



## **The E-Cookbooks Library Recipe Sampler**

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# Table of Contents

<a href="#"><u>Introduction</u></a> .....	1
<a href="#"><u>Applebee's Tequila Lime Chicken</u></a> .....	2
<a href="#"><u>Aunt Jamima Maple Syrup</u></a> .....	4
<a href="#"><u>BBO Beer Can Chicken</u></a> .....	5
<a href="#"><u>Bean Dip</u></a> .....	6
<a href="#"><u>Beer Batter Chicken Fingers</u></a> .....	7
<a href="#"><u>Big Red Popcorn</u></a> .....	8
<a href="#"><u>Bit–O–Honey Candy</u></a> .....	9
<a href="#"><u>Broiled Baby Back Ribs</u></a> .....	10
<a href="#"><u>Buffalo Style Shrimp</u></a> .....	11
<a href="#"><u>Carne Asada</u></a> .....	12
<a href="#"><u>Cheddar Baked Potato Soup</u></a> .....	13
<a href="#"><u>Cheesy Ham Hashbrown Casserole</u></a> .....	14
<a href="#"><u>Chicken Bryan</u></a> .....	15
<a href="#"><u>Chicken Noodle Casserole</u></a> .....	16
<a href="#"><u>Cinnabon Rolls</u></a> .....	17
<a href="#"><u>Cool Whip</u></a> .....	18
<a href="#"><u>Crab au Gratin</u></a> .....	19
<a href="#"><u>Deep Fried Mars Bars</u></a> .....	20
<a href="#"><u>Fish and Chips</u></a> .....	21
<a href="#"><u>Green Tomato Soup</u></a> .....	22
<a href="#"><u>Homemade Breakfast Sausage</u></a> .....	23
<a href="#"><u>Hostess Snowballs</u></a> .....	24
<a href="#"><u>Italian Wedding Soup</u></a> .....	25

## Table of Contents

<a href="#"><u>Kettle Corn</u></a> .....	26
<a href="#"><u>Loaded Baked Potato Skins</u></a> .....	27
<a href="#"><u>Low Fat Chicken Normandy</u></a> .....	28
<a href="#"><u>Low Fat Chocolate Chip Cookies</u></a> .....	29
<a href="#"><u>Montreal Steak Seasoning</u></a> .....	30
<a href="#"><u>O'Charlie's Hot Browns</u></a> .....	31
<a href="#"><u>Old Fashioned Peach Cobbler</u></a> .....	32
<a href="#"><u>P.F. Chang's Lettuce Wraps</u></a> .....	33
<a href="#"><u>Red Hot Crockpot Chili</u></a> .....	35
<a href="#"><u>Sauerbraten with Potato Pancakes</u></a> .....	36
<a href="#"><u>Shrimp Primavera</u></a> .....	38
<a href="#"><u>Spinach Dip</u></a> .....	39
<a href="#"><u>Szechuan Chicken</u></a> .....	40
<a href="#"><u>Three–Milk Cake (Pastel de Tres Leches)</u></a> .....	41
<a href="#"><u>Tortellini Salad</u></a> .....	42
<a href="#"><u>Turkey Meatloaf</u></a> .....	43
<a href="#"><u>White Chicken Chili</u></a> .....	44



# Applebee's Tequila Lime Chicken

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## Marinade:

- 1 cup water
- 1/3 cup teriyaki sauce
- 2 tablespoons lime juice
- 2 teaspoons minced garlic
- 1 teaspoon mesquite liquid smoke flavoring
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon tequila

4 chicken breast fillets

## Mexi-Ranch Dressing:

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon milk
- 2 teaspoons minced tomato
- 1 1/2 teaspoons white vinegar
- 1 teaspoon minced canned jalapeno slices (nacho slices)
- 1 teaspoon minced onion
- 1/4 teaspoon dried parsley
- 1/4 teaspoon Tabasco pepper sauce
- 1/8 teaspoon salt
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon cumin
- 1/8 teaspoon chili powder
- dash garlic powder
- dash ground black pepper

1 cup shredded cheddar/monterey jack cheese blend

2 cups crumbled corn chips or fried tortilla strips

Prepare marinade by combining marinade ingredients in a medium bowl.

Add the chicken to the bowl, cover and chill for 2 to 3 hours.

Make the mexi-ranch dressing by combining all of the ingredients in a medium bowl. Mix well until smooth, then cover dressing and chill it until needed.

When you are ready to prepare the entree, preheat the oven to high broil. Also, preheat your barbecue or indoor grill to high heat. When

the grill is hot cook the marinated chicken breasts for 3 to 5 minutes per side, or until they're done. Arrange the cooked chicken in a baking pan. Spread a layer of mexi-ranch dressing over each piece of chicken (you'll have plenty left over), followed by 1/4 cup of the shredded cheese blend. Broil the chicken for 2 to 3 minutes, or just until the cheese has melted.

Spread a bed of 1/2 cup of the tortilla strips or crumbled corn chips on each of four plates. Slide a chicken breast onto the chips on each plate and serve with your choice of rice, and pico de gallo, or salsa.

# Aunt Jamima Maple Syrup

---

2 cups water  
1 cup sugar  
2 cups dark corn syrup  
1/4 teaspoon salt  
1 teaspoon maple flavoring

Combine the first four ingredients in a saucepan over medium heat. Stir occasionally, until the mixture comes to a full boil. Let it boil for 7 minutes. Turn the heat off and let the syrup cool for 15 minutes. Add the maple flavoring and stir. When completely cool, transfer the syrup to a covered plastic or glass container.

VARIATION: For syrup with a butter flavor, just add 3 tbsp. of butter to the mixture before heating. For a lighter syrup, use a sugar substitute instead of the regular sugar.

# BBQ Beer Can Chicken

---

- 1 large whole chicken (4 to 5 pounds)
- 3 Tbs. basic rub for BBQ, or your favorite dry BBQ rub
- 1 can (12 oz.) beer
- 1½ cups mesquite chips, soaked in water to cover for 1 hour and drained

## Basic Rub for BBQ

- ½ cup kosher salt
- ½ cup sugar
- ½ cup ground black pepper
- ½ cup paprika

Remove and discard the fat just inside the body cavities of the chicken. Remove the package of giblets, and set aside for another use. Rinse the chicken, inside and out, under cold running water. Then drain and blot dry, inside and out, with paper towels. Sprinkle 1 Tbs. of the rub inside the body and neck cavities, then rub another 1 Tbs. of the mixture between the flesh and skin. Cover and refrigerate the chicken while you preheat the grill.

Set up the grill for indirect grilling, placing a drip pan in the center. If using a charcoal grill, preheat to medium. If using a gas grill, place all the wood chips in the smoker box and preheat the grill to high; then, when smoke appears, lower the heat to medium.

Pop the tab on the beer can. Using a "church-key" style opener, make 6 or 7 holes in the top of the can. Pour out the top inch of beer, then spoon the remaining dry rub through the holes into the beer. Holding the chicken upright, with the opening of the body cavity down, insert the beer can into the cavity.

When ready to cook, if using charcoal, toss half the wood chips on the coals. Oil grill grate. Stand the chicken up in the center of the hot grate, over the drip pan. Spread out the legs to form a sort of tripod, to support the bird.

Cover the grill and cook chicken until fall-off-the-bone tender, approximately 2 hours. If using charcoal, add 10–12 fresh coals per side and the remaining chips after 1 hour.

Using tongs, lift the bird to a cutting board or platter, holding a large metal spatula underneath the beer can for support. Have the board or platter right next to the bird to make the move shorter. Be careful not to spill hot beer on yourself. Let stand for 5 minutes before carving the meat off the upright carcass. Toss beer can out along with the carcass.

## Bean Dip

---

- 1 15-ounce can pinto beans, drained
- 4 bottled jalapeno slices (nacho slices)
- 1 tablespoon juice from bottled jalapeno slices
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper

Combine drained pinto beans with the other ingredients in a food processor. Puree ingredients on high speed until smooth. Cover and chill for at least an hour before serving.

# Beer Batter Chicken Fingers

---

1 cup flour  
1 cup beer  
1/2 cup water  
1 egg yolk  
1 egg white, beaten until stiff  
2 chicken breasts, skinless, boneless, cut into large strips  
1/4 teaspoon salt  
2 tablespoons Worcestershire sauce  
2 tablespoons your favorite hot sauce  
peanut oil (for deep frying)

Mix together flour and salt. Add the beer. Using a whisk, mix well and then add water and mix until smooth. Add the egg yolk and mix well. Add the beaten egg white and mix well. Place into refrigerator for at least 2 hours.

Mix the Worcestershire sauce and hot sauce together and add chicken strips. Allow chicken to marinate for at least 10 minutes. Roll chicken in your batter. Deep fry until golden brown, then drain on a paper towel. Serve with your favorite dipping sauce.

# Big Red Popcorn

---

6–7 quarts of popped corn  
1 – 12 ounce package of cinnamon red hots candy  
Sugar  
1 stick (1/4 lb.) margarine or butter  
1/2 cup corn syrup  
1 teaspoon salt  
1/2 teaspoon baking soda  
1 teaspoon butter flavoring  
1/8 – 1/4 teaspoon oil of cinnamon

Preheat oven to 250 degrees. Put red hots into a 2–cup measure and fill to the top with sugar. Boil all ingredients except soda and flavorings for 5 minutes. Remove from heat and add soda and flavorings. Pour over popped corn. Bake at 250 degrees for 1 hour, stirring every 15 minutes.

## **Bit-O-Honey Candy**

---

- 1 cup honey
- 1 cup chunky peanut butter
- 2 cups dry powdered milk

Melt honey and peanut butter together in microwave. Add dry powdered milk and knead well. Roll out on wax paper. Cut in strips and roll into pillows. Wrap in wax paper to store.

# Broiled Baby Back Ribs

---

3 racks (about 1 pound each) pork baby-back ribs, each rack cut in half

Barbecue Sauce:

1 cup catsup

1/4 cup cider vinegar

3 teaspoons each dark-brown sugar and Worcestershire sauce

1 teaspoon liquid smoke

1/2 teaspoon salt

1. Put ribs in a large pot with water to cover. Bring to a boil, reduce heat, cover and simmer 1 hour or until meat becomes fork-tender.
2. Meanwhile mix sauce ingredients in a medium saucepan. Bring to a boil, reduce heat and simmer uncovered, stirring often, 30 minutes or until slightly thickened.
3. Heat broiler. Line broiler pan with foil for easy cleanup. Place ribs, meat side down, on broiler-pan rack, brush with 1/2 the sauce and broil 4 to 5 inches from heat source 6 to 7 minutes. Turn ribs over, brush with remaining sauce and broil 6 to 7 minutes longer or until edges are just slightly charred.

# Buffalo Style Shrimp

---

This recipe is for 12 shrimps, so you may want to double or triple it depending upon how many guests you expect:

## Sauce:

1/4 cup Frank's hot sauce

1/4 cup butter

1/8 teaspoon paprika

dash black pepper

dash garlic powder

Combine in a small saucepan over medium heat until butter is mixed through. Cover, keep warm on low heat.

## Shrimp:

12 uncooked large shrimp, peeled and de-veined

1 egg, beaten

1/2 cup milk

1 cup flour

Combine the egg and milk in a small bowl have the flour ready in a large gallon size zip lock bag.

Coat six of the shrimp with milk/egg then toss them in the bag of flour and shake well to coat. Leave them in there, and repeat the process with the next six shrimp. Make sure they are all nicely coated with flour.

Refrigerate about 5 minutes while your deep fryer heats up to 375 degrees.

Deep fry for 8-10 minutes, until shrimp tails are dark brown. Remove, drain, and toss gently with your prepared buffalo sauce. You can do this by shaking gently in a large tupperware container with a lid.

# Carne Asada

---

1 – 20 ounce top sirloin steak  
2 tablespoons vegetable oil  
1/2 teaspoon dried leaf oregano, crushed  
1/2 teaspoon salt  
1/4 teaspoon coarsely ground pepper  
1/4 cup orange juice  
1 tablespoon lime juice  
2 teaspoon cider vinegar  
2 orange slices, 1/2" thick

Place steak in a shallow glass baking dish. Rub with oil on each side. Sprinkle with oregano, salt and pepper. Sprinkle orange juice, lime juice, and vinegar over the steak. Cover and refrigerate overnight for best flavor or several hours, turning occasionally.

To cook, bring meat to room temperature. Prepare and preheat charcoal grill (or gas grill). Drain meat, reserving marinade. Place steak on grill. Top with orange slices. Occasionally spoon reserved marinade over steaks as they cook. Grill 3–4 minutes on each side, or until medium–rare. Cook longer if desired. Remove orange slices to turn steak. Replace orange slices on top of steak.

## Cheddar Baked Potato Soup

---

1 can Campbell's Cheddar Cheese Soup  
1 can chicken broth  
1 pound grated Cheddar Cheese  
4 cups whole milk + 1 soup can  
2 Tablespoons butter  
2 Tablespoons Corn Starch  
Salt, Pepper, Onion powder and Garlic salt – 1/2 teaspoon each  
7 medium potatoes, diced to 1" and boiled

Add soup, 1/2 can broth, 1 can milk, and stir. Add in cheese, and milk. Stir in cornstarch with rest of broth, add to soup. Add spices and butter. Bring to a boil, reduce heat, and simmer for 15–20 minutes. Add boiled potatoes, and simmer 15 minutes more. Top with chives and bacon bits. For the best taste, let cool and reheat.

# **Cheesy Ham Hashbrown Casserole**

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- 1 (2 pound) package frozen hash brown potatoes, thawed
- 1 (8 ounce) package sliced ham, chopped
- 2 (10.75 ounce) cans cream of potato soup
- 1 (16 ounce) container sour cream
- 2 cups shredded sharp Cheddar cheese
- 1 1/2 cups grated Parmesan cheese

Preheat oven to 375 degrees F. Lightly grease a 9x13 inch baking pan.

In a large mixing bowl, combine potatoes, ham, potato soup, sour cream and cheddar cheese. Sprinkle with Parmesan cheese.

Bake in preheated oven until sauce is browned and top is browned, about 60 minutes. Serve immediately.

## Chicken Bryan

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8 oz. chicken breast  
Oil and vinegar grilling baste (or Italian salad dressing)  
Dash of grill seasoning mix  
2 – 3/4 oz. portions goat cheese  
2 oz. lemon butter  
Pinch of basil  
10 – 12 pieces sundried tomatoes, julienned

Baste chicken breast on both sides, then season with grill seasoning mix. Grill on both sides. When chicken is halfway done on the second side, add two slices of goat cheese on top, to soften. Cook lemon butter, basil and sundried tomatoes over medium heat. Place chicken and goat cheese on serving plate, then drizzle with lemon butter, basil and tomato sauce. Serve with a side of pasta.

# Chicken Noodle Casserole

---

4 boneless chicken breasts  
6 ounces egg noodles  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (10.75 ounce) can condensed cream of chicken soup  
1 cup sour cream  
salt to taste  
ground black pepper to taste  
1 cup crumbled Ritz crackers  
1/2 cup butter

Poach chicken in a large pot of simmering water. Cook until no longer pink in center, about 12 minutes. Remove from pot and set aside. Bring chicken cooking water to a boil and cook pasta in it. Drain. Cut chicken into small pieces, and mix with noodles.

In a separate bowl, mix together mushroom soup, chicken soup, and sour cream. Season with salt and pepper. Gently stir together cream soup mixture with the chicken mixture. Place in a 2 quart baking dish.

Melt butter in a small saucepan, and remove from heat. Stir in crumbled crackers. Top casserole with the buttery crackers.

Bake at 350F for about 30 minutes, until heated through and browned on top.

# Cinnabon Rolls

---

## ROLLS:

1/2 cup warm water  
2 packages dry yeast  
2 tablespoons sugar  
3 1/2 oz. pkg. vanilla pudding mix  
1/2 cup margarine, melted  
2 eggs  
1 teaspoon salt  
6 cups flour

## CREAM CHEESE FROSTING:

8 oz. cream cheese  
1/2 cup margarine  
1 teaspoon vanilla  
3 cups confectioner's sugar  
1 tablespoon milk

To make frosting, mix all ingredients until smooth.

In a bowl combine water, yeast and sugar. Stir until dissolved. Set aside.

In large bowl, take pudding mix and prepare according to package directions. Add margarine, eggs and salt. Mix well. Then add yeast mixture. Blend.

Gradually add flour; knead until smooth. Place in a greased bowl. Cover and let rise until doubled. Punch down dough and let rise again.

Then roll out on floured board to 34 x 21" size. Take 1 cup soft butter and spread over surface. In bowl, mix 2 cups brown sugar and 4 teas. cinnamon. Sprinkle over top. Roll up very tightly. With knife, put a notch every 2". Cut with thread or knife.

Place on lightly greased cookie sheet 2" apart. Take hand and lightly press down on each roll. Cover and let rise until double again. Bake at 350F for 15–20 minutes. Remove when they start to turn golden.  
**DON'T OVER BAKE.**

Frost warm rolls with Cream Cheese Frosting.  
Makes about 20 very large rolls.

## Cool Whip

---

1 teaspoon gelatin  
2 teaspoons cold water  
3 tablespoons boiling water  
1/2 cup ice water  
1/2 cup nonfat dry milk  
3 tablespoons sugar  
3 tablespoons oil

Chill a small mixing bowl. Soften gelatin with 2 teaspoons cold water, then add boiling water, stirring until gelatin is completely dissolved. Cool until tepid. Place ice water and nonfat dry milk in the chilled bowl. Beat at high speed until mixture forms stiff peaks. Add sugar, still beating, then oil and gelatin. Place in freezer about 15 minutes then transfer to refrigerator until ready for use. Stir before using to retain creamy texture. Makes 2 cups.

## Crab au Gratin

---

8 tablespoons (1 stick) butter  
1/2 cup onion, minced  
2 tablespoons all-purpose flour  
1 cup milk, scalded  
1/2 teaspoon salt  
dash of white pepper  
1/4 cup sherry  
12 ounce crab meat  
1 cup crackers, finely crumbled  
1/2 cup cheddar cheese, finely grated

- 1) Crumble crackers between waxed paper with a rolling pin. Reserve just enough crumbs and cheese to top the casserole.
- 2) Melt 4 tablespoons of the butter in a large heavy skillet.
- 3) Add onion and saut for about 5 minutes or until golden.
- 4) Slowly add flour, stirring constantly over low heat.
- 5) When flour is blended, gradually add hot milk (scalded) and blend with a whip.
- 6) Continue stirring over low heat until the sauce begins to thicken.
- 7) Add salt, pepper, and sherry, and continue stirring in a bowl.
- 8) Mix crab meat, sauce, and the extra cracker crumbs and cheese.
- 9) Place in a lightly greased baking dish.
- 10) Sprinkle reserved cracker crumbs and cheese on the top of the casserole.
- 11) Dot the top with the remaining 4 tablespoons butter.
- 12) Bake uncovered at 350F for about 15 minutes or until the top is golden brown.

## Deep Fried Mars Bars

---

1 cup sifted flour  
1 teaspoon salt  
3/4 cup cold water  
1/4 teaspoon baking powder  
4 Mars or other caramel covered candy bars  
Shortening or oil for frying

Mix flour, salt, and water until smooth, cover, and let stand at room temperature 20 to 30 minutes. Stir baking powder into batter. Place shortening or oil in a deep fat fryer, insert thermometer, and begin heating over high heat. Dip candy bars into batter, allowing excess to drain off. Fry in 375F fat until golden and crisp. Drain on paper toweling.

# Fish and Chips

---

Matzo meal is the special ingredient that makes many London fish-and-chips recipes what they are.

2 white fish fillets (e.g., cod, haddock, sole), each about 7 oz.  
Oil for deep frying (peanut, canola, sunflower)  
2 eggs, beaten  
3/4 cup fine matzo meal  
3 medium Russet potatoes

For fish: – Preheat oven to 200 F.

Pour at least five inches of oil into saucepan or deep fryer. Be sure to leave several inches at top, because the oil will bubble vigorously when the fish is introduced. Heat oil to 370F. Wash fish fillets and dry with paper. Slice fillets in half crosswise. Dip them in beaten egg and then coat with matzo meal. Carefully place fillets in hot oil. Do not use more than two fillets at a time, because this will bring down oil temperature. Cook fish until a deep golden brown, about 8 minutes. Remove from oil, drain on paper towels, and sprinkle with coarse salt. Keep fish warm in oven. For potatoes: Peel potatoes and cut into chips about the size of your index finger. Soak in cold water while fish is cooking. When fish is done, drain potatoes and slowly place a third of them in hot oil. Cook potatoes until golden brown and crispy, about five minutes. Remove from oil, drain on paper towels, and sprinkle with coarse salt. Place potatoes in oven. Repeat process with two remaining batches of potatoes. Serve fish with chips on plate or newspaper. Sprinkle fish with malt vinegar.

# Green Tomato Soup

---

3 cups green tomatoes, peeled & chopped fine  
1 onion, chopped  
1/4 teaspoon cinnamon  
1/8 teaspoon cloves; ground  
1 teaspoon sugar  
1/4 teaspoon pepper  
2 cups water  
1/4 teaspoon baking soda  
3 tablespoons butter  
3 tablespoons flour  
4 cups milk

Place in the saucepan; the tomatoes, onion, cinnamon, ground cloves, sugar, pepper and water. Bring to a boil and boil for 30 minutes. Add the soda.

Melt the butter, add the flour. Mix and add the milk. Cook until creamy, stirring constantly. Add green tomatoes to the cream. Mix thoroughly. Salt to taste and serve.

# Homemade Breakfast Sausage

---

## Sage Sausage:

- 16 ounces ground pork
- 1 teaspoon salt
- 1/2 teaspoon dried parsley
- 1/4 teaspoon rubbed sage
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon coriander
- 1/4 teaspoon MSG (Accent)

## Hot Sausage:

- 16 ounces ground pork
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon rubbed sage
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon coriander
- 1/4 teaspoon MSG (Accent)

## Maple Sausage:

- 16 ounces ground pork
- 3 tablespoons maple flavored syrup
- 1 teaspoon salt
- 1/2 teaspoon MSG (Accent)
- 1/4 teaspoon coriander

Combine all ingredients for the flavor of your choice in a medium bowl. Form the sausage into patties and cook in a skillet over medium heat until brown. Each recipe makes 1 pound of sausage.

# Hostess Snowballs

---

4 egg whites  
1/2 cup butter  
1 cup sugar  
1/2 teaspoon vanilla extract  
1/2 teaspoon almond extract  
Rind of 1 lemon, finely grated  
2 cups sifted cake flour  
1 tablespoon baking powder  
2/3 cup milk  
2 to 3 cups sweetened shredded coconut

## Frosting:

1 (16 oz.) pkg. powdered sugar  
1 (7 oz.) jar JET-PUFFED Marshmallow Creme  
1/4 cup margarine or butter, softened  
1 teaspoon vanilla extract  
1 to 2 tablespoons milk

Preheat the oven to 350F. Butter and flour muffin tins or dome shaped baking molds and set aside.

Whip the egg whites in a clean bowl until stiff but not dry and place in the refrigerator while you make the rest of the batter. Cream the butter and add the sugar. Continue mixing to blend well. Add the vanilla extract, almond extract and lemon rind and mix well.

Sift the flour 3 times with the baking powder then add it to the butter mixture alternately with the milk in 3 additions. Fold in the whites and pour the batter into the molds, filling about 3/4 of the way up. Bake for 20 to 25 minutes until batter is firm to the touch in the center. Let cool in the pans then turn out so the top becomes the bottom (you may need to trim them a bit so they sit flat).

Frosting: Beat sugar, marshmallow creme, margarine or butter and vanilla extract with electric mixer at medium speed, beating in milk as needed to desired frosting consistency.

Place the coconut in a bowl and add 1 drop of red or green food coloring for a pale color. Toss until food coloring is well mixed in and the coconut is the desired color. Frost the top and sides of the cakes and dip/roll in coconut to make them look like snowballs.

# Italian Wedding Soup

---

1 pound lean ground beef  
1 egg (or 2 egg whites)  
1/2 cup fresh bread crumbs or cracker crumbs  
2 tablespoons grated Parmesan or Romano cheese  
3 tablespoons grated onion  
1 crushed clove of garlic or 1 teaspoon minced garlic  
1 teaspoon crushed basil  
1/2 – 1 teaspoons salt  
1/4 teaspoon pepper  
6 cups chicken broth  
2/3 cup of riso (tiny pasta shaped like grains of rice)  
1 cup chopped spinach (cut up bok choy may be used)  
1 loaf good Italian bread  
extra grated parmesan cheese

Combine first 9 ingredients and form into TINY meatballs, about 1 cm, or 1/2 inch in diameter.

Bring to a slow boil in a 3–quart (liter) pan, the 6 cups of well–seasoned chicken broth. (homemade) or 3 – 14 oz. cans seasoned with celery and onion.

Add the meatballs, and cook for a few minutes until done.

Remove the meatballs with a slotted spoon.

Add the riso and cook til almost done, about 5 minutes.

Add the meatballs and chopped spinach and cook a few minutes longer til spinach is done.

Butter and toast thick slices of Italian bread. Place a slice in each bowl and ladle soup over bread. Sprinkle each serving with parmesan cheese and serve.

Serve remaining toasted bread with the soup.

## Kettle Corn

---

2/3 cup raw popcorn

1/4 cup oil

1/4 cup sugar

Place oil and popcorn in a large skillet that has a tight fitting lid. The popcorn should barely cover the bottom surface. Heat over medium until the first kernel starts to pop. Quickly stir in the sugar until dissolved. Cover and continuously shake skillet while holding top. Be careful, this will burn much quicker than regular popcorn. When you think all is popped, remove from heat. Spoon the popped corn into a bowl while shaking once in a while to let the uncooked kernels settle. Salt lightly, and break up into pieces.

(Note: This may take a little practice, but well worth the effort!)

# Loaded Baked Potato Skins

---

- 4 medium russet potatoes
- 1/3 cup sour cream
- 1 tablespoon snipped fresh chives
- 1/4 cup (1/2 stick) unsalted butter, melted
- 1–1/2 cups shredded cheddar cheese
- 5 slices bacon, cooked

Preheat the oven to 400F. Bake the potatoes for 1 hour. Let the potatoes cool down enough so that you can touch them. As the potatoes are baking, make the sour cream dip by mixing the sour cream and the chives. Place the mixture in a covered container in your refrigerator.

When the potatoes are cool enough to handle, make 2 lengthwise cuts through each potato, resulting in three 1/2 to 3/4 inch slices.

Discard the middle slices or save them for a separate dish of mashed potatoes. This will leave you with two potato skins per potato. With a spoon, scoop out some of the potato from each skin, being sure to leave about 1/4 inch of potato inside of the skin. Brush the entire surface of each potato skin, inside and out, with the melted butter. Place the skins on a cookie sheet, cut side up, and broil them for 6–8 minutes or until the edges begin to turn dark brown. Sprinkle 2–3 tablespoons of cheddar cheese into each skin. Crumble the cooked bacon and sprinkle 1–2 teaspoons of the bacon pieces onto the cheese. Broil the skins for 2 more minutes or until the cheese is thoroughly melted. Serve hot, arranged on a plate surrounding a small bowl of the sour cream dip.

## Low Fat Chicken Normandy

---

Butter-flavored vegetable cooking spray  
4 boneless, skinless chicken breast halves (about 4 ounces each)  
Salt and pepper, to taste  
2 medium Granny Smith apples, unpeeled, cored, sliced  
6 green onions and tops, sliced  
2/3 cup apple cider or unsweetened apple juice  
2 teaspoons chicken bouillon crystals  
1 1/2 teaspoons dried sage leaves  
2/3 cup fat-free half-and-half or 2% milk  
2 teaspoons flour  
6 packets Equal sweetener or equivalent  
Sage or parsley sprigs, as garnish

Spray large skillet with cooking spray; heat over medium heat until hot. Saute chicken breasts until browned, 3 to 5 minutes on each side. Season to taste with salt and pepper.

Add apples, onions, apple cider, bouillon, and sage to skillet; heat to boiling. Reduce heat and simmer, covered, until chicken is tender, 10 to 12 minutes. Remove chicken and apples to serving platter.

Continue simmering cider mixture until almost gone. Mix half-and-half, flour, and Equal in glass measuring cup; pour into skillet. Heat to boiling; boil, stirring constantly, until thickened, about 1 minute. Season to taste with salt and pepper; pour over chicken and apples. Garnish with sage. Makes 4 servings.

Nutrition information per serving: 240 cal., 29 g pro., 25 g carbo., 2 g fat, 66 mg chol., 676 mg sodium.

Food exchanges: 1 1/2 fruit, 3-1/2 lean meat.

# Low Fat Chocolate Chip Cookies

---

2 3/4 cup all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1/2 cup unsweetened applesauce  
1/2 cup fat-free sour cream  
3/4 cup granulated sugar  
3/4 cup firmly packed brown sugar  
1 teaspoon vanilla  
1/2 cup egg substitute  
1 package (12 ounces) reduced-fat chocolate chips

Preheat oven to 375F. In a small bowl, combine flour, baking soda and salt; set aside. In a large mixing bowl, combine applesauce, sour cream, sugars, vanilla, and egg substitute. Add flour mixture to applesauce mixture. Stir until well blended. Stir in chocolate chips.

Using 2 spoons, drip by rounded teaspoonfuls onto a cookie sheet that has been sprayed with vegetable oil cooking spray. Note: Dough will be very sticky. Bake 9 – 11 minutes or until edges are golden brown. Yield: 60 cookies. Serving size = 1 cookie

Exchanges: 1 serving = 1 starch

Nutrition information per serving: 65 calories, 14 g carbohydrate, 1 g protein, 1 g fat, 0 mg cholesterol

# Montreal Steak Seasoning

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- 4 tablespoons salt
- 1 tablespoon black pepper
- 1 tablespoon dehydrated onion
- 1/2 tablespoon dehydrated garlic
- 1/2 tablespoon crushed red pepper
- 1/2 tablespoon dried thyme
- 1/2 tablespoon dried rosemary
- 1/2 tablespoon dried fennel

Mix together and store in a shaker. Shake or rub 1 tablespoon seasoning onto 1 pound steaks, pork chops and hamburgers before grilling or broiling.

For a zesty marinade, add 2 teaspoons seasoning to 1/4 cup olive oil and 2 tablespoons soy sauce. Add meat; marinate 45 minutes.

# O'Charlie's Hot Browns

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1/3 cup butter or margarine, plus 1 tablespoon  
2 eggs, well beaten  
1 medium onion, chopped  
1/3 cup flour  
sliced cooked turkey or chicken  
3 cups hot milk  
1/4 pound American Cheese

Optional Toppings: Cooked Bacon, Parmesan Cheese, Paprika,  
Tomato Slices

Melt butter in 2 quart pan over medium heat. Add onion and cook until soft. Add flour and blend to make a smooth paste. Add milk; stir and cook until thick and smooth. Stir in egg quickly or it will scramble and then add the cheese slices and remaining butter. Continue to cook, stirring often until it almost boils. **DO NOT LET IT BOIL.** Remove from heat and put a piece of wax paper in the pan on top of the sauce so a skin does not form. Sauce also thickens as it stands. Allow to sit for about 30 minutes.

To assemble: Toast 8 pieces of bread. Put 1 piece of toast in the middle of an oven proof plate. Put other piece, that has been cut on diagonal, on either side. Put meat on bread. Pour sauce over. Put bacon, parmesan cheese and paprika on top (if desired) Bake in oven at 400F for 5 minutes or so until it begins to bubble. Serve at once. Add tomato slices if desired.

# Old Fashioned Peach Cobbler

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2 1/2 cups all-purpose flour  
3 tablespoons white sugar  
1 teaspoon salt  
1 cup shortening  
1 egg  
1/4 cup cold water

3 pounds fresh peaches – peeled, pitted and sliced  
1/4 cup lemon juice  
3/4 cup orange juice  
1/2 cup butter  
2 cups white sugar  
1/2 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
1 tablespoon cornstarch

1 tablespoon white sugar  
1 tablespoon butter, melted

Sift flour, 3 tablespoons sugar and salt into a medium bowl. Work in shortening with pastry blender until mixture is crumbly. In a small bowl, whisk together egg and cold water. Sprinkle over flour mixture and work with hands to form dough into a ball. Chill in refrigerator 30 minutes.

Preheat oven to 350F. Roll out half of dough to 1/8 inch thickness and place in a 9x13 inch baking dish, covering bottom and halfway up sides. Bake for 20 minutes, or until golden brown. Combine peaches, lemon and orange juice in large saucepan. Add 1/2 cup butter and cook over medium low heat until butter is melted. In a separate bowl, combine 2 cups sugar, nutmeg, cinnamon and cornstarch. Stir into heated peach mixture, then remove from heat.

Roll remaining dough to a thickness of 1/4 inch. Cut into half-inch-wide strips. Pour peach mixture into baked crust. Top with dough strips interwoven in a lattice pattern. Sprinkle with 1 tablespoon sugar and drizzle with 1 tablespoon melted butter. Bake at 350F for 35 to 40 minutes, or until top crust is golden brown.

## P.F. Chang's Lettuce Wraps

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8 dried shiitake mushrooms  
1 Teaspoon cornstarch  
2 Teaspoon dry sherry  
2 Teaspoon water  
salt and pepper  
1–1/2 pounds boneless, skinless chicken  
5 Tablespoon oil  
1 Teaspoon fresh minced ginger  
2 cloves garlic, minced  
2 green onions, minced  
2 small dried chilis, (optional)  
8 Ounce can bamboo shoots, minced  
8 Ounce can waterchestnuts, minced  
1 package cellophane Chinese rice noodles,  
prepared according to package

### Cooking Sauce:

1 Tablespoon Hoisin sauce  
1 Tablespoon soy sauce  
1 Tablespoon dry sherry  
2 Tablespoon oyster sauce  
2 Tablespoon water  
1 tsp. sesame oil  
1 tsp. sugar  
2 tsp. cornstarch

Iceburg lettuce "cups"

Cover mushrooms with boiling water, let stand 30 minutes then drain. Cut and discard woody stems. Mince mushrooms. Set aside. Mix all ingredients for cooking sauce in bowl, and set aside. In medium bowl, combine cornstarch, sherry water, soy sauce, salt, pepper, and chicken. Stir to coat chicken thoroughly. Stir in 1 tsp. oil and let sit 15 minutes to marinate. Heat wok or large skillet over medium high heat. Add 3 TBSP oil, then add chicken and stir fry for about 3–4 minutes. Set aside. Add 2 TBSP oil to pan. Add ginger, garlic, chilies (if desired), and onion; stir fry about a minute or so. Add mushrooms, bamboo shoots and water chestnuts; stir fry an additional 2 minutes. Return chicken to pan. Add mixed cooking sauce to pan. Cook until

thickened and hot. Break cooked cellophane noodles into small pieces, and cover bottom of serving dish with them. Then pour chicken mixture on top of noodles.  
Spoon into lettuce leaf and roll.

## Red Hot Crockpot Chili

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- 1 lb. bacon, cut up in small chunks
- 4 lbs. ground beef
- 4 (1 lb) cans kidney beans
- 28 ounces canned crushed tomatoes
- 12 ounces tomato paste
- 2 onions, finely chopped
- 4 ounces chili powder
- 4 ounces cayenne pepper (dry powder)
- 2 cans beef broth
- 2 fresh tomatoes
- 2 jalapeno peppers or serrano peppers, fresh
- 3 cloves garlic
- 1 tablespoon ground cumin
- 1 tablespoon oregano
- 1 1/2 tablespoons paprika

Fry the bacon until it starts to brown, then put it into the crockpot. In the bacon drippings, brown the ground beef. Put the ground beef, beans, crushed tomatoes, tomato paste, onions, chili powder, and the cayenne into the crockpot with the beef broth. Cut the stems off the fresh peppers and cut them in two or three chunks. Place the peppers along with the garlic and whole fresh tomatoes into a food processor and puree the three ingredients. Put this into the crockpot, stir to mix and let it all cook for 10–12 hours on low or 5–6 hours on high.

# Sauerbraten with Potato Pancakes

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5 pound top round  
10 whole garlic cloves, peeled  
1 quart red wine vinegar  
2 cups julienned onions  
1 small bundle of fresh thyme  
4 bay leaves  
1 tablespoon whole black peppercorns  
1/4 cup sugar  
4 cups beef stock  
1 cup crushed gingersnap cookies  
1 cup sour cream

Stud the roast with the whole garlic cloves, and season with salt and pepper. Place the roast in a deep glass bowl.

In a mixing bowl, whisk the vinegar, onions, herbs, and sugar together. Whisk the liquid until the sugar dissolves. Pour the marinade over the roast and cover with plastic wrap. Place the roast in the refrigerator and marinate for 72 hours.

Remove the roast from the marinade. Strain the marinade. Place the roast in a braising pan. Add the beef stock to the strained liquid. Pour the liquid over the roast and place in 325F oven. The liquid should cover 1/2 of the roast. Braise the roast covered for 2–3 hours. Turn the meat several times and add additional stock if needed. Place pan with the braising liquid over a burner. Bring the liquid to a simmer. Whisk the crushed gingersnaps into the liquid. Simmer the sauce for 2–3 minutes. Season with salt and pepper. Stir in the sour cream. Slice the roast and coat meat with some of the sauce. Serve the remaining sauce separately with potato pancakes.

## Potato Pancakes

4 medium potatoes  
1 medium onion  
1 egg, lightly beaten  
1 teas. salt  
1/4 teas. nutmeg  
1/4 teas. white pepper  
1/2 teas. baking soda  
Butter or bacon fat

Wash the potatoes and peel them, then drop them into cold water.

Let stand one or two hours. Drain. Grate the potatoes with a fine grater and press to squeeze out excess liquid. Peel and grate the onion into the potatoes and add the egg, seasonings and soda. Mix well. Heat butter or fat in a large skillet and add one spoonful of the mixture for each pancake. They should not be too thick. Cook gently until golden brown on the bottom, turn, and brown the other side. Allow to drain on paper towels, and keep warm until ready to serve. Add more fat to the skillet and continue cooking the pancakes in this fashion until all the mixture is used

# Shrimp Primavera

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Sauce:

- 1/3 ounce butter or margarine
- 1 pack Knorr Romaglio Pasta (1 ounce) Sauce Mix (or similar)
- 28 ounces canned tomatoes, crushed
- 2 tablespoons lemon juice
- 1/4 teaspoon red chili pepper — crushed
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried marjoram
- 1/2 teaspoon black pepper

- 2 tablespoons butter
- 1/2 pound mushrooms, halved
- 1 cup green peppers, 1" squares
- 1 cup red peppers, 1" squares
- 1/2 cup yellow onion, 1" squares
- 1 pound linguini, cooked
- 1 pound medium shrimp, cooked, peeled and deveined

Melt butter in 3-qt pan over medium heat. Add remaining sauce ingredients. Stir well and simmer for 10 minutes. In a large saute pan, melt 2 tb butter. Saute veggies about 3 minutes until crisp yet tender. Add to the sauce and simmer 5 more minutes. When pasta is almost done, stir shrimp into sauce to heat through. Do not boil. Spoon Shrimp Primavera sauce over hot linguini. Sprinkle with Parmesan.

# Spinach Dip

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- 8 ounces sliced mushrooms
- 3/4 cup diced yellow onion
- 2 tablespoons butter
- 1 teaspoon Italian seasoning
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (10-ounce) packages frozen, chopped spinach, thawed
- 2 cups cooled spinach dip sauce (see recipe below)
- 3/4 cup (6 ounces) sour cream
- 1/2 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan cheese

Saute the mushrooms and onion in butter with the Italian seasonings, lemon juice, salt and black pepper. When the mushrooms are tender they are cooked. Drain and cool.

Squeeze water from thawed spinach, making sure the spinach is completely dry. Combine the dry spinach with the cooled dip sauce, sour cream and cheeses. Add lemon juice and spices and the mushroom-onion mixture.

Make the dip a day ahead to allow the flavors ample time to meld. Also, the spinach mixture and the spinach dip sauce should be chilled before combining them. The spinach dip is best served warm with white corn tortillas and fresh salsa. Heat in a microwave or in a saucepan on the stovetop, stir frequently so that the mixture won't burn or stick to the pan

## Spinach Dip Sauce:

In a small saucepan on medium heat, melt 2 tablespoons butter. Add 2 tablespoons minced shallots and 1 tablespoon minced garlic. Saute for 3 minutes. Slowly whisk in 3 tablespoons all-purpose flour to make a roux. Cook 4 minutes. While stirring, add 16 ounces (2 cups) heavy cream, 1 teaspoon ground white pepper, 1 teaspoon salt, 1/4 cup finely julienned fresh basil and 1/4 cup freshly shredded Parmesan cheese. Bring to a boil. Reduce the temperature to low and simmer for 6 minutes, stirring constantly to avoid sticking. Place the sauce in the refrigerator to cool until ready to assemble dip.

## Szechuan Chicken

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1 lb. boneless chicken breast, cubed  
4–6 carrots, sliced into 1/4" pieces  
1 can bamboo shoots  
12–15 dried hot peppers  
cooking oil

### Sauce:

6 tablespoons soy sauce  
2–3 tablespoons cornstarch  
2–3 tablespoons powdered dry ginger  
3 tablespoons sherry

Mix the ingredients for the sauce in a bowl.

Place the peppers and 1 tbsp. of cooking oil in a wok. Brown the peppers under medium–high heat and remove them to a plate. Add the cubed chicken and cook until pink color disappears (2–5 min). Remove the chicken from the wok. Add 1 tbsp. of oil to the wok, and add the carrots. Stir–fry until carrots begin to soften. (If you prefer soft vegetables, you can add several tablespoons of water to the carrots and steam them for 5 min. or so). Add the bamboo shoots and stir–fry 1–2 minutes.

Add the peppers, chicken, and the sauce to the wok. Stir over medium heat until the sauce thickens.

## Three–Milk Cake (Pastel de Tres Leches)

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- 1 1/2 cups all–purpose flour
- 1 tablespoons baking powder
- 4 eggs, separated
- 1 1/2 cups sugar
- 1/2 cup milk
- Fresh strawberries and mint leaves for garnish
- Topping (recipe follows)
- Meringue (recipe follows)

Preheat oven to 350F. Grease and flour a 13–by–9–by–2–inch baking pan. Sift flour with baking powder. In large bowl with clean beaters, beat egg whites until frothy. Add sugar gradually, beating to form stiff peaks. Add yolks, 1 at a time. Slowly add flour and milk. Pour batter into prepared pan and bake until edges are golden brown, about 40 to 45 minutes. Remove from oven and let cool on a rack. Prepare Topping. Pour Topping over cake and let sit until all the mixture is absorbed, 20 to 30 minutes.

Prepare Meringue and refrigerate. Before serving, cut cake into squares and spread Meringue over each. Garnish as desired with fresh berries and mint leaves.

### Topping:

- 1 (12–ounce) can evaporated milk
- 1 (14–ounce) can sweetened condensed milk
- 2 cups milk
- 1 (16–ounce) carton sour cream

Combine milks and sour cream (do not beat). Use as directed.

### Meringue:

- 1 cup sugar
- 1/2 cup water, heated
- 3 egg whites

Combine sugar and water in a saucepan. Let sit until sugar is dissolved. In clean electric mixer bowl with clean beaters, beat egg whites. Slowly pour sugar syrup over egg whites, beating constantly until meringue holds stiff peaks. Store in refrigerator. This can be served immediately but is best made 24 hours ahead and chilled. The meringue will keep, covered, 2 days in the refrigerator.

## Tortellini Salad

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16 ounces cheese-filled tortellini  
1 green bell pepper, thinly sliced  
1 red bell pepper, julienned  
1 small red onion, julienned  
1/2 cup sliced black olives  
1/2 cup crumbled feta cheese  
1 boneless chicken breast half, cooked and sliced in  
1/4 cup olive oil  
2 teaspoons minced lemon zest  
1/4 cup lemon juice  
2 tablespoons ground walnuts  
1 tablespoon honey

Cook pasta in a large pot of boiling salted water until al dente.

Drain and cool under cold water. Refrigerate until chilled.

Prepare the dressing in a small bowl by whisking together the olive oil, lemon zest, lemon juice, walnuts, and honey. Refrigerate until chilled.

In a salad bowl, combine pasta, peppers, red onion, olives, and chicken. Add lemon dressing and feta cheese, toss and serve.

# Turkey Meatloaf

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3 cups chopped yellow onions  
2 tablespoons good olive oil  
2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
1 teaspoon fresh thyme leaves  
1/3 cup worcestershire sauce  
3/4 cup chicken stock  
1 1/2 tablespoons tomato paste  
5 pounds ground turkey breast  
1 1/2 cups plain dry bread crumbs  
3 extra large eggs, beaten  
3/4 cup ketchup

Preheat oven to 325F.

In a medium saute pan, on medium–low heat, cook the onions, olive oil, salt, pepper and thyme until the onions are translucent but not browned, approximately 15 minutes. Add the Worcestershire sauce, chicken stock, and tomato paste and mix well. Allow to cool to room temperature.

Combine the ground turkey, bread crumbs, eggs and onion mixture in large bowl. Mix well and shape into a rectangular loaf on an ungreased baking sheet. Spread the ketchup evenly on top. Bake for 1 1/2 hours until the internal temperature is 160 degrees and the meatloaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.) Serve hot.

# White Chicken Chili

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6 cups chicken stock  
1 lb. bag great northern beans (soaked in water overnight)  
2 medium onions, chopped  
6 cups diced cooked chicken  
2 jalapeno peppers, seeded and diced  
2 diced chili peppers  
1 1/2 teaspoons oregano  
2 teaspoons cumin  
1/4 teaspoon cayenne pepper  
2 garlic cloves, minced  
1 cup salsa  
1 tablespoon vegetable oil  
salt to taste

Simmer beans, half the onions, and half the garlic for 2 hours in the chicken stock or until the beans soften, stirring frequently. Add chicken and salsa. Saute peppers, spices, and the remaining onions and garlic in the oil and add to the chili. Simmer for one more hour. Garnish with sour cream or Monterey Jack cheese.