Dinner Ideas

* Breakfast for dinner
* Mesquite chicken breasts
* Frozen pizza
* BLTs
* Jewel/Boston Market
* Soup and Sandwiches
* Open Face Tuna
* Pigs in a Blanket
* Sloppy Joes
* Spaghetti
* Tacos
* Tuna or Chicken Squares
* Shake N Bake
* Manicotti
* Chicken Cordon Bleu
* Turkey/Thanksgiving
* Stuffing and Chicken Bake
* Salad
* Meatloaf
* Stirfry
* Sausage and Sauerkraut
* Brats and Burgers
* Mexican Lasagna
* Steak
* Salmon
* BBQ Chicken
* Chili
* Chicken Parmesan
* Pork chops
* Pork loin
* Ham
* Quesadillas
* Shrimp and bacon
* Shrimp and pasta
* Vegetable Soup
* Chicken marsala

Curried Butternut Squash Soup

* 3 large peeled butternut squash
* Olive oil (for sprinkling)
* Salt and black pepper to taste
* 2 tablespoons butter
* 1 large Spanish onion, coarsely chopped
* 2 cortland apples, peeled, cored, and coarsely chopped
* 2 teaspoons curry powder
* 1 teaspoon ground ginger
* Pinch of cayenne pepper, or to taste
* 7 cups chicken stock

1. Set the oven to 450. Place the squash, cut side up, on a rimmed baking sheet. Sprinkly sparingly with oil, salt, and black pepper. Cover with foil, shiny side down, and transfer to the hot oven.
2. In a large flameproof casserole, melt the butter. Cook the onions and apples over medium heat, stirring often, or for eight minutes, until they soften
3. Add the curry, cayenne, and ginger. Cook stirring constantly, for two minutes.
4. Use a spoon to transfer soft pieces of squash to the pot. Cook stirring for two minutes.
5. Pour in the stock and bring to a boil. Se the cover on askewed and cook over low heat, stirring occasionally, for 20 minutes.
6. In a blender, puree the soup in batches. Return it to the pot.
7. Reheat the soup over medium heat. Taste for seasoning and add more salt and cayenne pepper if you like.

Note: this makes a ton of soup- probably at least 12 servings

SOURCE: NEW BOSTON GLOBE COOKBOOK

Big Easy Shrimp

* 2 strips turkey bacon or Canadian bacon
* 1 onion, chopped
* ½ green bell pepper, chopped
* 1 rib celery, chopped
* 1 clove garlic, minced
* 1 can (16 oz) chopped tomatoes
* 1 bay leaf
* ½ teaspoon ground black pepper
* 1 teaspoon Worcestershire sauce
* 1 teaspoon hot pepper sauce
* 1lb medium shrimp, peeled and deveined
* Brown rice, optional

1. Cook the bacon in a large skillet over medium heat until crisp. Place on a paper towel lined plate to drain. Crumble when cool. Remove and discard all but 1 tablespoon drippings from the skillet.

2. In the hot drippings, over medium heat, cook the onion, bell pepper, and celery for 5 minutes, or until tender. Stir in the garlic and cook for one minute. Add the tomatoes (with juice), bay leaf, black pepper, Worcestershire sauce, and hot pepper sauce. Heat to boiling. Reduce the heat to low and simmer for 20 minutes. Add the shrimp ns bacon and cook for 10 minutes, or until large shrimp are opaque. Remove and discard the bay leaf before serving.

Yield: 4 servings, 185 calories

Sweet Orange Salmon

* 2 tablespoons brown sugar
* 1 teaspoon chili powder
* ½ teaspoon grated orange rind
* ½ teaspoon ground cumin
* ½ teaspoon paprika
* ¼ teaspoon salt
* ¼ teaspoon ground coriander
* 1/8 teaspoon black pepper
* 4 (6oz) salmon fillets
* Cooking spray
* Orange wedges (optional)

1. Preheat broiler

2. Combine first eight ingredients in a small bowl. Rub spice mixture over both sides of fish. Place fish on a broiler pan coated with cooking spray. Broil 8 minutes or until fish flakes easily when tested with a fork. Serve with orange wedges if desired.

Yield: 4 servings, 303 calories

Pork Loin Chops with Cinnamon Apples

* 1 teaspoon dried rubbed sage
* ½ teaspoon salt
* ¼ teaspoon freshly ground black pepper
* 4 (4oz) boneless center cut loin pork chops (about 1/2 in thick)
* ½ teaspoon canola oil
* Cooking spray
* 1 teaspoon butter
* 4 cups (1/2 inch) slices peeled granny smith apple (about 4 medium)
* 1 tablespoon brown sugar
* 1 teaspoon fresh lemon juice
* ½ teaspoon ground cinnamon
* Dash of salt

1. Combine first 3 ingredients, and sprinkle over pork. Heat oil in a a large non stick skillet coated with cooking spray over medium heat. Add pork; cook 3 minutes on each side or until done. Remove pork from pan. Cover and keep warm.

2. Melt butter in pan over medium heat. Add apple and next 4 ingredients and cook 5 minutes or until apple is tender, stirring frequently. Serve with pork.

Yield: 4 servings (serving size: 1 chop and ¾ cup apple mixture) 237 calories

**Sausage and Sauerkraut**

Ingredients

* 1 # can diced tomatoes
* 1 # can sauerkraut
* 1 can of mushrooms
* 1 green pepper
* 1 onion
* 2 sausages

Directions

* Drain mushrooms and sauté pepper, onion, and mushrooms. Mix sauerkraut and tomatoes with juices in a large oven safe bowl. Add sautéed veggies. Cook at 350 covered for 1 hour and uncovered for an additional half hour.

Serving Suggestions: Rolls and Oranges

Meatloaf

* 2 ½ to 3 lbs hamburger (1 lean and 1 not lean)
* ¾ cups quaker oats
* 1 ½ teaspoons salt
* ¼ teaspoon pepper (or ¼ cup green pepper)
* ¼ cup chopped onion
* 1 egg, beaten
* ¾ cup milk
* 3 tablespoons catsup
* 3 teaspoons worcheshirre sauce

Dressing

* 1/3 cup catsup
* 1 teaspoon brown sugar
* 1 teaspoon mustard

Mix first 9 together in a large bowl and mix with hands. Form into loaf pan. Mix last three ingredients in small bowl and coat the top of the meatloaf with it. Cook at 350 for 1 ¼ hr.

Serve with asparagus and rolls

Black Bean Quesadillas with corn salsa

Quesadillas:

* 1 tablespoon olive oil
* 1 ½ tablespoons bottled minced garlic
* 2 cups chopped plum tomatoes
* ½ cup chopped fresh cilantro
* 1 (15oz) can black beans, rinsed and drained
* 4 (8 inch) flour tortillas
* Cooking spray
* ¾ cup (3oz) preshredded 4-cheeese Mexican blend cheese

Salsa:

* 1 cup frozen whole kernel corn
* ½ cup chopped fresh cilantro
* 2 tablespoons fresh lime juice
* ½ teaspoon bottled minced garlic
* 1 red bell pepper, chopped

1. To prepare quesadillas preheat broiler.

2. Heat olive oil in a large skillet over medium high heat. Add 1½ teaspoons garlic, sauté 30 seconds. Add tomatoes, ½ cup cilantro, and beans; cook 5 minutes or until liquid evaporates stirring occasionally. Place tortillas on baking sheet coated with cooking spray. Top each tortilla with ½ cup bean mixture and 3 tablespoons cheese; fold in half. Lightly coat tops with cooking spray. Broil 3 minutes or until cheese melts and tortillas begin to brown, Cut each tortilla into 3 wedges.

3. To prepare salsa, combine corn and next four ingredients in a small saucepan. Bring to a boil over high heat, and cook 2 minutes, stirring frequently. Serve with quesadillas.

Yield: 4 servings (serving size 3 quesadilla wedges and about 1/3 cup salsa) 420 calories

Mom’s Manicotti

* ¾ lb ground beef
* 1 clove garlic(crushed) or garlic salt
* 1cup cottage cheese (crumbed)
* ½ cup sour cream
* 4 oz. Mozzarella cheese (shredded)
* ½ tsp Salt
* ½ cup mayonnaise
* 12 manicotti
* 16 oz. Prego Spaghetti sauce
* Parmesan cheese
* ½ tsp oregano

1. Sauté ground beef and garlic until brown and drain and mix together with cottage cheese, Mozzarella, sour cream, salt and mayonnaise.

2. Cook manicotti 8 – 10 minutes, Add 1 teaspoon oil to water. Drain and rinse with cold water when done cooking.

3. Fill manicotti with ½ cup mean filling. Place in single layer. Sprinkle remaining filling on top. Cover with Prego sauce. Sprinkle oregano and Parmesan cheese over top.

4. Cover with foil. Bake 15 minutes at 350. Uncover and bake 15 minutes longer.

Yield: Approximately 6 Servings

Vegetable lasagna

* 1 teaspoon olive oil
* ¾ cup sliced mushrooms
* ¾ cup chopped zucchini
* ½ cup sliced carrot
* ½ cup chopped red bell pepper
* ½ cup thinly sliced red onion
* 1 (26oz) jar fat free tomato basil pasta sauce
* 2 tablespoons commercial pesto
* 1 (15oz) carton part skim ricotta cheese
* Cooking spray
* 5 cooked lasagna noodle, cut in half crosswise
* ¾ cup (3 oz) shredded part skim mozzarella cheese

1. Heat oil in a medium saucepan over medium heat. Add mushrooms and next 4 ingredients; cook 5 minutes, stirring frequently. Add pasta sauce, bring to a boil. Reduce heat, simmer 10 minutes.

2. Combine pesto and ricotta cheese in a small bowl. Spread ½ cup pasta suace mixture in bottom of an 8x8 baking dish or pan coated with cooking spray. Arrange 3 noodle halves over pasta sauce mixture. Top noodles with half of ricotta mixture and 1 cup pasta sauce mixture. Repeat layers once. Top with 4 noodles halves, overlapping noodles slightly to fit in baking dish. Spread remaining pasta sauce mixture over noodles; sprinkle with mozzarella. Cover and refrigerate overnight.

4. Preheat Oven to 375 degrees.

Bake, covered, at 375 for 30 minutes. Uncover and bake an additional 20 minutes. Let stand 10 minutes before cutting into pieces. Yield: 6 servings (serving size is 1/6 lasagna.

296 calories.

Creamy ham casseroles

* 41/2 cups uncooked medium egg noodles
* 2 quarts boiling water
* 2 cups broccoli florets
* 1cup fat free milk
* 1 (10 ¾ cups) can condensed reduce fat, reduced sodium cream of mushroom soup, undiluted
* 2 cups (8oz) reduced fat cheddar cheese, divided
* 1 (6oz) tub light cream cheese with chives and onions, softened
* 2c cups chopped lean ham
* 1 cup chopped carrot
* Cooking spray
* 1 cup fat free herb flavored croutons, crushed

1. Cook noodles in 2 quarts boiling water for 2 minutes. Add broccoli; cook 3 minutes. Drain.

2. Combine milk, soup, 1 cup cheddar cheese, and cream cheese in a large bowl, stir well with a whisk. Add noodle mixture, ham, and carrot, and stir well. Divide noodle mixture evenly between 2 (8 inch) square baking dishes coated with cooking spray.

3. Combine remaining 1 cup cheddar cheese and crouton crumbs; toss well. Sprinkle crumb mixture evenly over casseroles. Wrap unbaked casseroles with heavy duty foil. Freeze up to 3 months.

4. Preheat oven to 350 degrees.

5. Preheat frozen casseroles on a baking sheet. Bake, covered, at 350 degrees for 1 hour. Uncover and bake and an additional 15 minutes.

Yield 2 casseroles, 4 servings per casserole (serving size: 1 cup) 342 calories

Quick fettuccine cacciatore

* 8 oz fettuccine, uncooked
* 2 tsp vegetable oil
* 1 lb, boneless skinless chicken breasts, chopped
* 1 cup sliced green peppers
* 1 cup sliced mushrooms
* 1 can (14 ½ oz) diced tomatoes, undrained
* ¼ cup Zesty Italian Dressing
* ½ cup Kraft Shredded Italian Mozzarella/Parmesan Cheese blend
* ½ cup chopped fresh basil leaves

COOK pasta as directed on package. Meanwhile, heat oil in large skillet on medium-high heat. Add chicken, cook and stir until no longer pink. Add peppers and mushrooms. Cook 3 minutes, stirring occasionally.

STIR in tomatoes with their liquid and the dressing. Reduce heat to medium-low; simmer 5 minutes or until chicken is cooked through.

TOSS pasta with chicken mixture. Sprinkle with cheese and basil.

Yield: 4 servings, 2 cups each. 490 calories.

STOVE TOP EASY CHICKEN BAKE

* 1 pkg. (6 oz) stove top stuffing mix for chicken
* 1 cup hot water
* 1 ½ lb. boneless skinless chicken breasts, cut into 1 inch pieces
* 1 can (10 ¾ oz.) condensed cream of chicken soup
* 1/3 cup Breakstones or Knudsen sour cream
* 1 bag (16oz.) frozen mixed vegetables, thawed, drained

PREHEAT overn to 400. Sprinkle 1/ cup of the dry stuffing mix evenly on the bottom of a 13x9 inch baking dish; set aside. Add hot water to remaining stuffing mix, stir just until moistened. Set aside.

PLACE chicken over dry stuffing mix in baking dish. Mix soup, sour cream and vegetables; spoon over chicken. Top with the prepared stuffing.

BAKE 30 minutes or until chicken is cooked through (170 degrees)

Yields 6 servings

Pork Chop Marinade

* 1/2 cup cooking oil
* 1/2 cup soy sauce
* 1/3 cup lemon juice
* 1/4 cup Worcestershire sauce
* 2 Tbsp Bottled steak sauce (like Heinz 57)
* 2 Tbsp prepared mustard
* 2 cloves minced garlic
* salt and pepper to taste if you want

Marinate steak or pork chops overnight for best flavor.  Save some marinade for basting while grilling

Chicken Cordon bleu

* 8 chicken hearts deboned
* 8 slices ham
* 8 slices Swiss cheese
* 2 cans golden mushroom soup
* ½ can white wine
* Little milk
* 1 egg
* Bread crumbs

1. Pound chicken breasts with side of saucer until flat.

2. Place ham and cheese on chicken. Roll and secure with toothpicks .

3. Dip in slightly beaten egg and roll in bread crumbs.

4. Place in 9x13 pyrex pan. Combine soup, wine, and milk. Pour over all. Cover with foil and bake at 350 for 1 hour. Uncover and sprinkle with paprika and bake 15 minutes more. (Serve sauce in a separate bowl to pass.

Brushetta ‘n cheese stuffed chicken breasts

* 1 can (14 ½) Italian-style diced tomatoes, undrained
* 1 ¼ cups Kraft shredded low moisture part skim mozzarella cheese, divided
* ¼ cup chopped fresh basil
* 1 pkg. (6oz) stove top stuffing mix for chicken
* 8 small boneless skinless chicken breasts halves (2lbs)
* 1/3 cup Kraft roasted red pepper Italian with parmesan dressing

1. Preheat oven to 350. To prepare stuffing, combine tomatoes and their liquid, ½ cup shredded mozzarella cheese, basil and dry stuffing mix, stirring until just moistened

2. Put 2 chicken breasts halves in a large, freezer weight resalable bag. Pound the chicken with the side of a heavy can, rolling pin or meat mallet until chicken is ¼ inch thick. Repeat process in the same bag with remaining chicken breasts,2 at a time.

3. Place pounded chicken breasts, smooth side down, on a cutting board. Spread with 1/8 of the stuffing mixture.

4. Roll chicken breast, starting at the narrow end, as tightly as possible around stuffing mixture.

5. Place in 13x9 inch baking dish with seam side down, as this allows the chicken to hold together nicely. Pour dressing evenly over chicken and bake 40 minutes.

6. Sprinkle with remaining ¾ cup cheese and bake 5 minutes longer, or until cheese is melted and chicken is cooked through (internal temperature of 170 degrees)

Yield: 8 servings, 1 stuffed chicken breast each, 280 Calories

Black Bean Taco Salad with Lime Vinaigrette

Vinaigrette:

* ¼ cup chopped seeded tomato
* ¼ cup chopped fresh cilantro
* 2 tablespoons olive oil
* 1 tablespoon cider vinegar
* 1 teaspoon grated lime rind
* 1 teaspoon fresh lime juice
* ¼ teaspoon of salt
* ¼ teaspoon ground cumin
* ¼ teaspoon chili powder
* ¼ teaspoon black pepper
* 1 garlic clove peeled

Salad:

* 8 cups thinly sliced iceberg lettuce
* 1 ½ cups chopped roasted skinless, boneless chicken breast
* 1 cup chopped green bell pepper
* 1 cup chopped tomato
* 1 cup finely diced red onion
* ½ cup (2oz) reduced fat shredded sharp cheddar cheese
* 1 (15oz) can black beans rinsed and drained
* Corn (optional)

Remaining Ingredient:

* 4 cups fat free baked tortilla chips (about 4 oz)

1. To prepare vinaigrette, combine first 11 ingredients in a blender or food processor; process until smooth.

2. To prepare salad, combine lettuce and next 6 ingredients in a large bowl. Add vinaigrette; toss well to coat. Serve with chips.

Yield: 4 servings (serving size about 2 cups salad with one cup chips) 402 calories.

Sweet and Spicy Shrimp and Avocado Salad with mango Vinaigrette

* Mango Vinaigrette
* 6 cups shredded romaine lettuce, 2 hearts
* 1 cup chopped red bell pepper (1 medium)
* 6 tablespoons thinly sliced green onions (optional)
* 1 pound peeled cooked shrimp
* 1 avocado, diced

Place Mango Vinaigrette in a large bowl. Add lettuce, bell pepper, and green onions if desired; toss well. Add shrimp and avocado; toss gently.

Yields 4 servings (2 ¾ cup each) 229 calories

Mango Vinaigrette

* ¼ cup fresh lime juice
* 2 tablespoons chopped fresh cilantro
* 1 tablespoon olive oil
* ½ teaspoon crushed red pepper
* ½ teaspoon sugar
* ¼ teaspoon salt
* ¼ teaspoon freshly ground black pepper
* 1 garlic clove, minced
* ¾ cup diced mango (about 1 medium)

Combine first 8 ingredients in a large bowl, stirring with a whisk. Stir in mango.

Yield: 4 servings (about ¼ cup each) 58 calories

Chicken, spinach, and blueberry salad

with pomegranate vinaigrette

* Cooking spray
* 8 chicken breast tenders, about ¾ of a pound
* 1 ½ teaspoons coarsely ground black pepper
* ¼ teaspoon salt
* 8 cups bagged baby spinach
* Pomegranate vinaigrette
* ½ cup thinly sliced red onion
* 1 cup fresh blueberries
* ¼ (1 ounce) cup crumbled blue cheese

1. Heat a grill pan or large nonstick skillet over medium high heat. Coat pan with cooking spray and add to pan. Cook 3-4 minutes on each side or until done.

2. Divide spinach evenly on each of 4 serving plates; drizzle evenly with pomegranate vinaigrette. Arrange chicken, onion, and blueberries evenly over spinach. Sprinkle evenly with cheese.

Yields 4 servings, 203 calories

Pomegranate Vinaigrette

* ½ cup pomegranate juice
* 3 tablespoons sugar
* 3 tablespoons balsamic vinegar
* 1 tablespoon canola oil
* 1 teaspoon grated orange rind

Combine ingredients in a small bowl. Stir with a whisk until blended.

Yield: ¾ cup

Garlic Chicken Pizza

* 2 tablespoons red wine vinegar
* 1 ½ tablespoon Dijon mustard
* 4 garlic cloves minced
* 1 (16oz) Italian cheese flavored pizza crust (such as Boboli)
* 1 ½ cups shredded cooked chicken breast (about 8 oz)
* 1 cup chopped plum tomato
* 1 cup chopped mushrooms
* ¾ cup (3oz) shredded part skim mozzarella cheese
* ¼ cup (1oz) crumbled feta cheese
* ¼ cup (1oz) finely shredded fresh parmesan cheese
* ¼ cup shredded green onions

1. Preheat oven to 400 degrees.

2. Combine first 3 ingredients, stirring well with a whisk. Place crust on a baking sheet; brush vinegar mixture over crust. Top with chicken, tomato, and mushrooms, sprinkle with cheese and green onions.

3. Bake at 400 degrees for 15 minutes or until mozzarella and parmesan cheese melt.

Yield: 8 servings (serving size: 1 slice) 263 calories

Pizza Loaf

* 1/3 lb pepperoni
* ¾ lb provolone shredded cheese
* 1 egg, beaten
* Frozen bread dough
* Pizza Sauce

1. Brush egg on thawed bread dough, Sprinkle pepperoni and cheese. Roll up and bake 20-25 minutes at 350. Slice and dip in pizza sauce.

Halloween Chili

* 2 (16 oz) cans pinto or kidney beans drained
* 1 large can tomatoes
* 1 small can tomatoes
* 1 lb coarsely ground chuck (browned)
* 2 medium onions, coarsely chopped
* 1 green pepper, coarsely chopped
* 2 cloves garlic, crushed
* 2 to 3 tablespoons chili powder
* 1 teaspoon pepper
* 1 teaspoon cumin
* Salt to taste

Put all ingredients in crockpot in order listed. Stir once. Cover and cook on low 10-12 hours or on high 5-6 hrs

Vegetable soup

* 2-3lbs beef shank or meaty soup bones
* 3 teaspoons salt (we do not usually use this much)
* ¼ teaspoon thyme leaves of marjoram leaves
* 6 peppercorns or ¼ teaspoon pepper
* 2 whole allspice
* 2 cubes or 2 teaspoons beef bouillon
* 1 bay leaf
* 2 quarts (8 cups) boiling water
* 2 medium potatoes, peeled and cubed
* 2 stalks celery, sliced
* 2 medium carrots, sliced
* 1 small onion, chopped
* 16 oz can (2cups) tomatoes, undrained
* 12 oz can (1 ½ cups whole, kernel can, drained, if desired

In large saucepan or dutch oven, combine first 8 ingredients. Simmer covered 2 ½ to 3 hours or until meat is tender. Remove beef shank, peppercorns, allspice and bay leaf. Cut meat from bones and return to soup. Add remaining ingredients, simmer covered, 30 minutes or until vegetables are tender.

Yield: 6 to 8 servings, 194 calories

Brunch casserole

* 1 ½ pounds sausage
* 1 (8oz) can crescent rolls
* 2 cops mozzarella cheese
* 6 eggs, beaten
* ¾ cup milk
* ¼ teaspoon salt
* 1/8 teaspoon pepper

Brown sausage, drain and crumble. Line 13x9 pan with crescent rolls; sprinkle with sausage and cheese. Combine beaten eggs, milk, salt, and pepper. Pour over sausage and rolls. Bake at 425 degrees for 15 minutes. Let stand for 5 minutes.

Grilled new potato packet

* ½ lb each red and white baby new potatoes
* 2 tbsp water
* 2 tsp oil
* 3 tbsp Kraft sun dried tomato vinaigrette dressing
* 2tbsp Kraft 100% grated parmesan cheese
* 1 tbsp chopped fresh parsley

PREHEAT grill to medium heat. Place potatoes in center of 18 inch long piece of heavy duty foil (or use double layer of regular foil.) Drizzle with water and oil. Bring up foil sides. Double fold top and ends to seal packet, leaving room for het to circulate inside.

GRILL 18 to 20 minutes or until potatoes are tender

CUT slits in foil to release steam. Open packet. Drizzle potatoes with dressing; sprinkle with cheese and parsley

Yield 4 servings, ¾ cup each

Peanut butter cookies

* ½ cup sugar
* ½ cup firmly packed brown sugar
* ½ cup shortening or margarine, softened,
* ½ cup peanut butter
* 2 tablespoons milk
* 1 teaspoon vanilla
* 1 egg
* 1 ¾ cup flou
* 1 teaspoon soda
* ½ teaspoon salt

1. Heat oven to 375. In large bowl, combine first 7 ingredients; blend well. Stir in remaining ingredients; blend well. Shape into 1 inch balls. Place 2 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork dipped in sugar. Bake at 375 for 10-12 minutes or until golden brown. Immediately remove from cookie sheet.

Yields: 36-48 cookies, 186

For Peanut Butter Blossoms, roll balls of dough in sugar. Place on cookie sheet but do not flatten. Bake at 375 for 10-12 minutes or until golden brown. Immediately top each cookie with a candy kiss, pressing down firmly so cookie cracks around the edge.

CHOC-Oat Chip cookies

* 1 cup (2 sticks) margarine or butter, softened
* 1 ¼ cups firmly packed brown burger
* ½ cup granulated sugar
* 2 eggs
* 2 tablespoons milk
* 2 teaspoons vanilla
* 1 ¾ cups flour
* 1 teaspoon baking soda
* ½ teaspoon salt (optional)
* 2 ½ cups Quaker Oats (quick or old fashioned, uncooked)
* One 12 oz package (2cups) Nestle Toll House semi chocolate morsels
* 1 cup coarsely chopped nuts (optional)
* 1/3 – ½ cup coco

1. Heat oven to 375.

2. Beat margarine and sugars until creamy. Add eggs, milk, and vanilla, beat well.

3. Add flour, baking soda, and salt, mix well.

4. Stir in oats, chocolate morsels and nuts: mix well

5. Drop by rounded measuring tablespoons onto ungreased cookie sheet.

6. Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie.

7. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely.

Jell-o Pretzel salad

* 2 cups finely crushed pretzels
* ½ cup sugar, divided
* 2/3 cup margarine melted
* 1 ½ pkg (8oz each) Philadelphia cream cheese, softened
* 2 tbsp milk
* 1 cup thawed cool whip whipped topping
* 2 cups boiling water
* 1 pkg (6oz) Jell-o Strawberry Flavor Gelatin
* 1 ½ cups cold water
* 1 qt. (4 cups) fresh strawberries, sliced

HEAT oven to 350. Mix pretzel crumbs, /4 cup sugar and butter; press onto bottom of 13x9 inch pan. Bake 10 min. Cool.

BEAT cream cheese, remaining sugar and milk, until blended. Stir in Cool Whip; spread over crust. Refrigerate.

ADD boiling water to gelatin mix in large bowl; stir 2 min, until completely dissolved. Stir in cold water. Refrigerate 1 ½ hours or until thickened. Stir in strawberries; spoon over cream cheese layer. Refrigerate 3 hours or until firm,

The Pretzels

* 1 bottle of Orville Redenbacher popcorn oil
* 1 envelope Hidden Valley Ranch dressing (dry)
* 2 tablespoons dill weed
* 1 teaspoon garlic powder
* 1 teaspoon onion salt
* 2 large bags of pretzels

1. Mix all ingredients together except pretzels and then mix in pretzels in a large bowl. Shake mixture in brown paper bag

Classic Snack mix makeover

* 3 cups Post Spoon Size Shredded wheat cereal
* 2 cups popped popcorn
* 1 cup small pretzels
* ½ cup planters cocktail peanuts
* 3 tbsp butter, melted
* 1 tbsp Worcestershire sauce
* ½ tsp seasoned salt

TOSS cereal with popcorn, pretzels, and peanuts in large microwaveable bowl

MIX butter, Worcestershire sauce, and seasoned salt until well blended. Drizzle evenly over cereal mixture; toss to coat.

MICROWAVE on high 2 to 3 minutes or until cereal is crisp, stirring after 2 minutes

Yields 14 servings, ½ cup each, 110 calories

Original CHEX party Mix

|  |  |
| --- | --- |
| * **3** | cups Corn Chex® cereal |
| * **3** | cups Rice Chex® cereal |
| * **3** | cups Wheat Chex® cereal |
| * **1** | cup mixed nuts |
| * **1** | cup bite-size pretzels |
| * **1** | cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces |
| * **6** | tablespoons butter or margarine |
| * **2** | tablespoons Worcestershire sauce |
| * **1 1/2** | teaspoons seasoned salt |
| * **3/4** | teaspoon garlic powder |
| * **1/2** | teaspoon onion powder |

**Oven Directions** Heat oven to 250°F. In large bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In ungreased large roasting pan, melt butter in oven. Stir in seasonings. Gradually stir in cereal mixture until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes. Store in airtight container.

Magic Bars

* 1/2 cup butter or margarine, melted
* 1 1/2 cups graham cracker crumbs
* 1 (14 ounce) can EAGLE BRAND® Sweetened Condensed Milk
* 2 cups semisweet chocolate morsels
* 1 1/3 cups flaked coconut
* 1 cup chopped nuts

1. Heat oven to 350 degrees F (325 degrees for glass dish). Coat 13x9-inch baking pan with no-stick cooking spray.
2. Combine graham cracker crumbs and butter. Press into bottom of prepared pan. Pour sweetened condensed milk evenly over crumb mixture. Layer evenly with chocolate chips, coconut and nuts. Press down firmly with a fork.
3. Bake 25 minutes or until lightly browned. Cool. Cut into bars or diamonds. Store covered at room temperature.

Lime Cilantro Sweet Potatoes with Black Beans

* 3 tbsp olive oil
* 3 medium sweet potatoes diced
* 3 cups cooked black beans (or 2 cans), rinsed and drained
* juice of 2 limes
* zest of 1 lime
* 1 tsp salt, divided
* pinch or two cayenne
* 1/4 cup chopped cilantro

PREHEAT the oven to 450

TOSS the diced sweet potatoes with oil and 1/2 tsp of salt and spread evenly on the prepared baking sheets.

BAKE about 20 minutes (time will depend on the size of the sweet potato pieces), or until tender. Remove and let cool for about 5 minutes.

WHILE the sweet potatoes are baking, whisk the lime zest, lime juice, remaining salt, and cayenne together in a large bowl.

ADD the black beans and sweet potatoes (after cooling slightly) and toss well. Sprinkle with cilantro, toss again, and serve.

Banana split cake

* 1 ½ cups Honey maid Graham Cracker Crumbs
* 1 ¼ cups sugar, divided
* ½ cup (1 stick) butter, melted
* 2 pkg (8oz. each) Philadelphia Cream Cheese , softened
* 1 can (20 oz) crushed pineapple drained
* 6 medium bananas, divided
* 2 cups cold milk
* 2 pkg (4 serving size each) Jell-O Vanilla flavor instant pudding and pie filling
* 2 cups thawed Cool Whip Whipped Topping, divided
* 1 cup Planters Chopped Pecans

MIX crumbs, ¼ cup sugar and butter; press onto bottom of foil lined 13x9-inch pan. Freeze 10 min.

BEAT cream cheese and remaining 1 cup sugar in bowl with electric mixer until well blended. Carefully spread cream cheese mixture over crust; top with pineapple. Slice 4 of the bananas; arrange over pineapple.

POUR milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 min, or until well bleded. Stir in 1 cup whipped topping; spread over banana layer in pan. Top with remaining whipped topping; sprinkle with pecans. Refrigerate 5 hours. Just before serving, slice remaining 2 bananas; arrange over dessert.

VARIATION: For a lighter version, prepare as directed using Philadelphia Neufchatel Cheese, 1/3 less fat than Cream Cheeses, Jell-O Vanilla Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling and Cool Whip Lite Whipped Topping

KRAFT FOOD AND FAMILY MAGAZINE

Banana NUT bread

* 3 ripe bananas
* 2 eggs
* ½ cup liquid shortening (olive oil)
* 1 ½ cup flour
* 1 cup sugar
* 1 tsp baking soda
* Pinch of salt
* ½ cup chopped nuts (optional)

PREHEAT the oven to 300

GREASE and flour loaf pan

BEAT bananas with mixer, add eggs and shortening, then add the dry ingredients.

BAKE at 300 for about 1 ½ hours.

FORTENER FAMILY

Green bean casserole

* 1 green pepper (chopped fine)
* 1 medium onion
* 4 strips bacon (cut up)
* 2 c. tomatoes (chopped, drained)
* ½ c. bread crumbs
* 2 c. green beans
* 1 T. Worcestershire sauce
* ¼ c. Miracle Whip
* ½ tsp. salt
* Dash of Pepper
* Small can of mushrooms

PREHEAT the oven to 350

SAUTE peppers, onion, bacon, and tomatoes in skilled for 5 minutes and turn off.

ADD 2 cups drained green beans, Worcestershire sauce, salad dressing, salt, pepper, and mushrooms.

PUT in greased casserole dish.

COVER with ½ cup bread crumbs. Dot with butter.

BAKE 30 mins at 350.

SERVES 8

KITCHEN SAMPLER BOOK: BARBARA TILLY

Beef taco bake

* 1 (14 1/2 ounce) can [diced tomatoes](http://www.food.com/library/tomato-151) (reserve juice)
* 1 (4 ounce) can chopped [green chilies](http://www.food.com/library/chile-pepper-323)
* 1 (16 ounce) can refried beans
* 1 tablespoon hot sauce
* 1/4 cup chopped [fresh cilantro](http://www.food.com/library/cilantro-16)
* 3 cups shredded Mexican blend cheese
* 1 1/2 lbs [lean ground beef](http://www.food.com/library/beef-199)
* 1 (1 1/4 ounce) package taco seasoning mix
* 12 taco shells
* 3 [scallions](http://www.food.com/library/green-onion-363), sliced thin

## Directions

ADJUST oven rack to upper middle position and heat oven to 475 degrees.

COMBINE half of tomatoes, beans, hot sauce, and cilantro in bowl. Spread evenly in 13 by 9 inch baking dish. Sprinkle with 1 cup cheese.

COOK beef in large nonstick skillet over medium-high heat until no longer pink, about 5 minutes. Pour off fat, then stir in taco seasoning, remaining tomatoes, and reserved tomato juice. Simmer over medium-low heat until thickened and nearly dry, 5 to 7 minutes.

SPOON1 tablespoon cheese into each taco shell and top with beef mixture.

ARRANGE tacos upright in bean mixture, cover with foil, and bake until bubbling, about 10 minutes.

REMOVE foil, top with remaining cheese, and bake until cheese is melted, about 6 minutes. Sprinkle with scallions. Serve.

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