



Cooking With Confidence

Recipes For Success

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Anna Moorse
Girl Scout Gold Award Project
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*There is much appreciation due
to each and every cook,
Who, by their gift of recipes,
made possible this book.*

In Appreciation.....

A heartfelt thank you is given to all who have so generously and graciously given their recipes, help, and support in compiling this cookbook. Special thanks to my Gold Award Team Members and my Girl Scout Troop #33768 who have helped in so many ways. Thank you to my family for their love and support given to me while completing my Gold Award.

My Girl Scout Gold Award project addresses the community issue of food insecurity and food waste. Less food waste can feed more people. Over the years, we have become a box meal society and many have simply given up on the idea of cooking or learning how to cook. My goal is to change that by educating consumers on identifying, preparing and cooking foods to prevent food waste.

What I love about this cookbook is that everything you need can be found at your local food shelf, farmer's market, grocery store, and/or neighborhood meat market. My hope is that, by using this cookbook, it will bring you greater confidence and success when cooking with new ingredients and recipes.

I am excited to share this cookbook with you and hope it will inspire you to try the many family friendly, flavor-packed recipes on the pages that follow.

Enjoy!!

Anna Moorse

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QR CODE

The entire cookbook is linked to the QR Code below. On your smartphone, open the QR Code reader or the camera and position it over the QR Code. The *Cooking with Confidence* cookbook will download to the device making it available wherever you are. The link below can also be used to access the cookbook.



<https://bit.ly/3JM3giu>

MAIN DISHES

5 Can Casserole

- 2 pounds hamburger
- 1 medium onion, chopped
- 2 Tbsp. soy sauce
- 1 can cream of celery soup
- 1 can of cream of mushroom soup
 - 1 can of cream of chicken soup
- 1 can of chicken with rice soup
 - 1 can mixed vegetables
- 1 pkg. chow mein noodles, divided

Brown ground beef and onions. Mix all ingredients together in a casserole dish using half of the chow mein noodles in the mixture and the other half on top. Bake at 350 degrees for 1 hour.

Stove Top Stuffing Meatloaf

- 2 pounds ground beef
 - 1 cup water
- 1 pkg. (6oz.) Stove Top Stuffing Mix for pork
- 2 eggs, lightly beaten
- ½ cup barbecue sauce, divided

Preheat the oven to 400 degrees. Mix meat, stuffing mix, water, eggs, and ¼ cup of the BBQ sauce. Shape meat mixture and place into 1 or 2 large loaf pans or into mini pans. Top with the remaining ¼ cup BBQ sauce. Bake for 1 hr or until thermometer reads 160 degrees Fahrenheit.

Meatball Stroganoff

- 1 jar Heinz Home-Style Beef Gravy (12 oz.)
- ½ cup sour cream or yogurt
- 1 pkg frozen – fully cooked – meatballs, thawed
 - (or use fully cooked Italian Meatball recipe on page 8)
- 1 pkg egg noodles or other type pasta

Cook noodles according to package and set aside. Empty gravy into a saucepan and bring to a boil. Stir in sour cream and meatballs. Reduce heat; cook, uncovered, for 15-20 minutes or until heated through, stirring occasionally. Serve over noodles.

Taco Chili

1 lb. meat (diced chicken, stew meat, ground beef, turkey)
2 cans diced tomatoes, undrained
1 packet of Hidden Valley Ranch mix
2 cans corn, undrained
1 packet of taco seasoning
1 can beans (black beans but any kind works), undrained
Optional: mushrooms and peppers

Brown your meat in a soup pan. Drain off any excess juice/fat from the meat. Combine tomatoes, corn, and beans. Add ranch seasoning, taco seasoning and other optional ingredients. Cook in a pan on the stove until heated through.

Meatball Casserole

1-16 oz package of uncooked pasta
 1 – 25 oz jar marinara sauce
3 cups water
 2 cups shredded Mozzarella cheese
1 – 14 oz package fully-cooked, thawed cocktail size meatballs
 (or use fully cooked Italian Meatball recipe on page 8)

Preheat the oven to 425 degrees. In a large baking dish, stir together uncooked pasta, marinara sauce, water, and meatballs. Cover tightly with aluminum foil and bake for 30 minutes. Uncover and stir. Sprinkle mozzarella over the top and bake uncovered for 10 more minutes or until cheese is melted and pasta is tender. Can garnish with parmesan cheese, basil, oregano, and parsley.

Roast Beef and Gravy

1 boneless beef chuck roast (about 3lbs)
1/3 cup beef broth
2 cans (10 ¾ oz) cream of mushroom soup
1 envelope onion soup mix

Cut roast in half and place in a 3 qt slow cooker. In a large bowl, combine the remaining ingredients and pour over roast. Cover and cook on low for 8-10 hours or until meat is tender. Serve with boxed potatoes prepared according to box directions.

Easy Pot Roast

| | |
|-----------------------------------|--------------------------|
| 3 to 4 lb Chuck Roast | 2 cups warm water |
| 1 envelope Ranch Dressing mix | Celery, chopped |
| 1 envelope Italian Dressing mix | Potatoes (cut in wedges) |
| 1 envelope Brown Gravy mix | Onion, chopped |
| Carrots, sliced (fresh or frozen) | |

Place roast in crockpot. Mix the content of the 3 envelopes in 2 cups of water until dissolved. Pour over roast. Add your choice of vegetables. Cook on low for 8 hours.

Crock Pot Mushroom Beef Stew

1 pound beef stew meat
1 can condensed cream of mushroom soup, undiluted
1-2 4 oz can(s) sliced mushrooms, drained
1 package (1 oz) dry onion soup mix
Hot, cooked noodles
May add (optional): potatoes, carrots, celery, or pinto beans.

Combine all ingredients except noodles in a slow cooker. Cover and cook on low for 8-10 hours. Serve over noodles.

Beefy Shells and Cheese

1 pound ground beef
1 package (12 oz) Macaroni and cheese box mix
2 cups water
1 can (15 oz) black beans, rinsed and drained
1 ¼ cup salsa
1-2 tsp chili powder
1/8 tsp salt

In a large skillet, cook beef over medium heat until no longer pink; drain. Set aside cheese sauce packet from dinner mix. Add shells and water to skillet. Bring to a boil; cover and simmer for 10-12 minutes or until pasta is tender. Stir in the salsa, beans, chili powder, salt and contents of cheese sauce packet. Remove from heat; cover and let stand for 5 minutes.

Macaroni and Cheese

2 ½ cups uncooked macaroni
¼ cup butter, cubed
¼ cup flour
½ tsp salt
¼ tsp pepper
3 cups 2% milk
2 Tbsp Worcestershire sauce
½ tsp paprika
5 cups (20 oz) shredded sharp cheddar cheese, divided

Preheat the oven to 350 degrees. Cook macaroni according to package directions. In a large pan, melt butter over medium heat. Stir in flour, salt and pepper until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 2-3 minutes or until thickened. Reduce heat. Stir in 3 cups cheese and Worcestershire sauce until the cheese is melted. Drain macaroni; stir into sauce. Transfer to a greased 11x7 baking dish. Bake, uncovered for 20 minutes. Top with remaining cheese; sprinkle with paprika. Bake 5-10 minutes longer or until bubbly.

Southern Style Chili Cheese Macaroni

1 box of macaroni and cheese
1 can diced tomatoes (with or without green chilies)
1 pound hamburger
1 can pork and beans
1 onion, chopped
1 can chili beans
1 tsp. seasoning salt
1 can tomato sauce
1 tsp. grape jelly

Follow the instructions of the macaroni and cheese package and begin to cook. Fry a pound of hamburger, add onion and seasoning. Drain the grease well. Add canned ingredients and grape jelly. Let it simmer. When the macaroni and cheese is cooked, combine everything. Stir together. Serve hot.

Spaghetti Casserole

1- 16 oz pkg of angel hair pasta (may use other types)
1 ½ lbs ground beef
1 jar (26 oz) spaghetti sauce
2 cans (8 oz each) tomato sauce
1 can condensed Cream of Mushroom Soup
1 cup sour cream
2 cups shredded cheese (Colby, Monterey or Cheddar)

Cook pasta according to the package. In a skillet, cook beef until no longer pink; drain. Stir in spaghetti sauce and tomato sauce. Remove from heat. Drain pasta. Combine soup and sour cream. In a baking dish, layer half of meat sauce, pasta, soup mixture and cheese. Repeat layers. Cover and bake at 350 degrees for 55-65 minutes or until the cheese is melted.

Cowboy Casserole

½ lb ground beef
1 can whole kernel corn, drained
¾ cup Cream of Chicken Soup
½ cup shredded cheddar cheese, divided
⅓ cup 2% milk
2 Tbsp sour cream
¾ tsp onion powder
¼ tsp pepper
2 cups frozen tater tots

In a skillet, cook beef until no longer pink. Stir in corn, soup, ¼ cup cheese, milk, sour cream, onion powder and pepper. Place 1 cup tater tots in a 3 cup baking dish coated with cooking spray. Layer with beef mixture and remaining tater tots; sprinkle with the remaining cheese. Bake uncovered at 375 degrees for 20-25 minutes or until bubbly.

Shipwreck Stew

2 lbs ground beef
5-7 potatoes, peeled and sliced thin or cubed
1 large onion, sliced thinly or finely chopped
5-7 stalks of celery, chopped
2 cans dark red kidney beans, undrained
2 cans whole kernel corn, liquid included
2 cans diced tomatoes, juice included
Salt and pepper to taste

In a large pot, cook and crumble ground beef over medium high heat, until no longer pink. Drain if necessary. Layer in order the potatoes, onions, celery, kidney beans, corn, and tomatoes. Add salt and pepper to taste. Cook on medium high heat until stew starts to come to a boil then reduce the heat to medium-low. Let simmer until all vegetables are tender, about 45 minutes. Cook covered and stir occasionally.

Summer Vegetable Mac and Cheese

1 medium zucchini, cut in half lengthwise, sliced
8 oz Velveeta or melting cheese, cut in chunks
1 medium tomato, chopped
2 Tbsp butter or margarine
7 oz elbow macaroni
½ tsp basil

Cook macaroni as directed on package. Drain. Gently stir in cheese so that it starts melting. Meanwhile, cook and stir zucchini in butter in a large skillet on medium heat until tender. Add zucchini and basil to the pasta mixture. Stir gently. Cook on low heat or microwave until cheese is melted. Stir in tomato.

Italian Meatballs

1 egg lightly beaten
1/3 cup dry bread crumbs
¼ cup milk
¼ cup grated cheese
¼ cup chopped onion
1 pkg Italian sausage

Mix all together. Shape into 20 meatballs. Bake at 350 degrees for 45-60 minutes. Serve with spaghetti sauce and noodles. Can be used in Meatball Stroganoff and Meatball Casserole recipes.

Crock Pot Pork Chops

6-8 pork chops
½ cup flour
½ tsp garlic powder
1 can chicken and rice soup (can use 2 cans for added thickness)
1 Tbsp salt
1 Tbsp dry mustard
2 Tbsp of oil

Mix flour, salt, dry mustard, and garlic powder together. Dredge both sides of the pork chops into mixture. Place dredged pork chops into a fry pan with oil and brown them on both sides. Once brown, place pork chops in a crockpot. Add soup over the top of chops. Cook on low for 6-8 hours or high for 3 ½ hours.

Crockpot Ranch Pork Chops

1 package of pork chops
1 can of cream of chicken soup
1 packet of dry Ranch Dressing mix

In a crockpot, layer pork chops and add the cream of chicken soup and sprinkle with dry Ranch Dressing mix all over. Cover and cook on high for 4 hrs OR low for 6 hrs.

Glazed Grilled Pork Tenderloin

3 pork tenderloins
2/3 cup packed brown sugar
3 cloves garlic, minced
1 Tbsp. grated orange zest
1 Tbsp. sesame seeds
1 Tbsp. ground coriander
1 tsp cream of tartar
2 tsp pepper
2 tsp. sea salt
3 Tbsp. paprika
1 Tbsp. ground ginger

For the dry glaze, stir together the brown sugar, garlic, and orange zest to blend. In a separate bowl, stir together remaining ingredients and add them to the brown sugar mixture. Set the glaze aside until ready to use. Preheat the grill to medium. Rub the tenderloins completely with the dry glaze and immediately place on the grill. Grill uncovered, for about 8 minutes on each side, rotating halfway through grilling each side. Cook until internal temperature reaches 155 degrees.

Balsamic Pork Tenderloin

2 pounds pork tenderloin ¼ tsp kosher salt
2 Tbsp balsamic vinegar ½ tsp garlic powder
½ cup chicken or vegetable broth ½ tsp red pepper
2 tsp Worcestershire sauce
1 Tbsp maple syrup

Mix together broth, vinegar, and Worcestershire sauce and pour it over the pork in a slow cooker. Season the pork with salt, garlic powder, and red pepper. Drizzle the syrup over the pork. Cook on high for 4 hours or on low for 6-8 hours.

Ham and Cheese Hash Brown Casserole

1 (32 oz) package frozen hash brown potatoes
1 pound cooked diced ham
2 (10.75 oz) cans condensed cream of potato soup
1 (16 oz) container sour cream
2 cups shredded sharp cheddar cheese
1 ½ cup grated Parmesan cheese

Preheat the oven to 375 degrees. Lightly grease a 9x13 inch baking dish with cooking spray. In a large bowl, mix together hash browns, ham, soup, sour cream, and cheddar cheese. Spread into a prepared pan. Sprinkle with Parmesan cheese. Bake uncovered for 1 hour, or until bubbly and lightly brown.

Parmesan Baked Pork Chops

4 boneless pork chops about ½ inch thick
1 Tbsp olive oil
1 cup Parmesan cheese 1 tsp black pepper
1 cup Italian bread crumbs 1 tsp garlic powder

On a plate combine the Parmesan cheese, bread crumbs, pepper and garlic powder. Rub the pork chops with olive oil and then dip/coat each one in the cheese mixture. Press the mixture over the pork chops to make sure they are well covered in it. Line a baking pan with tin foil and spray with cooking spray. Place the pork chops on the pan and bake at 350 degrees for 40-45 mins.

Hot Turkey Supreme

6 cups cooked turkey (cubed, cut or shredded)
1 ½ cup chopped celery
1 can Cream soup (cream of chicken, mushroom, etc)
¾ cup chopped onion
8 oz. Velveeta cheese, cubed
1 cup mayo

Put the turkey in a crock pot. Pour soup, celery and onion in and mix well. Cube up the Velveeta cheese and add to the top. Cook for 1 hour on high then stir, turn the heat to low for 4 more hours, stirring every hour or so. Stir in 1 cup mayo before serving. Serve on buns.

Slow Cooker Crack Chicken

2 pounds boneless chicken breasts
2 (8 oz.) blocks cream cheese
2 (1 oz.) pkts of dry Hidden Valley Ranch
8 oz. bacon, cooked and crumbled

In a slow cooker, combine chicken, cream cheese, and Ranch seasoning. Cook on low for 6-8 hours or on high for 4 hours, until chicken shreds easily. Once chicken shreds, stir with a large fork or spoon, so the chicken shreds and all the ingredients combine. Add in crumbled, cooked crispy bacon and stir to combine. Serve warm with buns.

Chicken Burrito Roll Ups

½ cup salsa ½ cup chopped onion
1 cup sour cream 1 Tbsp. cilantro
¼ tsp salt 1/8 tsp. garlic powder
10oz. can chicken breast, drained
3 (10 inch) flour tortillas

In a bowl, combine salsa, onion, sour cream, cilantro, salt, and garlic powder. Mix well. Spread ½ cup sour cream mixture over each tortilla; top evenly with chopped up chicken. Roll tightly, wrap in plastic wrap. Refrigerate for several hours.

Chicken Enchilada Chili

1 lb. boneless, skinless chicken breasts, cut in bite size pieces
1 small onion, chopped
1 can (14 oz.) enchilada sauce
1 cup frozen corn, or can corn, drained
8 oz. tomato sauce
1 can diced tomatoes with green chilies (Rotel)
½ cup cheddar cheese, shredded
Chili Cheese Fritos

In a large pan brown chicken and onions together, until chicken is no longer pink. Add in corn. Stir and cook for 2 minutes. Pour in tomatoes, enchilada sauce, and tomato sauce. Bring to boil. Cover and reduce heat. Let simmer for 15 minutes. Top with cheddar cheese and crushed fritos.

Chicken and Stuffing

4 skinless, boneless chicken breasts
1 cup chicken broth
1 can cream of chicken soup
1 box stuffing mix
½ cup of water

Place your chicken breasts into a crockpot. Pour broth on top. In a bowl, pour soup, stuffing and water into a bowl. Mix together and spoon it on chicken. Cook on low for 7 hours.

Grilled Chicken and Apple Sandwiches

1- 12oz canned chicken (drained)
½ cup mayonnaise
1 ½ cups grated Swiss cheese
1 apple (finely chopped)
¼ cup softened butter
1 Tbsp lemon juice
2 stalks celery, diced
12 slices bread

In a bowl, combine chicken, mayonnaise, lemon juice, cheese, celery, and apple. Put the mixture on 6 slices of bread. Cover with bread and butter the outsides. Heat skillet and grill sandwiches over medium heat turning once until heated and golden brown.

Mushroom, Broccoli & Cheese Stuffed Chicken

2 cups finely chopped broccoli
½ cup shredded pepperjack cheese
4 small button mushrooms, sliced
4 large chicken breasts
Salt and pepper to taste
2 Tbsp water
¼ cup mayonnaise
1 tsp garlic powder
1 tsp paprika

Preheat oven to 400 degrees. Line a baking sheet with foil. Combine broccoli and water in microwave safe bowl. Cook in the microwave on high for 2 mins. Drain. Combine cooked broccoli, pepperjack cheese, mayonnaise, mushrooms, and garlic powder in a large bowl. Season both sides of chicken with paprika, salt and pepper. Use a sharp knife to cut a slice through the middle of each breast to create a deep pocket, making sure not to cut all the way through. Evenly stuff each breast with broccoli mixture and place on the prepared baking sheet. Bake in the preheated oven until chicken is no longer pink in the center and juices run clear, about 35 minutes. Insert meat thermometer into center. Cook until at least 165 degrees F.

Baked Chicken Parmesan

3 boneless, skinless chicken breast
2 eggs, whisked
¼ tsp pepper
1 cup Panko or Italian bread crumbs
2 cups marinara or spaghetti sauce
½ tsp salt
1 tsp garlic powder
½ cup Parmesan cheese
8 oz mozzarella cheese

Preheat oven to 400 degrees. Spray baking sheet with cooking spray. Cut chicken in half horizontally to create 6 fillets. Place in zip lock bag and flatten with meat tenderizer or rolling pin to about ¼ inch thick. Place egg in bowl and whisk together with salt and pepper. In a separate bowl, place bread crumbs, parmesan cheese and garlic powder. Dip chicken in egg and place into bread crumbs to cover the chicken on both sides. Place chicken in pan and bake 25 minutes or until no longer pink in the middle. Flip chicken half way through. Remove from oven. Spoon ¼ cup sauce on top of chicken and top with mozzarella cheese. Bake for an additional 3-5 mins or until cheese is melted. Broil the last minute if desired. Serve with pasta if desired.

Maple Glazed Chicken

4 boneless, skinless chicken breasts
¼ tsp salt
1 Tbsp canola oil
½ cup apple cider or apple juice
½ tsp onion powder
⅛ tsp pepper
½ tsp cornstarch
2 Tbsp maple syrup

Flatten chicken to ½ inch thickness. Sprinkle with salt and pepper. In skillet, cook chicken in oil for 5-6 minutes on each side or until juices run clear. Remove and keep warm. In a small bowl, combine cornstarch and cider until smooth. Stir in syrup and onion powder; add to skillet. Bring to boil; cook and stir for 2 minutes or until thickened. Add chicken and turn to coat.

Crumb-Coated Ranch Chicken

⅔ cup ranch salad dressing
2 cups coarsely crushed cornflakes
1 Tbsp Italian seasoning
1 tsp garlic powder
4 boneless skinless chicken breast halves (8 oz each)

Pour salad dressing into a shallow bowl. In another shallow bowl, combine cornflake crumbs, italian seasoning and garlic powder. Dip chicken in dressing, then coat with crumb mixture. Place in greased baking pan. Bake at 400 degrees for 30-35 minutes or until juices run clear.

Blackened Tuna Patties

1 egg, beaten
1 can (5 oz.) tuna, drained
¼ cup diced onion
1/3 cup chopped veggies (like carrot, peppers, or zucchini)
1/3 cup bread crumbs or dry day old bread
1 tsp garlic powder
2 Tbsp ranch dressing

Beat egg. In a large bowl, stir all ingredients together. Wash hands. Form 4 patties. Each patty should be about 1/3 inch thick and 3 inch wide. Heat a skillet to medium. Spray the pan with cooking spray when hot. Cook the patties for 2-3 minutes. Turn over for 2-3 minutes more. Cook until patties are browned.

Swiss Tuna Melts

1- 6oz can tuna, drained and flaked
¾ cup shredded swiss cheese
celery
8 slices of bread
½ cup mayonnaise
½ cup sour cream
¼ cup chopped onion
¼ cup chopped
2-3 Tbsp butter

Combine all ingredients except bread and butter. Spread over 4 slices of bread. Top with remaining bread. Butter outsides of bread and grill on skillet until lightly toasted.

Vegetarian Lasagna

1 Tbsp olive oil
1 small zucchini, chopped
1 cup mushroom, chopped
2 large carrots, chopped
1 small onion, chopped
2 cups spinach
1 (28 oz) can crushed tomatoes
2 (6.5 oz) cans tomato sauce
2 cups mozzarella cheese
¼ cup sugar
Salt to taste
1 Tbsp basil, chopped
12 lasagna noodles
16 oz ricotta cheese
½ cup parmesan cheese
1 large egg
2 Tbsp Italian seasoning

In a large skillet over medium heat add olive oil. Add in zucchini, mushrooms, carrots, and onion and saute until tender. Add in spinach and continue to cook until it starts to wilt. Add crushed tomatoes, tomato sauce, tomato paste, Italian seasoning, sugar, and basil. Let simmer on low heat. In a large pot, bring the water to boil. Add lasagna noodles and cook for 8-10 minutes. Drain and rinse in cold water. In a medium bowl, add the ricotta cheese, parmesan, and egg. Mix until incorporated. Preheat oven to 375 degrees and spray a 9x13 inch pan with non-stick spray and set aside. To make the lasagna start by spreading 1 cup of the vegetable sauce on the bottom. Arrange the noodles in a single layer over the sauce. Spread ½ cup of the ricotta cheese, on top of the noodles followed by shredded mozzarella cheese. Repeat the layers and top with cheese. Cover with foil and bake for 20 minutes. Remove the foil and bake an additional 20-25 minutes or until it is heated throughout and cheese is bubbly. Let it cool for 10 minutes before serving.

Crustless Kale Quiche

2 cups kale, chopped
1 cup tomatoes, chopped
2 cups 2% cottage cheese
1 ½ cup cheddar cheese
2 Tbsp onion, chopped
4 eggs
¼ tsp salt
2 Tbsp flour

Preheat oven to 350 degrees. Saute onion in oil or butter until golden; add tomato to onion, cooking just to cook out most of the liquid. Mix together in a bowl the eggs, cottage cheese, cheddar, flour, and salt. Add kale and onion tomato mixture to egg cheese mixture. Butter 11x7 inch pan. Add mixture to pan and bake for 1 hour.

Eggplant Lasagna

Eggplant (approximately 20-22 oz)
1 ½ lbs ground beef
2 cups marinara sauce
¾ cup 2% cottage cheese
16 oz mozzarella cheese, shredded
½ tsp salt
¾ cup Parmesan cheese

Trim the ends off the eggplants. Peel them and slice lengthwise into ½ inch slices. Each eggplant should have 6-8 long slices. Lightly spray both sides of the eggplant slices with oil spray until coated. Place them in a single layer on a baking sheet. You may need to do this in two batches. Broil 3-5 minutes per side until tender and a little browned. Watch them closely because they can burn quickly. Lightly sprinkle them with salt after removing from the oven. Brown the ground beef and season to taste with salt and pepper. Add the marinara sauce and heat through. Layer everything in a greased 7x9x3 inch baking dish in this order: ⅓ of eggplant slices, ⅓ of the sauce, ⅓ of the mozzarella. Divide your cottage cheese between the layers. Repeat the layering two more times then sprinkle with the Parmesan cheese. If you don't have that size baking dish, use a 9x13 inch baking dish and make two layers of each ingredient using half of everything per layer in the same order. Bake at 350 degrees for about 30 minutes or until cheese is bubbly.

Tuna Cheese Biscuit Bake

1 (8 oz) can Pillsbury refrigerated biscuits
2 (6 ½ oz) cans tuna, drained
1 tsp minced parsley
1 (10 ¾ oz) can cream of mushroom soup
½ cup milk
1 cup shredded cheddar cheese
1 medium onion, chopped

Preheat oven to 400 degrees. Arrange biscuits in an ungreased 9 inch square or 12x8 inch pan. In a mixing bowl, combine remaining ingredients except the cheese; pour over the biscuits. Sprinkle cheese on top. Bake uncovered 25-30 minutes or until biscuits have risen to the top and are well-blended.

Vegetable Pizza

2 (8 oz) packages refrigerated crescent rolls
2 (8 oz) packages cream cheese, softened
1 pkg dry Ranch dressing mix
1 cup mayonnaise
1-2 cups cauliflower, chopped
1-2 cups broccoli, chopped
3 green onions, sliced
1-2 cups shredded carrots
1 cup bell peppers, chopped
1 cup cheddar cheese, shredded

Preheat the oven to 375 degrees. Roll out the crescent roll dough onto a baking sheet and pinch together edges to form the pizza crust. Bake crust for 12 minutes or until golden brown. Cool for 15 minutes. In a small mixing bowl, combine cream cheese, mayonnaise, and dry ranch dressing. Spread the mixture over the cooled crust. Arrange broccoli, cauliflower, carrots, bell peppers, onions, and cheddar cheese on top. Chill for one hour, slice and serve.

VEGETABLES

Did you know.....

Fresh, frozen, canned or dried vegetables are all great choices and can add variety to your meals as well as give you some shortcuts and timesavers, too!

BEETS

Beets are one of the sweetest vegetables. They come with and without greens. Small beets are more tender than the larger variety. Due to their pigment, they will stain your hands so use gloves. They can be grated, roasted, or boiled. **Prep:** Trim all but 1 inch of stems and roots. Grate on a large hole grater or cube/slice to boil them. **Store:** Separate the greens and store roots in an open plastic bag in the refrigerator and will keep up to one month.



BROCCOLI

Broccoli is a member of the cabbage family. Broccoli has as much calcium per ounce as milk. Cup for cup, it has as much Vitamin C as an orange. Select broccoli with tightly closed florets that are dark green, purplish or bluish in color. Stalks should be very firm. Broccoli can be steamed, roasted, placed in soups or salads, eaten raw, cooked or put in stir fry. **Prep:** Cut off the end of the large stem. Trim off the floret stalks. Chop florets into smaller pieces. Stalks can be peeled and chopped and put in salads or steamed with florets. **Store:** Will keep in refrigerator for 3-5 days.



BRUSSELS SPROUTS

Brussels Sprouts look like miniature cabbages. They are high in fiber, Vitamin K and Vitamin C. They can be fresh or frozen. When fresh, choose sprouts that are firm, compact, green with a dense texture. Avoid wilted or blemished sprouts with yellow leaves. Frozen brussels sprouts are easy to keep on hand and may cost less. **Prep:** For fresh, wash under cool water and trim just before using. Remove outer leaves, trim stem even with bottom leaves. Can be left whole, cut in half or quarters or shredded. **Store:** Refrigerate fresh sprouts in an open plastic bag. They can keep up to 10 days.



CABBAGE

Cabbage heads are solid and light green. The stem end should look healthy and not dry or split. Cabbage is delicious in salads or coleslaw. It can be steamed, boiled, microwaved or stir-fried. It can be added to pasta, soups, or stews. Use the leaves in place of tortillas or bread. **Prep:** Cut cabbage into quarters and slice away the hard core attached to each quarter. Separate the quarter into stacks of leaves. If shredding, use knife to slice each stack into very tiny shreds. **Store:** Refrigerate up to 2 weeks uncut. Eat cut within 3-4 days.



CARROTS

Carrots add crunch, sweetness, and color to your recipes. Pick carrots which are dark orange in color. They can be eaten raw, added to salads, soups, stews, or baked into muffins and cakes. Carrots can be boiled, steamed, sauteed, roasted or grilled. Baby carrots are bagged and have been peeled and trimmed. **Prep:** Trim the ends, peel and cut lengthwise. **Store:** Remove leaves if still attached. Keep refrigerated in sealed bags until ready to use so they will stay firm. Do not wash carrots until ready to use. Frozen and canned are good options too.



CAULIFLOWER

Cauliflower is commonly white but can be purple or orange. It can be eaten raw, cooked, steamed or microwaved. **Prep:** Trim outer leaves and cut stem flush with bottom florets. Place the head stem side down and cut into ¾ inch thick slabs. Take each slab and cut around the core to separate florets. **Store:** Fresh cauliflower in the coldest section of the refrigerator. Changes in temperature can cause rapid spoiling. A bag of cauliflower should be kept sealed until ready to use and maintain seal for freshness. Frozen is a good option to use also.



CELERY

Celery has over 15 vitamins and minerals. Look for firm, green, undamaged stalks. Chopped celery can be used in tuna or chicken salad. Sliced celery can be added to soups, stews, and casseroles. **Prep:** Cut the root end off, rinse the stems, and cut to desired length. Stop cutting at the joint where the main stalk meets the leafy sections. **Store:** Celery can be refrigerated in a plastic bag for up to 2 weeks. Chopped celery can be frozen. Can saute celery with onions and peppers to use in soups, omelets and scrambled eggs. Freeze and use when needed for flavor.



CUCUMBER

Cucumber should be dark green in color, firm, and free from any shriveling skin or soft spots. It can be eaten raw, added to cold salads, sandwiches, wraps, spreads or dips. Can be served with hummus or dressing for a dip. **Prep:** Wash and pat dry. Use a vegetable peeler to remove skin if desired. Slice or chop to desired size. **Store:** Refrigerate and use within one week.



EGGPLANT

Most common is a deep purple globe eggplant. Look for one that is firm, glossy, and without blemishes. A ripe eggplant will feel heavy. It can be sauteed, broiled, cooked, and grilled. **Prep:** Cut eggplant crosswise into 1 inch thick rounds. Cut rounds into even 1 inch cubes. **Store:** Place eggplant in a crisper drawer in the refrigerator and use within 5-7 days. If freezing, bake 1 inch rounds of eggplant at 350 degrees for 15 minutes on a baking sheet. Cool and place in freezer safe bags.



COLLARD GREENS

Collard greens are a leafy green vegetable available fresh, frozen, or canned. When fresh, choose bunches with dark green leaves with no yellowing. Collard greens can be eaten raw or cooked. They can be steamed, stewed, cooked in broth or added to recipes. **Prep:** Wash well. Remove any stems or woody pieces. **Store:** Refrigerate in a plastic bag for up to 5 days. Store uncut and untrimmed.



KALE

Kale is a leafy green vegetable that is high in Vitamins A, K, and C. It can be eaten raw, cooked, baked or sauteed. Kale can be sauteed in olive oil and garlic, baked with seasoning, or used with other fresh greens in a salad. **Prep:** Rinse Kale, fold it half and cut out the main vein. Pile the leaves and cut it in appropriate 2 inch squares. **Store:** Place in a plastic bag in the refrigerator for 3-5 days.



LENTILS

Brown and green lentils are the standard varieties and tend to fall apart when cooking. Great for soups and stews. Black are the most flavorful and will hold their shape when cooking. Good for salads and for a side dish. **Prep:** In a medium saucepan, bring 1 cup of lentils and water to a boil. Cover, reduce heat, and simmer, stirring occasionally, for 17-20 minutes or until tender but not mushy. Drain excess water, let cool. Use in any recipe that calls for cooked lentils. **Store:** Place uncooked lentils in a cool, dark place until ready to cook.



BELL PEPPERS

Bell peppers are a good source of Vitamin C and come in a variety of colors. Their skin should be firm and the stem fresh and green. The variety and stage of ripeness will determine flavor. A red pepper is a mature green pepper. As a bell pepper ages, the flavor becomes sweeter. They can be eaten raw or cooked. They can be added to soups, salads, pasta, casseroles, taco, or omelets. **Prep:** Wash pepper and slice off thin slice from the top of the pepper. Remove stem from the top. Cut around the core and remove it from pepper. Slice down the side and lay pepper flat. Cut away any remaining ribs and seeds. Cut pepper into pieces as stated in the recipe. **Store:** Place bell peppers in the refrigerator to store.



SPINACH

Spinach is a leafy green and should have fresh, green leaves that are not limp, damaged or spotted. Leaves should be dull green on top and bright green on the other side. It can be eaten raw or cooked. It can be added to salads, sandwiches, or to a smoothie. It can be steamed, microwaved, or sauteed. **Prep:** To clean spinach, place it in a bowl of cold water, let it sit for a minute and then place into a colander to drain. Dump the water and repeat until spinach comes out clean. Trim long stems if needed and follow recipe directions. **Store:** Spinach does not stay fresh for very long and should be used within a few days. Store in the original bag or plastic container in the refrigerator.



SUMMER SQUASH AND ZUCCHINI

Squash is commonly labeled as either summer or winter squash. Summer squash has a skin that can be eaten and zucchini is the most popular variety in the US. Yellow squash is also a common type. Both can have a distinct crooked or straight neck. Choose zucchini and other summer squash that are firm and do not have soft, dark spots. Young squash will have a thin skin, less seeds, and will have more flavor. **Prep:** Wash when ready to use it. Leaving skin on allows for more nutrients. The skin, flesh, and seeds can be eaten raw or cooked. Squash can be steamed, sauteed, baked, roasted or grilled. Adding to baked goods adds moisture. **Store:** Keep squash in the refrigerator until ready to use. Freezing shredded squash with skin on and placing in ziploc bags is a great way to save it and use it later.



WINTER SQUASH

Winter squash vary in size, color, and shape. They usually have a hard skin which is not eaten. They should feel hard and heavy in weight.

Acorn



Spaghetti



Butternut



Buttercup Delicata

Prep: The skin on winter squash is tough and can be difficult to cut. Take a knife and cut through the rind like shown in the above pictures. There are many different ways to cook winter squash:

Acorn: Has a large cavity and skin that is hard to peel. Slice it in half or in wedges and cook with skin on.

Spaghetti: Bake or microwave whole or steam in pan of water in the oven, or slice into rings and bake. Half lengthwise and bake cut side up or down in the oven.

Butternut: Roast, bake or microwave. Cube it and roast it or steam in chicken broth for a side dish. Cubed butternut can be mashed or pureed into soups.

Buttercup: One of the sweetest varieties of winter squash. Cut it in half lengthwise and remove the seeds. Can be steamed, stewed, simmered or baked to bring out natural sweetness.

Delicata: As long as it is scrubbed clean, all parts are edible. Can roast in an oven or stuff and bake. Store in cool dry place until ready to use.

Store: Keep winter squash until ready to use at room temperature in a cool place and away from light for up to a month.

Baked Carrots

2 pounds of carrots
½ cup brown sugar (can use ⅓ cup)
½ cup butter
¼ pound Velveeta Cheese
12 Ritz crackers

Cut the carrots into half or in thirds and boil until tender. Strain carrots thoroughly and put in the bottom of pan. Sprinkle brown sugar evenly over carrots. Melt butter and velveeta cheese and stir together (can use microwave but caution not to burn cheese). Pour mixture over the top of the brown sugar. Crush 12 crackers and sprinkle on top. Bake at 350 degrees for 30 minutes.

Basil Carrots

2 Tbsp butter or margarine
6 medium carrots, thinly sliced diagonally
⅛ tsp salt
¼ tsp basil, dried

In a medium skillet, melt butter. Add carrots. Sprinkle with salt and basil. Cover. Simmer for 10-12 minutes or until tender.

Green Bean Casserole

2 cans (14.5oz) French-style green beans, drained
1 can (10.5 oz) Cream of Mushroom Soup
¼ cup milk
1 - (2.8 oz.) can French-fried onions

Heat oven to 350 degrees. In a 1 ½ quart baking dish, mix green beans, soup, and milk together. Bake for 20-25 minutes, topping with onions during the last 5 mins of baking, until bubbly.

Fried Cabbage

Saute a chopped garlic clove in a little olive oil. Add ¼ - ½ head shredded cabbage and fry until the cabbage is golden brown. Sprinkle with soy sauce and serve.
Tip: Can add shredded carrots for color or cubed ham.

Sauteed Garden Fresh Green Beans

1 ½ Tbsp olive oil
½ tsp onion salt
½ tsp garlic powder
¾ lb. fresh green beans, trimmed
½ tsp garlic salt
Pepper to taste

Heat olive oil in a skillet over medium heat. Add remaining ingredients to the skillet and cook. Stir until desired tenderness is reached approx. 5-10 mins.

Green Beans

1 lb fresh green beans
1 tsp minced garlic
Salt and pepper to taste
1-2 Tbsp butter
¼ tsp lemon pepper

Place green beans in a large skillet and cover with ½ cup water. Cover and cook for 3-5 minutes. Remove the lid and let water evaporate. Add the butter or olive oil, minced garlic, and lemon pepper. Cook for an additional 3-5 minutes or until tender. Salt and pepper to taste.

Kale Chips

Rinse the Kale, fold it in half and cut the main vein. Pile the leaves and cut it in approximate 2 inch squares. Put the cut up pieces of kale in a large bowl. Add a little olive oil and toss with your hands. Spread the pieces out on a cookie sheet and sprinkle with your favorite seasonings (salt and pepper, garlic salt, onion salt, seasoning salt, etc). Bake at 350 degrees for 10-12 minutes. Watch carefully so it does not over cook.

Mushroom and Spinach Saute

2 tsp olive oil
2 garlic cloves, minced
⅛ tsp salt
2 cups sliced mushrooms
1 pkg baby spinach
⅛ tsp pepper

In a large skillet, heat oil over medium heat. Add mushrooms, saute 2 mins until tender. Add garlic, cook for 1 min. Add spinach in batches; cook and stir 1 minute until wilted. Season with salt and pepper. Serve immediately.

Garlic Butter Brussel Sprouts

2 pounds brussel sprouts, trimmed and halved
¼ cup melted butter 4 cloves garlic
2 Tbsp olive oil ½ tsp black pepper
¼ cup parmesan cheese ¼ tsp salt

Preheat oven to 475 degrees. Trim and half the brussel sprouts and transfer to a mixing bowl. Cut the garlic cloves into 4 to 5 pieces each and add to the mixing bowl. Drizzle with melted butter and olive oil. Season with salt and pepper and toss to combine. Spread the Brussel sprouts out in a single layer on a baking sheet. Roast in the oven until sprouts are tender, about 20-25 minutes. During the last 5 mins of roasting, sprinkle on the parmesan cheese.

Roasted Brussel Sprouts

2 lbs brussel sprouts
1 Tbsp maple syrup 2 Tbsp olive oil
3 or 4 cloves chopped garlic 3 Tbsp balsamic vinegar
¼ tsp sea salt

Cut and trim sprouts. Combine other ingredients in a large bowl. Add sprouts and toss. Place on a greased baking sheet cut side down. Roast at 425 degrees for 20-25 minutes.

Creamed Corn with Bacon

1 small onion, finely chopped 1 Tbsp butter
4 cups can or frozen corn, thawed ¼ cup chicken broth
1 cup heavy whipping cream ¼ tsp pepper
4 bacon strips, cooked and crumbled ¼ cup parmesan cheese

In a skillet, saute onion in butter for 3 minutes. Add corn; saute 1-2 minutes longer or until onion and corn are tender. Stir in cream, broth, bacon, and pepper. Cook and stir for 5-7 minutes or until slightly thickened. Stir in cheese.

Eggplant Pizza

Slice eggplant 3/8 – 1/2 inch thick and spread olive oil on both sides of each slice. Bake for 20 minutes at 350 degrees. Turn each eggplant slice over and top with pizza sauce and any pizza ingredients like black olive, onions, peppers, pepperoni, etc. Sprinkle mozzarella cheese over the top. Bake for another 20 minutes at 350 degrees.

Grilled Eggplant Bruschetta

1 eggplant 1-1 ½ lb. tomatoes
Salt & pepper to taste 2 cloves garlic, minced
1 Tbsp. olive oil 1 tsp balsamic vinegar
6-8 fresh basil leaves, chopped

Tomatoes - Parboil in boiling water for 1 min. Drain and peel tomatoes. Quarter the tomatoes and remove the seeds. Chop fine. Mix all of the other ingredients with the tomatoes. Eggplant – Slice 1/8 inch thick. Drizzle with olive oil and grill until lightly browned. Place a spoonful of the tomato mixture on the eggplant and serve.

Spiced Up Potatoes

2 – 15 oz cans sliced potatoes, drained
2 Tbsps butter 1 tsp garlic salt
1 ½ Tbsp Italian seasoning 1 ½ Tbsp paprika

Melt butter in a large skillet at a medium heat. Stir in the potatoes, garlic salt, Italian seasoning and paprika. Stir the potatoes around occasionally. The potatoes should cook for about 12 minutes or until potatoes are a red-brown color.

Fried Collard Greens

Saute 1 large onion, chopped, in olive oil until slightly caramelized. Add 5 collard greens. Prepare by rinsing and cutting out the main vein. Pile and cut into 1 inch squares. Continue sautéing over medium heat for 10 minutes, turning occasionally. Serve with BBQ sauce on the side.

Cheesy Mashed Potatoes

6 cups raw potatoes, cubed
8 oz. Velveeta cheese, cut into chunks
1/3 cup sour cream
1/3 cup green onions or regular onion, chopped
2-4 Tbsp milk

Boil potatoes until tender about 15 mins. Mash potatoes. Add sour cream, onions, and milk. The milk makes the mixture creamier. Add cheese. Stir together. May need to microwave for a short time to get cheese to melt in well.

Garlic Roasted Potatoes

2 lbs potatoes, cut into 1 inch cubes
2 Tbsp olive or canola oil
3/4 tsp black pepper
1 tsp seasoning salt
1 tsp garlic powder

Preheat oven to 400 degrees. Lightly spray a baking sheet with cooking spray. Arrange potatoes on a sheet pan in a single layer. Drizzle with the oil and season with salt, pepper, and garlic. Toss potatoes so they are evenly seasoned. Roast in oven for 45-55 minutes while flipping occasionally, until crisp and golden. Remove the potatoes from the oven and season with a little extra salt and pepper to taste.

Golden Potatoes

2- 15 oz cans of potatoes
1/4 cup butter, melted
3 Tbsp parmesan cheese, grated
1 tsp seasoning salt

Preheat oven to 350 degrees. Drain 2 cans of potatoes and place into an 8x8 baking dish. Melt butter and drizzle over the potatoes. Sprinkle Parmesan cheese over potatoes. Sprinkle seasoning salt on potatoes. Bake for approximately 25 minutes or until the cheese begins to brown on the potatoes.

Mississippi Mud Potatoes

6-7 cups potatoes, peeled and diced
2 cups cheddar cheese, grated
1 lb package of bacon, cooked and crumbled
1 tsp garlic salt
1 cup mayonnaise
1/2 cup green onions, thinly sliced

Preheat oven to 325 degrees. In a 9x13 pan, mix together potatoes, cheese, garlic salt, bacon and onions. Add mayo and stir until well coated. Bake until potatoes are tender and top golden brown, about 1 hour 30 mins.

Crispy Spiced Chickpeas

Drain canned chickpeas; pat dry. Toss with 2 Tbsp to 1/4 cup olive oil. Add 1/4 - 1/2 tsp of each of the following: cumin, garlic powder, sea salt and black pepper. Roast at 400 degrees for 20-30 minutes until crispy and golden, stirring several times. Store in an airtight container once completely cool.

Squash Casserole

1/3 cup soft butter or margarine
5 oz evaporated milk
1 tsp. vanilla
2 cups squash
3/4 cup white sugar
2 eggs

Topping:

1/2 cup rice krispies
1/4 cup chopped pecans
1/4 cup brown sugar
2 Tbsp. melted butter

Cream butter and white sugar; beat in eggs, milk and vanilla. Fold in squash. Pour into a greased casserole. Bake covered at 350 degrees for 45 minutes. Mix together the topping ingredients. Put topping mixture on top. Bake for 15 minutes uncovered. Let stand for 5 minutes before serving.

Squash Stuffing Casserole

2 lbs. squash, thickly sliced (use zucchini or summer squash)
¼ cup chopped onion
1 cup sour cream
1 – 10 ¾ oz. can cream of chicken soup
1 cup shredded carrots
1-(6oz.) box herb seasoned stuffing mix

Cook squash with onion in boiling water for 5 to 10 minutes. Drain well, combine soup and sour cream. Stir in shredded carrots. Fold in drained squash and onion. Make stuffing mix according to package direction. Spread half of the stuffing in a 12x8x2 inch baking dish. Spoon vegetable mixture on top. Spread the other half of the stuffing mix on top. Bake at 350 degrees until heated through around 25-30 minutes.

Zucchini Boats

4 small zucchini
Boiling salt water
4 oz cream cheese, softened
½ cup Parmesan Cheese
2 oz shredded pepper jack cheese or any other cheese
1 tsp dried chives (or onion)

Preheat oven to 350 degrees. Slice zucchini in half lengthwise. Blanch zucchini in boiling salt water for 2 mins. Drain and immediately immerse in ice water. Drain thoroughly. With a spoon, scoop out seeds to make a boat. Combine cheese and chives. Stuff zucchini with cheese mixture. Place in a lightly greased baking dish. Bake until heated through and cheese is melted.

Other ways to fill:

Fill with spaghetti sauce and top with mozzarella cheese
Fill with taco meat and top with grated cheddar cheese.

Parmesan Roasted Cauliflower

7 cups cauliflower florets, cut to bite size pieces
3-4 Tbsp olive oil
1 cup italian bread crumbs
½ tsp garlic powder
½ tsp salt
⅓ cup parmesan cheese

Preheat oven to 425 degrees. Line a large rimmed baking sheet with foil and spray with cooking spray. Set aside. Combine the cauliflower and olive oil in a large zip close bag and shake to coat. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help the breading stick. Pour onto the baking sheet and spray the tops of cauliflower with cooking spray and bake for 20 minutes. Stir the cauliflower and continue to bake an additional 10 minutes.

Fried Zucchini

1 onion
1 egg
½ stick margarine
1 to 2 zucchini
flour

Peel and chop onion. Put in frying pan with margarine. Slice zucchini about ¼ inch thick, leave rind on. Roll in beaten egg, then flour. Put in frying pan with margarine and onion. Brown on each side.

SALADS

Cranberry Salad

3 packages jello (strawberry or raspberry)
4 cups water
1 can cranberry sauce
1/4 cup sugar
2 cups diced celery
1 cup crushed pineapple (drained)
Cool Whip (optional)

1 orange peel rind
2 Tbsp lemon juice
3/4 cup walnuts

Make jello per package instructions and refrigerate until partially set. Beat cranberry sauce. Grate orange peel into sugar and add to cranberry sauce. Add the rest of the ingredients to the sauce. Fold mixture into partially set jello. Refrigerate until set. Top with cool whip if desired.

Fruit Salad

3 - 15 oz. cans fruit cocktail (undrained)
2 - 15 oz. cans mandarin oranges (drained)
1 - 15 oz. Diced pineapple (drained)
1/2 package instant vanilla flavored dry pudding

Mix fruit together. Sprinkle with dry pudding mix. Stir. Let sit for at least 1/2 hour before serving to allow pudding to set up and thicken the fruit mixture.

Cool Whip Fruit Salad

1 pkg. instant vanilla pudding
1 1/3 cups buttermilk
1 small container of Cool Whip
1 can fruit cocktail, drained
1 can chunk pineapple, drained
1 can cherries, drained
1 small can Mandarin oranges, drained

Mix pudding mix, buttermilk, and Cool Whip. Add fruit. Chill and serve.

Nutty Caramel Apple Salad

- 1 - 3 oz pkg instant butterscotch pudding
- 1 - 8 oz crushed pineapple, undrained
- 2 cups peeled, cut up apples
- 1 - 8 oz Cool Whip
- 1 cup dry roasted peanuts

Mix the pudding, cool whip, apples, pineapple, and peanuts together. Refrigerate.

Broccoli Waldorf Salad

- 6 cups broccoli florets (if desired, add stems, peel and chop)
- 1 large red apple, chopped
- 1/4 cup chopped pecans
- 1/2 cup prepared coleslaw dressing
- 1/2 cup raisins

In a large serving bowl, combine the broccoli, apples, raisins, and pecans. Drizzle with dressing; toss to coat. Refrigerate leftovers.

Cold Broccoli Salad

- 1 head broccoli, cut into pieces
- 1/2 red pepper, chopped
- 1/2 bag of turkey pepperoni
- 1/3 red onion, chopped
- Italian Dressing (amount varies to your taste)

Mix together broccoli, red pepper, red onion, and turkey pepperoni. Add dressing over the top and mix.

Strawberry Banana Cheesecake Salad

- 1 pkg cream cheese, softened
- 16 oz vanilla yogurt
- 8 oz. tub Cool Whip, thawed
- 4 bananas, sliced
- 1/2 bag mini marshmallows
- 1 container raspberries
- 3 pints strawberries, sliced
- 1 (3 1/2 oz) pkg cheesecake flavor instant pudding mix

In a bowl, mix cream cheese, yogurt, pudding and cool whip until creamy. Stir in marshmallows, fold in fruit. Garnish with additional fruit.

Easy Breezy Bean Salad

- 1 can kidney beans
- 1 can garbanzo beans (chickpeas)
- 1/2 can of other beans (black beans, lima, etc)
- 1/2 red bell pepper, diced
- 1/4 red onion, diced
- 1 1/2 tsp olive oil
- 1 1/2 tsp red wine vinegar
- Salt and pepper to taste
- Optional: lettuce leaves, crackers, or chips

Rinse beans and mix in a medium bowl. Dice red pepper and onion and mix with beans. Pour olive oil and red wine vinegar over the bean mixture, adding salt and pepper to taste. Place in refrigerator for a couple of hours or overnight to chill to allow flavors to mix in. Serve on lettuce leaves, crackers, or chips.

Anytime Cucumber Salad

- 1 1/2 cups chopped peeled cucumbers
- 1 can (8oz) pineapple chunks, drained
- 1/2 cup bacon ranch salad dressing
- 1 cup seedless grapes
- 1/3 cup chopped pecans

In a large bowl, combine the cucumbers, grapes, pineapple and pecans. Pour dressing over salad; toss to coat.

Cucumbers in Sour Cream

- 1 1/2 cup sour cream
- 1-1 1/2 tsp sugar
- 1 tsp black pepper
- 1 1/2 tsp salt
- 1 large onion, chopped
- 3/4 tsp dry mustard
- 2 heaping tsp horseradish
- 1/4 cup lemon juice
- 3 cucumbers peeled and sliced

Combine all ingredients except cucumbers. Mix well. Pour dressing over cucumbers. Refrigerate overnight.

Marinated Cucumber, Onion, Tomato Salad

3 medium cucumbers, peeled and sliced ¼ inch thick
1 medium onion, sliced, and separated into rings
3 medium tomatoes, cut into wedges
½ cup vinegar
¼ cup sugar
1 cup water
2 tsp salt
1 tsp fresh coarse ground black pepper
¼ cup oil

Combine all ingredients in a large bowl. Toss well to mix.
Refrigerate at least 2 hours before serving.

Bacon Pea Salad

4 cups frozen peas, thawed
½ cup shredded sharp cheddar cheese
½ cup ranch salad dressing
4 bacon strips, cooked and crumbled
¼ tsp salt
¼ tsp pepper
⅓ cup chopped red onion

Combine peas, cheese, ranch dressing, onion, salt and pepper.
Toss to coat. Refrigerate, covered, for 30 minutes. Stir in bacon
before serving. Can substitute bacon bits for bacon.

Texas Coleslaw

Mix together: 1 pkg coleslaw mix
1 can Mexican corn, drained
Diced green onions (one bunch)

Dressing: 1 cup mayo 1 Tbsp celery seed
 ½ cup sour cream 2 Tbsp sugar
 2 Tbsp white vinegar

Pour dressing over the coleslaw mixture. Top with Frito Lay
Chili Cheese Corn Chips.

Oriental Cabbage Salad

1 head of cabbage (can use bag of pre-shredded coleslaw mix)
1 pkg Chicken flavor Ramen noodles broken into small pieces
3 Tbsp sugar
3 Tbsp vinegar ½ cup oil
½ tsp pepper ½ tsp salt
½ cup sunflower seeds ½ cup chopped almonds
¼ cup chopped green onion tops

Mix sugar, vinegar, oil, salt, pepper, and seasoning packet from
Ramen noodles together to make the dressing. Pour over
cabbage and green onions. Mix well. Add sunflower seeds,
almonds, and ramen noodles just before serving.

Spinach Salad

Salad Mix:

1 pound spinach ½ head lettuce
½ cup sunflower seeds sliced red onion
1 lb. bacon (fried and chopped)
2 cups shredded cheese

Dressing

Mix: ½ cup oil ¼ cup vinegar
 ½ cup sugar 1 Tbsp poppy seeds

Combine dressing mixture to the salad mix. Optional add ins:
Hard boiled eggs, fresh strawberries, cooked chicken or oranges.

Cucumber Italian Salad

2 large cucumbers, peeled and sliced thinly
½ medium red onion, chopped 1 bell pepper, chopped
1 medium tomato, chopped 1 cup mozzarella cheese
¼ cup Italian dressing
Optional: add chopped cooked chicken or pepperoni/salami

In a bowl, combine all the ingredients. It may not look like
enough dressing but the veggies will add moisture. Stir salad,
refrigerate for 1 hour stirring after 30 minutes.

Mediterranean Chickpea Salad

Salad:

2- 15 oz cans chickpeas, drained or rinsed
¼ cup chopped italian parsley
⅔ cup chopped bell pepper (mix red, orange and yellow)
¾ cup halved grape tomatoes
3 green onions, sliced
12 olives, halved
⅓ cup crumbled feta cheese

Dressing:

| | |
|-------------------------|--------------------------|
| 4 Tbsp olive oil | 1 garlic clove, minced |
| 2 Tbsp plain yogurt | ¼ tsp cumin |
| 1 Tbsp lemon juice | salt and pepper to taste |
| 1 Tbsp red wine vinegar | |

In a large bowl, toss together salad ingredients. In a separate bowl, whisk together the dressing ingredients. Drizzle the dressing over the salad and toss. Refrigerate until ready to serve.

California Coleslaw

¼ cup sour cream
¼ cup mayonnaise
2 Tbsp sugar
1 Tbsp apple cider vinegar
¼ tsp salt
Black pepper to taste
14 oz coleslaw bag mix or shredded cabbage
½ cup white onion
2 small bell peppers (a green and red pepper), thinly sliced
½ cup shredded carrot

Combine sour cream, mayonnaise, sugar, vinegar, salt and pepper in small bowl. In a large bowl, combine coleslaw mix, onion, bell peppers, and carrots. Pour over half of the dressing and toss. Combine well. Cover and refrigerate the coleslaw and remaining dressing separately for 30 minutes to 1 hour. Toss with as much of the remaining dressing as desired just before serving.

7-Layer Lettuce Salad

Layer Ingredients:

1 head lettuce or a bag of cut up lettuce
1 cup diced celery
1 (10 oz) package frozen peas
4 eggs, hard boiled and sliced
1 diced onion
Bacon Bits optional

Topping:

2 cups mayonnaise
4 oz cheddar cheese, grated
2 Tbsp sugar

Place the bite size lettuce pieces into a 9x13 pan. Add rest of the ingredients, one layer at a time. Mix topping ingredients and spread over the top. This keeps well. Can be made up to 24 hours in advance. Great for potlucks.

Summer Salad

2 (7 oz) boxes macaroni rings, cooked
1 cup celery, chopped
1 cup onion, chopped
2 cups cucumber, chopped
2 cups carrots, chopped

Mix together above ingredients.

Dressing:

1 ½ cup Miracle Whip
¾ cup sugar
½ cup white vinegar
¼ tsp pepper
1 tsp salt

Mix well and pour over macaroni mixture. Refrigerate.

SOUPS

Crockpot Cowboy Soup

2 lbs ground beef
2 cans mixed vegetable, undrained
1 can condensed tomato soup
1 can cut green beans, undrained
1 can corn, undrained or can use frozen
2 Tbsp sugar
4 potatoes
Dash of pepper
1 can diced tomatoes
Pinch of salt

Peel potatoes and cut into small cubes. Brown and drain ground beef. Place beef and potatoes in a large slow cooker. Add the mixed vegetables, green beans, corn, tomato soup, salt, pepper and diced tomatoes. Add the sugar and mix together well. Cook on low for 2-3 hours in a slow cooker.

Stuffed Pepper Soup

1 lb lean ground beef
1 – 15 oz can tomato sauce
1 – 14.5 oz can diced tomatoes
3 cups beef broth
1 cup cooked rice
1 onion finely chopped
1 green pepper, seeds removed and chopped
½ tsp dried oregano
1 red pepper, seeds removed and chopped
½ tsp dried basil
1 bay leaf
Kosher salt and black pepper

Brown beef in a large pan or skillet over medium-high heat, then drain all but 2 Tbsps. of fat and set aside. Return skillet to heat and sauté onions until softened and translucent. Season with salt and pepper. Place beef and onions in a slow cooker, then add tomato sauce, diced tomatoes, beef broth, rice and bell peppers. Season with oregano and basil and add in bay leaf. Cover the slow cooker and cook on high for 3 hours or on low for 6-8 hours. Taste and adjust seasonings.

Black Bean Taco Soup

1 lb ground beef or ground turkey
1- 14 oz can stewed tomatoes
1 medium onion, chopped
1- 14 oz can diced tomatoes
1 mild taco seasoning mix packet
1 -8 oz can tomato sauce
1 – 16 oz can corn, undrained
1-4 oz can diced green chilies
1 – 16 oz can black beans, drained and rinsed (could use kidney or pinto beans)
Tortilla chips
Other taco toppings like cheese, sour cream, avocado, etc.

Brown meat and onion, drain. Stir in taco seasoning, corn, black beans, tomatoes, tomato sauce, and green chilies. Simmer on low heat for 20-30 minutes. Serve with tortilla chips and your favorite toppings.

Broccoli Cheese Soup

1 can cream of mushroom soup
 2-4 cups broccoli florets or frozen broccoli
1 can cream of chicken soup
2 Tbsp milk (1/2 cup max)
1 can cream of celery soup
1 cup cheese whiz or velveeta
Pepper to taste
1/8 tsp Nutmeg to taste, optional

Combine the soups and mix well. Add milk, cheese, pepper and nutmeg. Cook the broccoli in a microwave bowl with a tablespoon of water until tender. Cut broccoli into small pieces and add to soup mixture. Simmer until heated through.

Cream of Broccoli Soup

3 cups fresh or frozen broccoli
2 cups water
4 cups chicken broth
 1 can Cream of Chicken Soup
1/4 pound Velveeta cheese
 1/2 can evaporated milk
1/2 tsp salt

Dice broccoli and cook until tender in water with salt. When tender, add chicken broth and diced cheese. Cook until the cheese is melted. Add cream of chicken soup and evaporated milk. Keep hot but do NOT boil.

Potato Leek Soup

2 leeks, sliced
2 large carrots, sliced
6 Tbsp. butter (divided)
6 cups chicken broth
1 tsp salt
1 bay leaf
5 cups diced peeled potatoes
1/8 tsp pepper
1 Tbsp. minced fresh dill (optional)
1 cup cream
1/4 cup flour
1 lb fresh, sliced mushrooms

In a soup kettle, saute the leeks and carrots in 3 Tbsp butter for 5 minutes. Stir in the broth, potatoes, dill, salt, pepper and bay leaf. Bring to a boil. Reduce heat, cover and simmer for 15-20 minutes or until potatoes are tender. Meanwhile, in a large skillet, saute the mushrooms in remaining butter for 4-6 minutes or until tender. Stir mushrooms into soup. In a small bowl, combine flour and cream. Gradually stir into soup. Bring to a boil, continue to stir for about 2 minutes or until thickened.

Swiss Potato Soup

5 bacon strips, diced
2 cups water
1 medium onion, chopped
4 medium potatoes, peeled and cubed
1 ½ tsp salt
⅛ tsp pepper
⅓ cup flour
2 cups 2% milk
1 cup shredded Swiss cheese

In a saucepan, cook bacon until crisp; remove and place on paper towels. Drain, reserving 1 Tbsp drippings. Saute onion in the drippings until tender. Add water, potatoes, salt, and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until potatoes are tender, 7-10 minutes. Combine flour and milk until smooth; gradually stir into potato mixture. Bring to a boil; cook and stir until thickened and bubbly, about 2 minutes. Remove from heat; stir in cheese until melted. Sprinkle with bacon.

One of Everything Lentil Soup

1 Tbsp olive oil
1 small onion, diced
1 cup lentils
1 quart chicken stock
1 potato, diced
1 tomato, diced
1 cup water
Ground pepper to taste

In a saucepan, heat the olive oil over medium heat. Add onion and saute for 2 minutes until translucent. Add lentils and stock. Bring the stock to a boil, then reduce to simmer and cook, covered, for 10 mins. Add potato, tomato, and water. Continue to cook until potatoes and lentils are cooked through. Season with black pepper to taste.

Cauliflower Soup

1 medium head cauliflower, broken into florets
1 medium carrot, shredded
¼ cup celery, chopped
2 ½ cups water
2 tsp chicken bouillon or 1 vegetable bouillon cube
3 Tbsp butter
3 Tbsp flour
¾ tsp salt
⅛ tsp pepper
2 cups 2% milk
1 cup shredded cheddar cheese
½ - 1 tsp hot pepper sauce, optional

Combine cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until veggies are tender (do not drain). In a large pan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook, and stir for 2 minutes or until thickened. Reduce heat. Stir in cheese until melted, adding hot sauce if desired. Stir into cauliflower mixture.

Bacon-Potato Corn Chowder

1 ½ lb potatoes (5 medium), peeled and cubed
½ lb bacon strips, chopped ¼ cup onion, chopped
1 can (12 oz) evaporated milk ¼ tsp salt
1 can (14 ¾ oz) cream style corn ¼ tsp pepper

Cook bacon until crisp. Remove and place on paper towels. Keep 1½ tsp of bacon drippings in the pan, add onion and cook until tender. Place potatoes in a large saucepan, add water to cover. Bring to boil over high heat. Reduce heat to medium, cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water. Add corn, milk, salt, pepper, potatoes and reserved potato water to the saucepan. Heat through. Stir in bacon and onion.

Minestrone Soup

3 Tbsp olive oil
1 small onion, finely chopped
1 stalk celery, finely chopped
1 small zucchini, chopped
½ cup chopped carrots
3 cloves garlic, minced
¼ cup tomato paste
1 (15 oz) can diced tomatoes
6 cups vegetable broth
1 (15 oz) can any white beans, drained and rinsed
1 (15 oz) can red kidney beans, drained and rinsed
1 cup frozen cut green beans
1 Tbsp Italian seasoning
2 tsp salt (to taste)
1 tsp black pepper (to taste)
1 cup small shell pasta
2 cups spinach

In a large pot, heat oil over medium high heat. Add onion, celery, zucchini, and carrots. Cook for 4-5 minutes until starting to soften. Add garlic and cook for 1 minute. Stir in tomato paste, tomatoes, and vegetable broth. Stir until well combined. Bring to a boil. Add white beans, kidney beans, green beans, Italian seasoning, salt and pepper. Stir until everything is mixed together. Add in uncooked pasta and simmer for 8-9 minutes. Add spinach and cook for 2 more minutes until it is wilted. Season with additional salt and pepper if desired. Serve immediately.

Chunky Creamy Chicken Soup

1 ½ lbs boneless skinless chicken breasts, cut into 2 inch strips
2 tsp canola oil
⅔ cup finely chopped onion
2 medium carrots, chopped
2 celery ribs, chopped
1 cup frozen corn
2 cans (10 ¾ oz) condensed cream of potato soup
1 ½ cups chicken broth
1 tsp dill weed
1 cup frozen peas
½ cup half and half cream

In a large skillet over medium high heat, brown chicken in oil. Transfer to a 5 qt slow cooker; add the onion, carrots, celery and corn. In a large bowl, whisk the soup, broth, and dill until blended; stir into slow cooker. Cover and cook on low until chicken and vegetables are tender, about 4 hours. Stir in peas and cream. Cover and cook until heated through, about 30 minutes longer.

Chili

1 ½ lbs lean ground beef
15 oz can light red kidney beans, drained and rinsed
15 oz can dark kidney beans, drained and rinsed
1 ½ cup salsa
1 can tomato sauce
1 onion, chopped
1 cup corn, drained
2 Tbsp chili powder
1 cup shredded Mexican-style cheese

Brown meat; drain. Add to the slow cooker with remaining ingredients except the cheese; stir. Cover and cook on low for 5 to 6 hours or high for 3 to 4 hrs. Stir just before serving. Serve topped with cheese.

DESSERTS

Best Beet Cake Ever

Mix in a bowl the dry ingredients:

2 ½ cup flour
1 tsp salt
2 cups sugar
2 tsp cinnamon
2 tsp baking soda

In a different bowl, mix the wet ingredients:

1 ½ cup oil
2 tsp vanilla
3 well beaten eggs

Add the liquid mixture to the dry mixture and mix again.

Add: 1 cup crushed pineapple (well drained)
1 cup raw shredded beets
1 cup cottage cheese
½ cup coconut flakes
1 cup chopped dates (optional)
1 cup nuts (optional)

Frost with frosting, cool whip or powdered sugar (optional)

Mix together. Bake in a 9x13 inch pan for 1 hour at 350 degrees.
Test for doneness with a toothpick. Add frosting to the top of
cake, cool whip or just simply sprinkle with powdered sugar.

Johnny Cash Pineapple Pie

1 ½ cup sugar
½ cup butter
1 cup crushed pineapple
3 Tbsp flour
1 tsp vanilla
2 eggs
1 unbaked pie shell

Preheat oven to 350 degrees. Line pie plate with pie crust.
Whisk together in a bowl all the other ingredients. Pour into
prepared pie plate and bake for 50 minutes or until filling is set
and beginning to brown.

Pineapple Angel Food Cake

- 1 box white angel food cake mix
- 1 can (20oz) crushed pineapple in juice, undrained

Heat oven to 325 degrees. Spray 9x13 inch pan with cooking spray. In a large bowl, beat dry angel food cake mix and crushed pineapple on low speed for 30 seconds; beat on medium speed 1 minute. Pour into pan. Bake 25-30 minutes or until deep golden brown.

Crockpot Apple Crisp

- 6 cups apples, peeled and sliced
- ¾ cup packed brown sugar
- 2 Tbsp. flour
- 2 Tbsp. oatmeal
- 1 tsp cinnamon
- 1 (3 ½ oz.) box cook and serve butterscotch pudding mix
- ½ cup butter

Place apples in a three quart slow cooker. In a bowl, combine the brown sugar, flour, oatmeal, pudding mix and cinnamon. Cut in the butter until mixture resembles coarse crumbs. Sprinkle over the apples. Cover and cook on low for 3-4 hours, or until apples are tender.

Apple Crisp

- | | |
|----------------------------------|-------------------|
| 6 cups apples, peeled and sliced | ½-¾ cup sugar |
| ¾ cup oatmeal | 1 cup flour |
| 1 tsp cinnamon | 1 tsp nutmeg |
| ½ cup butter or margarine | ½ cup brown sugar |

Peel and cut 6 cups of apples and place in a 8x8 inch baking dish. Sprinkle with ½-¾ cup sugar. Mix oatmeal, flour, cinnamon, nutmeg, brown sugar, and butter together and sprinkle over apples. Cover and bake at 350 degrees for 40 minutes.

Pumpkin Chocolate Chip Muffins

- ½ cup vegetable oil
- 1 cup pumpkin or squash
- 2 eggs
- 1 cup sugar
- 2 Tbsp pumpkin pie spice
- 1 tsp baking soda
- ¼ tsp baking powder
- ½ tsp salt
- 1 ⅔ cups flour
- 1 cup mini or regular chocolate chips
- Walnuts can be added if desired.

Mix oil, eggs, pumpkin, and sugar together. Add dry ingredients. Lastly, stir in chocolate chips and nuts. Bake at 350 degrees for 20-25 minutes in greased muffin tin.

Grandma's Oatmeal Cake

CAKE:

- | | |
|---------------------------|------------------------|
| 1 cup quick oatmeal | 1 ½ cups boiling water |
| 1 cup sugar | 1 cup brown sugar |
| ½ cup butter or margarine | 2 medium eggs |
| 1 ½ cup flour | 1 tsp cinnamon |
| 1 tsp baking soda | ½ tsp salt |

FROSTING:

- | | |
|----------------------|-----------------------|
| 2 Tbsp butter | 1 cup brown sugar |
| ½ cup milk | 1 tsp vanilla extract |
| ¾ cup coconut flakes | ¾ cup chopped pecans |

Cake - Stir together the boiling water and oatmeal until no clumps. Cool in refrigerator. Combine sugars, butter and eggs. Beat well then add flour cinnamon, soda and salt. Blend well then add cooled oatmeal and blend well. Pour into sprayed 9x13 inch pan. Bake at 350 degrees for 40-50 mins.

Frosting - In a small pan, combine butter, sugar and milk. Heat to boiling. Remove from heat and add vanilla, coconut, and pecans. Spread on cake while it is still warm.

O'Henry Bars

1 cup sugar
1 ¼ cup peanut butter
6 cups cereal (cornflakes, rice krispies, special K)

1 cup corn syrup
¾ cup chocolate chips

Heat sugar and syrup together until dissolved. Add peanut butter and stir until blended. Remove from heat and add cereal. Stir until blended. Press firmly into a lightly greased 9x13 inch pan. Melt chocolate chips and spread over bars. Cool and cut into bars.

Healthy Hummingbird Cake

2 cups mashed ripe bananas (3-4 medium)
1 can unsweetened crushed pineapple, drained
¾ cup unsweetened applesauce
½ cup canola oil
2 eggs
1 ½ tsp vanilla extract
3 cups flour
1 ½ cups sugar
1 tsp salt
1 tsp baking soda
1 tsp ground cinnamon
½ cup chopped walnuts

ICING:

1 pkg reduced-fat cream cheese
½ cup reduced fat butter
3 cups confectioners' sugar
1 tsp vanilla extract
½ cup chopped walnuts

In a bowl, beat the first six ingredients until well blended. In another bowl, combine flour, sugar, salt, baking soda, and cinnamon; gradually beat into banana mixture until blended. Stir in walnuts. Pour into a 15x10x1 inch pan coated with cooking spray. Bake at 350 degrees for 25-30 minutes or until a toothpick near center comes out clean. Cool completely. For icing, in a large bowl, beat cream cheese and butter until fluffy. Add sugar and vanilla; beat until smooth. Spread over cake. Sprinkle walnuts on top. Refrigerate leftovers.

Banana Bread Brownies

BROWNIES::

2 eggs
3 bananas, mashed
1 ½ cups sugar
1 cup sour cream
½ cup butter, softened
2 tsp vanilla extract
2 cups flour
1 tsp baking soda
¾ tsp salt
½ cup walnuts, chopped

FROSTING:

½ cup butter
3 cups powdered sugar
1 ½ tsp vanilla extract
3 Tbsp milk

Heat oven to 375 degrees. Grease a 13x9 inch pan.

For the brownies:

In a large bowl, beat together sugar, sour cream, butter and eggs until creamy. Blend in bananas and vanilla extract. Add flour, baking soda, salt, and blend for 1 minute. Stir in walnuts. Spread batter evenly into pan. Bake for 25 minutes or until golden brown. Cool slightly and frost with frosting.

For the frosting:

Heat butter in a large saucepan over medium heat. Watch carefully when it reaches a medium brown color, turn off heat, whisk in powdered sugar a little at time, adding milk as it thickens, then add in vanilla. Pour over the warm banana bread brownies immediately, and smooth with a spatula. Cool completely before cutting.

Melt in Mouth Goey Butter Cookies

½ cup unsalted butter, softened
1 (8 oz) package cream cheese, softened
1 egg
1 tsp vanilla extract
1 white cake mix
½ cup sprinkles, divided
½ cup sugar

Cream together butter and cream cheese. Add egg and vanilla and beat until just combined. Beat in cake mix until well blended. Stir in ¼ cup sprinkles. Refrigerate at least one hour or overnight. Preheat oven to 350 degrees. Lightly grease a cookie sheet or line with parchment paper. Scoop rounded tablespoons of dough and roll into a 1 inch ball. Sprinkle the ball with sprinkles then roll in the sugar until completely covered. Place 2 inches apart on cookie sheet. Bake 8-10 minutes then allow to sit on sheet for 2 minutes before transferring to a wire rack to cool completely.

Rhubarb Cake

1 pound rhubarb, cut into ¼ inch pieces (3-4 cups)
1 cup white sugar
1 (3 oz) package of strawberry jello
1 package yellow cake mix
1 cup water
¼ cup butter, melted

Preheat oven to 350 degrees. Grease a 9x13 inch baking dish. Spread the rhubarb evenly in the bottom of the baking dish. Sprinkle the sugar over the rhubarb, followed by the jello, and finally the cake mix. Pour the water and melted butter over the top. Do not stir. Bake for 45 minutes or until the rhubarb is tender.

Pumpkin Bars

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|-----------------------|-------------------|
| 1 (15 oz) can pumpkin | 4 eggs |
| 2 cups flour | 2 tsp baking soda |
| 2 cups sugar | 1 ¾ tsp cinnamon |
| 1 cup vegetable oil | ½ tsp salt |

Beat pumpkin, sugar, and oil, then add eggs and beat well. In a separate bowl, mix flour, baking soda, cinnamon and salt and then gradually add to pumpkin mixture. Beat until blended. Pour batter into greased 13 x18 inch baking pan and bake at 350 degrees for about 13 to 15 minutes, or until toothpick comes out clean. Cool before frosting.

Cream Cheese Frosting:

| | |
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| 8oz pkg. cream cheese, softened | 1 tsp vanilla |
| 5 Tbsp butter, softened | 3 tsp milk |
| 1 ¼ to 1 ½ cup powdered sugar | |

Beat cream cheese, butter, and vanilla until smooth. Gradually add powdered sugar and mix well. Add milk until frosting reaches desired consistency.

Zucchini Brownies

| | |
|----------------------------------|---------------------|
| 1 ½ cup sugar | 1 ½ tsp baking soda |
| ½ cup oil | 2 cups flour |
| 1 Tbsp vanilla | ¼ cup cocoa |
| 1 egg | ½ tsp salt |
| 2 cups zucchini, finely shredded | |

Combine sugar, oil, vanilla, egg and zucchini. Blend well. Add dry ingredients and mix well. Bake in greased and floured 9x13 inch pan at 350 degrees for 35 minutes.

Frosting:

| | |
|-----------------------|---------------|
| 6 Tbsp butter | 6 Tbsp milk |
| 1 cup sugar | 1 tsp vanilla |
| 1 cup chocolate chips | |

Mix together and boil 30 secs, stirring constantly. Remove from heat. Add vanilla and chips. Beat until spreading consistency.

SNACKS

Apple Peanut Butter Snack

| | |
|--------------------------|--------------------|
| 2 apples sliced | 1 Tbsp apple juice |
| ¼ cup peanut butter | ¼ tsp cinnamon |
| 2 Tbsp sunflower kernels | ⅓ cup yogurt |

Place apple slices on serving plates. In a small bowl, stir together peanut butter, yogurt, apple juice, and cinnamon until blended. Spoon the mixture over apples. Sprinkle with sunflower kernels.

Peanut Butter Energy Bites

½ cup peanut butter
1/3 cup honey
½ tsp vanilla extract
1 cup old-fashioned rolled oats

Blend together peanut butter, honey, and vanilla extract until smooth. Pour in oats and mix together well. Refrigerate for 1 hour and roll into one-inch balls. Put into an airtight container and refrigerate for up to 2 weeks.

Hot Cocoa

| | |
|--|------------------|
| 2 cups powdered sugar | 1 tsp salt |
| 1 cup cocoa | 2 tsp cornstarch |
| 2 ½ cups powdered milk (can adjust to taste) | |

Mix together all the ingredients. Fill mug ⅓-½ full with mixture and add hot water. Adjust amounts to your liking.

Six Minute Caramels

| | |
|--------------------------------|------------------------|
| ¼ cup butter | ½ cup brown sugar |
| ½ cup white sugar | ½ cup light corn syrup |
| ½ cup sweetened condensed milk | |

Combine ingredients. Cook 6 minutes on a medium high heat, stir every minute. Stir and pour into a lightly greased dish. Let cool. Cut, wrap in wax paper and store in an airtight container.

Cinnamon Sugar Pumpkin Seeds

3 cups pumpkin seeds dried for at least 24 hours
2 Tbsp butter
½ tsp vanilla extract
4 Tbsp granulated sugar
2 tsp ground cinnamon
1 tsp sea salt (optional)

To dry seeds:

Remove from pumpkin and rinse thoroughly. Spread out in a single layer on a baking sheet lined with paper towels. Let sit at room temperature for 24 hours, changing the damp paper towels for dry ones after about 12 hours and stirring occasionally.

To roast the pumpkin seeds:

Preheat oven to 325 degrees. Very lightly grease a large baking pan, set aside. In a small bowl, mix together sugar, cinnamon, and salt. Set aside. Melt butter in a large microwave safe bowl or on the stovetop in a 4 qt pot. Remove from heat and stir in vanilla. Mix in pumpkin seeds until they are evenly coated. Add dry ingredients to pumpkin seeds and mix until evenly coated. Spread seeds on the prepared baking pan in a single layer. Bake for 25-35 minutes, stirring every 10 minutes, until seeds begin to brown. To test for doneness, remove a few seeds and let cool. If they harden up, the seeds are done. If they stay soft, continue baking, checking at 5 minute intervals. When seeds are done, transfer to a pan lined with parchment paper to cool.

Frozen Fruit Cups

2 - 10-16 oz bags of frozen strawberries, thawed and sliced
1 - 12 oz frozen orange juice, thawed
2 - 20 oz crushed or tidbit pineapple
1 - 16 oz can mandarin oranges
½ cup lemon juice
6 bananas, sliced

Mix all together - do not drain juices. Place in plastic cups. Cover and freeze. Take out or microwave to thaw to slush before serving. Makes 25 - 5oz cups.

Bean Salsa

VEGETABLES:

1 can black beans, drained
1 can green chilies or jalapenos
1 can pinto beans, drained
1 can corn or white shoepeg corn, drained
1 cup chopped green pepper
1 cup chopped red onion

SAUCE:

¾ cup cider vinegar
½ cup oil
1 cup sugar
½ tsp pepper

Combine the vegetable ingredients together in a bowl. Mix together the sauce ingredients and boil. Pour over veggies. Make salsa one day ahead for added flavor. Use a slotted spoon when serving or drain salsa before serving with chips or crackers. Makes a large batch.

Hummus

1 can garbanzo (chickpeas) beans
2 tsp minced garlic
4 tsp olive oil
4 tsp lemon juice
½ tsp salt

Puree all ingredients in a blender. Add liquid for consistency desired. Serve with pita bread or fresh vegetables.

Peanut Butter Fruit Dip

2 Tbsp creamy peanut butter
1 Tbsp milk
½ cup cool whip

In a small bowl, whisk together peanut butter and milk until combined. Gently fold in cool whip. Serve with apples or pear slices.

Graham Cracker Dip

1 pkg cream cheese 2 Tbsp brown sugar
½ cup butter, softened 1 tsp vanilla
1 cup mini chocolate chips ¾ cup sugar

Beat cream cheese and butter until fluffy. Add sugars and vanilla. Beat until smooth. Stir in chocolate chips.

BLT Dip

1 (8 oz) cream cheese, softened 1 tsp sugar
6 strips bacon, cooked and crumbled ½ cup ranch dressing
1 medium tomato chopped

Mix together and chill. Serve with crackers.

Chewy Chocolate Chip Oatmeal Cookie Balls

2 medium ripe bananas, mashed
1 cup of uncooked quick oats
¼ cup chocolate chips

Preheat oven to 350 degrees. Spray a non-stick cookie sheet with cooking spray. Combine the mashed bananas and oats in bowl. Fold in the chocolate chips and place a tablespoon of each on cookie sheet. Bake 15 mins.

Cheesy Buffalo Chicken Dip

1 (8 oz) pkg cream cheese ½ cup ranch dressing
1 (10 oz) can chicken ½ cup buffalo sauce
2 cups shredded cheddar cheese

Spread cream cheese on bottom of an 8x8 inch pan. Combine the buffalo sauce and Ranch dressing. Layer the chicken on top, pour the mixture of buffalo sauce and ranch dressing and top with shredded cheese. Bake at 350 degrees for 20-25 mins.

Girl Scouts foster courage, confidence, and character in girls while preparing them for a lifetime of leadership as they make the world a better place.

Girl Scout Law

I will do my best to be honest and fair,
friendly and helpful, considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to respect myself and others,
respect authority, use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

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