

DREAM DINNERS BOOK

RECIPE REVISIONS/CLARIFICATIONS

Baked Stuffed French Toast

Pages 46-47

Pull this out of your freezer when you really want to WOW the people at your breakfast table! Raspberry jam and cream cheese are stuffed into French bread pockets, then topped with an almond streusel crumble. Bake as directed or pan-grill it just like French toast by heating a griddle to medium-high heat, spraying with nonstick cooking spray, and browning each piece of bread for 3 to 5 minutes per side.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		Nonstick cooking spray
8	24	2-inch slices French bread
¼ cup	¾ cup	low-fat yogurt-based spread or butter, softened
¼ cup (2 ounces)	¾ (6 ounces)	nonfat cream cheese
½ cup	1 ½ cups	raspberry jam
1 ½ cups	4 ½ cups	nonfat egg substitute
1 cup	3 cups	nonfat milk
½ cup	1 ½ cups	granulated sugar
3 teaspoon (divided)	9 teaspoons (divided)	ground cinnamon
1 cup	3 cups	sliced almonds
¼ cup	¾ cup	dark brown sugar
¼ cup	¾ cup	rolled oats
2 tablespoons	¼ cup plus 2 tablespoons	all-purpose flour
¼ teaspoon	¾ teaspoons	vanilla extract

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

Putting the breakfast together

Create a pocket in each slice of the bread by cutting a horizontal slit about halfway through each slice. Set aside. In a bowl, combine the spread, cream cheese, and jam and mix together. Spoon 2 tablespoons of the jam mixture onto each slice of bread and lay it in the prepared baking dish(es). Set aside.

In a bowl, combine the egg substitute, milk, granulated sugar, and $\frac{1}{2}$ of the cinnamon and stir to combine. Pour over the bread, dividing the mixture evenly among the three dishes if you are preparing three batches.

In another bowl, combine the almonds, brown sugar, oats, flour, remaining cinnamon, and vanilla and blend together with your hands until the mixture forms crumbs. Scatter the mixture over the bread, dividing it evenly among the three dishes if you are preparing a triple batch. If you are making breakfast today wait to add the topping until the egg is soaked up.

For breakfast today

Preheat the oven to 325°F. Let the dish sit on the counter for 30 minutes, until one-quarter of the egg mixture has soaked into the bread. Turn over and let the other side of the bread soak for 30 minutes. Bake, uncovered, for 1 hour or until the egg mixture is no longer liquid and the toast is brown.

To freeze

Cover with heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before baking as directed above.

Beef Stir-Fry

Pages 144-145

This dish is the one that might just entice your children to eat their vegetables. The baby corn seems to intrigue them the most. Look for the leanest cut of beef you can find, and trim off any excess fat before slicing. Freezing the meat for 30 minutes before you slice it makes it easy to cut into thin, even slices. Serve over linguine, rice noodles, or rice.

Serves 6

For One	For Three	Ingredients
½ cup	1 ½ cups	soy sauce
1 tablespoon	3 tablespoons	minced ginger
1 teaspoon	1 tablespoon	black pepper
½ teaspoon	1 ½ teaspoons	red pepper flakes
¼ cup	¾ cup	peanut butter
1 tablespoon	3 tablespoons	light brown sugar, packed
1 pound	3 pounds	beef bottom round, cut into 1/4 – inch thick slices across the grain
4	12	celery stalks, cut into ¾-inch pieces
1	3	carrot(s), sliced
1	3	15-ounce can(s) baby corn, drained
1	3	onion(s), thinly sliced

Putting the dinner together

In a large bowl, combine the soy sauce, ginger, black pepper, red pepper flakes, peanut butter, and brown sugar and stir to incorporate. Add the beef and toss to coat. Place the celery, carrot(s), corn, and onion(s) into a separate bag.

For dinner tonight

Heat a skillet over high heat. Add the meat and marinade mixture and cook just until the edges of the steak are browned, about 2 minutes. Add the vegetables and cook for 2 more minutes or until the vegetables are firm to the bite. Serve.

To freeze

Divide the remaining meat marinade mixture equally between two resealable freezer bags and seal. Divide the remaining mixed vegetables equally between two additional resealable freezer

bags. Place one bag containing the meat marinade mixture into each of the vegetable bags. Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

Chicken and Artichoke Casserole

Pages 200-201

A little curry powder lends a hint of warmth to this soothing casserole, a Dream Dinners favorite. Use low-sodium cream of chicken soup if you are watching your sodium intake.

Serves 6

For One	For Three	Ingredients
		nonstick cooking spray
1 ½ cups	4 ½ cups	cooked rice, see “Cooking Rice in Large Quantities” on page 201
1 cup	3 cups	marinated artichoke hearts, drained
3	9	scallions, chopped
2 cups	6 cups	cooked chicken in 1-inch pieces
1	3	10-ounce can(s) cream of chicken soup
½ cup	1 ½ cups	nonfat mayonnaise
1 tablespoon	3 tablespoons	lemon juice
½ teaspoon	1 ½ teaspoons	black pepper
½ teaspoon	1 ½ teaspoons	curry powder
2 cups	6 cups	seasoned croutons
1 cup	3 cups	low-fat shredded cheese blend (see page 34)
1 tablespoon	3 tablespoons	dried parsley

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

Putting the dinner together

Place the rice on the bottom of the prepared baking dish(es). Layer with the artichokes, scallion, and chicken, dividing the ingredients equally among the three dishes if you are preparing a triple batch. Set aside. In a bowl, combine the soup, mayonnaise, lemon juice, pepper, and curry powder and stir until incorporated. Spread the soup mixture over the chicken mixture. Top with the croutons, cheese and parsley.

For dinner tonight

Preheat the oven to 375°F. Bake for 1 hour or until the cheese is melted and bubbly.

To freeze

Cover the dishes with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

Cinnamon Apple Cake

Pages 228-229

Big chunks of apple and a cinnamon crumb topping make this dense cake a breakfast treat, or the special end to a dinner. To reduce the amount of oil without sacrificing any moistness, replace half of the oil with applesauce. This cake can be prepared and frozen before baking, then thawed and baked the day you want to serve it.

Serves 6

For One	For Three	Ingredients
		Nonstick cooking spray
3 cups	9 cups	all-purpose flour
1 cup	3 cups	dark brown sugar, packed
1 cup	3 cups	granulated sugar
4 teaspoons	¼ cup	ground cinnamon
¾ cup	2 ¼ cups	canola oil
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	ground ginger
1 teaspoon	1 tablespoon	baking soda
1 teaspoon	1 tablespoon	baking powder
2	6	Granny Smith apples, peeled and sliced into bite-sized pieces
1 cup	3 cups	buttermilk
¼ cup	¾ cup	nonfat egg substitute

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

Putting the dessert together

In a large bowl, combine the flour, brown sugar, granulated sugar, half of the cinnamon, the oil, salt and ginger. Transfer 1 ½ cups of this mixture to a small bowl and add the remaining cinnamon to it. Stir until incorporated. Set aside for the topping. Add the baking soda, baking powder, apples, buttermilk, and egg substitute to the flour mixture, stirring until just combined. Do not over mix. Pour into the prepared baking dish(es), dividing the mixture equally among the three dishes if you are preparing a triple batch. Sprinkle the reserved topping over the apple mixture.

For dessert tonight

Preheat the oven to 350°F. Bake for 1 ½ hours or until the cake is set and the topping is golden brown. Serve warm or at room temperature.

To freeze

Cover with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before baking as directed above.

Grammy's Chocolate Chip Cookies

Page 244-245

Stephanie's grammy was known and loved for her light-as-air cookies.

		Makes 2 dozen
For One	For Three	Ingredients
1 cup	3 cups	low-fat yogurt-based spread or butter
1 cup	3 cups	butter-flavored vegetable shortening
1 cup	3 cups	dark brown sugar, packed
1 cup	3 cups	granulated sugar
½ cup	1 ½ cups	nonfat egg substitute
2 teaspoons	2 tablespoons	vanilla extract
4 cups	12 cups	all-purpose flour
1 tablespoon	3 tablespoons	cream of tartar
2 teaspoons	2 tablespoons	baking soda
1 teaspoon	1 tablespoon	kosher salt
2 cups	6 cups	chocolate chips
1 cup (4 ounces)	3 cups (12 ounces)	walnut pieces, optional

Putting the dessert together

In the bowl of an electric mixer, blend the spread, shortening, brown sugar, and granulated sugar on medium speed until light and fluffy. Add the egg substitute and vanilla and blend until mixed well. Gradually add the flour, cream of tartar, baking soda, and salt while the mixer is running. Remove the bowl from the mixer, add the chocolate chips and walnuts, if using, and mix with a wooden spoon just until combined.

For dessert tonight

Spray two jelly roll pans with vegetable spray. Preheat the oven to 350°F. Spread the dough into the jelly roll pans and bake for 20 to 30 minutes, until the dough is set. Remove from the oven and cut into bars. Cool and remove the bars from the pan. Alternatively, preheat the oven to 375°F. Scoop 1-inch balls from the mix using a small ice cream scoop and arrange on the prepared baking sheets, 2 inches apart. Bake for 10 minutes. Remove the cookies from the sheet while still warm and cool them on a rack or waxed paper.

To freeze

To freeze before baking, divide the batter equally between two resealable freezer bags. If baking first, cook completely, and cover with plastic wrap and foil. Label, date and freeze for up to 3 months. Cookies can also be pre-rolled into one inch balls, frozen and then baked directly from the freezer. Place frozen cookie dough balls on sprayed cookie sheet. Bake in pre-heated oven at 375 degrees for 11 minutes or until golden brown.

Kielbasa Bean Soup

Pages 68-69

This hearty soup is a meal in itself. Use low-fat turkey kielbasa to lighten this fiber-rich dinner.

Serves 6

For One	For Three	Ingredients
2 cups (8 ounces)	6 cups (1 ½ pounds)	potatoes in ½-inch dice Par boiled**
2	6	10.5-ounce cans bean with bacon soup
2	6	15-ounce cans diced tomatoes
¾ pound	2 pounds	kielbasa sausage, cut into 1-inch pieces
1	3	onions(s), chopped
2	6	carrots, diced
2	6	celery, diced
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper

****To Par Boil Potatoes**

Scrub and wash unpeeled potatoes. Dice potatoes into ½ inch pieces. In a large pot bring water to a rolling boil. Add diced potatoes and cook for 2 minutes. Remove potatoes from water. Rinse potatoes in cold water. Drain and use as directed in recipe.

Putting the soup together

In a large bowl, combine the potatoes, soup, tomatoes, kielbasa, onion(s), carrots, celery, salt, and pepper and stir to combine. Transfer to a crockpot or large pot. If you are preparing a triple batch, transfer one-third to a stockpot and divide the remainder equally between two resealable freezer bags.

For dinner tonight

Slow-cook in the crockpot, set on low heat, for 5 to 6 hours, until thick. Alternatively, simmer over low heat on the stovetop for 2 hours or until thick.

To freeze

Place each resealable freezer bag into a second one and seal tightly. Label, date, and freeze for up to 3 months. Thaw at room temperature before cooking as directed above.

New England Pot Roast

Pages 160-161

Nothing beats a slow-cooked meal, especially when it doesn't require you to be in the kitchen all day. Assemble the ingredients for this pot roast in the crock-pot in the morning, and by that evening, your kitchen will be filled with the unmistakable aroma of this beloved dish.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		Nonstick cooking spray
2 pounds	6 pounds	beef chuck roast, fat removed or trimmed
2 cups	6 cups	baby carrots, raw
1	3	yellow onion(s), quartered
1 cup	3 cups	celery in 3-inch pieces
4	12	red potatoes, halved par boiled**
2	6	2-inch cabbage wedges
¼ cup	¾ cup	dried onion flakes
2 tablespoons	¼ cup plus 2 tablespoons	apple cider vinegar
1	3	bay leaf (leaves)
2 tablespoons	¼ cup plus 2 tablespoons	olive oil
2 tablespoons	¼ cup plus 2 tablespoons	store-bought horseradish
3 cups	9 cups	beef broth
½ teaspoon	1 ½ teaspoons	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
Spray one (three) roasting pan(s) with nonstick cooking spray		

****To Par Boil Potatoes**

Scrub and wash unpeeled potatoes. Slice red potatoes in half. In a large pot bring water to a rolling boil. Add halved potatoes and cook for 2 minutes. Remove potatoes from water. Rinse potatoes in cold water. Drain and use as directed in recipe.

Putting the dinner together

Place the chuck roast in the prepared roasting pan(s) or in a crockpot. If you are preparing a triple batch, place the remaining roasts into each of two resealable freezer bags. Add the remaining ingredients to the roasting pan or the crockpot and the resealable freezer bags.

For dinner tonight

Preheat the oven to 325°F. Cover the roasting pan with foil and bake for 2 to 3 hours, or slow-cook in your crockpot on low heat for 6 to 8 hours, until the meat pulls apart easily with a fork.

To Freeze

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

Penne with Rosemary Chicken

Pages 116-117

The pasta will cook al dente as it bakes in the sauce, so there's no need to boil the pasta first. If you prefer a softer noodle, bake the dish a bit longer. Let this dish cool before serving to allow the sauce to thicken.

Serves 6

For One	For Three	Ingredients
		non-stick cooking spray
1 pound	3 pounds	diced cooked chicken
1 pound	3 pounds	penne pasta
1 cup	3 cups	low-fat shredded cheese blend (see page 34)
½ cup	1 ½ cups	yellow onion(s), diced
2 tablespoons	¼ cup plus 2 tablespoons	chopped pimentos, drained
1 tablespoon	3 tablespoons	dried rosemary
1 teaspoon	1 tablespoons	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
2 cups	6 cups	nonfat milk
1 ½	4 ½	15-ounce can(s) cream of Mushroom soup
2 cups	6 cups	water

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

Putting the pasta together

Place all the ingredients into a large bowl and stir to combine. Transfer the mixture to a resealable freezer bag, dividing it equally among three bags if you are preparing a triple batch.

For dinner tonight

Preheat the oven to 350°F. Place the contents of a bag into the prepared baking dish and cover with foil. Bake for 1 to 1 ½ hours. Or, place in a crockpot, set on low heat, and cook for 5 to 6 hours.

To freeze

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

THREE CHEESE SPINACH SOUP

Pages 80-81

Use frozen spinach for this thick, warming soup. Serve it with Ham and Tomato Biscuits (page 52) for lunch or a light supper.

Serves 6

For One	For Three	Ingredients
¼ cup	¾ cup	low-fat yogurt-based spread or butter
5 tablespoons	1 cup	all-purpose flour
1 cup	3 cups	button mushrooms, sliced
1	3	scallion(s), chopped
2 cups	6 cups	chicken broth
2 cups	6 cups	nonfat milk
1 cup (8 ounces)	3 cups (1 ½ pounds)	nonfat cream cheese
1 cup	3 cups	shredded Swiss Cheese
¼ teaspoon	¾ teaspoon	ground nutmeg
½ teaspoon	1 ½ teaspoons	kosher salt
1 teaspoon	3 teaspoons	black pepper
1	3	10-ounce box(es) frozen chopped spinach, thawed and drained
¼ cup (1 ounce)	¾ cup (3 ounces)	grated Parmesan cheese

Putting the soup together

Melt the spread in a large soup pot over medium heat. Add the flour and whisk until golden, 2 or 3 minutes. Add the mushrooms and scallion(s) and sauté until tender, about 3 minutes. Whisk in the chicken broth and milk and stir until thickened, 5 to 10 minutes. Add the cream cheese, Swiss cheese, nutmeg, salt, and pepper and stir until the cheese is melted. Add the spinach and stir. Simmer the soup for 10 to 15 minutes, stirring gently. If you are preparing a triple batch, divide the remaining soup equally between two resealable freezer bags.

For dinner tonight

Ladle the soup from the pot into six bowls. Garnish with ¼ cup of the Parmesan and serve hot.

To freeze

Place ¼ cup Parmesan into each of two resealable bags. Label, date, and freeze both the soup and the Parmesan for up to 3 months. Thaw at room temperature before cooking as directed above.