

101 Simple Appetizers in 20 Minutes or Less	3	Brownies Supreme	21
Ambrosia Fruit Salad	10	Bubble Brews for Blowing Bubbles.....	22
Angel Lush.....	11	Buttermilk Coleslaw	22
Any-Fruit "Cobbler"	12	Cajun Seasoning.....	22, 23
Apple Dew Tart	12	Canine Feeding Program-Total Nutrition	23
Apple Raspberry Cobbler	12	Caramel Brownie Delight.....	24
Asian Chopped Salad and Dressing	13	Caramel Bubble Ring.....	25
Asparagus, Zucchini and Yellow Pepper Frittata	13	Carrot Cinnamon Pie	26
Avocado and Black Bean Salad	14	Cheese Ball.....	26
Avocado with Black Bean Salad	14	Cheese Sauce	27
Bake Ziti.....	15	Cheesecake	27
Banana Nut Muffins	15	Chewy Oatmeal Cookies- from Crisco ..	28
Basic Pie Pastry	29	Chicken and Corn Pie	29
Beer Batter Fish - Randy	16	Chicken Fried Steak	30
Blackberry Cobbler.....	17	Chicken Stew Mexican Style (Slow Cooker).....	30
Blue Cheese Rolls.....	17	Chicken Tortilla Soup Incredible	30
Blueberry Muffins.....	18	Chimichangas.....	31
Breakfast Casserole	18	Chinese Chews/ Haystacks.....	32
Brie and Crackers	19	Chocolate Chip Cookies	32
Brie en Croute	19	Chocolate Chip Cookies Secret Recipe	33
Broccoli Bacon Salad	19	Chocolate Chip Toffee Bars	33
Broiled Pineapple with Ginger Yogurt Sauce.....	20	Chocolate Cookies- Martha Stewart	34
Brownies	21	Chocolate Custard Meringue Pie.....	35
		Chocolate Dipped Fruit	36

Christmas Cranberry – Orange Jello Salad.....	36
Cincinnati Chili- Ruth Wilson.....	37
Classic Cobb Salad	37
Classic Smoothie	39
Classic Spinach Salad	39
Coconut Fried Shrimp with Dipping Sauce.....	39

Cornbread Dressing Southern Style.....	40
Cowboy Cookies (Martha Stewart.com)	41
Crab Cakes	41
Dog Shampoo	24
Pie Filling	29
Puppy Mess Cleanup Recipe.....	24
Zucchini Bread	10

101 Simple Appetizers in 20 Minutes or Less**By MARK BITTMAN**

YOU want good food at a holiday cocktail party and you want to impress people? You don't want a caterer, you refuse to heat up frozen food, and you want to show that your expertise extends beyond buying perfectly ripe hunks of cheese and juicy olives? Then think about doing some cooking.

Here is a collection of party foods that are as easy to eat as they are to make. Each can be produced in 20 minutes or less. Many can be served at room temperature. And none require a plate. (Few people can juggle plate, wineglass and fork successfully, let alone gracefully.)

Most of these recipes are beyond minimalist: they never do in two steps what can be done in one, and they need no embellishment. As you scan these recipes for ideas, mostly think this: The ones you find most appealing are the ones your guests will like. Choose a few, spend an hour or two in the kitchen, and you'll be in great shape.

On Bread or Crackers

1 Red peppers and anchovies: Drizzle piquillos or other roasted red peppers with olive oil, and top with a good anchovy fillet. A caper or two on each is not amiss.

2 Top rye flatbread with thin slices of crisp apple and pickled plain or schmaltz herring (not herring in cream sauce).

3 Sear skirt steak to medium-rare, not more than 8 minutes. Cut into chunks 1/2-inch to 1 inch, first with the grain, then against it. Spread bread with coarse mustard and/or butter. Top with steak and coarse salt.

4 Toss high-quality crab meat with minced shallots, a little tarragon or a lot of parsley and/or basil, and enough mayonnaise to bind. Also good on lettuce leaves.

5 Mash together best-quality tuna, minced anchovies, minced garlic, chopped oil-cured olives and olive oil as necessary.

6 New York comfort food: Spread cream cheese or crème fraîche on small bagels or bagel chips; black bread is also terrific. Top with sturgeon, sable or lox.

7 Slice soft goat cheese and brush with olive oil. Sprinkle with salt, pepper and chopped herbs, then with bread crumbs. Bake at 350 degrees until soft, about 10 minutes, and serve hot.

8 Might not be the new ketchup, but great stuff: purée skinned roasted peppers or piquillos with some of their liquid, salt and olive oil. Serve alone or with other foods — a piece of cheese, even.

9 Top buttered bread with shaved country ham, prosciutto or regular deli ham and bread-and-butter pickles.

10 Chop shrimp fine, then sauté in a minimum of oil, or poach quickly and drain. Mix premade pesto with mayonnaise so that it is gluey. Combine cooled shrimp with sufficient pesto to bind; chill.

11 Tapenade: Combine about 1 pound pitted black olives in food processor with 1/4 cup drained capers, at least 5 anchovies, 2 garlic cloves, black pepper and olive oil as necessary to make a coarse paste. Can also be a dip. Use sparingly; it's strong.

12 A kind of Moroccan tapenade: As above, but use good green olives with capers; olive-oil-canned tuna (instead of anchovies); garlic, if desired; and cumin.

13 Chop fresh mushrooms. Cook slowly in olive oil with salt and pepper until very soft. Stir in minced garlic and parsley. Cook a few more minutes until garlic mellows. (Especially good if you add reconstituted dried porcini.)

14 Mix together a bit of flour and good paprika. Cut Manchego or similar sheep's milk cheese into 1/2-inch-thick slices. Dip in flour, then beaten egg, then bread crumbs, and fry quickly to brown on both sides. Drain on paper towels and serve hot.

15 Beef tartare: Carefully pulse good beef in food processor. For each pound, add an egg, a teaspoon dry mustard, a tablespoon Dijon mustard, a tablespoon Worcestershire, Tabasco to taste, 1/2 cup chopped scallions and a touch of minced garlic. Salt and pepper, if necessary. Amazing stuff.

16 Put a thick film of olive oil in a skillet over low heat with lots of thin-sliced garlic. When it sizzles, add shrimp along with pimentón. Raise the heat just enough to get the shrimp going, and cook until it's pink. Stir in parsley. Spoon a little of the oil onto pieces of bread and top with shrimp.

17 Season cornmeal with lots of chili powder, salt and black pepper. Heat a thick film of neutral oil (or oil mixed with butter) in a skillet. Dredge shucked clams, oysters or chicken breast pieces in the cornmeal and cook about 2 minutes a side, or until crisp. Serve on bread with mayonnaise, or sprinkle with lemon or lime juice and serve on toothpicks. It's almost convenience food when prepared with shucked mollusks.

Bruschetta

18 Bruschetta is the basis for so many good things. Don't make it too crisp, and start with good country bread. Brush thick slices with olive oil. Broil until toasted on both sides. While it's still hot, rub with cut clove of garlic on one side (optional). Drizzle with a bit more olive oil, sprinkle with salt, and serve, or top with prosciutto or tapenade.

19 More than party food, and an amazing snack: Top bruschetta with white beans cooked soft (or use canned) and finished with minced garlic, sage, olive oil and salt.

20 One more level: Make white beans as above. Toss with good quality canned tuna and mash. Spoon over bruschetta.

21 Top bruschetta with chopped, well-cooked broccoli rabe or other greens tossed with minced garlic and olive oil while still warm. Health food, practically. Also good with a layer of Tuscan beans (above).

On Toothpicks

22 Cut pork tenderloin into 1-inch slices; broil or sauté until done. Cut each piece across into 3 or 4 thin slices, then pile onto round bread slices, toasted or not. Top with slice of Manchego and bit of piquillo pepper.

23 Cut chorizo into chunks. Cook in a lightly oiled skillet until nicely browned. Kielbasa is equally good (or better), if not as hip.

24 Portable Caprese: Skewer a small ball of mozzarella, a grape tomato and a bit of basil leaf. Sprinkle with salt and pepper, and drizzle with oil.

25 A no-brainer: Cut slab of bacon into 1/2-inch chunks. Cook in a skillet, a broiler or a high-heat oven until nice and crisp. Skewer with a grape tomato.

26 Even jazzier: Cut just-ripe pears in 1/2-inch cubes; sprinkle with a little salt, sugar and cayenne. Spear with bacon.

27 Pair crispy bacon chunks with one cube of beet and one of goat cheese.

28 Angels on horseback: Wrap oysters or not-too-large sea scallops in bacon; skewer with toothpicks. Broil, turning once, until bacon is done.

29 You can call them devils on horseback: Wrap pitted dates (replacing the pit with an almond if you like) in bacon. Skewer with toothpicks and broil, turning once, until bacon is done.

30 Rumaki, a 1960s cocktail food that deserves reviving: Brush canned water chestnuts (or chicken liver halves, or crimini mushrooms, or pieces of portobello) with a little soy sauce; wrap in pieces of bacon. Skewer closed with toothpicks and broil, turning once, until bacon is done.

31 Wash mussels or littleneck clams well; steam open in covered pot. Let cool, remove from shells, and serve with aioli, flavored mayonnaise or vinaigrette.

32 Cook real bay scallops in hot butter or oil for just a couple of minutes. Sprinkle with lemon juice and parsley and serve hot.

33 Crab cakes: For each pound crab meat, add an egg, 1/4 cup each minced bell pepper and onion, 1/4 cup mayonnaise, 1 tablespoon Dijon mustard, 2 tablespoons bread or cracker crumbs, salt and pepper. Shape into small cakes and refrigerate, if time allows. Dredge in flour, then brown in oil (or oil mixed with butter). Serve with lemon wedges, aioli or tartar sauce.

34 Meatballs: Combine 1 thick slice white bread with 1/2 cup milk; let sit for 5 minutes. Squeeze milk from bread and gently mix bread with 1/2 pound not-too-lean ground sirloin, 1/2 pound ground pork, 1/2 cup chopped onion, 1/2 cup freshly grated Parmesan, 1/4 cup chopped fresh parsley leaves and salt and pepper. Shape into 1-inch balls. (If mixture doesn't hold well, add more bread crumbs and an egg.) Broil about 5 minutes, turning once or twice.

35 Cod cakes with sauce rouge: I'm hedging on time here, but you're really getting two recipes in one: Combine 1 pound chopped boneless cod, an egg, 1/4 cup mayonnaise, a tablespoon Dijon mustard and some salt and pepper. Add bread or cracker crumbs until you can shape the mixture into cakes. If possible, refrigerate for an hour. Meanwhile, cook chopped canned tomatoes in olive oil with salt and cayenne until saucy. Shape small cod cakes. Dredge in flour, sauté in butter and oil until nicely browned. Serve hot or at room temperature, with sauce on the side.

36 The banderilla: The first tapa created, or at least that's what people tell me. Skewer a crisp pickled pepper, an anchovy and a pitted green olive. Incredible with dry (fino) sherry.

37 Toss peeled shrimp with lots of minced garlic, pimentón or paprika, cayenne, olive oil, lemon juice, salt and pepper. Broil until done, turning once, about five minutes.

38 Marinated mushrooms: Cut button mushrooms into chunks and toss with lemon juice, olive oil, salt and pepper. Let rest five minutes. Spear two chunks with a piece of Parmesan about the same size.

39 Cut tuna or tenderloin of beef into bite-size pieces. Sear in hot pan until browned on one side; turn; smear browned side with dark miso slightly thinned with sake. Continue to cook another minute or two.

40 Flash-cooked squid: Marinate whole baby squid for 5 minutes in olive oil, a little sherry vinegar, salt and pepper. Sear on both sides in a very hot pan or broiler for less than 3 minutes total. Cut into pieces and sprinkle with more salt. You can do this with shrimp and scallops, too.

41 Soak a couple of tablespoons of black beans in sherry. Blast bite-size shrimp in a little peanut oil until just about cooked through; add minced garlic (and chili and ginger, if you like), then cook 30 seconds. Add black beans and their liquid, and toss. Turn off heat and add a little soy sauce. Serve on toothpicks.

42 Chicken meunière: Sounds fancier than it is, and works with veal, turkey, pork, oysters, clams, shrimp, etc. Cut boneless meat into bite-size pieces (not too small). Dredge in flour, brown quickly in a combination of butter and oil. Serve with lemon wedges.

43 Cut tenderloin or other tender beef into bite-size chunks. Toss with a lot of roughly chopped basil (say, 1 cup basil per pound of meat) and peanut oil. Stir-fry with garlic and red pepper flakes until rare. Sprinkle with soy sauce or nam pla and lime juice.

On Skewers

44 Chicken kebab, Greek style: Cut boneless, skinless chicken thighs into 1-inch chunks. Toss with minced onion, minced garlic, lemon juice, olive oil, salt, pepper, crumbled bay leaf and oregano. Skewer. Broil, turning occasionally, until browned.

45 Chicken kebab, South Asian style: Cut boneless, skinless chicken thighs into 1-inch chunks. Toss with equal amounts ground cardamom, minced garlic, ground allspice, ground turmeric and thyme leaves; add a dash of nutmeg and peanut oil to moisten. Skewer. Broil, turning occasionally, until nicely browned.

46 Chicken kebab, faux-tandoori style: Cut boneless, skinless chicken thighs into 1-inch chunks. Toss with yogurt, chopped onion, minced garlic, minced lime zest, ground cumin, coriander, paprika, cayenne and lime juice. Skewer and broil, turning occasionally, until nicely browned.

47 Chicken teriyaki: Cut 1 pound of boneless, skinless chicken thighs into 1-inch chunks. Toss with 1/4 cup each soy sauce, sake and mirin, and a tablespoon of sugar. Skewer. Boil remaining sauce for a minute or so. Broil the chicken, turning and basting with the sauce after a couple of minutes.

48 Pork kebabs, West Indian style: Mix 1 tablespoon garlic, 1/2 teaspoon ground allspice, a pinch of nutmeg, a teaspoon of fresh thyme leaves, 1/4 cup chopped onion and the juice of a lime. Toss with 1 pound pork shoulder (you need some fat or these will be tough) cut into 1-inch cubes. Skewer and broil about 5 minutes.

49 Pork kebabs, Iberian style. Mix 1 tablespoon garlic, 1/4 cup chopped onion, 1 tablespoon ground cumin, 2 teaspoons paprika, 1 tablespoon grated or minced lemon zest and 1/4 cup freshly squeezed lemon juice. Toss with 1 pound cubed pork shoulder (with fat). Skewer. Broil about 5 minutes.

Finger Foods

50 The egg's gift to cocktail parties: Hard-cook eggs, peel, and cut in half; carefully remove the yolks. Mash yolks with salt, mayonnaise, good mustard and cayenne. You can also add minced radish, snow peas, scallions (or any crunchy vegetables) or curry powder. Spoon back into the whites, sprinkle with paprika, pimentón or parsley.

51 Even more fabulous: Cook eggs as above. Mash yolks with cooked and minced shrimp, a little chopped olive, minced onion, parsley, salt, pepper and mayonnaise to bind. Spoon back into whites. Garnish with parsley or a piece of anchovy or shrimp.

52 Aioli with steamed cold vegetables: Make the mayonnaise yourself or flavor bottled mayonnaise with lemon, garlic, anchovy (if you like it) and a little saffron (if you have it) for amazing color. Serve with lightly cooked carrots, snap peas, purple potatoes, seafood, etc.

53 Shrimp cocktail: Combine ketchup with chili powder, pepper, lemon juice, Worcestershire, Tabasco and horseradish. Make lots, because people will be double-dipping. Serve with cooked shrimp.

54 Sprinkle rib lamb chops (rack of lamb, separated) or loin chops with good coarse curry powder, or any spice mix you like. Broil quickly, until crisp but not well-done. Serve hot, with yogurt mixed with same spice rub. These will go very fast.

55 Stuff Medjool dates with a piece of Parmesan or Manchego or an almond. Or fresh goat cheese. Or mozzarella, and bake until the cheese begins to melt.

56 Wrap small pieces of melon, figs and/or dates with thinly sliced prosciutto.

57 Buy the best anchovies you can find. Curl each around a tiny ball of butter. Eat.

58 Teeny tiny hamburgers: The hardest part is finding teeny tiny buns, but you can use toast squares. Make them small from beef mixed with salt and pepper. Cook quickly in a hot skillet and serve with ketchup and bits of onion and tomato.

59 Nachos: Yes, nachos. Top a layer of tortilla chips with grated cheese (something orange is traditional) and bake until cheese melts. Top with warm beans seasoned with chili powder, along with chopped scallions. Other possible toppings: jalapeños, sour cream, cilantro, tomatoes, olives.

60 Hot wings: Cut chicken wings into three sections; discard the tips. Sprinkle with salt and pepper and broil until browned on one side, about 5 minutes. Meanwhile, melt butter with vinegar, garlic and hot sauce to taste. Pour off excess fat, baste the wings with hot sauce, turn them, baste again, and brown. Baste once more and serve, with napkins.

61 Sweet wings: As above, but melt the butter with Dijon mustard and honey or maple syrup.

62 Soy ginger wings: This time baste with equal parts vinegar and soy sauce, mixed with a couple of tablespoons each minced ginger and sesame oil. You can sprinkle toasted sesame seeds on the wings.

63 Put peeled raw shrimp in a food processor with garlic, chili, ginger, shallot or red onion, salt, pepper and cilantro; chop finely. Shape into small patties and shallow-fry or broil, then serve with napkins or on buns, with lime juice or spiced mayonnaise.

64 Gently cook raw nuts in oil or butter (or a mixture) with salt and spices — pimentón, chili powder, curry powder, ginger, sugar — whatever combination you like. When they're fragrant, bake for 10 minutes at 350 degrees. Let cool or they won't be crunchy.

65 Beyond simple: Buy decent tortilla chips; sprinkle with lime juice and chili powder. Eat fast, before they get soggy.

66 Coat good olives in olive oil mixed with crushed garlic, rosemary, thyme, and/or lemon or orange peel; spices, like chilies, are O.K. Let sit overnight if time allows.

67 Little pizza bianca: Cut prepared dough into small pieces and press out. Brush with oil, sprinkle with rosemary and good coarse salt. Bake at about 500 degrees until browned. Cut up to serve.

68 Quarter quail, rub with olive oil or peanut oil. Broil, skin side down, about 3 minutes. Broil, skin side up, until brown, crisp and cooked through, about 5 minutes more. Brush lightly with pesto or soy sauce and sesame oil, and serve hot or warm.

69 Popcorn parmigiana: Make real popcorn, pour melted butter over it, and toss with fresh Parmesan.

70 Cut baby back ribs into individual ribs; sprinkle with salt and pepper (lots). Broil, turning as needed, 10 minutes or so. Sprinkle with lemon juice.

71 Fill endive leaves with crème fraîche or sour cream and caviar or salmon roe. Or use drained ricotta mixed with chopped parsley, thyme, a little olive oil and a little minced garlic.

72 Steamed asparagus wrapped in prosciutto. That's the recipe.

73 Cucumber and caviar: Take 3/4-inch-thick slices of cucumber. (The quality of the cuke is more important than that of the caviar; it has to be good enough to leave the skin on.) Scoop out most of the seeds, leaving the bottom of each slice intact. Fill it with a spoonful of yogurt, sour cream or crème fraîche mixed with dill, and top with caviar or salmon roe.

74 Boil frozen or fresh edamame in pods for 3 to 5 minutes. Sprinkle with coarse salt. For this they charge you eight bucks.

Dips and Spreads

75 Purée white or other beans (if canned, drain them) with garlic and olive oil in food processor, adding olive oil as needed. Stir in lemon juice to taste. Garnish with chopped scallions or red onion. You can add cumin or chopped rosemary with lemon zest.

76 Hummus: Truly one of the great culinary inventions. Mix four parts well-cooked or canned chickpeas with one part tahini, along with some of its oil, in a food processor. Add garlic, cumin or pimentón and purée, adding as much olive oil as needed. Stir in lemon juice, salt and pepper to taste; garnish with olive oil and pimentón.

77 Drain good whole-fat yogurt in cheesecloth for 15 minutes; squeeze to remove remaining liquid. Add salt, pimentón and olive oil. Thin with a little more yogurt to use as a dip, or serve on crackers or bread.

78 Mix four parts drained yogurt (as above), farmer cheese or cream cheese with one part sour cream, until creamy. Add thyme and chopped parsley (or any fresh herbs), minced garlic, salt and pepper.

79 Start by draining yogurt as above but do not squeeze; or use sour cream. Stir in chopped seeded cucumber, bell pepper, scallion, dill, then add salt, pepper and lemon juice to taste. Or use chopped arugula and/or cress, with some herbs. Or use horseradish and/or Dijon mustard, with or without vegetables. Or minced or puréed onion or shallots and chopped fresh parsley. Always taste for salt.

80 Drain yogurt as above but do not squeeze; or use sour cream. Add flaked smoked trout or whitefish, or minced smoked salmon, along with chopped parsley, cayenne and lemon juice. Or add minced onion with salmon roe or caviar.

81 Taramosalata: Take 3 or 4 slices good white bread, preferably stale, and soak in water to cover for a few minutes. Squeeze out water, purée bread with 2 or 3 cloves garlic, 8 ounces fish roe (tarama) and at least 1/4 cup olive oil, adding more as needed. Stir in lemon juice and pepper to taste.

82 Mix four parts cream cheese or fresh goat cheese to one part chopped walnuts. A little spice mix (chili powder, curry powder, whatever) is nice in here. Or, replace the nuts with roasted peppers, olive oil and minced anchovies.

83 Boursin: Maybe you have a few Ritz? Mash cream cheese with minced garlic (if you have roasted garlic, so much the better), pepper and small amounts of minced thyme, tarragon and rosemary.

84 Mix three parts cream cheese, one part minced cooked shrimp, a few mashed capers and pepper.

85 Mash four parts goat cheese with one part fig jam.

Little Sandwich Triangles

86 Layer cooked ham and cheese (Gruyère, Cantal or good Cheddar) on thin bread, then press and grill in a not-too-hot skillet with butter or oil.

87 Finding top-quality roast beef is worth a little legwork. Slice it thin and serve with horseradish on rye.

88 Dice cooked shrimp, toss with chopped onion and/or celery, and bind with aioli or well-seasoned mayonnaise.

89 Extra seasoning takes this egg salad higher: Toss chopped hard-cooked eggs with scallions, chopped anchovies and parsley. Bind with well-seasoned mayo.

90 Toss shredded or cubed chicken with minced shallot or red onion, chopped black olives, olive oil, lemon zest, lemon juice, salt, pepper and chopped herbs. Adjust seasoning to taste. Serve on slices of toast.

91 Cheese quesadillas: Use 4-inch tortillas; on each, put grated cheese, scallions and minced canned green chilies or chopped fresh poblanos. Salsa and beans are optional. Top with another tortilla. Griddle with oil, turning once, about 5 minutes.

You Might Need a Fork

92 This is easier than carpaccio: Cut trimmed filet mignon into 1/2-inch or smaller cubes. Toss with arugula, parsley, olive oil, lemon juice, salt and pepper.

93 Make parsley pesto (parsley, garlic, oil, lemon juice) in a food processor. Sauté whole shrimp or small pieces of fish in oil. Arrange fish on small beds of the pesto. You can put this on bread and forget the plates.

94 Ceviche: Thinly slice — or cut into 1/4-inch dice — sea or true bay scallops (or any really fresh fish). Toss with a bit of peeled and minced bell pepper, some lime zest and about 1/4 cup lime juice per pound. Add salt and cayenne to taste. Garnish with cilantro.

95 Mock ceviche: Briefly poach a mixture of (for example) shrimp, scallops and squid, cut to bite size. Drain, then combine with olive oil, minced fresh chili, red onion, and (optional) garlic. Finish with lime juice and cilantro and serve in lettuce cups.

Soups and Wraps

96 Bisque: Heat shrimp, lobster, fish or chicken broth with minced onion and chopped tomato for 5 minutes. Add chopped shrimp or lobster to the simmering stock, and cook another two minutes. Purée, then add heavy cream or half-and-half, along with salt and pepper. Serve in small cups garnished, if you like, with a piece of cooked shrimp or lobster.

97 Avocado soup: Put 2 cups avocado flesh in a blender with 3 cups whole milk along with some salt and cayenne. Purée, then add fresh lime or orange juice to taste, and adjust seasoning. Refrigerate or serve immediately in small cups garnished with a piece of avocado or cooked shrimp.

98 Gazpacho: Chop 2 pounds of tomatoes and a cucumber; blend with a couple of slices of day-old bread, torn into pieces, olive oil, sherry vinegar, garlic (optional) and anchovies (optional). Add a little water (or more oil) to the blender, if necessary. Taste and adjust seasoning, then serve in small cups. Optional garnishes include minced bell pepper, a drizzle of olive oil, a piece of anchovy, and/or parsley.

99 Buy roast duck and take meat off bones; toss with hoisin sauce and roughly chopped scallions. Roll in small tortillas.

100 Roll prosciutto and Parmesan in small tortillas. Bake gently to soften the cheese.

101 Broil a good hot dog, roll in a good tortilla spread with brown or Dijon mustard. Slice. You know everyone will eat them.

Zucchini Bread

2 eggs, lightly beaten

2/3 cup sugar

1/3 cup salad oil

¼ cup milk

1 teaspoon vanilla

1 cup finely shredded, peeled zucchini

1 cup flour

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon salt

1/8 teaspoon baking powder

¼ cup raisins

¼ cup chopped nuts

1. Mix all ingredients and spoon mixture into greased and floured tall (1 lb) coffee can,
2. Bake in 350 F oven for 45-55 minutes.

Ambrosia Fruit Salad

Prep time: 20 minutes, Yields 6-8 servings

Ingredients:

3 large oranges

2 T sugar

2 T rum
1 cup pineapple chunks
1 star fruit, sliced
1 mango and or papaya, seeded, peeled and sliced
½ cup toasted coconut
1 papaya, seeded and sliced lengthwise
Whipped cream

1. Peel and section oranges over small bowl to reserve juice. Stir sugar and rum into orange juice until sugar is dissolved.
2. In a large mixing bowl combine the orange sections, pineapple chunks, star fruit slices, and mango, and papaya slices. Drizzle orange juice mixture and gently stir to coat.
3. Cover and chill for 1-24 hours stirring gently once or twice
4. To serve, arrange a long slice of papaya in each dessert dish. With a slotted spoon lift fruit mixture into dishes atop the papaya slice. Top with whipped cream and sprinkle with toasted coconut.

Nutrition facts: 103 calories, 3g fat, 0mg chol, 3mg sodium, 21g carbs, 1g protein

Angel Lush

Prep Time: 15 minutes, Total time: 1 hour and 15 minutes, Yield 10 servings

1 can (20 oz) crushed pineapple in juice, undrained
1 package (4 serving size) Jell-O Vanilla Flavor Fat Free Sugar Free Instant Reduced Pudding & Pie Filling
1 cup thawed COOL WHIP LITE Whipped Topping
1 package (10 oz) round angel food cake
10 fresh strawberries

1. Mix pineapple with its juice and the dry pudding mix in medium bowl. Gently stir topping
2. Cut cake horizontally into three layers. Place bottom cake layer, cut-side up, on a plate; top with 1-1/3 cups of the pudding mixture.
3. Cover with middle cake layer using an additional 1 cup of the remaining pudding mixture. Top with remaining cake layer and the remaining pudding mixture.
4. Refrigerate at least 1 hour. Top with strawberries just before serving. Store dessert in refrigerator.

Note: Cut Angel Food cake with serrated knife

Any-Fruit "Cobbler"

- 1 cup sugar
- 1 cup flour
- 2 tsp baking powder
- ½ tsp salt
- 1 stick of butter, melted
- ¾ cup milk
- 1 large can pie filling of your choice

Preheat oven to 350 degrees.

Grease a 9½- by 11-inch flat pan. Mix sugar, flour, baking powder and salt in a large bowl. Add butter and milk; combine. Pour into a flat pan. Pour in fruit, juice and all.

Bake for 30 minutes, until slightly brown.

Apple Dew Tart

2 cans of Crescent Rolls

3 Granny Smith apples

1 cup sugar

1/2 cup butter (1 stick), melted

1 tsp. cinnamon (plus more, for sprinkling on top)

1 12oz. can of Mountain Dew

Directions:

1. Preheat oven to 350 degrees and coat a 13x9 baking dish or pan with a non-stick spray.
2. Peel and slice each apple into 16 pieces. Wrap apples in Crescent Rolls, and place rolled slices in pan, making 2 rows. Place additional apple slices between the rolled slices and between the rows.
4. Mix melted butter, sugar and cinnamon together. Pour mixture over wrapped apples.
5. Pour the can of Mountain Dew over all ingredients in pan.
6. Bake for 45 minutes or until golden brown. Serve with vanilla ice cream -- enjoy!

Apple Raspberry Cobbler

4 Granny Smith apples

2-3 boxes of raspberries

1 stick of salted butter, melted

1 cup of pecan halves

1 cup brown sugar

1 1/2 cups milk

1 1/2 cups self-rising flour

Directions:

1. Skin and slice apples and wash raspberries (do not dry).
2. Mix together and pour into a 9-inch glass pie dish. In a bowl, mix flour, sugar and milk until all clumps are gone. Pour in half of the melted butter and stir. Pour mixture on top of fruit evenly.
3. Crush pecans and sprinkle all over top. Pour remaining butter over pecans
4. Bake for 35-40 minutes at 375 degrees until top is light brown. Let cool 5-10 minutes.
Serve with vanilla ice cream.

Asian Chopped Salad and Dressing

Yield: 1 ½ cups

Salad

Combine 2 cups green cabbage and 2 cups red cabbage, sliced thin; 1 cup grated carrot, 1 red bell pepper, julienned into 1 inch strips and 2 tablespoons chopped, fresh cilantro in large mixing bowl.

Dressing

In food processor, blend the following ingredients until smooth; 1/3 cup soft silken tofu, ¼ cup shiete or yellow golden miso (available at Japanese markets) ¼ cup rice wine vinegar, 2 tablespoons fresh lime juice, 2 tablespoons water, 2 tablespoons low sodium soy sauce, 2 tablespoons natural unsweetened peanut butter, 2 tablespoons pickled ginger, 1 tablespoon honey, 1 ½ tsp mustard powder, 1 ½ tsp minced garlic and ½ tsp red pepper flakes. Stir in 2 tablespoon minced scallions and 2 tablespoon chopped, fresh cilantro.

Asparagus, Zucchini and Yellow Pepper Frittata

Prep time: 30 minutes, Bake: 35 minutes, Yield: 8 servings

Ingredients:

- 1 ½ pounds fresh asparagus or two 9 oz pkgs frozen
- 1 medium yellow sweet pepper, cut into ¼ inch strips
- 1/3 cup chopped onion
- 1 small zucchini, halved lengthwise and sliced ¼ inch thick (about 1 cup)
- 10 slightly beaten eggs
- 1 cup half and half, light cream or milk
- 2 T snipped Italian parsley
- 1 ¼ teaspoon salt
- ¼ to ½ teaspoon ground black pepper

1. Butter a 2-qt rectangular baking dish; set aside
2. If using fresh asparagus, snap off and discard woody bases. Scrape off scales, if desired. Cut into 1 inch pieces

3. In a saucepan, bring about 1 inch water to boiling. Add asparagus, pepper strips, and onion; bring just to boiling. Reduce heat slightly; cover and boil about 1 minute or until crisp tender. Drain well, reserving some asparagus tips for garnish.
 4. Spread asparagus pepper mixture into baking dish. Layer zucchini slices over
 5. Combine eggs, half and half, parsley, salt, and pepper. Pour over vegetables in baking dish.
 6. Bake uncovered in a 350 degree F oven about 35 minutes or until a knife inserted near center comes out clean. Let stand 10 minutes before serving.
 7. Garnish each serving with asparagus tips if desired.
- Nutrition: 160 calories, 10g fat, 277mg, 465mg sodium, 6g carbs

Avocado and Black Bean Salad

224 calories and 18 g carbs

Serves 4

1Tbsp lime juice or vinegar
1 ½ Tbsp olive oil
1 can (14-19 oz) black beans, drained
¼ green bell pepper, finely chopped
1 clove garlic, minced
½ tsp salt
1/8 tsp ground black pepper
1/8 tsp ground red pepper
1 ½ avocado (8 oz) quartered

Place the lime juice or vinegar in a large bowl, and gradually whisk in the oil. Stir in the beans, bell pepper, garlic, salt, black pepper, and red pepper (if using) Taste and add more lime juice or vinegar if you like. Stir in the cilantro.

Place the avocado, cavities up on 4 plates. Spoon the bean mixture into the cavities so it overflows onto the plate.

Avocado with Black Bean Salad

Yields: 4 servings, 18 carbs

1 Tbsp lime juice or vinegar
1 ½ Tbsp olive oil
1 can (14-19 oz) black beans, drained
¼ green bell pepper, finely chopped
1 clove garlic, minced
½ tsp salt
1/8 tsp ground black pepper
1/8 tsp ground red pepper
1 ½ tsp chopped cilantro
1 avocado quartered

1. Place the lime juice or vinegar in a large bowl, and gradually whisk in the oil. Stir in the beans, bell pepper, garlic, salt, black pepper, and red pepper. Taste, and add more lime juice or vinegar if you like. Stir in cilantro.
2. Place the avocado, cavities up on 4 plates. Spoon the bean mixture into the cavities so that overflows onto the plate.

Bake Ziti

Yield: 8-10 servings

- 1 (16 oz) box ziti pasta
- ½ medium onion, chopped
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 1 lb lean ground beef
- 1 (26 oz) jar tomato and basil pasta sauce
- ¾ tsp salt divided
- 3 Tbsp butter
- 3 Tbsp all-purpose flour
- 3 cups milk
- 1 cup grated Parmesan cheese
- ½ tsp pepper
- 1 (8oz) package shredded mozzarella cheese

1. Cook pasta in a large Dutch oven or pot according to package directions. Drain and return to large pot
2. Meanwhile, saute chopped onions in hot oil in a large skillet over medium high heat 5 minutes or until tender. Add garlic, and sauté 1 minute. Add beef, and cook, stirring until beef crumbles and is no longer pink. Drain beef mixture, and return to pan. Stir in pasta sauce and ½ tsp salt. Set aside
3. Melt butter in a heavy saucepan over low heat; whisk flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly until mixture is thickened and bubbly. Stir in Parmesan cheese, remaining ¼ tsp salt and pepper. Pour sauce over pasta in Dutch oven, stirring until pasta is evenly coated.
4. Transfer pasta mixture to a lightly greased 13X9 inch baking dish. Top evenly with beef mixture, sprinkle evenly with mozzarella cheese.
5. Bake at 350 degrees for 20-25 minutes or until cheese is melted. Let stand 10 minutes before serving.

Banana Nut Muffins

Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup chopped walnuts
- ½ cup toasted wheat germ

½ cup brown sugar
1 tablespoon baking powder
1 teaspoon cinnamon
½ teaspoon salt
¼ teaspoon ground nutmeg
2 ripe bananas, mashed
¾ cup milk
5 tablespoons melted butter
1 egg
Cinnamon sugar

1. Preheat oven to 400 degrees F. Fit 12 muffin cups with paper liners. Coat each with cooking spray.
2. Mix flour, walnuts, wheat germ, brown sugar, baking powder, cinnamon, salt and nutmeg in large bowl. Stir in bananas, milk, butter and egg. Mix just until blended.
3. Using an ice cream scoop, fill muffin cups evenly with batter. Sprinkle with cinnamon sugar, if desired.
4. Bake muffins until a skewer inserted into centers comes out clean, 20-22 minutes. Cool 1 minute, then remove from the muffin pan and cool on a wire rack.

Note: Overmixing batter may cause tunnels and pointed tops; mix just until dry ingredients are moistened.

Beer Batter Fish - Randy

1 egg beaten
1 tablespoon olive oil
¾ can beer
2/3 cup flour
Flour fish then dip into batter. Fry as usual in deep fryer

Beignets or Doughnuts

1 ½ cup warm water
1 package dry yeast
½ cup sugar
1 tsp salt
2 large eggs
1 cup evaporated milk
7 cups all-purpose flour
¼ cup vegetable shortening

Confectioners' sugar or honey

1. Mix ingredients in large bowl. Cover and refrigerate overnight.
2. Roll dough out to 1/8 inch thickness. Cut into rectangles 2 ½ x 3 ½ inches.
3. Heat deep fryer to 360 F. After frying place in oven at 200 F to keep warm.
4. Sprinkle with confectioners' sugar or use honey.

Blackberry Cobbler

Yield: 6 servings

4 cups blackberries

1 T lemon juice

1 large egg

1 cup sugar

1 cup flour

6 T melted butter

Preheat oven to 375 degrees. Place 4 cups blackberries in a lightly greased 8-inch square baking dish; sprinkle with 1 tablespoon lemon juice. Stir together 1 large egg, 1 cup sugar, and 1 cup flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle 6 tablespoons melted butter over topping. Bake at 375 for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Serve warm with whipped cream, if desired. Garnish with fresh mint sprig.

Blue Cheese Rolls

Yield: 12 rolls

2/3 cup finely chopped walnuts

1/3 cup crumbled blue cheese

1 T finely snipped parsley

¼ tsp pepper

½ of a 15 oz pkg folded refrigerated piecrust

1 T milk

2 tsp grated Parmesan cheese

1. For filling, in a medium mixing bowl stir together walnuts, blue cheese, 1 tablespoon parsley and pepper. On a lightly floured surface, unfold piecrust according to package directions.
2. Spread filling evenly over the crust. Cut the pastry circle into 12 wedges. Starting at wide ends, loosely roll up wedges. Place rolls, tip side down, on a greased baking sheet.
3. Cover and chill for up to 24 hours, if desired.
4. Before baking, brush rolls lightly with milk. Sprinkle with Parmesan cheese and additional parsley.
5. Bake in a 425 degree oven about 15 minutes or till golden. Cool on a wire rack. Serve warm.

Blueberry Muffins

Makes 10

1 ½ cups all-purpose flour
1 T baking powder
½ teaspoon salt
¼ cup sugar
4 T butter, melted and cooled
1 large egg, beaten
¾ cup plus 2 T milk
1 cup blueberries

1. Preheat oven to 400 degree F. Line a muffin pan with 10 paper muffin cups or spray with nonstick cooking spray. Fill empty cups halfway with water.
2. Sift the flour, baking powder and salt into a large bowl. Stir in sugar. In a separate bowl, whisk together the melted butter, egg and milk. Pour the wet ingredients over the dry ingredients and whisk until just blended (mixture should be slightly lumpy).
3. Add the blueberries to bowl and stir them in just enough to combine
4. Divide the batter evenly among the prepared muffin cups. Bake the muffins until golden, 18-24 minutes. Remove the muffins from the pan and transfer to a wire rack to cool. Muffins are best served warm.

Breakfast Casserole

Serves 6

2 large eggs
1 cup whole milk
Salt
1 cup all-purpose flour
1 T butter, melted
2 scallions, chopped
¾ pound potatoes, peeled and cut into ¼ inch squares
1 (12 oz) package bulk sausage meat
2 T vegetable oil
½ cup grated Parmesan cheese

1. Adjust oven rack to upper middle position and heat oven to 425 degrees. Prepare 9 inch springform pan and set aside on rimmed baking sheet
2. Whisk eggs, milk and ½ teaspoon salt in bowl until well combined. Stir in flour until just incorporated the mixture will still be a bit lumpy. Whisk in butter until batter is smooth. Stir in scallions and set batter aside while preparing filling.
3. Toss potatoes with 1 T water in large microwave safe bowl. Cover with plastic and microwave on high power 3-4 minutes.

4. Meanwhile, cook sausage in large nonstick skillet over medium heat, breaking up clumps, until meat has lost most of its pink color, about 4 minutes. Using slotted spoon, spread sausage evenly over bottom of prepared springform pan.
5. Heat oil in skillet with sausage fat over medium high heat until shimmering. Add potatoes and ¼ teaspoon salt and cook until potatoes are golden and crisp, 8-10 minutes. Drain potatoes on paper towels.
6. While potatoes are cooking, place springform pan with sausage in oven for 10 minutes. Remove pan from oven and working quickly, sprinkle ¼ cup cheese over sausage and pour batter evenly over filling. Scatter potatoes on top and sprinkle with remaining cheese. Bake until puffed and golden, 25-30 minutes. Remove pan from oven, run knife around edges of pan, and let cool 5 minutes. Release outer ring and using spatula, transfer casserole to serving plate.

Brie and Crackers

Heat Brie in 500 degree oven for 5 minutes. While brie is in oven, mix brandy, brown sugar and nuts together. After Brie is taken out of the oven, pour this nut mixture over brie and return to oven for 5 more minutes.

Serve with apple wedges and crackers.

Brie en Croute

½ of a 17.3 oz package of Puff Pastry Sheets

1 egg

1 T water

1/3 cup dried cherries, softened

¼ cup chopped toasted pecans

¼ cup honey

½ tsp chopped fresh rosemary leaves

1 (13.2 oz) Brie cheese round

1. Thaw pastry sheet at room temp 40 minutes or until easy to handle
2. Heat oven to 400 F Beat egg and water in a small bowl
3. Unfold the pastry sheet on a lightly floured surface. Roll sheet into a 14 inch square. Stir cherries, pecans, honey and rosemary in bowl. Spread cherry mixture into center of square. Top with cheese
4. Brush edges of pastry with egg mixture. Fold two opposite sides over cheese. Trim remaining two.
5. Place seam side down onto baking sheet. Decorate top with pastry scraps or additional rosemary if desired. Brush with egg mixture.
6. Bake for 20-25 min. or until pastry is deep golden brown. Let stand for 45 min.

Note: Soften cherries in ½ cup hot water for 1 minute. Drain and pat dry before using in recipe.

Broccoli Bacon Salad

Ingredients:

- 2 large stalks of broccoli (chopped to about 5 cups of flowerettes and peeled stem)

- 1/2 lb bacon (cooked until crisp, drained and blotted of excess fat, and chopped)
- 1/4 cup finely chopped onion
- 3/4 cup mayonnaise
- 1 and 1/2 Tablespoons lemon juice (4 and 1/2 teaspoons, or to taste)
- 1 Tablespoon sugar substitute, preferably zero carb, such as liquid forms
- 2 Tablespoons dried currants
- 1/4 cup sunflower seeds
- Salt and pepper (to taste)

Preparation:

1) Blanch broccoli by either boiling it or microwaving it for 1 to 2 minutes. It should still be crunchy, just not as hard as when it's raw. Quickly cool it in ice water, or by running it under cold tap water.

2) To make your dressing, mix mayonnaise, lemon juice, sweetener, and a pinch each of salt and pepper (adjust to taste). Add onion and currants.

3) Mix the broccoli, dressing and remaining ingredients together. If you'd like, save a little of the sunflower seeds and bacon to sprinkle over the top.

Nutritional Information: Each of 10 servings has 3 grams [effective carbohydrate](#) plus 2.5 grams fiber, 6 grams protein, and 203 calories.

Broiled Pineapple with Ginger Yogurt Sauce

Yield: 4 servings

1/2 c plain yogurt
1 1/2 tsp chopped crystallized ginger
1 tsp vanilla extract
1 tsp grated orange peel
2 T butter
1 T + 1 1/2 tsp lime juice
2 T unsweetened peach or apricot fruit spread
1/2 cored, peeled pineapple, cut into wedges 1 1/2 inch thick

1. Place a broiler rack 4 inches from the heat source, and preheat the broiler
2. In a small bowl, combine yogurt, ginger, vanilla extract and orange peel. Cover.
3. IN a small skillet, combine the butter, lime juice, and fruit spread. Cook over low heat until the butter and fruit spread are melted. Place the pineapple in a broiler safe 11"X7" baking pan. Pour the mixture over the wedges and toss to coat. Arrange in a single layer
4. Broil, turning once, until lightly browned on both sides, 5-7 minutes, shaking the pan occasionally so the juices don't burn. Remove the wedges and juices to 4 bowls, and serve hot or warm topped with the yogurt sauce.

Brownies

2 sticks butter
¾ cup cocoa powder
1 cup all purpose flour
1 t baking powder
½ t salt
4 eggs
2 cups sugar
1 ½ t pure vanilla
1 cup chopped pecans

Icing:

½ cup heavy cream
½ pound semisweet chocolate chips

1. Preheat oven to 300 degrees F
2. Line pan with aluminum foil, leaving 2 " extending over edges
3. Melt butter and add cocoa whisking to remove lumps. Set aside
4. Sift flour, baking powder, and salt. Set aside
5. Beat eggs, sugar and vanilla in electric mixer on low to mix well.
6. Repeat with other halves, blending well to remove lumps. Fold in nuts by hand and spread batter into pan.
7. Bake at 300 degrees F. for 30 minutes. Lift brownies out of pan using edges of foil. Cool to room temperature before frosting.
8. Bring cream to boil and remove from heat. Using whisk blend chocolate chips in until smooth. Spread warm icing over uncut brownies. Refrigerate until set.

Brownies Supreme

Yield: 48 bite size brownies

2 sticks butter
¾ cup cocoa powder
1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
4 eggs
2 cups sugar
1 ½ teaspoons pure vanilla extract
1 cup chopped pecans

1. Preheat oven to 300 F. Line 9x13x2 inch pan with aluminum foil, leaving 2 inches of foil extending over edges
2. Melt butter and add cocoa; whisking to remove lumps. Set aside.
3. Sift flour, baking powder, and salt. Set aside

4. Beat eggs, sugar, and vanilla with electric mixer on low to mix well. Mix in half the flour mixture and half the cocoa mixture. Repeat until all is blended in and then fold in nuts by hand.
5. Spread batter into pan and bake at 300 F for 30-35 minutes. Or until edges begin to pull away from sides of pan.
6. Lift brownies out of pan using the edges of the foil. Cool to room temperature before frosting.

Icing:

½ cup heavy whipping cream

½ pound semisweet chocolate chips

1. Bring the cream to a boil on medium heat. Remove from heat and whisk in chocolate chips until smooth. Spread warm icing over top of uncut brownies. Refrigerate until set. Cut 6x8 for bite-size pieces.

Bubble Brews for Blowing Bubbles

Good- 8 T dishwashing soap and 1 quart water

Better- 1/3 cup dishwashing soap, 1 cup water and 2 teaspoons sugar or white syrup

Best- 1/3 cup dishwashing soap, ¼ cup water, and 2 teaspoons sugar or white syrup

Tip- use Sunlite, Joy or Ajax

Buttermilk Coleslaw

Serves 8

1 cup raisins

¼ cup orange juice

3 Tablespoons fresh lemon juice

1 -2 Tablespoons sugar or sugar substitute such as Splenda

1 cup low fat buttermilk

½ cup light mayonnaise

1 (16 oz) package shredded coleslaw mix

½ teaspoon salt

Coarsely ground black pepper

Combine raisins, orange juice, lemon juice and sugar in a bowl blend well. Let stand 5 minutes. Add buttermilk and mayonnaise and stir. Add coleslaw mix and toss until well blended. Cover with plastic wrap and refrigerate 2 hours before serving. Season with salt and pepper.

Cajun Seasoning

Yield: 2/3 cup

2 ½ T paprika

2 T salt

2 T garlic powder
1 T black pepper
1 T onion powder
1 T cayenne pepper
1 T dried oregano
1 T dried thyme

Combine all ingredients thoroughly, and store in airtight container.
1 teaspoon has 1 gram of carbohydrate.

Cajun Seasoning

Yield: 2/3 cup

1 teaspoon equals 1 gram carbohydrates and trace of fiber

This New Orleans style seasoning is good sprinkled over chicken, steak, pork, fish or just about anything.

2 ½ tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme

Canine Feeding Program-Total Nutrition

Recipe makes four gallons of dog food

1-2 lbs regular ground beef
2 lbs beef, chicken, or turkey liver; cut into bite size pieces
1 lb pearl barley
½ lb lentils
4 lbs regular white rice
1-2 lbs quick cooking oatmeal
4-6 carrots, cut into rings
1 lb leafy green vegetable, chopped

Directions

1. Place meats, barley, lentils, carrots, and vegetables in large canning pot; fill with water to 2 inches from top. Cover, bring to boil and simmer ½ hour. Add rice, bring to boil and simmer 15 minutes. Turn off heat; stir in oatmeal; cover and let sit at least ½ hour.
2. Alternate Meats: Ground turkey, chicken, beef heart, beef kidneys, chicken gizzards, beef roast, poultry skins and trimmings. Dogs should never be fed pork. Include one fatty meat, such as ground beef, and one non-fatty meat, such as liver.
3. Instead of lentils any kind of beans may be substituted.

4. Mealtime Additive: Egg yolks-no whites- three times a week per dog. Fish – fresh or cooked or canned – two or three times a week. One can of tuna for cats is fine also. Equivalent of 1 quart dairy products per week such as milk, cottage cheese, or other cheeses.

Puppies should be fed 3-4 times a day as much as they will eat in 10 minutes.

Dogs 4 months and over should be fed twice daily 2-3 cups of above recipe. Dogs over tables and junk food but these should be given in moderation.

Puppy Mess Cleanup Recipe

Mix 4 ounces of the following in a spray bottle: Vinegar, Shout or Spray N Wash, Liquid Dish Soap, Water

Dog Shampoo

Revlon Flex Shampoo and Conditioner helps control fleas better than commercial dog products.

Caramel Brownie Delight

Yield: 16 servings

2 packages (21-22 oz each) brownie mix



2/3 cup chopped pecans

½ cup instant coffee crystals

1 Tbsp ground cinnamon

Caramel:

1/3 cup heavy cream

½ cup packed light brown sugar

6 Tbsp unsalted butter

2 Tbsp light corn syrup

½ teaspoon vanilla extract

Filling and Topping:

1 jar (13 ounces) chocolate-nut spread (Nutella brand)

1/3 cup chopped pecans

3 cups pecan halves

1. Heat oven to 350 degrees. Lightly grease two 9-inch round cake pans. Line bottoms of pans with waxed paper. Lightly grease waxed paper. Set aside.
2. Prepare each brownie mix according to package directions for fudgy brownies, stirring 1/3 cup of the chopped pecans, 1/4 cup of the instant coffee crystals and 1 1/2 teaspoons of the cinnamon into each brownie batter. Spoon batter into the prepared pans, spreading evenly. Bake at 350 degrees for 45 minutes. Cool completely in pans on wire racks. Loosen edges and carefully remove from pans.
3. Caramel: Meanwhile in heavy medium size saucepan, combine cream, brown sugar, butter and corn syrup. Bring to boiling over medium high heat, whisking occasionally. Reduce heat to medium. Boil gently for 3 minutes longer. Stir in vanilla. Transfer to a bowl. Cool completely (at least 2 hours).
4. Filling and Topping: Place one brownie layer, top side up on a cake plate. Top with chocolate-nut spread, spreading evenly. Spoon 1/3 cup of the caramel over chocolate, spreading evenly. Sprinkle with 1/3 cup chopped pecans. Add the second brownie layer, top side up. Spoon remaining caramel over top of cake. Top with pecan halves. Let stand for 30 minutes before serving.
5. To serve, use a long serrated knife to cut torte into wedges.

Caramel Bubble Ring

Prep: 25 minutes, Bake 35 minutes

1/3 cup chopped pecans

3/4 cup sugar

4 teaspoons ground cinnamon

2 (11oz) packages refrigerated breadsticks

1/3 cup butter or margarine, melted

1/2 cup caramel ice-cream topping

2 Tablespoon maple-flavored syrup

1. Generously grease a 10-inch fluted tube pan. Sprinkle half of the pecans in the bottom of the prepared pan; set aside. In a small bowl stir together sugar and cinnamon; set aside.
2. Separate each package of breadstick dough on the perforated lines into 6 spiral pieces, making 12 pieces total. Do not unroll. Cut the pieces in half crosswise. Dip each piece of dough into melted butter; roll in sugar mixture to coat. Arrange dough pieces in the prepared pan.
3. Sprinkle with remaining pecans. In a measuring cup stir together caramel topping and maple-flavored syrup; drizzle over dough pieces in pan.
4. Bake in a 350 F oven about 35 minutes or until dough is light brown, covering with foil for the last 10 minutes of baking to prevent overbrowning.

5. Let stand for 1 minute only. (If it stands for more than 1 minute, the ring will be difficult to remove from pan) Invert onto a serving platter. Spoon any topping and nuts remaining in the pan onto rolls. Serve warm.

Carrot Cinnamon Pie

Serves 8

2 cups cooked, mashed carrots
 1 (12 oz) can evaporated whole milk
 1 cup granulated sugar
 2 eggs, beaten
 ½ teaspoon salt
 ¼ teaspoon ginger
 2 teaspoons cinnamon
 1 (10 inch) unbaked piecrust

1. Preheat oven to 400 F
2. Combine carrots, milk, sugar, eggs, salt, ginger and cinnamon; beat for 2 minutes. Pour into unbaked piecrust.
3. Bake 15 minutes; lower heat to 350 F and bake 45 minutes longer or until filling is set.

Cheese Ball

Blend Goat Cheese and cream cheese. Or mix shredded cheddars ---mild, sharp and white--- with cream cheese. So the cheeseball will firmup when chilled add ½ cup butter for each 1 ½ pounds of shredded cheese.

Add Horseradish or Brown Mustard --- either one gives a touch of spice and texture.

Fresh Garlic—Mince or crush one clove of garlic per pound of cheese and thoroughly stir into the blended mixture.

Nuts—toasted chopped pecans or walnuts for the best crunch and flavor.

Fresh Herbs—Pat on or roll the ball in a combination of chopped fresh parsley, oregano, basil, thyme and or chives.

Lemon Peel...for color and zest, lightly press on strips of fresh lemon, lime or orange peel.

Cheese Balls Three Ways

Make all three flavored cheese balls or prepare just one or two, adjusting the ingredients accordingly.

Ingredients

Makes three 4-inch cheese balls; serves 8 to 10.

BASE RECIPE:

- 1/2 cup (1 stick) unsalted butter, softened
- 3 packages cream
- chopped
- Water crackers, for serving
- ROQUEFORT AND WALNUT:
- 6 ounces Roquefort cheese
- 1 shallot, minced (about 1 tablespoon)
- 2 teaspoons brandy (optional)
- 1 cup toasted walnuts, coarsely chopped
- Vegetable chips (such as Terra Chips Sweets & Beets), for

- cheese (8 ounces each)
 - 2 tablespoons fresh lemon juice
 - 1/2 teaspoon Worcestershire sauce
 - 5 dashes hot sauce (such as Tabasco)
 - 1/2 teaspoon coarse salt
 - 1/4 teaspoon freshly ground white pepper
 - **CHEDDAR AND CRANBERRY:**
 - 8 ounces sharp orange cheddar cheese, finely shredded
 - 2 tablespoons store-bought chutney
 - 3/4 cup dried cranberries, finely
- serving
 - **GOAT CHEESE AND SCALLIONS:**
 - 8 ounces goat cheese
 - 2 tablespoons finely chopped scallions
 - 1/3 cup fresh curly-leaf parsley, finely chopped
 - 1 English cucumber, cut into 1/8-inch-thick slices, for serving
 - 1. Put butter, cream cheese, lemon juice, Worcestershire sauce, hot sauce, salt, and pepper into the bowl of an electric mixer fitted with the paddle attachment; mix on medium speed until combined. Divide equally among 3 medium bowls.
 - 2. Stir cheddar cheese and chutney with base mixture in the first bowl. Form into a ball. If not using immediately, refrigerate up to 3 days or freeze up to 1 month. Roll cheese ball in cranberries to coat before serving. Serve with crackers.
 - 3. Stir blue cheese and shallot with base mixture in second bowl; add brandy, if desired. Form into a ball. If not using immediately, refrigerate up to 3 days; freeze up to 1 month. Roll in walnuts to coat before serving. Serve with chips.
 - 4. Stir goat cheese and scallions with base mixture in remaining bowl. Form into a ball. If not using immediately, refrigerate up to 3 days or freeze up to 1 month. Roll in parsley to coat before serving. Serve with cucumber slices.
 -

Cheese Sauce

Yield: 4 servings

1/2 cup heavy cream

3/4 cup shredded Cheddar cheese

1/4 tsp dry mustard

1. In a heavy-bottomed saucepan over the lowest heat, warm the cream to just below a simmer.
2. Whisk in the cheese about 1 T at a time, only adding the next T after the last one has melted. When all the cheese is melted in, whisk in the dry mustard and serve.

Cheesecake

From Kathy Robbins

1 pkg of DuncanHines Yellow cake mix

2 T oil

2 pkg (8 oz) cream cheese

1/2 cup sugar

4 eggs

1 1/2 cups milk

3 T lemon juice

2 T vanilla

1 can (1 lb 5 oz) cherry pie filling

Directions:

1. Preheat oven to 300 degrees F
2. Reserve 1 cup of dry cake mix. In large mixing bowl combine remaining cake mix 1 egg and oil (mixture will be crumbly)
3. Press crust mixture evenly into bottom and $\frac{3}{4}$ way up the sides of a greased 13x9x2 inch pan.
4. In same bowl, blend cream cheese and sugar.
5. Add 3 eggs and reserved cake mix.
6. Beat 1 minute at medium speed.
7. On low speed slowly add milk and flavorings; mix until smooth.
8. Pour into crust. Bake at 300 degrees F. for 45-55 minutes until center is firm.
9. When cool top with pie filling; chill before serving.
10. Store in refrigerator.
11. Freeze covered with foil

Chewy Oatmeal Cookies- from Crisco

Yield: 2 $\frac{1}{2}$ dozen cookies.

$\frac{3}{4}$ cup Butter Flavor Crisco

1 $\frac{1}{4}$ cups firmly packed light brown sugar

1 egg

$\frac{1}{3}$ cup milk

1 $\frac{1}{2}$ teaspoon vanilla

3 cups quick oats, uncooked

1 cup all-purpose flour

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon cinnamon

1 cup raisins

1 cup coarse chopped walnuts

1. Heat oven to 375 degrees F. Grease baking sheets with Crisco. Place sheets of foil on countertop for cooling cookies
2. Combine Crisco, brown sugar, egg, milk, and vanilla in large mixing bowl. Beat at medium speed with electric mixer until well blended.
3. Combine oats, flour, baking soda, salt, and cinnamon. Mix into creamed mixture at low speed just until blended. Stir in raisins and walnuts.
4. Drop dough by rounded tablespoonsful onto baking sheet, placing cookie dough 2 inches apart.
5. Bake one baking sheet at a time at 375 degrees F. for 10-12 minutes or until lightly browned. Cool 2 minutes on baking sheet. Remove cookies to foil to cool completely.

Chicken and Corn Pie

The completed filling can be covered and refrigerated right in the pie plate up to two days before baking. Don't top with pastry until just before baking

Pie Filling

1 broiler-fryer chicken (about 3 ½ lbs) cup up and poached (Arrange skin side up in a large skillet. Add water to depth of ½ inch. Bring to a boil, reduce heat, cover and simmer 20 minutes . Cool in broth and save liquid)
1 ½ cups chicken broth, reserved from poaching
½ cup each diced celery and carrot
20 small pearl onions, peeled
1 teaspoon salt
¼ cup butter or margarine
¼ cup all-purpose flour
1 box (10 oz) frozen whole kernel corn (1 ½ cups) thawed
¼ cup chopped parsley

Basic Pie Pastry

1 ½ cups all-purpose flour
1 ½ teaspoons granulated sugar (omit for Chicken and Corn Pie)
½ teaspoon salt
¼ cup solid vegetable shortening, chilled in small chunks
¼ cup cold butter, cut up
3-5 tablespoons ice cold water

To make pastry: Mix flour, sugar (if using) and salt in a large bowl. Add fats and cut in with pastry blender until mixture resembles coarse crumbs. Sprinkle with cold water. Stir with a fork until mixture clumps together to form dough. Press dough into a ball. Flatten into a 1 inch thick circle. Wrap in plastic wrap and chill at least one hour before using. Makes enough pastry for one 9 inch single crust pie.

To make filling: Remove cooled chicken from broth. Pull off and discard skin. Remove meat from bones and cut in small bit sized chunks. You should have about 3 ½ cups. Bring reserved broth with celery, carrot, onions and salt to a boil in a 3 quart saucepan. Reduce heat, cover and simmer 10 minutes or until vegetables are tender. Meanwhile melt butter in a small saucepan over low heat. Add flour and stir until smooth. Let mixture bubble about 3 minutes, stirring often to prevent browning. Stir in about ½ cup of the hot broth; cook until thickened. Gradually add to vegetable mixture and stir over medium heat, until sauce has thickened. Add chicken, corn and parsley; stir to mix. Pour into 9 inch pie plate.

Heat oven to 425 degrees F. Roll pastry out on lightly floured surface making a 12 inch circle. Fold in quarters; place on filling in pan and unfold carefully. Press around edges to rim of pie plate. Cut off excess. Flute rim. Cut a few slits in top of crust to let steam escape. Bake 30-40 minutes until filling bubbles and crust is golden brown.

Chicken Fried Steak

3 pounds ribeye or strip steak

Egg Dip:

$\frac{3}{4}$ cup milk

1 egg, beaten

2 teaspoons salt

$\frac{1}{2}$ teaspoon white pepper

Flour

Cut the beef about $\frac{1}{2}$ inch thick and flatten it out evenly with a mallet. Dip the steak into the egg dip then dredge it in the flour and repeat the process. Cover the bottom of a large skillet with about half an inch of oil and heat. When oil spatters to a few drops of water, put the steaks in to fry. When juices begin to surface and the bottom is nice and brown, they should be flipped and cooked until done. Serve with cream gravy. Serves 8

Cream Gravy

3 heaping tablespoons flour

2 cups cold milk

Salt and pepper to taste

After frying the steak, let the drippings sit until the excess browned bits of seasoning settle to the bottom of the pan. Pour off excess oil leaving approx. 4 tablespoons. Add flour stirring until well mixed. Place skillet over heat and slowly add the cold milk, stirring constantly to avoid lumps. Cook until gravy boils. You may need to add more milk for desired consistency. Salt and pepper to taste.

Chicken Stew Mexican Style (Slow Cooker)

Yield: Serves 10

2 pounds chicken fillets, cut into 1 $\frac{1}{2}$ inch pieces

4 medium russet potatoes, cut very small

1 (15 oz) can mild salsa

1 (4oz) can diced green chilies

1 pkg taco seasoning mix

1 (8oz) can tomato sauce

1 (11 oz) can whole kernel corn

Mix all ingredients together in a slow cooker, cook 7-9 hours on low. Serve with warm flour tortillas.

Chicken Tortilla Soup Incredible

Serves 6

2 T olive oil
1 large onion, chopped
2 medium carrots, finely chopped
2 T minced garlic
3 cups lower-sodium chicken broth
1 (14 oz) can diced tomatoes, undrained
1 cup mild picante sauce
1 (15 oz) can ranch-style beans, undrained
1 (15 oz) can black beans rinsed, and drained
1 cup frozen whole kernel corn
1 teaspoon ground cumin
½ teaspoon black pepper
½ teaspoon dried oregano leaves
½ teaspoon chili powder
1/8 teaspoon paprika
2 cups chopped cooked skinless chicken breast
¼ cup chopped cilantro
Tortilla chips
Sliced avocados
Shredded Cheddar cheese
Sour Cream

1. Heat olive oil in Dutch oven over medium heat. Add onion, carrots and garlic. Cook until onion is tender, about 6 minutes.
2. Increase heat to high and add broth, tomatoes, picante sauce, beans, corn and spices. Bring to a boil. Reduce heat cover and simmer 20 minutes. Add chicken and cilantro. Cook until thoroughly heated.
3. Ladle into soup bowls and top with tortilla chips, sliced avocados, cheese and sour cream if desired.

Chimichangas

Ingredients:

¼ cup bacon grease
2 cups chopped or shredded cooked beef, pork or chicken
1 medium onion, diced
2 garlic cloves, minced
2 medium tomatoes, chopped
2 cans (4 ounces each) chopped green chilies
1 large peeled boiled potato, diced
1 teaspoon salt
1 ½ teaspoons dried oregano
1 -2 teaspoons chili powder or to taste
2 tablespoons minced fresh cilantro
12 large flour tortillas, warmed

Vegetable oil
Shredded cheddar cheese
Sour cream
Guacamole
Salsa
Shredded lettuce
Chopped tomatoes
Sliced ripe olives

In a skillet, melt bacon grease over medium heat. Saute meat, onion, garlic, tomatoes, chilies and potatoes until the onion softens. Add salt, oregano, chilli powder and cilantro; simmer 2-3 minutes. Place a scant $\frac{1}{2}$ cup meat filling on each tortilla. Fold, envelope – style, like a burrito. Fry, seam side down, in $\frac{1}{2}$ inch of hot oil. Until crispy and brown. Turn and brown other side. Drain briefly on a paper towel. Place shredded lettuce next to chimichanga and top with tomatoes and olives. Serve immediately.

Yield: 12 servings.

Chinese Chews/ Haystacks

2 (12 oz) packages Semi-sweet chocolate chips
1 (12 oz) package butterscotch chips
1 large can Chow Mein Noodles
Spanish peanuts, marshmallows, cashews, etc.

Directions:

Melt all the chips together in a large pan over low heat, stirring constantly. Add noodles and stir to coat. Add whatever else you may desire, stirring to coat. Place on wax paper by spoonfuls and cool until set.

Chocolate Chip Cookies

Makes 2 dozen

$\frac{1}{2}$ cup rolled oats, regular or quick
2 $\frac{1}{4}$ cups all-purpose flour
1 $\frac{1}{2}$ teaspoons baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon cinnamon
1 cup butter softened
 $\frac{3}{4}$ cup firmly packed brown sugar
 $\frac{3}{4}$ cup granulated sugar
2 teaspoons vanilla extract
1 teaspoon lemon juice
2 eggs
3 cups semisweet chocolate chips
1 $\frac{1}{2}$ cups chopped walnuts.

1. Preheat oven to 350 degrees F. Cover 2 baking sheets with parchment paper. Place rolled oats in blender or food processor and process until finely ground. Combine ground oats, flour, baking soda, salt and cinnamon in a mixing bowl.
2. In another bowl, cream butter, sugars, vanilla and lemon juice together using an electric mixer. Add eggs and beat until fluffy.
3. Stir in flour mixture, blending well. Add the chocolate chips and nuts to the dough for each cookie, scoop round balls with an ice-cream scoop and place 2 ½ inches apart on prepared baking sheets.
4. Bake until cookies are lightly browned, 16-18 minutes. Transfer to a wire rack to cool completely. Store in a sealed container to keep them soft and chewy.

Chocolate Chip Cookies Secret Recipe

Yield: 2 dozen cookies

½ cup rolled oats, regular or quick
2 ¼ cups all-purpose flour
1 ½ teaspoons baking soda
½ teaspoon salt
¼ teaspoon cinnamon
1 cup (2sticks) butter, softened
¾ cup firmly packed brown sugar
¾ cup granulated sugar
2 teaspoons vanilla extract
1 teaspoon lemon juice
2 eggs
3 cups semisweet chocolate chips
1 ½ cups chopped walnuts

1. Preheat oven to 350 F. Cover baking sheets with parchment paper. Place rolled oats in blender and process until fine ground (this step is optional). Combine oats, flour, baking soda, salt and cinnamon in a mixing bowl.
2. In another bowl, cream butter, sugars, vanilla and lemon juice together using an electric mixer. Add eggs and beat until fluffy.
3. Stir in flour mixture into egg mixture, blending well. Add chocolate chips, and nuts (optional) to the dough and mix well. Using ¼ cup of dough for each cookie, scoop round balls with an ice cream scoop and place 2 ½ inches apart on prepared baking sheet.
4. Bake until cookies are lightly browned, 16-18 minutes. Transfer to a wire rack to cool completely. Store in a sealed container to keep them soft and chewy.

Note: The lemon juice in this recipe helps to activate the baking soda, producing a softer, chewier cookie.

Chocolate Chip Toffee Bars

Yield: 36 bars

2 1/3 cups all purpose flour
2/3 cup packed light brown sugar
3/4 cup butter or margarine
1 egg, slightly beaten
2 cups (12 oz pkg) semi sweet chips divided
1 cup coarsely chopped nuts
1 can (14 oz) sweetened condensed milk
1 3/4 cups (10 oz) English Toffee bits, divided

1. Heat oven to 350 F. Grease 13x9x2 inch baking pan.
2. In large bowl, stir together flour and brown sugar. Cut in butter until mixture resembles coarse crumbs. Add egg; mix well. Stir in 1 1/2 cups chocolate chips and the nuts. Reserve 1 1/2 cups mixture.
3. Press remaining crumb mixture into pan. Bake 10 minutes.
4. Pour condensed milk evenly over hot crust; top with 1 1/2 cups toffee bits. Sprinkle reserved mixture and remaining 1/2 cup chips over top. Bake 25-30 minutes or until golden brown.
5. Sprinkle remaining 1/4 cup toffee bits. Cool completely and cut into bars.

Chocolate Cookies- Martha Stewart

Yield: 3 1/2 dozen

2 cups plus 2 T all purpose flour
3/4 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
2 cups granulated sugar
1 1/4 cups butter
2 large eggs
2 teaspoons pure vanilla extract
Extra white sugar to coat dough balls

1. Sift together flour, cocoa powder, baking soda and salt in a bowl.
2. Beat sugar and butter on medium speed until mixture is light and fluffy. Add eggs and vanilla.
3. Reduce speed to low and gradually add flour mixture. Chill dough in bowl for one hour.
4. Preheat oven to 350 degrees F.
5. Shape dough into 1 1/4 inch balls. Roll each ball in sugar and place on baking sheet lined with parchment paper about 1 1/2 inches apart.
6. Bake until set for 10-12 minutes.
7. Cookies may be stored at room temperatures for up to one week.

Chocolate-Covered Prunes

Yield: 4 dozen

48 dried pitted prunes (about 1 pound)
48 whole almonds or walnut halves
2 cups (12 ounces) semisweet chocolate chips
2 Tbsp creamy peanut butter

1. Stuff each prune with an almond or walnut half.
2. Melt chocolate chips in a microwave-safe bowl or double boiler. Add peanut butter; mix well
3. Dip prunes and place on waxed paper to harden.
4. Store in the refrigerator

Chocolate Custard Meringue Pie

Makes one 9-inch pie

Ingredients:

- 1 9-inch ready-made graham cracker crust
- 4 eggs
- 3/4 cup sugar
- 1 Tbs. vanilla
- 1/4 cup cocoa powder
- 1 cup cream
- 1/4 cup egg whites
- 3 Tbs. sugar

Directions:

- Preheat oven to 325 degrees.
- Place eggs, 3/4 cup sugar, vanilla, cocoa powder, and cream in the bowl of a food processor. Pulse until all ingredients are incorporated and smooth, but not frothy.
- Pour carefully into crust. Bake in preheated oven for 55-60 minutes until custard is set. Remove from the oven and cool on a wire rack.

For the meringue: Preheat oven to 500 degrees. Place the sugar and egg whites in a double boiler, stir occasionally until the sugar is completely melted and the mixture is 100 degrees (a bit hotter than body temperature). Place mixture in the bowl of an electric mixer fitted with a wire whip attachment.

- Beat meringue until it is thick and firm. Spread over the custard top and place in the oven until meringue is golden -- about 5-10 minutes.

- Let pie cool completely before serving.

Chocolate Dipped Fruit

(Makes 3-4 dozen confections)

1 package (6 oz) semisweet chocolate pieces

1 T plus 1 teaspoon shortening

¼ teaspoon ground cinnamon

Fruits: Strawberries, dried apricot halves, pitted dates stuffed with pecan half.

1. Line jelly roll pan with waxed paper.
2. Heat chocolate chips, shortening and cinnamon in 1 quart heavy saucepan over low heat. Stir constantly until smooth.
3. Remove from heat.
4. Dip each fruit halfway into chocolate mixture. Place in pan
5. Refrigerate uncovered until chocolate is firm or about 30 minutes

Christmas Cranberry – Orange Jello Salad

2 pkgs (3 oz) black cherry jello

2 small pkgs raspberry jello

2 cups boiling water

½ cup cold water

2 cups ground cranberries

2 oranges peeled, seeded, and chopped

2 apples peeled, cored and chopped

1 (15 oz) can crushed pineapple (don't drain)

1 ¼ cup sugar

1 cup chopped pecan

Red leaf lettuce

Sour cream for topping

1. Dissolve Jello in boiling water
2. Add cold water and chill 45 minutes
3. Combine other ingredients and fold into Jello
4. Chill overnight and serve on bed of lettuce with sour cream

Cincinnati Chili- Ruth Wilson

Serves 6-8

1 T vegetable oil
2 onions, chopped
1 garlic clove, chopped
2 T tomato paste
2 T chili powder
1 T dried oregano
1 ½ teaspoons cinnamon
Salt
¾ teaspoon pepper
¼ teaspoon allspice
2 cups low sodium chicken broth
2 cups canned tomato sauce
2 T cider vinegar
2 teaspoons dark brown sugar
1 ½ pounds ground beef

1. Heat oil in Dutch oven over medium heat and cook onions until soft. Add garlic, tomato paste, chili powder, oregano, cinnamon, salt, pepper, and allspice. Cook one minute and stir in chicken broth, tomato sauce, vinegar and sugar.
2. Add beef and stir to break up meat. Bring to boil, reduce heat to medium low and simmer until chili is deep brown and slightly thickened 15-20 minutes. Season with salt to taste and serve.

Classic Cobb Salad

1. 1 teaspoon Dijon mustard
2. 1 medium clove garlic pressed through a garlic press or minced to paste
3. ¼ teaspoon granulated sugar
4. ½ teaspoon table salt
5. ⅛ teaspoon ground black pepper
6. 1 teaspoon Worcestershire sauce
7. 2 teaspoons lemon juice
8. 2 tablespoons red wine vinegar

9. 1/2 cup extra-virgin olive oil
10. 3 large eggs
11. 3 (6 ounce) boneless, skinless chicken breasts, trimmed of excess fat
12. Table salt and ground black pepper
13. 1 large head romaine lettuce washed, dried, and torn into bite-size pieces
14. 4 ounces watercress, washed, dried, and stemmed
15. 1 pint grape tomatoes, each tomato halved
16. 2 medium avocados, pitted and cut into 1/2-inch cubes
17. 8 slices bacon, cut crosswise into 1/4-inch pieces, fried over medium heat until crisp (about 7 minutes) and drained on paper towels
18. 2 ounces blue cheese, crumbled
19. 3 tablespoons minced fresh chives

Per Serving

- Calories: 403 kcal
 - Carbohydrates: 8 g
 - Dietary Fiber: 3 g
 - Fat: 31 g
 - Protein: 23 g
 - Sugars: 1 g
1. FOR THE VINAIGRETTE: Whisk all vinaigrette ingredients in medium bowl until well combined (alternatively, shake vigorously in tight-lidded jar); set aside. (Dressing may be refrigerated in airtight container for 1 day; bring to room temperature and shake well before using.)
 2. FOR THE EGGS: Place eggs in medium saucepan, cover with 1 inch water, and bring to boil over high heat. Remove pan from heat, cover, and let stand 10 minutes. Meanwhile, fill medium bowl with 1 to 2 quarts ice water. Transfer cooked eggs to ice water with slotted spoon; let stand 5 minutes, then peel, cut into 1/2-inch cubes, and set aside.
 3. FOR THE CHICKEN: Meanwhile, season chicken with salt and pepper. Adjust oven rack to 6 inches from broiler element; heat broiler. Spray broiler-pan top with vegetable cooking spray; place chicken breasts on top and broil chicken until lightly browned, 4 to 8 minutes. Using tongs, flip chicken over and continue to broil until thickest part is no longer pink when cut into and registers about 160 degrees F on instant-read thermometer, 6 to 8 minutes. When cool enough to handle, cut chicken into 1/2-inch cubes and set aside.
 4. TO FINISH THE SALAD: Toss romaine and watercress with 5 tablespoons vinaigrette in large bowl until coated; arrange on very large, flat serving platter. Place chicken in now-empty bowl, add 1/4 cup vinaigrette and toss to coat; arrange in row along one edge of greens. Place tomatoes in now-empty bowl, add 1 tablespoon vinaigrette and toss gently to combine; arrange on opposite edge of greens. Arrange reserved eggs and avocados in separate rows near center of greens and drizzle with remaining vinaigrette. Sprinkle bacon, cheese, and chives evenly over salad and serve immediately.
Yield: 8 servings

Rather than mixing all the salad ingredients together, dress each item separately and then arrange them on a large platter.

Notes:

Note

You will need a large platter or shallow wide pasta bowl to accommodate this substantial salad. Avocado discolors quickly, so prepare it at the last possible minute, just before assembling the salad. Though watercress is traditional in cobb salad, feel free to substitute

an equal amount of arugula, chicory, curly endive, or a mixture thereof. Use more blue cheese if your taste dictates. Grape tomatoes are preferred, but cherry tomatoes can be used.

Classic Smoothie

Mix the following ingredients in a blender until smooth. Feel free to experiment adding a touch of vanilla, cinnamon or other favorite flavor to taste.

1 cup fat-free milk (or soy milk)
½ frozen banana or ½ cup frozen mango slices
1 tsp sugar
1 cup frozen fruit (strawberries, pineapple or blueberries)
Nutrition: 220 cal, 1gfat, 4mg chol, 5g fiber, 130 mg sodium

Classic Spinach Salad

Yield: 2 generous servings with 5 grams of usable carbs

4 cups fresh spinach
1/8 large, sweet red onion, thinly sliced
3 Tbsp oil
2 Tbsp apple cider vinegar
2 tsp tomato paste
1 ½ tsp Splenda
¼ small onion, grated
1/8 tsp dry mustard
Salt and Pepper
2 slices bacon, cooked until crisp, and crumbled
1 hard-boiled egg, chopped

1. Wash the spinach very well and dry. Tear up larger leaves. Combine with the red onion in salad bowl
2. In a separate bowl, mix up the oil, vinegar, tomato paste, Splenda, onion, mustard, and salt and pepper to taste. Pour the mixture over the spinach and onion, and toss.
3. Top the salad with the bacon and egg and serve.

Coconut Fried Shrimp with Dipping Sauce

Prep time: 20 min, Cook time: 20 min, Serves 4-6

Dipping Sauce:

½ cup orange marmalade or raspberry jelly
4 teaspoons rice wine vinegar
½ teaspoon crushed red pepper flakes

Shrimp:

Peanut Oil for frying

½ cup all-purpose flour

1 teaspoon salt

½ teaspoon baking powder

2/3 cup water

2 cups shredded sweetened coconut

½ cup bread crumbs

1 pound medium or large shrimp, peeled and deveined

1. Heat all dipping sauce ingredients together in a small sauce pan on low temperature. Heat for 10 minutes making sure to stir every few minutes
2. In a large heavy pot, heat the 2-inches of peanut oil to 325 degrees F.
3. Meanwhile, in a large bowl, whisk together the flour, salt and baking powder. Add the water and whisk until smooth. Let the batter stand for 15 minutes
4. In a wide, shallow bowl, toss the coconut and bread crumbs together
5. Put the shrimp into the batter. Remove the shrimp, one at a time, and dredge in the coconut mixture. Press to help the coconut adhere.
6. Fry the shrimp in batches in the hot oil for 1 to 2 minutes or until brown. Use a slotted spoon to transfer the shrimp to a baking sheet lined with paper towels.
7. Serve the shrimp with the dipping sauce.

Cornbread Dressing Southern Style

Yield: 10 Servings

Speckled Cornbread (see recipe)

4 cups toasted bread cubes

2 tablespoons rubbed sage

1 teaspoon poultry seasoning

½ teaspoon pepper

1 tablespoon butter or margarine

1 cup chopped celery

1 cup chopped onion

6 ½ cups chicken broth

3 large eggs, lightly beaten

1. Crumble Speckled Cornbread in a large bowl; stir in bread cubes, sage, poultry seasoning, and pepper.
2. Melt butter in a large skillet; add celery and onion, and sauté 8 minutes or until tender. Cool slightly and add to cornbread mixture. Gently stir in broth and eggs. Spoon into a lightly greased 13 x 9 inch baking dish.
3. Bake at 350 F for 55 minutes.

Cowboy Cookies (Martha Stewart.com)*Makes about 5 dozen*

2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon baking powder
8 ounces (2 sticks) unsalted butter, softened
¾ cup granulated sugar
¾ cup light-brown sugar
2 large eggs
1 teaspoon pure vanilla extract
1 ½ cups old-fashioned oats
6 ounces semisweet chocolate cut into ¼ inch chunks (1 cup)
3 ounces (¾ cup) pecan halves
½ cup shredded unsweetened coconut

1. Preheat oven to 350 degrees. Coat baking sheets with cooking spray, line with parchment, and spray parchment. Sift flour, baking soda, salt, and baking powder into a medium bowl.
2. Beat butter and sugars with a mixer on medium-high until pale and creamy, about 3 minutes. Reduce speed to medium. Add eggs 1 at a time, beating well after each addition. Beat in vanilla
3. Reduce speed to low, and slowly add flour mixture, beating until just mixed. Beat in oats, chocolate, pecans, and coconut until combined. (Dough can be refrigerated for up to 3 days.)
4. Using a 1 ½ -inch ice cream scoop or a small spoon, drop dough onto baking sheets, spacing 3 inches apart.
5. Bake until edges of cookies begin to brown, 11 to 13 minutes. Transfer baking sheets to wire rack, and let cool for 5 minutes. Transfer cookies to racks. Let cool.

Crab Cakes*Makes about 35*

8 slices (7 oz) firm white bread, cut up
1/3 cup mayonnaise
1 large egg, lightly beaten
1 rib celery, finely chopped (1/3 cup)
1 medium shallot, finely chopped
2 T fresh chopped parsley
2 teaspoons fresh lemon juice
2 teaspoons crab boil seasoning (Old Bay)
1 teaspoon Dijon mustard
½ teaspoon coarse salt

¼ red pepper sauce

1 pound cooked fresh lump or jumbo crabmeat, picked over

2 T butter

2 T olive oil

Vegetable cooking spray

1. Line 2 trays with Glad Press and Seal Freezer Wrap design side down.
2. Pulse bread in food processor or blender to form crumbs
3. Combine mayonnaise, egg, celery, shallot, parsley, lemon juice, seasoning, mustard, salt and pepper sauce.
4. Fold into mayo the crabmeat and 1 cup of bread crumbs. Transfer remaining crumbs to airtight container
5. Drop crabmeat by tablespoons (packed) onto wrap covered trays. Cover with another sheet of wrap and freeze up to one week
6. Thaw in refrigerator
7. Preheat oven to 350 degrees F and coat two baking sheets with vegetable cooking spray.
8. Gently coat crabcakes with the remaining bread crumbs. Fry cakes on top of stove and transfer to baking pans to finish cooking in oven. (10 minutes)
9. Serve with melted butter, olive oil and lemon