

Tip

To toast the pine nuts, place them in a dry skillet over medium heat for about 3 minutes. On a baking sheet in a 350° F oven for about 7 minutes, stirring occasionally.

Chicken with Pesto Potatoes

hands-on time: 15 minutes | total time: 35 minutes | makes 4 servings

- 1½ pounds small new potatoes
- 1 tablespoon plus ¼ teaspoon kosher salt
- 4 boneless chicken breasts (about 6 ounces each), with skin
- ½ cup mayonnaise
- 8 tablespoons store-bought pesto
- ¼ teaspoon freshly ground black pepper
- ⅓ cup pine nuts, toasted
- ⅓ cup golden raisins

Place the potatoes and 1 tablespoon of the salt in a large pot. Add enough cold water to cover by 2 inches. Bring to a boil, reduce heat to a simmer, and cook until tender, about 20 minutes. Drain and set aside until cool enough to handle.

Heat oven to 400° F. Rinse the chicken and pat it dry with paper towels, then place it in a baking dish lined with foil. Whisk together the mayonnaise and 2 tablespoons of the pesto in a small bowl. Spread the mixture evenly over the top of each chicken breast. Bake until the chicken is cooked through, about 10 minutes. Leave the chicken in oven and turn on broiler. Broil until golden brown, about 3 minutes. Meanwhile, peel and cut the potatoes into large chunks. Toss them with the pepper and the remaining pesto and salt. Sprinkle the chicken with the pine nuts and raisins and serve with the potatoes.

Recipe Name Lasagne (Rosso)

Ingredients & Directions

*Karen's
Chix Pot Pie*

Laura's
Chix Pot Pie

- 1 pie crust
- 2 cooked breasts
- 1 lb or Veg-All
- 3/4 c. sr cream
- 1 can can of chix soup

- Put bite chix on crust
- Strained veg all
- Mix strum & soup
- Spread over
- Place top on
- 350° for 45 min.

*really good - takes a long time
Grandma's old Italian employer*

Sauce - One large bag of chunky sc. & 2 small cans hom. pasta. In pan heat a little oil &

2 cloves chopped garlic & 1. the oregano.

When garlic is a little brown, add sc. & pasta &

2 cans water & simmer 2 hrs. Add salt to taste.

Meatballs: 1 lb hamburger, 10 slices bread (cubed)

1/2 c. grated chs., 2 t. parsley flakes, 1/2 t. salt & 2 eggs

& 2 cloves, chop garlic. Mix & make balls & fry.

Fry 1 lb. Italian sausage. Add meatballs + sausage to sc. Simmer another hour.

Pasta: 1 box of any lasagna. Basil, salt & salt.

Add a little oil. Boil pasta 15 min.

Have handy 3 lbs. ricotta, 1 large mozzarella, &

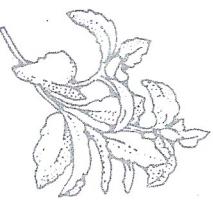
grated chs.

When ready, cube mozzarella cut meatballs + sausage. When ready to put in oven, add 1. the sc. on bottom. Put a layer of pasta + add all three cheeses + then meat + then sc. Then rest til full. Add sc. & grated chs. last.

Bake at 375° 1 hr 15 min. Let set 10 min.

Recipe Name Steak Kabobs

Ingredients & Directions



- 1 1/2 lbs. steak (sirloin tip)
1/4 c. soy sc.
2 T. brown sugar
1/2 t. ground ginger
2 T dry sherry
1/2 t. veg oil
1 (15 1/4 oz.) can unsweet pineapple chunks
6 c. hot coleslaw
Cut meat in 1/2" cubes. Mix soy sc. & next 4. Perm over meat & cover. Refridge min. 3 hrs. Drain & discard marinade. Alternate meat & fruit on skewers. Grill or bake 350°-400° 8 min. Yield 6
8.8 g fat 460 cal (1 skewer + 1 entree)

pressed ham and pear sandwiches

MAKES 4 ■ ACTIVE TIME: 20 MIN ■ TOTAL TIME: 20 MIN

4 slices rustic bread (1 inch thick)

4 tablespoons extra-virgin olive oil

4 tablespoons Dijon mustard

4 oz. Gruyère cheese,

thinly sliced

4 cups thinly sliced deli ham

1 cup arugula

4 pears (such as Anjou or Bosc,

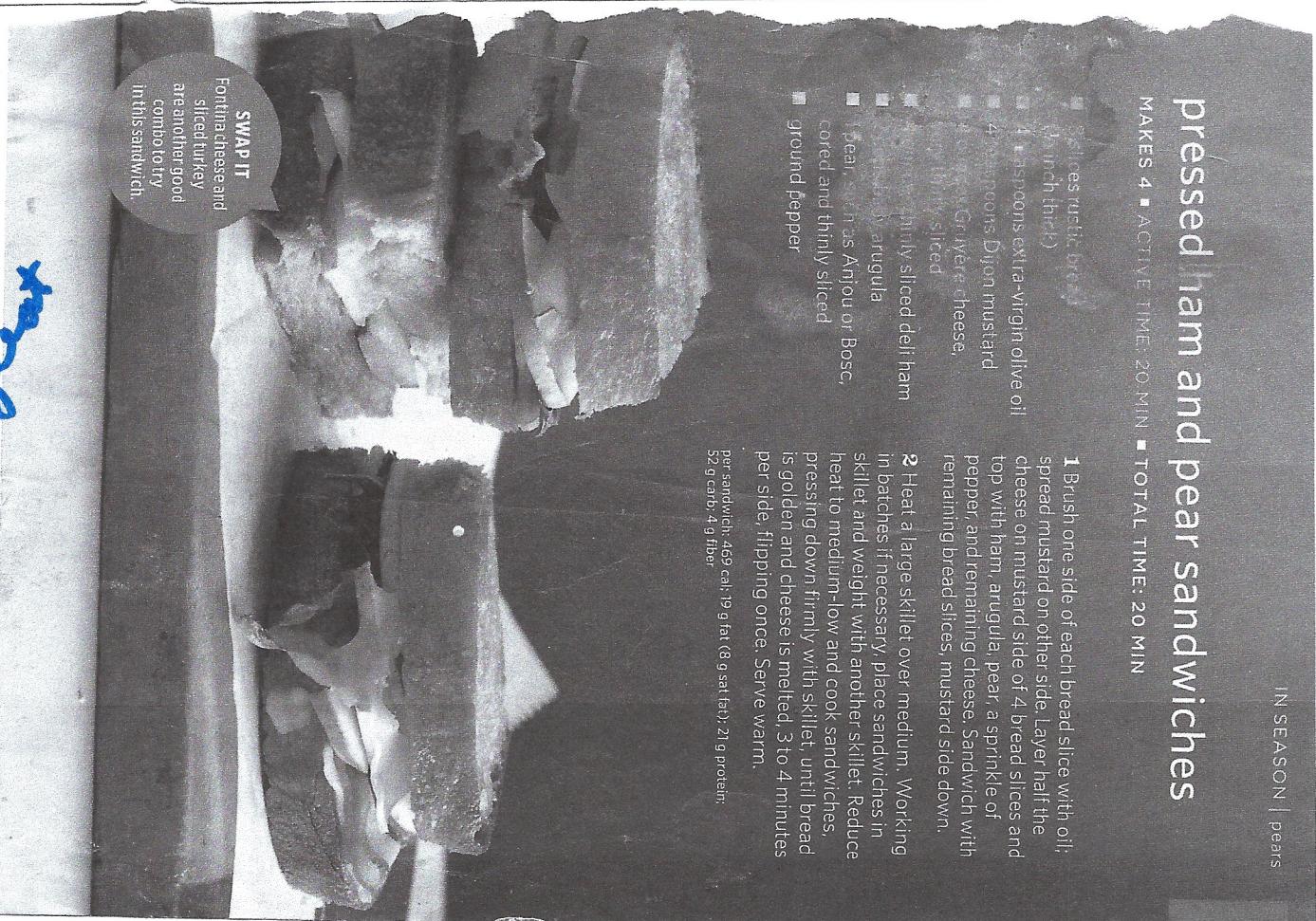
cored and thinly sliced

ground pepper

- 1 Brush one side of each bread slice with oil; spread mustard on other side. Layer half the cheese on mustard side of 4 bread slices and top with ham, arugula, pear, a sprinkle of pepper, and remaining cheese. Sandwich with remaining bread slices, mustard side down.
- 2 Heat a large skillet over medium. Working in batches if necessary, place sandwiches in skillet and weight with another skillet. Reduce heat to medium-low and cook sandwiches, pressing down firmly with skillet, until bread is golden and cheese is melted; 3 to 4 minutes per side, flipping once. Serve warm.

Per sandwich: 465 cal, 19 g fat (8 g sat fat), 27 g protein; 52.9 carb, 4.9 fiber.

SWAP IT
Fontina cheese and
sliced turkey
are another good
combination
in this sandwich.



Chicken Pepian



Recipe courtesy of Ellie Krieger

Show: Healthy Appetite with Ellie Krieger | Episode: Tricks of the Trade



*from Calvin's Cuba report
delicious*

Total: 1 hr
 Prep: 30 min
 Cook: 30 min
 Yield: 4 servings
 Level: Easy

Ingredients

- 1 pound fresh tomatillos
- 1 large poblano pepper (about 2 1/2 to 3 ounces), seeded and cut into 4 pieces
- 2 tablespoons olive oil
- 1/2 cup raw unsalted pumpkin seeds
- 5 peppercorns
- 2 whole allspice
- 1/2 teaspoon whole cumin seed
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 cup chopped fresh cilantro leaves, plus 1/4 cup for garnish
- 1 cup low-sodium chicken broth
- 1 medium (2-inch) jalapeno pepper, seeded and roughly chopped
- 1/2 teaspoon salt
- 4 (6-ounce) boneless skinless chicken breast halves, pounded to 1/2-inch thickness
- Lime wedges

Directions

Preheat the broiler. Remove papery outer layer from tomatillos then rinse them in warm water to remove some of their natural stickiness. Pat dry, then cut into quarters. Toss tomatillos and poblano with 2 teaspoons of the oil, place on a baking sheet and broil until charred, about 10 minutes.



Heat a large saute pan over medium heat. Add pumpkin seeds, peppercorns, allspice, and cumin and toast until pumpkin seeds are fragrant, 3 to 4 minutes. Transfer to a plate.

In same saute pan, heat 2 teaspoons oil over medium heat. Add onions and cook until soft and translucent, about 5 minutes, add the garlic and cook for 1 minute more.

Place tomatillos, poblano, onions and garlic, cilantro, chicken broth, jalapeno, toasted seeds and spices and salt in a blender and blend on high until totally smooth, about 30 seconds.

Heat the remaining 2 teaspoons olive oil in skillet and cook the chicken until browned on both sides and nearly cooked through, about 5 minutes per side. Add pepian sauce to skillet, covering chicken pieces. Bring to a simmer and cook an additional 3 to 5 minutes, until chicken is cooked through. Serve chicken topped with sauce and garnished with cilantro and lime wedges.

Excellent source of: Protein, Niacin, Vitamin B6, Vitamin C, Vitamin K, Iron, Phosphorus, Potassium, Selenium

Good source of: Fiber, Vitamin A, Thiamin, Riboflavin, Pantothenic Acid, Copper, Magnesium, Manganese, Zinc

Chicken Cordon Blue

Submitted by Sharon Krasny

- 4 Chicken breast halves
- 4 thin slices ham
- 4 thin slices Swiss cheese
- 1 egg slightly beaten
- 1 pkg chicken Shake 'n' Bake

Remove bones and skin from chicken breasts. Place chicken between 2 pieces of plastic wrap. Pound with mallet until 1/4 inch thick. Place slice of ham and cheese on each piece of chicken. Roll up carefully, beginning at narrow end; secure with wooden toothpicks. Roll in egg, then roll in Shake 'n' Bake. Bake at 350 for 35 - 45 minutes. Serve with wild rice.



Shepherd's Pie

Submitted by Eileen Avera

- 1 (22 oz) pkg. Frozen mashed potatoes
- 1 lb ground beef
- 1 onion
- 1/2 cup frozen sliced carrot, thawed
- 2 Tbsp. All purpose flour
- 2 tsp. Salt, divided
- 1/2 tsp. Pepper, divided
- 1 cup beef broth
- 1 large egg, lightly beaten
- 1/2 cup (2 oz) shredded Cheddar cheese

Cook potatoes according to package directions; set aside.

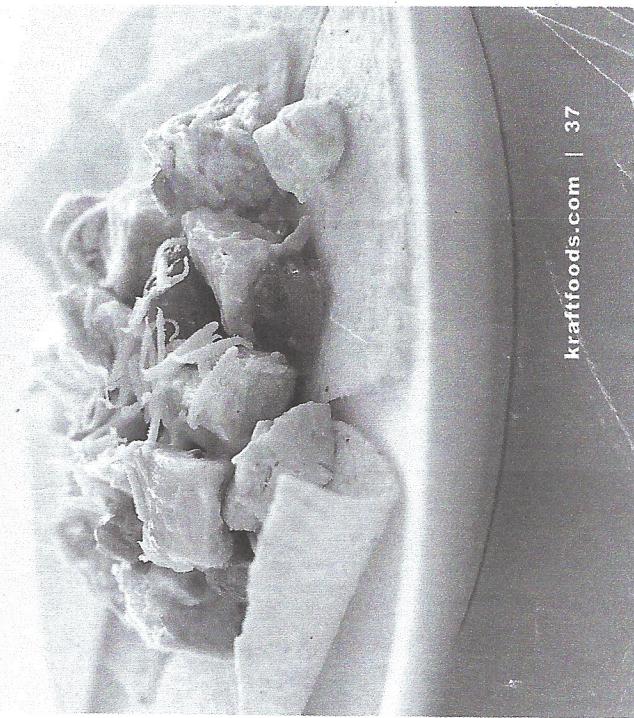
Cook beef and onion in a large skillet over medium-high heat 5-6 min., stirring until beef crumbles and is no longer pink. Drain and return to skillet; add carrot. Stir in flour, 1 tsp. Salt, and 1/4 tsp. Pepper. Add broth, and cook, stirring constantly, 3 minutes or until slightly thickened. Spoon mixture into a lightly greased 11 x 7 inch baking dish. Stir together potatoes, egg, remaining 1 tsp salt, and remaining 1/4 tsp pepper. Spoon over beef mixture. Bake at 350 for 25 min. Sprinkle with cheese, and bake 5 more minutes. Makes 6 servings.

We
love this meal

chicken cut snacks

day breaks

kraftfoods.com | 37



easy
great

Fiesta Chicken Salad Taco

Salsa adds extra zip to this chicken salad.

Prep: 15 min. | Total: 5 min.

1/2 cup chopped cooked chicken

2 Tbsp. Taco Bell Home Originals Thick 'N Chunky Salsa

2 Tbsp. Kraft 2% Milk Shredded Reduced Fat

Cheddar Cheese

1 Tbsp. Kraft Mayo Light Mayonnaise

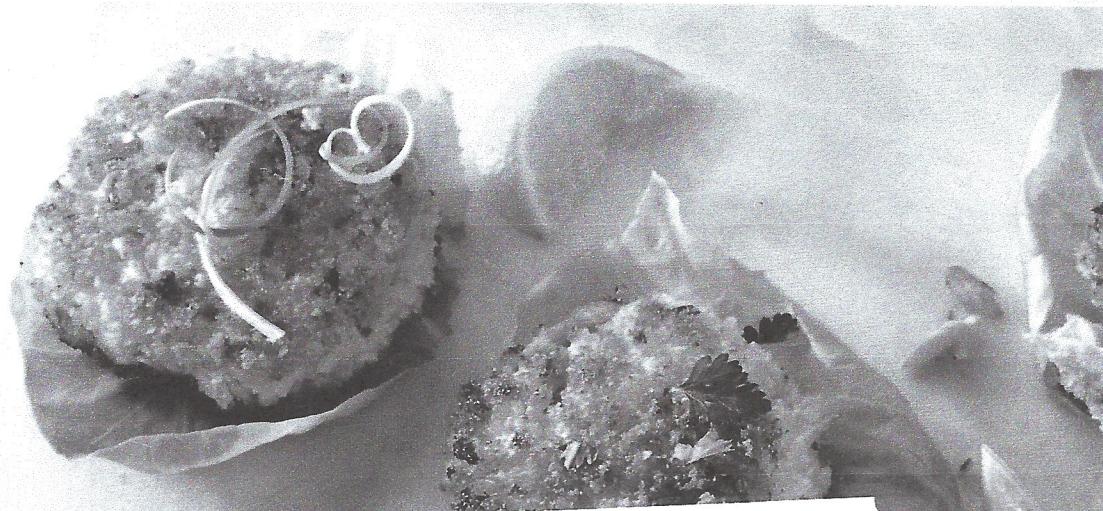
2 Taco Bell Home Originals Taco Shells

MIX chicken, salsa, cheese and mayo in small bowl.
BREAK apart taco shells to scoop up salad. Or, spoon mixture into taco shells and serve.

Makes 1 serving.

For a veggie boost, top with shredded romaine lettuce and chopped tomatoes.

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Beef and Broccoli Stir-Fry With Water Chestnuts

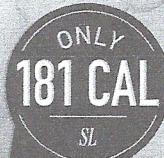
Active Time: 20 min. Total Time: 30 min. Serves: 4

Here the broiler does all the work, as opposed to the more traditional, hands-on method of stir-frying in a wok or skillet.

- ¼ cup** oyster sauce
- 3 tablespoons** low-sodium soy sauce
- 1 tablespoon** toasted sesame oil
- 1 tablespoon** minced garlic (from 2 cloves)
- 1 tablespoon** minced fresh ginger (from a 1½-inch piece)
- 1 tablespoon** cornstarch
- Coarse salt and freshly ground pepper
- 1¼ pounds** skirt steak, sliced ¼ inch thick against the grain
- 1 head** broccoli, cut into florets, stems peeled and sliced
- 1 can** (8 ounces) sliced water chestnuts, drained
- Steamed rice and toasted sesame seeds, for serving

1. Preheat broiler with rack 4 inches from heating element. Stir-together oyster sauce, soy sauce, sesame oil, garlic, ginger, cornstarch, and 1 tablespoon water in a large bowl. Season with salt and pepper. Stir in beef and broccoli to evenly coat. Spread mixture in a single layer on a rimmed baking sheet.
2. Broil, rotating sheet halfway through, until beef is sizzling and browned in places and broccoli is charred and crisp-tender, 8 to 10 minutes. Stir in water chestnuts. Serve over rice, drizzled with pan juices and sprinkled with sesame seeds.

MARTHASTEWART.COM



LIGHT CRAB CAKES

Fresh lump crabmeat is key to this simple recipe. It's pricey, but a little goes a long way.

- 8 oz.** lump crabmeat
- 2 Tbsp.** finely chopped green onions
- 1 Tbsp.** finely chopped fresh flat-leaf parsley
- 2 Tbsp.** canola mayonnaise
- 1 tsp.** fresh lemon juice
- 1 tsp.** Dijon mustard
- ½ tsp.** Old Bay seasoning
- ½ tsp.** Worcestershire sauce
- ⅛ tsp.** kosher salt
- ⅛ tsp.** ground red pepper
- 1** large egg, lightly beaten
- ¾ cup** panko (Japanese breadcrumbs), divided
- 1 Tbsp.** olive oil
- 1** lemon, quartered

1. Pick crabmeat, removing any bits of shell. Stir together green onions, next 9 ingredients, and ¼ cup panko in a large bowl. Add crabmeat, and stir gently to combine.

2. Using wet hands, shape mixture into 4 balls. Dredge balls in remaining ½ cup panko. Gently flatten each ball to form a 4-inch patty.

3. Cook patties in hot oil in a large skillet over medium-high heat 3 minutes on each side or until golden. Serve with lemon wedges.

MAKES 4 servings (serving size: 1 crab cake). **HANDS-ON** 25 min., **TOTAL** 25 min.

NUTRITIONAL INFORMATION (per serving)

CALORIES
(SAT*)

CARBOHYDRATES
S

SNOWMEN CAKE

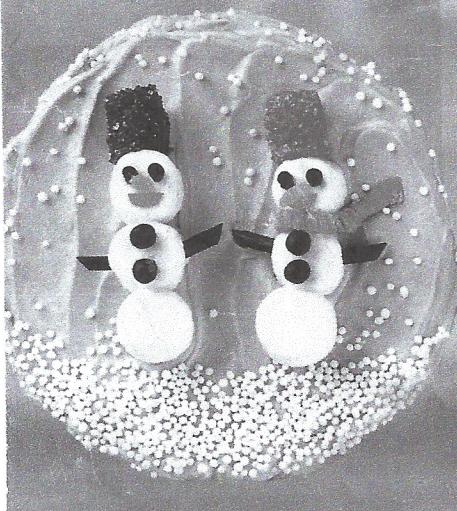
Welcome winter with this "snowy" snack!

Shopping List

- 1 EASY-BAKE cake mix
- 1/4 cup of white frosting
- mini marshmallows
- black shoelace licorice
- gumdrops & gummy worms
- white nonpareils
- blue food coloring

Let's Get Started!

1. Bake and cool EASY-BAKE cake according to package instructions.
2. Stir 1 or 2 drops of food coloring into frosting. Frost cake.
3. Make snowmen by arranging marshmallows on the cake.
4. Use licorice to make eyes, mouth and arms; use gumdrops to make noses and hats. Cut gummy worms in half to make scarves.
5. Sprinkle nonpareils on the cake to make "snow".



\$1 OFF when you buy any
2 EASY-BAKE® Refill Mixes!

Just present this coupon at time of purchase!

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MANUFACTURER'S COUPON
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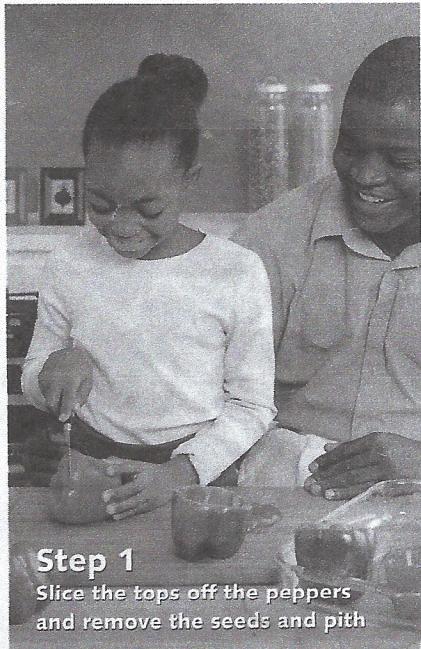
INGREDIENTS

6	large red or green bell peppers, rinsed	1	teaspoon Worcestershire sauce
1	pound lean ground beef	1	teaspoon dried basil
1	medium onion, finely chopped	1/2	teaspoon salt
1	or 2 cloves garlic, minced	Pepper, to taste	
1/2	cup long-grain white rice	1/3	cup grated Parmesan, plus a little extra for garnish
1 1/4	cups chicken or beef broth	1	large egg, lightly beaten
3/4	cup diced tomato (fresh or canned)	3	cups of your favorite tomato sauce
	1 teaspoon paprika		

1 Slice the top $\frac{1}{4}$ inch off each pepper. Finely chop the flesh on the stem end; set it aside. Remove the seeds and white pith from inside the peppers. (If the peppers won't stand up straight, take a small slice off the bottom with a paring knife to make a flat surface.)

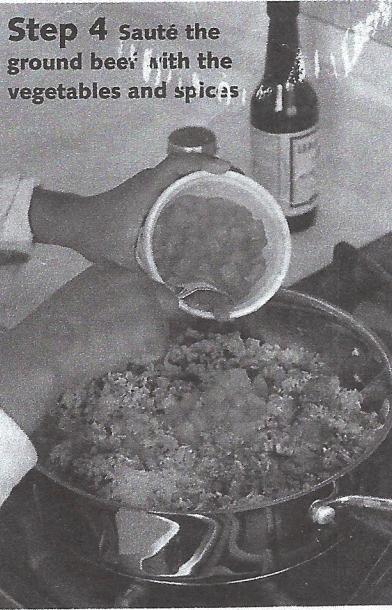
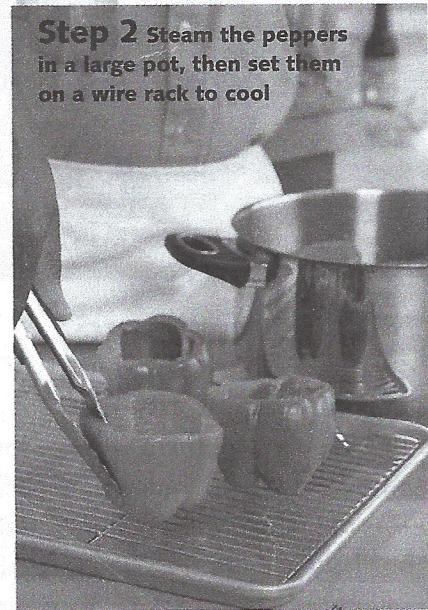
2 Put a steamer basket (or a colander) inside a large pot and add an inch or so of water. Place the peppers in the basket. Bring the water to a boil and tightly cover the pot. Steam the peppers for 8 minutes. Remove the peppers with tongs and set them on a wire rack to cool.

3 Combine the reserved chopped pepper, ground beef, onion, and garlic in a large skillet. Brown the meat over medium heat for 5 to 6 minutes, breaking it up with a wooden spoon.



Step 1

Slice the tops off the peppers and remove the seeds and pith

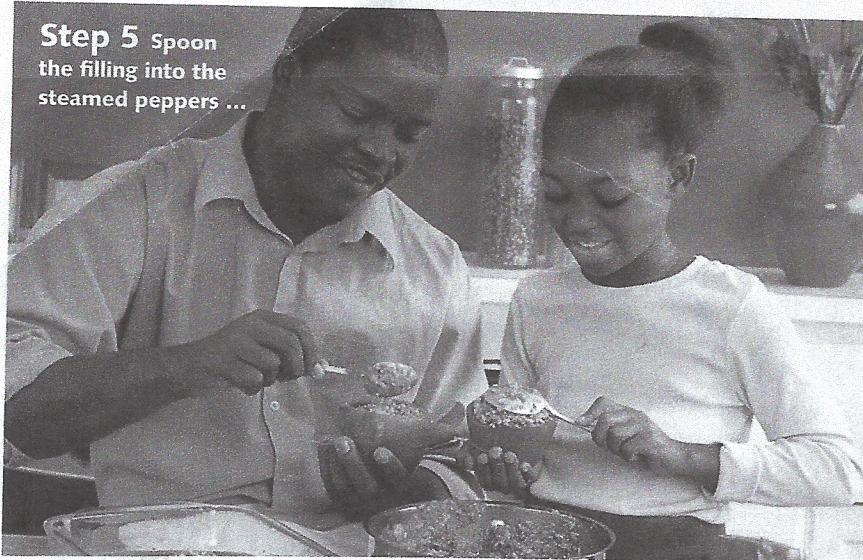


Step 4 Sauté the ground beef with the vegetables and spices

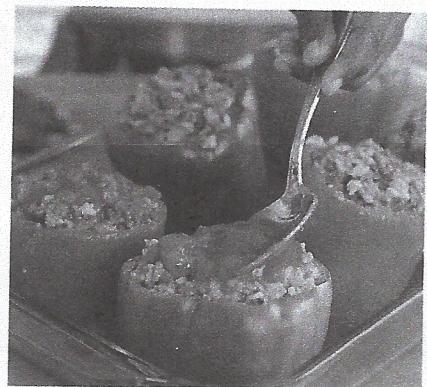
4 Drain any visible fat from the pan, then return it to the heat. Add the rice, broth, tomato, paprika, Worcestershire sauce, basil, salt, and pepper. Bring the mixture to a boil, then reduce the heat

and simmer it, tightly covered, for 18 to 20 minutes, or until the liquid is absorbed. Remove the pan from the heat and let it stand for 15 to 20 minutes. Stir in the egg and the $\frac{1}{3}$ cup of Parmesan.

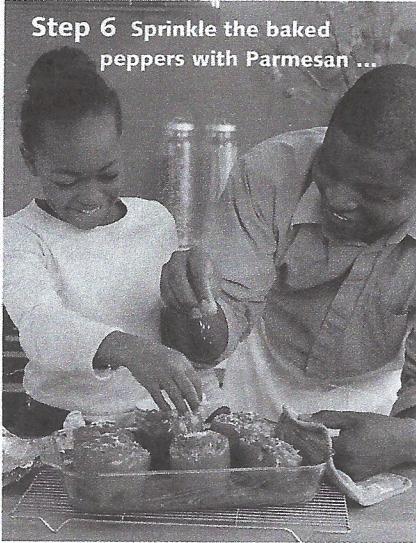
Step 5 Spoon the filling into the steamed peppers ...



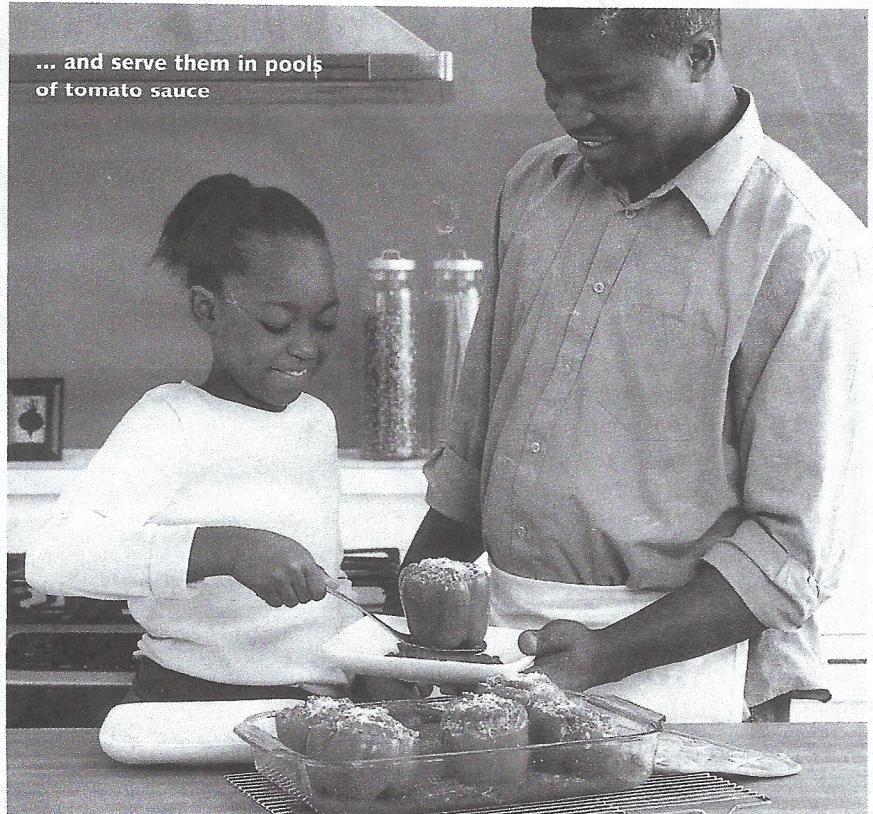
5 Heat the oven to 375°. Grease a large baking dish or casserole and add in 2½ cups of tomato sauce. Using a large spoon, scoop about $\frac{3}{4}$ cup of filling into each pepper. Set the stuffed peppers in the prepared pan, so they are evenly spaced and surrounded by sauce. Spread a spoonful of the remaining sauce over the top of each, to keep the filling moist, and cover the pan with aluminum foil.



Step 6 Sprinkle the baked peppers with Parmesan ...



... and serve them in pools of tomato sauce



6 Bake the peppers until they're heated through, about 35 minutes. Remove the foil and sprinkle the tops with Parmesan. Serve the peppers hot, in pools of tomato sauce. Makes 6 servings.

Ken Haedrich is a FamilyFun contributing editor.



GRILLED SKIRT STEAK WITH MUSHROOM GRAVY

- 1 lb skirt steak
- Kosher salt and pepper
- 4 Tbsp olive oil
- 3 cups sliced button mushrooms (about $\frac{3}{4}$ lb)
- 1 small yellow onion, thinly sliced
- 2 Tbsp unsalted butter
- 3 Tbsp flour
- 1 cup beef broth
- 3 Tbsp sour cream

1. Heat a grill or a grill pan to medium-high heat.

2. Season the steak on both sides with salt and pepper. Drizzle with 2 Tbsp of the olive oil and place on the grill. Cook until nicely charred and the meat releases from the grill, about 2 minutes. Flip and cook until medium-rare, about 2 minutes. Remove to a platter to rest.

3. Meanwhile, place a large skillet over medium-high heat. Add the remaining 2 Tbsp olive oil, the mushrooms, and the onion. Cook, stirring only occasionally, until the mushrooms start to brown and the onion begins to soften, about

2 minutes. Add the butter, season with salt and pepper, and stir so that the vegetables brown evenly. Add the flour and stir well, so everything gets coated. Add the broth, whisking well to incorporate, and bring to a boil. Remove from heat and whisk in the sour cream.

4. Thinly slice the skirt steak against the grain. Divide the steak onto plates, top with the mushroom gravy, and serve.

*Makes 4 servings. Per serving:
443 cal, 33 g fat (12 g sat fat), 29 g protein, 2 g fiber, 9 g carb.*

good

Maryland Crab Cakes With Creamy Caper-Dill Sauce

MAKES 14 CAKES

PREP: 30 MIN., COOK: 30 MIN., CHILL: 1 HR.

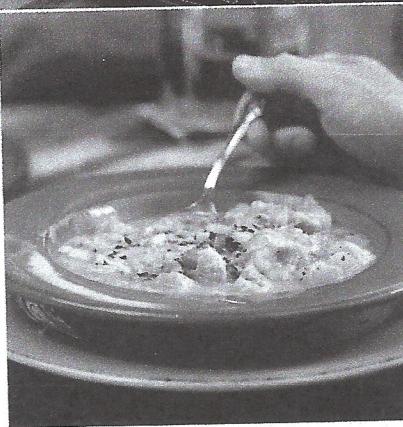
These golden cakes have a higher ratio of crabmeat to filling than other recipes, yet they still hold up nicely in the skillet.

2 lb. fresh lump crabmeat*
 ½ cup minced green onion
 ½ cup minced red bell pepper
 1 Tbsp. olive oil
 ½ cup Italian-seasoned breadcrumbs
 1 large egg, lightly beaten
 ½ cup mayonnaise
 1 Tbsp. fresh lemon juice
 1½ tsp. Old Bay seasoning
 ½ tsp. pepper
 Dash of Worcestershire sauce
 2 Tbsp. butter
 Lemon wedges
 Creamy Caper-Dill Sauce
 Garnish: fresh dill sprigs

1. Rinse, drain, and flake crabmeat, being careful not to break up lumps, and remove any bits of shell. Set crabmeat aside.

2. Sauté green onion and bell pepper in hot oil in a large nonstick skillet 8 minutes or until tender.

3. Stir together green onion mixture, breadcrumbs, egg, and next 5 ingredients. Gently fold in crabmeat. Shape mixture into 14 (2½-inch) cakes



above: Maryland Crab Cakes are worth the splurge. Expect them to flake apart easily and melt in your mouth. Serve Roasted Sweet Potato Salad on the side.

left: Fresh shrimp and crabmeat add regional flavor to Chesapeake Chowder, a tasty starter to any meal.

(about ½ cup for each cake). Place on an aluminum foil-lined baking sheet; cover and chill at least 1 hour or up to 8 hours.

4. Melt butter in a large nonstick skillet over medium heat. Add crab cakes, and cook, in 2 batches, 4 to 5 minutes

on each side or until golden. Drain on paper towels. Serve with a squeeze of lemon and Creamy Caper-Dill Sauce. Garnish, if desired.

*Regular crabmeat may be substituted for lump.

Creamy Caper-Dill Sauce:

MAKES 1¼ CUPS

PREP: 10 MIN.

¾ cup mayonnaise
 ½ cup sour cream
 ¼ tsp. grated lemon rind
 2 Tbsp. fresh lemon juice
 1 Tbsp. drained capers
 2 tsp. chopped fresh dill
 1 tsp. Dijon mustard
 ¼ tsp. salt
 ¼ tsp. pepper

1. Stir together all ingredients. Cover and chill up to 3 days.

ANN MCINERNEY
BETHESDA, MARYLAND

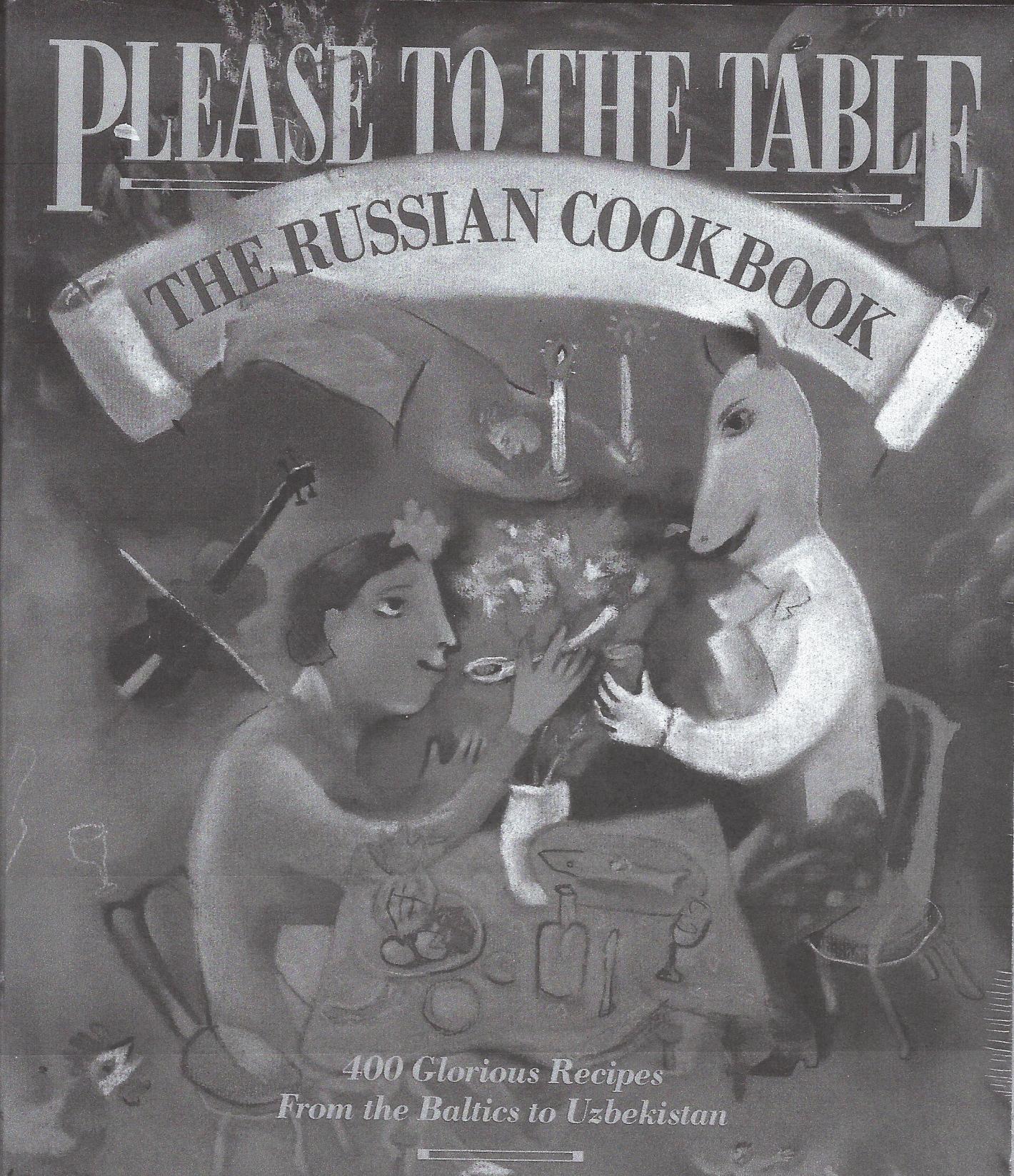
Seafood Savvy

It's easy to buy the right seafood if you know what to look for. Follow these guidelines for picking it fresh.

- Purchase seafood from a reputable market or grocery store. Observe how it is stored: Seafood is best packed in ice.
- Choose shrimp that are slightly firm in texture, avoiding those that are soft and limp. Make sure the shells are tightly attached. Watch out for dark spots, which probably mean that the shrimp are past their peak.
- Buy shrimp one day before you plan to serve it. This will give you time to peel and, if desired, devein the shrimp in advance.
- Avoid crab and shrimp that smell fishy. Fresh seafood should not have a strong odor.

PLEASE TO THE TABLE

THE RUSSIAN COOKBOOK



400 Glorious Recipes
From the Baltics to Uzbekistan

by Anya von Bremzen and John Welchman

1 In a large bowl, lightly beat the eggs. Thoroughly mix in the farmer's cheese, farina, all-purpose flour, sugar, and salt. Refrigerate, covered, for 30 minutes.

2 In a large pot, bring 2 quarts of water to a boil over medium-high heat.

3 Sprinkle your work surface with the instant flour. Roll one-third of the farmer's cheese mixture into a long roll about 1 inch thick. With a sharp knife, cut the roll diagonally into 1½-inch pieces. Repeat with the rest of the mixture. Drop the dum-

plings into the boiling water and cook until they rise to the surface and are cooked through, 3 to 4 minutes. You will probably have to do this in batches.

4 With a slotted spoon, remove the dumplings to a colander and drain well.

5 Transfer the dumplings to a serving bowl, toss with the butter and serve with the sour cream or Parmesan cheese on the side.

Makes 30 to 35 halushki

did once
is great
takes a
long time

Siberian Meat-Filled Dumplings

Pelmeni



Delicious Siberian meat-filled dumplings, *pelmeni*, are really what frozen food is all about. Made by the hundreds, at one time they were stored outside in huge bags throughout the seemingly endless Siberian winters. In Russia today, *pelmeni* are served in special *pelmeni* parlors called *pelmennaya*, and are a very popular fast food. Street *pelmeni* are, however, much inferior to the homemade variety, which should contain two kinds of meat and be lovingly shaped by hand (although you can find commercial "pelmeni makers" in the USSR). Eating *pelmeni* also takes a special skill, and I've often heard tough Russians brag about how many *pelmeni* they were able to consume at a sitting — it can get up to a hundred.

Pelmeni can be served in beef or chicken broth as a first course, or they can be fried in butter, which is less authentic but truly delicious. Traditional accompaniments for *pelmeni* are sour cream, perhaps sprinkled with dill or white vinegar. I actually like mixing the two.

DOUGH

3 cups sifted unbleached all-purpose flour
1 scant teaspoon salt

1 large egg
1 cup cold water

FILLING

3/4 pound ground beef
1/2 pound ground pork
2 medium-size onions, finely chopped

1/4 cup crushed ice
Salt and freshly ground black pepper, to taste

Salt, to taste, for cooking the pelmeni
1 large egg white, lightly beaten

4 tablespoons (1/2 stick) unsalted butter, cut into pieces

1 In a food processor, blend the flour and salt. With the motor running, add the egg, through the feed tube, then pour in the water, in a slow, steady stream, until the dough forms a ball around the blade. Transfer the dough to a floured surface and knead until smooth, about 2 minutes. Cover with a linen or cotton (not terry cloth) kitchen towel and let stand for 30 minutes.

2 In a large bowl, combine all the filling ingredients, stirring until they are thoroughly mixed.

3 Divide the dough in half and shape into two balls. Keep one ball covered with the towel. On a floured surface, with a floured rolling pin, roll out the dough to a very thin sheet, about $\frac{1}{16}$ inch thick, making sure it doesn't tear. With a round cookie cutter, cut out 2-inch circles.

4 In a small saucepan, bring 2 cups of salted water to a boil over high heat.

5 Have a bowl with the egg white near you. Place a scant teaspoon of filling toward the bottom of one circle. Fold the empty half of the dough over the filling to form a semi-circle. Brush the edges with the egg white and press the edges firmly together with the tines of a fork to seal. Fold the ends of the semi-circle firmly together over the filled portion and press them against the dumpling. Boil the one dumpling for 10 minutes to taste the filling for seasoning; *pelmeni* should be well seasoned.

6 Fill and shape the remaining rounds, arranging dumplings as they are made on a lightly floured baking sheet, about 1 inch apart. At this point, *pelmeni* are usually frozen. Cover the baking sheet with aluminum foil or plastic wrap and place in the freezer until they are completely frozen. When frozen, transfer the *pelmeni* to a plastic bag.

7 To cook the *pelmeni*, bring 6 quarts of salted water to a boil in a large pot (or

good

Recipe Name Greek meatball Sandwiches

Ingredients & Directions

1 beaten egg	1 T catsup
3 T bread crumbs	1 t. Worst.
1/4 c. shred. carrot	1/4 t. dried thyme
1/4 c. chop onion	1/2 med. cake
1 clove chop garlic	2 8" pita
1/8 t. thyme (dried)	1/2 c. plain yogurt
10 oz beef-ground	
1/2 t. beef bouillion	

mix egg, bread crumbs, carrot, onion, garlic, 1/8 t. thyme, 1/4 t. salt + dash pepper in med bowl. Add beef + mix. Make 20 1/2" balls. Place on rack in 15x10x1 bak. pan.

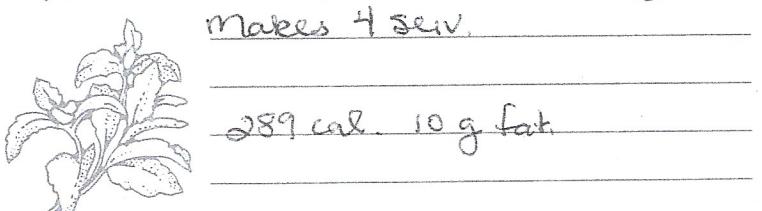
Bake at 375° 15-20 min. Drain on towels.

Mix constarch, bouillon, 1/2 c. cold H₂. Stir in catsup, Worst + 1/4 t. thyme. Cook + stir til thick + bubbly, cook + stir 2 min more.

Place meatballs in skillet + heat. Keep warm.

Cut pitas in 1/2 cross + open. Line w/cookies. Spoon balls into pitas. Serve w/yogurt.

Makes 4 serv.



289 cal. 10 g fat

SOUTHERN LIVING
BEYOND BIRD

drain on paper towels, reserving drippings in skillet.

3. Sauté onion in hot drippings 4 to 5 minutes or until golden brown and tender. Add garlic; sauté 1 minute. Add collards; sauté 5 minutes. Remove from heat. Add bacon.

4. Whisk together eggs, egg yolk, next 3 ingredients, and 2 1/2 cups cheese in a large bowl. Drain pasta, reserving 1/2 cup pasta water, and immediately pour hot pasta into egg mixture; toss to coat. (The heat from the pasta will partially cook the eggs.) Add collard mixture; toss to combine. Stir in enough pasta water to reach desired consistency. Sprinkle with remaining 1/2 cup cheese.

easy side

FRESH CITRUS SALAD

Peel 2 small red grapefruits and 2 large navel oranges; cut into rounds, and arrange on a serving platter. Whisk together 1/4 cup sweet orange marmalade, 2 Tbsp. raspberry vinegar, and 2 tsp. grated fresh ginger. Toss marmalade mixture with 1/2 cup each diced avocado and diced strawberries; spoon over citrus slices. **MAKES** 6 to 8 servings

excellent

SPICE-RUBBED PORK WITH ROASTED BUTTERNUT SALAD

MAKES 6 TO 8 SERVINGS **HANDS-ON** 45 MIN. **TOTAL** 55 MIN.

- 2 (5/4-lb.) pork tenderloins
- 3 Tbsp. olive oil, divided
- 1 1/2 Tbsp. pork dry rub (such as McCormick Grill Mates Pork Rub)
- 3 cups coarsely chopped butternut squash
- 6 cups arugula
- 1 small ripe Bartlett pear, thinly sliced
- 1/2 (4-oz.) package goat cheese, crumbled
- 1/4 cup chopped dried cherries

Toasted Pecan Vinaigrette

meals by plate pg 93 to cook pork tenderloin in oven.



Built for flexibility, these meals pair simple, hearty entrées with fresh, light side dishes. You can mix and match or replace any component with store-bought items like rotisserie chicken or your favorite deli side.

1. Preheat grill to 350° to 400° (medium-high) heat. Remove silver skin from tenderloins, leaving a thin layer of fat. Brush with 1 Tbsp. oil, and rub with dry rub.

2. Preheat oven to 400°. Toss squash with remaining 2 Tbsp. oil; place in a single layer in a lightly greased foil-lined 15- x 10-inch jelly-roll pan. Bake 20 minutes or until squash is just tender and begins to brown, stirring once halfway through. Remove from oven, and cool 10 minutes.

3. Meanwhile, grill pork, covered with grill lid, 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 145°. Remove from grill, and let stand 10 minutes. Cut pork diagonally into thin slices.

4. Toss together squash, arugula, and next 3 ingredients on a serving platter; add salt and black pepper to taste. Serve squash salad with Toasted Pecan Vinaigrette and sliced pork.

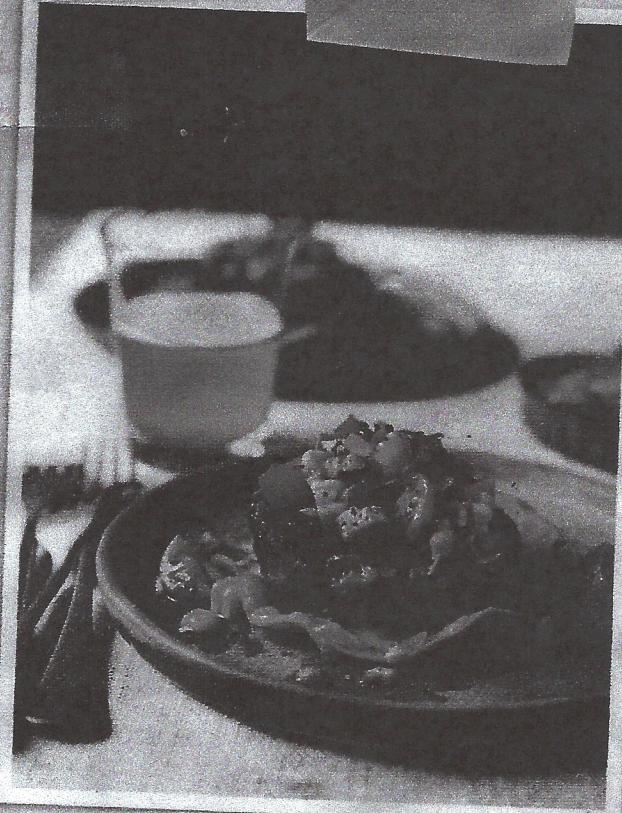
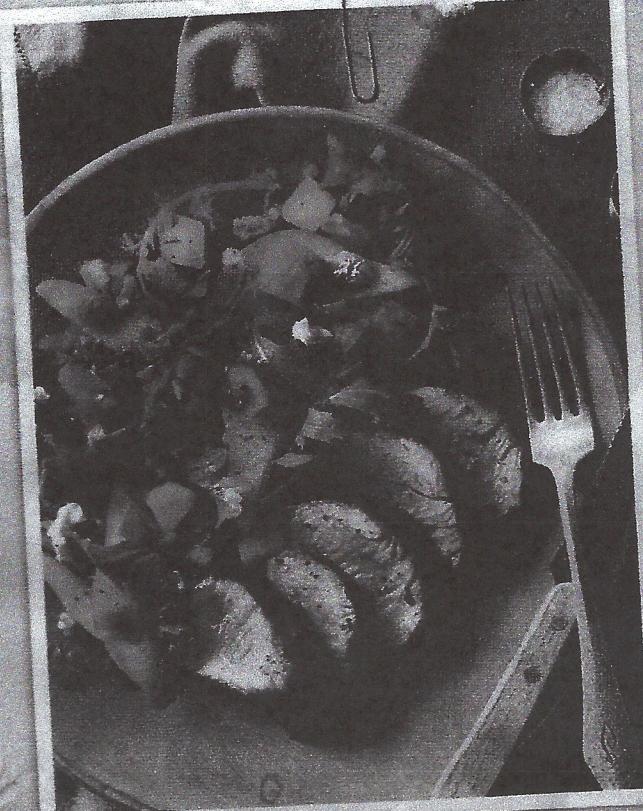
TOasted PECAN VINAIGRETTE

Whisk together 1/4 cup balsamic vinegar, 2 Tbsp. light brown sugar, 2 Tbsp. minced shallots, 1 Tbsp. Dijon mustard, 1/2 tsp. table salt, and 1/2 tsp. freshly ground black pepper until blended. Add 1/2 cup canola oil in a slow, steady stream, whisking until smooth. Whisk in 1/2 cup finely chopped toasted pecans. **MAKES** 1 1/2 cups

BLACK BEAN CAKES WITH AVOCADO-CORN SALSA

MAKES 6 SERVINGS **HANDS-ON** 15 MIN. **TOTAL** 40 MIN.

- 3/4 cup diced red onion
- 4 Tbsp. canola oil, divided
- 2 garlic cloves, pressed
- Avocado-Corn Salsa**
- 1 Tbsp. taco seasoning mix
- 2 (15-oz.) cans black beans, drained and rinsed
- 1/2 cup panko (Japanese breadcrumbs)
- 1 large egg, lightly beaten
- 1/3 cup chopped fresh cilantro
- 1 1/2 cups (6 oz.) shredded pepper jack cheese, divided



Our favorite marinade

Recipe Name	Sweet chicken + chicken dinner
Ingredients & Directions	
1 can french onion	great w/noodles
1 can chedda chs.	so easy & have w/noodles
1 can corn + celery	
1 can corn of mush	
1 can corn of chix	
	Put chix, garlic + soap in pan + bake 1 1/2 hrs at 350°

Allison's Marinade - for 1-2

1/4 c soy sc. lbs. chix

1 T sesame oil (dark)

2 T vinegar

1 T garlic, minced

1 T ginger "

For sandwich: cut in 1/2" strips. Marinate

1-3 hrs. Sauté w/pepper + serve

w/fried bread.

For forks: Marinate 1-3 hrs.

Brown or grill.



DAVE'S MARINATED SALMON

Serves 4

Active time: 20 min Start to finish: 1 1/4 hr

- 3 tablespoons soy sauce
- 2 tablespoons hoisin sauce
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 2 garlic cloves, minced
- 2 tablespoons finely chopped scallion
- 1 tablespoon finely grated peeled fresh ginger
- 1/4 teaspoon black pepper
- 4 (1/2-lb) pieces center-cut salmon fillet with skin (1 inch thick)

► Put oven rack in middle position and preheat to 375°F. Line a baking sheet with foil. ► Whisk together soy sauce, hoisin sauce, oil, lemon juice, garlic, scallion, ginger, and pepper in a shallow bowl. Add salmon, turning to coat, and marinate, covered, at cool room temperature 30 minutes.

► Remove salmon from marinade, letting excess drip off, and discard marinade. Bake salmon, skin sides down, on baking sheet until just cooked through, about 20 minutes. Lift salmon from skin with a metal spatula and transfer to a plate (discard skin).

YUM
favorite
w/salmon

Recipe Name Greek meatball Sandwiches

Ingredients & Directions

1 beaten egg	1 T catsup
3 T bread crumbs	1 t. Worst.
1/4 c. shred. carrot	1/4 t. dried thyme
1/4 c. chop onion	1/2 med. coke
1 clove chop garlic	2 8" pita
1/8 t. thyme (dried)	1/2 c. plain yogurt
10 oz beef-ground	
1/2 t. beef bouillon	

Mix egg, bread crumbs, carrot, onion, garlic, 1/8 t. thyme, 1/4 t. salt + dash pepper in med bowl. Add beef + mix. Make 20 1/2" balls. Place on rack in 15x10x1 bak. pan.

Bake at 375° 15-20 min. Drain on towels.

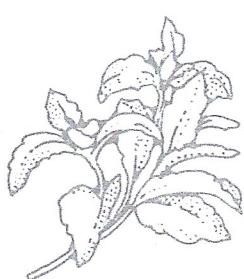
Mix cornstarch, bouillon, 1/2 c. cold H₂O. Stir in catsup, Worst + 1/4 t. thyme. Cook + stir til thick + bubbly, cook + stir 2 min more.

Place meatballs in skillet + heat. Keep warm.

Cut pitas in 1/2 cross + open. Line w/ coke.

Spoon balls into pitas. Serve w/yogurt.

Makes 4 serv.



289 cal. 10 g fat.



Recipe Name Beef Stroganoff

Ingredients & Directions

1 t. mustard (dry)

1 1/2 t. sugar

5 + P

8 onions

1 lb. mushrooms

5 T oil

2 1/2 lbs beef

2 c. sour cream

mix first 3 ingred. Add a little thz. Set aside.

Peel/slice onion + mushrooms. Heat

2 T of oil, add onions + first mix + mushrooms

Cook covered over gentle heat 20-30 min.

Liquid evaps. Cut beef in slices + cook

till brown. Take w/slotted spoon + mix

mixtures. Cook 2-3 min. + stir in sour cream

South of the Border Chili
X-100

Ingredients & Directions

1 lb. round steak

1/2 c. chop. onion

1 8 oz can no-salt

1 clove garlic, minced

1 t. chili powder

2 c. H₂O

1 t. oregano

1/2 t. salt

Cut steak in 1/2" cubes. Set aside.

Saute onion + garlic till tender. Add meat + cook till brown. Stir in chili powder + next 6 ingredients. Bring to a boil. Cover + reduce heat + simmer 1 hr. Serve over rice

Makes: 4 serv

5.9 g fat

370 cal per 3/4 c chili + 1/2 c rice



Sonic Mushroom Curry

Recipe Name _____

Ingredients & Directions

- Mushroom Curry
- i box mushrooms, sliced any pack ()
 - $\frac{1}{8}$ c. chop. onion turmeric ()
 - 1-2 t. ghee green peas "1 box ()
 - coconut milk ()
 - milk ()
- Maintain mush. in wfy salt + turmeric. ()
- Cook oil onion + ghee on hi. Add mush. + fry. Simmer low med heat + add rest. ()
- Stir.

- Chicken Lasagna
- Ingredients & Directions
- 1 (2 $\frac{1}{2}$ -3 lb) broiler/fryer
in water ()
 - 6 c. water ()
 - 1 t. s ()
 - 1 clove garlic ()
 - 2 T butter, melted ()
 - 1 (10 $\frac{3}{4}$ oz) can condensed soup, undiluted ()
 - $\frac{1}{2}$ t. oregano ()
 - $\frac{1}{4}$ t. pepper ()
 - 8 lasagna noodles, uncooked ()
 - 1 (8 oz) American chs. cut in $\frac{1}{4}$ " slices ()
 - 1 c. (8 oz) shredded mozzarella, divided ()
 - 2 t. grated Parmesan ()
- in water. Boil + then simmer 45 min - save broth. Cook chicken, put in pieces. Set aside. Cook spaghetti in butter in skillet on med. heat mid., stirring constantly. Add soup, $\frac{3}{4}$ c. chix broth + next 3 ingredients. Cook noodles in rest of broth. Spoon small amt. of sc into a lightly greased $11 \times 7 \times 1\frac{1}{2}$ inch dish. Layer $\frac{1}{2}$ of ()
- noodles, sc, chx, Am. chs. + moz. chs. Repeat w/noodles, sc, + chx. Save chs. for later. ()
- Bake at 350° 25 min. Top w/chx + bake 15 more min. Let sit 10 min. ()
- makes 6 ()

UNCLASSIFIED

(U) Below is the winning recipe for Mongo's Madness Chili. *From Dad's work*

Ingredients:

- 2 1/2 lbs. lean ground beef
- 1 medium onion
- 1 15 oz. can butter beans
- 1 tsp. Old Bay
- 1 green pepper
- 1 15 oz. can pinto beans
- 1 tsp. hot sauce (or to taste)
- 1 red pepper
- 1 15 oz. can baked beans (I use Bush's Maple & Bacon)
- 1 16 oz. bottle of med/hot chunky salsa
- 2 jalapeno peppers
- 1 15 oz. can dark red kidney beans
- 1 tsp. McCormick Montreal Steak seasoning
- 1 squirt of honey
- 1 oz bourbon (or to taste)
- 1 bottle hickory & brown sugar flavored bar-b-que sauce (I use Sweet Baby Ray's)

Directions:

Day 1 - Dice the onion, green pepper, red pepper, and one of the jalapeno peppers. Combine the ground beef, 1/2 of the diced onion, 1/2 of the green and red peppers, all of the jalapeno pepper, Old Bay, hot sauce and Montreal Steak seasoning in a large skillet. Fry until the ground beef is browned and the onions/peppers have softened. DO NOT DRAIN. Add bar-b-q sauce and salsa; continue frying for another 5 minutes, stirring continuously. Put into a container and refrigerate.

Day 2 - Empty contents of container into a crock pot. Drain then add the cans of kidney, pinto and butter beans. Add can of baked beans, including sauce. Slow cook for 2 - 3 hours, stirring every 1/2 hour. Place in container and refrigerate.

Day 3 - Empty contents of container into a crock pot. Slice the remaining jalapeno pepper into 1/16- inch segments and add. Add remaining diced onions and red/green peppers. Add bourbon and honey.

Slow cook for 5 - 6 hours, stirring every 1/2 hour. Garnish with red, green and jalapeno pepper slices.

Pulled Barbecue Chicken and Coleslaw Sandwiches

ngredients

- [Print](#)
- [Email](#)
- [Send To Mobile](#)
- [Save Recipe](#)
- [Add to Menu](#)
- [Add to Shopping List](#)
- 4 (6-ounce) skinless, boneless chicken breast halves \$
- 1 1/3 cups Barbecue Sauce \$
- 1 cup water
- 1/4 cup cider vinegar
- 1/4 teaspoon freshly ground black pepper
- 10 (1.9-ounce) hamburger buns \$
- 2 1/2 cups Crunchy, Creamy Coleslaw
- Hot pepper sauce (optional) \$

X2

Preparation

1. 1. Combine first 5 ingredients in a 3-quart saucepan. Bring to a boil; cover, reduce heat, and simmer 18 to 20 minutes or until chicken is tender. Remove chicken from sauce, reserving sauce. Place chicken on a plate, and cool 15 minutes. Shred chicken with 2 forks.
2. 2. While chicken cools, return sauce to heat. Bring to a boil; boil, uncovered, 15 minutes or until reduced by half. Stir chicken into sauce. Cook 1 to 2 minutes or until thoroughly heated.
3. 3. Spoon 1/2 cup chicken mixture onto bottom half of each bun. Top each serving with 1/4 cup Crunchy, Creamy Coleslaw. Cover with bun tops. Serve with hot pepper sauce, if desired.
4. 4. Kids Can Help: Kids can measure the ingredients for the barbecue sauce. Once the chicken has cooled, they can also shred the chicken and build the sandwiches.
5. 5. Tip: You can make the chicken up to two days in advance on the stove or in a slow cooker.

Combine yeast and $\frac{1}{2}$ cup warm water in a 1-cup glass liquid measuring cup; let stand 5 minutes.

Stir together yeast mixture, sour cream mixture, eggs, and flour in a large bowl until well blended.

Chill, covered, 8 hours.

Divide dough into fourths, and shape each portion into a ball. Roll each into $\frac{1}{4}$ -inch thickness on a floured surface; cut dough with a 2 $\frac{1}{2}$ - to 3-inch round cutter. Brush rounds evenly with 2 tablespoons melted butter. Make a crease across each round with a knife, and fold in half; gently press edges to seal. Place rolls in a 15- x 10-inch jellyroll pan with sides touching.

Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in bulk.

Bake at 375° for 12 to 15 minutes. Yield: about 4 dozen.

Margaret Young
Charlotte, North Carolina

BLACKBERRY DUMPLINGS

1 quart frozen blackberries

1 cup sugar

$\frac{1}{2}$ teaspoon lemon extract

$\frac{3}{4}$ teaspoon salt, divided

1 $\frac{1}{2}$ cups all-purpose flour

2 teaspoons baking powder

1 tablespoon sugar

$\frac{1}{4}$ teaspoon ground nutmeg

$\frac{2}{3}$ cup milk

Whipped cream (optional)

Bring first 3 ingredients and $\frac{1}{4}$ teaspoon salt to a boil in a large ovenproof Dutch oven; reduce heat, and simmer 5 minutes.

Combine remaining $\frac{1}{2}$ teaspoon salt, flour, baking powder, 1 tablespoon sugar, and nutmeg in a medium bowl; stir in milk just until blended (dough will be thick). Drop dough by tablespoonfuls onto hot blackberry mixture.

Bake at 400° for 35 minutes or

until golden. Serve with whipped cream, if desired. Yield: 6 servings.

Pat Rush

Mount Pleasant, North Carolina

ELEANOR'S MACARONI AND CHEESE

2 cups cottage cheese

1 (8-ounce) container sour cream

1 large egg

$\frac{3}{4}$ teaspoon salt

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

2 cups (8 ounces) shredded sharp Cheddar cheese

1 (8-ounce) package macaroni, cooked

Paprika

Stir together first 6 ingredients in a large bowl; stir in macaroni. Spoon mixture into a lightly greased 2-quart baking dish, and sprinkle with paprika.

Bake at 350° for 45 minutes, and let stand 10 to 15 minutes before

~~serving~~

Recipe Name PEPPER CHICKEN IN PITA
Ingredients & Directions

10 chicken breasts (1 $\frac{1}{2}$ lbs.)

$\frac{1}{4}$ c. teriyaki sa.

1 t. thyme

2 t. pepper

$\frac{1}{2}$ t. garlic powder

$\frac{1}{2}$ t. ground red pep.

soft chicken PAM

$\frac{1}{3}$ c. mayo

1 t. horseradish

6 s. pita

8 c. shred. lettuce

Cut chick in $\frac{1}{2}$ " strips. Marinate in teriyaki & hrs. Remove chick. Mix thyme & next $\frac{1}{2}$ on paper towels. Combine mayo & horse-

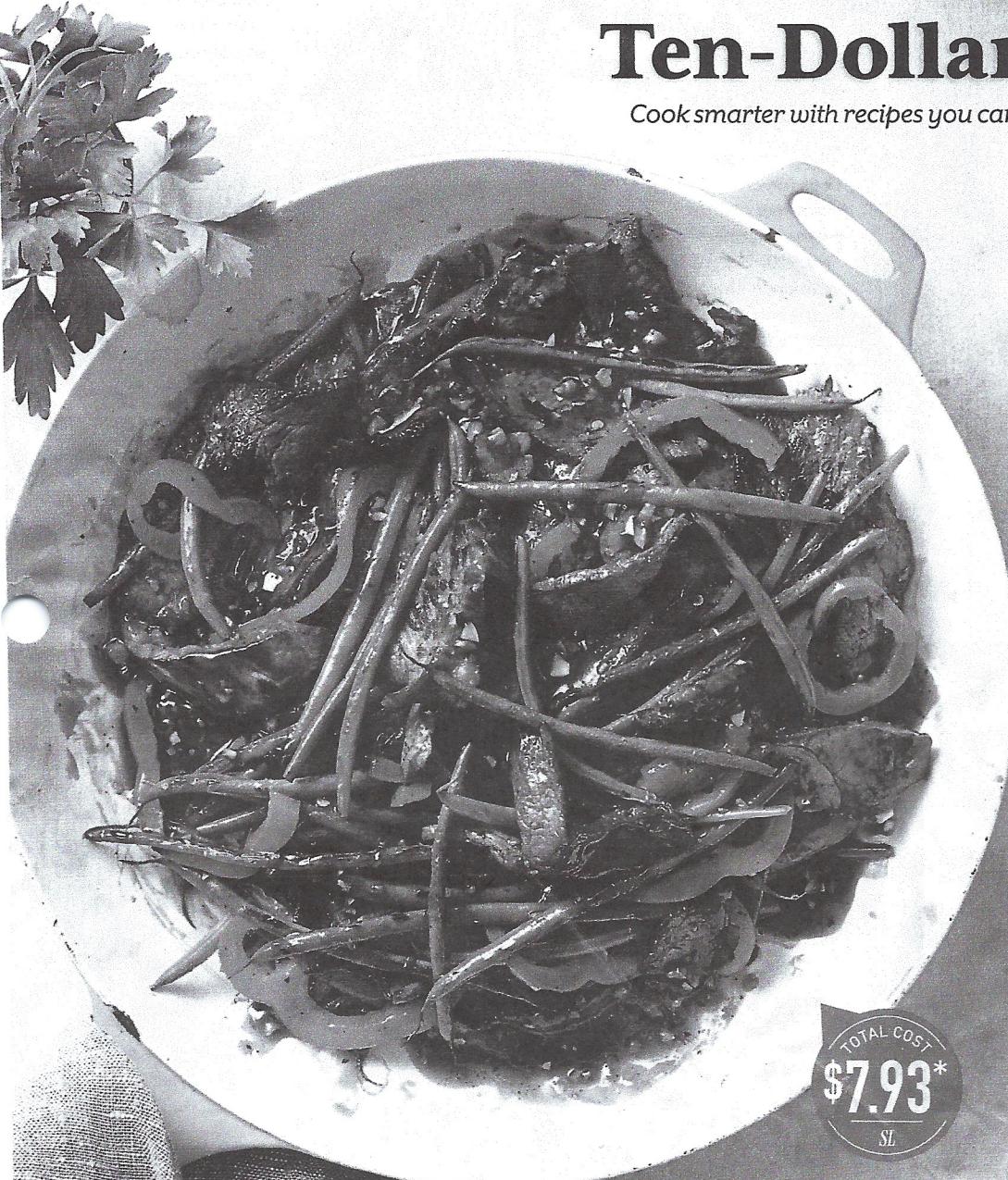
radish. Spread on top of pitas rounds. Top w/lettuce + chick.

(6 servings)

(None browned 45 secs. to prevent cracking)

Ten-Dollar Din

Cook smarter with recipes you can whip up on a shoestring.



TOTAL COST
\$7.93*
SL

*Costs are based on prices at an average city supermarket, accounting for portions used and not including staples commonly on hand.

GARLICKY BEEF-AND-BEAN STIR-FRY

Cut costs at the supermarket by rethinking how you buy meats. Here, we use a less expensive cut of beef and stretch it by adding colorful fresh veggies to the entrée. Thinly slice the meat and stir-fry it quickly to keep it tender.

- 4 Tbsp. sugar
- 6 Tbsp. soy sauce
- 3 Tbsp. fresh lime juice
- 1 tsp. dried crushed red pepper
- 8 tsp. minced garlic
- 4 Tbsp. peanut oil, divided
- 1 (10-oz.) sirloin steak, thinly sliced across the grain
- 1 lb. fresh green beans, cut into 2-inch pieces
- 2 red bell peppers, cut into 1/4- to 1/2-inch-wide strips
- 2 tsp. cornstarch
- 3 cups hot cooked rice

1. Combine first 5 ingredients. Gradually whisk in 3 Tbsp. oil; transfer to a large zip-top plastic bag. Add steak; seal. Let stand at room temperature 15 minutes.
 2. Pour steak and marinade into a bowl. Transfer steak to a wok, reserving marinade. Stir-fry steak in 1 Tbsp. oil over medium-high heat 1 1/2 minutes or until browned. Remove steak. Add beans and bell peppers to wok; stir-fry 3 minutes.
 3. Whisk cornstarch into reserved marinade. Stir cornstarch mixture into vegetable mixture. Stir-fry 30 seconds or until sauce thickens. Stir steak into vegetable mixture, and stir-fry 30 seconds. Remove from heat, and serve over rice.
- MAKES** 4 servings. **HANDS-ON** 20 min., **TOTAL** 30 min.

Merseyside Meat Pie Recipe #117326

is work
is delicious

This is an old English recipe from my husband's great nanny. I have made it countless times. It makes any dinner party cozy and you will get lots of raves. Make it ahead of time and reheat in oven and serve with a crisp salad. Any child who likes a crust will love it. Each slice is deep with the filling and it stays together beautifully. It is my family's favorite recipe and I make it all seasons. You might have enough filling for two pies.

by Roxygirl in Colorado

1 1/4 hours | 30 min prep | 1 9 inch pie

- 1 lb ground beef
- 1 onion, chopped
- 2 large potatoes, diced
- 3 carrots, grated
- 1 tablespoon worcestershire sauce

2 beef bouillon cubes

3 tablespoons flour, mixed with

3-4 tablespoons cold water, to make a runny paste

1 egg yolk, mixed with

1 tablespoon water

freshly ground salt & pepper

pastry for double-crust pie (only have used homemade-not sure if pre-made is sturdy enough for filling)

1. Brown beef with onion.
2. Add diced potatoes, carrots, beef bouillon cubes, worcestershire sauce.
3. COVER with enough water to barely cover potatoes.
4. Cover and simmer 45 minutes.
5. Add flour/water mixture and stir until mixture boils and thickens (depending upon how much water you put in at beginning, you may want to add more flour/water mixture; filling should be nice and thick).
6. Add lots of freshly ground pepper and salt if desired (I omit the salt).
7. Let filling cool until lukewarm or refrigerate.
8. Roll out pastry and put into a 9 inch pie plate.
9. Put COOLED filling into shell, filling it nice and full.
10. Top with second pastry and crimp edges.
11. Bake at 400 degrees for 30 minutes.
12. Brush egg wash on top of crust.
13. Continue baking for about 15 minutes or until crust is golden.

Nutrition

Serving Size 1 9 in

Recipe makes 1 9 in

Calories 1827

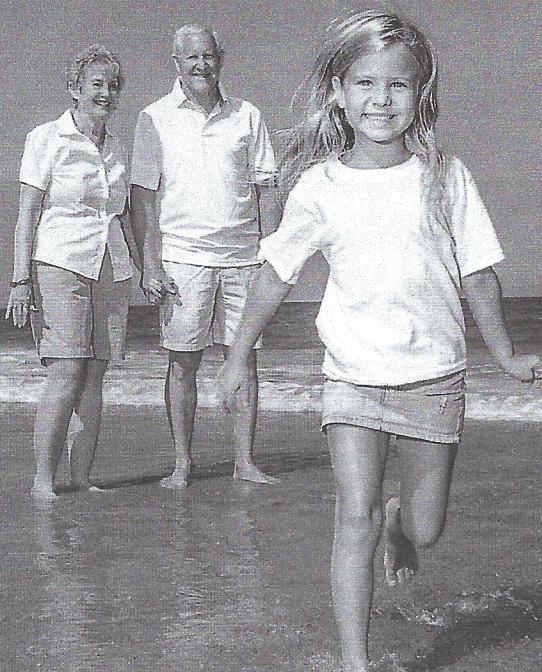
Calories from Fat 66%

Amount Per Serving

Total Fat	74.2g	100%
Saturated Fat	28.7g	38%
Monounsaturated Fat	31.9g	42%
Polyunsaturated Fat	3.3g	4%
Trans Fat	4.2g	6%
Cholesterol	497mg	
Sodium	1871mg	
Potassium	5398mg	1
Total Carbohydrate	181.0g	60
Dietary Fiber	23.5g	94%
Sugars	21.8g	
Protein	107.9g	215%
Vitamin A	31015mcg	620%
Vitamin B6	4.2mg	212%
Vitamin B12	10.2mcg	170%
Vitamin C	165mg	275%
Vitamin E	3mcg	11%
Calcium	288mg	28%
Iron	18mg	102%

how is this calculated?

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COOKING | SLOW-COOKED PERFECTION

BEER-BRAISED POT ROAST

This is no ordinary pot roast. First, it's rubbed with coffee. Then it simmers in dark stout beer and beef stock, yielding a deeply delicious gravy. Small carrots with tops and pearl onions elevate it further. Just be sure to pile the veggies on top of the beef after all other ingredients are in your cooker, so they'll cook perfectly and keep a vibrant color.

- 1 lb. small carrots with tops, peeled
 - 1 (3- to 4-lb.) boneless chuck roast, trimmed
 - 2 tsp. kosher salt
 - 1 tsp. freshly ground black pepper
 - 2 Tbsp. instant dark roast coffee
 - 2 Tbsp. olive oil
 - 3 Tbsp. tomato paste
 - 4 garlic cloves, chopped
 - 2 (12-oz.) bottles stout beer
 - 2 Tbsp. fresh thyme leaves
 - 2 (1-oz.) containers home-style concentrated beef stock (from a 4.66-oz. package)
 - 2 lb. pearl onions
 - 1 Tbsp. balsamic vinegar
 - 2 Tbsp. cornstarch
- Hot cooked grits
Garnish: fresh thyme sprigs

1. Cut tops from carrots, leaving 1 inch of greenery on each. Sprinkle roast with salt and pepper. Rub coffee over roast, and let stand at room temperature 10 minutes. Cook roast in hot oil in a large skillet over medium-high heat 3 to 5 minutes on each side or until browned, reserving drippings in skillet. Place roast in a 6-qt. slow cooker.

2. Add tomato paste and garlic to hot drippings, and sauté 1 minute. Slowly add beer, whisking constantly. Stir in

thyme and concentrated beef stock; bring to a boil. Boil, stirring occasionally, 8 minutes or until mixture reduces to about 3 cups.

3. Pour beer mixture over roast. Top roast with onions and carrots. Cover and cook on LOW 8 to 10 hours or until roast is fork-tender. Transfer roast to a serving platter, and shred into large chunks, discarding any large pieces of fat. Spoon vegetables onto platter around roast.

4. Skim fat from cooking liquid; transfer cooking liquid to a large saucepan. Whisk in vinegar. Whisk together cornstarch and 2 Tbsp. water in a small bowl until smooth; add to mixture in pan, stirring until blended. Bring mixture to a boil, and boil, whisking often, 1 minute or until sauce reaches desired thickness. Serve sauce with roast, vegetables, and hot cooked grits.

Note: We tested with Guinness Extra Stout beer and Knorr Homestyle Concentrated Beef Stock.

MAKES 6 to 8 servings. **HANDS-ON** 35 min.; **TOTAL** 8 hours, 45 min.

SLOW-COOKER CHICKEN CACCIATORE WITH SPAGHETTI

Spend 20 minutes in the kitchen prepping this gorgeous/hearty sauce. Once the sauce simmers in the cooker, all that's left to do is cook a pound of pasta, and serve.

- 6 garlic cloves, minced
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- 1 yellow onion, chopped
- 1 (8-oz.) package sliced cremini mushrooms
- 1 Tbsp. kosher salt

Noquis + Miss Karin's Gnocchi

8 oz ricotta (drain overnight in a cheese cloth)

1 cup flour, plus some for kneading

2 eggs

Salt, pepper

½ cup grated parmesan

Bruschetta

Fresh mozzarella

Mix everything together. Knead on a floured surface until it no longer sticks, adding flour as needed.

Cut into hand-size pieces, form long "noodles" about finger-thick, and cut into ½ inch pieces.

Put on floured tray and freeze until firm.

Boil water with some salt, add frozen noquis, and boil gently for about 5 minutes or until all float at the top.

Meanwhile, warm 2-3 cups fresh or jarred bruschetta. Gently fold the bruschetta under the noquis. Let stand for about 20 -30 minutes. It will improve the flavor.

Cut up the fresh mozzarella, distribute over serving plates. Spoon the noquis over the cheese, sprinkle with some chopped fresh basil.

To make fresh bruschetta:

Heat 3 tbsp olive oil, sautee fresh chopped garlic and finely chopped onion. Add 3 or 4 chopped tomatoes, sautee gently. Add basil.

Meat sauce:

brown 1 lb beef + 1 lb Italian sausage, then add
1 chopped onion + garlic powder + ^{cream of} ~~water~~
Add 1 jar chunky tomato sauce + 1 can mush soup
serve with extra cheese

SALMON CROQUETTES WITH DILL SAUCE

Back in the day, salmon croquettes usually meant rich bindings and fillers (eggs, flour, cracker crumbs) to hold them together. And they were typically fried in an inch of bacon grease. In my house, the binder is egg only, and the patties are pan-seared in a little olive oil.

1½ cups fat-free plain Greek yogurt

¼ cup Dijon mustard

2 Tbsp. chopped fresh dill

1 tsp. lemon zest

1 Tbsp. fresh lemon juice

Pinch of ground red pepper

2 (14.75-oz.) cans salmon, packed in water

2 cups finely chopped celery

4 large eggs, beaten

1 cup finely chopped onion

1 to **2** tsp. table salt

1 to **2** tsp. freshly ground black pepper

2-3 Tbsp. olive oil

Garnish: blistered green onions

1. Whisk together yogurt and next 5 ingredients in a small bowl.

2. Drain salmon; remove and discard skin and bones. Flake salmon, and place in a medium bowl. Stir celery and next 4 ingredients into salmon; shape mixture into 6 (4-inch) patties (about $\frac{3}{4}$ cup per patty).

3. Cook patties, in batches, in 2 Tbsp. hot oil in a large skillet over medium-high heat 5 minutes on each side or until golden. (Add 1 Tbsp. oil, if needed, for second batch.) Serve with yogurt mixture.

MAKES 6 servings. **HANDS-ON** 50 min., **TOTAL** 50 min.



PEANUT CHICKEN STEW

so good

A lot of times, when people say a soup is thick enough to be a meal, they're playing you. But this soup sustains. This recipe takes its cues from West Africa, particularly Senegal and The Gambia, known for peanut, or groundnut, stews.

- 3 cups chopped cooked chicken
- 1½ cups creamy peanut butter
- 1 (28-oz.) can diced tomatoes, drained
- 1 Tbsp. curry powder
- 1 tsp. ground red pepper
- 4 to 6 cups Sweet Potato Broth (recipe, page 96)
- ½ cup chopped roasted unsalted peanuts

Garnish: chopped cilantro

Stir together first 5 ingredients and 4 cups Sweet Potato Broth in a medium stockpot. Bring to a simmer over medium heat, stirring occasionally, and simmer, stirring occasionally, 20 minutes or until thickened. Stir in up to 2 cups broth, ½ cup at a time, until desired consistency is reached. Add salt to taste. Sprinkle with peanuts, and serve immediately.

MAKES 6 servings. **HANDS-ON** 15 min.; **TOTAL** 1 hour, 45 min., including broth

Recipe Name Soupy chicken
+ chicken Divan

Ingredients & Directions

- 1 can french onion
1 can cheddarcheese
1 can cream cheese
1 can can of mush
1 can cream of chick
Put chick, garlic + soup in pan
+ bake 1 1/2 hrs at 350°

Recipe Name MUSSELS (SPANISH SOUP)

Ingredients & Directions

- 2 sticks celery, diced/heated
2 yellow onions sliced
4 cloves garlic minced
1/2 cup almonds. Sliced
2 tomatoes chopped
1/2 t. coriander
3 jars pepper sauce
3 dozen mussels
Simmered, almonds w/lemon
onions + garlic in 1/4 c water until
onions are soft. Add tomatoes, coriander
& pepper sauce. Cover + simmer 5 min.
Add mussels. Cover + simmer 1-5 min.
Tilt open. Serve in bowls. Add 1 T of
Sherry
1 T melted butter
Boil chick until done. (1 hr or so). Cook
Broccoli: - place in 11x7 flat pan. Place
chix on top of broccoli. Season w/s + p.
Combine soup, mayo, lemon juice, curry, +
pepper over chick. Sprinkle cheese on top.
Combine bread crumbs + sprinkle over
cheese. Bake at 350° for 30 min.
Serves 6-8

Recipe Name Fettucine Alfredo

Ingredients & Directions

favorite

1 T parmesan

2 small cloves garlic minced

1 T flour

1 1/3 c. skim milk

1/4 c. grated fresh parmesan, divided

1/2 c. hot cooked fettucine

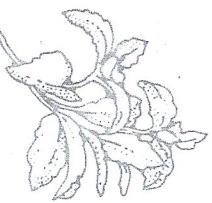
2 T chopped fresh parsley

fresh ground pepper

Melt parmesan over med heat. Add garlic & saute 1 min. Stir in flour. Gradually add milk stirring w/ wire whisk until blended. Cook 8 min. or until thickened & bubbly. Stirring constantly. Stir in cream cheese. Cook 2 min. until it melts. Pour over hot cooked fettucine. Toss well to coat. Take remaining 1/4 c. parmesan. Fresh parsley & pepper.

4 serv at 1 c.

345 cal. 9.7 fat



Recipe Name South of the Border Chili

Ingredients & Directions

1 lb top round steak

locking spray

1 8 oz can no salt tomato sauce

1/2 c. chopped onion

2 c. hot cooked rice

1 clove garlic, minced

1 t. dried whole oregano

1/2 t. salt

1/2 t. comin

Cut steak in 1/2" cubes. Set aside. Coat big pot w/ cooking spray. Place over med/hi heat until hot. Add onion & garlic, saute until tender. Add meat & cook till meat browns. Stirring often. Stir in chili powder & next to ingredients. Bring to a boil. Cover, reduce heat & simmer, 1 hour stirring often. Serve over rice. Yield 4 serv.
370 cal. per 3/4 cup chili + 1/2 c. rice
59 g. fat.



Both good

QUICHE LORRAINE

1/2 lb sliced bacon

1 1/2 cups grated natural Swiss cheese (6 oz)

3 eggs

1 1/2 cups light cream

3/4 teaspoon salt

Dash nutmeg

Dash cayenne

Dash black pepper

Preheat oven to 375°

Place pie shell in oven to heat.

375°

2. Fry bacon until it's crisp; drain on paper towels. Crumble into bits, and sprinkle over bottom of the pie shell.
3. Sprinkle grated cheese over bacon.
4. In medium bowl, with rotary beater, beat eggs with cream, salt, nutmeg, cayenne, and black pepper until mixture is well combined, but not frothy.
5. Place pie shell on middle shelf in oven. Pour egg mixture into pie shell.
6. Bake 35 to 40 minutes, or until the top is golden and center is firm when it is gently pressed with a fingertip.
7. Let cool on a wire rack for 10 minutes before serving. Quiche Lorraine is nice for lunch or for supper, served with a green salad and with fruit for dessert. Makes 6 servings. (Nice, too, served warm, in small wedges, as an hors d'oeuvre.)

SPINACH-AND-BACON QUICHE

1 (10-ounce) package frozen chopped spinach, thawed

4 large eggs, lightly beaten

1 1/2 cups half-and-half

1 (1.8-ounce) package leek soup mix

1/4 teaspoon pepper

10 bacon slices, cooked and crumbled

1/2 cup (2 ounces) shredded sharp Cheddar cheese

1/2 cup (2 ounces) shredded mozzarella cheese

1 unbaked (9-inch) frozen deep-dish pastry shell*

DRAIN spinach well, pressing between layers of paper towels.

WHISK together eggs and next 3 ingredients. Stir in spinach, bacon, and cheeses. Pour mixture into frozen pastry shell; place on a baking sheet.

BAKE at 375° for 40 to 45 minutes.

Yield: 8 servings.

Prep: 20 min., Bake: 45 min.

Marti Moran
Tallahassee, Florida

* 1/2 (15-ounce) package refrigerated piecrusts may be substituted. Prepare according to package directions. ◇

Recipe Name Woody's chili
Ingredients & Directions CORN PUDDING

2 med. onions

2 15oz. can beans (black/navy)

4 cloves minced garlic (or 1t. powder)

2 8oz cans whole tomatoes

15oz can tomato sauce

2 T chili powder

1T cumin

1/2 t. crushed red pepper

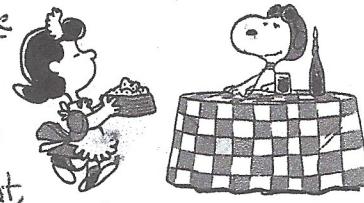
Combine all ingredients in pot + heat to boiling. Simmer on low 2 hours.

2 1/2 p 3V

6 serv.

Gram-Gram's Cheese Casserole

Take 1 8 oz. pkg. macaroni. Cook for 10 mins. in salted water. Drain. Take 2/3 of this for a 1 quart casserole dish. Or if you want whole amount, bake in $1\frac{1}{2}$ quart size. Butter baking dish.



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To Make Cheese Sauce

4 oz. sharp cheddar cheese grated
2 Tbl. butter
2 Tbl. flour
2 cups milk
Salt to taste

HALLMARK CARDS, INC.

Fried Rice - a Basic Recipe for Fried Rice

User Rating

(75 Reviews) [Write a review](#)

By Rhonda Parkinson, About.com Guide

Serves 4 to 6



Rhonda Parkinson

This is a basic recipe for fried rice that you can add to as desired. If adding other ingredients, increase the number of eggs to 3.

Need a bit of help? Here are step by step photo instructions showing how to make basic fried rice¹.

Ingredients:

- 1 - 2 green onions, as desired
- 2 large eggs
- 1 teaspoon salt
- Pepper to taste
- 4 tablespoons oil for stir-frying, or as needed
- 4 cups cold cooked rice
- 1 - 2 tablespoons light soy sauce or oyster sauce, as desired

Preparation:

Wash and finely chop the green onion. Lightly beat the eggs with the salt and pepper.

Heat a wok or frying pan and add 2 tablespoons oil. When the oil is hot, add the eggs. Cook, stirring, until they are lightly scrambled but not too dry. Remove the eggs and clean out the pan.

Add 2 tablespoons oil. Add the rice. Stir-fry for a few minutes, using chopsticks or a wooden spoon to break it apart. Stir in the soy sauce² or oyster sauce³ as desired.

When the rice is heated through, add the scrambled egg back into the pan. Mix thoroughly. Stir in the green onion. Serve hot.



currying flavor

An earthy blend of spices from India, curry powder has traveled the world to become a staple in kitchens everywhere. Dishes that bear the name "curry" run the gamut from mild to spicy, creamy to soupy, sweet to sour. The one thing these recipes tend to have in common is a long ingredient list. Not so for the one at right, which mimics a slowly simmered sauce. To round out the dish, add steamed or stir-fried vegetables, such as eggplant and slivered chili peppers or green beans and cauliflower, or simply serve over rice or with packaged flat bread on the side.

hands-on time: 15 minutes | total time: 15 minutes | if made from scratch: 2 hours

love

chicken curry in a hurry

serves 4 to 8

1½ tablespoons olive oil
1 small yellow onion, thin
2 teaspoons curry powder
½ cup plain yogurt
¾ cup heavy cream
½ teaspoon kosher salt
¼ teaspoon black pepper
1 14.5-ounce can diced tomatoes,
drained (optional)
1 rotisserie chicken
2 cups cooked white rice (optional)
¼ cup fresh cilantro leaves,
roughly chopped

Heat the oil in a large skillet over medium-low heat. Add the onion and cook, stirring occasionally, for 7 minutes. Sprinkle with the curry powder and cook, stirring, for 1 minute. Add the yogurt and cream and simmer gently for 3 minutes. Stir in the salt, pepper, and tomatoes (if using). Remove from heat. Slice or shred the chicken, discarding the skin and bones. Divide the rice (if using) and chicken among individual bowls, spoon the sauce over the top, and sprinkle with the cilantro.

click

Make perfect rice

Sometimes it's not the entrée that's tricky—it's the side dish. For a foolproof recipe for fluffy white rice, go to www.realsimple.com/whiterice.