54%

* Percent Daily Values are based on a 2,000 calorie diet.

Taco Ring

Makes 8 servings

1/2 pound ground beef -- cooked and drained	1/2 head lettuce
1 package taco seasoning mix	1 tomato
1 cup cheddar cheese, shredded	1 onion
2 tablespoons water	1/2 cup whole pitted black olives
2 packages refrigerated crescent roll dough	1 cup salsa
1 green bell pepper	Sour cream

Preheat oven to 375.

Combine meat, seasoning mix, cheese and water in bowl.

Arrange crescent triangles in a circle on 13" baking stone, with bases overlapping in center and points to outside (there should be a 5" diameter circle in center).

Spoon meat mixture over rolls.

Fold points of triangles over filling and tuck under base at center (filling will not be completely covered).

Bake 20 to 25 minutes or until golden brown.

Cut off the top of bell pepper, shred lettuce, cube tomato, chop onion and slice olives.

Place bell pepper in center of ring; fill with salsa.

Mound lettuce, onion tomato and olives around pepper.

Garnish with sour cream.

Per Serving (excluding unknown items): 179 Calories; 12g Fat (62.2% calories from fat); 9g Protein; 8g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 541mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 16		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 222mg		9%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		2%
Sugars 1g		
Protein 0g		

Vitamin A 2%
Calcium 0%

Vitamin C 19%
Iron 0%

** Percent Daily Values are based on a 2,000 calorie diet.*

Chapter 2: Breads

Best Banana Bread

Makes 12 servings

3/4 cup flour
 3/4 cup whole wheat flour
 1/4 cup flaxseed meal
 1 teaspoon baking powder
 1/2 teaspoon salt
 1/2 teaspoon baking soda

1 cup mashed bananas
 1/2 cup chopped walnuts
 3/4 cup sugar
 1/2 cup plain yogurt
 1/4 cup canola oil
 Cooking spray

Preheat oven to 325°.

Weigh and lightly spoon flours into dry measuring cups; level with a knife.

Combine flours and next 4 ingredients (through baking soda) in a large bowl, stirring with a whisk.

Combine banana and next 4 ingredients (through oil) in a small bowl.

Add banana mixture to flour mixture, stirring just until moist.

Spoon the batter into a 9 x 5 inch loaf pan coated with cooking spray.

Bake at 325° for 1 hour and 15 minutes or until a wooden pick inserted into the center comes out clean.

Cool for 10 minutes in pan on a wire rack and remove from pan.

Cool on wire rack.

Nutrition Facts

Amount per Serving

Calories 198

Calories from Fat 68

% Daily Value*

Total Fat 8g

12%

Saturated Fat 1g

3%

Cholesterol 0mg

0%

Sodium 192mg

8%

Total Carbohydrate 30g

10%

Dietary Fiber 1g

5%

Sugars 13g

Protein 2g

Vitamin A 0%

Vitamin C 2%

Calcium 2%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Cheese Garlic Bread

2 cups baking mix

2/3 cup milk

1/2 cup cheddar cheese, shredded

Preheat oven to 450.

1/4 cup butter -- melted

1/4 teaspoon garlic powder

Mix baking mix, milk and cheese.

Beat vigorously and drop mixture in large spoonfuls onto an ungreased cookie sheet.

Bake 8 - 10 minutes.

Mix melted butter and garlic powder and brush over rolls after baking.

Per Serving (excluding unknown items): 1696 Calories; 102g Fat (53.9% calories from fat); 36g Protein; 161g Carbohydrate; 6g Dietary Fiber; 206mg Cholesterol; 3699mg Sodium. Exchanges: 10 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 18 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 1078

Calories from Fat 300

% Daily Value*

Total Fat 36g

55%

Saturated Fat 9g

45%

Cholesterol 3mg

1%

Sodium 3023mg

126%

Total Carbohydrate 159g

53%

Dietary Fiber 0g

0%

Sugars 13g

Protein 23g

Vitamin A 7%

Vitamin C 3%

Calcium 44%

Iron 36%

* Percent Daily Values are based on a 2,000 calorie diet.

Corn Bread Casserole

1 can whole kernel corn -- drained
 1 can cream-style corn
 1 package corn bread/muffin mix
 1 egg

2 tablespoons butter -- melted
 1/4 teaspoon garlic powder
 1/4 teaspoon paprika

In a large bowl, combine all ingredients.

Pour into a greased 11 x 7 x 2 baking dish.

Bake, uncovered at 400 for 25-30 minutes or until the top and edges are golden brown.

Per Serving (excluding unknown items): 273 Calories; 27g Fat (89.4% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 249mg Cholesterol; 290mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 5 Fat.

Nutr. Assoc. : 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 52

Calories from Fat 27

% Daily Value*

Total Fat 3g

5%

Saturated Fat 1g

5%

Cholesterol 143mg

48%

Sodium 43mg

2%

Total Carbohydrate 1g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 4g

Vitamin A 14%

Vitamin C 0%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 3: Breakfast

Breakfast Pizza

Makes 8 servings

1 package refrigerated pizza crust dough
1 pound Bob Evans maple roll sausage
8 ounces mushroom -- sliced

1 cup diced tomato
2 cups pizza blend cheese
4 eggs

Preheat oven to 400

Unroll dough and press into a greased 9 x 13" pan, covering bottom of pan and 2" up sides of dish.

Crumble and cook sausage and mushrooms in medium skillet until browned.

Drain well on paper towels.

Spread sausage, mushrooms and tomatoes over crust.

Top with shredded cheese.

In small bowl, whisk eggs until well combined; pour over pizza.

Bake 13 to 15 minutes or until eggs are set and crust is brown.

Note: Refrigerated crescent roll dough may be used instead of pizza crust mix. Seal edges together and stretch to fit baking dish.

Per Serving (excluding unknown items): 137 Calories; 4g Fat (23.9% calories from fat); 7g Protein; 19g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 267mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 23

Calories from Fat 13

% Daily Value*

Total Fat 2g

2%

Saturated Fat 0g

2%

Cholesterol 72mg

24%

Sodium 22mg

1%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 2g

Vitamin A 2%

Vitamin C 0%

Calcium 1%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Breakfast Pizza 2

Makes 8 servings

<p>8 ounces refrigerated crescent dinner roll dough Cooking spray 1 pound sausages 1 cup frozen shredded hash brown potatoes, thawed</p>	<p>1 cup cheddar cheese, shredded 1/4 cup milk 1/2 teaspoon salt 1/8 teaspoon black pepper 4 eggs 2 tablespoons parmesan cheese</p>
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Preheat oven to 375.

Separate dough into triangles. Press triangles together to form a single round crust on a 12" pizza pan coated with cooking spray. Crimp edges of dough with fingers to form a rim.

Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble. Drain.

Top prepared dough with sausage, potatoes and cheese.

Combine milk, salt, pepper and eggs, stirring with a whisk.

Carefully pour milk mixture over sausage mixture.

Sprinkle with Parmesan cheese.

Bake for 25 minutes or until crust is browned.

Per Serving (excluding unknown items): 337 Calories; 30g Fat (81.9% calories from fat); 14g Protein; 1g Carbohydrate; trace Dietary Fiber; 149mg Cholesterol; 654mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Non-Fat Milk; 5 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 153
Calories 236		% Daily Value*
Total Fat 18g		27%
Saturated Fat 8g		38%
Cholesterol 112mg		37%
Sodium 833mg		35%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 18g		
Vitamin A 2%		Vitamin C 0%
Calcium 2%		Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Breakfast Skillet

Makes 6 servings

1/2 pound bulk sausage	8 ounces velveeta -- cut up
2 cups frozen shredded hash brown potatoes	6 eggs
10 ounces diced tomatoes and green chilies	

Brown sausage in large nonstick skillet on medium heat; drain.

Add potatoes and tomatoes; cook 5 minutes. Top with Velveeta.

Beat eggs and 2 Tablespoons water with wire whisk in a medium bowl.

Pour evenly over ingredients in skillet; cover. Reduce heat to low.

Cook 10 to 12 minutes or until egg mixture is set in center and Velveeta is melted.

Uncover; let stand 5 minutes before cutting into wedges with a nonstick spatula.

Per Serving (excluding unknown items): 412 Calories; 34g Fat (71.9% calories from fat); 22g Protein; 8g Carbohydrate; 0g Dietary Fiber; 260mg Cholesterol; 1276mg Sodium. Exchanges: 3 Lean Meat; 5 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0

Nutrition Facts

Amount per Serving	
Calories 47	Calories from Fat 27
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 143mg	48%
Sodium 43mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 4%	Vitamin C 0%
Calcium 1%	Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Sausage and Egg Flatbread

Makes 6 servings

1 11-ounce tube french bread dough	1/4 teaspoon salt
2 teaspoons cornmeal	1/8 teaspoon ground black pepper
2/3 cup chopped onions	2 cups arugula
4 ounces sausages	2 teaspoons lemon juice
1/2 cup fontina cheese shredded	1 teaspoon extra-virgin olive oil
6 large eggs	

Preheat oven to 400°.

Find lengthwise seam in dough.

Beginning at seam, gently unroll dough into a rectangle on a lightly floured surface.

Cut the dough crosswise into 2 equal portions.

Roll each portion into a 15 x 6 inch rectangle on a lightly floured surface.

Place each rectangle on a baking sheet sprinkled with 1 teaspoon cornmeal.

Heat a nonstick skillet over medium heat.

Add onion and sausage to pan; cook 4 minutes or until lightly browned, stirring to crumble.

divide sausage mixture evenly between rectangles, spreading evenly down length of dough, leaving a 1/4" border on each; top each rectangle evenly with 1/4 cup cheese.

Bake at 400° for 10 minutes or until lightly browned.

Remove from oven.

Break 3 eggs onto each flatbread, spacing evenly lengthwise; sprinkle evenly with salt and freshly ground black pepper.

Bake an additional 5 minutes or until eggs are set.

Turn oven off; leave flatbreads in oven with oven door closed for 4 minutes or until desired degree of doneness.

Remove from oven.

Combine arugula, fresh lemon juice, and extra-virgin olive oil; toss.

Arrange arugula mixture evenly over flatbreads.

Cut each flatbread crosswise into 3 squares; serve immediately.

Nutrition Facts

Amount per Serving

Calories 163

Calories from Fat 104

% Daily Value*

Total Fat 12g

18%

Saturated Fat 5g

26%

Cholesterol 163mg

54%

Sodium 421mg

18%

Total Carbohydrate 2g

1%

Dietary Fiber 0g

1%

Sugars 0g

Protein 12g

Vitamin A 6%

Vitamin C 3%

Calcium 10%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Savory Sausage Breakfast Rolls

Makes 6 servings

11 ounces refrigerated french bread dough
 2 tablespoons butter melted
 2 teaspoons chopped sage
 1/4 teaspoon salt

8 ounces sausages cooked and crumbled
 3/4 cup gruyère cheese
 Cooking spray

Preheat oven to 350°.

Find lengthwise seam in dough.

Beginning at seam, gently unroll dough into a rectangle on a lightly floured surface.

Roll dough into a 13" x 8" rectangle; brush with butter, leaving a 1/2" border.

Combine sage, salt and sausage.

Sprinkle sausage mixture evenly over dough, leaving a 1/2" border; top with cheese.

Starting with a long side, roll dough up, jelly-roll fashion; press seam to seal (do not seal ends of roll).

Cut 1 (1/2" thick) crosswise slice from each end; discard.

Slice roll crosswise into 12 (1/2" thick) pieces; arrange in a 13" x 9" baking dish coated with cooking spray.

Bake at 350° for 28 minutes or until golden.

Nutrition Facts

Amount per Serving

Calories 173

Calories from Fat 127

% Daily Value*

Total Fat 14g

22%

Saturated Fat 5g

23%

Cholesterol 37mg

12%

Sodium 568mg

24%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 11g

Vitamin A 3%

Vitamin C 0%

Calcium 0%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Sunrise Squares

Makes 6 servings

1 pound sausages
4 slices bread cut into 1/2" cubes (about 2 cups)
1/2 cup green peppers diced
1 cup sharp cheddar cheese shredded

6 eggs
2 cups milk
1/2 teaspoon salt
1/2 teaspoon dry mustard

Preheat oven to 350°F.

Crumble and cook sausage in medium skillet over medium heat until browned.

Drain off any drippings.

Spread bread cubes in greased 11 x 7 baking dish; top with sausage, peppers and cheese.

Whisk eggs, milk, salt and mustard until well blended; pour over cheese.

Bake 30 to 40 minutes or until set.

Let stand 5 minutes before cutting into squares; serve hot.

Nutrition Facts

Amount per Serving

Amount per Serving		Calories from Fat 281
Calories 555		% Daily Value*
Total Fat 32g		49%
Saturated Fat 15g		75%
Cholesterol 219mg		73%
Sodium 1394mg		58%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		4%
Sugars 5g		
Protein 34g		
Vitamin A 11%		Vitamin C 1%
Calcium 26%		Iron 17%

* Percent Daily Values are based on a 2,000 calorie diet.

Weekend Brunch Casserole

Makes 6 servings

1 pound Bob Evans Original Recipe Roll Sausage Roll
2 cups mozzarella cheese -- shredded
8 ounces refrigerated crescent dinner rolls

4 eggs
3/4 cup milk
1/4 teaspoon salt
1/8 teaspoon black pepper

Preheat oven to 425°F.

Crumble and cook sausage in medium skillet over medium heat until browned.

Drain off any drippings.

Line bottom of greased 13" x 9" baking dish with crescent roll dough, firmly pressing perforations to seal.

Sprinkle with sausage and cheese.

Combine remaining ingredients in medium bowl until blended; pour over sausage.

Bake 15 minutes or until set.

Let stand 5 minutes before cutting into squares; serve hot.

Per Serving (excluding unknown items): 183 Calories; 13g Fat (65.7% calories from fat); 13g Protein; 3g Carbohydrate; trace Dietary Fiber; 163mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 84
Calories 188		% Daily Value*
Total Fat 10g		15%
Saturated Fat 3g		13%
Cholesterol 96mg		32%
Sodium 436mg		18%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		5%
Sugars 4g		
Protein 6g		
Vitamin A 4%		Vitamin C 0%
Calcium 5%		Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 4: Casseroles

Cheeseburger Pie

Makes 6 servings

1 pound ground beef
 1 cup onion -- chopped
 1/2 teaspoon salt
 1 cup cheddar cheese, shredded

2 eggs
 1/2 cup Bisquick® baking mix
 1 cup milk

Heat oven 400. Grease 9" pie plate.

Cook beef and onion until beef is brown; drain.

Spread in pie plate; sprinkle with salt and cheese.

Stir remaining ingredients until blended.

Pour into pie plate.

Bake 25 minutes.

Per Serving (excluding unknown items): 407 Calories; 31g Fat (68.0% calories from fat); 21g Protein; 11g Carbohydrate; 1g Dietary Fiber; 152mg Cholesterol; 502mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Amount per Serving		Calories from Fat 39
Calories 159		% Daily Value*
Total Fat 12g		19%
Saturated Fat 7g		37%
Cholesterol 90mg		30%
Sodium 282mg		12%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Sugars 2g		
Protein 15g		
Vitamin A 3%		Vitamin C 1%
Calcium 5%		Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Sausage and Cheese Potato Casserole

Makes 6 servings

1 pound Bob Evans Italian Sausage Roll
6 eggs
4 cups red skinn potatoes -- cubed unpeeled
3/4 cup milk
1 cup monterey jack cheese -- shredded
 Preheat oven to 350°F.

1/4 teaspoon salt
1/4 cup green onion -- chopped
1/8 teaspoon black pepper
4 ounces green chile -- chopped, drained
1/2 cup parmesan cheese -- grated

Crumble and cook sausage in medium skillet until browned.

Drain off any drippings.

Spread potatoes in greased 13" x 9" baking pan.

Top with cooked sausage, Monterey Jack cheese, green onions and chiles.

Whisk eggs, milk, salt and pepper in medium bowl until frothy.

Pour egg mixture over sausage layer.

Bake 30 minutes.

Remove from oven.

Sprinkle with Parmesan cheese.

Bake 15 minutes more or until eggs are set.

Per Serving (excluding unknown items): 192 Calories; 13g Fat (62.0% calories from fat); 14g Protein; 4g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 386mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 57

Calories from Fat 27

% Daily Value*

Total Fat 3g

5%

Saturated Fat 1g

5%

Cholesterol 144mg

48%

Sodium 157mg

7%

Total Carbohydrate 2g

1%

Dietary Fiber 0g

0%

Sugars 1g

Protein 5g

Vitamin A 5%

Vitamin C 0%

Calcium 5%

Iron 3%

** Percent Daily Values are based on a 2,000 calorie diet.*

Taco Casserole

Makes 8 servings

1 pound ground beef
1/2 cup onion -- chopped
8 ounces taco sauce
3/4 cup water

4 ounces green chiles -- diced
1 package taco seasoning mix
12 taco shells -- broken
2 cups cheddar cheese -- shredded

Preheat oven to 375.

Grease 11 x 17 baking dish.

Cook beef and onion in large skillet until beef is browned; drain.

Stir in taco sauce, water, chiles and seasoning mix; bring to a boil.

Reduce heat to low; cook, stirring occasionally for 3 to 4 minutes.

Layer half of broken shells on bottom of prepared baking dish.

Cover with half of meat mixture; sprinkle with 1 cup cheese.

Repeat with remaining ingredients.

Bake 20 to 25 minutes or until bubbly and cheese is melted.

Top with tomato, green pepper and other desired garnishes.

Per Serving (excluding unknown items): 424 Calories; 30g Fat (62.8% calories from fat); 19g Protein; 21g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 807mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		
Calories	107	Calories from Fat 22
		% Daily Value*
Total Fat	8g	13%
Saturated Fat	5g	27%
Cholesterol	31mg	10%
Sodium	222mg	9%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	9g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 5: Crockpot

Chicken and Shrimp Jambalaya

Makes 6 servings

1 cup celery sliced
 1 large onion chopped
 1 14.5 ounce can fire roasted tomatoes diced
 1 14 1/2-ounce can chicken broth
 1/2 6-ounce can tomato paste
 1 tablespoon Worcestershire sauce
 1 1/2 teaspoons cajun seasoning

1 pound boneless skinless chicken breast
 halves cut into 1" pieces
 1 pound smoked or Polish sausages cut into
 1" pieces
 8 ounces shrimp cooked, peeled and
 deveined
 3/4 cup green peppers chopped
Rice

In a slow cooker, combine celery, onion, undrained tomatoes, chicken broth, tomato paste, Worcestershire sauce, and Cajun seasoning.

Then stir in chicken and sausage.

Cover and cook on low heat setting for 5 to 6 hours or on the high heat setting for 2 1/2 to 3 hours.

Stir in shrimp and green pepper.

Cover and let stand 10 to 15 minutes.

Serve over cooked rice.

Nutrition Facts

Amount per Serving

Calories 1002

Calories from Fat 248

% Daily Value*

Total Fat 28g

43%

Saturated Fat 11g

55%

Cholesterol 143mg

48%

Sodium 3462mg

144%

Total Carbohydrate 7g

2%

Dietary Fiber 2g

6%

Sugars 2g

Protein 45g

Vitamin A 2%

Vitamin C 12%

Calcium 3%

Iron 14%

* Percent Daily Values are based on a 2,000 calorie diet.

Slow-Cooker Pot Roast

Makes 4 servings

2 tablespoons unsalted butter
1 tablespoon sunflower oil
1 large onion cut into wedges
3 pounds beef rump roast
3 carrots peeled and thinly sliced

3 medium potatoes cubed
2 bay leaves
1/2 teaspoon salt
2 1 1/2-ounce boxes onion soup mix
1 tablespoon cornstarch

Heat the butter and sunflower oil in a large skillet.

Add the onion and beef.

Brown the beef on all sides.

Transfer the beef and onion to a slow cooker.

Arrange the carrots, potatoes and bay leaves around the beef.

Sprinkle with salt.

In a heatproof bowl or measuring cup, combine the soup mix with 3 cups boiling water, stirring until smooth.

Pour the soup mixture over the beef and vegetables in the slow cooker.

Cover and cook on HIGH until the meat is very tender, about 3 1/2 hours.

In a medium saucepan, combine the cornstarch and about 1 tsp. water; stir to form a paste. Add 2 cups hot liquids from the slow cooker and bring to a boil, stirring, until the gravy has thickened.

Slice the beef and serve with vegetables and gravy.

Nutrition Facts

Amount per Serving

Calories 206

Calories from Fat 83

% Daily Value*

Total Fat 10g 15%

Saturated Fat 0g 2%

Cholesterol 15mg 5%

Sodium 741mg 31%

Total Carbohydrate 29g 10%

Dietary Fiber 4g 16%

Sugars 1g

Protein 3g

Vitamin A 358%

Vitamin C 25%

Calcium 3%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 6: Desserts

Apple Cake

Makes 12 servings

Pan Coating	2 teaspoons vanilla
3 tablespoons sugar	2 teaspoons ground cinnamon
1 teaspoon ground cinnamon	1/4 teaspoon nutmeg
Cake	3 cups flour
1 1/2 cups vegetable oil	1 teaspoon baking soda
2 cups sugar	1/2 teaspoon salt
3 eachs large eggs	1 teaspoon pecans -- chopped
3 cups Granny Smith apples -- peeled and chopped	1/2 cup raisins or coconut

Preheat oven to 325.

Generously grease a 10 inch tube pan. Combine the sugar and cinnamon and coat the inside of the pan with the mixture by shaking the pan all around until the sides and bottom are coated.

Beat the oil and sugar with an electric mixer until well blended. Add the eggs, one at a time, beating well after each addition.

With a spatula, stir the apples and vanilla.

Sift together the cinnamon, nutmeg, flour, baking soda and salt. Add the flour mixture to the apple mixture and mix well with a spatula.

Add the pecans and raisins. The batter will be very thick.

Spoon the batter into the prepared pan and smooth the top.

Lift the pan from the counter and 2 inches and drop it back down to get out all the air bubbles.

Bake the cake for 1 1/2 to 1 3/4 hours, until a tester inserted in the center comes out clean.

Allow to rest on the countertop for at least 30 minutes before turning out onto a cake plate to cool completely.

Per Serving (excluding unknown items): 532 Calories; 29g Fat (48.5% calories from fat); 5g Protein; 64g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 211mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 5 1/2 Fat; 2 1/2 Other Carbohydrates.

Nutr. Assoc. : 0

Nutrition Facts

Amount per Serving		
Calories 471		Calories from Fat 240
		% Daily Value*
Total Fat 28g		43%
Saturated Fat 4g		20%
Cholesterol 0mg		0%

Sodium 178mg 32
7%

Total Carbohydrate 57g 19%

Dietary Fiber 0g 0%

Sugars 35g

Protein 0g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Apple Crisp

Makes 10 servings

5 Granny Smith apples
8 graham crackers -- finely chopped
3/4 cup brown sugar, packed
1/2 cup rolled oats

Peel, core and slice apples.

1/2 cup all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 cup butter -- melted

Cut apples in half; fill square baking dish.

Combine remaining ingredients; mix well.

Sprinkle mixture evenly over apples.

Microwave on High 12 to 15 minutes or until apples are tender; turning dish after 6 minutes.

Cool slightly; serve warm.

Tip: To prepare in conventional oven, preheat oven to 350. Prepare recipe as directed. Bake 30-35 minutes or until apples are tender.

Per Serving (excluding unknown items): 238 Calories; 10g Fat (37.6% calories from fat); 2g Protein; 36g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 136mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 2 Fat; 1 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 2
Calories 15		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		2%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Bailey's Cheesecake

Makes 8 servings

1 1/2 cups graham cracker crumbs
 1/4 cup butter melted
 15 ounces ricotta cheese
 1 8-ounce package cream cheese
 4 eggs beaten

1/2 cup sugar
 5 1/2 tablespoons Bailey's coffee liqueur
 1 teaspoon vanilla extract
 1/4 teaspoon salt

Combine crumbs and butter, press over bottom and sides of greased 9-inch springform pan. Chill.

Preheat oven to 325 degrees.

Beat together ricotta and cream cheese until smooth.

Add remaining ingredients, beat until smooth.

Pour mixture into pan.

Bake 1 hour and 15 minutes or until firm in middle (place a shallow pan of water in oven to cook under the cheesecakes so they don't crack).

Cool 20-30 minutes in pan.

Chill for 1-2 hours before serving.

Nutrition Facts

Amount per Serving

Calories 709

Calories from Fat 172

% Daily Value*

Total Fat 19g

29%

Saturated Fat 6g

32%

Cholesterol 126mg

42%

Sodium 460mg

19%

Total Carbohydrate 33g

11%

Dietary Fiber 0g

0%

Sugars 19g

Protein 12g

Vitamin A 17%

Vitamin C 0%

Calcium 19%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Black Forest Cheesecake

Makes 16 servings

20 oreo cookies crushed (about 2 cups)	6 squares semi-sweet baking chocolate
3 tablespoons butter melted	melted
4 8-ounce packages cream cheese softened	4 eggs
1 cup sugar	2 cups frozen whipped topping thawed
1 teaspoon vanilla extract	1 21-ounce can cherry pie filling
1 cup sour cream	

Preheat oven to 325°F. Line 13 x 9 inch baking pan with foil, with ends of foil extending over sides of pan. Mix cookie crumbs and butter; press firmly onto bottom of prepared pan. Bake 10 minutes.

Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended. Add sour cream and chocolate; mix well. Add eggs, one at a time, mixing on low speed after each addition just until blended. Pour over crust.

Bake 40 minutes or until center is almost set. Cool. Refrigerate at least 4 hours or overnight. Lift cheesecake from pan, using foil handles. Top with whipped topping and pie filling. Store any leftover cheesecake in refrigerator.

Nutrition Facts

Amount per Serving		Calories from Fat 280
Calories 383		% Daily Value*
Total Fat 31g		48%
Saturated Fat 18g		88%
Cholesterol 109mg		36%
Sodium 240mg		10%
Total Carbohydrate 35g		12%
Dietary Fiber 1g		5%
Sugars 24g		
Protein 6g		
Vitamin A 18%		Vitamin C 0%
Calcium 1%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Brownie Cheesecake

Makes 16 servings

1 package Brownie mix
 4 packages cream cheese
 1 cup sugar
 1 teaspoon vanilla

1/2 cup sour cream
 3 eggs
 2 eachs semisweet chocolate squares --
 melted, cooled

Preheat oven to 350.

Line 13 x 9 baking pan with foil, with ends of foil extending over sides of pan.

Spray with cooking spray.

Prepare brownie mix as directed on package; pour into prepared pan.

Bake 15 minutes or until top of brownie is shiny and center is almost set.

Meanwhile, beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended.

Add sour cream; mix well.

Add eggs, one at a time, mixing on low speed after each addition just until blended.

Pour over partially baked brownie batter in pan. (Filling will come almost to top of pan.)

Bake 40 minutes or until center is almost set.

Cool.

Refrigerate 4 hours or overnight.

Let stand at room temperature 30 minutes before serving.

Lift cheesecake from pan, using foil handles.

Drizzle with chocolate; let stand until chocolate is firm.

Cut into 16 pieces to serve.

Start to Finish Time: "0:55" -----

Per Serving (excluding unknown items): 386 Calories; 27g Fat (60.5% calories from fat); 7g Protein; 33g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 249mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 5 Fat; 2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 69

Calories from Fat 16

% Daily Value*

Total Fat 2g

3%

Saturated Fat	1g	37	5%
Cholesterol	31mg		10%
Sodium	21mg		1%
Total Carbohydrate	13g		4%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	1g		
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Buckeyes

Makes 150 servings

40 ounces Creamy peanut butter
1 cup butter -- softened
2 pounds confectioner's sugar

2 teaspoons vanilla
24 ounces milk chocolate
3 teaspoons shortening

Mix first four ingredients until well blended.

Form into small balls.

Freeze until firm (10 - 15 minutes.)

Melt chocolate and shortening together.

Using a toothpick, dip the balls in chocolate, leaving some of the peanut butter exposed.

Refrigerate or store in a dry cool place.

Makes approximately 145-150

Description: "A Christmastime Favorite" Yield: "150 " -----

Per Serving (excluding unknown items): 59 Calories; 3g Fat (40.2% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 1	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chicken Lasagna Rolls

Makes 8 servings

2 cups Ricotta cheese
1 1/4 cups Mozzarella cheese -- shredded
1/4 cup Parmesan cheese
1 each eggs
1 teaspoon garlic powder
1/4 cup fresh parsley -- chopped
1/2 teaspoon salt
1/2 teaspoon black pepper
2 cups baked chicken breasts -- shredded
8 eachs lasagna noodles -- cooked
1 1/2 cups tomato sauce

Preheat oven to 375.

Mix first eight ingredients, reserving 1/4 cup of mozzarella for baking, set aside.

Lay a large piece of plastic wrap on countertop. Lay noodles flat atop plastic wrap, top each noodle with a layer of ricotta mixture and 1/4 cup chicken.

Starting at one end, roll one boodle at a time.

Fill the bottom of a baking dish with 1/2 cup of tomato sauce.

Lay rolls seam-side down, cover with remaining tomato sauce, and sprinkle with 1/4 cup mozzarella cheese.

Bake at 375 for 20 minutes.

Per Serving (excluding unknown items): 514 Calories; 15g Fat (26.6% calories from fat); 24g Protein; 70g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 597mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 11
Calories 29		% Daily Value*
Total Fat 1g		2%
Saturated Fat 1g		4%
Cholesterol 4mg		1%
Sodium 481mg		20%
Total Carbohydrate 3g		1%
Dietary Fiber 1g		3%
Sugars 2g		
Protein 2g		
Vitamin A 4%		Vitamin C 8%
Calcium 4%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Chip Zucchini Cake

Makes 12 servings

Cream Together:

1 3/4 cups sugar
1/2 cup margarine
1/2 cup oils

Add:

2 eggs
1 teaspoon vanilla extract
1/2 cup sour cream

Mix together and add to liquid mixture:

Pour into 9 x 13 baking pan.

Bake in a 350° oven for 40 - 45 minutes or until cake tests done with a toothpick.

2 1/2 cups flour

4 tablespoons baking cocoa

1/2 teaspoon baking powder

1 teaspoon baking soda

1/4 teaspoon salt

Beat well. Stir in:

2 cups grated zucchini

3/4 cup semi-sweet chocolate chips

Nutrition Facts

Amount per Serving**Calories** 395

Calories from Fat 159

% Daily Value***Total Fat** 18g

28%

Saturated Fat 5g

26%

Cholesterol 36mg

12%

Sodium 240mg

10%

Total Carbohydrate 56g

19%

Dietary Fiber 1g

5%

Sugars 35g

Protein 2g

Vitamin A 8%

Vitamin C 0%

Calcium 1%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Cream Cheese Pie

Makes 10 servings

1 4-ounce package fat-free, sugar-free instant chocolate pudding mix
 1 3/4 cups milk
 1 teaspoon vanilla extract
 1/2 8-ounce package cream cheese
 1/2 8-ounce container frozen whipped topping thawed

1 6-ounce package chocolate-flavor crumb pie shells
 1 cup fresh raspberries
 1 tablespoon grated semisweet chocolate chips

In a medium bowl prepare pudding mix according to package directions using the 1 3/4 cups milk. Stir in vanilla; set aside.

Place cream cheese in a large microwave-safe bowl. Microwave, uncovered, on 100% power (high) for 15 seconds; stir. Microwave on 100% power (high) for 15 seconds more. Beat cream cheese with an electric mixer on medium speed for 15 seconds. Add half of the pudding mixture; beat until smooth. Add remaining pudding mixture; beat until smooth. Fold in half of the whipped topping. Spread mixtures in pie shell. Chill about 4 hours or until set.

Top individual servings with remaining whipped topping, raspberries and grated chocolate.

Nutrition Facts

Amount per Serving

Calories 221

Calories from Fat 96

% Daily Value*

Total Fat 11g 16%

Saturated Fat 6g 32%

Cholesterol 18mg 6%

Sodium 118mg 5%

Total Carbohydrate 28g 9%

Dietary Fiber 0g 1%

Sugars 15g

Protein 3g

Vitamin A 5%

Vitamin C 5%

Calcium 7%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Vanilla Swirl Cheesecake

Makes 16 servings

20 oreo cookies crushed
3 tablespoons butter melted
4 8-ounce packages cream cheese softened
1 cup sugar
1 teaspoon vanilla extract
1 cup sour cream
4 eggs
6 squares semi-sweet baking chocolate melted, cooled

Preheat oven to 325°F. Line 13 x 9 inch baking pan with foil, with ends of foil extending over sides of pan. Mix cookie crumbs and butter; press firmly onto bottom of prepared pan. Bake 10 minutes.

Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended. Add sour cream; mix well. Add eggs, one at a time, beating on low speed after each addition just until blended. Remove 1 cup of the batter; set aside. Stir melted chocolate into remaining batter in large bowl; pour over crust. Top with spoonfuls of the remaining 1 cup of plain batter; cut through batters with knife several times for swirled effect.

Bake 40 minutes or until center is almost set. Cool. Refrigerate at least 4 hours or overnight. Use foil handles to lift cheesecake from pan before cutting to serve. Store in refrigerator.

Nutrition Facts

Amount per Serving

Calories 358

Calories from Fat 265

% Daily Value*

Total Fat 30g

46%

Saturated Fat 16g

80%

Cholesterol 109mg

36%

Sodium 233mg

10%

Total Carbohydrate 26g

9%

Dietary Fiber 1g

3%

Sugars 16g

Protein 6g

Vitamin A 16%

Vitamin C 0%

Calcium 1%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Chunky Pecan Pie Bars

Makes 36 servings

1 1/2 cups all-purpose flour
 1/2 cup butter -- softened
 1/4 cup brown sugar, packed
 3 large eggs
 3/4 cup corn syrup

3/4 cup granulated sugar
 2 tablespoons butter -- melted
 1 teaspoon vanilla
 11 1/2 ounces Semi-Sweet Chocolate Chunks
 1 1/2 cups chopped nuts

Preheat oven to 350. Grease 13 x 9 baking pan.

For Crust: Beat flour, butter and brown sugar in small mixer bowl until crumbly.

Press into prepared baking pan.

Bake for 12 to 15 minutes or until lightly browned.

For Filling: Beat eggs, corn syrup, granulated sugar, butter and vanilla in medium bowl with wire whisk.

Stir in chunks and nuts.

Pour evenly over baked crust.

Bake for 25 to 30 minutes or until set.

Cool in pan on wire rack.

Cut into bars.

Per Serving (excluding unknown items): 131 Calories; 7g Fat (46.2% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 47mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Amount per Serving	Calories from Fat 0
Calories 35	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%

Calcium 0%

44
Iron 0%

** Percent Daily Values are based on a 2,000 calorie diet.*

Fresh Apple Cake

Makes 12 servings

by Paula Dean

Pan Coating

3 tablespoons sugar

1 teaspoon ground cinnamon

Cake

1 1/2 cups vegetable oil

2 cups sugar

3 eggs

3 cups Granny Smith apples chopped (about 3 medium apples)

2 teaspoons vanilla extract

2 teaspoons ground cinnamon

1/4 teaspoon freshly grated nutmeg

3 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1 cup chopped pecans

1/2 cup raisins or coconut

1. Preheat oven to 325°.
2. Generously grease a 10" tube pan. Combine the sugar and cinnamon and coat the inside of the pan with the mixture by shaking the pan all around until the sides and bottom are coated.
3. Beat the oil and sugar with an electric mixer until well blended. Add the eggs, one at a time, beating well after each addition.
4. With a spatula, stir in the apples and vanilla.
5. Sift together the cinnamon, nutmeg, flour, baking soda and salt. Add the flour mixture to the apple mixture and mix well with a spatula.
6. Add the pecans and raisins. The batter will be very thick.
7. Spoon the batter into the prepared pan and smooth the top.
8. Lift the pan from the counter about 2 inches and drop it back down to get out all of the air bubbles.
9. Bake the cake for 1 1/2 to 1 3/4 hours, until a tester inserted in the center comes out clean.
10. Allow to rest on the countertop for at least 30 minutes before turning out onto a cake plate to cool completely.

Nutrition Facts

Amount per Serving

Calories 561

Calories from Fat 297

% Daily Value*

Total Fat 35g

53%

Saturated Fat 5g

23%

Cholesterol 36mg

12%

Sodium 190mg

8%

Total Carbohydrate 63g

21%

Dietary Fiber 1g

5%

Sugars 40g

Protein 2g

Vitamin A 2%

Vitamin C 0%

Calcium 1%

Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Galette Dough

3 tablespoons sour cream
1/3 cup ice water
1 cup all-purpose flour
1/4 cup yellow cornmeal

1 teaspoon sugar
1/2 teaspoon Salt
7 tablespoons unsalted butter -- cold, cut into 6 to 8 piece

To make the dough in a food processor, stir the sour cream and 1/3 cup ice water together in a small bowl; set aside.

Put the flour, cornmeal, sugar and salt in the work bowl of a processor fitted with the metal blade; pulse to combine.

Drop the butter pieces into the bowl and pulse 8 to 10 times, or until the mixture is speckled with pieces of butter that vary in size from bread crumbs to peas.

With the machine running, add the sour cream mixture and process just until dough forms soft, moist curds.

Remove the dough from the processor, divide it in half, and press each half into a disk.

Wrap in plastic and chill for at least 2 hours.

The dough can be stored in the refrigerator for a day or two, or it can be frozen for up to one month.

Per Serving (excluding unknown items): 1401 Calories; 91g Fat (58.4% calories from fat); 18g Protein; 128g Carbohydrate; 6g Dietary Fiber; 236mg Cholesterol; 1106mg Sodium. Exchanges: 8 Grain(Starch); 0 Non-Fat Milk; 18 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 74
Calories 225		% Daily Value*
Total Fat 8g		13%
Saturated Fat 4g		22%
Cholesterol 22mg		8%
Sodium 75mg		3%
Total Carbohydrate 32g		11%
Dietary Fiber 3g		11%
Sugars 6g		
Protein 4g		
Vitamin A 6%		Vitamin C 0%
Calcium 3%		Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Honeycrisp Apple Galette

1/2 Recipe Galette Dough (See Recipe)

**3 Honeycrisp apples -- peeled, cored and cut
int**

1/3 cup brown sugar

2 tablespoons cornstarch

Preheat oven to 400.

1 tablespoon Grand Marnier

1 tablespoon unsalted butter -- cold

2 tablespoons turbinado sugar

Powdered sugar

Line a baking sheet with parchment paper.

Put the dough on a lightly floured work surface and roll into an 11" circle that's about 1/8" thick.

Transfer dough to prepared baking sheet.

In another bowl mix prepared apples with cornstarch, sugars and Grand Marnier.

Spread the mixture over dough leaving a 2 - 3 inch border.

Fold the uncovered border of dough over the filling, allowing the dough to pleat as you lift it up and work your way around the galette.

Cut butter into pieces and put over apple filling.

Brush dough with egg wash and sprinkle with 1 to 2 T. of turbinado sugar.

Bake the galette for 35 to 45 minutes, or until filling is bubbling and crust is golden brown.

Let rest for 10 minutes then transfer to cooling rack.

When galette is completely cool, sprinkle with powdered sugar.

Serve warm or at room temperature.

The Galette is best eaten the day it is made.

Per Serving (excluding unknown items): 489 Calories; 12g Fat (22.1% calories from fat); trace Protein; 91g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 22mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Fat; 4 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 320

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg	48
	0%
Total Carbohydrate 84g	28%
Dietary Fiber 0g	0%
Sugars 64g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

** Percent Daily Values are based on a 2,000 calorie diet.*

Neiman Marcus Chocolate Chip Cookies

Makes 24 servings

1/2 cup butter softened
1 cup light brown sugar
3 tablespoons granulated sugar
1 large egg
2 teaspoons vanilla extract
1 3/4 cups flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/2 teaspoons instant espresso coffee powder
1 1/2 cups semisweet chocolate chips

1. Preheat oven to 300 degrees. Cream the butter with the sugars using an electric mixer on medium speed until fluffy (approximately 30 seconds)

2. Beat in the egg and the vanilla extract for another 30 seconds.

3. In a mixing bowl, sift together the dry ingredients and beat into the butter mixture at low speed for about 15 seconds. Stir in the espresso coffee powder and chocolate chips.

4. Using a 1 ounce scoop or a 2 tablespoon measure, drop cookie dough onto a greased cookie sheet about 3 inches apart. Gently press down on the dough with the back of a spoon to spread out into a 2 inch circle. Bake for about 20 minutes or until nicely browned around the edges. Bake a little longer for a crispier cookie.

Yield: 2 dozen cookies

Nutrition Facts

Amount per Serving		Calories from Fat 69
Calories 180		% Daily Value*
Total Fat 8g		12%
Saturated Fat 3g		13%
Cholesterol 16mg		5%
Sodium 112mg		5%
Total Carbohydrate 26g		9%
Dietary Fiber 0g		0%
Sugars 18g		
Protein 0g		
Vitamin A 3%		Vitamin C 0%
Calcium 0%		Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Neiman Marcus Chocolate Oatmeal Cookies

Makes 112 servings

2 cups butter	1 teaspoon salt
4 cups flour	18 ounces Hershey chocolate bar grated
2 teaspoons baking soda	4 eggs
2 cups sugar	2 teaspoons baking powder
5 cups blended oatmeal	2 teaspoons vanilla extract
24 ounces semi-sweet chocolate chips	3 cups chopped nuts
2 cups brown sugar	

Measure oatmeal and blend in a blender to a fine powder.

Cream the butter and both sugars.

Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder and baking soda.

Add chocolate chips, Hershey Bar and nuts.

Roll into balls and place two inches apart on a cookie sheet.

Bake for 10 minutes at 375°.

Makes 112 cookies.

Nutrition Facts

Amount per Serving		Calories from Fat 63
Calories 135		% Daily Value*
Total Fat 7g		11%
Saturated Fat 1g		6%
Cholesterol 18mg		6%
Sodium 75mg		3%
Total Carbohydrate 17g		6%
Dietary Fiber 1g		3%
Sugars 10g		
Protein 1g		
Vitamin A 2%		Vitamin C 0%
Calcium 1%		Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Peanut Butter and Milk Chocolate Morsel Cookies

Makes 60 servings

2 1/4 cups all-purpose flour
 1 teaspoon baking soda
 1 teaspoon salt
 1 cup butter -- softened
 3/4 cup granulated sugar
 3/4 cup brown sugar, packed

1 teaspoon vanilla
 2 large eggs
 11 ounces Peanut Butter & Milk Chocolate Morsels
 1 cup chopped nuts

Preheat oven to 375.

Combine flour, baking soda and salt in small bowl.

Beat butter, granulated sugar, brown sugar and vanilla in large mixer bowl until creamy.

Add eggs one at a time, beating well after each addition.

Gradually beat in flour mixture.

Stir in morsels and nuts.

Drop by rounded tablespoon onto ungreased baking sheets.

Bake for 9 to 11 minutes or until golden brown.

Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Per Serving (excluding unknown items): 81 Calories; 5g Fat (49.9% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 91mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 9		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 55mg		2%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Sugars 2g		
Protein 0g		

Vitamin A 0%
Calcium 0%

52
Vitamin C 0%
Iron 0%

** Percent Daily Values are based on a 2,000 calorie diet.*

Pineapple Upside Down Cake

Makes 8 servings

20 ounces pineapple slices**1/4 cup butter****2/3 cup brown sugar -- packed****10 maraschino cherries****1 package yellow cake mix -- or pineapple cake mix**

Drain pineapple slices; reserve 3/4 cup juice.

Stir together melted butter and brown sugar in 12 inch skillet with heat-proof handle. Arrange pineapple slices in sugar mixture. Place cherry in center of each pineapple slice.

Prepare cake mix according to package directions, replacing some of the water with reserved 3/4 cup juice that is needed to prepare the batter. Pour batter evenly over pineapple.

Bake at 350; 35 to 40 minutes or until toothpick inserted in center comes out clean.

Cool 5 minutes. Loosen edges and invert onto serving platter.

Note: Cake can be baked in 13x9 inch baking pan instead of skillet. Prepare and assemble cake as above except cut to pineapple slices in half and place whole slices along edges of pan and halved slices in center. Place cherries in center of slices. Bake and cool as above.

Per Serving (excluding unknown items): 776 Calories; 14g Fat (16.0% calories from fat); 4g Protein; 164g Carbohydrate; 4g Dietary Fiber; 17mg Cholesterol; 640mg Sodium. Exchanges: 1/2 Fruit; 2 1/2 Fat; 10 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 50
Calories 125		% Daily Value*
Total Fat 6g		8%
Saturated Fat 0g		0%
Cholesterol 15mg		5%
Sodium 58mg		2%
Total Carbohydrate 19g		6%
Dietary Fiber 1g		5%
Sugars 16g		
Protein 0g		
Vitamin A 4%		Vitamin C 31%
Calcium 0%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Reese's Mousse Pie

Makes 6 servings

1 9 inch pie crust -- baked and cooled
 1 2/3 cups Reese's™ Peanut Butter Chips
 3 ounces cream cheese
 1/4 cup powdered sugar
 1/3 cup milk
 2 tablespoons milk
 1 teaspoon unflavored gelatin

1 tablespoon cold water
 2 tablespoons boiling water
 1/2 cup granulated sugar
 1/3 cup Hershey's® cocoa
 1 cup cold whipping cream
 1 teaspoon vanilla

Melt 1 1/2 cup peanut butter chips.

Beat cream cheese, powdered sugar and 1/3 cup milk in medium bowl until smooth.

Add melted chips; beat well.

Beat in remaining 2 Tbsp milk.

Spread into cooled crust.

Sprinkle gelatin over cold water in small bowl; let stand 1 minute to soften.

Add boiling water; stir until gelatin is completely dissolved.

Cool slightly.

Combine granulated sugar and cocoa in medium bowl; add whipping cream and vanilla.

Beat at medium speed until stiff; pour in gelatin mixture, heating until well blended.

Spread evenly over peanut butter layer.

Refrigerate several hours.

Garnish with remaining chips.

Cover; store leftover pie in refrigerator.

Per Serving (excluding unknown items): 302 Calories; 14g Fat (41.7% calories from fat); 5g Protein; 40g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 250mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 136

Calories from Fat 45

% Daily Value*

Total Fat 5g

8%

Saturated Fat 3g

15%

Cholesterol 15mg	55
	5%
Sodium 55mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Sour Cream Apple Cobbler Dough

Makes 6 servings

1 1/2 cups flour
 1 tablespoon granulated sugar
 1/2 teaspoon salt
 1/2 cup unsalted butter

5 tablespoons cold water
 Sour Cream Apple Cobbler Filling
 Sour Cream Apple Cobbler Topping

In a mixing bowl or food processor, combine flour, sugar and salt and mix thoroughly.

Cut in the butter until mixture resembles coarse crumbs.

Sprinkle water 1 tablespoon at a time and toss lightly until mixture holds together.

Press dough together to form a small flat rectangle.

Cover with plastic wrap and refrigerate for 30 minutes.

Roll cobbler dough between two sheets of plastic wrap, until about the size of the bottom of a 9 x 13 inch baking pan (pan should also be at least 2" deep).

Refrigerate 20 more minutes, then remove the top layer of plastic wrap, invert dough into the bottom of the pan, remove the plastic wrap and patch as necessary.

Preheat oven to 375°.

To make cobbler, pour apple filling into pan and distribute evenly.

Place pan in oven on the middle shelf and bake until almost set, about 45 minutes.

Remove pan and sprinkle cobbler topping evenly over the apple filling.

Return to oven and bake for 30 more minutes, or until the topping is golden brown and slightly crisp.

Remove from oven and allow to cool and firm up before cutting pieces.

Serve warm with whipped cream.

Nutrition Facts

Amount per Serving

Calories 7411

Calories from Fat 3608

% Daily Value*

Total Fat 404g

621%

Saturated Fat 67g

333%

Cholesterol 1043mg

348%

Sodium 6973mg

291%

Total Carbohydrate 881g

294%

Dietary Fiber 38g

152%

Sugars 512g

Protein 43g

Vitamin A 204%

Vitamin C 32%

Calcium 49%

Iron 91%

* Percent Daily Values are based on a 2,000 calorie diet.

Sour Cream Apple Cobbler Filling

2 1/2 cups sour cream

1 egg

1 1/2 cups sugar

1 tablespoon vanilla extract

1 teaspoon salt

6 Granny Smith apples peeled, cored and sliced into 1/4" pieces

While dough is chilling, whisk sour cream and egg together in a large bowl.

Add remaining dry ingredients and whisk until well blended.

Add sliced apples and reserve filling until ready to bake. (If not using immediately, cover and refrigerate.)

Nutrition Facts

Amount per Serving

Calories 2751

Calories from Fat 927

% Daily Value*

Total Fat 108g

167%

Saturated Fat 61g

305%

Cholesterol 443mg

148%

Sodium 3403mg

142%

Total Carbohydrate 424g

141%

Dietary Fiber 27g

106%

Sugars 308g

Protein 24g

Vitamin A 44%

Vitamin C 32%

Calcium 41%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Sour Cream Apple Cobbler Topping

1 1/2 sticks unsalted butter
 1 1/4 cups flour
 1/2 cup dark brown sugar
 1/2 cup granulated sugar

1 1/2 tablespoons cinnamon
 1/4 teaspoon salt
 1 cup walnuts coarsely chopped

In a mixing bowl or food processor, cut butter and flour together until crumbly.
 Place flour mixture in a bowl with the remaining ingredients and toss thoroughly.
 Cover and refrigerate until needed.

Nutrition Facts

Amount per Serving

Calories 3214		Calories from Fat 1881
		% Daily Value*
Total Fat 208g		319%
Saturated Fat 6g		28%
Cholesterol 360mg		120%
Sodium 1670mg		70%
Total Carbohydrate 313g		104%
Dietary Fiber 11g		45%
Sugars 192g		
Protein 19g		
Vitamin A 96%		Vitamin C 0%
Calcium 8%		Iron 53%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 7: Dips

Salsa

8 cups tomatoes -- diced, seeded and peeled	2/3 cup condensed tomato soup
2 medium green peppers -- chopped	1/2 cup vinegar
2 large onions -- chopped	2 tablespoons sugar
2 jalapeno peppers -- seeded and finely chopped	2 tablespoons salt
3/4 cup tomato paste	4 1/2 teaspoons garlic powder
	1 teaspoon cayenne pepper

In a dutch oven or large saucepan, combine all ingredients.

Bring to a boil.

Reduce heat; simmer, uncovered, for 45 minutes.

Pour into small freezer containers.

Cool to room temperature, about 1 hour.

Cover and freeze for up to 3 months.

Per Serving (excluding unknown items): 861 Calories; 9g Fat (8.6% calories from fat); 28g Protein; 197g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 15414mg Sodium. Exchanges: 2 Grain(Starch); 25 Vegetable; 1/2 Fat; 2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 330		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 14640mg		610%
Total Carbohydrate 72g		24%
Dietary Fiber 6g		24%
Sugars 48g		
Protein 6g		
Vitamin A 48%		Vitamin C 60%
Calcium 12%		Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet.

Salsa Dip

Makes 20 servings

16 ounces velveeta -- cut up**1 cup Thick 'n Chunky Salsa**

Mix ingredients in large microwaveable bowl. Microwave on high 5 minutes or until Velveeta is melted, stirring after 3 minutes.

Serve with tortilla chips or assorted cut-up vegetables.

Per Serving (excluding unknown items): 113 Calories; 9g Fat (62.8% calories from fat); 7g Protein; 4g Carbohydrate; 0g Dietary Fiber; 28mg Cholesterol; 581mg Sodium. Exchanges: 1 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 8: Dough - Breadmaker

Bread Machine Pizza Crust

1 teaspoon sugar	1 1/4 cups water plus 2T if mixture looks dry
1 teaspoon salt	and crumbly after the first 10 minutes
1/4 cup yellow cornmeal plus 1T for dusting	2 tablespoons olive oil
3 tablespoons whole wheat flour	1 tablespoon yeast
3 cups unbleached flour	

1. Place all ingredients in the bread machine in the order recommended by the manufacturer.
2. Program the machine for the dough setting and press start.
3. After the cycle completes, remove the dough from the machine and let it rest for 10 minutes at room temperature.
4. If you have a pizza stone or tiles, place them on the middle rack of the oven.
5. Preheat the oven to 450 degrees fahrenheit.
6. Sprinkle either a wooden pizza paddle or a heavy-duty cookie sheet with additional cornmeal.
7. Use your hands or a floured rolling pin to form a flat 10- to 12-inch disk.
8. Place the rolled-out dough onto either the pizza paddle (if using) or the cookie sheet.
9. Optional: place shredded cheese, such as mozzarella, around the perimeter and roll the dough over the cheese for a thick cheese-filled border.
10. Add the toppings of your choice (I frequently just top with canned pizza sauce, shredded mozzarella cheese, sausage and/or pepperoni, sliced mushrooms and olives).
11. Slide the pizza onto the hot stone or tiles (if using) or slide the cookie sheet into the oven.
12. Bake for 18 minutes (or adjust the time based on how you divided the dough and on the thickness of the crust).
13. Serve hot.

Nutrition Facts

Amount per Serving		Calories from Fat 247
Calories 1672		% Daily Value*
Total Fat 29g		44%
Saturated Fat 4g		20%
Cholesterol 0mg		0%
Sodium 2360mg		98%
Total Carbohydrate 314g		105%
Dietary Fiber 3g		14%
Sugars 6g		
Protein 6g		
Vitamin A 3%		Vitamin C 48%
Calcium 0%		Iron 83%

* Percent Daily Values are based on a 2,000 calorie diet.

Herb & Parmesan Pizza Dough

1 cup water	1 teaspoon sugar
2 tablespoons water	1 teaspoon salt
2 tablespoons olive oil or vegetable oil	1 tablespoon mixed italian herbs
1 clove garlic minced	2 teaspoons parmesan cheese grated
3 cups flour	2 1/2 teaspoons regular active dry yeast

1. Place all ingredients in bread machine in the order listed.
2. Select dough cycle on machine and press start.
3. When dough is finished remove with floured hands and shape into size and thickness of desired pizza and place on greased cookie sheet or pizza tray.
4. Top with favorite sauces and ingredients.
5. (Baking time is generally 18-20 minutes at 400 °F).

Nutrition Facts

Amount per Serving		
Calories 1459		Calories from Fat 240
		% Daily Value*
Total Fat 28g		43%
Saturated Fat 4g		20%
Cholesterol 0mg		0%
Sodium 2361mg		98%
Total Carbohydrate 269g		90%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 2g		
Vitamin A 0%		Vitamin C 40%
Calcium 0%		Iron 72%

* Percent Daily Values are based on a 2,000 calorie diet.

Wait Family Pizza Dough

This dough also makes excellent calzones, and also great cinnamon rolls -- or so they say!

1 1/3 cups water

6 tablespoons margarine sliced

1 egg

3 cups bread flour

2 cups all-purpose flour

1 teaspoon salt

1/4 cup sugar

2 1/4 teaspoons yeast

Add first 8 ingredients to bread maker in order listed, (or however your machine says)select dough cycle. At end of dough cycle, once dough has risen, dump dough onto floured board, knead, divide into 2 equal parts and let rest 10 minutes.

Spread dough on each of two greased pizza pans.

Add pizza sauce, toppings of your choice, and cheeses.

Bake in preheated 400° F oven 15-20 minutes (rotate pans about halfway through cooking).

Remove from oven and let sit for five minutes before cutting.

Nutrition Facts

Amount per Serving

Calories 2497

Calories from Fat 267

% Daily Value*

Total Fat 30g

46%

Saturated Fat 7g

35%

Cholesterol 143mg

48%

Sodium 2973mg

124%

Total Carbohydrate 494g

165%

Dietary Fiber 0g

0%

Sugars 48g

Protein 40g

Vitamin A 64%

Vitamin C 36%

Calcium 1%

Iron 123%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 9: Entree

Chicken Cacciatore

Makes 4 servings

1 pound boneless skinless chicken breast halves cut into bite-sized pieces	3/4 cup precchopped green bell peppers
1 teaspoon oregano	1 1/2 cups tomato-basil pasta sauce
1/2 teaspoon basil	1/4 cup dry red wine
1/4 teaspoon crushed red pepper	1/4 teaspoon salt
Cooking spray	1/4 teaspoon black pepper
2 cups cremini mushrooms sliced	1/2 cup Parmesan cheese grated
	2 tablespoons fresh basil thinly sliced

Heat a large nonstick skillet over medium-high heat.

Sprinkle chicken evenly with oregano, dried basil and red pepper.

Coat pan with cooking spray.

Add chicken to pan; saute 2 minumes or until lightly browned, stirring frequently.

Add mushrooms and bell pepper to pan; saute 5 minutes.

Stir in pasta sauce and wine; bring to a simmer.

Cover, reduce heat and simmer 10 minutes.

Stir in salt and black pepper.

Springle with cheese and fresh basi.

Nutrition Facts

Amount per Serving

Calories 184

Calories from Fat 75

% Daily Value*

Total Fat 8g

12%

Saturated Fat 4g

19%

Cholesterol 75mg

25%

Sodium 672mg

28%

Total Carbohydrate 1g

0%

Dietary Fiber 0g

1%

Sugars 0g

Protein 28g

Vitamin A 1%

Vitamin C 49%

Calcium 18%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Ham and Cheese Sandwiches

1/2 pound butter -- melted
 3 tablespoons mustard
 1 teaspoon worcestershire sauce
 1 1/2 teaspoons celery seeds

Combine first 4 ingredients.

1 1/2 pounds ham -- shaved
 1/2 pound swiss cheese
 20 hamburger buns

Spread among 20 - 24 buns.

Divide ham and cheese among sandwiches.

Wrap in foil.

Bake at 275 for 20 to 30 minutes.

Per Serving (excluding unknown items): 6230 Calories; 365g Fat (53.0% calories from fat); 262g Protein; 466g Carbohydrate; 25g Dietary Fiber; 1093mg Cholesterol; 16868mg Sodium. Exchanges: 28 1/2 Grain(Starch); 26 Lean Meat; 57 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 400
Calories 2200		% Daily Value*
Total Fat 40g		62%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 5495mg		229%
Total Carbohydrate 420g		140%
Dietary Fiber 0g		0%
Sugars 20g		
Protein 80g		
Vitamin A 0%		Vitamin C 0%
Calcium 160%		Iron 160%

* Percent Daily Values are based on a 2,000 calorie diet.

Ham and Swiss Stromboli

Makes 6 servings

1 tube refrigerated French bread
6 ounces ham -- thinly sliced
6 green onions -- sliced

8 bacon strips -- cooked and crumbled
1 1/2 cups Swiss cheese -- shredded

Unroll dough on a greased baking sheet.

Place ham over dough to within 1/2" of edges.

Sprinkle evenly with onions, bacon and cheese.

Roll up jelly-roll style, starting with a long side.

Pinch seams to seal and tuck ends under.

Place seam side down on baking sheet.

With a sharp knife, cut several 1/4" deep slits on top of loaf.

Bake at 350 for 26-30 minutes or until golden brown.

Cool slightly before slicing.

Serve warm.

Per Serving (excluding unknown items): 212 Calories; 15g Fat (64.1% calories from fat); 16g Protein; 3g Carbohydrate; trace Dietary Fiber; 49mg Cholesterol; 584mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Meat Loaf

Makes 8 servings

1 envelope onion soup mix
2 pounds ground beef
3/4 cup bread crumbs

2 eachs eggs
3/4 cup water
1/3 cup ketchup

Preheat oven to 350. In large bowl, combine all ingredients.

In 13 x 9 baking dish, shape into loaf.

Bake uncovered 1 hour or until done. Let stand 10 minutes before serving.

Per Serving (excluding unknown items): 433 Calories; 32g Fat (67.3% calories from fat); 22g Protein; 13g Carbohydrate; 1g Dietary Fiber; 143mg Cholesterol; 734mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 5 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 247

Calories from Fat 50

% Daily Value*

Total Fat 17g

27%

Saturated Fat 11g

53%

Cholesterol 62mg

21%

Sodium 363mg

15%

Total Carbohydrate 10g

3%

Dietary Fiber 0g

2%

Sugars 3g

Protein 19g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet.

Meat Loaf 2

Makes 8 servings

1 package onion soup mix
2 pounds ground beef
1 large egg
2/3 cup milk

3 tablespoons catsup
3 tablespoons brown sugar
1 tablespoon yellow mustard

Preheat the oven to 350F.

Mix the onion soup mix, ground beef, egg and milk together.

Form the combination into a well packed loaf shape in a 13 X 9 X 2 loaf pan.

Combine the rest of the ingredients and spoon onto the top of the meatloaf.

Bake uncovered, for about an hour. When done, take the meatloaf out of the pan and place on a serving plate. Let stand for 10 minutes before slicing.

Per Serving (excluding unknown items): 407 Calories; 32g Fat (70.8% calories from fat); 21g Protein; 9g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 622mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 5 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 225

Calories from Fat 48

% Daily Value*

Total Fat 17g

27%

Saturated Fat 11g

54%

Cholesterol 81mg

27%

Sodium 91mg

4%

Total Carbohydrate 6g

2%

Dietary Fiber 0g

0%

Sugars 5g

Protein 19g

Vitamin A 1%

Vitamin C 0%

Calcium 3%

Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Mexican Manicotti

Makes 8 servings

Plan ahead and start the night before

1 pound ground beef lean	16 ounces picante sauce
16 ounces refried beans	16 ounces sour cream
2 1/2 teaspoons chili powder	4 ounces Monterey Jack cheese shredded
1 1/2 teaspoons oregano	1/4 cup green onions sliced
8 ounces manicotti shells	1/4 cup olives sliced (Optional)
2 1/2 cups water	

In a bowl, combine the uncooked beef, beans, chili powder, and oregano.

Spoon into uncooked manicotti shells.

Arrange in a greased 13 x 9 baking dish.

Combine water and picante sauce and pour over shells.

Cover and refrigerate overnight.

Remove from refrigerator 30 minutes before baking.

Cover and bake at 350° for 1 hour.

Uncover, spoon sour cream over the top.

Sprinkle with the cheeses, onions, and olives if desired.

Bake 5 - 10 minutes longer or until the cheese is melted.

Nutrition Facts

Amount per Serving

Calories 291

Calories from Fat 123

% Daily Value*

Total Fat 24g

37%

Saturated Fat 12g

59%

Cholesterol 80mg

27%

Sodium 820mg

34%

Total Carbohydrate 15g

5%

Dietary Fiber 0g

2%

Sugars 3g

Protein 18g

Vitamin A 14%

Vitamin C 11%

Calcium 13%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

One Dish Pizza Bake

Makes 6 servings

Batter

1 1/2 cups flour
 2 teaspoons sugar
 1 teaspoon salt
 2 envelopes Fleischmann's RapidRise Yeast
 3/4 cup very warm water
 1/4 cup olive oil
 Cooking spray

Meat Filling

1/2 pound ground beef -- cooked

1/2 pound Italian sausage -- cooked

8 ounces pizza sauce

Toppings

18 eachs pepperoni slices

1 cup mozzarella cheese -- shredded

1/4 cup parmesan cheese -- shredded

1/2 teaspoon Italian herb blend seasoning

Mix batter ingredients together in a pre-sprayed 8 inch baking dish. Combine meat filling ingredients.

Top batter evenly with meat filling. Evenly distribute pepperoni slices over meat; sprinkle with shredded cheeses and herbs.

Bake by placing in a cold oven; set temperature to 350, bake for 30 minutes, until cooked through.

Per Serving (excluding unknown items): 630 Calories; 45g Fat (65.1% calories from fat); 24g Protein; 30g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 1373mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 7 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 202

Calories from Fat 83

% Daily Value*

Total Fat 10g

15%

Saturated Fat 1g

7%

Cholesterol 0mg

0%

Sodium 548mg

23%

Total Carbohydrate 26g

9%

Dietary Fiber 1g

2%

Sugars 3g

Protein 1g

Vitamin A 5%

Vitamin C 2%

Calcium 0%

Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Stuffed Cabbage

Makes 12 servings

1 medium cabbage

1 can sauerkraut

2 pounds ground beef

2 cups rice

1 onion

3 eggs

1/4 teaspoon pepper

3 tablespoons salt

1/4 pound butter

1 can tomato juice

Cook the cabbage for 15 to 20 minutes.

While the cabbage is cooking, prepare the ground beef:

Put ground beef in a bowl and add eggs, onion, pepper, salt and rice.

Mix well.

After cabbage is done, let it cool.

Then take the leaves off one at a time.

Place a handful of the ground beef mixture inside the leaf.

Repeat until all leaves are filled.

Put enough sauerkraut in a deep pot to cover the bottom.

Lay cabbage rolls on top of the sauerkraut.

Place remaining sauerkraut on top of cabbage rolls.

Add water up to the rim of the pot.

Let cook for about 2 hours.

Add tomato juice.

Serves 12 to 15 people.

Nutrition Facts

Amount per Serving

Calories 262

Calories from Fat 61

% Daily Value*

Total Fat 15g

23%

Saturated Fat 7g

37%

Cholesterol 84mg

28%

Sodium 1860mg

77%

Total Carbohydrate 22g

7%

Dietary Fiber 1g

3%

Sugars 0g

Protein 13g

Vitamin A 3%

Vitamin C 2%

Calcium 1%

Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Stuffed Cold Chicken Breasts

4 tablespoons butter
 1/2 cup onion -- chopped
 1/4 pound mushrooms -- chopped
 1/4 cup parsley -- chopped
 Salt and pepper

2 chicken breasts -- boned and skinned
 3 slices salami -- sandwich-size
 2 slices swiss cheese -- sandwich-size
 1/4 cup chicken stock

Preheat oven to 350.

Grease a large casserole dish.

Melt 2 tbsp butter.

Saute onion; when golden, add mushrooms, parsley, salt and pepper.

When mushrooms have wilted, remove from heat.

Salt and pepper the breasts and overlap them, making a long rectangle.

Place salami, cheese and sauteed mixture on the chicken in layers.

Wrap up the breasts jelly-roll fashion and tie with string.

Saute the roll in remaining 2 tbsp butter until golden on all sides.

Bake 30 minutes uncovered with 1/4 cup chicken stock.

Let cool, then refrigerate.

To serve, slice in quarter inch pieces.

Per Serving (excluding unknown items): 2498 Calories; 176g Fat (64.2% calories from fat); 199g Protein; 22g Carbohydrate; 3g Dietary Fiber; 748mg Cholesterol; 2710mg Sodium. Exchanges: 26 1/2 Lean Meat; 2 1/2 Vegetable; 18 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 409

Calories from Fat 403

% Daily Value*

Total Fat 44g

68%

Saturated Fat 0g

0%

Cholesterol 120mg

40%

Sodium 538mg

22%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 1g

Vitamin A 32%

Vitamin C 0%

Calcium 0%

Iron 0%

** Percent Daily Values are based on a 2,000 calorie diet.*

Three Meat Stromboli

Makes 8 servings

4 loafs frozen white bread dough	1/2 cup Romano cheese grated
1/2 pound salami thinly sliced	1 tablespoon garlic powder
1/2 pound ham thinly sliced	1 tablespoon oregano
1/2 pound pepperoni thinly sliced	1 teaspoon parsley flakes
1/2 pound provolone cheese thinly sliced	1 teaspoon pepper
2 cups mozzarella cheese shredded	1 egg yolk beaten

Let dough rise until doubled, according to package directions.

Punch down.

Roll each loaf into a 15" x 12" rectangle.

Arrange a fourth of the salami, ham, pepperoni, and provolone cheese over each rectangle.

Sprinkle cheese with a fourth of the mozzarella cheese, Romano cheese, garlic powder, oregano, parsley, and pepper.

Roll up each rectangle, fully-roll style, beginning with a long side.

Seal seams and ends.

Place seam side down on two greased baking sheets.

Brush with egg yolk.

Bake at 375° for 25 - 30 minutes or until golden brown.

Let stand for 5 minutes before slicing.

Service warm.

Nutrition Facts

Amount per Serving

Calories 3185

Calories from Fat 761

% Daily Value*

Total Fat 82g

126%

Saturated Fat 24g

120%

Cholesterol 165mg

55%

Sodium 6932mg

289%

Total Carbohydrate 437g

146%

Dietary Fiber 36g

144%

Sugars 37g

Protein 139g

Vitamin A 14%

Vitamin C 0%

Calcium 75%

Iron 187%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 10: Mexican

Taco Casserole

Makes 8 servings

1 pound ground beef
 1/2 cup onion -- chopped
 8 ounces taco sauce
 3/4 cup water

4 ounces green chiles -- diced
 1 package taco seasoning mix
 12 taco shells -- broken
 2 cups cheddar cheese -- shredded

Preheat oven to 375.

Grease 11 x 17 baking dish.

Cook beef and onion in large skillet until beef is browned; drain.

Stir in taco sauce, water, chiles and seasoning mix; bring to a boil.

Reduce heat to low; cook, stirring occasionally for 3 to 4 minutes.

Layer half of broken shells on bottom of prepared baking dish.

Cover with half of meat mixture; sprinkle with 1 cup cheese.

Repeat with remaining ingredients.

Bake 20 to 25 minutes or until bubbly and cheese is melted.

Top with tomato, green pepper and other desired garnishes.

Per Serving (excluding unknown items): 424 Calories; 30g Fat (62.8% calories from fat); 19g Protein; 21g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 807mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 22
Calories 107		% Daily Value*
Total Fat 8g		13%
Saturated Fat 5g		27%
Cholesterol 31mg		10%
Sodium 222mg		9%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 9g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Taco Ring

Makes 8 servings

1/2 pound ground beef -- cooked and drained	1/2 head lettuce
1 package taco seasoning mix	1 tomato
1 cup cheddar cheese, shredded	1 onion
2 tablespoons water	1/2 cup whole pitted black olives
2 packages refrigerated crescent roll dough	1 cup salsa
1 green bell pepper	Sour cream

Preheat oven to 375.

Combine meat, seasoning mix, cheese and water in bowl.

Arrange crescent triangles in a circle on 13" baking stone, with bases overlapping in center and points to outside (there should be a 5" diameter circle in center).

Spoon meat mixture over rolls.

Fold points of triangles over filling and tuck under base at center (filling will not be completely covered).

Bake 20 to 25 minutes or until golden brown.

Cut off the top of bell pepper, shred lettuce, cube tomato, chop onion and slice olives.

Place bell pepper in center of ring; fill with salsa.

Mound lettuce, onion tomato and olives around pepper.

Garnish with sour cream.

Per Serving (excluding unknown items): 179 Calories; 12g Fat (62.2% calories from fat); 9g Protein; 8g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 541mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 16		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 222mg		9%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		2%
Sugars 1g		
Protein 0g		

Vitamin A 2%
Calcium 0%

82
Vitamin C 19%
Iron 0%

** Percent Daily Values are based on a 2,000 calorie diet.*

Chapter 11: Pasta

Cheese Filled Manicotti

Makes 8 servings

30 ounces ricotta cheese**8 ounces mozzarella cheese -- shredded****2 eachs eggs****Grated romano cheese****Chopped parsley****Salt****Pepper****8 ounces manicotti shells****4 tablespoons butter****2 tablespoons flour****2 cups milk**

In large bowl, mix ricotta cheese, mozzarella cheese, eggs, 1/4 cup grated Romano cheese, 2 tablespoons chopped parsley, 1/2 teaspoon salt and 1/2 teaspoon pepper; set mixture aside.

In saucepot, prepare manicotti shells as label directs; drain. Rinse cooked manicotti shells immediately with running warm water to stop cooking (do not use cold water; it will cause shells to break); drain again.

Meanwhile, prepare sauce: In 1 quart saucepan over medium heat, melt butter or margarine; stir in flour, 1/4 teaspoon salt and 1/4 teaspoon pepper until blended; cook 1 minute. Gradually stir in milk; cook, stirring constantly, until mixture thickens slightly. Stir in 3 tablespoons Romano cheese. Spoon one-half of sauce into 13 x 9 baking dish.

Preheat oven to 375. Using decorating bag without tube or using spoon, fill manicotti shells with cheese mixture. Arrange filled shells in sauce in baking dish in one layer. Spoon remaining sauce over manicotti. Bake 25 minutes or until mixture is hot and bubbly.

Per Serving (excluding unknown items): 387 Calories; 30g Fat (68.9% calories from fat); 22g Protein; 8g Carbohydrate; trace Dietary Fiber; 150mg Cholesterol; 309mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 4 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 909

Calories from Fat 50

% Daily Value***Total Fat** 9g

15%

Saturated Fat 0g

0%

Cholesterol 48mg

16%

Sodium 396mg

17%

Total Carbohydrate 16g

5%

Dietary Fiber 0g

0%

Sugars 6g

Protein 18g

Vitamin A 17%

Vitamin C 1%

Calcium 44%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chicken Penne Alfredo

Makes 4 servings

6 ounces penne pasta
2 cups peeled baby carrots
3 cups broccoli
8 ounces frozen grilled chicken breasts strips, thawed

1/2 8-ounce package cream cheese spread with garden vegetables
1/2 cup milk to 1 cup
1/2 teaspoon cracked black pepper

In a 4-quart Dutch oven cook pasta and carrots according to pasta package directions; add broccoli for the last 6 minutes of cooking time.

Drain pasta and vegetables; return to Dutch oven.

Stir chicken strips, cream cheese spread, 1/2 cup milk, and pepper into pasta mixture.

Cook and stir over low heat until cream cheese is melted.

If necessary, stir in enough of the remaining 1/2 cup milk to make sauce desired consistency.

If desired, sprinkle individual servings with additional pepper.

Nutrition Facts

Amount per Serving

Amount per Serving		Calories from Fat 96
Calories 133		% Daily Value*
Total Fat 11g		16%
Saturated Fat 6g		31%
Cholesterol 42mg		14%
Sodium 161mg		7%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 7g		
Vitamin A 7%		Vitamin C 0%
Calcium 4%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Csipetke (Pinched Noodles)

1 cup flour

1/2 teaspoon salt

Mix flour and salt; add egg.

1 egg

1 tablespoon oils

Stir to make a stiff dough, sprinkling in a few drops of cold water if necessary.

Knead until smooth.

Let dough rest at least 30 minutes.

Flatten dough a bit at a time between floured palms (or roll 1/8" thick on a floured board) and pinch off pieces slightly smaller than a dime.

Drop them into rapidly boiling salted water; cook until tender, about 15 minutes.

Drain and rinse Csipetke; stir them directly into stew or soup, if ready.

Otherwise, turn them into a bowl, coat with oil, and set aside in a warm place until ready to use.

Per Serving (excluding unknown items): 641 Calories; 19g Fat (27.5% calories from fat); 18g Protein; 96g Carbohydrate; 4g Dietary Fiber; 187mg Cholesterol; 1124mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 3 Fat.

Nutr. Assoc. : 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 582

Calories from Fat 162

% Daily Value*

Total Fat 18g

28%

Saturated Fat 4g

20%

Cholesterol 143mg

48%

Sodium 1223mg

51%

Total Carbohydrate 88g

29%

Dietary Fiber 0g

0%

Sugars 0g

Protein 4g

Vitamin A 4%

Vitamin C 0%

Calcium 1%

Iron 27%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 12: Pizza

Chicago Deep-Dish Pizza

Makes 8 servings

2 teaspoons sugar
 2 1/4 teaspoons yeast or 1 package
 1 cup warm water
 1 tablespoon extra-virgin olive oil
 2 3/4 cups flour divided
 1/4 cup yellow cornmeal
 1/2 teaspoon salt
 Cooking spray
 2 cups mozzarella cheese shredded

6 ounces pre-cooked mild italian chicken
 sausage
 28 ounces whole tomatoes
 1 1/2 teaspoons oregano
 1 1/2 teaspoons basil
 2 cups thinly sliced mushrooms
 3/4 cup chopped green bell peppers
 3/4 cup chopped red bell peppers

1. Dissolve sugar and yeast in warm water in a large bowl; let stand for 5 minutes. Stir in olive oil.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine 11.25 ounces (about 2 1/2 cups) flour, cornmeal, and salt in a bowl. Stir flour mixture into yeast mixture until dough forms a ball. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
3. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Roll dough into a 11 x 5 inch rectangle on a lightly floured surface. Place dough in a 13 x 9 inch baking dish coated with cooking spray; press dough up sides of dish. Spread 1 1/2 cups cheese evenly over dough. Arrange chopped sausage evenly over cheese.
4. Preheat oven to 400°.
5. Chop tomatoes; place in a sieve. Stir in oregano and basil; drain tomato mixture 10 minutes.
6. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add mushrooms to pan; cook 5 minutes, stirring occasionally. Stir in bell peppers; cook for 8 minutes or until tender, stirring occasionally. Arrange vegetables over sausage; spoon mixture evenly over vegetables and sausage. Sprinkle evenly with remaining 1/2 cup cheese. Bake at 400° for 25 minutes or until crust browns and cheese bubbles. Cool 5 minutes before cutting.

Nutrition Facts

Amount per Serving

Calories 361

Calories from Fat 122

% Daily Value*

Total Fat 15g

23%

Saturated Fat 8g

38%

Cholesterol 32mg

11%

Sodium 599mg

25%

Total Carbohydrate 41g

14%

Dietary Fiber 2g

6%

Sugars 1g

Protein 16g

Vitamin A 22%

Vitamin C 65%

Calcium 42%

Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 13: Salads

Smoked Turkey Salad

Makes 8 servings

4 cups cooked turkey -- shredded, smoked	1/4 cup chutney
2 ribs celery -- sliced	4 ounces light cream cheese
1/2 cup red onion -- chopped	1/4 cup plain yogurt
3/4 cup walnuts or almonds -- chopped	1 tablespoon lemon juice
2 small tart green apples -- cored and diced	1 1/2 teaspoons Dijon mustard
1/4 cup raisins	Cayenne pepper

In a large serving bowl, combine first five ingredients.

In a small bowl, stir together remaining ingredients except cayenne.

Pour dressing over salad; mix lightly.

Season with cayenne.

Refrigerate until chilled, 1-2 hours.

Per Serving (excluding unknown items): 196 Calories; 6g Fat (29.6% calories from fat); 23g Protein; 11g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 156mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 50		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 92mg		4%
Total Carbohydrate 11g		4%
Dietary Fiber 0g		1%
Sugars 9g		
Protein 1g		
Vitamin A 0%		Vitamin C 0%
Calcium 1%		Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Sunshine Chicken Salad

Makes 2 servings

1 package ranch-style dressing mix
 1/2 cup light mayonnaise
 1/2 cup plain yogurt
 1/4 cup honey
 2 cups cubed cooked chicken

1 cup celery -- sliced
 8 ounces pineapple chunks in juice -- drained
 8 ounces water chestnuts, sliced -- drained
 1 1/2 cups seedless grapes
 1/2 cup slivered almonds -- toasted

Combine dressing mix, mayonnaise, yogurt and honey thoroughly in a small bowl; chill 30 minutes.

Place remaining ingredients except almonds in a large bowl; toss with chilled dressing.

Sprinkle almonds on top to serve.

Per Serving (excluding unknown items): 671 Calories; 33g Fat (41.3% calories from fat); 12g Protein; 94g Carbohydrate; 6g Dietary Fiber; 29mg Cholesterol; 461mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 1/2 Fruit; 0 Non-Fat Milk; 6 Fat; 3 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories	150	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	1mg		0%
Sodium	42mg		2%
Total Carbohydrate	38g		13%
Dietary Fiber	0g		0%
Sugars	36g		
Protein	3g		
Vitamin A	0%	Vitamin C	1%
Calcium	9%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 14: Side Dishes

Hash Brown Potato Pie

Makes 6 servings

5 large eggs
1/2 cup milk
3 cups Ore-Ida Country Style frozen shredded hash brown potatoes thawed
1/3 cup green onions thinly sliced
1/2 teaspoon salt
1/4 teaspoon hot pepper sauce
1 1/2 cups sharp cheddar cheese shredded, divided
4 slices bacon cooked and crumbled or 1/3 cup real bacon bits

Heat oven to 350°. Beat together eggs and milk in a medium bowl; stir in hash browns, green onions, salt, and hot pepper sauce.

Stir in 1 cup of the cheese and half of bacon. Pour into a greased 9-inch pie plate or quiche dish.

Bake 25 to 30 minutes or until center is set.

Sprinkle remaining bacon and 1/2 cup cheese over top of pie; continue baking 3 to 4 minutes or until cheese is melted.

Nutrition Facts

Amount per Serving

Calories 315

Calories from Fat 133

% Daily Value*

Total Fat 15g 22%

Saturated Fat 9g 43%

Cholesterol 153mg 51%

Sodium 497mg 21%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 3%

Sugars 1g

Protein 12g

Vitamin A 11%

Vitamin C 10%

Calcium 24%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Lady's Cheesy Mac

by Paula Dean

4 cups cooked elbow macaroni drained
2 cups grated cheddar cheese
3 eggs beaten
1/2 cup sour cream

4 tablespoons butter cut into pieces
1/2 teaspoon salt
1 cup milk

Preheat oven to 350°.

Once you have the macaroni cooked and drained, place in a large bowl and while still hot, add the Cheddar cheese.

In a separate bowl, combine the remaining ingredients and add to the macaroni mixture.

Pour macaroni mixture into a casserole dish and bake for 30 to 45 minutes.

Top with additional cheese, if desired.

For Deep Fried Mac and Cheese:

Cut finished Lady's Cheesy Mac into 15 squares.

Heat 2 inches of oil in a large, heavy Dutch oven to 350°.

Dredge each Cheesy Mac square in flour, then egg, and then bread crumbs to coat.

Fry for about 1 minute on each side until golden brown.

Drain on paper towels before serving.

Nutrition Facts

Amount per Serving

Calories 2588

Calories from Fat 1306

% Daily Value*

Total Fat 152g

233%

Saturated Fat 63g

317%

Cholesterol 857mg

286%

Sodium 3448mg

144%

Total Carbohydrate 177g

59%

Dietary Fiber 24g

96%

Sugars 15g

Protein 120g

Vitamin A 110%

Vitamin C 4%

Calcium 203%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Potato Latkes

4 cups white potatoes -- peeled and grated

1 onion -- grated

1/2 cup flour

1/2 teaspoon baking powder

1 1/2 teaspoons salt

1/2 teaspoon pepper

2 eggs -- beaten

Vegetable oil for frying

Mix potatoes and onion in a colander; squeeze out as much of the liquid as possible.

Mix together dry ingredients in a large bowl; add potatoes and onions and toss to coat.

Gently mix in eggs just until blended.

Heat 2-3 tbsp oil in a large skillet over medium heat.

Fry batter about 1/3 cup at a time until golden brown on both sides.

Serve at once with sour cream and applesauce.

Per Serving (excluding unknown items): 880 Calories; 10g Fat (10.3% calories from fat); 31g Protein; 168g Carbohydrate; 14g Dietary Fiber; 374mg Cholesterol; 3593mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 200

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 3820mg

159%

Total Carbohydrate 44g

15%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet.

Roasted Potato Medley

Makes 6 servings

2 sweet potatoes
4 potatoes
8 new potatoes
1/4 cup olive oil

2 tablespoons olive oil
1 teaspoon tarragon dried
1/8 teaspoon salt
1/8 teaspoon black pepper

Preheat oven to 425°F. Peel and cube the sweet potatoes and the potatoes. Scrub the new potatoes and cut into cubes.

Place the potatoes in a large saucepan. Add enough highly salted water to cover the potatoes. Bring to a boil and cook the potatoes for 3 minutes. Drain thoroughly.

Spread the potatoes in a single layer on a large nonstick baking sheet.

Drizzle the potatoes with olive oil and sprinkle with tarragon, salt and pepper. Roast the potatoes until browned and crisp, about 25 minutes. Serve immediately.

Nutrition Facts

Amount per Serving

Calories 261

Calories from Fat 120

% Daily Value*

Total Fat 14g

22%

Saturated Fat 2g

10%

Cholesterol 0mg

0%

Sodium 82mg

3%

Total Carbohydrate 34g

11%

Dietary Fiber 4g

15%

Sugars 5g

Protein 3g

Vitamin A 281%

Vitamin C 29%

Calcium 2%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 15: Skillet Meals

Chicken Fajita Skillet

Makes 6 servings

1 pound boneless skinless chicken breast -- cut into b
1 teaspoon chili powder
1/4 teaspoon salt
2 cups elbow macaroni -- uncooked

2 cups mixed red and green peppers -- coarsely choppe
1 medium onion -- finely chopped
8 ounces velveeta -- cut up

Cook chicken and seasonings in large nonstick skillet on medium-high heat for 5 to 7 minutes or until chicken is cooked through; stirring occasionally.

Stir in 2 1/4 cups water. Bring to boil. Stir in macaroni; cover. Reduce heat to medium-low. Simmer 5 minutes. Add peppers and onions; cover and simmer an additional 5 minutes.

Add Velveeta; cook until melted, stirring frequently.

Per Serving (excluding unknown items): 351 Calories; 16g Fat (38.8% calories from fat); 32g Protein; 23g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 1113mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 122mg		5%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 4%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Southwestern Chicken Skillet

Makes 6 servings

1 pound boneless skinless chicken breast -- cut into b
2 cups elbow macaroni -- uncooked
8 ounces velveeta -- cut up
10 ounces diced tomatoes and green chilies -- undrained
1/2 cup sour cream
2 tablespoons fresh parsley

Cook chicken in large nonstick skillet on medium-high heat for 5 to 7 minutes or until cooked through, stirring occasionally.

Stir in 2 cups water. Bring to boil. Stir in macaroni; cover. Reduce heat to medium. Simmer 15 minutes or until water is almost absorbed.

Add Velveeta and tomatoes. Cook until Velveeta is melted, stirring frequently. Remove from heat; stir in sour cream. Sprinkle with parsley.

Per Serving (excluding unknown items): 384 Calories; 19g Fat (44.5% calories from fat); 32g Protein; 22g Carbohydrate; trace Dietary Fiber; 100mg Cholesterol; 1030mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 30
Calories 40		% Daily Value*
Total Fat 3g		5%
Saturated Fat 2g		10%
Cholesterol 10mg		3%
Sodium 33mg		1%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 1g		
Vitamin A 1%		Vitamin C 0%
Calcium 1%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tuna and Pasta Cheddar Melt

Makes 4 servings

3 cups corkscrew pasta -- uncooked
 1 can condensed chicken broth
 1 can water
 1 can cream of mushroom soup
 1 cup milk

1 can tuna
 1 cup cheddar cheese, shredded
 2 tablespoons Italian seasoned bread crumbs
 2 teaspoons butter -- melted

Cook pasta in broth and water in skillet until just tender. Do not drain.

Add soup, milk and tuna.

Top with cheese.

Mix bread crumbs and butter; sprinkle on top.

Heat through.

Per Serving (excluding unknown items): 281 Calories; 18g Fat (59.2% calories from fat); 22g Protein; 6g Carbohydrate; trace Dietary Fiber; 60mg Cholesterol; 894mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 20		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 1mg		0%
Sodium 31mg		1%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		0%
Sugars 3g		
Protein 2g		
Vitamin A 2%		Vitamin C 1%
Calcium 8%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 16: Soups

Chicken and Shrimp Jambalaya

Makes 6 servings

1 cup celery sliced
 1 large onion chopped
 1 14.5 ounce can fire roasted tomatoes diced
 1 14 1/2-ounce can chicken broth
 1/2 6-ounce can tomato paste
 1 tablespoon Worcestershire sauce
 1 1/2 teaspoons cajun seasoning

1 pound boneless skinless chicken breast
 halves cut into 1" pieces
 1 pound smoked or Polish sausages cut into
 1" pieces
 8 ounces shrimp cooked, peeled and
 deveined
 3/4 cup green peppers chopped
Rice

In a slow cooker, combine celery, onion, undrained tomatoes, chicken broth, tomato paste, Worcestershire sauce, and Cajun seasoning.

Then stir in chicken and sausage.

Cover and cook on low heat setting for 5 to 6 hours or on the high heat setting for 2 1/2 to 3 hours.

Stir in shrimp and green pepper.

Cover and let stand 10 to 15 minutes.

Serve over cooked rice.

Nutrition Facts

Amount per Serving

Calories 1002

Calories from Fat 248

% Daily Value*

Total Fat 28g

43%

Saturated Fat 11g

55%

Cholesterol 143mg

48%

Sodium 3462mg

144%

Total Carbohydrate 7g

2%

Dietary Fiber 2g

6%

Sugars 2g

Protein 45g

Vitamin A 2%

Vitamin C 12%

Calcium 3%

Iron 14%

* Percent Daily Values are based on a 2,000 calorie diet.

Chili With Beans

Makes 10 servings

- 2 pounds ground beef
- 1 each large green pepper -- diced
- 1 each large onion -- diced
- 1 each large garlic clove -- minced
- 1/3 cup chili powder
- 30 ounces kidney beans, canned
- 28 ounces tomatoes
- 6 ounces tomato paste
- 3/4 cup water
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1 each bay leaves

In 5 quart Dutch oven or saucepot over high heat, cook ground beef, green pepper, onion and garlic, stirring frequently, until all pan juices evaporate and beef is well browned, about 15 minutes.

Stir in chili powder; cook 1 minute. Drain liquid from kidney beans into meat mixture; reserve beans. Stir in tomatoes with their liquid, tomato paste, water, salt, sugar and bay leaf; over high heat, heat to boiling. Reduce heat to low; cover and simmer 45 minutes, stirring occasionally.

Stir in reserved kidney beans. If you like chili hotter, add about 1/2 teaspoon ground red pepper or a few drops hot pepper sauce or to taste. Cover and simmer 15 minutes longer to blend flavors. Skim fat from chili. Discard bay leaf.

Per Serving (excluding unknown items): 404 Calories; 25g Fat (55.5% calories from fat); 22g Protein; 24g Carbohydrate; 6g Dietary Fiber; 77mg Cholesterol; 859mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

Nutrition Facts

Amount per Serving		Calories from Fat 36
Calories 165		% Daily Value*
Total Fat 14g		21%
Saturated Fat 9g		43%
Cholesterol 50mg		17%
Sodium 662mg		28%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		1%
Sugars 2g		
Protein 15g		
Vitamin A 41%		Vitamin C 3%
Calcium 1%		Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 17: Spreads

Garlic Cheese Butter Spread

2 sticks butter -- softened

5 garlic cloves -- pressed

Mix all ingredients in a bowl.

1/2 cup parmesan cheese -- grated

1 teaspoon parsley

Spread on sourdough bread or rolls.

Bake or toast bread.

Per Serving (excluding unknown items): 1831 Calories; 196g Fat (94.4% calories from fat); 19g Protein; 7g Carbohydrate; trace Dietary Fiber; 528mg Cholesterol; 2621mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 37 1/2 Fat.

Nutr. Assoc. : 0 0 0 0

Nutrition Facts

Amount per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

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