

Biscuits

Yield: About 10 large biscuits.

Ingredients:

2 cups Flour
1 Tablespoon Baking Powder
½ Teaspoon Salt
¼ cup Sugar
1/3 cup Shortening
¾ cup Milk

Directions:

Preheat oven to 425°. Sift the flour into a large mixing bowl. Stir in the remaining dry ingredients until well combined. With a pastry blender, cut in the shortening until coarse crumbs appear. Form a well in the center of the mixture and add the milk. Fold together the ingredients until a soft dough is formed (it should be fairly sticky). Turn the dough onto a floured surface and gently form the dough into a ball, only using small amounts of flour. With a floured rolling pin, roll the dough into a ½ inch thick piece. Cut straight down into the dough with a floured biscuit cutter. Place the biscuits (touching each other) on a greased baking sheet. Bake at 425° for 10-12 minutes or until golden brown.

Blender Pancakes

Yield: 16 medium pancakes

Ingredients:

1 c. wheat	2 tsp. sugar
1 ½ c. milk	1 tsp. salt
1 egg	1 Tbsp. baking powder
½ c. oil	

Directions:

1. Put wheat in blender.
2. Add 1 c. milk
3. Blend on high for 2 ½ minutes.
4. Add remaining milk.
5. Blend for 1 minute.
6. Add remaining ingredients.
7. Blend 30 seconds, or until smooth.
8. Cook on hot, greased griddle.

Note: Blending time may vary according to blender quality.

COCOA BROWNIES

Yield: one 8 x 8 pan

Ingredients:

½ c. butter
1 c. sugar
2 eggs
¾ c. plain flour
3 tbsp. cocoa (heaping tbsp. make richer brownies)
1 tsp. vanilla
1 c. chopped nuts, optional

Directions:

1. Pre-heat oven to 350°.
2. Grease 8 x 8 inch pan.
3. In a medium mixing bowl, cream butter and sugar (beat until smooth).
4. Add eggs, then the remaining ingredients and mix with hand mixer until smooth.
5. Pour batter into an 8 x 8 inch, greased pan.
6. Bake for about 25 minutes at 350 degrees.

Note: If you want more cake- like brownies, bake longer and use only level tablespoons of cocoa.

Crepes

Yield: 18-20 crepes

Ingredients:

1 ½ c. Flour	2 c. Milk
1 TBSP Sugar	2 Eggs
½ tsp. Baking Powder	2 TBSP Melted Butter
¼ tsp. Salt	½ tsp. Vanilla

Directions:

1. Mix flour, sugar, baking powder, and salt in a bowl.
2. Mix liquids in a separate bowl.
3. Gradually add dry ingredients to liquid ingredients.
4. Beat until smooth.
5. Spray Teflon fry pan with non-stick spray
6. Heat pan until water sizzles when a few drops are thrown on the pan.
7. Pour almost ¼ c. (for a large pan) batter into pan
8. Rotate pan around so a thin film coats the bottom
9. Cook until golden brown
10. Loosen sides and turn over
11. Cook until golden brown
12. Spray pan each time new batter is put into pan
13. Spread with fruit, whip cream, syrup, cheese, meat, or sprinkle with powdered sugar.

Fruit Smoothie

Ingredients:

¼ c. strawberry or raspberry yogurt
1 banana (optional)
¼ c. Orange Juice Concentrate
¼ c. Sugar
1 c. Water
2 c. Ice

Directions:

1. Combine all ingredients in blender.
2. Blend until smooth (stop and stir occasionally to get rid of air pockets).
3. Enjoy.

Microwave Apple Crisp

Yield: one 9" x 9" pan

Ingredients:

3 or 4 peeled, thinly sliced apples
1 c. brown sugar
½ c. flour
1 tsp. cinnamon
½ tsp. nutmeg
½ c. quick oats
½ c. butter

Directions:

1. In a medium mixing bowl, mix all dry ingredients.
2. Using a pastry blender, cut-in butter until mixture is crumbly.
3. Grease a glass 9" x 9" baking dish, layer apples in dish.
4. Sprinkle the mixture over the top.
5. Cover dish with plastic wrap, leave a small hole to vent.
6. Microwave on high 7 minutes, check to see if apples are fork tender.
7. If not, microwave 3 minute more.
8. Let stand 3 minutes.
9. Serve warm with ice cream or whipped cream.

Microwave Caramels

Ingredients:

- ½ c. sugar
- ½ c. brown sugar
- ½ c. butter
- ½ c. sweetened condensed milk
- ½ c. light karo syrup

Directions:

1. Mix all ingredients in a microwave safe bowl.
2. Microwave on high 2 minutes.
3. Take out and stir.
4. Microwave on high 2 more minutes.
5. Take out and stir.
6. Microwave on high 2 more minutes.
7. Take out and stir.
8. If caramel thickish and darker, stop. If still runny do step 9-12.
9. Microwave on high 1 minute.
10. Take out and stir.
11. Microwave 1 more minute.
12. Take out and stir.
13. Pour into a greased or plastic wrap lined pan.
14. Cool 1 hour, cut and serve, or wrap to keep soft.

Monkey Bread

Yield: 8 x 8 pan

Ingredients:

- 1 can cheap buttermilk biscuits (10 in a can)
- 1/3 c. sugar
- 1/8 tsp. cinnamon
- 4 TBSP butter
- 2 TBSP brown sugar
- ¼ tsp. vanilla

Directions:

1. Preheat oven to 450 F
2. Grease a small, square, glass cake pan
3. Cut biscuit in 1/4s with a knife or kitchen shears
4. Put cinnamon and sugar in a gallon zip-lock or in a bowl with a lid
5. Shake the biscuit pieces in the cinnamon and sugar
6. Arrange the biscuit pieces flat in the greased pan.
7. Melt the butter in a covered dish in the microwave
8. Stir leftover cinn/sugar, vanilla and brown sugar into butter
9. Pour over biscuits in pan
10. Bake until golden brown, about 12 minutes
11. Dump out on a plate and eat hot.

No-Bake Cookies

Yield: 1 dozen large cookies

Ingredients:

2 c. sugar
3 Tbsp. cocoa
½ c. butter
½ c. milk
3 c. quick oats
1 tsp. vanilla

Directions:

1. Bring sugar, cocoa, butter and milk to a boil, stirring constantly.
2. Boil for one minute.
3. Remove from heat.
4. Immediately add oats and vanilla. Mix well.
5. Drop by spoonfuls onto cookie sheet covered in wax paper.

Omelets

Ingredients:

1 egg per person
1 Tablespoon of milk or water for each egg
½ Tablespoon butter or margarine
Any filling: cheese, veggies, bacon, ham

Directions:

- 1- Turn stove onto medium heat, put ½ Tablespoon of butter into Teflon pan.
- 2- Heat until melted and warm, swirl butter to coat the bottom of pan.
- 3- Whisk water and egg together until mixed.
- 4- Pour into hot pan.
- 5- Lift the edges of the omelet so that the uncooked egg flows under and cooks.
- 6- Flip the omelet or cook all the way through. Put fillings in the middle.
- 7- Fold the sides over the fillings.

Oven (German) Pancakes

Yield: 1 small 7" x 11" Pan

Ingredients:

3 Eggs	4 TBSP Melted Butter
½ c. Flour	½ c. Milk
¼ tsp. Salt	

Directions:

1. Preheat oven to 450° F.
2. Melt butter in microwave in covered cereal bowl for 20 seconds.
3. Put 2 TBSP butter in pan, melt in hot oven for 1 minute and turn until it coats the bottom.
4. Mix the eggs, flour, salt and rest of butter with a whisk scraping the sides of the bowl.
5. Pour batter into buttered pan and bake 20-30 minutes (should be very puffy).
6. Serve with syrup, powdered sugar, peanut butter or jam.

Twice-Baked Potatoes

Yield: 4-6 potatoes

Ingredients:

4-6 medium potatoes

For each potato:

1 TBSP milk	1 TBSP butter
2 TBSP shredded cheese	Optional: taco seasoning, ranch dressing mix, onion salt, bacon bits, and ham

Directions:

1. Scrub potatoes. Poke 3 times each with a fork.
2. Arrange in a circle on a microwave safe plate.
3. Microwave on high 6 minutes.
4. Take out and turn potatoes over.
5. Microwave 6 more minutes.
6. Potatoes will finish baking outside the microwave and can cool for 5 minutes.
7. Cut each potato in half the long way.
8. Cup one half of the potato in your hand and carefully scoop out most of the insides into a bowl. Do the same to the other half of the potato.
9. Add milk, butter, cheese, and anything else you'd like to the bowl and mash with the inside of the potato.
10. Using a spoon, scoop the mashed potato back into the skin, and sprinkle more cheese or seasonings on top (it will be really full).
11. Put the potatoes back in the microwave for 1-2 minutes or until the cheese is all melted.

Note: The broiler may be used to melt the cheese.

Zucchini Bread

Ingredients:

3 eggs	1 teaspoon salt
1 cup vegetable oil	¼ teaspoon baking powder
2 cups white sugar	3 cups all-purpose flour
2 cups grated zucchini	3 teaspoons ground cinnamon
2 teaspoons vanilla extract	1 teaspoon baking soda
½ cup chopped walnuts (optional)	

Directions:

1. Preheat oven to 325 degrees F. Grease and flour two 8x4 inch loaf pans.
2. In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla.
3. In another bowl, combine flour, cinnamon, soda, baking powder, salt and nuts; stir then add to egg mixture. Divide batter into prepared pans.
4. Bake for 60-70 minutes, or until done.

Soft Pretzels

Yield: 16 Pretzels or Breadsticks

Ingredients:

1 c warm water	2 tsp melted margarine
1 pkg yeast (or 1 TBSP)	1 slightly beaten egg
2 TBSP and 1 tsp of sugar	3 & 1/4 c flour
1 tsp salt	
(1 egg yolk and 2 TBSP water to brush on top)	

Directions:

- 1- Preheat oven to 400° F Bake.
- 2- Lightly grease a cookie sheet.
- 3- Stir the yeast into quite warm water until it dissolves.
- 4- Whisk in the sugar, salt, melted margarine, and beaten egg.
- 5- Whisk in part of the flour; 1 & 1/2 cups of flour to make a sponge.
- 6- Add enough of the remaining 1 & 3/4 c flour to make soft dough.
- 7- Dump out on a lightly floured surface and knead for 2-3 minutes.
- 8- Cut dough into 4 equal pieces, cut each 1/4 into 4 pieces
- 9- Roll each piece into a 20" pencil thin snake.
- 10- Twist into pretzels or breadsticks
- 11- Brush with egg yolk and water. (Or brush with melted butter mixed with parmesan cheese and garlic powder)
- 12- Bake at 400° F for 14-18 minutes
- 13- Brush with Butter and sprinkle with Cinnamon and Sugar or Rock Salt; or Serve with Pizza Sauce or Mustard.

Quick Bread Pizza

Yield: 1 - 12" x 7" pizza

Ingredients:

2 tsp Baking Powder 1/4 c. Vegetable Oil (cooking oil)
1 tsp Salt 2 c. Flour
2/3 c. Milk

Your favorite pizza toppings and a little extra oil
(Our class used: 1 c. sauce, 2 1/2 c. shredded cheese, 24 pepperonis)

Directions:

- 1) Preheat oven to 400° F Bake
- 2) Lightly grease pan or sprinkle with cornmeal
- 3) Mix all ingredients in a bowl
- 4) Dump out on a slightly floured surface and knead 5 min.
- 5) Press and stretch until dough is quite thin and fits the pan
- 6) Spread 2 TBSP oil on dough and bake 7 minutes without toppings
- 7) Spread with pizza sauce and arrange toppings and cheese
- 8) Bake at 425 degrees F. for 15-20 min.

Butterscotch Apple Dip

Ingredients:

14 oz can sweetened condensed milk
1 c butterscotch chips
1/4 tsp salt
1/2 tsp cinnamon

Directions:

- 1- Stirring constantly melt chips in milk, in a double boiler.
- 2- Add rest of ingredients
- 3- Serve warm with apples

Fruit Dip

Ingredients:

8 oz pkg cream cheese
8 oz carton of Yoplait raspberry yogurt
1 large jar of marshmallow crème

Directions:

- 1- Beat cream cheese until smooth.
- 2- Add yogurt and beat till smooth
- 3- Gradually beat in marshmallow crème
- 4- Serve with bananas, strawberries, pineapple, apples, etc.
- 5- Refrigerate leftovers.

Suckers

Yield: 12-16 suckers

Ingredients:

1 c. sugar	3-4 drops food coloring
½ c. water	½ tsp. oil based hard candy flavoring
1/3 c. light corn syrup	

Directions:

1. Prepare 12-16 sucker molds, spray with cooking spray.
2. In a large pot, stir and boil sugar, water and corn syrup until 270° or to soft crack.
3. Remove from heat and rapidly stir in 3-4 drops of food coloring.
4. Stir in ½ tsp. hard candy flavoring.
5. Tilt pan and scrape syrup to one side.
6. Quickly pour into molds.
7. Cool and remove.

Rocky Road Fudge

Yield: 8 x 8 pan

Ingredients:

1 ½ c. sugar	2 c. mini marshmallows
2/3 c. evaporated milk	2 T. butter
¼ tsp. salt	1 ½ c. chocolate chips
1 tsp. vanilla	½ c. chopped nuts

Directions:

1. Line 8 x 8 pan with foil.
2. In a medium pot, combine sugar, evaporated milk, butter and salt.
3. Bring to a rolling boil. Boil 4-5 minutes.
4. Remove from heat.
5. Stir in chocolate chips, marshmallows, vanilla, and nuts.
6. Stir until marshmallows are melted.
7. Spread in pan and cool for 2 hours, or 10 minutes in the freezer.

Note- adding frozen marshmallows before spreading the fudge into the pan gives it a rocky road look.

Slice and Bake Chocolate Chip Cookies

2 cups butter or margarine
1 1/3 cups sugar
1 2/3 cups brown sugar
1 Tablespoon vanilla
4 eggs
5 1/2 cups flour
2 teaspoons salt
2 teaspoons baking soda
2 cups chocolate chips
1 cup chopped nuts, optional

In large bowl cream butter or margarine, sugar, and brown sugar. Beat in vanilla and eggs. In another bowl combine flour, salt, and baking soda. Gradually stir flour mixture into creamed ingredients. Stir in chocolate chips and nuts. Divide dough into 4 equal pieces. Shape each into a 8 to 10 inch long roll. Wrap in plastic wrap and freeze.

For baking:

Cut frozen dough into 1 inch thick slices. Cut each slice into 4 equal pieces. Bake on ungreased cookie sheet at 350 degrees for 10 minutes.

*NOTE: This recipe works the best if you freeze the dough before baking.

QUICK BREAD CINNAMON ROLLS

Yield: 12 rolls

Ingredients:

Rolls:

2 c. flour
1/4 c. brown sugar
1 Tbsp. baking powder
1/4 tsp. salt
1/4 tsp. cream of tartar
1/2 c. shortening
2/3 c. milk
1 tsp. vanilla

Filling:

1/4 c. butter, softened
1/4 c. brown sugar
About 1 Tbsp. cinnamon

Directions

1. Pre-heat oven to 375 degrees F.
2. Lightly grease a baking sheet.
3. In a large mixing bowl, combine flour, brown sugar, baking powder, salt and cream of tartar.
4. Using pastry blender, cut-in shortening until mixture is crumbly.
5. Mix in milk, and vanilla with wooden spoon.
6. Knead briefly on a floured surface.
7. Roll out into a large rectangle, 1/2 inch thick.
8. Spread softened butter onto surface of dough.
9. For the filling, mix together brown sugar and cinnamon; sprinkle evenly over butter.
10. Roll tightly, and cut into 12 equal slices and place on cookie sheet.
11. Bake in preheated oven for 15 to 20 minutes, or until golden.

EASY OREO'S

Ingredients:

1 Devil's food cake mix (no pudding)
½ c. Crisco
2 eggs

Directions:

1. Mix well. It will be stiff.
2. Roll into balls.
3. Place on cookie sheet and bake at 350 degrees for 9 minutes.

Filling:

1 1/3 c. powdered sugar
4 oz. cream cheese (softened)
2 tbsp. butter

Directions:

1. Mix until fluffy.
2. Spread on cookie and place another cookie on top.

WORMS

1 c. butter
2 c. brown sugar
1 Tbsp. water
1 c. white karo syrup

Mix and boil for 2-3 minutes. Remove from heat. Add a pinch of soda. Stir and pour over 2 small bags corn pops, or 1 large bag corn pops.

Baggie Ice Cream

Yield: one serving

Ingredients:

- ½ c. half and half (milk may be used)
- ½ tsp. vanilla
- 1 Tbsp. sugar
- 4 c. crushed ice
- ¼ c. Tbsp. rock salt
- 2 qt. size zipper-seal bags
- 1 gal. size zipper-seal freezer bag

Directions:

1. Mix milk, vanilla, and sugar together in one of the small bags. Seal tightly, allowing as little air to remain in the baggie as possible.
2. Close and place this bag inside the other small baggie, leaving as little air as possible.
3. Put the two small baggies inside the gallon baggie and fill the bag with ice and salt.
4. Shake the bags until ice cream is solid.

HOMEMADE FLOUR TORTILLAS

Ingredients:

- 2 ½ c. flour
- 2 tsp. baking powder
- ½ tsp. salt
- 3 Tbsp. shortening
- 1 c. buttermilk

Directions:

1. Pre-heat oven to 250°.
2. In a medium mixing bowl, combine flour, baking powder and salt.
3. Using a pastry blender, cut-in the shortening until fine crumbs form.
4. Add buttermilk and stir until a sticky dough forms.
5. Divide into 6 large or 12 small pieces.
6. Roll out thin, on a floured surface (about the size of a large glass plate).
7. Fry in greased frying pan 2 to 3 minutes per side.
8. Place 2 at a time on a cookie sheet and bake in oven for 5 minutes.

Chocolate Chip Meringue Cookies

2 egg whites
1/8 tsp. salt
1/8 tsp. cream of tartar
1 tsp. vanilla
3/4 c. sugar
1 (6 oz.) pkg. chocolate chips (optional)
1/4 c. nuts (optional)

1. Preheat oven to 300 degrees.
2. Beat egg whites and cream of tartar until stiff peaks form.
3. Add salt and vanilla
4. Add sugar a little at a time until stiff peaks form.
5. Fold in chocolate chips and nuts.
6. Drop by teaspoonfuls on cookie sheet covered with brown paper (can use brown grocery sack).
7. Bake 25 minutes.

SNICKERDOODLES

Yield: about 2 doz.

Ingredients:

1/4 c. butter, softened
1/4 c. shortening
3/4 c. sugar
1 egg
1 1/3 c. and 1 Tbsp. flour
1/2 tsp. baking soda
1 tsp. cream tartar
1/8 tsp. salt
1 Tbsp. sugar
1 tsp. cinnamon

Directions:

1. Preheat oven to 400 degrees F .
2. In a large mixing bowl, cream together 3/4 c. white sugar, shortening, butter, and egg.
3. In a medium mixing bowl, combine flour, cream of tartar, baking soda and salt. Mix well.
4. Add dry ingredients to liquid ingredients. Mix well.
5. Shape dough into 1 inch balls.
6. In a cereal bowl, combine 1 tbsp. sugar and 1 tsp. ground cinnamon.
7. Roll dough balls in the sugar/cinnamon mixture until coated and place 2 inches apart on ungreased cookie sheet.
8. Bake 8 to 10 minutes or until set. Immediately remove from cookie sheet and cool on cooling rack.

PIZZA

Yield: One Medium Pizza

Ingredients:

2 ½ c. flour
1 T. Sugar
1 T. dry yeast
½ tsp. salt
1 c. comfortably hot water
2 T. oil

Directions:

1. Preheat oven to 450° F.
2. Lightly grease pizza pan.
3. In a large mixing bowl, mix ½ c. flour, sugar, yeast, and salt.
4. Add water and oil, mix well with whisk until yeast is dissolved.
5. Let stand for 1 minute.
6. Add remaining flour as needed to make a soft dough.
7. On a slightly floured surface, knead for 5 minutes.
8. Let dough rest for 5 minutes.
9. Roll out dough on greased pizza pan until about ¼ inch thick.
10. Bake for 4 minutes, just until puffed, not brown.
11. Spread dough with sauce and toppings.
12. Bake for 10-12 minutes or until golden brown.

Pumpkin Chocolate Chip Cookies

Yield: 2 dozen cookies

Ingredients:

1 c. canned pumpkin	½ tsp. salt
1 c. white sugar	1 tsp. nutmeg
½ c. vegetable oil	1 tsp. baking soda
1 egg	1 tsp. milk
2 c. flour	1 tsp. vanilla
2 tsp. baking powder	2 c. semisweet choc. chips
2 tsp. ground cinnamon	½ c. chopped walnuts (opt.)

Directions:

1. Preheat oven to 350° F.
2. Grease cookie sheet with non-stick spray.
3. In a large mixing bowl, combine pumpkin, sugar, vegetable oil, vanilla and egg.
4. In a medium mixing bowl, stir together the flour, baking powder, cinnamon, salt, and nutmeg.
5. In a cereal bowl, dissolve the baking soda with the milk and stir into the liquid ingredients.
6. Add the dry ingredients to the liquid ingredients and mix well.
7. Add the chocolate chips.
8. Drop by spoonfuls onto greased cookie sheet.
9. Bake for approximately 10 minutes or until lightly brown.

Microwave Cake

Yield: 4-6 servings

Ingredients:

1 cup cake mix (any flavor)
1 egg
1/3 cup water
3 Tablespoon oil

Directions:

1. Grease glass, round casserole dish or pie pan.
2. In a medium mixing bowl, combine all ingredients.
3. Using a hand mixer, beat for 2 minutes until light and fluffy (scrape sides if needed).
4. Pour batter into glass pan and spread evenly.
5. Place bowl in the center of the microwave and bake for 4 ½ minutes on high.
6. Let stand in the microwave for 1 minute.
7. Test for doneness.
8. Frost while the cake is still warm and serve.

Chocolate Frosting

Yield: 1 small cake

Ingredients:

2 Tablespoons margarine or butter
1 Tablespoon cocoa powder
1 Tablespoon + 1 ½ teaspoons milk
1 cup powdered sugar
½ teaspoon vanilla

Directions:

1. In a small pot, melt the margarine on low heat.
2. Add the coca powder and milk.
3. Bring to a boil for 20 seconds.
4. Remove from heat.
5. Whisk in the powdered sugar and vanilla until smooth.

Pumpkin Chocolate Chip Cookies (Cake Mix Version)

Jennifer Lee's recipe

Yield: 1 dozen cookies

Ingredients:

- 1 Spice Cake Mix
- 1 $\frac{3}{4}$ c. Canned Pumpkin
- 1 c. Chocolate Chips

Directions:

1. Preheat oven to 350° F.
2. Lightly grease cookie sheet.
3. Combine cake mix and pumpkin in a large mixing bowl. Mix well.
4. Stir in the chocolate chips.
5. Drop by spoonfuls onto cookie sheet.
6. Bake for 12-15 minutes.

Belgian Waffles

Ingredients:

- 1 egg
- 1 cup flour
- $\frac{1}{2}$ cup oil
- 1 cup milk
- 1 Tablespoon sugar
- 2 teaspoons baking powder
- $\frac{1}{8}$ teaspoon salt

Directions:

1. Heat waffle iron.
2. Beat egg with wire whisk in a medium bowl until fluffy.
3. Beat in all other ingredients until smooth (start with liquids).
4. Lightly spray waffle iron with non-stick spray.
5. Pour $\frac{2}{3}$ cup batter onto center of a hot waffle iron.
6. Bake about 5 minutes or until waffle iron beeps, or ready light comes on.
7. Remove waffle and serve warm.

Easy Italian Pasta Salad

4 cups rotini pasta, uncooked
4 cups fresh broccoli florets
2 cup halved cherry tomatoes
½ cup pepperoni, cut in half
1/2 cup sliced black olives
2/3 cup Italian Reduced Fat Dressing
1/2 cup Parmesan Style Grated Topping

1. COOK pasta in large saucepan as directed on package, adding broccoli to the boiling water for the last 2 min.; drain in colander. Using the colander, Rinse noodles with cold water. Place in medium bowl.
2. Wash and cut up broccoli, tomatoes, olives and pepperoni.
3. ADD vegetables and pepperoni to cooked pasta.
4. Add Italian dressing and Parmesan cheese. Mix until combined.
5. Refrigerate.

Fried Rice

Ingredients:

1 ½ cups cooked rice
1 egg, slightly beaten
2 slices bacon, cut into ¼ inch pieces
1 Tablespoon bacon drippings
1 ½ Tablespoons chopped onion
1 Tablespoon soy sauce
2 Tablespoons sliced green onions
Salt and Pepper

Directions:

1. Cook the rice, following the directions on the package.
2. Cut the bacon in ¼ inch pieces.
3. Cut the yellow onion into small pieces.
4. Slice the green onion into small slices.
5. In a small skillet, scramble the egg. Set aside.
6. In a large skillet, fry the bacon until cooked, but not crisp. Set aside.
7. In the same large skillet, sauté the onion in the bacon grease.
8. Add the cooked rice to the onions in the skillet, cook over medium heat, stirring constantly until rice is hot.
9. Add soy sauce, salt, pepper, and green onions. Stir to combine.
10. Add scrambled eggs and bacon.
11. Toss gently with two forks.
12. Serve immediately.

Note... you can add other vegetables such as carrots, celery, peas, etc.

Fruit Salad

Ingredients:

1 can pineapple chunks, drained
1 can mandarin oranges, drained
1 can fruit cocktail, drained
strawberries
apples
grapes
12 oz. cool whip
1 box jell-o vanilla pudding mix

Directions:

1. Drain all canned fruit.
2. Wash strawberries and cut into 1/4s.
3. Wash grapes.
4. Wash apples and cut into small pieces.
5. In a large mixing bowl, combine all of the canned and cut up fruit.
6. Add the cool whip and stir.
7. Add the vanilla pudding packet and gently stir until combined.

Indoor S'mores

Ingredients:

4 c. Golden Grahams Cereal
2 ½ c. mini marshmallows
¾ c. chocolate chips
1/8 c. light corn syrup
3 T. butter
½ tsp. vanilla
½ c. mini marshmallows (if desired)

Directions:

1. Into a large bowl, measure cereal and set aside.
2. Grease a square, 8 x 8 pan.
3. In a large pot, heat 2 ½ c. mini marshmallows, the chocolate chips, corn syrup, and butter over low heat, stirring until melted.
4. Remove from heat.
5. Quickly stir in vanilla.
6. Pour cereal into pot a little bit at a time, stirring until the cereal is coated.
7. Stir in ½ c. marshmallow.
8. Press mixture in pan and let stand until firm, or refrigerate.

Mini Cheesecakes

Yield: 12 Mini Cheesecakes

Ingredients:

8 oz. Cream Cheese
¼ c. and 2 Tbsp. Sugar
1 egg
¼ tsp. Vanilla

Directions:

1. Preheat the oven to 375 degrees.
2. In a medium mixing bowl, cream together the cream cheese and sugar.
3. Add the egg and vanilla and mix until smooth.
4. Place a vanilla wafer in the bottom of a paper liner and place in a cupcake tin. Fill ½ full with cream mixture. Bake for 15- 20 minutes. Remove from heat and place on cooling rack. When cool, add toppings.

Sausage and Spinach Rigatoni

Yield: 6 servings

Ingredients:

1 lb. rigatoni
1 lb. hot Italian-style turkey sausage, removed from casings
2 tsp. olive oil
2 cloves garlic, thinly sliced (1 tsp. minced)
½ cup chicken broth
½ bag (10 oz.) fresh spinach
¼ cup grated Parmesan cheese

Directions:

1. Fill a large pot half full of water and bring to a boil.
2. Add pasta and boil until al dente.
3. In a small pot, put one cup of water and 1 bouillon cube. Cook until it boils, and set aside.
4. Meanwhile, coat a large skillet with nonstick cooking spray.
5. On medium-high heat, cook the sausage, breaking up clumps and stirring until browned, about 7 minutes.
6. Add olive oil and garlic; cook about 30 seconds.
7. Stir in chicken broth.
8. Add spinach; cover and cook until spinach is wilted, about 2-3 minutes.
9. Add Parmesan cheese and stir to combine.
10. Place pasta in a large serving bowl, and add spinach mixture. Toss to combine.

Zesty Steak Fajitas

Yield: 4

3T. fresh lime juice
3 garlic cloves, minced
2 tsp. chili powder
 $\frac{3}{4}$ lb. beef top round steak, trimmed and sliced (thin)
1 lb. onion, thinly sliced
1 red bell pepper, julienne
1 green bell pepper, julienne
1 $\frac{1}{2}$ T. soy sauce
1 T. Worcestershire sauce
4 Whole wheat flour tortillas,warmed (8 inch)
 $\frac{1}{2}$ c. fat free sour cream
 $\frac{1}{2}$ c. salsa

Directions:

1. Combine the lime juice, garlic, and chili powder in a bowl; add steak. Stir until steak is coated. Let stand 10 – 15 min.
2. Spray lg. nonstick skillet with spray and set over medium-high heat. Add onion and bell peppers. Cook until softened (about 5 min.). Add the steak and cook until lightly browned 3-4 min. Add soy sauce and Worcestershire sauce, cook 1 min.
3. Place a small amount of fajita mixture in center of tortilla shell and wrap like a taco. Serve warm with sour cream and salsa.

Cake Mix Oreos

Ingredients:

1 Devil's Food Chocolate Cake Mix
2 eggs
3 Tbsp. oil

Directions:

1. Preheat oven to 350° F.
2. Lightly grease cookie sheet.
3. In a large mixing bowl, mix all ingredients with a wooden spoon until dough forms a ball (may seem dry, but keep stirring).
4. Roll into small balls (about the size of a walnut), and place on cookie sheet.
5. Bake for 12-15 minutes, or until cookies flatten and crack on top.
6. Frost one cookie with cream cheese frosting, and place another on top.

LASAGNA ROLL UPS – MICROWAVE

½ pound ground beef, cooked & drained
2 cups spaghetti sauce
½ cup cottage cheese
½ cup mozzarella, grated
¼ cup parmesan cheese
5 lasagna noodles, cooked

Instructions:

1. Combine cooked ground beef and the spaghetti sauce. Set aside.
2. Combine cottage cheese, ¼ c. mozzarella cheese and the parmesan cheese in a bowl.
3. Spread each noodle with ¼ c. spaghetti sauce. Top with cheese mixture.
4. Starting at narrow end, roll up, being careful to keep filling inside. Place in glass casserole.
5. Top noodles with remaining sauce and ¼ c. mozzarella cheese.
6. Microwave, covered with lid or plastic wrap, on 50% power or medium for 7-9 minutes.
7. May be baked at 350 degrees for 20 minutes.

Gingerbread House Cement Frosting

Ingredients:

2 1/2 cups confectioners' sugar -- 7.5 cups= 1 bag
1/4 teaspoon cream of tartar – ½ + ¼ tsp
2 egg whites – 6 eggs
1/2 teaspoon vanilla extract – 1 ½ tsp

Directions:

1. In a medium bowl, mix together confectioners' sugar and cream of tartar.
2. Add egg whites and vanilla.
3. Beat on high speed until frosting holds its shape. If necessary, add more confectioners' sugar to thicken the icing. Cover frosting with a damp cloth to prevent drying.

Apple Dumplings

Ingredients:

1 can refrigerated buttermilk biscuits
5 medium apples, peeled, cored, and halved.
2/3 c. sugar
2/3 c. water
1/3 c. butter or margarine, melted
1 tsp. vanilla
¼ tsp. ground cinnamon

Directions:

1. Preheat oven to 350° F.
2. Grease a glass baking dish
3. Flatten biscuits with hand.
4. Wrap each biscuit around an apple half, place in dish.
5. In a medium mixing bowl, combine sugar, water, butter and vanilla. Mix with wooden spoon, pour mixture over dumplings.
6. Sprinkle cinnamon over dumplings.
7. Bake for 35-40 minutes or until golden brown and apples are tender.
8. Serve immediately.

Fiesta Dip

Ingredients:

1 can Mexican Stewed Tomatoes (partially drained)
1 small can (4 oz.) green chilis
1 lb. sour cream
1 Fiesta Ranch Packet

Directions:

1. Cut up the stewed tomatoes.
2. Combine all ingredients into a medium bowl.
3. Serve cold with chips.

Little Piggy's

Ingredients:

- 1 package hot dogs
- 2 Pkgs. refrigerated biscuits
- 10 slices individually wrapped cheese slices (cut in half)

Directions:

1. Preheat oven to 375° F.
2. Cut each hot dog into four pieces, or enough for the whole class.
3. Cut cheese into ½ inch slices.
4. Cut biscuits in half, then stretch the biscuit and wrap it around the hot dog and cheese.
5. Bake for 10 – 12 minutes, or until golden brown.

Leave on cookie sheet to share with the class.

Mini Tostadas

Ingredients:

- 35 large, round tortilla chips
- 1 can refried beans
- 1 package taco seasoning
- 2 c. shredded cheese
- Other optional toppings: shredded lettuce, olives, salsa, tomatoes, sour cream, etc.

Directions:

1. Preheat oven to 375° F.
2. In a small bowl, combine the refried beans and the taco seasoning packet.
3. Heat beans in the microwave for 1 min. 30 sec. Stir.
4. Heat for 1 more minute. Stir.
5. Lay chips out on a cookie sheet.
6. Put a spoonful of beans on each chip.
7. Add cheese.
8. Bake in oven until cheese is melted (check after about 5 minutes).
9. Add lettuce and salsa then sour cream.

Super Easy Chicken Bites

Ingredients:

- 2 skinless, boneless chicken breast halves cut into bite size pieces
- 4 tablespoons butter, melted
- ½ c. Italian seasoned bread crumbs

Directions:

1. Preheat oven to 325° F.
2. Cut chicken into bite size pieces enough for whole class.
3. Roll chicken pieces in the melted butter or margarine, then roll in the breadcrumbs.
4. Bake the chicken fingers in the preheated oven for about 10 minutes.
5. Turn pieces over and cook for another 10 minutes or until they are brown and pierce easily with a fork.

Fruit Salad

Ingredients:

- 1 can pineapple chunks, drained
- 1 can mandarin oranges, drained
- 1 can fruit cocktail, drained
- strawberries
- apples
- grapes
- 12 oz. cool whip
- 1 box jell-o vanilla pudding mix, add to taste

Directions:

8. Drain all canned fruit.
9. Wash strawberries and cut into 1/4s.
10. Wash grapes.
11. Wash apples and cut into small pieces.
12. In a large mixing bowl, combine all of the canned and cut up fruit.
13. Add the cool whip and stir.
14. Add the vanilla pudding packet and gently stir until combined.

Cinnamon Tortilla Crisps

Ingredients:

2 tablespoons granulated sugar
1 teaspoon ground cinnamon
5 (8-inch) flour tortillas
6 tablespoons butter, melted

Directions:

1. Preheat oven to 400° F.
2. In a small bowl combine sugar and cinnamon, set aside.
3. Melt butter in a covered cereal bowl, 20 seconds at a time.
4. Brush tortillas with melted butter.
5. Cut each tortilla into 8 pie shaped wedges.
6. Arrange in single layer on cookie sheet.
7. Lightly sprinkle cinnamon mixture over tortillas.
8. Bake for 15-20 minutes or until crispy.

Chicken Salad Sandwiches

Yield: About 30 mini sandwiches

Ingredients:

4 cans chicken
2 cups mayo (or until a good consistency)
2 tsp. onion flakes
8 stalks of celery
1 tsp. Pepper
grapes
apples (optional)
walnuts (optional)

Directions:

1. Open the canned chicken and cut into medium sized pieces.
2. Combine the chicken, mayo, onion, and pepper in a large mixing bowl. Stir well.
3. Cut the celery stalks into small pieces.
4. Cut the grapes in half.
5. Gently stir in the grapes, celery and walnuts.
6. Refrigerate for 20-30 minutes.
7. Serve on croissants, biscuits, or bread (we used the canned Pillsbury crescent rolls).
8. Add salt to taste.

Chocolate Chip Cheese Ball

Ingredients:

1 (8oz) package Cream Cheese, softened
½ cup butter, softened
¾ c. confectioners' sugar
2 Tbsp. brown sugar
¼ tsp. vanilla
¾ c. miniature semisweet chocolate chips
¾ c. finely chopped pecans

Directions:

1. In a medium bowl, beat together cream cheese and butter until smooth.
2. Mix in confectioners' sugar, brown sugar and vanilla.
3. Stir in chocolate chips.
4. Cover, and chill in the refrigerator for 10 minutes.
5. Shape chilled cream cheese mixture into a ball.
6. Roll the cheese ball in finely chopped pecans before serving.
7. Serve with graham crackers, vanilla wafers, or pretzels.

Cinnamon Toasted Almonds

Ingredients

* 2 egg whites
* 6 teaspoons vanilla extract
* 4 cups unblanched almonds
* 1/3 cup sugar
* 1/3 cup packed brown sugar
* 1 teaspoon salt
* 1/2 teaspoon ground cinnamon

Directions

* In a large bowl, beat egg whites until frothy; beat in vanilla. Add almonds; stir gently to coat. Combine the sugars, salt and cinnamon; add to nut mixture and stir gently to coat.

* Spread evenly into two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 300° for 25-30 minutes or until almonds are crisp, stirring once. Cool. Store in an airtight container. Yield: about 4 cups.

HAWAIIAN HAYSTACKS

Serves: 4

1 (10 3/4 oz.) can cream of chicken soup

1/2 c. water

1/2 chicken bouillon cube

1 c. chicken, cooked & cubed.

Toppings:

chow mein noodles

tomatoes, sliced

chopped celery

pineapple chunks, drained

grated cheddar cheese

- 1. Boil water and bouillon cube, until bouillon is dissolved.**
- 2. Add 1 can of cream of chicken soup. Stir.**
- 3. Add 1 can chicken. Stir and heat until hot all the way through.**
- 4. Chop tomato.**
- 5. On serving plates layer all ingredients. First, stack rice, chicken and gravy. Then add tomatoes, celery, pineapple chunks, grated cheese, chow mein noodles, etc.**

Chicken Kabobs

Yield: 6

Ingredients:

1 onion

1 bell pepper

1 cup cubed pineapple

1/2 lb marinated chicken

6 skewers

Directions:

1. Preheat oven to 400 ° F. Line baking sheet with aluminum foil and spray.
2. Rinse bell pepper. Chop bell pepper.
3. Peel onion and chop.
4. Microwave onion on high 2 minutes.
5. Thread skewers, alternating ingredients until full.
6. Place filled skewers on baking sheet.
7. Put In oven 10 minutes. Remove from oven and turn with tongs. Broil 5 minutes.
8. Serve skewers hot over rice.

Fruit Smoothie

Ingredients:

¼ c. strawberry or raspberry yogurt
1 banana (optional)
¼ c. Orange Juice Concentrate
¼ c. Sugar
1 c. Water
2 c. Ice

Directions:

4. Combine all ingredients in blender.
5. Blend until smooth (stop and stir occasionally to get rid of air pockets).
6. Enjoy.

Caramel Syrup

Ingredients:

½ c. butter
1 c. sugar
1 c. buttermilk
1 T. vanilla
1 T. corn syrup
1 ½ t. baking soda

Directions:

1. Put first 5 ingredients in a pot and bring to a boil.
2. Add baking soda and boil for 10 seconds.
3. Remove from heat.
4. Serve with pancakes, waffles, French toast, etc.

CINNAMON POCKETS

YIELD: 5 pockets

INGREDIENTS:

5 regular marshmallows
2 Tbsp melted butter
1/2 tsp cinnamon mixed with 2 Tbsp sugar
1 can ready-to-cook, refrigerator, regular biscuits (10 in a can)

DIRECTIONS:

- 1- Preheat oven to 375° F Bake.
- 2- Line a cookie sheet with foil and spray with cooking spray.
- 3- Roll out or flatten one biscuit until about a 4 " circle.
- 4- Put flat biscuit on cookie sheet.
- 5- Roll 1 marshmallow in melted butter and then in cinn/sugar.
- 6- Place on flat biscuit.
- 7- Roll out another biscuit and place on top of marshmallow
- 8- Seal the edges of the 2 biscuits together with a fork or fingers.
- 9- Bake 12 minutes or until golden (marshmallow will melt and leave a hollow center).

Chicken Salsa Soup

Yield: 5 servings

Ingredients:

2 cups Water
1 can chicken
1 can chicken broth
1 can hominy
1 can black beans, rinsed
1 tsp. chili powder (or to taste)
1 cup salsa

Optional toppings:

Cheese, avocado, sour cream, olives, chips.

Directions:

Put all ingredients in a pot, heat until boiling.

