



the
Summer
Food & Fun

cook
book



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MASHED POTATOES

6 medium potatoes [Russet or Yukon Gold]

1 tsp salt

1/2 tsp ground pepper

1/2 c warmed milk

Optional ideas to add:

1/2 tsp. garlic powder

2 Tbsp. sour cream or Top the Tater

DIRECTIONS

1. Peel potatoes and cut each into 4 piece.
2. Put potatoes in a pot. Fill with salted cold water until potatoes the water covers the potatoes 1 inch.
3. Bring to a boil on high heat and then turn heat down to maintain a constant boil.
4. Cook until tender but still firm, about 20 minutes
5. Drain—careful the water is HOT!
6. Add to the drained potatoes the warmed milk and any optional flavorings.
7. Mash the potatoes with a potato masher or electric beaters until your desired consistency.
8. Serve hot with butter or gravy.

BAKED POTATOES [LOADED]

6 medium potatoes
1 Tbsp. olive oil or vegetable oil
Garlic salt

4 slices cooked bacon, crumbled
1 bunch broccoli
Shredded cheese
Salsa
Sour cream
Onion

DIRECTIONS

1. Thoroughly wash & dry potatoes.
2. Prick potatoes with fork so they won't explode while baking.
3. Rub potatoes with olive oil and LIGHTLY sprinkle with garlic salt. Place in oven safe dish.
4. Cook at 400 for about 1 hour, or until the potatoes are soft to the touch. OR place in microwave and pick "baked potato" setting.
5. When potatoes are almost done, chop the broccoli in small pieces and boil in water for only about 5 minutes. Drain and dry.
6. Take potatoes out of the oven/microwave and slice in half.
7. Top potatoes with broccoli, bacon, shredded cheese and other toppings you

POTATO SKINS

4 potatoes BAKED
2 Tbsp. butter
1 cup cheddar cheese
1 cup sour cream

DIRECTIONS

1. Use left over baked potatoes or bake the potatoes as directed on page 5.
2. Cut each potato into quarters length-wise.
3. Scoop out pulp 1/4 inch from potato skins.
4. Spread butter inside potato.
5. Place on cookie sheet. Bake at 425 degrees for 10 minutes.
6. Remove from oven and place cheese and sour cream on each quarter
7. Return to oven and bake until cheese melts.

OVEN FRIED POTATOES

3 baking potatoes [Russet or Yukon Gold]
1 Tbsp. butter melted
1/4 tsp. salt
1/8 tsp. ground pepper

DIRECTIONS

1. Peel potatoes and cut thin slices.
2. Place sliced potatoes on a greased baking sheet.
3. Sprinkle with melted butter, salt and pepper.
4. Bake at 350 degrees for 30 minutes.

OVEN FRENCH FRIES

3 baking potatoes [Russet or Yukon Gold]
2 Tbsp cooking oil or olive oil
1/4 tsp salt
1/8 tsp ground pepper

DIRECTIONS

1. Peel potatoes and cut into thin French fries.
2. Soak fries in cold water for 5 minutes.
3. Drain and dry potatoes
4. Place French cut potatoes on a baking sheet and drizzle with oil. Mix well.
5. Sprinkle with salt and pepper.
6. Bake at 350 degrees for 30 minutes

COOKING VEGETABLES

PREP:

1. Wash and remove outer leaves, tough parts of stalks, end stems
2. Cut lengthwise into uniform pieces

BOILING:

1. Fill kettle with 1 inch of water and a dash of salt.
2. Bring to a rolling boil over medium high heat.
3. Put vegetables in boiling water and cover, cooking till crisp-tender.

STEAMING:

1. Put 2 inches of water in the lower kettle and bring to a rolling boil
2. Put steaming basket or metal colander over the top of the lower kettle of boiling water and add the broccoli.
3. Cover top basket with broccoli and start timer for 5 minutes. Add 1 minute at a time until done.
4. Check vegetables for tenderness with a fork. It should be tender crisp and still bright green when done.

| COOKING TIMES: | BOIL | STEAM |
|----------------------|-------|---------|
| Peas [uncovered] | 2-3 m | 15-20 m |
| Beans | 6-8 m | 10-12 m |
| Broccoli [uncovered] | 4-6 m | 10-12 m |

VEGGIE DIP 1: HUMMUS

1 (15-ounce) can garbanzo beans drained & rinsed
1 tsp. minced garlic
1/4 tsp. salt
1/2 tsp. lemon juice
1 1/2 Tbsp. olive oil
3/4 tsp. ground cumin (optional)
3- 4 Tbsp. water

Try adding: Turmeric or Cayenne Pepper

DIRECTIONS

Time needed: 10 minutes preparation

1. Combine beans, garlic, salt, lemon juice, olive oil, and cumin (optional) in a food processor or blender.
2. Blend on low speed, gradually adding water until desired consistency is achieved.
3. Serve with sliced vegetables or small slices of whole wheat pita bread (cut into slices or wedges).
4. Refrigerate leftovers.

VEGGIE DIP 2: SOUR CREAM DIP

1/2 cup sour cream
1/2 cup Miracle Whip
2 Tablespoons fresh dill [or 1 teaspoon dried]
1 teaspoon lemon juice
1/2 teaspoon sugar
Season salt to taste [onion & garlic powder optional.

Mix well and dip sliced vegetables. Refrigerate.

GRILLED CHEESE SANDWICH

Bread slices

Cheese slices

Butter

DIRECTIONS

1. Butter 2 slices of bread on 1 side.
2. Heat a non-stick skillet to medium heat.
3. When the pan is hot, place slice 1 of bread - buttered side down - into the skillet.
4. Place the **cheese** on the bread. Top with the other slice of bread - buttered side up.
5. Flip the sandwich with a spatula after it turns golden brown, usually after about 2 minutes.

Other ideas to add to your grilled cheese:

- Lunch meat
- Tomatoes
- Tuna

SLOPPY JOES

12 ounces 90% lean ground beef
 1 large onion, finely diced
 2 cups finely chopped mushrooms
 5 plum tomatoes, Sliced
 2 Tbsp. all-purpose flour
 1/2 cup water
 1/4 cup cider vinegar
 1/4 cup chili sauce
 1/4 cup ketchup
 8 whole-wheat hamburger buns, toasted if desired

DIRECTIONS

1. Crumble beef into a large nonstick skillet. Cook over medium heat until it starts to sizzle, about 1 minute.
2. Add onion and mushrooms and cook, stirring occasionally, breaking up the meat with a wooden spoon, until the vegetables are soft and the moisture has evaporated, 8 to 10 minutes.
3. Add tomatoes and flour; stir to combine.
4. Stir in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often.
5. Reduce heat to a low simmer and cook stirring occasionally, until the sauce is thickened and the onion is very tender, 8 to 10 minutes.
6. Serve warm on buns.

FAST SLOPPY JOES

Brown 1 pound of ground meat. Heat & eat on buns.
 Add to meat: Try potato chips &
 1 can condensed tomato soup pickles in the bun too!
 3 Tablespoons ketchup
 1 teaspoon vinegar
 1 Tablespoon Worcestershire sauce
 2 Tablespoons brown sugar

TACOS

2 pounds ground beef, chicken or turkey

3/4 cup white onion, chopped

2 1/2 cups tomato sauce

2 Tbsp. chili powder

or 1 packet taco seasoning & water following package directions

2 1/2 cups tomato, chopped

2 1/2 cups lettuce, shredded

1 1/4 cups grated cheddar or Monterey Jack cheese

10 corn taco shells or flour tortillas

Optional Toppings: guacamole, salsa, Sour cream, taco sauce

DIRECTIONS

1. Brown ground beef in a skillet, add onion.
2. Stir in tomato sauce and chili powder.
3. Simmer for about 10-15 minutes uncovered, stirring occasionally until mixture is crumbly.
4. Fill toasted shells with about 2 tbsp. of meat mixture.
5. Mix chopped tomato, shredded lettuce, and cheese. Spoon over meat mixture.
6. Serve with guacamole, salsa, sour cream, or taco sauce.

TACOS IN BAG

- Cut a snack sized bag of chips open along the top
- Top with the seasoned ground beef. Mix with fork

FRY BREAD TACOS

3 cups flour
1 1/4 tsp. baking powder
1 1/3 cup warm water

3/4 cup shortening

Taco fixings from page 10.

DIRECTIONS

1. Mix flour and baking powder together
2. Mix with water kneading dough until soft
3. shape and thin to a flat pancake 5 inches in diameter
4. Heat shortening in pan until hot.
5. Put shaped pieces of dough in hot grease. Brown both sides.
6. Remove dough from hot shortening and drain on paper towels.
7. Build the taco using fry bread as tortilla.

OPTION:

- Use thawed frozen bread dough to shape into flat pancake 5 inch circles.

TORTILLAS

2 cups flour
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ cup vegetable shortening
1tsp. baking powder
 $\frac{1}{2}$ cup warm water
(may possibly need to add more, up to $\frac{3}{4}$ cup)

DIRECTIONS

1. Sift the flour, salt & baking powder into a large mixing bowl.
2. Into the dry ingredients cut in the shortening, or add oil if you are using this option, & mix with your fingertips to combine.
3. Add the milk or water, working the liquid into the dough until a sticky ball forms.
4. Wrap in plastic and let rest for at least 30 minutes.
5. Divide the dough into 8-10 balls (for small tortillas) or 6-8 balls for larger ones, cover them again with the damp cloth.
6. Lightly dust a counter or pastry board w/flour & roll out each ball of dough into a circle or oval approximately $\frac{1}{4}$ " thick. If you want nicely rounded tortillas, trim off any ragged edges & discard. Don't roll the dough out more than once or the tortillas will be tough.
7. Heat a dry griddle or heavy skillet over high heat for 5 minutes. Cook the tortillas 30 seconds on each side or until the dough looks dry & slightly wrinkled & a few brown spots form on both surfaces. Do not over cook or they will be hard. Butter and roll up and wrap in damp tea towel to keep warm as you cook the other tortillas.

(I place cooked ones wrapped in the damp towel in a low 200 oven to keep warm, while I am cooking the rest.) Serve warm.~~.

TACO SOUP

- 1 ½ pounds lean ground beef
 - 1 packet mild taco seasoning
 - 2 cans creamed corn
 - 2 cans chili beans in mild chili sauce or
[plain kidney beans + 2 Tbsp. chili powder]
 - 2 15-ounce cans diced tomatoes

 - 1 8-ounce bag shredded Colby jack
cheese
- Optional add-ins: Sour cream,
chopped onion, chopped jalapeno,
salsa

DIRECTIONS

1. Brown ground beef. Drain off fat and liquid.
2. Mix together beef, taco seasoning, creamed corn, chili beans, and diced tomatoes.
3. Bring mixture to boil, then let simmer for 10 minutes.
4. Serve with shredded cheese, low-fat sour cream, onions, jalapenos, and salsa.
5. Refrigerate leftovers in a shallow

RICE

2 cups water

1/2 tsp. salt

1 Tbsp. butter or oil (optional)

1 cup long grain white rice

1. Bring the water to boil in a medium saucepan. Add the salt and butter and allow the butter to melt.
2. When the water has returned to a boil, stir in the rice. Let the water return to a light simmer. Stir again, cover the pot and turn the heat down to low. Keep the rice simmering slightly, and keep the pot covered (you may have to peek after a few minutes to make sure the heat is at the correct temperature, but then let it cook, covered). Start checking to see if the rice is tender and all of the liquid is absorbed at about 17 minutes. It may take up to 25, especially if you are making a larger quantity of rice.
3. When the rice is cooked, turn off the heat and let it sit for another couple of minutes to finish absorbing any liquid. Take off the lid, fluff the rice with a fork and let it sit for another 2 minutes or so, so that some of the excess moisture in the rice dries off.

SPANISH RICE

2 cups uncooked brown rice or white rice

1 to 1-1/2 cups mild salsa

1 cup canned corn

1/2 cup shredded cheddar cheese

DIRECTIONS

Cook rice - follow package instructions.

Stir salsa and corn into cooked rice.

Sprinkle cheese over rice.

Continue to warm in pan until cheese is melted.

VARIATIONS

Remember that whole grains may require a longer prep time. Try instant brown rice for a shorter cook time.

Add different chopped veggies like green bell peppers, carrots, peas, or other fresh veggies from the garden to change it up.

Rinse off the canned corn before adding it to the rice mixture to lower the salt content.

CHICKEN ENCHILADAS

- 1 pound raw boneless, skinless chicken breast
- 1/2 cup water
- 1 tsp chili powder
- 112-ounce can black beans, drained & rinsed
- 1 cup frozen corn
- 1 cup salsa
- 8 tortillas
- 1/2 cup cheddar cheese, shredded
- Cooking spray

DIRECTIONS

Time needed: 15 minutes preparation; 30 minutes cook time

1. Cut each chicken breast into 4 chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165 degrees F, about 10 minutes.
2. Remove cooked chicken from pan. Cut or shred into small chunks and return to pan.
3. Add beans, corn, and salsa to chicken. Cook until hot, about 5 minutes. Remove from heat.
4. Spread 1/2 cup of chicken mixture on the center of each tortilla. Roll up and place seam-side down in greased 9 x 13-inch casserole dish.
5. Spread any leftover chicken mixture over the top of tortillas.
6. Bake at 375 degrees F for 10 minutes.
7. Remove from oven. Sprinkle cheese on top of the enchiladas and bake for 5 more minutes.

TORTILLA WEDGES

2 - 8 inch four Tortillas
1 1/2 cups [6oz] shredded Cheddar or
Monterey jack Cheese
1/2 cup cooked ground pork sausage well
drained

1/2 cup cubed 1/2 inch tomato
2 Tbsp. sliced green onion
Salsa
Sour Cream

DIRECTIONS

1. Heat oven to 425°
2. Place tortillas on cookie sheet
3. Top with each 1/2 cup shredded cheese and 1/4 cup browned sausage to within 1/2 inch of tortilla edges
4. Bake for 6-8 minutes or until tortillas are beginning to crisp and cheese is melted and bubbly.
5. Top with tomato, green onions and remaining cheese.
6. Cut each tortilla into 6 wedges & serve hot with salsa and sour cream.

OPTION:

- Instead of cutting 6 wedges, fold in half to

PIZZA BURGERS

1 pound ground beef
1/2 cup pepperoni - chopped
1 can pizza sauce
1 clove garlic - minced
1/2 cup onion - chopped
1 cup mozzarella cheese - shredded
1 tsp. Italian seasoning
6 buns or English muffins, divided

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Brown hamburger, onion and garlic in skillet, drain grease.
3. Return hamburger mixture to skillet, add pizza sauce, pepperoni, and Italian seasoning. Stir and heat through.
4. Place each half of the bun on a cookie sheet. Spoon mixture onto top of each bun. Top each burger with mozzarella cheese.
5. Bake in oven until cheese is melted, about 15 minutes.

Try making these with left over marinara and meat sauce.

GARLIC BREAD

8 slices of bread
3 Tbsp. butter melted
1/4 tsp. salt
1/8 tsp. garlic powder

DIRECTIONS

1. Arrange bread on cookie sheet
2. Spread butter on each slice of bread
3. Put salt in the palm of one hand and sprinkle pinches of salt over the bread.
4. Sprinkle garlic powder from shaker VERY lightly over bread
5. Put cookie sheet at the highest shelf in the oven.
6. Broil for 2-3 minutes until lightly toasted brown. Watch it carefully so it won't burn.

CORN BREAD

| | |
|---------------------|---------------------|
| 1 1/4 cup flour | 1 cup milk |
| 3/4 cup corn meal | 1/4 cup cooking oil |
| 1/4 cup sugar | 1 beaten egg |
| 2 tsp baking powder | |
| 1/2 tsp. salt | |

DIRECTIONS

1. Heat oven to 400 degrees.
2. Combine dry ingredients.
3. Stir in milk, oil and egg, mixing just until dry ingredients are moistened.
4. Pour batter into greased pan.
5. Bake 20-25 minutes or until light golden

CHICKEN NOODLE SOUP

1 Tbsp. oil
2 cloves garlic [or 1/2 tsp garlic pwd]
1/2 cup chopped onion
1/2 cup chopped celery
2 medium carrots chopped [1 cup]
2 cups cooked chicken
1 tsp. dried Italian seasoning
1/4 tsp. pepper
6 cups chicken stock [bullion]

2 cups uncooked egg noodles or home-made noodles

Directions:

1. In a 3 quart saucepan, heat oil over medium heat. Add fresh garlic, onions, celery & carrots. Cook 4-6 minutes stirring occasionally until soft. [if using powdered garlic, add in step 2]
2. Stir in cooked chicken, Italian seasoning, pepper and chicken stock. Cook another 5 minutes.
3. Add egg noodles or home made noodles and cook until tender.

You can add any other garden vegetables you like in step 1. Make sure all vegetables

HOMEMADE NOODLES

2 cups all purpose flour (plain) + 1/3 up for board and extra for sprinkling on pasta

3 eggs

Directions:

1. Heap the 2 cups flour on a cutting board. Make a hole in the center of the flour and break the eggs into it.
2. Use a fork and lightly beat the eggs. With a circle motion, slowly mix the flour and eggs together to form a dough. Using the palm and heel of your hand, knead until smooth and elastic, for at least 5 minutes.
3. Rolling out the dough: Dust a clean cutting board or table with some of the 1/3 cup of flour. Flatten the dough ball with the palm of your hand or use a rolling pin to 1/32 inch thick.
4. Let pasta dry for about 10 minutes; it shouldn't be sticky or dry.
5. Cutting the pasta: Roll the pasta up into a cylinder, flatten the top slightly, and cut across the roll into 3/8" strips.
6. Cooking the Pasta: Bring 5 to 6 quarts of salted water to boil in a large pot. When a full rolling boil starts, scatter in the pasta. Cooking time will vary with size of noodles and dryness. Fresh pasta takes from 2 to 5 minutes. To test for doneness,

SPAGHETTI WITH MARINARA SAUCE

1 pound uncooked wheat pasta
1 Tbsp. olive oil
1 medium onion, chopped
1 carrot, chopped
1 stalk celery, chopped
1 28-ounce can crushed tomatoes
1 Tbsp. Italian seasoning
4 cloves garlic, minced
1 tsp. salt
1/2 cup grated Parmesan cheese
1/4 cup fresh parsley, chopped

DIRECTIONS

Time needed: 15 minutes preparation; 20 minutes cook time

1. Cook pasta according to the package directions.
2. Heat oil in a pan and add onions, carrots, and celery. Stir occasionally till the onions are browned.
3. Add the tomatoes, Italian seasoning, garlic, and salt. Cook until thickened.

NOTE: for faster marinara sauce, add canned or jar spaghetti sauce to the sauted vegetables instead of crushed tomatoes.

4. Drain the pasta. Serve the cooked sauce over pasta.
5. Garnish with cheese and parsley.

SKILLET LASAGNA

1/2 pound ground beef or ground turkey
1/2 cup onion, chopped
1-15 ounce can tomato sauce
1 1/2 cups water
4 cloves garlic (or garlic powder)
1 tsp. dried oregano (3 t fresh chopped)
1/2 tsp. dried basil (1 1/2 t fresh chopped)
3 cups uncooked noodles (1/2 inch wide)
1 cup low-fat cottage cheese
4 ounces mozzarella cheese (part-skim)

DIRECTIONS

Brown meat thoroughly making sure there is no pink color left in the meat or juices.

Drain any excess fat from meat.

Combine drained meat with onion, tomato sauce, water, garlic, oregano and basil. Cover and bring to a boil.

Add noodles. Cover and bring to a simmer (5 minutes).

Stir spinach into mixture in skillet.

Spoon cottage cheese on top and sprinkle with mozzarella cheese.

Cover and let simmer for about 10 minutes

ONE POT CHICKEN PARMESAN

2-3 boneless chicken breasts diced into
bite sizes pieces [or ground turkey]
1 tsp. Italian seasoning
1/2 tsp garlic powder
1 minced yellow onion
16 oz. dried short cut pasta rigatoni
24 oz. jar marinara sauce
Water to fill empty marinara jar
1 cup mozzarella cheese
1/2 cup parmesan cheese
1/2 tsp. salt
1/8 tsp. pepper

DIRECTIONS

1. In a large pot add a drizzle of oil and heat over medium heat.
2. Add chicken, Italian seasoning, salt & pepper
3. Cook 5 minutes and remove to a plate.
4. Pour marinara sauce in pot. Fill empty jar with water and add to the pot. Bring to a boil, then reduce to a simmer.
5. Add chicken and pasta to the pot. Stir and cook for 10-15 minutes until pasta is cooked.
6. Stir in parmesan cheese & 1/4 cup of mozzarella cheese.
7. Sprinkle the remaining 3/4 cup mozzarella

HOME MADE CUT BISCUITS

2 cups flour
4 tsp. baking powder
2 tsp. sugar
1/2 cream of tartar [optional]
1/2 tsp. salt
1/2 cup shortening
2/3 cup milk

DIRECTIONS

1. Stir together flour, baking powder, sugar, cream of tartar and salt
2. Cut in shortening till mixture resembles coarse crumbs
3. Make a hole in the center and add milk all at once. Stir just till dough clings together.
4. Knead gently on a lightly floured surface for 10-12 strokes
5. Roll or pat to 1/2 inch thickness & cut with biscuit cutter or pizza cutter.
6. Transfer to an ungreased baking sheet and bake in a 450 degree oven for 10-12 minutes or until golden brown.

DROP BISCUITS

2 cup flour 3 1/2 Tbsp shortening
3 tsp baking powder 1 cup milk

DIRECTIONS

1. Combine dry ingredients. Cut in shortening
2. Add milk, mix well.
3. Drop by spoonfuls onto cookie sheet and

HAM & CHEESE HOT POCKETS

1 16 oz. can Pillsbury Grands Biscuit
1 cup diced ham
1 cup shredded cheese
Ranch dressing

1. Preheat oven to 375 degrees
2. Press 4 Pillsbury Grands Biscuits into 5 inch rounds.
3. Place on large ungreased cookie sheet.
4. Top with 1/4 to 1/2 cup chopped ham and shredded cheese.
5. Add 1 Tbsp. Ranch dressing [optional]
6. Press remaining 4 biscuits into 6 inch rounds and place on to ham and cheese.
7. Press edges with fork to seal
8. Bake at 375 for 11-18 minutes or to golden brown.

PIZZA POCKETS

- 1 16 oz. can Pillsbury Grands Biscuit
- 1 jar pizza or spaghetti sauce
- 1/2 cup mozzarella cheese
- 1 /2 cup pepperoni sliced or
bacon/sausage/hamburger
- 1/2 cup olives, bell pepper, onion finely
chopped

1. Preheat oven to 350 degrees.
2. Line a cookie sheet with parchment paper or spray with cooking oil spray.
3. Roll each biscuits into 6 inch rounds.
4. Spread 2-3 tablespoons of pizza sauce in the center of each round leaving 1/2 inch outer edge of biscuit showing.
5. Top with pizza toppings and 1 table spoon of cheese.
6. With a finger, moisten edge with water and fold over. Press all the way around to seal.
7. Place on cookie sheet and prick with a fork on the top to let steam escape during baking.
8. Bake 14-16 minutes until golden brown.

PIZZA WRAPS

2 flour tortillas
3 tablespoons. spaghetti sauce
1 cup shredded mozzarella cheese
Italian seasoning
Various favorite toppings chopped:
pepperoni, onions, peppers, sausage etc.

DIRECTIONS

1. Preheat oven to 400 degrees F. Spray tortilla wraps with olive oil cooking spray.
2. Place tortillas on a cookie sheet on the center rack of the oven. Bake 5 minutes, just to toast the tortillas slightly.
3. Spread 1-1/2 Tbsp. spaghetti sauce on each tortilla. Top with cheese and Italian seasoning. Return tortilla wraps to oven. Bake 5-7 minutes, until cheese is melted, golden and bubbly.
4. Remove tortillas from the oven. Let cool 2 minutes, then fold over edges in half to form wrap sandwiches.

PANCAKES

2 cups all-purpose flour
1 Tbsp baking powder
1 tsp. baking soda
2 tsp. salt
3 Tbsp. white sugar
6 Tbsp. oil
2 egg
2 cups buttermilk or regular milk soured with
1 Tbsp. vinegar

DIRECTIONS

1. Sift together the dry ingredients - flour, baking powder, salt and sugar in a large bowl.
2. Make a well [hole] in the middle of the flour mixture and add egg, milk and melted butter.
3. Stir together until just mixed. Batter will be lumpy. Let sit 5 minutes while your skillet heats up.
4. With skillet on medium heat, add 1/4 cup of pancake batter to greased skillet.
5. Let cook until bubble appear on the surface and edges are dry.
6. Flip and continue to cook for 1-2 minutes until golden brown.
7. Top with butter, syrup, fruit or apple sauce and serve.

HOMEMADE SYRUP

Bring 1 cup water to boil in a kettle. Add 2 cups sugar, a pinch of salt and 1/2 tsp. maple or vanilla flavoring. Boil 2 minutes - watch so it doesn't boil over kettle.

BOILED EGGS

1. Place **eggs** in a large saucepan.
2. Cover them with cool water by 1 inch.
3. Slowly bring water to a **boil** over medium heat; when the water has reached a **boil**, cover and remove from heat.
4. Let sit 12 minutes.

OVER-EASY EGGS

1. Heat butter in a nonstick skillet over medium-high heat until it's hot and foamy.
2. Break eggs and gently slide into pan, one at a time. ...
3. Cook slowly until whites are completely firm and yolks begin to thicken but are not hard.
4. Carefully slide a spatula under each egg and flip.

SCRAMBLED EGGS

1. **BEAT** eggs, milk, salt and pepper in bowl until blended.
2. **HEAT** butter in large nonstick skillet over medium heat until hot. **POUR IN** egg mixture.
3. As eggs begin to set, **GENTLY PULL** the eggs across the pan with an inverted turner, forming large soft curds.

DEVILED EGGS

6 eggs

1/4 cup mayonnaise

1 tsp. white vinegar

1 tsp. yellow mustard

1/8 tsp salt

Freshly ground black pepper

Dash sugar if too tart

Paprika, for garnish

Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.

Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.

Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.

GRANOLA

6 cup – rolled oats, dry—NOT quick oats

$\frac{1}{4}$ cup – brown sugar

$\frac{1}{2}$ cup – coconut oil

$\frac{1}{3}$ cup – honey

2 tsp – vanilla extract

OPTIONAL

$\frac{1}{4}$ cup – sunflower seeds

$\frac{1}{2}$ cup – raisins, seedless

$\frac{1}{2}$ cup – cranberries, dried

1 cup – walnuts, chopped

DIRECTIONS

1. Mix rolled oats and brown sugar together.
2. In a separate bowl, whisk together the oil, honey and vanilla.
3. Pour over dry mixture and stir to coat thoroughly. Add in chopped nuts, and desired seeds at this point.
4. Spread on a sprayed baking sheet and bake at 350 degrees F for 30 minutes.
5. Stir frequently (every 5 minutes) to ensure even baking. It should be golden brown when it is done.
6. Add dried fruit and coconut after it is finished baking.
7. Let it cool on the baking sheet and then break up any large pieces. Store in an airtight container.

Makes 8 cups. Can store for 3 weeks.

ICE CREAM CONE CAKES

1 box chocolate or yellow cake mix
24 flat bottomed ice cream cones
Frosting
1/2 cup sprinkles

DIRECTIONS

1. Prepare cake mix as directed on package.
2. Spoon about 1/4 cup batter into each one.
3. Set cones on baking sheet.
4. Bake at 350 degrees for 25 minutes.
5. Cool on rack.
6. Spoon frosting over cakes.
7. Garnish with sprinkles if desired.

FROSTING

3 cups powdered sugar
1/3 cup butter or margarine, softened
1 1/2 tsp. vanilla
1-2 Tbsp. milk

DIRECTIONS

1. In a medium bowl, mix powdered sugar and butter with spoon or electric mixer on low speed.
2. Stir in the vanilla and 1 tablespoon of the milk
3. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. [if too thick add milk a few drops at a time. If too thin, beat in a small amount of powdered sugar]

CARAMELLO GORP

12-16 oz. peanuts
1 large bag Pretzels
1 10-12 oz. box Crispex cereal

1 cup butter
2 cups brown sugar
1 cup corn syrup

DIRECTIONS

1. Mix peanuts, pretzels and Crispex together in a roasting pan.
2. In a separate kettle, mix butter, brown sugar and corn syrup together and boil 1 minute.
3. Pour over peanuts, pretzels and cereal and stir to coat thoroughly.
4. Spread out evenly in roaster and bake at 350 degrees for 9 minutes, stirring every 3 minutes.
5. Dump onto buttered surface and spread out to cool.
6. Store in Ziplock bags when cooled.

M&M KRSIPIES

1/4 cup margarine

1 10 oz. package mini marshmallows

1 cup M&Ms

5 cups rice cereal

DIRECTIONS

1. Melt margarine over low heat
2. Add marshmallows and stir until melted.
3. Remove from heat and add cereal and M&M's..
4. Stir until well coated.
5. Pour and press mixture evenly into buttered 13 x 9 inch pan. Try buttering or wetting your fingers to press the mixture into the pan.
6. Cool and cut into squares.

BROWNIE MIX

2 1/4 cup sugar

2/3 cup cocoa powder [*clean inside of jar
with a paper towel after this layer*]

1/2 cup chopped pecans

1 1/4 cup all-purpose flour

1 tsp. baking powder

1 tsp. salt

1. Layer the ingredients in the order given into a wide-mouth 1 quart canning jar. Pack each layer in place before adding the next ingredient.
2. Attach a gift tag with the mixing and baking instructions below.

BROWNIES

1 jar Brownie Mix

3/4 cups butter or margarine softened

4 eggs slightly beaten

1. Preheat the oven to 350.
2. In a large bowl, cream the butter and eggs.
3. Add the brownie mix and stir until the mixture is well blended
4. Spread batter into a lightly greased or sprayed 9 x 12 inch pan. Bake for 25-30 minutes & a toothpick comes out clean.

EASY PEANUT BUTTER COOKIES

- 1 cup peanut butter
- 1 cup brown sugar
- 1 egg
- 1 tsp vanilla
- 1 tsp baking soda
- 1 cup chocolate chips [optional]

DIRECTIONS

1. Mix peanut butter and brown sugar.
2. Stir in remaining ingredients.
3. Shape into 1 inch balls and put onto ungreased cookie sheet.
4. Press with for to flatten slightly.
5. Bake at 350 degrees for 12-15 minutes.
6. Makes 3 dozen cookies.

PUPPY CHOW

- 9 cups Chex cereal
- 1 cup chocolate chips
- 1/2 cup peanut butter
- 1/4 tsp. vanilla
- 1 1/2 cups powdered sugar

DIRECTIONS

1. Melt chocolate chips and peanut butter in microwave. Stir in vanilla.
2. Pour over cereal and mix well in large Ziplock bag.
3. Add powdered sugar to bag and mix well again.

NO GUILT BANANA SPLIT

1 small banana
1/2 cup vanilla yogurt
1/4 cup halved seedless grapes
1/4 cup sliced strawberries

DIRECTIONS

1. Peel and split banana lengthwise.
2. Place in sundae dish.
3. Top with yogurt, grapes and strawberries
4. Makes 1 serving.

FRUIT DIP

1 8oz. package cream cheese softened
1 tsp. ground cinnamon [optional]
1 7oz. Jar marshmallow cream
Assorted cut fruit

DIRECTIONS

1. Put marshmallow cream, cinnamon and cream cheese into a bowl.
2. Mix until smooth
3. Spoon into dessert cups.
4. Dip fruit and eat.

SMOOTHIES

Blueberry Blast Smoothie

Makes one serving

Ingredients:

1/2 cup vanilla yogurt
1/2 cup milk
1 cup frozen blueberries
2 teaspoons honey

Strawberry Banana Smoothie

Ingredients:

1/2 cup vanilla yogurt
1/2 cup milk
1 cup frozen Strawberries
1 banana
2 teaspoons honey

Directions:

Combine all ingredients in a blender and blend until combined and frothy. Serve immediately.

Peanut Butter Banana Smoothie (“The Elvis”)

Makes one serving

Ingredients:

1/2 cup vanilla yogurt
1/4 cup milk
1/2 banana
1/2 tablespoon honey
1 tablespoon peanut butter
1 Tbsp. chocolate syrup [optional]
Ice

Directions:

Combine all ingredients in a blender and blend until combined and frothy. Serve immediately.

CHOCOLATE CHIP ZUCCHINI BREAD

2 1/2 cups flour
1/2 cup cocoa
2 1/2 tsp. baking powder
1 1/2 tsp. salt
1 tsp. cinnamon
1 cups mini chocolate chips or nuts

3/4 cup butter [stick and a half]
2 cups sugar

3 eggs
1/2 cup milk
2 tsp. vanilla
2 cups grated zucchini shredded and all
moisture squeezed out.

DIRECTIONS

1. Mix first 6 dry ingredients together in a small bowl and set aside.
2. Cream together butter and sugar in a large mixing bowl with electric mixer
3. Add eggs, milk, vanilla and shredded zucchini. Mix well.
4. Add dry ingredients to the wet bowl and mix well.
5. Grease and flour 5 mini loaf pans or 2 normal sized loaf pans. Then divide up the batter between the pans
6. Bake 40 minutes to 1 hour for large loaf pans at 350 degrees [30 hour for mini

CHOCOLATE CHIP BANANA BREAD

2 1/2 cups flour
1/2 tsp. baking powder
3/4 tsp. baking soda
1/2 tsp. salt
1 cups mini chocolate chips or nuts

1/3 cup butter or margarine
1 1/3 cups sugar

2 eggs
1/4 cup buttermilk or milk soured with
1/4 tsp vinegar

1 tsp. vanilla
3 ripe bananas mashed with fork

DIRECTIONS

1. Mix first 5 dry ingredients together in a small bowl and set aside.
2. Cream together butter and sugar in a large mixing bowl with electric mixer
3. Add eggs, buttermilk, vanilla and mashed bananas. Mix well.
4. Add dry ingredients to the wet bowl and mix well.
5. Grease and flour 4 mini loaf pans or 2 normal sized loaf pans. Then divide up the batter between the pans
6. Bake 40 minutes to 1 hour for large loaf pans at 350 degrees [30 hour for mini loaf pans] or until a wooden toothpick

CHOCOLATE CHIP COOKIES or BARS

3/4 cup brown sugar
3/4 cup white sugar
1 cup butter or margarine [2 sticks]
2 eggs
1 tsp. vanilla
1 tsp. baking soda
1/2 tsp. salt
2 1/4 cups flour
1/2 bag chocolate chips

1. Cream sugars and butter in a mixing bowl.
2. Add eggs and vanilla. Mix well.
3. Add flour, baking soda, salt and chocolate chips creamed mixture and mix well.
4. Drop by rounded teaspoon on ungreased cookie sheet or parchment paper
5. Bake at 375 for 5-6 minutes.

Tips:

- If you want chewy cookies, bake barely brown [about 7 minutes] and take out of oven. LEAVE on the hot cookie sheet to finish baking for 5 minutes before removing.
- You can press into a greased cookie sheet to make bars. Bake 15-20 minutes until wooden toothpick comes out clean in the center

MONSTER COOKIES or BARS

3 eggs
3/4 cup brown sugar
1 cup white sugar
1 tsp. vanilla
2 tsp baking soda
1 1/2 c peanut butter
1/2 cup butter or margarine [1 stick]
1 1/4 cup peanut butter
5 cups rolled oats
1/2 bag chocolate chips
1/2 bag M&M's
1/2 tsp. salt

1. Cream sugars and peanut butter in a mixing bowl.
2. Add eggs and vanilla. Mix well.
3. Add oats, baking soda, salt, chocolate chips and M&M's creamed mixture and mix well.
4. Drop by rounded teaspoon on ungreased cookie sheet or parchment paper
5. Flatten with back of spoon
6. Bake at 350 for 8-10 minutes.
7. Makes 6 dozen.

Tips:

- If you want chewy cookies, bake barely brown [about 7 minutes] and take out of oven. LEAVE on the hot cookie sheet to finish baking for 5 minutes before removing.
- You can press into a greased cookie sheet to make bars. Bake 15-20 minutes until wooden

SUGAR COOKIES or BARS

4 1/2 cups flour 1 cup butter [2 sticks]
1 tsp. baking soda 1 cup powdered sugar
1 tsp. cream of tartar 1 cup white sugar
1 tsp. salt

 1 cup cooking oil
 2 eggs
 1 tsp. vanilla

DIRECTIONS

1. Mix first 4 dry ingredients in a small bowl and set aside.
2. In a large mixing bowl beat butter with an electric mixer on medium-low speed till smooth.
3. Add sugars and beat on medium-high till fluffy.
4. Add oil, eggs and vanilla til just combined.
5. Gradually add the bowl of dry ingredients to the wet bowl beating on medium speed just till combined.
6. For cookies - chill dough 30 minutes and then form into small balls. Then press flat to 1/4 inch thickness with a flat bottomed glass dipped in sugar.
7. Bake at 350 for 8-10 minutes or till edges are barely brown.

Tips:

- If you want chewy cookies, bake barely brown [about 7 minutes] and take out of oven. LEAVE on the hot cookie sheet to finish baking for 5 minutes before removing.
- You can press into a greased cookie sheet to

SUGAR COOKIE FRUIT PIZZA

2 1/4 cups sour cream
1/3 cup powdered sugar
2 Tbsp. grated lemon peel
2 Tbsp. lemon juice
Sugar cookies
Assorted fruit and berries

DIRECTIONS

1. To make lemon cream, combine the sour cream, powdered sugar, lemon peel and juice.
2. Stir, cover and refrigerate.
3. Wash and cut up assorted fruit.
4. Take a sugar cookie and put 1 Tbsp. or lemon cream on cookie.
5. Top with assorted cut up fruit and berries.

Tip:

- This can be made with sugar cookie recipe as a bar or by baking 1 large sugar cookie .

CARAMEL POPCORN BALLS

1 cup caramel chips
1 Tbsp. butter
2 Tbsp. milk
5 cups popped popcorn

DIRECTIONS

1. Combine chips and butter in a saucepan to melt over low heat stirring constantly.
2. Add milk and stir until smooth
3. Remove from heat
4. Add popcorn and mix lightly until well coated with caramel mixture.
5. Form into balls using 1/4 cup mixture for each. [try wetting your fingers or buttering your finger to form the balls]
6. Cool. Makes 12 balls.

STRAWBERRY SHORTCAKE

2 cups flour
2 1/2 tsp. Baking powder
1/2 tsp. salt
1/4 cup shortening
3/4 cup sugar
1 egg
1 cup milk
1 tsp. vanilla

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Grease and flour a 8 x 8 inch pan.
3. Combine flour, baking powder and salt in a small bowl and set aside.
4. Cream shortening and sugar until smooth.
5. Add egg and vanilla until combined.
6. Add alternately the milk and the dry ingredients until smooth.
7. Pour batter into prepared 8 x 8 inch pan
8. Bake 40-50 minutes, until a wooden toothpick comes out clean when pricked in the middle.
9. Cool

For topping combine 6 cups slices straw-

NOTES

NOTES

WEIGHTS & MEASURES

Teaspoon = t *or* tsp.

Tablespoon = T *or* Tbsp.

3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

5 1/3 tablespoons = 1/3 cup

8 tablespoons = 1/2 cup

10 2/3 tablespoons = 2/3 cup

12 tablespoons = 3/4 cup

16 tablespoons = 1 cup

1 tablespoon = 1/2 fluid ounce

1 cup = 8 fluid ounce

1 cup = 1/2 pint

2 cups = 1 pint

4 cups = 1 quart

2 pints = 1 quart

4 quarts = 1 gallon