

Favorite Family Recipes

Served up with love from Grace Durfee

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Breakfast and Egg Dishes

OATMEAL CASSEROLE

2 cups oatmeal (I use the old-fashioned oats and prepare in advance)
2 cups chopped apples
1 cup dried cranberries or other dried fruit (I love Trader Joe's Golden Berry Blend)
1 cup chopped nuts (I prefer pecans)
4 cups milk (I use rice or almond milk)
1/2 cup brown sugar
2 Tbs. butter
1/2 tsp salt
1 Tbs. cinnamon

Mix together the oatmeal, apples, dried fruit and nuts in a buttered casserole. Bring milk, brown sugar, butter, salt and cinnamon almost to a boil and pour over oatmeal. Bake uncovered for 30 minutes.

Or to prepare in advance: mix the oatmeal and milk in a buttered casserole dish. Add everything but the apples and nuts. Cover and refrigerate overnight or at least 30-minutes. Preheat oven to 350 degrees. Add apples and nuts. Bake 45 minutes uncovered.

To serve, pour milk or cream over oatmeal, if desired.

ZUCCHINI FRITTATA

1 tbs. olive oil
1 cup chopped onions
2 small zucchini, halved and sliced into half moons
chives and or other fresh herbs
salt & pepper
6 eggs

Sauté onions and zucchini in olive oil in non-stick skillet about 5 minutes until softened. Beat eggs, seasoned with salt, pepper, and herbs. Pour over vegetables, tilting skillet to disperse eggs evenly. Cook on med-low heat about 3-4 minutes until eggs are almost firm. Slide onto plate, flip back into pan to cook other side about 2 minutes. You may vary this with different vegetables, cooked potatoes, and/or cheese.

MONTE CRISCO SANDWICH—serves one, easily multiplied

2 slices bread
1 teaspoon prepared mustard (optional. Cranberry mustard is especially yummy)
2 slices cooked ham
2 slices cooked turkey meat
1 slice cheese (we like Muenster best, though Swiss is more traditional)
1 egg
1/2 cup milk
Maple syrup, confectioner's sugar, and/or jam (optional)

Spread bread with mustard, if desired. Layer ham, turkey, and cheese slices on bread. Whisk or beat egg and milk in a shallow bowl. Dip each side of the sandwich in the egg and milk mixture, as if you were making French Toast. Heat a greased skillet over medium heat, brown the sandwich on both sides. Serve hot. Sprinkle with confectioner's sugar and/or top with maple syrup. Or top with your favorite jam, thinned with warm water if you want it syrupy.

PANCAKES

2 cups King Arthur white whole wheat flour or 1 cup all purpose flour and 1 cup whole wheat
2 tbs. sugar
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp salt
2 eggs
4 Tsp. oil
2 cups buttermilk (or plain yogurt)
1 tsp. vanilla
Extra milk to thin batter
Maple syrup, butter and/or whipped cream, applesauce, berries

Whisk dry ingredients together. Whisk eggs, and oil, buttermilk, and vanilla together in a separate bowl. Add liquid ingredients and mix until just blended. Don't over-mix or pancakes will be tough. Pour about 1/4 cup batter onto oiled, hot griddle to form pancakes. Flip when bubbles appear on surface. Cook another minute on the other side or until done. Serve with desired toppings: maple syrup, butter and/or whipped cream, applesauce or berries.

OVEN-BAKED BACON

Preheat oven to 375 degrees F. Lay the strips of bacon on a rimmed baking sheet, separating so as not to overlap. (You can line the pan with parchment paper for easier clean-up but it's not necessary.)

Bake the bacon for 15-20 minutes depending on thickness of slices and how crispy or chewy you like them.

Transfer bacon to paper towels to absorb excess grease.

GRANOLA

5 cups old-fashioned rolled oats
1 cup unsweetened coconut flakes
1 cup sliced almonds
1/2 cup light brown sugar
1/3 cup each unsalted pumpkin seeds, unsalted sunflower seeds, sesame seeds
1/2 cup apple cider
1/4 cup canola oil
1 tsp. vanilla and/or maple extract

Combine oats and all dry ingredients except brown sugar in a roasting pan or crock pot. Combine cider, oil, extracts, and sugar in a small bowl or measuring cup and pour over the oat mixture; stir until well combined. Bake for 1 hour in preheated 300°F oven, stirring every 15 minutes. Cool completely before storing in air-tight tin.

HOMEMADE APPLESAUCE

McIntosh apples make the best sauce because they are a softer apple, but you can mix them with other types, too. The Fiji, Braburn, Red Delicious, Granny Smith apples never seem to get soft, so I use those sparingly or avoid. Granny Smith tend to be too tart. We usually buy them at the reduced produce section, because it's easy to cut out any bruises. We usually use 12-15 apples for one batch.

Peel the apples. Slice and layer in a covered ceramic dish (Corningware or other microwaveable type) When 1/2 of them are in the dish, sprinkle with cinnamon. Cover with remaining apple slices and sprinkle the top with cinnamon. Microwave on high for 5 minutes. Mash with a potato masher. Microwave another 5 minutes and mash again. Microwave another few minutes if apples still feel hard. Freezes well. You can also make applesauce in a crockpot, cooking on low, until apples are soft, or bake in the oven at 350 degrees.

ELLEN'S ASPARAGUS PIE

Pie crust

¾ lb. asparagus, steamed & cut into 1 inch pieces
6 scallions, chopped & sautéed in butter (I used herb butter)
1 ½ cups shredded mild cheese, Monterey jack or mozzarella (or mixture)
1 cup chopped ham (optional)
3 eggs
1 cup milk
salt & pepper
Fresh dill and/or tarragon

Prebake crust a bit so it won't be soggy. Layer with cheese, ham, asparagus & scallions. Mix eggs with milk & seasonings; pour over top. Bake 35 minutes at 375 or until set.

EGG AND CHEDDAR BAKE

6 green onions, sliced (optional)
1 medium sweet red pepper, chopped (optional) (at Christmastime use half a red pepper and half a green pepper)
2 tablespoons butter or margarine
1 cups cubed or minced cooked ham (optional)
¼ cup all-purpose flour
12 eggs
1 cup milk
2 tsp. prepared mustard
2 cups shredded Cheddar cheese
1 tsp. salt and ½ pepper or to taste

In a large skillet, sauté the onions and sliced peppers in butter; stir in ham if using. In a bowl, combine the flour, eggs, milk, mustard, salt and pepper. Mix in cheese. Can be made ahead and refrigerated overnight. If so, remove from the refrigerator 30 minutes before baking. Bake, uncovered at 325 degrees F for 30 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving.

Appetizers

KATE'S PECAN-CHEDDAR CHEESE PEPPER JELLY DIP

1 cup toasted, chopped pecans
1 cup shredded Cheddar cheese
3-4 scallions, chopped
½ cup green or jalapeno pepper jelly

Preheat oven to 400 degrees. Spread chopped pecans onto cookie sheet. Toast for 3-4 minutes, stirring occasionally. Watch carefully—they burn easily. Let cool. Combine all ingredients just before serving. Serve with Ritz Air Crisps or your favorite cracker.

DONNA'S FIGS, ROASTED RED PEPPER, PARMESAN WRAPPED IN ROMAINE

1 jar roasted red peppers or 2-3 red bell peppers
1 clove garlic, minced
3 T. olive oil
salt & pepper to taste
20 romaine lettuce leaves, washed, patted dry
20 figs, stemmed and sliced horizontally
1/3 lb. Parmesan cheese, sliced thin (use a paring knife or vegetable peeler)

Roast peppers in oven, at 450 degrees F. for about 20 minutes, turning to evenly char them. You want them almost black all the way around. Remove peppers and place in a brown paper bag. Let stand 10 minutes. Remove peppers from bag and take off skins, stem and remove seeds. Or open jar, drain roasted peppers. Slice peppers in strips. Combine peppers, olive oil, garlic, salt & pepper in small bowl. Mix well. (Can be done a day in advance.) Refrigerate until 1 hour before use. To serve place lettuce leaves on a large platter. Place peppers, figs and cheese in separate serving bowls. Place bowls on platter w/lettuce. To eat, pick up a lettuce leaf, fill center with figs, pepper strips and a bit of cheese. Fold in a long tube and eat!

BOURSIN STUFFED MUSHROOMS

2 packages small white mushrooms, not stuffing mushrooms
1 package boursin cheese

Clean mushrooms and remove stems. Fill mushrooms with cheese. Brush the mushroom caps with melted butter. Bake in a 13 X 9- in baking dish at 400 for 10 minutes.

MARIE'S TUNA PATE

1 (8 oz.) pkg. cream cheese (low-fat is fine, but not no-fat)
2 tbsp. chili sauce
2 tbsp. fresh parsley, snipped
1 tsp. instant minced onion (or 2 tsp. chopped Vidalia or other sweet onion)
1/2 tsp. Tabasco or other hot sauce
2 (6 1/2 oz.) cans tuna, drained (I use chunk light which has less mercury, but you could use white tuna or a mix of the two)

Blend cream cheese, chili sauce, parsley, onion, and hot sauce. Gradually stir in tuna. Beat until thoroughly blended. Pack in 4 cups mold. Chill. Garnish with parsley. Serve with crackers.

GUACAMOLE

2+ ripe avocados
1/4 cup + Prepared salsa verde—tomatillo and jalapeño salsa (Trader Joe's makes a great version)
1 tablespoon of fresh lime or lemon juice (lime is best)
Variations:
2 tablespoons cilantro leaves, finely chopped (check with your guests—people either love cilantro or think it tastes like soap)
Add sour cream to taste
Add a chopped tomato or prepared salsa

Cut avocados in half. Remove seed. Peel skin off or scoop out avocado from the peel. Place in bowl. Using a fork or potato masher (they make mini ones that are perfect for this) mash the avocado. Add salsa verde and lime or lemon juice and mash some more. If desired, add other ingredients to taste. Unless serving right away, place the avocado pit in the middle and cover with plastic wrap, pressing down on the surface of the guacamole to prevent oxidation. Refrigerate until ready to serve.

PRALINE SNACK MIX (my variation of Caramel Chex Mix ®)

- 4 1/2 cups Rice Chex® cereal or Crispix
- 4 1/2 cups Corn Chex® cereal or Crispix
- 3/4 cup packed brown sugar
- 1/3 cup butter or margarine
- 1/4 cup honey
- 1 cup pecans

Mix cereals and nuts in large microwavable bowl.

In 2-cup microwavable measuring cup, microwave brown sugar, butter and honey uncovered on High about 2 minutes, stirring after 1 minute, until melted and smooth.

Pour over cereal mixture, stirring until evenly coated.

Microwave uncovered on High 5 to 6 minutes, stirring and scraping bowl after every minute, just until cereal begins to brown. Spread on waxed paper to cool; break into bite-size pieces. Store in airtight container.

MOULES A LA MARINIERE (STEAMED MUSSELS IN WHITE WINE)

- 2 tablespoons unsalted butter
- 2 shallots, thinly sliced
- 1 large garlic clove, thinly sliced
- 1 bay leaf
- 3 sprigs fresh thyme or 1 tsp. dried
- Bag of mussels, rinsed well (I buy them from the grocery store and they are already debearded)
- 1/2 cup white wine
- 2 tbs. heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- chopped fresh parsley, chives, and or tarragon leaves (if desired and available)

Heat a large pot over medium heat and add the butter, shallots, garlic, bay leaf and thyme, once the butter has begun to melt, stir the ingredients and place the lid over the pan. Cook for 1 minutes, then add the mussels. Replace the cover and cook the mussels for 2 minutes, or until they begin to open. Remove the lid and add remaining ingredients, except cream, stir to combine, cover, and heat until all mussels are opened. Stir in cream and heat another 30 seconds. To serve, divide the mussels between large soup bowls and pour the cooking juices over the mussels. Serves 4 as an appetizer, 2 as a main course.

PIROSKIS

Dough:

2 cups flour
3 ozs. Cream cheese
1 cup cold butter

Using food processor, pulse and then process butter and cream cheese into the flour until a ball forms. Chill dough while making filling.

Filling:

1 pound ground beef (I always use ground turkey)
1 onion, finely chopped
1 cup mushrooms, chopped
Pinch thyme
Salt to taste
½ tsp. cumin
3 tablespoons sour cream

Brown the meat and onion in a skillet. Drain off fat. Add chopped mushrooms and spices and cook until tender. Cool slightly then add sour cream.

To assemble and bake the piroshki:

Preheat the oven to 425 degrees.

Divide the dough in half and return one half to the refrigerator to keep it cold.

Roll the dough out on a floured counter to a thickness of 1/8-inch. Cut the dough with a biscuit cutter or the top of a glass. Place a round in the floured dough press if you have one. Place a spoonful of the filling on one half of the dough the dough. Press edges together with the dough press or crimp with tines of a fork. If dough doesn't stick together easily, brush the edges with a pastry brush dipped in water before crimping. Continue with the rest of the rounds and filling. Place the piroshki on a greased cookie sheet or baking stone. Bake for 10-15 minutes or until they are light golden brown.

Soups

HOMEMADE CHICKEN BROTH

Carcass with some meat remaining (you'll want around 1 ½ -2 cups if you will be making chicken soup.) of one cooked chicken (store-bought rotisserie is fine)

2 Carrots

1 celery stalk with additional celery leaves

1 onion

Whole peppercorns

Salt to taste

Remove as much of the meat and skin from the chicken carcass as possible. Discard the skin. Cut the meat into small pieces and set aside in refrigerator. Place carcass in stockpot and add water to cover. Rinse and cut carrots (include the ends), celery, leaves, and celery ends into 2-3-inch chunks and add to pot. Remove onion skin, rinse, and add to pot. Cut onion into 1-inch chunks and add to pot. Add peppercorns, cover the pot, and bring to a boil. Reduce heat to medium low and simmer for an hour. Pour through a colander into a large bowl or another pot. Let carcass cool slightly. Remove any remaining meat and set aside. Cool broth then refrigerate overnight. Skim off hardened fat from the surface.

CHICKEN SOUP WITH SPÄTZLE

Chicken broth

2 carrots, diced or chopped in food processor

2 celery stalks, diced or chopped in food processor

1 onion, diced or chopped in food processor

1 turnip (optional), diced or chopped in food processor

Salt and pepper to taste

1 ½ -2 cups cut up chicken

1 1/2 cups all-purpose flour

1/2 teaspoon salt

Pinch of pepper

Pinch of nutmeg, if desired

2 eggs, beaten

1/2 cup milk

Add diced or chopped vegetable to broth. Bring to a boil. Reduce heat and simmer until vegetables are tender. Meanwhile, mix the Spätzle ingredients together to form a sticky batter. When veggies are tender, add chicken and turn heat up to bring soup to slow boil. Spoon batter into Spätzle maker or press dough into the holes of a large colander to extrude ribbons of dough into the soup. Cook Spätzle about 5 minutes until firm but light.

ZESTY WHEAT BERRY-BLACK BEAN CHILI

adapted From EatingWell: March/April 2007, EatingWell for a Healthy Heart Cookbook (2008)

2 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
1 large yellow bell pepper, chopped
1 clove garlic, minced
2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 15-ounce cans black beans, rinsed
1 14-ounce can no-salt-added diced tomatoes, undrained
2 cups vegetable broth
2 teaspoons light brown sugar
2 cups Cooked Wheat Berries, (recipe follows)
Juice of 1 lime
1 avocado, diced
1/2 cup chopped fresh cilantro

Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.

Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.) Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro.

Cooked Wheat Berries

2 cups hard red winter-wheat berries, (see Tip)
7 cups cold water
1 teaspoon salt

Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt.

Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately. Otherwise, cover and refrigerate for up to 2 days or freeze for up to 1 month.

WILD RICE SOUP

1 large onion, diced
1 cup ham, cubed (optional)
1 cup finely diced carrots
1 cup finely diced celery
1/4 cup butter (do not substitute)
1 cup flour
8 cups hot chicken broth
1 cups wild rice, cooked according to package directions
1 cup cream, half-and-half, or milk
Salt and pepper to taste

In large soup pot, sauté onion, ham (if using), and carrots, and celery in butter 3 minutes, or until vegetables are softened. Sprinkle in flour, stirring and cooking until flour is mixed in and smooth, but not browned. Slowly add broth, stirring until well mixed. Add cooked rice and cream, half-and-half, or milk and heat through. Season to taste.

WHITE BEANS AND GREENS SOUPS WITH TORTELLINI

2 tablespoons extra-virgin olive oil, plus more for drizzling
1 small onion, chopped
1 cloves garlic, minced
2 carrots, coarsely chopped
2 celery, coarsely chopped
1 head escarole, (about 1 pound) coarsely chopped, or equivalent of spinach, or Swiss chard
5 cups chicken broth
1 (15-ounce) cans Great Northern (cannellini) beans, rinsed and drained
salt and freshly ground black pepper
sprinkle of nutmeg, if desired
1 package cheese tortellini, frozen
Freshly grated Parmesan, optional

Heat the oil in a soup pot, over medium heat, add the onion and cook until translucent, about 5 minutes. Add the carrots, celery, garlic, and salt and saute about 5 minutes more. Add the broth and beans and simmer gently 20 minutes. Bring to boil and add tortellini and greens. Reduce heat to medium and cook until pasta is tender (about 5-6 minutes) and greens are wilted. Season to taste. Serve in bowls with a drizzle of olive oil and Parmesan, if desired.

MUSHROOM BARLEY SOUP

1 cup pearly barley
2 cups water
1 1/2 tablespoons butter or olive oil
1-2 onions, to yield about 1 cup chopped
3 carrots, chopped
1 teaspoon salt
Bay leaf
2 stalks celery, chopped
1(10 ounce) packages mushrooms, chopped
6-8 cups chicken or veggie broth
1/3 cup white wine
2 Tablespoons fresh dill weed (I freeze in a plastic storage bag and snip off what I need)
fresh ground black pepper
2 tsp. Bragg amino acids or soy sauce
Bring the barley and water to a boil in a saucepan. Cover, reduce heat to low, and simmer 20 minutes, or until tender.
Meanwhile, heat olive oil in a large saucepan over medium heat, sauté the onions, salt and bay leaf while you chop/food process the carrots and celery. Add the carrots and celery; and cook and until the onion has softened and turned translucent, about 10 minutes. Stir in mushrooms, broth, cooked barley and remaining seasonings. and bring soup to a simmer over medium-high heat, then reduce heat to medium-low, and continue simmering for an hour. This is best made a day ahead of time. Stir in additional broth or water if it's too thick for you.

PUMPKIN (OR SQUASH) APPLESAUCE SOUP

3 tablespoons butter
1 finely chopped onion or 2 scallions, thinly sliced
2 teaspoons Pumpkin Pie Spice (or 1 tsp. cinnamon, 1 tsp. ground ginger, 1/4 tsp. nutmeg,
1 can (15 ounces) pumpkin or squash, or 2 cups cooked, mashed squash (Blue Hubbard is great in this)
1 cup applesauce
3 1/2 cups chicken or vegetable broth
1 can evaporated milk or 3/4 cup heavy cream or half and half

Melt butter in large saucepan on medium heat. Add onion; cook and stir 5 minutes or until softened. Stir in spices.
Stir in pumpkin, applesauce and broth until well blended and smooth. Bring to boil, stirring occasionally. Reduce heat to low; simmer 5 minutes. Remove from heat. (If a smoother soup is desired, place mixture in batches in blender container; cover and blend until smooth or use an immersion blender to blend..) Stir in cream. Heat gently before serving, if necessary.

VEGETABLE MISO SOUP WITH GOYZA

This is a good clean-out-the-fridge soup. Vary amounts and vegetables according to what you like and have on hand.

Water-1 ½-2 cups water per person

Carrots, sliced- 1 per person

Celery, sliced-1 per person

Mushrooms-2-3 per person

Broccoli flowerets-1 per person

2 green onions, 2 green onions, tops removed thinly sliced

baby spinach leaves

Prepared goyza 4-5 per person (We like Trader Joe's frozen goyza)

2 - 4 tablespoons miso paste (to taste) I like to use a mix of red miso and yellow miso.

Add all vegetables (except scallions and spinach which you'll add at the end because they cook faster) to the water. Bring to a boil, then simmer until slightly tender. Add frozen goyza, scallions, and spinach and cook according to directions on the goyza package, usually only 2-3 minutes. Reduce heat. Combine miso and in 3 tablespoons warm water in a small bowl and stir to dissolve. Add the miso mixture to the soup and stir to combine.

LYNN'S LENTIL SOUP

1 onion, chopped

1/4 cup olive oil

2 carrots, diced

2 stalks celery, chopped

1/2 teaspoon marjoram

1/2 teaspoon thyme

1 lb. can diced tomatoes with juice

1 cups dry lentils

3 cups water or vegetable stock (I use the broth packets from Trader Joes)

1/4 cup sherry

salt and ground black pepper to taste

grated Swiss cheese

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in spices cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer until lentils are soft, about 45 minutes. Add sherry and simmer another 20 minutes. Season to taste with salt and pepper. Serve topped with grated Swiss cheese.

Salad Dressings

BALSAMIC COUNTRY DRESSING

1 clove garlic, pressed
2 Tbs. honey
salt to taste
2 Tbs. balsamic vinegar
½ cup extra-virgin olive oil

Stir together garlic, honey, and salt until well mixed. Add vinegar. Whisk while slowly pouring in oil. Serve on mixed greens with orange sections and toasted almonds.

MAPLE BALSAMIC VINAIGRETTE

½ cup balsamic vinegar
¼ cup maple syrup
2 teaspoons Dijon mustard
salt and pepper to taste
1 cup extra-virgin olive oil

Whisk ½ tsp. salt into vinegar to dissolve. Add mustard and maple syrup. Slowly add the olive oil whisking to emulsify. Add more salt and pepper to taste. This is great with cooked and chilled sliced beets, goat cheese, and pecans.

LEMON CHIVE VINAIGRETTE

2 Tbs. lemon juice
1 Tbs. sugar
Pinch sea salt
2 Tbs. chives, chopped or snipped
3 Tbs. extra-virgin olive oil
ground pepper

Whisk lemon juice, with salt, and sugar until dissolved. Add oil and whisk until emulsified. Mix in chives and ground pepper. Best served on a simple green salad with just delicate baby lettuces.

JOAN'S CAESAR SALAD DRESSING

1 clove garlic, pressed
2 Tbs. lemons juice
½ teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
2 Tbs. mayonnaise
¼ tsp. salt
coarse black pepper
1/3 cup extra virgin olive oil
3 Tbs. shredded parmesan cheese

Whisk first 7 ingredients together. Whisk in oil. Stir in Parmesan cheese. Serve with Romaine lettuce.

*CILANTRO LIME VINAIGRETTE, From EatingWell: February/March 2006,
EatingWell Serves Two*

1 cup packed cilantro
1/2 cup extra-virgin olive oil
1/4 cup lime juice
1/4 cup orange juice
1/2 teaspoon salt
1/2 teaspoon pepper
Pinch of minced garlic

Puree cilantro, olive oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth. Serve with salad of mixed lettuces, citrus, avocado, and scallions or red onion.

GREEK DRESSING

1/2 cup olive oil
1 1/4 teaspoon garlic powder or peeled garlic
1 1/4 teaspoon dried oregano
1 teaspoon pepper
1 teaspoon salt
½ tsp. sugar
2/3 cup red wine vinegar

Whisk together the olive oil, garlic powder unless using fresh garlic, oregano, pepper, salt and pepper. Pour in the vinegar, and mix vigorously until well blended. Lightly bruise peeled garlic clove and mix in. Store tightly covered at room temp. Great with Greek salad of lettuce with cucumbers, sliced Vidalia onion, sliced peppers, tomato, feta cheese, and black olives (if you like them—only one person in our family does.)

Breads

SWEET POTATO CORN STICKS

2 medium sweet potatoes, cooked (or enough sweet potato baby food to equal 1 ½ cups)
1 cup all-purpose flour
1 cup yellow cornmeal
2 tablespoons sugar
2 1/2 teaspoons baking powder
1/2 teaspoon salt
2 beaten eggs
1/2 cup buttermilk
1/4 cup unsalted butter, melted

Cook sweet potatoes by baking in 400 degree oven about an hour. Or microwave. To microwave, first wash potatoes and pierce with fork several times to let steam escape. Place on paper towel and microwave uncovered on high for 5 minutes. Turn and microwave 2-4 minutes more or until tender.

Peel potatoes when cool enough to handle. Puree or mash. Transfer 1 ½ cups puree to a large bowl. Mix in the eggs, buttermilk, and melted butter. In a separate bowl stir together the flour, cornmeal, sugar, baking powder, and salt. Add to puree mixture and stir until just combined. Spoon batter into pans, filling each ¾ full. Bake 15-20 minutes at 400 degrees until crisp and golden brown. Muffins may need to bake another 5 minutes or so. Unmold and cool on wire rack.

Makes 20 cornsticks or 12 muffins.

SOUR CREAM CORNBREAD

1 cup all-purpose flour
1 cup yellow cornmeal
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
2 egg2, beaten
1 cup sour cream
1 16. oz. can creamed corn
2/3 cup oil

In a bowl, combine dry ingredients; mix well. Add remaining ingredients and stir just until moistened. Pour into a greased 9-in. round casserole dish. Bake at 350 degrees F for 45 minutes or until toothpick comes out clean. Serve in pie-shaped wedges.

REFRIGERATOR RISE ROLLS

1/2 cup milk
1/4 cup sugar
3/4 tsp. salt
1/8 cup (1/4 stick) butter
1/3 cup warm water
1 pkg. dry yeast
1 egg, beaten
3 cups flour, about

Heat milk, water, and butter in 2-cup glass measuring cup in microwave 1 1/2 -2 minutes until most of butter melts. Cool slightly. Pour into bread machine. Add beaten eggs, sugar, and salt. Top with flour and then the yeast. Set bread machine to dough function. When it beeps, after about an hour punch down and turn out on floured board. Divide into large walnut-sized pieces of dough and put in a greased 13 X 9-inch pan, (preferably metal one.) Cover with plastic wrap and a kitchen towel. Refrigerate 2-24 hours. Uncover and let stand 10 minutes. Bake in pre-heated 375 degree oven for 15 to 20 minutes or until brown. Cool on wire rack.

GLUTEN-FREE SCONES-*adapted from Bob's Red Mill*

1-1/4 cups Sorghum Flour
1/2 cup Tapioca Flour
1-1/2 tsp Cream of Tartar
3/4 tsp gluten-free Baking Powder (or use baking soda if you use yogurt)
1 tsp Xanthan Gum
1/4 tsp salt
1/4 cup Sugar
4 Tb Butter, cut in 1/2 inch slices (keep cold)
1 tsp. vanilla
2/3 cup plain yogurt or 1/2 cup rice or almond milk
1 large Egg
1/3 cup dried cranberries or raisins
2 Tb Milk (cow, soy, rice or nut) for brushing on top
Nonstick Cooking Spray

Directions Preheat oven to 400 F. Coat baking sheet with cooking spray, set aside.

In food processor place flours, cream of tartar, baking soda or powder, xanthan gum, salt and sugar. Pulse on and off to combine the ingredients. Add cold butter and pulse about 15-20 times or until the mixture resembles coarse meal. Combine the lightly beaten egg, yogurt or milk, and vanilla. Pour over the flour mixture and process for about 10 seconds or until dough forms large curds. Scrape the dough into a bowl. Quickly, but gently stir or fold in dried fruit with a spatula. On baking sheet pat dough to 8-inch circle, 3/4 inch thick. Brush top with 2 tablespoons milk. Bake for 12-15 minutes. Cut into 8 wedges.

Side Dishes

CORN AND BEAN SALAD

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can red kidney beans, rinsed and drained
1 can Mexicorn, rinsed and drained or 1 ½ cups cooked corn and ½ cup diced red pepper
½ cup chopped green onions
¼ cup cilantro, chopped (optional)
3 Tbs. olive oil (I think extra-virgin is always best)
3 Tbs. red wine vinegar
½ teaspoon garlic powder
¼ teaspoon each salt and ground black
½ teaspoon ground cumin

Mix beans, corn, and veggies in a medium bowl. Whisk dressing ingredients together in a small bowl. Pour on top and toss. Serve at room temperature or chill until ready to serve. Can be served as a side dish, lunch, or as an appetizer with corn chips.

SAUTÉED SWISS CHARD WITH GARLIC

1 pound Swiss chard (I like to grow the Bright Lights variety)
2 tablespoons olive oil
2 cloves garlic peeled and sliced
½ teaspoon salt
1 teaspoon freshly ground black pepper

Wash chard and separate the stems from the leaves by holding sides of leaves while pulling up on the stem. Slice stems into ½” pieces and roughly chop leaves. Heat oil in a large skillet over medium heat then sauté garlic in oil several minutes. Remove garlic and discard. Add chard stems to skillet. Sauté over medium heat several minutes until crisp tender. Add chard leaves then sauté stirring constantly until leaves are wilted about 1 minute. Season to taste with salt and pepper.

ROASTED ROOT VEGETABLES

Combine all or some of the following in a single layer in a roasting pan:
1 winter squash, peeled and cubed
1 sweet potato, peeled and cubed
Beets, peeled and cubed
Parsnips, peeled and cubed, hard core removed
Turnips, peeled and cubed
Toss with ¼ cup olive oil, sprinkle with
salt and freshly ground black pepper

Roast in preheated 450 degree oven for about half an hour, stirring occasionally.

CRUSHED RED POTATOES AND WINTER GREENS- *From Eating Well:*
November/December 1993

Note: the buttermilk softens the bitterness of the greens so that one out of our two sons will eat it

1 pound greens such as collards, mustard greens, broccoli rabe and/or escarole, (8 cups)—I use collard greens
2 pounds small red potatoes, scrubbed
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
½ cup fat-free buttermilk
Salt & freshly ground pepper to taste

Remove tough fibrous stems and any wilted or yellow leaves from greens. Wash leaves well and cut into 1-inch pieces. Set aside. Cook potatoes in a large saucepan of boiling salted water until tender, about 15 minutes. Remove with a slotted spoon and transfer to a medium bowl. Crush with a potato masher or the back of a large spoon and set aside. Add the greens to the boiling water and cook until tender, 2 to 3 minutes. Drain and set aside. Dry the pot, add oil and heat over medium heat. Add garlic and sauté until fragrant, about 1 minute. Add the cooked greens and toss with the garlic. Stir in the crushed potatoes and buttermilk. Season with salt and pepper.

WONDROUS CARROTS

4 cups baby carrots
6 Tbs. unsalted butter
1 Tbs. sugar (omit if using Grand Marnier or Triple Sec)
4 Tbs. Brandy, bourbon, or cognac (or Grand Marnier or Triple Sec)*
Salt to taste (very little)
Chopped fresh parsley, for garnish

Drop the carrots into boiling water to barely cover. Don't add salt. Simmer, uncovered, until just tender. Cooking time will vary depending on thickness of carrots. The carrots should not get too soft, but they should lose a measure of their crispness. Drain and cool in ice water. Drain well and refrigerate if preparing ahead of time.

Melt butter and re-warm carrots in butter. Add sugar and the liquor. Toss over low heat just a few seconds for the liquor to mellow. Add very little salt, if any, and garnish with parsley.

MICROWAVE ITALIAN RISOTTO-*from Betty Crocker Microwave Cookbook*

2 tbs. butter

1 small onion chopped, about ¼ cup

1 cup uncooked Arborio rice

1 ¾ cup chicken broth

1/3 cup freshly grated parmesan cheese (I used Asiago instead)

1 medium zucchini, grated (about 1 ½ cups)

Microwave butter & onion 2-3 minutes until soft in covered 2 quart casserole.

Microwave broth 3-4 minutes in glass 2-cup measure. Stir broth into rice. Cover tightly & microwave 3-5 minutes or until boiling. Stir.

Cover & microwave on medium 10-13 minutes until liquid is mostly absorbed. Stir in cheese and 1 ½ cups grated zucchini. Let stand 5 minutes.

SPRINGTIME RICE

4 cups chicken broth

2 cups long grain rice

1 bunch fresh asparagus, cut into 2-inch pieces (about 4 cups)

1 ½ cup shelled fresh peas or frozen peas

2/3 cup pecan halves, toasted

½ cup fresh parsley, snipped

6 scallions onions, thinly sliced

1/3 cup olive oil or salad oil

1 teaspoon lemon peel, finely shredded

6 Tablespoons lemon juice

6 Tablespoons sour cream (low-fat is fine) or plain yogurt

½ teaspoon salt

½ teaspoon ground white pepper

Fresh spinach leaves

6 cups fresh spinach torn

lemon slices, twisted, for garnish

Toast pecans in 350-degree oven for 5-8 minutes, stirring occasionally. In a saucepan bring broth to boiling. Add rice. Return to boiling; reduce heat. Cover, simmer about 15 minutes or till tender. Meanwhile, cook asparagus, covered, in a small amount of boiling water for 2 minutes. Add peas; cook 2 to 3 minutes more or till crisp-tender.

Drain. In large bowl combine cooled rice, asparagus and peas, nuts, parsley, and scallions. In a small bowl combine oil, lemon peel, lemon juice, sour cream or yogurt, salt, and pepper. Pour over rice mixture; toss to coat. Cover; chill thoroughly.

To serve, top spinach leaves with a mound of rice mixture. Garnish with a lemon twist on the side.

GRATED ZUCCHINI SAUTÉ

2 medium zucchini, grated or 1 medium zucchini and 1 medium yellow squash
1 small onion
Salt and pepper
olive oil or herb butter
Optional seasonings: minced garlic, grated parmesan cheese, freshly chopped basil
and/or chives

Heat 1-2 tablespoons oil or butter in a skillet over medium-high heat. Add grated squash and onion garlic, if desired. Sauté 3-5 minutes until just tender. Makes 4 servings.

SWEET POTATO CASSEROLE

3-4 large sweet potatoes, peeled, cubed, to make a total of 4 cups mashed
2 tablespoons sugar
¼ cup 2% milk
2 eggs
¼ cup butter, melted
1 teaspoon vanilla extract

TOPPING:

1 cup chopped pecans
1 cup brown sugar
½ cup all-purpose flour
1/3 cup butter, softened

Place sweet potato in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 20-25 minutes or until tender. Drain. Place potato in a bowl; mash. Blend in the sugar, milk, egg, butter and vanilla, preferably with electric mixer. Transfer to a greased casserole dish. Cream butter and brown sugar. Mix in flour and add chopped pecans. Sprinkle over sweet potato mixture. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.

JUDY'S GREEN BEANS DIJON

Green Beans, trimmed
Dijon mustard
Salt and pepper

Steam green beans in a steamer basket over boiling water about 7 minutes or until crisp tender. Or bring water to boil in a large pot and cook beans for 2 minutes, drain, and run cold water over them to stop the cooking. Toss green beans with Dijon mustard, salt, and pepper to taste.

Pasta

TURKEY MEATBALLS

1 package ground turkey meat
1 egg
1 cup oatmeal or bread crumbs
1 tsp. salt
1 garlic clove, minced
½ tsp. Worcestershire sauce
1 egg
½ cup shredded Parmesan cheese

Mix ingredients and form into 25 1 ½-inch meatballs. Bake in ungreased 13 x 9-inch pan for 20 minutes. While meatballs cook, boil a big pot of water and cook spaghetti. (Barilla Plus is our preferred brand.)

GRANDMA'S TOMATO SAUCE

4 tablespoons butter, divided
1 small onion, minced
2 cloves garlic, minced
1 medium carrot, finely grated
¾ cup tomato paste
2 ½ cups peeled, seeded, chopped fresh tomatoes, or 1 28-oz. can crushed tomatoes
1 tsp. sugar
2 Tbs. fresh basil, use less if dried
salt and ground black pepper (to taste)

Heat 3 tablespoons butter in a large saucepan or stockpot. Add onion and garlic; sauté 3 minutes until softened, but not browned. Stir in tomato paste, tomatoes, carrot, pepper, and basil. Simmer, partially covered, 30 minutes, stirring frequently, until thickened. If you prefer a smoother texture, puree by passing through a food mill, puree in food processor, or use an immersion blender to process until smooth. Return to simmer-, season to taste with sugar, salt and pepper. Before serving, stir in remaining butter.

LINGUINE WITH WHITE CLAM SAUCE

1 med. onion, chopped
1 clove garlic, minced
2 tbsp. flour or cornstarch
2 cans minced clams and juice
1/4 c. white wine
1/4 cup heavy cream, half and half, or milk
1/2 tsp. fresh thyme leaves or 1 tsp. dried
1 (8 oz.) pkg. linguine, cooked
1/4 c. Parmesan cheese
Freshly ground pepper

Heat butter and oil in heavy saucepan. Add onion and garlic. Sauté until soft but not brown. Stir in flour and cook 1-2 minutes. Slowly whisk in clam juice and wine. Add thyme and cook, 5-10 minutes. Add cream and clams and cook another 5 minutes or so until heated through. Do not boil or clams will be tough. Serve over linguine topped with Parmesan cheese and freshly ground pepper.

CHICKEN PARMESAN

4 boneless chicken breasts, pounded between waxed paper with a rolling pin to 1/2 inch thickness
1 egg
1/4 cup milk
bread crumbs (for gluten-free version use rice flour, garbanzo flour or all-purpose gluten-free flour)
2 Tbs. olive oil
8 slices mozzarella cheese, or more
1 jar (16 oz) spaghetti sauce
Parmesan cheese

Whisk together the egg and milk. Dip the chicken breasts in milk and egg mixture and then in bread crumbs or flour. Heat olive oil in a large skillet over medium heat. Brown the chicken in the hot oil on both sides, about 3 to 4 minutes on each side. Spread about 1 cup of the pasta sauce on the bottom of a 13 X 9-inch pan. Place chicken over sauce in the baking dish.

Slice 8 pieces of mozzarella cheese and put two on each chicken breast. Pour remaining spaghetti sauce over all. Sprinkle with Parmesan cheese and a little more mozzarella and bake at 350° for 25 to 30 minutes, or until bubbly. Serve with spaghetti or spaghetti squash.

SCALLOP BROCCOLI PASTA

1 pound broccoli

Salt

1 pound scallops, preferably dry sea scallops

1/4 cup olive oil or butter, or a combination of both

1 garlic clove, minced

salt and pepper to taste

1/2 cup freshly grated Parmesan and/or Romano cheese

Enough sauce for 1 pound of pasta, making 6 satisfactory servings

Pare broccoli stems and slice into 1/2 -inch rounds and separate broccoli crown into florets. Steam broccoli while you bring a big pot of salted water to boil for pasta. Drain broccoli when tender.

Sauté scallops in olive oil or butter over medium heat until the color of the scallops changes from translucent to white, adding the garlic towards the end of the cooking. Add cooked broccoli and toss while reheating and seasoning to taste. Serve over hot pasta—linguini is nice—with additional olive oil, grated cheese, and salt and pepper.

BAKED ZITI

1 box Ziti pasta

1 package ground turkey

1 onion, finely chopped (optional)

1 clove garlic

1 jar of prepared spaghetti sauce (or your own recipe)

1 16 oz. container Ricotta Cheese

1 egg, beaten

1 tsp. Salt (or more to taste)

2 cups shredded Mozzarella Cheese

1/4 cup + Parmesan cheese

Cook ziti according to directions. Drain. In same pot, brown the ground turkey with the optional onions and garlic. Drain the fat off. Mix cooked ziti and meat mixture with ricotta cheese, egg, grated parmesan cheese and 3/4 of the prepared sauce. Spread in 9" X 13" pan. Spread remaining sauce on top. Sprinkle with shredded mozzarella cheese. Bake in 350° oven for 30 minutes. Sprinkle with additional Parmesan cheese if desired. serve.

CHICKEN BROCCOLI ZITI

1 clove garlic, minced
2 tablespoons butter, olive oil, or a combination
½ cup heavy cream, half and half, or evaporated milk
1 cup chicken broth
¼ cup grated Parmesan cheese
salt and pepper to taste
1-2 tablespoons cornstarch
1 head broccoli, cut into florets and bite-sized pieces, steamed and drained
2 boneless chicken breast, sliced, or 1 pound chicken tenders
1 pound dry ziti pasta, cooked according to package directions and drained

In a large skillet, sauté chicken and garlic in butter over medium heat. Stir in the heavy cream and chicken broth. Add Parmesan cheese, salt, and pepper. Mix cornstarch with small amount of water to create a paste. Add cornstarch (adjust amount to thicken sauce to your liking) and stir well. Simmer until sauce thickens, stirring occasionally. Add cooked broccoli and simmer for another 2 to 3 minutes. Serve sauce over hot ziti pasta and toss to coat and mix. Then add the chicken pieces and mix all together. Serve topped with additional grated Parmesan cheese.

SHRIMP ANGEL HAIR PASTA

1 lb uncooked, peeled, deveined shrimp
1/3 cup olive oil
1/3 cup chicken broth
2 tsp fresh or dried parsley (fresh is best)
1 clove. garlic, minced
Cayenne pepper to taste
1 lb uncooked angel hair pasta
Parmesan cheese

Cook garlic and parsley in olive oil a skillet over medium heat until garlic just begins to brown. Add broth, shrimp, and cayenne pepper. Cover and simmer until shrimp begins to turn pink. Cook pasta while cooking sauce. Pour sauce over pasta and continue to cook for 2-3 minutes. Serve with grated Parmesan cheese,

TURKEY TETRAZZINI

1 chopped onion
¼ cup butter
1 clove garlic, minced
1 pound white button mushrooms, ends trimmed, sliced
¼ cup all-purpose flour
¼ cup dry white wine
2 cups chicken broth
¼ cup heavy cream, half and half, or evaporated milk
1 package spaghetti or wide egg noodles, cooked
3 cups cut up roast turkey (Thanksgiving leftovers)
1 tablespoon freshly chopped parsley leaves
1 ½ teaspoons salt
¾ teaspoon freshly ground black pepper
⅓ cup freshly grated Parmesan

Sauté the onions in ¼ cup butter in a large skillet or Dutch oven over medium until soft. Add the garlic and cook for another minute, stirring. Add the mushrooms, and cook, stirring occasionally, until the mushrooms are soft and have released their liquid, about 6 minutes. Sprinkle with the flour and cook, stirring, for 2 minutes. Add the wine and chicken stock and cook, stirring, until smooth and thick, about 2 minutes. Add the heavy cream and increase heat to bring to a boil. Reduce the heat and simmer, stirring occasionally, until the sauce has thickened 15 to 20 minutes.

Preheat the oven to 375 degrees F.

Meanwhile, bring a large pot of salted water to a boil and cook noodles until al dente, following package instructions. Drain and set aside.

When the sauce has thickened, add the noodles, turkey, parsley, salt, black pepper, and Parmesan to the skillet and stir until thoroughly combined. Bake uncovered in a 9 X 13-inch buttered casserole until bubbly and golden brown, about 30 minutes. Serve immediately.

Main Dishes

DAWN'S HERBED LENTILS AND RICE

2 2/3 cup chicken broth
3/4 cup chopped onion
3/4 cup lentils
1/2 cup brown rice
1/4 cup white wine
1/2 tsp. dried basil
1/4 tsp. salt
1/4 tsp. oregano
1/4 tsp. thyme
1/8 tsp. garlic powder
1/8 tsp. pepper
4 oz shredded Swiss cheese

Combine everything, saving 1/2 the cheese. Bake, covered at 350 degrees F, 1 1/2 -2 hours, stirring twice. Top with remaining cheese & bake until cheese melts.

TACOS

1 1/2 lb. ground turkey
2 c. onions, chopped
3/4 cup water
2-3 tbs. tomato paste
1 Tbs. chili powder
1 tsp. cumin
4 tsp. salt
1 clove garlic, pressed
4 oz. cheddar cheese, grated
2+ cups chopped Romaine lettuce
1 1/2 cups cooked corn
1/2 cup chopped scallions
Black olives, chopped
Sour cream
Salsa
Avocado, peeled and chopped
Taco shells or flour tortillas

Sauté ground turkey and chopped onion in skillet until meat is cooked. Drain off fat. Add garlic and spices and cook 1-2 minutes, stirring. Add water and tomato paste. Blend and simmer for 10 minutes or more to allow flavors to blend. Serve in warmed taco shells or tortillas, topped with cheese and your choice of toppings.

5 LAYER MEXICAN CASSEROLE

Cornbread

11 oz. corn
1 can minced green chilies
1 tsp. Cumin
8+ oz. Sour cream
1 small red onion
1 or two diced tomatoes or salsa
3 chopped scallions
8+ ozs. grated Monterey jack cheese

Layer 1—Place slices of cornbread (if you are purchasing or have some pre-baked) on the bottom of a 9x13” casserole dish lightly sprayed with Pam. Otherwise, mix up a batch of cornbread and spread batter and bake approx. 15 minutes at 350. It cooks in less time than stated on the recipe because it’s spread out over a bigger pan.

Layer 2—Mix 11 oz. Can drained corn (I use frozen & microwave it to cook before draining), 1 can minced green chilies or jalapeños, 1 tsp. Cumin, 8+ oz. Sour cream (Low-fat is fine) and layer on top of cornbread.

Layer 3—Chop & sauté a small red onion. Add diced tomato (1 or two) and some chopped cilantro (optional.) In winter when tomatoes are awful I substitute salsa for this step.

Layer 4—Sauté 3 chopped scallions. Mix with drained & rinsed can of black beans. Layer on top.

Layer 5—Top with 8+ ozs. grated Monterey jack cheese. Bake 325 for 30 minutes.

BALSAMIC PORK WITH MUSHROOMS AND ONIONS

1 pork tenderloin
2 Tbs. olive oil
2 bay leaves
Ground pepper
1 onion, sliced
1 package sliced mushrooms (button or portabella)
½ cup balsamic vinegar

Put oil in bottom of a casserole dish. Roll pork tenderloin in it to coat. Sprinkle with ground pepper. Add bay leaves. Scatter sliced onion and then mushrooms on top of meat. Pour balsamic vinegar over all. Bake in preheated 375 degree oven 30 minutes or until done.

WEINER SCHNITZEL

1 package turkey scaloppini or turkey cutlets (if using cutlets, pound between waxed paper to 1/4 inch thickness) (traditionally it's made with veal which I don't eat, but you could use that, chicken or pork instead)

1/4 c. flour (all purpose or brown rice flour)

1/4 tsp. salt

Ground pepper

1/2 c. bread crumbs or Panko (Japanese breadcrumbs)

2 eggs

Olive Oil for frying (lard would be used traditionally)

Lemon wedges

Mix the flour and salt and pepper in a shallow bowl or rimmed plate. Beat eggs well in another separate shallow bowl. Spread bread crumbs on a third plate or shallow bowl.

Heat oil in a heavy skillet.

Working one at a time, dredge cutlets first in flour. Then dip in egg to coat, allow the excess to drip off for a few seconds and then roll quickly in the breadcrumbs until coated. Do not press breadcrumbs into the meat. Fry the schnitzel in oil for 3-4 minutes on one side. Turn them over once and fry until both sides are golden brown and they feel springy. Remove from pan, blot any excess oil with paper towel, and serve with lemon wedges.

CREPES

1 1/2 cup all-purpose flour

3 eggs

1 1/2 cup milk

1/8 teaspoon salt

2 tablespoons butter, melted and cooled

Crepe fillings: sliced or shredded cheese, leftover cooked chicken, turkey, deli meat, smoked salmon, risotto, roasted veggies, sautéed mushrooms, and/or onions and peppers.—The possibilities are endless and it's a great way to use up leftovers.

To mix batter in a blender, add eggs and liquid ingredients first followed by salt and flour. Blend for 1 minute. Turn off and scrape down sides with a rubber spatula. Blend for another minute. Repeat if necessary until smooth. Cover and set aside for 1-2 hours at room temperature or refrigerate overnight.

To prepare batter in a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk, stirring to combine. Add the salt and melted butter; beat until smooth.

Heat a lightly buttered small skillet or crepe pan if you have one over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt

the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes, flipping when the bottom is light brown.

If making filled dinner crepes: Layer cheese and other desired fillings (warmed) on one side of the crepe. Cook another minute and flip the plain half over the filling.

If making plain crepes to fill later: Cook the other side. Turn crepes out onto clean kitchen towels. Brush pan with butter in between each crepe. These freeze well when separated by wax paper and stored in a freezer bag.

CREPES SALTIMBOCCA

1 cup seasoned dry bread crumb
salt & freshly ground black pepper
¼ cup unsalted butter, melted
12 slices cooked deli ham, thinly sliced
12 slices Muenster or Mozzarella cheese
12 cooked crepes (7 or 8" in diameter)
2 cups diced cooked chicken
Cheese Sauce

Combine breadcrumbs, and salt and pepper to taste in a shallow bowl, place melted butter in small bowl, and set conveniently by work area.

Place a slice of ham and a slice of cheese on each cooked crepe.

Top with diced chicken

Roll up crepes and set in buttered 13 X 9 inch baking dish

Brush each rolled crepe with butter sprinkle with bread crumb mixture Drizzle with any remaining butter and sprinkle with remaining crumbs. Bake at 350 degrees F for 30-40 minutes or until heated through and lightly browned on top. Serve topped with cheese sauce, if desired.

Cheese Sauce

3 Tbs. butter
3 Tbs. flour
½ tsp salt
2 cup milk
1 cup grated sharp cheddar cheese

Make cream sauce by melting butter and then whisking in flour. Stir for a minute, making sure it doesn't brown. Slowly add milk, whisking to prevent lumps. Heat until thickened. Add salt and cheese and stir over heat until smooth. Remove from heat.

FISH

Blackened Salmon

2 tablespoons ground paprika
1 tablespoon ground cayenne pepper
1 tablespoon onion powder
2 teaspoons salt
1/2 teaspoon ground white pepper
1/2 teaspoon ground black pepper
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon dried oregano

Wild Salmon fillet, bones removed

Mix spices. Store extra spice mixture in zip-lock freezer bag in freezer. It's great on chicken and shrimp, too. Rub a Tbs. or less of blacked seasoning on flesh of fish. Place fish skin side down on heated grill. Grill approximately 10 minutes for a 1-inch thick fillet or until fish feels springy and can be flaked with a fork. This is wonderful served on top of Caesar salad.

BAKED FISH

1/4 cup butter, melted
2/3 cup crushed saltine crackers
1/4 cup grated Parmesan cheese
1/2 tsp basil
1/2 tsp garlic powder
1 lb. haddock or cod, skinned

Mix crushed cracker crumbs with cheese and spices. Add melted butter and mix. Place fish in a buttered casserole dish (large enough so the fish will be in a single layer) and top with crumb mixture. Bake 20 minutes at 400 degrees or until fish flakes.

HOT SEAFOOD ENGLISH MUFFINS

1 cup grated Swiss cheese
1 cup sliced mushrooms
2 Tbs. parsley, snipped and/or green onion, finely chopped
1 cup crabmeat or tuna, drained
½ cup mayonnaise
4 – English muffins – split

Preheat oven to 400 degrees. Mix first 5 ingredients. Spread on English muffins and bake for 10 minutes.

BAKED HADDOCK AU GRATIN

2 Tbs. butter
2 Tbs. flour
½ tsp salt
1 cup milk
½ cup grated sharp cheddar cheese
2 tsp lemon juice
1 lb – haddock fillet, skinned

Make cream sauce by melting butter and then whisking in flour. Stir for a minute, making sure it doesn't brown. Slowly add milk, whisking to prevent lumps. Heat until thickened. Add salt and cheese and stir over heat until smooth. Remove from heat. Add lemon juice and pour sauce over fish. Sprinkle with bread crumbs. Bake at 350 for 30 minutes.

SALMON STUFFED WITH SPINACH AND RICOTTA CHEESE

8oz – Salmon filet, skinned
10oz – fresh baby spinach (frozen chopped spinach)
¼ cup – cream cheese at room temperature
½ cup – Ricotta cheese at room temperature, pinch of nutmeg
2 cups – fresh bread crumbs
¼ cup – butter, melted
½ cup – grated Romano cheese

Cook spinach in boiling water until wilted. Drain and rinse with cold water. Squeeze dry and chop coarsely. Place in a small bowl and mix in cream cheese and Ricotta cheese and season with salt and pepper. Make a ¾ inches deep and 2 ½ inches long down center of salmon pieces. Fill each salmon piece with spinach mixture.

Preheat oven to 450. Brush baking sheet with olive oil. Place salmon on baking sheet. Mix bread crumbs, melted butter, and Romano cheese. Top each salmon filet with bread crumb mixture, pressing to adhere.

Bake until opaque in the center, about 15 minutes.

BAKED SALMON DIJON

3 Tbs. butter, melted
3 tablespoons Dijon mustard
1 1/2 tablespoons honey
1/4 cup dry bread crumbs
1/4 cup finely chopped pecans
4 teaspoons chopped fresh parsley (optional)
4 (4 ounce) fillets wild salmon
salt and pepper to taste

Preheat oven to 400 degrees F (200 degrees C). In a small bowl, mix melted butter, mustard, and honey. In another bowl, mix together bread crumbs, pecans, and parsley. Brush each fillet lightly with honey mustard mixture then sprinkle the pecan and bread crumb mixture. Bake salmon 15-20 minutes in the preheated oven, or until it fish flakes easily with a fork. Season with salt and pepper to taste.

SPICY CAJUN SHRIMP

2 Tbs. butter
2 Tbs. olive oil
1 onion, diced
3 cloves of garlic, minced
1/4 teaspoon ground red pepper (or more to taste. I'm a wimp when it comes to heat)
1 teaspoon black pepper
2 teaspoons paprika
1 teaspoon dried thyme
1 teaspoon rosemary, crushed.
1/8 teaspoon dried whole oregano
1 Tbs. Worcestershire sauce
1/2 cup dry white wine (beer could work, too)
2 Tbs. fresh lemon juice
1-1 1/2 pounds large uncooked unshelled shrimp

Heat a large non-stick skillet over a medium heat. Heat the butter and oil until butter melts. Sauté the onion and garlic until soft. Stir in dry spices and shrimp. Cook for about 2 minutes, turning the shrimp to cook on each side. Add the Worcestershire sauce, wine, and lemon juice. Cook for another 3 minutes or until the shrimp have turn pink but are still tender. Serve French bread for dipping into the sauce

FANCY PHYLLO-WRAPPED SALMON WITH VEGETABLES AND LEMON DILL SAUCE –for a gourmet dinner for 8

8 tablespoons (1 stick) butter
4 cups matchstick-size strips red bell peppers (about 2 large)
2 cups matchstick-size strips leek (white and pale green parts only, about 1 large)
2 cups matchstick-size strips yellow squash (about 2 small)
1/2 cup dry white wine
1 teaspoon dried crushed red pepper
1/4 cup chopped fresh dill
1 teaspoon salt

16 sheets frozen phyllo pastry, thawed (you'll need to buy 2 packages)
8 approx. 6x2x1-inch pieces skinless salmon fillets (about 1/3 lb. each)

Melt 2 tablespoons butter in heavy large skillet over medium-high heat. Add bell peppers, squash, and leeks and sauté until leeks are tender, about 6 minutes. Add wine and crushed red pepper to skillet. Simmer until liquid evaporates, about 4 minutes. Remove skillet from heat. Cool vegetable mixture. Stir in dill and salt.

Melt remaining 6 tablespoons butter in small saucepan. Place 1 pastry sheet on work surface (keep remaining phyllo sheets covered). Brush with some of the melted butter. Top with second pastry sheet; brush with melted butter. Place 1 salmon fillet crosswise on pastry sheet, 5 inches in from 1 short end. Top salmon fillet with 1/4 cup of vegetable mixture. Fold 5-inch section of pastry over salmon. Brush with butter. Fold in sides. Brush with butter. Roll up, forming rectangular packet. Transfer to heavy large baking sheet, vegetable side up. Brush packet all over with melted butter. Repeat with remaining pastry sheets, melted butter, and salmon fillets or chicken and vegetables. (Can be prepared 6 hours ahead. Cover with plastic wrap and refrigerate.)

Preheat oven to 400°F. Bake salmon and/or chicken until pastry is pale golden and salmon is cooked through, about 35 minutes.

LEMON-DILL SAUCE

1 1/2 cups dry white wine
6 tablespoons chopped shallots
4 tablespoons fresh lemon juice
1 cup (2 sticks) chilled unsalted butter, cut into 8 pieces
3 Tablespoons chopped fresh dill

Boil wine, shallot and lemon juice in medium saucepan over high heat until reduced to 1/2 cup. Reduce heat to low; add butter, 1 piece at a time, whisking until melted before adding more. Remove pan from heat. Stir in dill. Season to taste with salt and pepper. Makes about 1 1/2 cups.

Desserts

LEMON POUND CAKE WITH STRAWBERRIES

2 1/4 cups unbleached flour
2 cups sugar
1/2 tsp. salt
1/2 tsp. soda
1 tsp. grated lemon peel
1 tsp. vanilla
1 cup butter, softened
1 carton low-fat lemon yogurt (try berry or vanilla flavored yogurt for another occasion)
3 eggs

Blend all ingredients with mixer for 3 minutes at medium speed. Pour into greased and floured tube pan (or 2 loaf pans.) Bake at 325 degrees for 60 minutes or until toothpick inserted in center comes out clean. This is a moist cake that could be made a day ahead of time. It also freezes well.

STRAWBERRIES

3 1/2 cups sliced hulled strawberries (about 16 ounces)
2 tbs. sugar
1 1/2 tablespoons freshly squeezed orange juice or balsamic vinegar

Hull and slice (an egg/mushroom slicer makes this fast) strawberries. Toss all ingredients in medium bowl. Let stand at room temperature until juices form. To serve, place a slice of cake on each plate with the strawberries on the side.

APPLE CRISP

4 cups peeled, cored, and sliced apples, around 7 apples
1 tbs. lemon juice
1/2 teaspoon vanilla
2 Tbs. sugar
2 Tbs. cornstarch
1/2 teaspoon ground cinnamon
1 cup oatmeal
1 cup brown sugar
1/2 cup butter, softened

Preheat oven to 375 degrees F (175 degrees C). Grease a 2-qt. casserole dish. Place apples in prepared dish and toss with lemon juice, vanilla, the 2 Tbs. sugar and cornstarch. In a bowl, cream together brown sugar, cinnamon, and butter. Sprinkle mixture evenly over apples. Bake in preheated oven 40 minutes or until apples are tender and crust is golden. Serve with vanilla frozen yogurt, ice cream, or cream.

PUMPKIN PIE, *from One-Pie*

1 can ONE-PIE Pumpkin
1 tbsp. Cornstarch
1/2 tsp. Cinnamon
1/2 tsp. Ginger
1/2 tsp. Nutmeg
1/2 tsp. Salt (scant)
1 1/2 tbsp. Butter (melted)
1 1/2 cups Milk or 1-12 oz. can Evaporated Milk
1 cup Sugar
1/8 cup Molasses
2 Eggs (beaten)

Sift Sugar, Cornstarch, Salt, Cinnamon, Ginger, & Nutmeg together. Mix this with contents of one can ONE-PIE Pumpkin. Add Eggs, beaten, Melted Butter, Molasses, & Milk. Add a dash of Lemon Juice (if desired). Line a 9-inch pie plate, pour in contents. Preheat oven & bake at 450 for 15 minutes. Then reduce temp. to 350 & continue to bake for 50 minutes.

SALTINE TOFFEE

1 sleeve of saltine crackers
1 cup (two sticks) butter
1 cup light brown sugar
2 cups semisweet chocolate chips
1/4 cup finely chopped pecans

Preheat oven to 400 degrees

Line a cookie sheet (a jelly roll pan or cookie sheet with edges) with saltine crackers in single layer.

In a saucepan combine the sugar and the butter. Bring to a boil and boil for 3 minutes. Immediately pour over saltines and spread to cover crackers completely. Bake at 400 degrees F (205 degrees C) for 5 minutes. Remove from oven and immediately sprinkle chocolate chips over the top. As chocolate melts, spread evenly over crackers. Sprinkle with chopped nuts. Cool completely and break at random into pieces

Bake at 400 degrees F (205 degrees C) for 5 to 6 minutes. Remove from oven and sprinkle chocolate chips over the top. Let sit for 5 minutes. Spread melted chocolate and top with chopped nuts. Cool completely and break into pieces

CARROT CAKE WITH CREAM CHEESE FROSTING

2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
2 teaspoons ground cinnamon
1 3/4 cups white sugar
1 cup vegetable oil
4 eggs
1 teaspoon vanilla extract
3 cups shredded carrots
1 cup flaked coconut
1 cup chopped walnuts
1 (8 ounce) can crushed pineapple,
Drained
1 cup chopped pecans, optional

Frosting:

1 (8 ounce) package cream cheese, softened
1/2 cup butter, softened
1 lb. confectioners' sugar
1 tsp. vanilla

Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8 or 9-inch round cake pans. (Even better, trace bottom of pan onto wax paper and cut out two circles to line greased pans.) Mix flour, baking soda, sugar, salt and cinnamon. Add oil and add eggs one at a time. Beat until mixed thoroughly. Add carrots, pineapple, and vanilla and mix well. Spread into prepared pans. Bake at 350 degrees for about 45 minutes. Allow to cool slightly before removing from pans. To make the frosting: Cream the butter and cream cheese until smooth. Add the confectioners sugar and beat until creamy. Mix in vanilla. Frost cooled cake.

BUTTERSCOTCH BARS A.K.A. RACHEL'S GRANDMOTHER'S COOKIES

2/3 cup butter, melted
2 cups brown sugar (I usually use light brown sugar)
2 eggs
1 cup oatmeal (I usually use old-fashioned oats)
1 cup flour
2 tsp. Baking powder
2 tsp. vanilla
1/2 tsp. salt
1 cup chocolate chips, white chocolate chips, nuts, and/ or raisens.

Melt butter and sugar together in saucepan over medium heat. Stir in eggs and vanilla. Add dry ingredients and mix. Cool slightly then add chocolate chips. Mix in other ingredients, then spread into greased and floured 13 X 9-inch. Bake 25 minutes at 375 F.

PUMPKIN CHEESECAKE

Crust:

1 1/2 cups graham crumbs
4 Tbsp. butter, melted
1 Tbsp. sugar

Filling:

3 (8-ounce) packages cream cheese (lowfat is fine), at room temperature
1 (15-ounce) can pureed pumpkin (Trader Joe's sells canned organic pumpkin)
1 cup sour cream (lowfat is fine),
4 eggs
1 cup sugar
1 1/2 teaspoons vanilla
2 tsp. pumpkin pie spice or:
1 teaspoon ground cinnamon
1/2 teaspoon fresh ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice

Preheat oven to 375 degrees F.

For crust: In medium bowl, combine crumbs, sugar and melted butter. Press down into a 9-inch springform pan and up the sides a bit. Bake for 5 min. at 350. Set aside.

For filling: Beat cream cheese and sugar with electric mixer until smooth. Add pumpkin puree, vanilla, and sour cream and beat well. Add eggs one at a time, beating well after each additional. Beat in the spices until well combined.

Pour into crust. Spread out evenly and place oven for 1 hour. Remove from the oven and let sit for 15 minutes. Cover with plastic wrap and refrigerate for 4 hours. Remove sides of pan before serving.

FROSTED GINGERBREAD COOKIES A.K.A. GRANDMA COOKIES

1 cup butter
2 cups sugar
2 eggs
1/2 cup molasses
4 1/2 cups sifted all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon ground cloves
2 teaspoons ginger

In a large bowl, cream together the margarine and sugar until smooth. Stir in molasses and eggs. Whisk the dry ingredients in a separate bowl then add to first mixture. Cover, and chill for at least one hour. Preheat the oven to 375 degrees F (175 degrees C). On a lightly floured surface roll the dough out to 1/8 inch thickness. Cut into desired shapes with cookie cutters. Place cookies 1 inch apart on ungreased cookie sheets. Bake for 7 minutes in the preheated oven, until firm. Watch carefully. Remove from cookie sheets to cool on wire racks. Frost or decorate when cool. Grandma Honich always frosts with Butter Cream frosting.

BUTTER CREAM FROSTING

1 package powdered sugar (16 ounces)
1/2 cup butter, softened (1 stick)
3 tablespoons milk
2 teaspoons vanilla

Beat sugar, butter, milk and vanilla with electric mixer at low speed until well blended and smooth. If frosting becomes too thick, beat in additional milk by teaspoonfuls until the frosting is of spreading consistency. You can make without a mixer by creaming the butter and sugar and then mixing in the milk and vanilla.

Makes about 2 1/2 cups frosting.

BUTTER BALLS (A.K.A. MEXICAN WEDDING COOKIES)

1 cup unsalted butter, at room temperature
1/2 cup confectioners' sugar, plus more for coating baked cookies
2 teaspoons vanilla
2 cups all-purpose flour, plus more for dusting hands
1 cup pecans, finely chopped

Preheat the oven to 325 degrees F. Using an electric mixer, cream butter and sugar at low speed until smooth. Beat in the vanilla. At low speed gradually add the flour. Mix in the pecans with a spoon. Shape dough into 1-inch balls. Place 1-inch apart on ungreased cookie sheet. Bake 15-20 minutes until set but not brown. (I always find it takes longer when using a baking stone, but I'm less likely to burn things and I like the results more.) Remove to cooling rack. As soon as cookies are cool enough to handle roll in additional confectioners' sugar. Cool 15 minutes and roll again in additional confectioners' sugar.

HERMITS

1/2 cup oil
1 cup white sugar
1/2 cup milk
1/2 cup molasses
1 teaspoon baking soda
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 tsp. nutmeg
3/4 cup raisins (if desired, my kids don't like them so I make half with and half without)

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. In a large bowl, cream together the oil and sugar. Then mix in the milk and molasses. Combine the flour, salt, cinnamon and nutmeg; gradually stir into the batter. Mix in raisins. Spread batter onto cookie sheet using wet hands to smooth the top. Bake for 15 to 20 minutes in the preheated oven. Cool for 5 minutes on the cookie sheets then cut into square while still warm.

SNICKERDOODLES

2 3/4 cups all-purpose flour
1 teaspoons cream of tartar
1/2 teaspoon baking soda
1/4 teaspoon salt
1 stick or 1/2 cup unsalted butter, at room temperature
1 3/4 cups sugar, separated (1 1/2 for cookies) 1/4 or more for rolling
2 tablespoons ground cinnamon, plus more if needed
2 large eggs

Preheat the oven to 400°.

Mix butter and 1 1/2 cups sugar with mixer on medium speed until light and fluffy, about 2 minutes. Add eggs, and beat to combine. Add dry ingredients, and mix to combine. You can chill the dough if you find it too sticky to work with. Otherwise, mix remaining 1/4 cup sugar and the ground cinnamon in a small bowl. Shape into 1-inch balls of the dough, and roll in cinnamon sugar. Place about two inches apart on the prepared baking sheets. Bake until the cookies are set in center and begin to crack (they will not brown), about 8-10 minutes. Cook on a wire rack.