

BIZYMOMS COOKBOOK



By

DIANA ENNEN & KELLY POELKER

Bizymoms Cookbook -- Sample

If you'd like to purchase the complete cookbook (132 pages of delicious recipes)

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DIANA ENNEN'S BIO

**Celebrating 22 Years in Business*

Diana Ennen has been a leader in the work-at-home industry since opening her business in 1985. She's the president of Virtual Word Publishing at <http://www.virtualwordpublishing.com>, where she specializes in book publicity and marketing. She's the author of numerous books on business start-ups including *Virtual Assistant the Series*, *Become a Highly Successful, Sought After VA* written with Kelly Poelker, *Corel Word Perfect*, *Office Ready Virtual Assistant Solution Pack*, <http://www.corel.com/servlet/Satellite/us/en/Product/1152796546494>, *Words From Home*, *Start, Run and Profit from a Home-Based Word Processing Business*, *Home Office Recovery Plan* and *the Bizymoms Cookbook*.

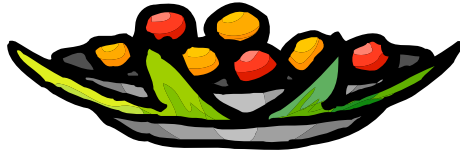
Diana has also recently published a children's book, *Zip, Burp & Hula*, and the fiction thriller, *Sledgehammer*.

Diana has also contributed to a number of books, articles and interviews including those written by Mompreneurs®, Lisa Roberts, Jan Melnik, Liz Folger, Maria Bailey, Priscilla Y. Huff, and has been featured in magazines and newspapers such as *Woman's World*, *Home Office Computing*, *USA Today*, *Entrepreneur Magazine* and *Radio Show*, *Home Business Journal*, and many others.

She's the mother of three great kids and a very supportive husband. Her passion is helping others succeed in their business and loves being an active part of the Virtual Assistant Industry.



APPETIZERS



VEGGIE PIZZA

Submitted by: Nancy Johnson (She sells Discovery Toys, DTNancy@aol.com)

Crust:

Press 3 cans of crescent rolls onto a rectangular cookie sheet and bake (375°) until light brown

Filling:

2 - 8oz cream cheese softened

1/2 cup sour cream

1 envelope powdered Hidden Valley Ranch mix

Beat together until mixed

Spread over cooled crust

Topping:

3 or more of your favorite veggies, chopped:

Broccoli, cauliflower, carrots, bell pepper, green onion...

Grated Cheddar cheese (just a little, or sometimes I leave it off)

For a Christmas version, I use just Broccoli and red bell pepper

VEGGIE ROUNDS

Submitted by: Christy Edwards (www.helping2save.cjb.net, & www.youravon.com/christyedwards)

12 oz. cream cheese (can be low-fat if desired)

1/3 c. mayo

1 tsp. Hidden Valley Ranch Dip Mix (powder)

1 tsp. Dillweed

1 cup of each desired veggie (try to be colorful such as finely chopped broccoli, cauliflower, and red peppers, etc. -- be creative)

Shredded Cheddar cheese

Round pastry cups (in frozen foods section)

Mix the cream cheese, mayo, Ranch mix, and Dillweed until you have a smooth consistency. Fill pastry cups half full with mix and top with veggies and finally cheese.

Theses are so yummy you won't be able to stop eating them! MMMM!

AVACADO DIP

Submitted by: Karen Southard

1 Avocado
2 packages 3 ounce cream cheese
2 teaspoons lime juice
1/4 teaspoon Tabasco sauce
1/4 teaspoon Worcestershire sauce

Cut avocado in half lengthwise. Remove pit. Peel skin from halves and mash pulp. Add remaining ingredients and beat with electric mixer until smooth.

SPINACH DIP

Submitted by: Connie Corodimas

Mother to: Angel (My beautiful niece!!)

1 pkg. frozen spinach
1 container Vegie soup - Nors
Helmans mayo (enough to cover)
Sour cream

Mix all ingredients together and chill. Serve with Hawaiian bread. For a lower cal version use low cal mayo and sour cream.

POTATO SKINS

Submitted by: Connie Corodimas

Potatoes
8 ounces Cheddar Cheese
1 cup Soup Cream
Chopped Green Onions

Cut potatoes into quarters lengthwise and scoop out the pulp. Spray potatoes in cooking spray and bake at 425 degrees for 15 minutes, turning twice. Remove from oven and top with dressings.

SIX LAYER DIP

Submitted by: Debby Levine, OH BABY!! Baby Shower Specialists, www.ohbabyshower.com

1 can (15oz) black beans, drained and rinsed
1 1/2 cups of salsa
1 8 oz container guacamole
1 3/4 cups Shredded Mexican cheese blend
1 can (5 3/4 oz) drained large ripe pitted black olives, sliced
Tortilla Chips
1 Pyrex bowl

Preheat oven to 350°. In bowl mash beans until chunky, then stir in 1/2 cup salsa until combined. (I don't mash I put in the blender) Spread mixture evenly over bottom of oven proof 6-cup glass bowl. Spoon guacamole over. Sprinkle with 3/4 cup of cheese. Top with remaining salsa; arrange olives over salsa and sprinkle with remaining cheese. Bake until cheese melts and begins to brown slightly, about 25 minutes. Serve with chips.

I always make a double batch and just repeat the layers. And boy do people get fooled into thinking I spent hours doing it!!!

DILL DIP

Submitted by: Charlotte Ennen

1 cup sour cream
1 cup mayo
2 ½ tbsp. dill seasonings
Mix all ingredients together and refrigerate.

THREE CHEESE BALL

Submitted by: Kelly Poelker

8 oz. cream cheese
4 oz. Cheddar cheese
4 oz. port wine Cheddar cheese
1 tbsp. minced onion
1 tsp. Worcestershire sauce

Soften cream, Cheddar and port wine cheeses to room temperature. Place into mixing bowl and blend together with Worcestershire sauce. Roll in chopped nuts.

Chill 3 – 4 hours

SAUSAGE CHEESE BALLS

Submitted by: Kelly Poelker

1 lb. hot sausage
2 cups extra Sharp Shredded Cheddar cheese
3 cups Bisquick

Let sausage and cheese set to room temperature. Mix all ingredients together in large bowl by hand. Make small balls with mixture and place on cookie sheet. Bake 15 minutes at 350°. If making ahead of time to freeze, bake only 12 minutes and then 5 minutes when ready to serve.

LITTLE LATIN MEATBALLS

Submitted by: Kelly Poelker

2 jalapeno chilies	¼ cup Shredded Monterey Jack or Cheddar cheese
1 lb. ground beef	1 small onion, finely chopped
1 egg	1 tsp. salt
½ cup dry bread crumbs	¼ tsp. pepper
¼ cup milk	

Remove stems, seeds, and membranes from chilies, chop. Mix chilies, beef, egg, bread crumbs, milk, cheese, onion, salt and pepper. Shape into one-inch balls. Place meatballs in ungreased oblong pan (13 x 9 x 2). Cook uncovered at 400° until brown, 15 to 20 minutes. Place in chafing dish. Cover with salsa.

Salsa:

1 8 oz. can tomato sauce	1 tbsp. vinegar
1 medium tomato, chopped	1/8 tsp. ground cumin
2 cloves garlic, finely chopped	1/8 tsp. salt
2 tbsp. snipped parsley	

Heat in saucepan until hot, stirring occasionally.

MINI MEATBALLS

Submitted by: Sharon Simoncini

Mother to: Renee and Todd, Grandmother to Alex

1 pound ground beef
1 cup bread crumbs
2 tbsp. soy sauce
4 tsp. sugar
½ tsp. minced onion
Dash garlic salt
Dash ground ginger

Combine soy sauce, 1 tablespoon water, sugar, onion, garlic salt and ginger. Mix meat and crumbs and then stir in the soy sauce mixture. Shape into 1 inch balls. You can then deep fry them or bake them in the oven for 20 minutes at 350.

QUICK AND EASY SALSA

Submitted by: Jolyn Dickerson (PARTYZ – Fun for Kids - www.partyz.net & www.1800partyconsultant.com/6083)

Mom to: Stephanie and Diane

5-6 fresh ripe tomatoes (from your garden or farmer's market) - diced into pieces
1/4 - 1/2 onion finely chopped
1/8 cup cilantro (fresh) finely minced
1/8 - 1/2 tsp. garlic (fresh) minced
Salt and pepper to taste

2 shakes chili powder

Combine all ingredients gently. Adjust seasoning to suit your family. Serve with tortilla chips.

ONION RINGS

Submitted by: Diana Ennen, Bizymoms Host, Author: Bizy's Guide to Starting a Home-Based Word Processing Business and Bizy's Guide to Starting a Home-Based Virtual Assisting Business

6 large white onions

1 cup flour

½ tsp. salt

1 cup milk

1 egg

2 tbsp. cooking oil

Cut onions into ¼ inch slices and separate into rings. Combine all ingredients and then coat onion rings until well battered. Fry in deep fryer. (Onion rings are done when they float to the top of the oil).

BBQ SAUCE

Submitted by: Heather Malecha (<http://greatestnetworker.com/is/heathermalecha>)

1 cup catsup

3 tablespoons Worcestershire sauce

1 teaspoon chili powder

1 teaspoon salt

3 dashes Tabasco sauce

Mix all together.

BBQ SAUCE

Submitted by: Diana Ennen

1 can tomato puree

¼ cup molasses

¼ cup vinegar

¼ cup brown sugar

1 tsp. sweet basil

Simmer for about 15 minutes.

BBQ SAUCE

Submitted by: Camry Thomas

My husband loves to BBQ and claims every time he does it that it is his cooking that is so great. I tell my kids it's in the marinade/sauce that of course "I make". All he does is cook it on the grill which I think is boring. This has been handed down in my family of Texans. Hope you enjoy. We BBQ a lot so I make up a large mayonnaise jar up at a time. I buy a large gallon size bottle of store brand sauce and add my own stuff to it. I don't use the whole bottle but just enough to fill the jar until next time. I add brown sugar, catsup, worsteshire sauce, diced onions, Tabasco, salt and pepper and liquid smoke. Fantastic!! I hope you enjoy. Camy

CHILI CHEESE DIP

Submitted by: Kelly Poelker, Bizymoms Host, Author: Bizy's Guide to Starting a Home-Based Virtual Assisting Business

One can Armour Chili without beans
One jar Cheese Whiz (or Velveeta loaf)

Combine chili and cheese, mix well. Heat in microwave for 3 minutes, remove and stir. Heat in microwave until hot, stir and serve with tortilla chips or Doritos.

LOW CAL SALSA

Submitted by: Diana Ennen

2 tomatoes
1 small onion
½ jalapeno chili
1 green pepper

Dice up all the above and mix.

BEVERAGES



HOT CHOCOLATE MIX

Submitted by: Kelly Poelker

- 1 25.6 oz package instant non-fat dry milk
- 1 6 oz. jar powdered non-dairy creamer
- 2 cups powdered sugar
- 1 16 oz. can instant chocolate drink

Combine all ingredients. Store in airtight container. Mix with hot water as needed to taste. Use within 6 months.

NON-ALCOHOLIC CHAMPAGNE PUNCH

Submitted by: Kelly Poelker

- Two cans Hawaiian Punch or one gallon
- One liter Seven Up
- Half gallon sherbet
- Jello ring of ice (prepare ahead of time)
- Punch bowl (5 gallon)

Fill Jello ring with water and freeze until solid. Place in center of punch bowl.
Mix punch and Seven Up together in punch bowl
Scoop out Sherbert and drop into punch.

CHOCOLATE CAPPUCINO COFFEE MIX

Submitted by Chrishawn Simpson-MacLeod, Bizymoms Host and Author: Bizy's Guide to Making Sweet Profits With Homemade Candy

- 1 cup powdered creamer
- 1 cup powdered chocolate milk mix
- 2/3 cup instant coffee
- 1/2 cup sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg

Mix all ingredients together. Store in an airtight container. Start with one heaping tablespoon of mix to one cup boiling water. Add more mixture as needed.

RASPBERRY COOLER

Submitted by Connie Corodimas

Orange Juice
Frozen Raspberry Yogurt
Ice

Mix in blender with a teaspoon of sugar or Sweet and Low

HALLOWEEN PUNCH

Submitted by Diana Ennen

1 can Hawaiian Punch
1 bottle Sprite or 7 up
1 quart Sherbet

Fill punch bowl with the above ingredients. (Put Sherbet in once guest arrive.) Get plastic groves (like the kind used in hospitals) and fill with water and freeze. It will look like a hand when frozen. Drop one or two into the punch mixture. Then top with Dried Ice for the smoky effect. KIDS still talk about it!! It's a great "spooky" recipe!

BREADS AND ROLLS



YEAST ROLLS

Submitted by: Rachel Marshall, www.sweet-temptations.bizhosting.com

Mom to: Kyle and Brian

2 pkgs. dry yeast

1/2 c. warm water

1 tsp. sugar

Dissolve yeast in water and sugar

2 cups warm water

1/2 c. melted Crisco (has to be this brand, not sure why, have tried others and they didn't work)

1/2 c. sugar

2 tsp. salt

6 cups plain flour (more or less)

Mix the rest of the ingredients until dough handles good. I always stir this with a wooden spoon. Just a helpful hint from mom--dough needs to be elastic like, not sticky. Place on counter top covered in flour. Take dough and flip it back and forth till you have it slightly covered. Take wooden rolling pin, and smack the dough 100 times, folding over from time to time. (This is a great stress reliever.) Place in a well-greased bowl and let rise till it doubles in size. Time will vary depending on the temp of your kitchen. Take wooden spoon and punch down, let rise again. Make rolls by squeezing the dough up through your hand between left thumb and forefinger. Like making an OK sign. Place on greased pans. Let them rise till doubled. Bake at 400° until brown. Should make 3-dozen. Hint...I take a stick of real butter and a few tablespoons of honey, melt and brush over rolls when they first come out of the oven...keeps rolls moist and tastes wonderful.

PIZZA DOUGH

Submitted by: Kelly Poelker

1 package active dry yeast

3/4 cup warm water

1/2 tsp. sugar

1/2 tsp. salt

2 tbsp. olive oil

2 cups all-purpose flour

Dissolve yeast in warm water. Stir in sugar, salt, oil, and 1 3/4 cups flour. Turn onto well floured surface; knead until smooth and elastic (about 5 minutes). Knead in enough remaining flour as needed to prevent sticking.

BERRY BLUEBERRY MUFFINS

Submitted by: Patti Gale, Healthy Fitness Solutions & and a Bizymoms Host

1 cup all-purpose flour
¾ cup whole-wheat flour
¾ cup sugar
1 tablespoon baking powder
1 teaspoon finely shredded lemon peel
2 egg whites or the egg substitute equivalent of one whole egg
2/3 cup buttermilk
1/3 cup unsweetened applesauce
1 teaspoon vanilla
1 cup (or more if you like) fresh or frozen blueberries.

Preheat oven to 400°. Spray 6 large or 12 regular size muffin cups with no-stick spray. Set aside. In a large bowl, stir together the all-purpose flour, whole-wheat flour, sugar, baking powder and lemon peel. Make a well in the center of the mixture. In a small bowl, beat the egg whites until foamy. If using egg substitute, just add in to the three ingredients following.-- stir in the buttermilk, applesauce and vanilla. Add the buttermilk mixture to the flour mixture and stir just until moistened. Fold in the blueberries. Spoon the batter into the prepared cups, filling each ¾ full. If making 6 large muffins, bake for 22 minutes to 25 minutes or until a toothpick inserted in the center comes out clean. If making 12 standard muffins, bake for 18-20 minutes. Cool the muffins in the muffin cups for 5 minutes. Then remove and cool on a wire rack.

Nutrition Information per muffin

6 large muffins

<u>Before</u>		<u>After</u>	
Calories	373	Calories	280
Fat (g.)	14	Fat (g.)	less than 1
% calories from fat	32%	% Calories from fat	3%
Cholesterol (mg.)	69	Cholesterol	0

12 Standard muffins

Calories	140
Fat (g.)	less than 1
% calories from fat	3%
Cholesterol (mg.)	0

Food for thought: Large store-bought muffins can come packed with as much as a whopping 25 fat grams per muffin and 400 calories! In these muffins, replacing butter with a combination of buttermilk and applesauce reduced calories, fat and cholesterol. And, replacing a whole egg with egg whites or egg substitute.

BANANA BREAD

Submitted by: Diana Ennen

1 $\frac{3}{4}$ cups flour
1 cup mashed bananas
2 eggs
1 tbsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup oil

Mix flour, salt and baking powder together. Beat sugar, oil, and eggs together. Add in bananas and then add in the remaining ingredients. Pour into greased bread pan and bake at 350 for 50 to 55 minutes. You can add nuts if you like, or raisins.

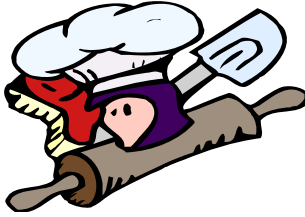
BISCUITS

Submitted by: Connie Corodimas

2 cups flour
 $\frac{1}{2}$ tsp. salt
3 tsp. baking powder
4 tbsp. shortening
 $\frac{3}{4}$ cup milk

Shift all dry ingredients together. Add milk and make a dough. Place on floured surface and knead slightly. Roll out to $\frac{1}{2}$ inch thick and cut. Place on greased baking sheet and bake at 425 for approximately 10 to 12 minutes.

CASSEROLES, BAKED DISHES, ETC.



SQUASH CASSEROLE

Submitted by Nancy Johnson

5 pounds medium yellow squash
2 eggs, beaten
1 cup bread crumbs (I toast the "heels" of loaves and crumble them)
1 stick butter/margarine
1/4 cup sugar
2 tablespoons chopped onion
Salt (to your taste)
Dash pepper

Cut off tips of squash, and cut into 3-4 pieces, boil until tender; Drain & mash. Combine other ingredients, reserving 1/4 cup breadcrumbs, then mix into squash. Pour into lightly greased or sprayed 3 qt. casserole, sprinkle with reserved breadcrumbs. Bake at 350° until lightly browned (I sometimes microwave it first to cut down baking time, and make sure eggs are cooked!) Serves a bunch! I usually cut recipe in half for just my family.

YELLOW SUMMER SQUASH CASSEROLE

Submitted by: Stacy Robinson (Mom of Erica and Evan), Bizymoms Host, Online Instructor, and Author: Bizy's Guide to How to Create a Profitable Cake Decorating Business "From Scratch"

Time Saving Tip: Mix, then cover and refrigerate overnight before baking next day.

2 lbs. yellow summer squash, sliced
1/2 stick butter
Salt and pepper
1 egg, beaten
1/4 cup sugar (or less)
1/4 cup grated onion
1 cup mayonnaise
1 cup grated Cheddar
Cracker crumbs

Cook squash in boiling water until tender; drain. Mix all ingredients except cracker crumbs and pour into greased casserole dish. Sprinkle crumbs on top. Bake at 350° for 30 minutes. Do not cover.

QUICK AND EASY CHICKEN CASSEROLE

Submitted by: Kathy Andrews

Mother of 3 children ages 18, 16 and 13.

4 boneless chicken breasts (or other boneless meat)
1 can cream soup (mushroom, chicken, broccoli & cheese, etc.)
1 cup mushrooms
2 cups stove top stuffing
OPTIONAL - any cut small vegetables (carrots, asparagus, etc.)

In medium casserole dish place chicken breasts flat side down. Add soup and mushrooms and vegetables (if you want them). Make the stovetop stuffing and put on top of the mixture.

Place in oven at 350° for 1/2 hour.

NOTE: If you add any extra vegetables or have different meat it may take longer.

CHEESY BROCCOLI PIE

Submitted by: Marybeth Henry (Independent Sales Director - <http://www.marykay.com/mhenry2>)

Mom to Meghan and Robby

1 small onion, chopped
1 tbsp. margarine
1/4 lb. sliced Swiss cheese
1 cup cooked, chopped broccoli
3 large eggs
Approx. 1/2 cup milk
1/2 tsp. salt
9 inch pie shell

Cook onion in margarine until tender, cool. Lay slices of the cheese over the pie dough, top with broccoli, then onions. Beat eggs and add enough milk to make 1 cup. Add salt and a dash of pepper and pour into pie shell. Bake in 400° oven for about 35 minutes or until a knife comes out clean.

You can substitute spinach, green beans, zucchini, or peas for the broccoli. This can also be frozen after baking and served later.

CHEESY HAMBURGER CASSEROLE

Submitted by: Marybeth Henry

1 small onion, chopped
1/2 lb. ground beef (or turkey or veal)
1 15 oz. can of tomato sauce
2 cups uncooked macaroni
1 can Cheddar Cheese soup.

Cook macaroni according to package directions. Meanwhile brown meat and onion in a skillet. Pour off fat and stir in tomato sauce. Simmer for 10 minutes. Pour meat mixture and macaroni into a casserole dish and mix well. Pour cheese soup over the top and bake at 400° for 20 minutes.

CHILI MACARONI BAKE

Submitted by: Marybeth Henry

1 package instant macaroni and cheese
1 can chili
Optional: 1 pound hamburger (browned) or 1 pound hotdogs (diced)

Make up the macaroni and cheese, according to package directions. Turn into a small casserole dish and add chili and mix well. Place in oven to bake for 20 minutes at 350°. If you choose to add the hamburger, you need to brown it while the macaroni is cooking and add it to the casserole before baking. The hot dogs can be added at the same time as the chili, without any previous cooking.

POTATO & CHEESE CASSEROLE

Submitted by: Diana Ennen

4 cups mashed potatoes
½ cup Parmesan cheese
2 eggs
½ cup Cheddar cheese (grated)

Combine the potatoes, Parmesan cheese, and eggs into a casserole dish. Top with Cheddar cheese. Bake at 350° for 20 to 25 minutes.

FRANKS AND BEANS

Submitted by: Marybeth Henry

You may remember this from when you were a child - it's still as hearty and good now as it was then, and it's ready in a flash. Use it on those days when you walk in the door - and it's already dinner time!

2 cans Pork and Beans (or Baked Beans)
1 lb. Little Smokies

Pour the pork and beans into a large saucepan and add the Little Smokies. Cook over medium heat until warmed through. Hearty and delicious. Perfect served with bread and salad.

FRANKS AND NOODLES

Submitted by: Marybeth Henry

1 lb. hotdogs or sausage, diced
1/2 tsp. crushed oregano
2 tbsp. margarine
2 cups cooked noodles
1 can Cream of Celery soup
8 oz tomato sauce
1/2 cup milk

Begin cooking noodles. While noodles are cooking, brown hot dogs in a skillet with oregano and margarine until tender. Stir in soup, tomato sauce and milk. Bring to boil, reduce heat and add noodles. Heat through. Garnish with parsley, if desired. Takes approximately 30 minutes to make.

HAM AND APPLE BAKE

Submitted by: Marybeth Henry

16 oz. macaroni	2 cups milk
4 tbsp. margarine	2 tbsp. brown sugar
1/4 cup flour	2 cups ham, cubed
2 tbsp. mustard	2 medium Macintosh apples, cubed

While cooking macaroni, cube ham and apples. In saucepan, melt margarine and add flour and mustard. Add milk and then blend in brown sugar. Cook and stir until thickened and bubbly. In casserole, mix macaroni, ham and apples, then pour sauce and toss to coat. Bake covered at 350° for 30 minutes.

HAM TETTRAZZINI

Submitted by: Marybeth Henry

2 cups cubed ham	2 tbsp. flour
8 oz. spaghetti, cooked	2 cups chicken broth
4 oz. can mushrooms	3 tbsp. dry white wine
3 tbsp. margarine	Grated Parmesan cheese

Melt margarine and make a sauce with flour and broth (add salt and pepper to taste). Remove from heat and add wine. Pour sauce over spaghetti, meat and mushrooms. Top with Parmesan cheese and bake at 375° for 45 minutes. (Other options: this recipe also works with chicken or turkey.)

ITALIAN SAUSAGE AND MACARONI

Submitted by: Marybeth Henry

1/4 to 1/2 lb. Kielbasa, cubed (or other hot dogs or sausage. You may use bulk sausage in this recipe, but it should be browned before adding)
8 oz. elbow macaroni
1/2 jar pasta sauce
1/4 cup grated Parmesan cheese
1/2 cup grated Mozzarella cheese

Prepare macaroni according to package directions. Cut up sausage while macaroni is cooking. Turn drained macaroni into casserole dish. Add sausage, pasta sauce and Parmesan cheese. Mix well. Sprinkle Mozzarella cheese over the top. Bake covered in 350 degree oven for 20 minutes or until the Mozzarella is melted and bubbly. Serve with garlic bread and salad to round out the meal.

SAUSAGE AND TATERS

Submitted by: Marybeth Henry

This one is a favorite with kids and gets in meat, dairy and vegetable all in one dish!

Mashed Potatoes
Hot dogs or individual serving sausages (1 per person in your family)
Shredded Cheddar cheese (if desired)

Make up your mashed potatoes. Cut each hot dog or sausage in half, lengthwise. Place them in a 13x9x2 baking disk, flat side up. Cover each hot dog with mashed potatoes and then sprinkle with Cheddar cheese. Place in oven at 350° for 20 minutes.

SAUSAGE SURPRISE

Submitted by: Marybeth Henry

1 pound bulk sausage	16 ounce can of tomatoes
8 ounces macaroni, cooked	1 can Tomato soup
Onion salt, to taste	Basil, to taste

While you are cooking the macaroni, put sausage and onion salt in a large skillet to brown. Drain off excess fat and mix in the remaining ingredients. Simmer until warm and sprinkle with basil.

BROWN BEAN CASSEROLE

Submitted by: Melody O'Neil

Brown beans and Shredded cheese mixed with sliced hot dogs, topped with tortilla chips, and baked for 30 minutes at a fairly low temp, maybe 300°.

Tasty and healthy too (although not low cal!)

BREAKFAST CASSEROLE

Submitted by: Alice Green

Mother to: April, Brittany and Shymeka

1 pkg. Jimmie Dean sausages
6 pieces of bread cut into cubes
5 eggs beaten
1-1/2 cups Shredded Sharp or Cheddar cheese

Cook sausage and set aside. In a 9 x 13 pan spread out the cubed bread in bottom of the pan. Then pour all the sausage over the bread. Pour beaten eggs over the sausage mixture. Sprinkle cheese all over the sausage mixture. Bake at 350° until eggs are done & cheese is melted.

CHICKEN CASSEROLE

Submitted by: Benjamine Brown

You need 4 to 5 chicken breast (boneless and skinless)
2 cans of Cream of Mushroom soup
2 cans of Cream of Chicken soup
1/2 block of Sharp Cheddar cheese (grated)
A bag of instant rice

Take one can of each of cream of mushroom and chicken and place it into the bottom of a casserole dish. Then place your chicken on top; add your other two cans on top of the chicken. Place in the oven at 475° for 45 minutes. When it is done cooking add your grated cheese on top. Place back in oven until melted. Take out and place on top of your rice. It is simple and easy to cook when you have a lot to do. You can have rolls with it as well.

TUNA CASSEROLE

Submitted by: Diana Ennen

1 can tuna
1 can Cream of Mushroom soup
3/4 cup milk
1 cup crushed potato chips
Shredded Cheddar cheese

Mix tuna, soup and milk together. Slowly add potato chips. Put in a greased baking dish. Bake at 375° for 30 minutes. With 15 minutes left, add additional chips and Cheddar cheese.

TUNA SURPRISE

Submitted by: Diana Ennen

10 potatoes
2 cans tuna
1/2 onion
1 can Cream of Celery soup (or Mushroom soup)
1/2 cup milk
Paprika
Salt and pepper to taste

Slice the potatoes and fill greased casserole dish with alternating layers of potatoes, tuna, onion, and celery soup. Pour milk over top and sprinkle with paprika. Bake at 425° approximately 30 minutes.

We often will add mushrooms, cheese, dill, vegetables, etc. to spice it up a bit.

MACARONI AND TUNA CASSEROLE

Submitted by Diana Ennen

Prepare packaged macaroni & cheese (I usually use the Velveeta kind as it's thicker)

1 can drained tuna

1 can peas

Shredded cheese (optional)

Prepare the macaroni and cheese then add in the remaining ingredients. Heat for an additional 5 minutes.

TUNA CASSEROLE

Submitted by: Jen Czawlytko, Webmaster for Bizymoms.com , Owner of webJENerations, Author: Bizy's Guide to Creating Success in Web Design

2 - 6 oz. cans of tuna packed in spring water; drained

2 cans of Cream of Mushroom soup

8 oz. of milk

1 inch chunk of Velveeta cheese - cubed.

1 half bag of frozen baby sweet peas (optional)

1 bag of wide egg noodles; boiled and drained.

1/2 cup of crushed potato chips (bread crumbs can be substituted as well)

In a saucepan combine the soup, milk, peas, tuna, and Velveeta cheese. Stir & heat slowly on medium till cheese is melted and all ingredients are thoroughly mixed. (I guess this could be done in a microwave as well although I have never done it that way.)

Place noodles and sauce mixture into large casserole dish or oven safe bowl, mix thoroughly, cover top with crushed potato chips, bake in 350° oven for 30 minutes (or until top is brown).

This is really good with a salad or coleslaw.

DIRTY RICE

Submitted by: Stacy Robinson

Tastes amazing, but very simple to prepare.

About 6 servings.

1 cup plain white rice

1 can French Onion soup (not cream of onion)

1 can beef consommé or bouillon

1/2 stick butter, melted

Mix all ingredients in buttered baking dish. Cover and bake at 350° for one hour. Stir once 30 minutes into baking time.

LENTIL RICE CASSEROLE

Submitted by: Christine Edick

3 cups chicken breast	½ teaspoon basil
¾ cup lentil uncooked	¼ teaspoon oregano
½ cup rice uncooked	¼ teaspoon thyme
¼ fresh chopped onion	¼ teaspoon garlic powder

Mix – Bake 2 ½ hours uncovered.

EASY TAI PEANUT RICE

Submitted by: Becky Peck

Cube some chicken (a piece each person is good)
Put 1 tbsp. oil and 1 tsp. sesame oil in a pan and heat.
Crush some garlic and put in the pan
Put some chopped onion in the pan
Put chicken in the pan and brown and drain
Add 2 to 4 cups of water
Add 1 chicken bouillon cube per cup -- Bring to a boil, stirring
Add 1 cup of rice per every 2 cups of water used.
Bring back to a boil
Simmer for 20 minutes -- add 1 cup peanut butter - stir.

EASY SCALLOPED POTATOES

Submitted by: Alice Green

8 large potatoes	Dash of black pepper
Cheddar cheese	1 cup of milk
1/2 cup all purpose flour	

Preheat oven to 350°. Layer the bottom of a 2-quart casserole dish with potatoes. Cover the potatoes with a layer of cheese, followed by a light dusting of flour and pepper. Repeat the layering process until all the ingredients are used up. Pour milk over the entire casserole. Bake at 350° until done.

CHILI PUFF

Submitted by: Christine Edick

10 eggs	1 stick butter
1 large tub cottage cheese	1 teaspoon salt
½ cup flour	2 four ounce cans chili
1 teaspoon baking powder	

Mix and bake in dish at 350° 25 to 35 minutes.

BISCUIT CASSEROLE

Submitted by: Kelly Poelker

1 can 8 oz. flaky style biscuits
16 oz. sour cream
8 oz. can tomato sauce
1 egg (beaten)

1 lb. ground beef
Garlic salt, onion flakes, pepper
¾ oz. grated Cheddar cheese
2 tsp. chili powder

Brown ground beef and season well with garlic salt, onion flakes, pepper and chili powder. Drain. Add beaten egg, sour cream, tomato sauce and cheese. Line 9-inch pie pan with biscuits (to make crust) retaining 4 to 5 biscuits for topping. Pour beef mixture over biscuit crust, top with other biscuits, sprinkle with grated cheese. Bake at 425° for 30 to 45 minutes (until brown.)

ORIENTAL SALMON

Submitted by: Bethany Coleman

Marinade for 2 – 4 salmon fillets or steaks

4 tablespoons soy sauce
2 tablespoons honey
2 tablespoons Hoi Sin Sauce

½ teaspoon (level) Chinese 5 spice powder
1 teaspoon (heaping) minced garlic
1 teaspoons (heaping) minced ginger

Mix all of the above in a large bowl. Add salmon and let sit in the refrigerator for at least 4 hours. The longer you can allow it to marinate the better the flavors will be. Preheat oven to 350°. Place salmon on a non-stick baking tray and cook for 15 – 20 minutes. Serve over a bed of wilted spinach tossed in sesame oil.

ROASTED GARLIC AND CHEESE MASHED POTATOES

Submitted by: Bethany Coleman

Serves 4 – 6 people

1 – 1 ½ pounds of potatoes
1 large bulb of garlic
1 cup Sharp White Cheddar cheese

1 cup Sharp Yellow Cheddar cheese grated
½ stick of butter
8 oz sour cream or Crème Fraiche (if you can get it)

Heat the oven to 400°. Cut off the top of the garlic. Put into a piece of tin foil and pour over some olive oil to coat the top of the garlic bulb. Wrap tin foil around garlic and place in the oven to roast. This should take 20 – 30 minutes. Remove from the oven when it is soft and allow to cool.

Peel potatoes, cut into chunks, and boil until they fall off of a fork or knife when speared, drain and return to the pot. Squeeze garlic out of the bulb into a bowl and mash with a fork.

Mash potatoes; add garlic, grated cheese, butter and sour cream. Mix thoroughly and add salt and pepper to taste.

LEMONY LAMB CHOPS

Submitted by: Marybeth Henry

4 lamb chops
3 tbsp. mayonnaise
2 tbsp. mustard (Dijon is best, but yellow will work)

2 tsp. lemon juice
1/8 tsp. dill weed

Preheat broiler. Trim fat from lamb chops and broil 3 inches from heat for 6 minutes. Meanwhile, mix other ingredients for sauce. Turn the chops and broil another 3 minutes. Brush the chops with sauce and broil for another three minutes or until they reach desired doneness. Serve the lamb chops with the extra sauce at the table.

BREAKFAST PIZZA

Submitted by: Sandra Miller-Louden, Bizymoms Host, Online Instructor, & Author of: Bizy's Guide to Making Money Writing Greeting Cards

Besides the pressing question of "what's for dinner?" Bizy Moms usually also hear: "What's for breakfast?" Well, this pizza is the perfect solution for breakfast, lunch or dinner. Easy, nutritious and combining ingredients even the pickiest of eaters like. This "pizza" even makes the perfect snack. Hey, if my Alexis will eat it, it's gotta be good!

1 lb. breakfast sausage--either turkey or pork
1 - 8 oz package refrigerated crescent rolls
1-1/2 cups frozen hash brown potatoes, defrosted
1-1/4 cup mild Cheddar cheese, Shredded (Taco Shredded cheese may be substituted)
5 medium eggs, beaten
1/4 cup onions, diced (if desired)
1/4 cup milk
1/2 tsp. salt
1/4 tsp. pepper
2 tablespoons Parmesan cheese, grated

Preheat oven to 375°. In skillet, over medium heat, sauté sausage according to package directions. Unroll crescent rolls, separate dough & in 10-12" round pizza pan, arrange crescent rolls with points toward the center. Press rolls over bottom & up the sides of pan to form pizza crust, sealing perforations. Top pizza crust with sausage, cheese, potatoes and onions. In a small bowl, combine eggs, milk, salt & pepper. Pour egg mixture VERY SLOWLY over sausage mixture. Sprinkle Parmesan over top. Bake 20-30 minutes or until sausage is slightly browned. Serves 6-8.

CANDIED SWEET POTATOES

Submitted by: Diana Ennen

2 cans sweet potatoes
1 stick butter
1 to 1 ½ cups brown sugar (add according to your own taste)

Melt butter in skillet. Slowly add sweet potatoes and stir in brown sugar. Cook on low for approximately 10 to 15 minutes, stirring softly.

As a variation we sometimes melt marshmallow on top (1/2 bag) in the microwave. Serve warm.

HAMBURGER PASTRY

*Submitted by: Michelle Revelle
Daughter, Kristi*

Your imagination is the limit to what you can add to this tasty meal. The first time I made this, I packaged up the leftovers the next day's lunch. My husband found it and it didn't make it past 9:00 am!

1 1/2 lbs ground beef	Mayo
2 cans crescent rolls (use the better brands)	Ketchup
One medium onion, chopped	Brown mustard
Bacon (optional)	Shredded Cheddar cheese

Brown ground beef. Pre-heat oven according to crescent roll package. Drain fat off ground beef. Place cooked meat into a large mixing bowl. Add just enough mayo, ketchup and mustard to make meat mixture just stick together. Do not add too much. Throw in a large handful of cheese and let melt for a moment. While cheese is melting, spray non-stick spray on a jelly roll pan liberally. Open one can of crescent rolls and unroll. Do not separate the triangles. Lay the sheets of crescent roll dough in the bottom of the jelly roll pan. Using your fingers, push the seams together and spread dough out a bit to make the bottom sheet larger. Mix meat mixture with melted cheese. Spoon out mixture onto first crescent roll dough. Spread out evenly to about 2 inches from the sides of the dough. Add chopped onions, cooked bacon (if desired) and more cheese over top of meat mixture. Open second can of crescent rolls. Once again, unroll and push seams together. Place sheet on top of meat mixture (sometimes I shape the sheet on a cookie sheet and flip it over onto the meat mixture, and sometimes I unroll it directly on the meat mixture and work it together that way). Make sure all seams are pushed together. Roll edge of bottom crescent roll over the edge of the top crescent roll sheet, sealing well. Bake at highest recommended time according to crescent roll package. Remove from oven when golden brown.

TUNA PASTRY

Submitted by: Michelle Revelle

2 cans tuna, drained
Mayo
2 cans crescent rolls
Shredded Cheddar cheese
Celery salt

Please see the instructions in the above Hamburger Pastry recipe on instructions on how to place first can of crescent roll into jelly roll pan. Mix tuna with just enough mayo to keep tuna together. Be careful not to add too much mayo as the tuna mixture may leak out of the pastry. Mix in a handful of cheese. Add a couple sprinkles of celery salt. At this point, you can add in other things, such as cooked peas and carrots, mushrooms, onions, etc., whatever your family likes. Spread mixture over dough. Open second can and spread over mixture, sealing dough as described in Hamburger Pastry recipe. Bake according to instructions on crescent roll packages and remove when pastry is golden brown.

MOCK BRUNSWICK STEW

Submitted by: Michelle Revelle

1 large can of each of the following:

Chuck chicken
BBQ pork
BBQ beef
Corn – drained
Cream of corn – not drained
Diced seasoned tomatoes
Hot sauce to taste
Salt and pepper to taste

Combine all the canned ingredients in sauce pan. Add hot sauce and salt and pepper to taste. Heat thoroughly.

GARDEN VEGGIE CHOWDER

Submitted by: Michelle Revelle

1 envelope dry Chicken Noodle soup mix
2 cups water
1 cup milk
1 cup shredded zucchini
1 15 oz. can creamed corn

In medium sauce pan combine all ingredients and bring to a boil. Reduce heat and simmer uncovered, stirring frequently, for five minutes or until noodles and zucchini are tender. Can substitute chopped frozen broccoli for zucchini.

AU GRATIN POTATOES

Submitted by: Nancy Johnson

Potatoes
Cheddar Cheese
Green onion
Milk

Slice Potatoes (with or without skins) and mix with grated Cheddar cheese, sliced green onions and a splash of milk. Microwave until potatoes are tender.

GROUND BEEF CASSEROLE

Submitted by: Jen Czawlytko

2 lbs of ground beef
2 cans of cream of mushroom soup
1 small onion
1 bag of frozen tater tots

Brown your ground beef and onions; drain. Mix ground beef, onions, and soup in a casserole dish. Place Tater Tots on top in a single layer. Bake in 350 degree oven for 45 minutes to 1 hour (or until Tater Tots have browned and are crispy). I actually make extra tater tots on the side or we place the ground beef mixture over cooked wide egg noodles.

SOUTHERN TREAT FROM THE FREEZER

*Submitted by: Heike Boehnke-Sharp www.fantasticfests.com, <http://www.goddessinthegroove.com>
Mother of Justina & Benjamin*

When I am in a quick fix, but don't want to my family to eat junk food, this recipe composed of treasures from the freezer is a HEALTHY crowd pleaser! You can adjust the bags to the size or preference of your family!

- 1 bag of frozen okra (chopped, the whole kind takes longer to cook)
- 1 bag of frozen black eyed peas
- 1 bag of frozen turnips
- 1 bag of frozen corn
- 2 small packages of JIFFY cornbread mix, or any other cornbread mix and/or rice

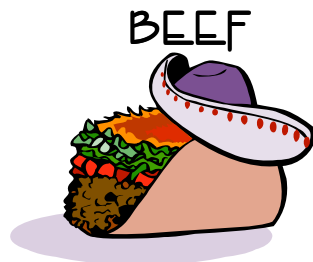
Empty all the bags of frozen veggies into the pot with about 1/2 cup of water. Bring to a boil, and then turn to medium heat. After all the veggies have thawed, you should not need any more water, but check to ensure the stew is watery, otherwise the veggies will burn. You also want to have enough sauce to dunk the cornbread or spoon over rice. Add some salt and pepper.

While the pot is simmering, prepare some corn bread, either home made or JIFFY. The small JIFFY mixes are quick, and I usually make 2 pkgs. for 4-6 people.

The corn bread tastes great crumbled in the stew, but you can also make rice and spoon the stew over it. Add some Tabasco, and you have a Southern Treat!

Prep time approx. 10 minutes

Cook time 30 minutes



SPANISH HAMBURGER

Submitted by: Roxanne Cottell -Halau Hula Ohina O Mea nani/Aloha Creations by Mapuana

One pound ground beef
A can or two of tomato sauce
A 12 to 16 oz bag of frozen vegetables
Salt and pepper to taste
Egg noodles

Brown the meat. Drain the fat. Add the veggies and throw in the tomato sauce. Season it to taste. Add the noodles (cook them al dente style so that they don't get too soggy), and simmer it all on low for about 45 minutes to an hour. Serve over steamed rice and enjoy. You can even top it with Parmesan or Mozzarella cheese grated. This recipe will serve 4 to 6 nicely, and with a side salad will fill you up easily. The leftovers are even richer and better tasting. I use Aloha brand Soy sauce and this makes it taste even better (after it's cooked and is sitting on a plate or in a bowl in front of you!)

BEEF STROGANOFF

Submitted by: Gail Lockwood

1 lb. ground beef	1 tablespoon paprika
1 can Cream of Mushroom soup	1 tablespoon Mrs. Dash
1 pint no fat sour cream	1 pkg. No Yolks Egg Noodles Wide Dumplings (cooked)

Brown 1 lb. ground beef and drain the fat. Once browned, turn the heat down to medium and add one can of Cream of Mushroom soup, one pint of No Fat sour cream, one tablespoon of paprika and Mrs. Dash. Cook for an extra five minutes stirring constantly. Pour sauce over cooked No Yolks Egg Noodles – Wide Dumplings. The kids love it and put a side of salad or applesauce and you have a meal in less than 30 minutes. So simple.

BEEF MARINADE

Submitted by: Marybeth Henry

Unseasoned tenderizer steak (cut of your choice)
1/4 cup sesame oil
2 tbsp. dry sherry (or other dry white wine)
3 tsp. garlic
1 tsp. ginger
1 tsp. sugar

Treat steak with unseasoned tenderizer. Mix all other ingredients in a pan. Place steak in and flip to coat both sides. Allow to marinate on each side for 15 minutes or longer. This is best grilled, but be careful when you place it on the grill because the sherry and oil combination make for a quick fireworks show (keep kids away!). Quick, easy and tastes great!

BEEF STROGANOFF

Submitted by: Marybeth Henry

8 ounces egg noodles	2 1/4 cup water
2 tbsp. margarine or butter	1 pound cooked steak, cut into strips
3 tbsp. flour	4 oz can of mushrooms
1 envelope Onion soup mix	1/2 cup sour cream

Cook noodles according to package directions. While noodles are cooking, melt butter in a large skillet and stir in flour and Onion soup mix. Gradually add water and the liquid from the canned mushrooms. Bring to a low boil. Add the meat and mushrooms and simmer covered for 10 minutes. Mix in sour cream and heat through. Serve over noodles

EASY BEEF BURGUNDY

Submitted by: Marybeth Henry

1 large onion, sliced	1 cup beef bouillon
2 tbsp. oil	2 cups red wine
1 pound beef cubed	1/2 pound fresh mushrooms
1/4 tsp. thyme	2 tbsp. cornstarch
Ground pepper to taste	1/2 cup water

In Dutch oven, cook onions in oil and set aside. Add meat to pan and brown, then add seasonings and cover with half the bouillon and half the wine. Simmer, covered tightly, over low heat for one and a half hours, adding the rest of the bouillon and wine about halfway through (to make things easier, you can also add all the bouillon and wine at the beginning). Add the onions and mushrooms and cook 20 minutes more. Mix the cornstarch in with the water and then add to the pan, stirring as the mixture thickens. Serve over noodles or with french bread on the side.

QUICK AND EASY POT ROAST

Submitted by: Marybeth Henry

1 can Cream of Mushroom soup
1 can cold water
1 packet dry Onion soup mix
3 lb. beef roast

Pour soup and water into the baking pan. Mix briefly. Then add roast and turn several times until coated. Add Onion soup mix and mix well. Bake covered at 350° for 3 hours (for a three pound roast). When the roast is done, remove from the pan to serving plate. Skim excess fat off the top of the gravy, and add a little bit of water if it is too thick. Delicious served with noodles or mashed potatoes.

STUFFED MEATLOAF

Submitted by: Marybeth Henry

1 1/2 lbs. ground beef, turkey, pork (or combination thereof)
2 cups bread crumbs or stuffing mix
1 packet Lipton Recipes Secrets Savory Garlic & Herb soup
1 cup water
1 cup spaghetti sauce
1/2 cup Shredded Mozzarella cheese

In bowl, mix ground meat, breadcrumbs, water and soup mix. Pour half of meat mixture into loaf pan and create a "trough" in the center of the loaf. Pour spaghetti sauce into trough and top with Mozzarella cheese. Pour second half of meat mixture on top and firmly press into a loaf. Bake at 325 for 45 minutes to 1 hour. Allow to cool for 10-15 minutes

SALSA MEATLOAF

Submitted by: Megan Crouch

Mom to: Dylan, Cassidy and another precious one due in June, 2002

2 pounds lean ground beef	1 cup salsa (I use mild, my husband likes hot)
2 eggs	1 tablespoon ketchup
1/2 cup bread crumbs or crushed crackers	Salt and Pepper
1 tablespoon prepared mustard	

Preheat oven to 375°F. Spray pan with non-stick vegetable cooking spray. Place all the ingredients except ketchup in a large mixing bowl and work them together until they are well combined. Place mixture in pan, patting it down. Make sure you form it higher in the center. Add ketchup to top of the loaf. Bake for 1 hour. Drain off any accumulated liquid before you serve.

You can make your own recipe for meatloaf and substitute the salsa for ketchup in the mix. It is a nice twist to everyday meatloaf.

MEATLOAF

Submitted by: Diana Ennen

3 lbs. hamburger
1 onion
2 slices bread
2 eggs
Salt, Pepper
Tomato sauce or ketchup

Cut the bread into small pieces. Combine hamburger, onion, eggs, bread pieces, salt and pepper together. (I usually mix with my hands). Put into a loaf pan and bake at 350° for 40 minutes or until meat is golden brown on top. Drain fat. Add one can tomato sauce or ketchup. Bake an additional 10-15 minutes.

MEATLOAF

Submitted by: Jennifer Wong

Ground beef
1 finely diced potato
1 chopped onion
1/2 bag frozen veggies
3/4 cup bread crumbs
1 pkg. Lipton Onion soup mix
3 tbsp. Worcestershire sauce
2 tbsp. Teriyaki sauce
1 cup diced (not Shredded) Sharp or Monterrey Jack cheese
2 eggs
1/2 c salsa

Mix well and bake at 375° for 45 min- 1 hr. Delicious!

SIRLOIN TIPS

Submitted by: Stacey Baille – Bizymoms Host

1 tablespoon cooking oil
1 package sirloin tip beef (stir fry meat)
3 peppers (red, yellow & orange)
1 small sun dried tomato and oregano salad dressing.
Long grain rice

Pour oil in large frying pan on medium heat, cook package of meat. Cut peppers in 2-inch strips. Add peppers and dressing to meat and cook covered on medium for approximately 15 minutes stirring occasionally, making sure not to burn. Put desired amount of rice on and both will be ready at the same time. On a plate put a layer of rice and then a layer of the pepper/meat mixture with dressing on top of the rice.

HOMESTYLE BEEF STEW

Submitted by: Kelly Sutton, Watkin's Representative

3 lbs. boneless chuck roast, cut into cubes
3/4 cup flour
1 stick butter
1 tablespoon Watkins black pepper
1 tsp. Watkins All Purpose seasoning
8 small/medium russet potatoes, cubed
4 medium/large carrots, cubed or sliced
1 medium sized onion, cubed
1 tsp. Worcestershire sauce
2 tsp. Watkins Meat Magic
1 tsp. sugar
5 to 6 tablespoons Watkins Beef Soup/Gravy Base
8 cups water
2 or 3 bay leaves
1 tsp. Watkins allspice

Mix the flour, pepper, and all purpose seasoning together in a bowl and dredge the cubes of beef in it until thoroughly coated. Melt stick of butter in the bottom of a Dutch oven on the top of the stove. Toss the dredged beef cubes in it (along with whatever flour is left in the bowl) and cook over medium heat, turning to brown evenly on all sides. In a saucepan, mix Watkins Beef Soup/Gravy base and water and bring close to a boil. After meat has browned all over, pour broth from other pan into the dutch oven and stir... thickening with more flour if needed (use a wire whisk..this will break up any chunks in the flour and make it smooth). Add Worcestershire sauce, Meat Magic, sugar, allspice and bay leaves to pan, and then vegetables. Simmer on the stove on low for approximately an hour to an hour and a half until vegetables are tender. Makes probably around 10-12 servings.

If you wanted to get the Watkins ingredients for this recipe, go to <http://www.watkinsonline.com> and use my name or my ID#322547 when you order. Thanks!

MARINADED STEAK

Submitted by: Diana Ennen

1 cup soy sauce
2 cloves of garlic
4 tbsp. sugar
4 tbsp. sherry wine
2 tsp. ground ginger

Mix all ingredients together and then marinate the steaks for at least 2 hours prior to cooking.

CHICKEN



CHICKEN POT PIE

Submitted by Natalie Pope (<http://www.myownsite.ws>)

Mom to: Ashley and Joey

- 2 Deep Dish Pie Crusts
- 1 large can Veg-all (drained)
- 1 small can sliced potatoes (drained)
- 1 can Cream of Chicken soup
- 1 can Cream of Celery soup (or CO Mushroom soup)
- 3-4 ~ large chicken breasts with skin
(You can use any chicken you want I just prefer white meat)
- 1/2 cup chicken broth

Boil chicken until done. Mix together in large bowl Veg-all, 2 cans soup, can potatoes, and 1/2 cup chicken broth (from cooked chicken). Add salt and pepper. Remove chicken from bone and stir in with mixture.

Take 1 pie crust and put in bottom of dish. Bake for approx 8 min in 375° oven. Will be slightly browned. Pour in chicken mixture. Top with other pie crust. Poke holes in top of pie crust. (I use a dish that is about 3 inches high and approx 12" oblong). Cook on 375° for approx 45 min. until top crust is golden brown.

Everyone LOVES this pot pie and it's really easy to make!

CHICKEN PARMESAN

Submitted by: Diana Ennen

- Chicken breasts
- Spaghetti sauce
- Mozzarella cheese

Bake chicken breasts at 350° until golden brown, turning often. Top with either a jar of store bought spaghetti sauce or your own homemade spaghetti sauce. Brown an additional 10 minutes. Top with Mozzarella Cheese until melted. I usually make spaghetti at the same time and serve both together. That way I have the spaghetti sauce handy. Add a salad and bread and dinner is served.

MUSTARD GLAZED CHICKEN BREASTS

Submitted by Jennifer Wong

Sauté mushrooms and onions on stovetop in olive oil. Take out and put in a baking dish. Sear chicken breasts in olive oil in a very hot pan. Place chicken on top of sautéed mushrooms and onions. Glaze your favorite mustard on top of the chicken (honey mustard or a robust mustard is absolutely delicious!) Bake at 375° for 45 minutes.

MONTERREY CHICKEN

Submitted by: Mandy Payne.

My family loves it. It's colorful and yummy.

Chicken breasts (1 per person)

2 tomatoes

3-4 green onions

1 package of Shredded Cheddar cheese (lay cheese out while cooking your chicken and preparing, it melts better)

Dice tomatoes, and green onions (the whole onion). Grill or cook chicken in skillet until done. Quickly layer with cheese, so it melts a little. Continue sprinkling with tomatoes and green onions.

This dish can be served with your favorite salsa or just plain.

CHICKEN CACCIATORE

Submitted by: Sharon Simoncini

Mother: To Renee & Todd & Grandmother to Alex

3 lbs. chicken – cut up

1 can tomato sauce (8 ounce)

1 can tomatoes (16 ounce)

1 large onion

2 cloves garlic

1 teaspoon salt

¼ tsp. pepper

1 tsp. oregano or basil

½ tsp. celery seed

1 bay leaf

¼ cup white wine

In skillet brown chicken. Then cook onions and garlic until tender. Combine all ingredients in a bowl first and then pour over chicken. Cover and simmer 30 minutes. Then add wine. Simmer an additional 15 minutes.

MEXICAN CHICKEN

Submitted by Kenyon Taylor

I call this recipe "Mexican Chicken". This is a must. Every guest I've served this to has given it rave reviews. Plus, it's a recipe that can be modified depending on one's taste. I like it with a little zing, but some prefer it milder. Either way, it's quite a treat, but quite fattening, I'm afraid.

Preheat oven to 350°

4 chicken breasts (cooked, de-boned & shredded)
1 can Cream of Chicken soup
1 can Cream of Mushroom soup
5 - 6 soft taco (flour) shells
1 jar of Pace Picante sauce - medium (use mild if you prefer less "zing")
1 package of Mexican Velveeta cheese block

In an 8 x 11 casserole dish, layer the bottom with the tortilla shells. Add the chicken. Mix in the Cream of Chicken & Cream of Mushroom soup. Then pour on the Picante sauce. Cook in the oven for 23 minutes. Then cut up the Velveeta cheese and layer it on the top. Then put back in the oven for another 7 minutes or until the cheese is melted.

AUNT DOOGIES' QUICK AND LOW FAT POT PIE

Submitted by: Wanda Madden

1 can reduced fat Cream of Chicken soup	1/2 c. milk
1 pkg. (approx. 9 oz.) frozen mixed veggies, thawed*	1 egg
1 c. cooked chicken, cubed	1 c. Reduced Fat Bisquick

Preheat oven to 400°. In 9" pie plate mix soup, veggies, and chicken. Mix milk, egg and Bisquick. Pour over chicken mixture. Bake 30 minutes or until golden brown. Serves 4. There are only approximately 8 g. of fat per serving! *Can be substituted with one can of mixed vegetables.

QUICK AND EASY CHICKEN SHORTBREAD

Submitted by: Diana Ennen

2 cups chicken - cubed (cooked)
2 egg yolks
1 cup milk
2 cans Cream of Mushroom soup
Biscuits

Combine milk and soup and heat. Beat egg yolks and add to heated soup mixture. Add chicken and heat until boil. Simmer and cook for 10 minutes. Bake biscuits and then pour chicken mixture over biscuits and serve. You can also melt cheese over entire dish.

SWEET 'N SOUR CHICKEN

Submitted by: Robin Lynd

Here's a favorite of mine that is very healthy and uses very common ingredients.

1 c. red bell pepper, chopped
1 tsp. fresh ginger root, peeled and chopped (substitute: 1/3 tsp. dried)
4 green onions with tops, thinly sliced
1 can (20 oz.) pineapple chunks in juice, undrained
1 lb. boneless, skinless chicken breasts
Vegetable oil
2 pkgs. (3 oz. each) baked chicken-flavor ramen noodles
1/2 c. sweet and sour sauce

Drain pineapple juice into two-cup measuring cup. Add enough water to pineapple juice to measure 2 c. liquid and set aside. Cut chicken into 1-inch chunks. Heat large skillet over medium heat until hot, spray with vegetable oil. Add chicken and stir fry 3-4 min, stirring frequently. Add ginger, stir-fry 30 seconds. Add reserved pineapple liquid, bring to a boil. Add noodles, broken into pieces, and seasoning packets from noodles. Bring to a boil; reduce heat. Simmer 3 min. or until noodles are tender and most of the liquid is absorbed. Add sweet and sour sauce, bell pepper, onion, and pineapple to skillet; heat through. Serve immediately.

EVERYONE'S FAVORITE CHICKEN WINGS

Submitted by: Melissa Duquette, Bizymoms Host, Author of Bizy's Guide to Starting a Rubber Stamping Business

Chicken wings (as many as you can fit!) Catalina salad dressing – 1 sm. bottle
Apricot preserves – 12 oz. Onion soup Mix – 1 packet

Mix the apricot preserves, Catalina dressing, and Onion soup in a large bowl. Add the wings and let marinate for about 4 hours. I like to let them sit overnight. Line a cookie sheet with aluminum foil (these get pretty messy). Place the chicken wings on the cookie sheet, as many as you can fit. Cook at 450° for about 20 minutes. Turn the wings over and then cook for 20 minutes.

HONEY MUSTARD CHICKEN

Submitted by: Robin Lynd

4 boneless skinless chicken breasts 3 tbsp. honey
1 c. dry bread crumbs 2 tbsp. butter or margarine
1 tsp. plus 2 tbsp. Dijon mustard, divided

Flatten chicken to 1/4-in. thickness. In a shallow bowl, combine breadcrumbs and 1 tsp. mustard. In another shallow bowl, combine honey and remaining mustard. Dip chicken in honey-mustard mixture, then coat with crumbs. In a nonstick skillet over medium heat, cook chicken in butter on both sides until juices run clear, about 6-8 min. per side.

SPICY CHICKEN MEAL

Submitted by: Stacey Baillie, Bizymoms Host

- 1 package of boneless skinless chicken breasts (4 pieces)
- 2 cups of Minute Rice
- 1 cup of salsa
- 2 cups water
- 1 cup of Tex Mex or Nacho cheese

In an electric frying pan cook chicken but make sure to keep moist by cooking on a lower heat (maybe add a little water) and keep covered. Once chicken is cooked add rice, salsa and water into the frying pan with the chicken mix until rice is moist with the mixture, cover and let simmer for approx 10 minutes. When rice is cooked, sprinkle cheese over mixture, put lid back on until cheese is melted and voila a low fat 15 minute meal with a bit of a kick!

CHICKEN AND RICE MEAL

Submitted by: Stacey Baillie

- 1 can Cream of Celery soup
- 1 can Cream of Chicken soup
- 1/2 to 3/4 cup milk
- 1 tbsp. of seasoning salt
- 1/2 tsp. black pepper
- 1 tsp. salt
- 1 package of boneless skinless chicken (4 pieces)
- 2 cups of long grain white rice

Cook rice according to directions on package. Place cooked rice in bottom of a slightly greased casserole dish. Next place uncooked chicken pieces on top of the rice. Mix cans of soup, milk, seasoning, salt and pepper in a bowl and then pour over the chicken and rice. Bake covered in the oven at 375° F for approximately 1 hr.

YOSHIDA CHICKEN

Submitted by: Jenny Craig

- 1 lb. boneless, skinless chicken breast
- Yoshida's Gourmet Sauce
- 1 can Cream of Mushroom soup (or any flavor cream soup)
- 1 can Cheddar Cheese soup
- 2 small cans sliced mushrooms
- 1 box Radiatore pasta

Cut up chicken into bite size pieces. Cook in pan with enough Yoshida's sauce to keep it from sticking. Cook pasta & drain. While pasta is draining, mix soups, 1/2 cup of Yoshida's sauce, & mushrooms in pot. Add in chicken and pasta stir to combine. Baked covered dish – 350 – 20 mins.

CHICKEN STIR FRY

Submitted by Marybeth Henry

1 cup uncooked rice	1/2 cup frozen peas
1 small chopped onion	4 carrots, diced
1 egg, beaten	2 tbsp. soy sauce
1 chicken breast, cut into bite-sized chunks	1/2 tsp. sugar
3 tbsp. oil (sesame oil is best, but plain vegetable oil works as well)	

Cook rice according to package directions. In a wok or large frying pan, heat 1 tbsp. oil, scramble the egg, and remove to a dish. Heat the rest of the oil and brown the onion and rice. Add chicken and stir until the chicken is no longer pink. Pour warm water over the peas just until the ice around them dissolves. Add peas, carrots, egg, soy sauce and sugar to the rice and stir until well blended. Cook another five to ten minutes, or until carrots are tender. This recipe cooks up in about a half hour and is both healthy and delicious. You can also substitute shrimp, beef or pork for the chicken.

MARINATED CHICKEN BREASTS

Submitted by Marybeth Henry

Italian dressing Chicken Breast (one per person)

Pour enough Italian dressing into a marinating dish to cover the bottom. Place chicken in the dressing and roll to coat. Allow to marinate anywhere from 15 minutes to 2 hours before cooking.

This recipe is best if then cooked on the grill, but the chicken breasts can also be seared in a frying pan (over medium-high heat until all the pink is gone) or baked in the oven at 350° for 20 to 30 minutes (again, until all the pink is gone). It's so quick and so simple, but the chicken stays moist and delicious. Great with a side of Alfredo, Parmesan or garlic pasta and a quick green salad.

DELICIOUS STUFFED CHICKEN

Submitted by: Marybeth Henry

This is a delicious, easy recipe that makes a wonderfully elegant dinner.

Chicken breasts (one per person)
Cream Cheese with Garlic and Herbs
1 package refrigerated crescent rolls or croissants

Lightly pound each chicken breast to form a thin rectangle. With a spoon, spread the cream cheese over the chicken breasts, leaving about a ¼ inch edge clear on each side. Roll the chicken up, as if it were a jelly roll, and place in a baking pan, seam side down. Open the crescent rolls and create rectangles from the triangles (press seams together gently to create each rectangle). Cut the rectangle in half and put one half over each rolled chicken breast, pulling to cover completely, so that the chicken breast is wrapped in pastry. Cover pan loosely with aluminum foil and bake at 350° for 25 minutes. Remove foil and bake another 10 to 15 minutes until pastry is golden-brown and the chicken is no longer pink.

EASY HOT CHICKEN SALAD

Submitted by: Marybeth Henry

2 cups chicken or turkey, cubed	1/2 cup walnuts, chopped
2 cups celery, sliced	1 tbsp. grated onion
2 cups green pepper, cubed	1 1/2 tbsp. lemon juice
1/4 tsp. pepper	1 cup mayonnaise
1/2 tsp. salt	Chow mein noodles or onion rings

In a baking pan, combine chicken, celery, green pepper, salt, pepper and walnuts. In a bowl, mix grated onion, lemon juice and mayonnaise. Whip until fluffy. Fold into chicken mixture in pan. Top with chow mein noodles or onion rings and bake at 350° for 20 minutes.

CHICKEN LINGUINE

Submitted by: Mandy Leitner (She's a Melaleuca distributor – <http://midwestmom.themomteam.com>). Also a member of the M.O.M. team – Mothers on a Mission.

4 chicken breasts
Fresh garlic (garlic salt will do)
1 can diced tomatoes and green chilies (fresh tomatoes may be used)
1 can Cream of Chicken soup
1 chopped onion, optional
Fresh green or red peppers, chopped, optional

Cube the chicken and stir fry until done-garlic and seasonings of choice should be added while cooking. (I keep cubed chicken on hand in freezer). Add chopped onion, pepper, and canned ingredients: simmer until sauce thickens. Serve over cooked linguine or other favorite noodles.

BALSAMIC VINAIGRETTE CHICKEN

Submitted by: Andrea M. Pixley, Virtual Assistant, www.andreapixley.com

One packet of Good Seasons Italian dressing mix
Extra virgin olive oil
Balsamic vinegar
Water
One cut up chicken or enough pieces to feed your family (boneless or bone-in)

Follow the directions on the back of the mix packet, using the balsamic vinegar and olive oil, to make the marinade. Place chicken in a baking dish and cover with marinade, turning to coat. Marinade for at least an hour, but it is better to do this in the morning or the night before so you can just pop it into the oven when ready.

Preheat oven to 350° F. Make sure the chicken is skin-side down (if you have left it on) and bake 1 hour (40 minutes for boneless), turning halfway to give the chicken an even color. Serve with your favorite side dishes.

CHICKEN TENDERS

Submitted by: Michelle Revelle

I whip these up when I'm in a hurry. Serve with instant herbed mashed potatoes, peas and carrots and honey mustard sauce.

4 boneless/skinless chicken breast halves
4 tbsp. low fat mayo
1 1/2 cup bread crumbs (I buy the kind in a can)
Seasoning

Slice each breast half into four long pieces. In plastic bag, add crumbs and whatever type seasoning your family enjoys (i.e., seasoning salt, a dash of Emeril's, Tony's Cajun seasoning). Brush each chicken piece with low fat mayo. Place chicken in bag and shake with crumbs until coated. Mix more crumbs and seasoning as needed. Spray a baking pan with non-stick spray and lay out chicken strips. Bake at 425° for 15 minutes.

HOT TENDERS

Submitted by: Michelle Revelle

4 boneless skinless chicken breast halves
Hot wing sauce (Texas Pete Hot Sauce)

Slice each breast half into four long pieces. Pat dry if they are moist. Pour hot sauce in bag. Add chicken and shake. Pour out into baking pan, separate so they are not touching. Bake at 425° for 15 minutes.

CHICKEN TACO PIZZA

Submitted by: Aimee Kuelling (Me2Mail4U@aol.com)

Inspired By Tanner Leuellen (1 1/2)

Pizza Shell (I love to use Boboli Thin Crust)

Pizza Sauce (small can)

Salsa (1/4 c. for 1 pizza)

2 packages Taco Seasoning

Meat of choice (see end of ingredients list)

½ lb. Mozzarella cheese

½ lb. Cheddar cheese (I also like to use Colby-Jack)

(the Shredded Taco seasoned cheeses would work great too I just don't like to spend the money)

Green pepper

Tomato

Black olive (sliced or chopped work best)

Lettuce

Sour cream

Doritos

(Cool Ranch Nachos -- whatever your family's favorite is. I like to buy the large snack size bag and get two especially if I making it for a party cause it gives everyone an option)

MEAT OPTIONS

1 lb. chicken

(My grocery store offers it in what they call fajta style –cut into thin strips. Then I cut them in half or even thirds for bite size pieces.)

Or

1 lb. lean ground beef (Make sure you brown the meat/chicken before adding to Pizza)

Roll into mini-meatballs then toss in ziploc with a package of taco seasoning (fun for the kids to do while you are slicing veggies) then cook. For an easier option just cook according to the directions on the taco seasoning package.

Use BOTH for a Meat Lover's Pizza or NEITHER for a Veggie Lover's Pizza

Take the pizza sauce, salsa and 2 tablespoons of taco seasoning in a small bowl and mix together. Spread sauce on the pizza shell the way you desire (I never use it all because I don't like a lot of sauce). Add browned meat. Spread cheese and mix together then add to the pizza. Slice tomato and cut slices in half. Slice and/or chop green pepper. Add black olive, tomato and green pepper to the pizza. (I always like to make fun designs or faces.) (If you are trying to sneak veggies into your child's menu add the cheese after the veggies.) Cook according to directions on pizza crust and cheese is golden brown.

CHICKEN BACON RANCH WRAP

Submitted by: Aimee Kuelling (Me2Mail4U@aol.com)

Inspired By Tanner Leuellen (1 1/2)

Great for Lunch

Prepare bacon. Chop and add to either sliced grilled chicken breast or sliced and chopped chicken from the deli. Add a couple tablespoons of ranch dressing along with lettuce, cubed tomatoes and cucumbers. Mix thoroughly and add to shell, wrap, slice if needed for small hands and Enjoy!

SPICY FRIED CHICKEN

Submitted by: Jennifer Wong

Ingredients:

Chicken (pork chops work well too, as well as turkey)

1.5 cups seasoned bread crumbs

3/4 cup grated Parmesan cheese

1.5 tsp. thyme

1.5 tsp. kosher salt

1/2 tsp. pepper

1 tsp. paprika

1 tsp. poultry seasoning

Flour for dredging

Egg for dipping

Oil for baking pan (usually around 2 tbsp.)

Mix bread crumbs, Parmesan cheese, thyme, kosher salt, pepper, paprika and poultry seasoning.

Dredge chicken in flour lightly and dip into egg. Coat chicken in bread crumb mixture. Put in oiled pan (no, cooking spray doesn't work as well--sorry!) and bake at 375 for 45 min to one hour.

DELICIOUS!

Another tip: Sometimes with the left over bread crumb mixture I coat sliced or cut up potatoes and bake with the chicken. My husband and son LOVE this and it uses up the remaining crumbs. If you're going to do this though, be sure to have two separate ziploc bags with the bread crumbs as you don't want to get everyone sick with Salmonella.

TURKEY BURGERS

Submitted by: Karen Southard

1 ½ pounds ground turkey breast
½ cup chopped red onion
4 ounces crumbled blue cheese
½ teaspoon Tabasco sauce

1 egg
1 teaspoon Worcestershire sauce
Pepper
Salt

Mix with hands just until combined. Gently form into 4 to 6 patties. Grill until thoroughly cooked.

COCA COLA CHICKEN

Submitted by Christine Edick

Chicken breasts
1 cup ketchup
1 can Coca Cola

Add in saucepan. Simmer for hour until thick.

TENNESSEE CHICKEN

Submitted by: Kelly Poelker

2 chicken breasts (cut in half)
1 stick margarine or butter
1 large onion
Salt

Pepper
Paprika
One bag noodles

Melt margarine in pan. Lay chicken breasts in pan. Sprinkle with chopped onion, salt and pepper, and sprinkle paprika over top. Cover and cook for one hour on medium heat. Remove chicken. Keep broth. In separate pan, boil noodles – drain.

DESSERTS AND COOKIES



CHOCOLATE PEANUT BUTTER CRISPIES

Submitted by: Melissa Duquette

$\frac{3}{4}$ cup Karo Light Corn Syrup Topping
 $\frac{3}{4}$ cup brown sugar
 $\frac{3}{4}$ cup crunchy peanut butter
6 cups Rice Crispies

8 oz bag of Semi-Sweet Chocolate Chips
2 tbsp. Crunchy Peanut Butter

Combine corn syrup, brown sugar and peanut butter in saucepan over medium-low heat. Mix in rice crispies. Pour into a greased/buttered 8x10 pan. In separate saucepan, melt chocolate chips and peanut butter. Pour over rice crispies. Put into refrigerator to set.

CHOCOLATE TRUFFLES

Submitted by Chrishawn Simpson-MacLeod, Bizymoms Host and E-Book Author – Bizy's Guide to Making Sweet Profits with Homemade Candy

3 pkg. semi-sweet chocolate chips
1 can sweet condensed milk
1 tbsp. vanilla

You can use any of the following for coatings: finely chopped nuts, flaked coconuts, chocolate sprinkles, or whatever coating you like.

In heavy saucepan, over low heat, melt chocolate chips with sweet condensed milk. Remove from heat; stir in vanilla. Chill for 2 hours or until firm. Shape into 1-inch balls and roll in the coating of your choice. Chill 1 hour or until firm. Store covered at room temperature.

CHOCOLATE TAFFY

Submitted by: Diana Ennen

1 cup brown sugar
1/3 cup corn syrup
2/3 cup water
1 cup molasses
¼ tsp. salt
2 tablespoons butter
4 ounces chocolate, melted
1 tbsp. vanilla

Combine sugar, syrup, water, molasses, salt, and butter. Cook slowly and stir constantly until it boils. Cook until it's approximately 300 degrees. Pour into buttered pan and then pour chocolate over. Fold candy towards the center. Add vanilla and continue folding until cool enough to pull. Pull until cold and then cut into pieces.

CHOCOLATE ECLAIRS

Submitted by: Jane Johnson

Mother of Christopher Reide and Cody Ryan

Graham crackers
3 cups cold milk
2 pkgs. sm. French Vanilla instant pudding
8 oz. container Cool Whip

Grease 9x13-inch pan. Cover bottom with graham crackers (1 layer). Beat pudding with milk. Add Cool Whip until well blended. Pour 1/2 of pudding mix over crackers. Add another layer of crackers. Pour rest of pudding over crackers. Add another layer of crackers.

Topping:

2 pkgs. Chocolate Bake
1 1/2 cup powdered sugar
3 tbsp. milk
1 tsp. vanilla
2 tbsp. oleo
2 tbsp. white syrup

Beat well and spread over graham crackers. Chill 12 hours and serve.

NO BAKE CHOCOLATE OATMEAL COOKIES

Submitted by: Linda Goldstein

1/2 cup butter
2 cups sugar
1/4 cup cocoa
1/2 cup milk
3 c. INSTANT oats
1/2 cup peanut butter
1 tsp. vanilla

Combine above ingredients in large pan-bring to a full boil for 1 minute. Add oats (quick oats) peanut butter & vanilla. Mix well.

Drop mixture by teaspoon on foil and cool.

JAPANESE FRUIT PIE

Submitted by: Karen L. Ciambrone, Letter Perfect

Mother to: Anthony, Natalie and Olivia

This pie is similar to pecan pie, but better!

1/2 cup coconut	2 eggs
English walnuts (chopped)	1 stick butter or margarine
1/2 cup raisins	3/4 cup sugar
2 tbsp. vinegar	Pie shell

Melt butter or margarine and cool in refrigerator. Mix all other ingredients together, then add in cooled butter. Mix well. Pour into pie shell (I use Pet Ritz) and bake at 350° for 40 minutes. Let cool before serving.

BAKED CUSTARD

Submitted by: Connie Corodimas

3 cups milk (can substitute low fat milk)
4 eggs
1/3 cup sugar
1 tsp. vanilla
1/4 tsp. salt
Dash of cinnamon

Heat milk until hot. Beat eggs and then add sugar, salt, and vanilla to the egg mixture. Slowly add the milk to the mixture, stirring constantly. Pour into a baking pan (sprayed with Pam) and then bake at 300 for approximately one hour.

TEXAS SHEET CAKE

Submitted by: Mary Canfield

Combine:

2 cups sugar
2 cups flour
1 tsp. baking soda
1 tsp. cinnamon

Melt:

2 sticks butter/margarine
4 tbsp. Hershey's cocoa
1 cup water

Boil these and pour over the dry ingredients and mix well

Then add:

1/2 cup buttermilk
2 eggs
1 tsp. vanilla

Mix well and pour into a 1" deep baking sheet. Bake at 400° for 20 minutes.

Frosting:

Melt 1 stick butter/margarine
4 tbsp. Hershey's cocoa
6 tbsp. buttermilk

Bring to a boil

Then add:

1 box powdered sugar
1 tsp. vanilla
1 cup walnut pieces or halves

Wait until the cake has cooled and then frost.

YUMMY!! YUMMY!!

APPLE CRISP

Submitted by: Karen L. Ciambrone, Letter Perfect

Apples of your choice (Granny Smith work well!)

3/4 cup flour

1 cup sugar

1 stick butter or margarine, softened

1 tbsp. cinnamon

Dash of salt

Peel and slice enough apples to fill dish (if making a large batch of apple crisp [9 x 13 baking dish], double the above recipe.

Cream butter then add all other ingredients and cream until crumbly. Sprinkle over apples and bake at 350° for 40 minutes. Can be served warm or cold. Delicious!!

SNICKERDOODLES

Submitted by: Wanda Madden

1/2 cup butter or margarine

1/2 cup shortening

1-1/2 cup sugar

2 eggs

2-3/4 cup flour

2 tsp. cream of tartar

1 tsp. baking soda

1/4 tsp. salt

2 tbsp. sugar

2 tsp. cinnamon

Mix butter, shortening, 1-1/2 cup sugar and eggs. Blend in flour, cream of tartar, soda and salt (sift).

Shape into balls. Roll balls into sugar/cinnamon mixture.

Bake 8-10 minutes at 400°.

DARK CHOCOLATE BROWNIES

Submitted by: Patti Gale, Healthy Fitness Solutions (www.healthy-fitness.solutions.com)

In this recipe, we have replaced butter with baby-food prunes or applesauce, reduced the amount of sugar, used egg whites instead of whole eggs (also eliminating cholesterol!) and reducing the amount of walnuts.

1 $\frac{3}{4}$ cup sugar
3/4 cup unsweetened cocoa powder
1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1/2 teaspoon baking powder
7 egg whites
2 (4 oz.) jars baby-food prunes or 2/3 cup unsweetened applesauce
1/4 cup buttermilk
2 teaspoons vanilla
2/3 cup chopped walnuts
Powdered sugar

Preheat oven to 350°. Lightly spray a 13" x 9" x 2" baking pan with non-stick spray. Set the pan aside. In a large bowl, stir together the sugar, cocoa, all-purpose flour, whole-wheat flour and baking powder. Set the flour mixture aside. In another large bowl, beat the egg whites until foamy. Slowly stir in the prunes or applesauce, buttermilk and vanilla. Add the egg mixture to the flour mixture and beat with an electric mixer until thoroughly combined. Fold in the walnuts. Transfer the batter to the prepared pan. Bake about 30 minutes or until the brownies just begin to pull away from the sides of the pan (do not over bake). Cool completely on a wire rack. Lightly sprinkle with the powdered sugar, and then cut into bars.

Makes 36 brownies...36 servings

Nutrition Information

Before

Calories	135
Fat (g.)	8
% Calories from fat	51%
Cholesterol (mg.)	38

After

Calories	80
Fat (g.)	2
% Calories from fat	18%
Cholesterol (mg.)	0

Food for thought: Oh, do I love chocolate! There is nothing better than a good piece of dark chocolate or a piece of a chewy, gooey brownie! Yes, chocolate is my weakness and yes, I am in the fitness business. So, how do I get my chocolate and eat it too? With recipes like this that replace much of the fat and fat calories with ingredients that DO NOT compromise taste.

BLUEBERRY DELIGHT

Submitted by: Mary Hannah

1 stick butter or margarine	1 cup superfine sugar
1/3 box graham crackers	2 tbsp. milk
2 tbsp. superfine sugar	1 can blueberries
1 pkg. cream cheese (8 oz.)	1 pkg. whipped topping or whipped cream

Melt butter and mix with about 2 cups graham cracker crumbs. Add 2 tbsp. sugar. Press into oblong cake pan and bake in preheated 375° over 10 to 12 min.

Mix cream cheese, at room temperature, 1 cup sugar and 2 tbsp. milk in electric mixer until smooth. Spread over baked graham cracker crust and chill 1 hour. Spread blueberries on top and cool 30 min. Prepare pkg. of whipped topping or use whipped cream to top berries. Chill 2 to 3 hours. (You may substitute cherries or strawberries.) Makes 12 servings.

ORANGE POP SALAD

Submitted by: Mary Hannah

BOTTOM LAYER:

2 small or 1 large box lemon Jello
2 cups hot water
2 cups orange pop
1 cup crushed drained pineapple (save juice for top layer)
2 - 3 bananas

Dissolve Jello in hot water, add orange pop and mix. Then add crushed drained pineapple and bananas. Chill until firm.

TOP LAYER:

1 egg
1 cup pineapple juice (add water to pineapple juice to make 1 cup liquid)
2 tsp. flour
½ tsp. sugar
2 boxes dream whip

Beat egg, fold in pineapple juice mixture, add flour and sugar and cook until thick. Chill. Fold in whipped dream whip mixture and spread on top of jelled first layer. Use 8 x 11 pan.

MAGIC ORANGE CUPS

Submitted by: Mary Hannah

2 tbsp. shortening	Dash of salt
$\frac{3}{4}$ cup sugar	$\frac{1}{3}$ cup orange juice
1 tbsp. grated orange peel	1 cup milk
2 beaten egg yolks	2 stiff beaten egg whites
3 tbsp. enriched flour	

Thoroughly cream shortening, sugar and orange peel; add beaten egg yolks and beat well. Add flour and salt alternately with orange juice and milk. Fold in egg whites (stiff). Pour in greased custard cups. Bake in pan containing 1-inch hot water in moderate oven (350 degrees) 45 minutes. Serves 4 to 6.

TOP OF STOVE COOKIES

Submitted by: Mary Hannah

$\frac{1}{4}$ lb. butter	$\frac{1}{2}$ cup peanut butter
2 tbsp. cocoa	2 cups oats
2 cups sugar	

Mix butter, cocoa and sugar and bring to a rolling boil. Remove from heat. Add oats and peanut butter. Drop from spoon on wax paper.

GUMDROP SQUARES

Submitted by: Mary Hannah

4 eggs	1 tsp. baking powder
2 cups firmly packed brown sugar	1 tsp. cinnamon
2 cups sifted cake flour	1 cup tiny mixed gumdrops (fresh & soft)
$\frac{1}{8}$ tsp. salt	$\frac{1}{2}$ cup nuts (optional)

Beat eggs until light. Cream brown sugar gradually into egg mixture. Add water. Continue beating until well blended. Sift flour with salt, baking powder and cinnamon and add to egg/brown sugar mixture. Add gumdrops and nuts. Spread batter in a greased and floured pan, $\frac{1}{2}$ inch thick. Bake in moderate oven (350°) for 30 minutes. Cut into squares. Makes about 18 to 24 bars

CHERRY ANGEL TREAT

Submitted by: Mary Hannah

1 cup sifted powdered sugar
1-3-oz. package cream cheese, softened
1 envelope Dream whip
5 cups (7 oz.) angel food cake cubes
1-1lb. 5 oz. can cherry pie filling

In large bowl, gradually add powdered sugar to softened cream cheese, beating until fluffy. Prepare Dream Whip topping mix according to package directions and fold in cream cheese mixture. Fold in angel food cake cubes. Turn into 8 x 11-inch pan. Spread pie filling over top of mixture in pan. Cover and chill 2 to 3 hours. Makes 9 servings.

PEANUT BUTTER FUDGE

Submitted by: Mary Hannah

2 cups sugar
 $\frac{3}{4}$ cup butter or margarine
 $\frac{2}{3}$ cup evaporated milk
1 cup Jif peanut butter
1 7-9, or 10-ounce jar marshmallow creme
1 tsp. vanilla

In a heavy 2 $\frac{1}{2}$ -quart saucepan, combine sugar, butter or margarine and evaporated milk. Bring to a FULL rolling boil, stirring constantly. Continue boiling over medium heat for 5 minutes, stirring constantly to prevent scorching. REMOVE from heat. Add Jif, stirring until melted. Add marshmallow creme and vanilla; beat until well blended.

Spread in a buttered 13x9x2-inch pan. COOL at room temperature, then refrigerate. Cut into squares when firm.

RED VELVET CAKE WITH CREAM CHEESE FROSTING

Submitted by: Sharon Kaye Lee, Bizymoms Host

Cake:	3 tbsp. (level) cocoa
1/2 cup shortening	2 1/2 cups sifted cake flour
1 1/2 cups sugar	1 cup buttermilk
2 eggs	1 tsp. salt
1 tsp. vanilla	1 tbsp. vinegar
1 tsp. butter flavoring	1 tsp. baking soda
1 1/2 oz. bottle of red color	

Cream shortening, sugar, eggs, and flavors. Make a paste of cocoa and food coloring. Add to first mixture. Alternately add flour and buttermilk. Mix baking soda and vinegar in small bowl; add to batter. Blend. Bake in three 9" or 10" pans for 20 - 25 minutes at 350°. Let cool completely. Cover with frosting.

Frosting:

2 packages cream cheese (3 oz. each), softened	1 tsp. vanilla
6 tbsp. butter, softened	2 cups sifted powdered sugar

Blend all ingredients until smooth.

CARROT CAKE

Submitted by: Sharon Kaye Lee

2 cups of flour	2 cups sugar
1 tsp. baking powder	2 cups grated carrots
1 1/2 tsp. soda	1- 8 1/2 oz. can crushed pineapple, well drained
2 tsp. cinnamon	4 eggs
1 cup chopped pecans	1 tsp. vanilla
1 1/2 cup Wesson oil	

Cream oil and sugar together. Add eggs one at a time; beat well. Sift dry ingredients and add with carrots and pineapple. Add vanilla and blend in nuts. Grease and flour 3 -9 inch pans. Bake at 350° for 30 to 35 minutes or until done.

Icing:

1 stick of butter, (1/4 lb.)
1 tsp. vanilla
1 lb. powdered sugar
1- 8 oz. cream cheese

Combine and beat smooth. Spread between layers and put together.

MISSISSIPPI MUD CAKE

Submitted by: Sharon Kaye Lee

2 sticks of margarine	2 cups sugar
1/2 cup milk	1 tsp. vanilla
1/2 cup of cocoa	1 1/2 cup pecans, chopped
4 eggs	Dash of salt
1 1/2 cup self-rising flour	1 small package miniature marshmallows

Melt margarine. Add cocoa with beaten eggs, flour and milk. Add salt and sugar. Beat well, then add nuts and beat more. Pour in greased pan 13 x 9 x 2 inches. Bake for 35 minutes at 350 degrees. Pour marshmallows over cake while still hot. Put cake in warm oven until marshmallows melt.

Icing:

1 package confectioner's sugar, sifted	1 tsp. vanilla
1/2 stick soft margarine	1/2 cup of milk
1/3 cup of cocoa	

Beat well. Pour over marshmallows.

POUND CAKE DELIGHT

Submitted by: Marie Oulimar

1 raspberry marble pound cake (or regular pound cake)
1 container of marshmallow cream
1 container of spreadable cream cheese
Fresh raspberries or raspberry jam.

Mix the marshmallow cream with the cream cheese (easier when it's at room temperature) until smooth. There is your icing. The icing can also serve as a dip for fresh fruit.

Cut the pound cake in half (lengthwise), spread half of the icing and add either the fresh raspberries or the jam on top. Cover with the other half of the cake and spread the rest of the icing and there you go. It's fast, it's easy and people love it.

PEANUT BUTTER REINDEER COOKIES

Submitted by: Jennifer Wong

Peanut butter cookie mix (pre-mixed store bought)	Almond slivers for mouths
Raisins for eyes	Cinnamon candies for noses
Pretzels for antlers	

Follow directions on back of cookie mix. Roll out the dough and place circular shaped cookies on a cookie sheet. Before placing them in the oven, indent on either side with your finger. Place pretzels on either side of head as antlers, and place raisins for eyes, cinnamon candy for nose and almond sliver for mouth. Bake as directed.

FROSTED PUMPKIN BARS

Submitted by: Kelly Sutton

4 eggs
1 2/3 cups white sugar
1 cup Watkins grapeseed oil
1 (15 oz.) can pumpkin puree
2 cups all purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons Watkins cinnamon
1/2 teaspoon Watkins ground cloves
4 oz. cream cheese, softened
1/2 cup butter, softened
1/2 teaspoon Watkins double-strength vanilla
2 cups sifted confectioners sugar

Preheat oven to 350 degrees. In a medium bowl, mix the eggs, sugar, oil and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, Watkins cinnamon and salt. Stir into the pumpkin mixture until thoroughly combined. Spread the batter evenly into an unprepared 10 x 15 inch jellyroll pan. Bake for 25 to 30 minutes. Cool before frosting. To make the frosting, cream together the softened cream cheese and butter. Stir in the Watkins vanilla. Add sugar a little at a time beating until mixture is smooth. Spread evenly on top of cooled bars. Cut into squares.

SEAFOAM CANDY

Submitted by: Kelly Sutton

1 cup sugar
1 cup dark corn syrup
1 tablespoon white vinegar
1 tablespoon baking soda
Bag of your favorite chocolate chips

Combine sugar, syrup, and vinegar in heavy sauce pan. Stir over medium heat until sugar dissolves. Then cook to 300 F. or crack stage (test it in a glass of water...dribble a little in it. It's ready when it gets brittle in the glass of water!) Remove from heat. Stir soda in quickly, mixing up. (It will become frothy.) Pour into buttered pan. Cool and break into pieces. Melt some chocolate chips and dip it, set it on a buttered pan in the fridge to set the chocolate.

MEXICAN CHEESE FLAN

Submitted by: Claudia Berg

1 can of condensed milk	5 eggs
1 can of evaporated milk	1 tsp. vanilla
1 bar of cream cheese	2 tbsp. sugar

Blend all ingredients in blender except for the sugar. Melt the sugar on a pan (on stove top) until gold and pour on mold. Pour blended ingredients into mold and cook in a "ban marie" for 1 hr. and 45 mins. or in the oven for 1 hour or until you poke a knife and it comes out clean.

PEACHES AND CREAM PIE

Submitted by Merry Axelrod

Mom to 2 cats: Kiki and Ali

3/4 cup flour	1/2 cup milk
1 tsp. baking powder	1-29 oz can sliced peaches, drained/save syrup
1/2 tsp. salt	1-8 oz pkg cream cheese, softened
1-3.5 oz pkg. instant vanilla pudding mix	1/2 cup white sugar
3 tbsp. butter, softened	1 tbsp. sugar
1 egg	1 tsp. cinnamon

Preheat oven to 350°. Grease sides/bottom 10" deep dish pie pan. Mix flour, salt, baking powder and pudding mix. Mix in butter, egg and milk and beat 2 min. Pour into pie pan and spread peaches across mixture.

In small bowl, beat cream cheese until fluffy. Add 1/2 cup sugar and 3 tbsp. peach syrup-beat 2 mins. Spoon mixture over peaches with 1-inch of pan edge-sprinkle 1 tbsp. sugar and 1 tsp. cinnamon on top. Bake 30-35 min until golden brown, chill before serving.

RAISIN TREATS

Submitted by: Merry Axelrod

1/2 cup honey
1/2 cup peanut butter
1/2 cup Rice Crispy cereal
3/4 cup non-fat dry milk
1/2 cup raisins

Put everything listed above in a bowl, and mix these things together with a spoon. Use your hands and roll the mixture into balls (little or medium size). Place the balls on some wax paper and refrigerate for at least one hour so they get cold. Makes 15-20 balls.

VERY EASY DIVINITY

Submitted by Kelly Gilbert

1 1/2 cup sugar	7 oz. marshmallow cream
1/3 cup water	1 tsp. vanilla
Pinch of salt	1 cup pecans

Mix and boil rapidly for 4 minutes sugar, water, and salt. Pour over one 7 oz jar of marshmallow cream. Add 1 teaspoon vanilla. Beat until almost set. Add pecans. Drop by teaspoon on waxed paper, or pour in buttered pan and let set.

CREAM CHEESE CAKE

Submitted by: Diana Ennen

2 1/2 cups graham crackers, packed
1/4 cup sugar
1/2 cup butter

Combine cracker crumbs, sugar and butter until mixed. Grease a baking dish and press crumb mixture on the bottom and sides.

FILLING:

3 packages cream cheese	3 tablespoons flour
1 cup sugar	4 eggs
1/2 cup brown sugar	1 teaspoon vanilla
3 tablespoons graded lemon peel	1/2 cup lemon juice

Preheat oven to 350°. Beat cream cheese, lemon peel, sugar and flour. Add in eggs, vanilla and lemon juice and mix. Pour into graham cracker crust and bake 35 to 40 minutes. Serve cooled.

SUGAR COOKIES

Submitted by Diana Ennen

1 cup oil	5 cups cake flour
1 cup sugar	2 teaspoons baking powder
2 eggs, beaten	1 1/4 teaspoons salt
2 teaspoons vanilla	1 teaspoon soda
1 cup sour cream	

Mix the oil and sugar together first. In a separate bowl add eggs and vanilla to sour cream. Combine. Sift together the flour, baking powder, salt, and soda. Mix into the oil and sugar combination. Chill. Once chilled roll out to approximately 1/4 inch thick. Cut with cookie cutters and sprinkle with sugar. Bake.

MINTS

Submitted by Diana Ennen

1 teaspoon peppermint flavoring
1 package cream cheese (softened) - 8 oz.
2 16 ounce boxes of powdered sugar
Food coloring

Add the cream cheese to the sugar gradually. Then add the food coloring and peppermint. Make into ball and put on waxed paper. Flatten the balls and sprinkle with powdered sugar.

FUDGE

Submitted by: Christine Edick

1 8 ounce semi-sweet chocolate
2/3 cup non-fat sweetened condensed milk
1 teaspoon vanilla
1/8 teaspoon salt
1 cup walnuts

Microwave chocolate and milk for one minute. Stir and microwave another minute. Stir in vanilla, salt, walnuts and spread in greased loaf pan and refrigerate until firm.

CARAMEL BROWNIES

Submitted by: Charlotte Ennen

1 14 oz. pkg. Kraft caramels
1/3 cup evaporated milk

Melt together:

1 pkg. Butter Pecan cake mix	1 small pkg. chocolate chips
3/4 cup margarine	1/2 cup nuts chopped
1/3 cup evaporated milk	

Mix together cake mix, 1/3 cup evaporated milk, 3/4 cup margarine. Put half of batter in 9 x 13 greased pan. Bake 6 to 8 minutes at 350°.

Take out and sprinkle chocolate chips evenly over top. Then pour caramel mixture over that. Sprinkle nuts and remaining batter. Bake 350° -- 20 to 25 minutes. Cool!

APPLE BUTTER

Submitted by: Karen Southard

1 package apples	2 tablespoons cloves
6 cups white sugar	2 tablespoons allspice
3 cups brown sugar	3 tablespoons cinnamon

Cook down until thick

STRAWBERRY SHORTCAKE

Submitted by: Karen Southard

2 cups sifted flour	1 teaspoon salt
2 tablespoons sugar	1/3 cup shortening
3 teaspoons baking powder	1 cup milk

Mix dry ingredients and stir in milk until blended. Spread dough in one greased 8 x 9" cake pan. Bake in 450° oven until med. brown, 15 to 20 minutes. Split cross-wise and top with berries.

APPLE DELIGHT

Submitted by: Karen Southard

5 to 7 Granny Smith Apples	1/2 cup sugar
1 9" unbaked pastry shell	3/4 cup enriched flour
1/2 cup sugar	1/3 cup butter
1 teaspoon cinnamon	

Pare apples and slice into unbaked pie shell. Combine 1/2 cup sugar with cinnamon. Sprinkle over apples. Combine 1/2 cup sugar with flour. Cut in butter till crumbly. Sprinkle over apples

Bake in 400° oven for 40 minutes or until done. Cool on rack.

COOKIE DESSERT

Submitted: By Charlotte Ennen

Heat 3/4 cup orange juice in top of double boil. Add 1/2 lb. marshmallows and 1 tsp. orange rind. Cook until marshmallows are melted. Cool. Let thicken a bit. Then add 1/2 pt. whipped whipping cream. Crush about 12 Hydrox cookies. Put half of them in a greased 8-inch square pan. Add orange-marshmallow mixture. Put the rest of the cookie crumbs on top. Let stand in ref. overnight (can be frozen). Cut into squares and garnish with a spoonful of whipped cream.

CREAM CHEESE BITES

Submitted by: Jenni Simon

1 egg, separated
8-oz. cream cheese
1 tsp. vanilla

1 cup sugar
½ cup sugar mixed with ½ tsp. cinnamon
1 can crescent rolls

Roll out 1 can of rolls and press into bottom of 9x12 pan greased pan. Mix yolk with cream cheese, vanilla, and 1 cup sugar. Spread on crust. Roll out next rolls and lay flat on top of mixture, paint with egg white. Sprinkle with cinnamon sugar mixture. Bake 35 minutes in a preheated 325° oven. Refrigerate overnight. Cut into small squares and serve chilled.

BAKED PINEAPPLE CASSEROLE

Submitted by: Charlotte Ennen

1 (20 ounce) can pineapple chunks
½ cup sugar
3 tbsp. flour

1 cup Shredded Cheddar cheese
¼ cup butter - melted
½ cup bread or cracker crumbs

Drain pineapple, reserve 3 tbsp. juice. Mix sugar and flour. Add 3 tbsp. juice. Add pineapple and cheese to flour mixture. Put in 1-quart casserole dish. Put buttered crumbs on top. Bake at 350° 20 to 30 minutes.

QUICK CAKE

Submitted by: Gladys Steinmetz

Duncan Hines cake mix
1 can Cornstock Cherry pie filling
2 eggs only
1 tsp. vanilla.

Mix by hand. Don't follow the directions on cake mix. Bake in a 13 x 9 cake pan at 350° for 20 mins.

FILLED STRAWBERRY BREAD

Submitted by: Alyson Rung, www.workinhomemom.com

It's layered with a delicious strawberry cream cheese filling.

3 cups all-purpose flour

2 cups white sugar

1 tsp. salt

1 tsp. ground cinnamon

1 tsp. baking soda

1 1/2 cups veg. oil

4 eggs, beaten

2 (10 ounce) packages frozen strawberries, thawed and drained

1 (8 ounce) package cream cheese.

Preheat oven to 350° degrees F. Grease two 9x5 inch loaf pans. In a large mixing bowl stir together the flour, sugar, salt, cinnamon and baking soda. Add oil, beaten eggs, food coloring; mix well. Drain the strawberries and reserve 1/2 cup of the juice for the filling. Fold in the drained strawberries. Pour batter evenly into the prepared pans. Bake at 350° degrees F for 50 to 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Let cool in the pan for 10 minutes, then remove to a wire rack to cool completely.

In a medium mixing bowl, mix together the cream cheese with 1/2 cup of the reserved strawberry juice. Slice the loaf twice horizontally to make three layers. Spread the cream cheese mixture between the layers and reassemble the loaf. Wrap loaves in plastic and chill in the refrigerator to set the filling. Slice and serve chilled.

CREAMY RICE PUDDING

Submitted by: Karen Southard

1/3 cup white rice, uncooked

1/3 cup sugar

1 pint milk

1/2 teaspoon salt

1 teaspoon vanilla

1/2 light cream

Wash rice and combine with sugar, milk, salt and vanilla in a 1/2 quart casserole. Bake in a slow oven 325° for 1 1/2 hours, stirring occasionally. Add light cream and bake an additional 1/2 hour without stirring. Cook until pudding has a creamy consistency.

CLASSY DUTCH BABY

Submitted by: Karen Southard

½ stick butter
3 eggs
¾ cup milk
¾ cup flour

Nutmeg
Powdered sugar
Lemon wedge

Preheat oven to 425°. Place butter in a 2 to 3 quart pan and set in hot oven. While butter melts, quickly mix batter. Put eggs into blender and whirl at high speed 1 minute. Gradually beat in milk, then flour. Remove pan from oven and pour batter into the melted butter. Return to oven and bake until pancake is puffy and well browned (20 to 25 minutes). Dust with grated nutmeg. Sprinkle with powdered sugar and squeeze with lemon.

QUICK AND EASY PEACH COBLER

Submitted by: Gladys Steinmetz

2 cups peaches
(Add ½ cup of sugar if peaches are fresh)

Batter:

1 cup sugar
¾ cup flour
¾ cup milk

2 tsp. baking powder
¼ tsp. salt

Set oven at 350°. Put one stick oleo in deep baking dish and set in oven to melt. Make batter. Pour over melted oleo. Do not stir. Add fruit drained. Bake for 30 minutes or until top is brown. When done peaches will be on bottom.

FRUIT PIZZA

Submitted by: Nancy Johnson

Crust:

Sugar cookie dough (I used either a box mix, or the refrigerated roll) press onto a pizza pan, or a 13 x 9 rectangular pan and bake until light brown, then cool

Filling:

8 oz pkg. cream cheese, softened
1/2 cup granulated sugar
1 tbsp. lemon juice
Beat, scraping bowl, until "fluffy"
Spread over top of cooled crust and chill

Topping:

Any kind of fruit you want –
sliced strawberries, blueberries, sliced kiwi
with a round pizza I arrange in circles

COWBOY CAKE

Submitted by: Charlotte Ennen

Bring to boil:

2 sticks oleo
1 cup water
4 tbsp. cocoa

Beat well and add:

2 eggs
1/2 cup sour cream
1 tsp. baking soda

Pour into bowl and add 2 cups flour, 2 cups sugar, 1/2 tsp. salt. Pour into greased 12 x 18 jelly roll pan. Bake for 20 minutes at 400°.

Frosting:

1 stick oleo	1 lb. confection sugar
4 tablespoons cocoa	1 tsp. vanilla
6 tablespoons milk	1 cup chopped nuts (optional)

Combine oleo, cocoa, milk and bring to boil. Add sugar, vanilla, nuts. Spread on warm cake.

CHERRY DELIGHT

Submitted by: Kelly Poelker

First Layer

2 cups rolled graham crackers

Melt one stick margarine and pour over crumbs. Grease bottom of 13 x 9 x 2 pan, press down crust.

Second Layer

Melt large size package cream cheese and one cup sugar in double boiler. Pour over graham cracker crust.

Third Layer

One cup nuts

Fourth Layer

One carton whipped cream, 3 tbsp. sugar. Mix together and pour over nut layer.

Fifth Layer

Large can cherry pie filling. Chill.

KAHLUA CAKE

Submitted by: Kelly Poelker

1 chocolate cake mix

2 small boxes chocolate pudding mix

4 cups milk (for pudding)

1 16 oz. container Cool Whip

Butter brickle (Heath bar) pieces

$\frac{3}{4}$ cup Kahlua Liqueur

Prepare cake as directed. Bake in 9 x 13-in pan. Cool. Cut into 1-inch cubes. Prepare pudding as directed. When finished, add Kahlua. Layer in punch bowl or a very deep bowl, half of cake cubes, half of pudding/Kahlua mixture, half of Cool Whip and sprinkle with butter brickle pieces. Repeat layers until gone.

WHITE CAKE

Submitted by: Diana Ennen

3 cups flour

3 tsp. baking powder

$\frac{1}{2}$ tsp. salt

1 $\frac{1}{2}$ cup sugar

$\frac{3}{4}$ tsp. vanilla

$\frac{1}{4}$ tsp almond extract

1 cup milk

4 egg whites

$\frac{1}{2}$ cup shortening

Shift all dry ingredients together. Cream the shortening with the sugar and then add vanilla and almond extract. Beat eggs and then combine all ingredients together in one bowl. Pour into greased cake pans and bake 30 minutes at 350.

WHITE FROSTING

Submitted by: Diana Ennen

½ cup butter
3 cups powdered sugar
4 tablespoons cream
1 teaspoon vanilla

Melt butter and then add the remaining ingredients.

CHOCOLATE CARAMEL BARS

Submitted by: Kelly Poelker

1 ½ oz. package Nestle milk chocolate morsels	5 tbsp. margarine
2 tbsp. shortening	2 tbsp. water
14-oz package caramels	1 cup chopped nuts

Melt morsels and shortening. Stir until mixture is smooth. Pour ½ of mixture in an 8-inch foil lined pan. Spread evenly. Put in refrigerator to harden. Combine caramels, butter, and water. Stir until smooth. Add nuts and stir until well blended. Pour over hardened chocolate. Spread evenly. Refrigerate 15 minutes or until firm. Pour remaining chocolate over top and spread evenly. Refrigerate until firm.

GIANT CHOCOLATE KISS

Submitted by: Kelly Poelker

6 oz semi-sweet chocolate chips (1 cup)
1 tsp. butter

Melt chips and butter together in microwave for one minute. Stir. Repeat this step until completely melted. Plug tip of funnel with a mini marshmallow or small piece of aluminum foil. Pour in melted chocolate and set over a snack cup or tumbler so it's setting flat. Place in freezer for 20 minutes or refrigerator until set, then pop out your kiss. Wrap in aluminum foil; add a ribbon if you prefer.

OREO ICE CREAM CAKE

Submitted by: Kelly Poelker

In 9 x 13 pan crush one pound Oreo cookies. Mix with 1/3 cup melted butter. Place half mixture in pan, spread on ½ gallon vanilla ice cream. Drizzle with chocolate syrup. Add balance of crumbs. Frost with 8 oz. Cool whip. Freeze.

COOKIE PUDDING DESSERT

Submitted by: Kelly Poelker

Crust:

1 cup flour
1 stick margarine or butter
1 cup nuts (walnuts, pecans) – chopped

Mix and spread in 9 x 13 pan. Bake 15 minutes at 350 degrees, let cool.

Mix and Spread on Crust:

1 cup powdered sugar
8 oz. cream cheese
1 cup cool whip (fold in)

Mix and Spread on Cream Mixture:

2 pkgs. instant pudding (chocolate or lemon)
3 cups cold milk

Top with cool whip, nuts, or chocolate curls. Chill 24 hours.

BLUEBERRY CHEESECAKE

Submitted by: Kelly Poelker

1 pkg. wild blueberry muffin mix	1-8 oz. cream cheese
¼ cup margarine	1 egg
½ cup sugar	2 tbsp. milk
½ tsp. vanilla	1 tbsp. lemon juice

Rinse and drain blueberries. Prepare mix as directed. Cut butter into muffin mix – mix together. Set aside ½ cup for topping and press remainder in bottom of 10-inch pan. Bake at 350° for 15 minutes. Blend sugar and cream cheese until smooth. Add milk, egg, lemon juice, and vanilla. Beat well. Spread mixture on top of crust. Sprinkle with berries and remaining mix. Bake 350° for 30 minutes. Let cool – store in refrigerator.

SPICE KISSES

Submitted by: Kelly Poelker

1 egg white	1/8 tsp. cloves
¼ cup sugar	1/8 tsp. nutmeg
Pinch salt	1 cup chopped pecans
1 tsp. cinnamon	

Mix sugar, salt, and spices. Beat egg white until very stiff. Add sugar mixture a little at a time. Fold in nuts. Drop onto non-stick cookie sheet. Bake at 250° for about 30 minutes. Easy to make and so good!

CREAM CHEESE SQUARES

Submitted by: Kelly Poelker

This was one of my grandmother's best!

1 box yellow cake mix
1 stick butter (softened)
8 oz. cream cheese
1 box powdered sugar
3 eggs

Combine cake mix, egg, and butter. Mix together and put in 9 x 13 greased pan. Mix cream cheese, two eggs, and all but 2 tbsp. of powdered sugar (set 2 tbsp. aside for topping) and pour over cake mix. Bake at 350° for 15 minutes. Remove from oven and sprinkle with remaining powder sugar. Return to oven and bake for 20 minutes until lightly brown. Cool and cut into squares.

PEACHES OR NECTARINES IN CARAMEL SAUCE

Submitted by: Bethany Coleman

4 peaches or nectarines cut into eighths
½ stick butter
4 tablespoons brown sugar

Melt butter and add sugar and allow sugar to dissolve. Add fruit. Cook until fruit is warmed through and starting to soften, and sauce is thickened. Remove from heat and pour over vanilla ice cream. To add a little extra kick you can add 2 tablespoons of Brandy or dessert wine.

WARM FRUIT COMPOTE

Submitted by: Stacy Robinson

1 16-oz. can pineapple chunks
1 16-oz. can apricot halves
1 16-oz. can dark cherries
1 16-oz. can pears
1 stick butter
1 cup light brown sugar
Strawberry pie filling

Drain all canned ingredients. Melt butter in large casserole dish in oven. Add brown sugar to dish and stir. Add all fruit and stir gently. Spread strawberry pie filling over top. Bake one hour.

LOW FAT LEMONY CHEESECAKE

Submitted by: Sharon Kaye Lee <http://athomeworkonline.com>

Veg. cooking spray
1/4 cup graham cracker crumbs
2 8 oz. packages fat free cream cheese
1 14 oz Fat Free Sweetened Condensed Skimmed milk
4 egg whites
1 egg
1/2 c. lemon juice from concentrate
1 tsp. vanilla extract
1/4 cup sifted flour
1 cup fresh assorted fruit

Preheat oven to 300. Spray bottom of 8" pan with spray and sprinkle crumbs on bottom of pan. Beat cheese until fluffy, gradually beat in condensed milk until smooth. Add egg whites, egg, lemon juice and vanilla. Mix well. Stir in flour. Bake 45-50 minutes or until center is set. Chill. Serve with fruit.

GERMAN ROCKS

Submitted by: Kelly Sutton

1 1/2 cups sugar
1/2 cup butter (don't cheat and use margarine-it's not the same!)
3 eggs
2 1/2 cups flour
1 teaspoon Watkins cinnamon
1 teaspoon baking soda
1 teaspoon hot water
2 cups dates, pitted and chopped (you can buy them pitted and chopped already--cheaper if you buy them through a bulk food department)
3 cups chopped walnuts

Preheat oven to 350 degrees. Cream butter and sugar together in a large bowl. Add eggs, one at a time, beating after each. Dissolve baking soda in the hot water and add to egg mixture and stir. Stir in the flour and cinnamon until well blended. Add dates and walnuts and stir. Drop by heaping spoons onto an ungreased cookie sheet and bake 10 to 15 minutes or until golden brown.

These cookies are the perfect compliment to a steaming fresh cup of coffee after dinner!

PUMPKIN ROLL

*Submitted by: Janine Aguero, www.janineaguero.com, www.1800partyconsultant.com/36732
Mom to Kami, 15; Max, 6; and Nicolas 5*

Grease a 10X15" cookie sheet. Place wax paper on bottom of pan and grease. In a bowl mix 3 eggs, 2/3 cup pumpkin, 1 cup sugar, 1t baking soda, 1/2t cinnamon, 3/4 cup flour. Pour onto cookie sheet. Sprinkle 1/2 cup chopped walnuts on top. Bake in a preheated 375 degree oven for 15 minutes or until brown.

Use a lint-free towel and lay on flat surface. Sprinkle with confectioners sugar. Lay baked mixture (nutsche down) on sugared towel. Roll longways tightly and let cool 1/2 hour.

Filling: 2T margarine, 8 oz. cream cheese, 3/4t vanilla, 1 cup confectioners sugar.

Blend together all filling ingredients. Unroll cake and spread filling onto cake. Roll back up and wrap in foil. Place in freezer or refrigerator until ready to eat.

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