

SPRING RIDGE (Roswell, GA)

FAVORITE DINNER RECIPES - 2010

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**Outside-In Turkey Tamale Pie
(Julie Bracker)**

POINTS® value 5* - Makes 7 Servings

1 1/4 lbs. raw lean ground turkey
3/4 cup yellow cornmeal
1 cup fat-free chicken or vegetable broth
One 14.5-oz. can diced tomatoes with chiles
1 small onion, chopped
3/4 cup canned sweet corn, drained
1/2 cup canned kidney beans, drained
1/2 cup sliced black olives, drained
2 tsp. chili powder
1 tsp. ground cumin
Optional toppings: fat-free shredded cheddar cheese, fat-free sour cream

Bring a large skillet sprayed with nonstick spray to medium-high heat on the stove. Add turkey and spread it around to break it up a bit. Cook and crumble until meat is brown and cooked through, about 6 minutes. Drain any excess liquid and add turkey to the crock pot.

In a bowl, combine cornmeal with broth and whisk thoroughly. Let stand for 5 minutes. Add cornmeal mixture to the crock pot along with all other ingredients. Mix thoroughly. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours. Serve and, if you like, top each serving with cheese and/or sour cream. Mmmmm!!!

**Mexicali Turkey Skillet
(Michelle Nicholson)**

Goes great with cornbread and a Southwest-inspired salad. Serves 4 large or 6 smaller portions.

1 lb. lean ground turkey
1 packet 40% reduced sodium taco seasoning
1 can diced tomatoes, undrained
1 can corn, undrained
4 oz. uncooked elbow macaroni

Brown the ground turkey in a large skillet over medium high heat. Meanwhile, cook the macaroni according to package directions. Add the taco seasoning, tomatoes, and corn to the turkey, stirring to combine. When the pasta is al dente, drain and add to the turkey mixture. Simmer a few minutes to allow the flavors to combine and the pasta to soak up some of the liquid.

Crock Pot Stuffed Peppers (Michelle Nicholson)

1 lb. lean ground turkey
1 cup cooked rice (I use Uncle Ben's Ready Rice unless I have leftover rice from another recipe)
¼ cup ketchup
A few dashes celery seed
A few dashes Italian seasoning
1 small minced onion
½ tsp. basil
1/8 tsp. ground pepper
½ cup Egg beaters or 1 egg white
8 oz. can tomato sauce
4 large bell peppers, tops cut off and seeds removed

Mix all ingredients except the tomato sauce and the bell peppers. Carefully spoon mixture into the bell peppers and place upright in the slow cooker. Pour tomato sauce over and around bell peppers. Cook on low for 6 – 8 hours.

Easy Mexican Casserole (Beka Lignugaris)

1 lb ground chuck
1 medium onion, chopped
1 16oz can refried beans
1 8oz can tomato sauce
1 can Mexican corn, drained
1 pkg enchilada sauce mix
½ cup water
crushed tortilla chips to cover bottom of pan
1 ½ cups cheddar cheese, shredded
2 cups lettuce, shredded
1 medium tomato, chopped
sour cream
salsa
guacamole

Brown beef and onion. Drain. Add beans, tomato sauce, corn, mix, and water. Cook on low for 5 minutes, stirring well. Place crushed chips in bottom of a 12 x 8 inch casserole. Pour beef mixture on top. Sprinkle with cheese. Bake for 30 minutes at 350. Garnish with lettuce, tomato, sour cream, salsa, guac etc. Serve with tortilla chips, burrito-size tortillas, and Spanish rice. Serves 4-6

Western Wagon Wheels (Julie Bracker)

These are a BIG hit with the kids in my life!

Ingredients: 2 lbs ground beef or turkey (I use turkey because it is healthier, for variety, and the kids (and hubs!) can't taste the difference under the BBQ! ☺), bottle of BBQ sauce (I use Mesquite or Honey, but any fairly thick sauce works), bag of frozen corn, box of wagon wheel pasta.

1. Brown turkey in skillet. (sometimes I brown it with diced onions to add a bit of veggie).
2. Mix in frozen corn and BBQ sauce, and bring to boil.
3. Add wagon wheels.
4. Cover, reduce heat, simmer until wagon wheels are ready to eat. (About 15 min gets you al dente, depending on the size of wheels you buy.)

Mini Meatloaves (Meredith Norman)

1 egg
3/4 cup milk
1 cup shredded Cheddar cheese
1/2 cup quick cooking oats
1 teaspoon salt
1 pound ground beef
1/2 tsp onion powder
1/4 tsp pepper

2/3 cup ketchup
1/4 cup packed brown sugar
1 1/2 teaspoons prepared mustard

Preheat oven to 350 degrees.

In a large bowl, combine the egg, milk, cheese, oats and salt/pepper/onion powder. Add the ground beef, mixing well. Scoop into lightly greased regular sized muffin tins (makes approx. 8 muffins).

Bake, uncovered, at 350 degrees for 45 minutes (30 minutes without topping, then 15 more minutes with).

In a separate small bowl, combine the ketchup, brown sugar and mustard. Stir thoroughly and spread over each meatloaf when there is 15 minutes of cooking time remaining.

**Ranch burgers
(Julie Bracker)**

This is so easy that I am almost embarrassed to include it, but it is SO GOOD!

Mix 2 lbs ground beef to 1 packet of ranch dressing. (We like these so much that I often do 4 pounds of meat and 2 packets!)

Add a bag of shredded cheddar. (This keeps it moist – I don't usually double this even if I double the meat and ranch).

Form into burgers and cook. I have done them on the grill, in a skillet, on the Foreman grill, and as sliders on the stove with a sliders pan and they are always big hits.

We eat them on buns or without buns. Don't forget to put out ranch dressing as a possible fixin on the burger!

**Cheeseburger Zucchini Pie
(Meredith Norman)**

This is basically a crustless quiche. Goes great with fruit!

3/4 pound ground beef
1 medium onion, chopped
1 medium zucchini, shredded (can use cheese grater)
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup shredded Italian cheese blend
1/2 cup biscuit mix (such as Bisquick)
1 cup milk
2 eggs

Preheat oven to 400 degrees. Spray a 9-inch pie plate with nonstick cooking spray. Cook ground beef in nonstick skillet, adding onion and zucchini after about 5 minutes. Stir occasionally, season with salt and pepper, and cook until done. (Can drain on paper towels if looks greasy.)

Spread beef mixture in the pie plate. Sprinkle the cheese over the top.

Whisk together the biscuit mix, milk and eggs and pour mixture over beef mixture.

Bake at 400 degrees for 25 minutes or until done.

Cheeseburger Chowder **(Erin Walker)**

You may want to cut in half...it makes a lot of soup.

1 ½ lbs ground beef
¾ cup chopped onion
4 tbsp butter, divided
2 cloves garlic minced
1 cup diced carrots
1 tsp dried basil
1 tsp dried parsley
3-4 cups chicken broth
4 cups peeled diced potatoes
¼ cup flour
2 small cans evaporated milk
2 cups cubed or shredded cheese
salt & pepper to taste
¼ cup sour cream (I used ½ cup)

Garnish: chopped dill pickle & chopped tomatoes (the pickle really makes it!)

Brown the ground beef, drain & set aside. In same pan saute onion & 1 tbsp butter until tender. Add garlic, carrots, basil and parsley. Saute about 3 minutes. Add broth, beef & potatoes. Bring to a boil. Reduce heat & cover, simmer for 15-20 minutes or until carrots & potatoes are tender. Meanwhile, melt 3 tbsp butter in a small skillet. Add flour & cook, stirring for 3-5 minutes. Gradually add evaporated milk, stirring constantly for 6-8 minutes. (It thickens quite a bit). Gradually stir the sauce into the soup, bring to a boil & cook for 2 minutes. Reduce heat to low. Add cheese, salt & pepper. Continue to stir until cheese melts. Remove from heat and blend in sour cream. Add garnish.

Prime Time Steak **(Maress Barrett)**

½ cup A.1. Steak Sauce
1 tablespoon Grey Poupon Dijon Mustard
1 teaspoon Tabasco Pepper Sauce
1 teaspoon curry powder
½ teaspoon thyme leaves
1 ½ pounds beef steak

Mix steak sauce, mustard, pepper sauce, curry powder and thyme. Place steak in nonmetal dish or plastic bag; add steak sauce mixture. Cover; refrigerate 1 hour. Remove steak from marinade; discard marinade. Grill or broil until desired doneness.

Cheeseburger stuffed Potatoes **(Amy Adkison)**

These are a great go to meal, if you prepare them say on a Sunday, and put in the refrigerator, then pop in the oven when you get home...

3 large potatoes
1 tbsp olive oil
1 medium onion
1/2 lean ground beef (I actually used 3/4 of a lb - you know that we like meat)
1 1/2 tsp Worcestershire sauce
1 6oz can of tomato paste
3 Tbsp parmesan cheese
1/2 tsp salt, plus 1/4 tsp salt
dash of pepper
2 Tbsp butter
2 Tbsp plain low-fat yogurt (I used FF sour cream)
6 slices American Cheese (I used shredded Cheddar)

Preheat oven to 450. Prick potatoes several times and place directly on the oven rack.
Bake until tender 55 - 60 minutes

While potatoes are baking, heat the oil in a deep skillet over medium heat. Add the onion and cook until slightly translucent, about 10 min. Add the beef until brown. Stir in the worcest, tomato paste, parm cheese, 1/2 tsp salt and pepper. Cook for another 5 min

Remove potatoes from oven and set aside until cool to the touch. Cut them in half lengthwise and carefully scoop out the flesh into a mixing bowl, mash with a fork, mix in butter, yogurt (sour cream) and salt.

Fill each potato shell with 2 Tbsp meat mixture, top with 2-3 Tbsp of potatoes, top with cheese and bake until cheese is melted - serve immediately

Taco Soup 1
(CC Marshburn)

3 cans of beans (your choice- black/kidney, etc)
2 cans of tomatoes (1 rotel and 1 diced)
1 can corn
1 pkg taco seasoning
1 pkg ranch dressing seasoning
1 cup water
1 lb of turkey meat
Sour cream
Fritos

Cook turkey meat.
Drain and then combine all the other ingredients and cook on low for a couple of hours.
When we serve each bowl we put a Tb of sour cream and some Fritos.

Taco Soup 2
(Beth Stafford)

1 lb ground beef OR ground turkey
1 can black beans, drained & rinsed
2 cans red kidney beans, drained & rinsed
1 can rotel tomatoes
1 can diced tomatoes
1 can stewed tomatoes
1 can corn, drained
1 pkg taco seasoning
1 pkg ranch dressing mix

Brown meat in a large pot. Add remaining ingredients and simmer for 45 minutes.
Serve with chips, cheese & sour cream. Double the recipe and serve a crowd!

Million Dollar Spaghetti (Beth Stafford)

This makes a HUGE amount and provides leftovers for days, so you may choose to make 2-8x8 pans and freeze one for later use. A great make-ahead recipe to stick in the oven when getting home from work.

16 oz package spaghetti noodles (I usually use whole wheat)
2 lbs of ground beef OR ground turkey OR a combination
1 large jar of spaghetti sauce
8 oz sour cream (can use light version with same result)
8 oz cottage cheese (can use light version with same result)
8 oz cream cheese OR neufetchel cheese
1 egg
8 oz mozzarella cheese

Cook spaghetti as directed. Brown meat and drain. Add sauce to meat. In a separate bowl, mix sour cream, cottage cheese, cream cheese & egg. Grease a 9x13 (or 2 – 8x8) pan and layer ingredients as follows: noodles, cheese mixture, meat mixture. Repeat layers – DISH WILL BE VERY FULL - and top with shredded cheese. Bake uncovered at 350 degrees for 40 minutes or until cheese is bubbling/browned.

If freezing for later use, do not top with cheese, package tightly for freezer. The night before ready to use, move spaghetti to fridge to thaw and add cheese before baking.

Horseradish Beef Pot Roast (Maress Barrett)

3 to 4 lb beef shoulder roast
2 tablespoons oil
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup tomato juice
1/4 cup prepared horseradish
1/2 cup chopped onion
1/4 cup water
2 tablespoons flour

Brown pot roast in oil in large frying pan or Dutch oven. Pour off drippings. Season pot roast with salt and pepper. Add tomato juice, horseradish, and onion. Cover tightly and cook slowly on low for 2 1/2 to 3 1/2 hours or until meat is tender. Remove pot roast to warm platter. Combine flour with 1/4 cup water, add to cooking liquid and cook on medium, stirring constantly until thickened. Reduce heat and cook 3 to 5 minutes. Serve gravy with pot roast.

Salsa Chicken (Julie Bracker)

Ingredients: chicken breasts (boneless, skinless), 1 packet taco seasoning mix (your favorite, I use Old El Paso mild), jar of salsa (your choice, I like different ones to “mix things up” a bit, mango pineapple was a big hit recently), bag of shredded cheese (I like Monterey jack).

1. Preheat oven to 350F.
2. Rinse chicken, sprinkle both sides with taco seasoning mix, place in baking dish.
3. Bake about 30 min, till chicken is almost done.
4. Remove chicken and dump salsa on top. Then dump cheese on top of salsa and put back into oven until chicken is done (about 10 min in my oven).
5. Serve with rice or over salad greens. It’s nice with a little sour cream also!

Salsa Chicken Variation (crockpot)

Rinse chicken, sprinkle with taco seasoning on both sides, and put into crockpot. Dump salsa on top and cook on low for 8 hours or so. Shred chicken with two forks into “barbeque” style meat and use with cheese and sour cream on tortillas (or over salad).

Roast Chicken Chimichangas (Meredith Norman)

From Cooking Light – baked instead of fried, can easily alter ingredients.

Ingredients:

- 2 1/2 cups shredded chicken (can use rotisserie chick, boiled, or roasted chicken)
 - 1 cup shredded cheese (monterey jack, etc.)
 - 1/4 cup chopped green onions
 - 1 teaspoon dried oregano
 - 1/4 teaspoon ground cumin
 - 1 garlic clove, minced
 - 1 (4.5-ounce) can chopped green chiles, drained
 - 1 (16-ounce) can fat-free refried beans
 - 6 (8-inch) flour tortillas
- Cooking spray
Salsa (green works well), and sour cream

Preheat oven to 500°.

Combine first 7 ingredients in a large bowl; toss well.

Spread 1/4 cup beans down center of each tortilla. Top each tortilla with 2/3 cup chicken mixture; roll up. Place rolls, seam sides down, on a large baking sheet coated with cooking spray. Coat tops of chimichangas with cooking spray. Bake at 500° for 7 minutes. Serve with salsa and sour cream.

Rotisserie Chicken Enchiladas
(Michelle Nicholson)

This is great served with 'Fiesta Corn'—simply corn mixed with salsa. Can be assembled ahead of time and baked later.

1 rotisserie chicken, skin and bones removed and shredded (I usually do this ahead of time when I buy the chicken and freeze until the day I make the enchiladas.)

1 can Fat Free Refried Beans

2 10 oz. cans red enchilada sauce

1 small can sliced black olives, drained

1 can diced tomatoes, drained

2 cups shredded 2% Mexican cheese

2 tsp. dried cilantro.

6 soft taco size tortillas

Preheat the oven to 350. Combine the chicken, beans, cilantro and one can of the enchilada sauce. Spoon 1/6 of the mixture into a tortilla. Roll and place seam side down in a 9 x 13 pan. Repeat with remaining tortillas. Cover enchiladas with the other can of enchilada sauce. Sprinkle with olives and tomatoes. Cover with cheese. Cover pan with aluminum foil and bake for 30 minutes or until bubbly.

Chicken "Baseballs"
(Michelle Nicholson)

Don't worry if the 'balls' don't look pretty—they will taste great!

1 package Reduced Fat Pillsbury Crescent Rolls

10 oz. cooked chicken (I've used the Purdue shortcuts diced chicken, leftover chicken works too)

1 box frozen spinach, thawed and well drained (I squeeze it out in paper towels—or use a green kitchen towel)

1 can of sliced mushrooms, drained

4 wedges of Laughing Cow light cheese, any flavor

2 Tbsp. milk

Heat oven to 375. Combine the chicken, spinach and mushrooms in a skillet over medium high heat until heated through. Add the cheese wedges and milk and stir until combined. Remove from heat and set aside. (It's helpful to press the cheese into the bottom of the skillet with a spoon to get them to spread around better.) Unroll the crescent dough on a clean surface. Pinch together two triangles of dough to form a rectangle. Spoon 1/4 of the chicken mixture onto the center of each dough rectangle. Bring the sides of the dough up around the chicken mixture and pinch together to seal. Repeat with the remaining rectangles. Bake for 11-13 minutes.

Pineapple Sweet 'n Sour Chicken
(Michelle Nicholson)

1 (20 oz.) can pineapple chunks in juice
1 medium green or red bell pepper, cut into chunks
1 medium onion, cut into chunks
½ cup sliced mushrooms
1 lb. boneless skinless chicken, cut into 1 inch pieces
1 cup prepared sweet and sour sauce
2 tbsp. less sodium soy sauce
Hot cooked rice

Drain pineapple, reserving 2 tbsp. juice. Cook onion and pepper in a skillet sprayed with non-stick spray over medium heat until crisp tender. Remove from heat and set aside. In the same skillet, cook chicken until browned. Add vegetables back to skillet, add sauces, pineapple and reserved juice. Heat through. Serve with rice.

Chicken Monterey
(Beka Lignugaris)

From Cook and Love It More.

4 large boneless chicken breasts
½ cup plus 2 tbsp flour, divided
½ cup margarine
½ cup onion, chopped
1 clove garlic, minced
8 large mushrooms, chopped
1 tsp celery salt
½ tsp pepper
½ cup chicken stock
½ cup white wine
1 avocado, mashed
1 ½ cups Monterey Jack cheese, grated
¾ lb linguine, cooked

Pound chicken breasts to 1/4in thickness. Coat in ½ cup flour. Melt ¼ cup margarine, and sauté breasts until golden; remove to 3qt baking dish. Preheat oven to 350. Melt remaining ¼ cup margarine; sauté onion, garlic, and mushrooms. Do not brown. Stir in 2 tbsp flour, celery salt, pepper, chicken stock, and wine. Cook 4-5 minutes on low to thicken. Stir in avocado and ½ cup of cheese. Spoon over breasts, and sprinkle with remaining cheese. Bake for 15 minutes until cheese melts. Serve over linguine. Serves 4-6.

California Chicken Spaghetti
(Marti Andrews)

Light and fairly healthy.

1 (16 ounce) package uncooked angel hair pasta
3 tablespoons olive oil
Italian Seasoning (can subst. with Cajun or whatever you have on hand)
4 skinless, boneless chicken breast halves
2 tablespoons chopped garlic
1 can of petite diced tomatoes
4 oz feta cheese crumbles

Cut chicken into small pieces and toss with 1 Tbl olive oil and Italian seasoning.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 5 to 8 minutes or until al dente. Drain.

Heat olive oil in a large skillet over medium heat. Add chicken pieces, and cook, stirring until browned on the outside. Stir in the garlic, basil, Cajun seasoning, salt, and pepper, then mix in the tomatoes. Cook until tomatoes are semi soft, and chicken is cooked through. Toss with pasta, and serve with crumbled feta cheese on top.

Easy Chicken Cordon Bleu
(Meredith Norman)

4 chicken breasts (if large, can cut in half to make 8 pieces)
Swiss cheese slices
Ham slices

Sauce: Mix 1 can cream of chicken soup and 8 oz. container of sour cream

Lay chicken in casserole dish, top with ham then swiss cheese, and pour sauce on top. Bake covered at 350 degrees for 1 hour.

Goat Cheese Chicken **(Karen Daniel)**

My husband's favorite dinner. Adapted from a Cooking Light recipe.

¼ cup (2 ounces) goat cheese
½ teaspoon chopped fresh rosemary
2 ounces Canadian bacon, finely chopped
½ cup chopped fresh spinach
¼ cup chopped red onion
¼ cup chopped mushrooms
4 (6-ounce) skinless, boneless chicken breasts
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
½ cup chicken stock or broth
Cooking spray

1. Preheat oven to 400°.
2. Combine first 6 ingredients in a small bowl. Pound chicken breasts to about ½ inch thickness. Sprinkle chicken evenly with salt and pepper. Spoon about 3 tablespoons cheese mixture on to each piece of chicken. Fold chicken in half and secure with toothpicks.
3. Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes. Turn chicken over cook another 4 minutes. Add broth or stock to pan and put pan in oven. Bake at 400° for 20 minutes or until chicken is done. Discard wooden picks. Serve over brown rice and top with pan juices.

Poppyseed Chicken **(Andrea Wilson)**

5 chicken breast cooked and shredded
1 can Cream Mushroom Soup
1 can Cream of Chicken Soup
1 8 oz. sour cream
2 Tbs Poppy seeds
1 roll Ritz crackers
1 stick melted butter

Combine the first five ingredients in a 9x13 inch pan. Crush the Ritz crackers over the top and then drizzle the butter on top of the crackers. Bake at 350 for 30 minutes. Serve over rice.

Quick & Easy Chicken Pot Pie **(Beth Stafford)**

1 pkg refrigerated pie crusts (you will use BOTH crusts)
1/2 of a store bought rotisserie chicken (or leftover baked/grilled chicken)
1 can mixed vegetables (or leftover precooked vegetables such as peas & carrots, potatoes, and green beans)
1 can cream of mushroom OR cream of chicken soup (if you're not a fan of mushrooms)
2-3 tbsp milk (optional for a thinner consistency)
salt & pepper to taste

Allow pie crusts to come to room temp. Then unroll one crust and place in the bottom of a 9 inch pie plate.

Remove chicken from bones (if necessary) and chop. Add vegetables, soup, milk (if using), and seasonings and mix well.

Add to pie plate and then cover with second pie crust. Crimp the edges of pie with a fork and using a knife cut small slits in the top crust to allow steam to escape while cooking.

Bake at 350 degrees for 45 minutes or until crust is golden brown.

Before baking, you can FREEZE pie to use at another time. If freezing, wrap well in plastic wrap, followed by a layer of foil. When ready to use, put the pot pie in your fridge the night before to defrost, then bake as instructed.

Lazy Chicken (Crock Pot Chicken) **(Beth Stafford)**

1 lb frozen boneless skinless chicken meat (breast or thigh works)
1 jar of spaghetti sauce

Add frozen chicken and sauce to the crockpot. Cook on low for 6-8 hours. Before serving shred chicken and mix well with liquid in the crockpot. Serve over your favorite noodles for a quick weeknight dinner.

VARIATIONS: Add any of your favorite sauces in place of the spaghetti sauce. Barbeque sauce, salsa, etc. Use your imagination and the possibilities for quick, easy meals are endless!

Chicken Spaghetti Casserole **(Brooke Aplin)**

2 cups chopped cooked chicken breast
2 cups uncooked spaghetti noodles, broken into 2-inch pieces (about 7 ounces)
1 cup (1/4-inch-thick) slices celery
1 cup chopped red bell pepper
1 cup chopped onion
1 cup fat-free, less-sodium chicken broth
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 (10.75-ounce) cans condensed cream of mushroom soup, undiluted
Cooking spray
1 cup shredded cheddar cheese, divided

Preheat oven to 350°. (Yields 2 casseroles, 4 servings each. serving size: about 1 cup)
Combine first 5 ingredients in a large bowl. Combine broth, salt, pepper, and soup in a medium bowl, stirring with a whisk. Add soup mixture to chicken mixture; toss. Divide mixture evenly between 2 (8-inch) square or (2-quart) baking dishes coated with cooking spray. Sprinkle 1/2 cup cheese over each casserole. Cover with foil coated with cooking spray. Bake at 350° for 35 minutes. Uncover and bake an additional 10 minutes. (Bake a frozen casserole, covered, for 55 minutes at 350°; uncover and bake an additional 10 minutes or until hot and bubbly.)

Garlic Brown Sugar Chicken **(Beth Stafford)**

1 lb boneless skinless chicken breasts, cubed
2-3 cloves of fresh garlic, minced (can add more or less to taste)
3 tsp butter
3 Tbsp soy sauce
1/4 cup brown sugar

Over medium heat, melt butter. Add garlic and saute until just browned. Add chicken and cook until no longer pink.

When chicken is thoroughly cooked, add soy sauce and brown sugar. Cook just until brown sugar 'melts' and forms a sauce.

A quick and versatile recipe! Serve with steamed rice or cooked noodles and steamed veggies (we mix it up and use pineapple + sauteed red peppers OR steamed broccoli + steamed carrots OR green peppers + onions). You can adjust the ingredients to suit your family and/or to create more sauce for vegetables. A definite favorite around our house... you'll think twice about ordering Chinese takeout again!

Chicken and Wild Rice Casserole **(Brooke Aplin)**

Yield: 10 to 12 servings

- 2 (6.2-ounce) packages fast-cooking long-grain and wild rice mix
- 1/4 cup butter or margarine
- 4 celery ribs, chopped
- 2 medium onions, chopped
- 2 (8-ounce) cans sliced water chestnuts, drained
- 5 cups chopped cooked chicken
- 4 cups (1 pound) reduced fat shredded Cheddar cheese, divided
- 2 (10 3/4-ounce) cans fat free cream of mushroom soup, undiluted
- 1 (16-ounce) container light sour cream
- 1 cup skim milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups soft breadcrumbs (homemade)
- 1 (2.25-ounce) package sliced almonds, toasted

Prepare rice mixes according to package directions.

Meanwhile, melt butter in a large skillet over medium heat; add celery and onion. Sauté 10 minutes or until tender.

Combine water chestnuts, cooked rice, celery and onion, chicken, 3 cups cheese, and next 5 ingredients in a very large bowl.

Spoon mixture into a lightly greased 15" x 10" baking dish or a 4-quart baking dish. Top casserole with breadcrumbs. Bake, uncovered, at 350° for 35 minutes. Sprinkle with remaining 1 cup cheese and almonds; bake 5 more minutes.

Note: You can divide this casserole evenly between 2 (11" x 7") baking dishes. Bake as directed above, or freeze casserole up to 1 month. Remove from freezer, and let stand at room temperature 1 hour. Bake, covered, at 350° for 30 minutes. Uncover casserole, and bake 55 more minutes. Sprinkle with remaining 1 cup cheese and almonds; bake 5 more minutes.

Quick Carbonara
(Adriana Inchauste)

1 (8-ounce) package spaghetti
8 slices bacon or Canadian bacon
2/3 cup chopped green onions
1 (4-ounce) can sliced mushrooms
3 egg yolks, lightly beaten
1 to 1 1/2 cups finely shredded cheddar cheese
dash of pepper

Cook pasta according to package directions. Meanwhile cook bacon in a large skillet until crisp; remove bacon, reserving 3 tablespoon drippings in skillet. Coarsely crumble bacon and set aside.

Cook green onions and mushroom in drippings in skillet over medium heat 2 minutes. Drain pasta, and place in a serving bowl. Stir egg yolks into hot pasta immediately after draining it. Stir bacon, green onions and mushrooms, cheese and pepper; toss. Serve immediately. Makes 4 servings.

(I usually buy 1 envelope of the McCormick Carbonara Sauce and serve the sauce on the side, for those who like their pasta saucy. I also use fresh mushrooms instead of canned)

Molasses-Grilled Pork Tenderloin
Karen Daniel, From *Southern Living*

My daughter's favorite dinner.

¼ cup molasses
2 tablespoons coarse-grained Dijon mustard
1 tablespoon apple cider vinegar
4 (3/4-pound) pork tenderloins, trimmed

Combine first 3 ingredients, and brush over tenderloins. Cover and chill 8 hours. Cook, covered with grill lid, over medium-hot coals (350° to 400°) about 20 minutes or until a meat thermometer inserted into thickest portion registers 160°, turning once. Can also be cooked in the oven. Put the tenderloins on a foil-covered cookie sheet and bake at 400° for about 30 minutes.

Pork Chops and Dirty Rice **(Marti Andrews)**

You can put this together in less than 2 minutes. It's my go-to-in-a-hurry meal.

4-6 Pork Chops – any kind works, bone in or boneless (although bone-in usually tastes more tender)
1 can of beef consommé soup
1 can of french onion soup
1 and ½ cups of uncooked rice

Preheat oven to 350 degrees. Pour rice in a 9 x 13 pan. Pour in both cans of soup and stir. Place pork chops on top. Cover with aluminum foil and bake for 45 minutes to an hour.

Sausage and Apples **(Amy Adkison)**

My VERY picky 2 year old and 1 year old LOVE this!

1 lb of Smoked Sausage
2 of your favorite apples
¼ cup white sugar
Sprinkle of cinnamon (about 1 tsp)
Sprinkle of nutmeg (about ½ tsp)
¼ c. Water

Slice up the Smoked Sausage into ½ inch slices. Slice apples into VERY thin slices, leave the skins on. Sautee sausage in a frying pan with a little bit of “Cooking Spray”. Once browned on both sides, remove sausage from the pan. Toss apples, sugar, cinnamon and nutmeg into the SAME pan that you just removed the sausage from. Toss until apples are coated and the sugar is starting to liquefy. Add water to deglaze the pan, and create a thick syrupy sauce. Toss sausage back in the pack and evenly coat with the sauce and mixed with the apples.

Southern Living Pork Tenderloin
(Amy Adkison)

Goes great with green beans, fresh bread, and a fruit salad.

Whisk together:

2T Lemon Juice

2T Dijon Mustard

2T Capers

1T Italian seasoning

1/2t Salt

1/2t Sugar

1/3 Cup Olive Oil

Cook Pork tenderloin according to directions on package. When finished cooking, pour sauce over meat and serve. You may need to double the sauce depending upon how many pounds your pork tenderloin is.

Pork Chop Foil Dinner
(CC Marshburn)

Ingredients:

4 Pork chops

1 Potato

20 baby Carrots

1 Onion

4 Tb Butter

Salt & Pepper

Take foil put one pork chop, 1/4 of a potato, 5 baby carrots, sliced onion, 1 Tb of butter, salt and pepper. Wrap up allowing room for the steam to cook everything. We made 4 foil dinners. You can add any spices that you like. Cook at 400 degrees for 1.5 hours. Delicious!! The boys dipped it in ketchup and I had leftover béarnaise sauce.

Potato, Broccoli and Sausage Skillet (CC Marshburn)

2 cups water
2/3 cup milk
2 Tb butter
1 box (4.9 oz) Betty Crocker scalloped potatoes
2 cups sliced fully cooked reduced-fat Polska-kielbasa sausage (from 1-lb ring)
½ cups salsa
2 cups frozen broccoli florets

In 12-inch skillet or 3-quart saucepan, heat water, milk and margarine to boiling. Stir in contents of uncooked potatoes and sauce mix pouches (from potato mix box). Add sausage and salsa; stir until well mixed. Reduce heat; cover and simmer 15 minutes, stirring occasionally.

Stir in broccoli. Cover; cook 8 minutes longer or until potatoes and broccoli are tender (sauce will thicken as it stands).

Slow Cooker Carnitas (Meredith Norman)

This is crockpot pork for soft tacos, quesadillas, etc. – excellent flavor!

1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon ground cumin
1/2 teaspoon crumbled dried oregano
1/8 teaspoon ground coriander
1/2 teaspoon dried cilantro
1/16 teaspoon ground cinnamon (i.e. just a pinch)
1 (4 pound) boneless pork shoulder roast or Boston butt, etc.
2 bay leaves
2 cups chicken broth

Mix together spices in a bowl. Coat pork with the spice mixture. (Can leave in fridge overnight or put in cooker immediately). Place the bay leaves in the bottom of a slow cooker and place the pork on top. Pour the chicken broth around the sides of the pork. (If you have a larger cut of meat – 8 pounds for example – you can double the spice mixture – but you still only need 1 can of chicken broth for the liquid).

Cover and cook on Low until the pork shreds easily with a fork, about 9 hours. Turn the meat after it has cooked for 5 hours. Remove from slow cooker, and shred with two forks.

Serve soft taco style with toppings of choice (cheese, sour cream, tomatoes, guacamole, etc.)!

Brown Butter Ravioli with Acorn Squash
(Amy Adkison)

Sounds MUCH more complicated than it is... this is very often my go to recipe.

1 2-pound acorn squash, cut into 1-inch dice (skin on)
3 tablespoons extra virgin olive oil (eyeball it), plus additional for drizzling
Salt and pepper
Freshly grated nutmeg
1/3 pound bacon or pancetta, cut into fine dice
1 1/2-2 pounds wild mushroom and cheese ravioli
6 tablespoons butter
20 leaves fresh sage (or 1 tsp. ground sage)
Parmigiano Reggiano cheese

Pre-heat the oven to 400°F.

Coat the squash with a few tablespoons of olive oil, then season it with salt, pepper and nutmeg and roast for 15 minutes. Turn it over and roast for 15 minutes more.

When the squash is a few minutes away from being done, bring a large pot of water to a boil for the ravioli.

Heat a drizzle of olive oil in a large skillet over medium heat. Add the bacon or pancetta and crisp, 4-5 minutes. Remove with a slotted spoon and wipe the fat drippings out of the pan.

Drop the ravioli in the boiling water and cook for 3-4 minutes.

While the ravioli cook, melt the butter in the skillet, then add the sage leaves and crisp them up, about 2 minutes. Carefully remove the sage leaves, reserving them on a plate. Reduce the heat under the skillet a bit and allow the solids in the butter to brown.

Drain the ravioli and add them to the skillet. Toss to coat.

Top with the shaved Parmigiano Reggiano cheese.

Citrus Glazed Salmon **(Michelle Nicholson)**

This recipe got my salmon-hating husband to love salmon! Great with glazed carrots and rice.

4 4oz. salmon fillets
3 Tbsp. orange juice
3 Tbsp. low sodium soy sauce
½ tsp. dark sesame oil
salt
pepper

Heat a skillet over medium high heat. Sprinkle the salmon with salt and pepper. Cook salmon 3 minutes on each side. Turn salmon again and cover, cooking for 3 more minutes. Remove salmon from skillet and keep warm. Add orange juice, soy sauce and sesame oil to skillet. Stir constantly for about 2 minutes or until slightly reduced. Serve sauce over salmon.

Baked Fish in Dilled Cheese Sauce **(Adriana Inchauste)**

4 to 6 tilapia fillets
3 Tbsp butter or margarine
3 Tbsp all purpose flour
1 tsp salt
½ tsp dill weed
3 Tbsp of Dijon mustard
Dash Cayenne (optional)
1 ½ cups of half and half
1 ½ cups of shredded Cheddar cheese

- 1) Place fillets into a baking dish.
- 2) In a saucepan melt butter, stir flour and cook until bubbly. Add salt, mustard, dill and cayenne. Remove from heat and gradually stir in half and half.
- 3) Return to heat and cook, stirring constantly until thickened. Mix in 1 cup of cheese, stirring until melted.
- 4) Pour cheese sauce evenly over fish. Sprinkle remaining cheese.
- 5) Bake at 400 for about 20 minutes or until top browns and fish flakes evenly when tested with a fork in the thickest part.

Shrimp and Grits (CC Marshburn)

1 tablespoon butter
1 tablespoon olive oil
1 large onion, finely diced
2 cloves garlic, finely chopped
2 cups milk
3 cups water
1 cup grits
1 1/2 cups cheddar cheese, finely grated
8 ounces bacon, chopped
20 medium to large shrimp, peeled and deveined
1/4 cup scallion, chopped
Salt and pepper

- 1.** Add the butter and olive oil to a saucepan set over medium heat. When the butter has melted, add the onion and cook until soft. Add the garlic and cook for another minute. Turn the heat to high and pour in the milk and water. Bring to a boil and slowly whisk in the grits. Turn the heat to medium-low and cook, stirring occasionally, for 15 to 20 minutes. When done, dump in the cheese and stir until it is melted. Season with salt and pepper and set aside.
- 2.** Add the bacon to a large skillet set over medium-high heat. Cook until golden browned and crisp. Remove and drain on paper towels. Pour out all but 3 tablespoons of the oil.
- 3.** Set the skillet back over medium-high heat and when nearly smoking, add the shrimp. Cook until pink, about 1 1/2 minutes per side.
- 4.** Scoop some of the cheese grits into a bowl and top with the shrimp, chopped bacon, and scallions. Season to taste with salt and pepper.

Sweet Mini Cornbread Muffins **(Amy Adkison)**

We love these with Chili..perfect combo of sweet and spicy.

Add a banana and a 1/2 cup of milk to a Jiffy Cornbread mix (don't follow the directions, just add the milk and the banana) and you have muffins that taste like you slaved away for hours in the kitchen.

Bake at 350 degrees for 11 minutes
Makes 45 mini muffins

Old-World Manicotti **(Beka Lignugaris)**

12 large manicotti shells
4 cups shredded mozzarella cheese, divided
2 cups ricotta cheese
6 tablespoons chopped fresh basil or 2 tablespoons dried basil
add in some garlic to filling
1 26-oz jar prepared spaghetti sauce, divided
½ cup grated Parmesan or Romano cheese

1. Preheat oven to 350 degrees. Spray 13x9 inch baking dish with nonstick cooking spray.
2. Cook pasta according to package directions. Drain; rinse with cool water. Let pasta dry on paper towels or waxed paper.
3. For filling, in medium bowl, stir together 3 cups mozzarella with the ricotta and fresh basil and garlic. Using a teaspoon, carefully stuff pasta shells with prepared cheese mixture.
4. Spoon 2 cups spaghetti sauce into prepared baking dish. Arrange stuffed pasta over sauce. Pour remaining spaghetti sauce over top of pasta. Sprinkle with remaining mozzarella.
5. Bake manicotti for 15 minutes. Sprinkle with the Parmesan; bake for 10 minutes longer. Serve immediately.

Black Bean Burgers **(Brooke Aplin)**

1 (16 ounce) can black beans, drained and rinsed
1/2 green bell pepper, cut into 2 inch pieces
1/2 onion, cut into wedges
3 cloves garlic, peeled
1 egg (I use egg beaters)
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon Thai chili sauce or hot sauce
1/2 cup bread crumbs

Directions

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.

In a medium bowl, mash black beans with a fork until thick and pasty.

In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Breakfast Pizza **(CC Marshburn)**

2 packages of crescent rolls
1 package of sausage
1 package frozen Potatoes (O'Brien)
5 eggs
Little bit of milk
Monterrey Jack cheese (shredded)
Cheddar cheese (shredded)

1. Preheat oven to 350
2. Spread rolls in bottom of jelly roll pan, pressing the seams together.
3. Brown sausage. Drain, and spread over rolls
4. Spread potatoes over sausage.
5. Combine eggs with a little milk (like you're making scrambled eggs). Pour over the potatoes.
6. Top with shredded cheeses
7. Bake for 20-25 minutes or until eggs are set.

Cream Cheese Danish (Brooke Aplin)

2 cans crescent rolls

Filling:

2 – 8oz cream cheese

1 cup sugar

1 tbsp vanilla

1 egg yolk

Topping:

½ cup sugar

1 tbsp cinnamon

½ cup nuts

Egg white

Grease 9x13 pan. Press 1 can of crescent rolls on bottom. Beat filling ingredients and pour over roll. Press 1 can of rolls on top. Brush with egg white. Mix topping and spread on top. Bake 350 x 30 mins.

Hash Brown Breakfast Casserole (Brooke Aplin)

1 pound ground hot pork sausage

1/4 cup chopped onion

2 1/2 cups frozen cubed hash browns

5 large eggs, lightly beaten

2 cups (8 ounces) shredded sharp Cheddar cheese

1 3/4 cups milk

1 cup all-purpose baking mix

1/4 teaspoon salt

1/4 teaspoon pepper

Toppings: picante sauce or green hot sauce, sour cream

Garnish: fresh parsley sprigs

Cook sausage and onion in a large skillet over medium-high heat 5 minutes or until meat crumbles. Stir in hash browns, and cook 5 to 7 minutes or until sausage is no longer pink and potatoes are lightly browned. Drain mixture on paper towels; spoon into a greased 13- x 9-inch baking dish.

Stir together eggs, cheese, and next 4 ingredients; pour evenly over sausage mixture, stirring well. Cover and chill 8 hours.

Bake, covered with nonstick foil, at 350° for 45 minutes. Uncover and bake 10 to 15 more minutes or until a wooden pick inserted in the center comes out clean. Remove from oven, and let stand 5 minutes. Serve with desired toppings. Garnish, if desired.

Mom's Macaroni & Cheese
(Frost Osborne)

2 cups uncooked elbow macaroni
2 cups cream style cottage cheese (not fat free)
3/4 cup reduced fat sour cream (not fat free)
1 large egg, slightly beaten
1/8 tsp. white pepper
1/2 tsp. dry mustard
2 12oz pkgs finely shredded sharp cheddar cheese (24 oz total)

Grease a shallow 2 qt. baking dish with Pam. Preheat oven to 350 (330 for convection ovens). Cook macaroni according to pkg. directions, drain--no need to rinse. In a LARGE bowl, beat egg lightly and add mustard and pepper to ensure blending. Add sour cream next and mix lightly, then add cooked noodles and toss to ensure all are coated. Combine macaroni mixture and 1 1/3 pkg cheese (16 oz), mixing lightly to blend. Save remaining 2/3 pkg (8oz) cheese for topping. Fold in the cottage cheese last and mix lightly to blend. Turn into prepared baking dish and add topping in an even layer. Bake at 350 for about 45 minutes, or until brown on top and bubbly (convection oven-35 min). Let sit before serving. This freezes very well (uncooked), or before baking, you can divide it into smaller dishes to bake.

Recipe from Susan Bush, Frost's Mom ☺