



Physicians Mutual®

Caring and Sharing

with the Physicians Mutual family

... Recipes from our family to yours.



2017 SPECIAL EDITION

Gather Around the Table

with the Physicians Mutual family



Sharing recipes as a way of caring for others is a time-honored tradition for all of us – whether it's around our own family's table or in our communities.

To honor these heartfelt occasions, we've put together this cookbook of hand-selected recipes from the Physicians Mutual family and friends from all over the country.

Physicians Mutual is pleased to share this cookbook ... from our family to yours.

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Breakfast of Champions

Want to start your day off right? Begin by making any one of these quiche, muffin or oatmeal recipes.



BREAKFAST

All the way from a hotel in Vancouver, British Columbia, Mama's Muesli ([page 14](#)) is a nutritious and easy-to-double recipe you're sure to love. Rise and shine with a delicious bowl of Dorris's must-try muesli.

Cranberry Nut Oat Bran Muffins

This recipe was passed down by my mom who always made healthy recipes.

– Valri S., Prospective Customer, Florence, WI

2 cups oat bran
1/3 cup brown sugar
1/4 cup flour, packed
2 teaspoons
baking powder
1 cup 2% milk
2 egg whites
3 tablespoons
vegetable oil
1 cup sliced
cranberries
1 cup chopped
walnuts
1 cup semi-sweet
chocolate chips
(optional)

Preheat the oven to 400 degrees. Combine the oat bran, brown sugar, flour, baking powder, milk, egg whites and oil in a large bowl and beat. Stir in cranberries, nuts and chocolate chips (if desired). Scoop batter into muffin tins and bake for 20 – 22 minutes. Cool and serve with butter.

Breakfast Quiche

This can be used as an hors d'oeuvre when cut into small pieces or served as the main course for breakfast. I especially like it because the crescent rolls and sausage may be prepared ahead and frozen, then finished the morning you wish to serve it.

– Viola B., Customer, Hampton, VA

1 can crescent rolls
1-pound pork
sausage
1 can cream of
mushroom soup
6 eggs, well beaten
1 8-ounce package
sharp cheddar cheese
½ cup milk

Brown and drain the sausage. Flatten the rolls into the bottom of a pan and spread the sausage over crust. Heat in the oven for 10 minutes at temperature listed on the crescent roll can. Chill overnight or freeze to make the morning you choose. Mix the eggs, soup and milk. Pour the mix over the sausage and biscuits, then top with cheddar cheese. Bake the quiche at 350 degrees for 30 – 45 minutes or until the eggs are fully cooked.



Easy Kringle

It has sour cream, which makes the crust so soft.

– Helen B., Customer, Nekoosa, WI

2¼ cups flour
1 cup butter
1 cup sour cream
1 can Solo® filling,
any flavor

Blend flour and butter with a pastry blender. Then, add sour cream and blend together and roll into four balls. Chill for several hours or overnight. Roll each ball into an oblong strip and spread Solo® filling down the middle length-wise and fold sides over toward the center overlapping. Bake at 400 degrees for 20 minutes. Top with powdered sugar icing.

Ham and Egg Brunch Dish

I had a version of this somewhere and have made some changes for more flavors. Everyone loves it, and then they find out it has brussels sprouts in it. This makes a very large recipe so you'll need a good size pan or you can divide it between two.

– Keri S., Agent, Waterloo, WI

1 family size bag
frozen brussels
sprouts
1 dozen eggs,
hard boiled
½ cup milk
1–pound package
cubed ham
1 can cream of
mushroom soup
1 can cream of
chicken soup
1 can cream of
celery soup
1 medium onion,
chopped
2 cans water
chestnuts, chopped
1 stick butter, melted
1 cup Miracle Whip®
salt
pepper
Beau Monde
seasoning
cheddar cheese,
shredded

Hard boil the eggs and cook brussels sprouts until tender. Cut the brussels sprouts in half and layer on the bottom of a greased pan. Chop the eggs and layer with the cubed ham. Mix together soups, onion, water chestnuts, melted butter and Miracle Whip® in large bowl. Add enough milk to make a smooth, pudding-like consistency and add salt, pepper, Beau Monde and cheddar cheese to your liking, but don't overdo. Pour the liquid over the top of the layers, and then top with more shredded cheese. Cover with foil and bake at 375 degrees for at least 1½ to 2 hours. Remove foil and bake until light brown. Once brown, remove from the oven and let rest for half an hour. It's worth the time and wait. Serve with fresh fruit and warm bread or rolls. It's great reheated.

Lean Breakfast Sausage

This is a tasty and low-fat recipe while not being as expensive as healthy sausage from a store.

– Kevin B., Employee, Omaha, NE

1-pound ground turkey, 93/7 lean

1½ tablespoons brown sugar

2 teaspoons kosher salt

2 teaspoons ground sage

1½ teaspoons ground black pepper

1½ teaspoons onion powder

1½ teaspoons ground thyme

1 teaspoon garlic powder

½ teaspoon dried marjoram

½ teaspoon red pepper flakes

Mix the dry ingredients together, then add the ground turkey. Work the meat and seasoning together thoroughly with your hands. Roll the meat into 2-ounce balls and flatten into patties. Cook the patties in a skillet until they are cooked through.

Crazy Crock-Pot® Oatmeal

A friend gave me this recipe and told me I would love to make this. She was right! It is especially tasty on a cold winter's morning. This is assembled in the evening and cooked overnight, giving your home amazing aromas from the apples and cinnamon.

– Mary K., Customer, Sheboygan Falls, WI

3 – 4 apples, sliced

¼ cup brown sugar

1½ teaspoons
cinnamon

salt

2 cups oatmeal

2 cups milk

2 cups water

Into a well-buttered Crock-Pot® slow cooker, these ingredients must be placed in a precise order. Start with 3 or 4 sliced apples (peeled or unpeeled). Sprinkle the brown sugar over the apples along with the cinnamon and salt. Spread 2 cups of quick or old fashioned oatmeal over the top. Evenly and gently pour the milk and water on the oats. Do not stir! Cook in the Crock-Pot® overnight for 8 – 9 hours on low.



Tofu Scramble

In an effort to eat for heart health, I've been trying new recipes and so far this is my favorite. My son loves it too!

– Cindy G., Customer, Omaha, NE

1–pound
extra firm tofu

2 cups spinach

10 cherry tomatoes

½ red onion

3 teaspoons turmeric

salt and pepper
to taste

olive oil

Freeze, then thaw the tofu and squeeze to get rid of excess moisture. Sauté the red onion in a small amount of olive oil until it's soft. Crumble the tofu and add along with halved cherry tomatoes, torn spinach and seasonings to the sauté pan. Continue to cook over medium-high heat until the tofu is starting to brown, then serve warm.

Dream Coffee Cake

A friend of mine made a similar coffee cake for an annual family weekend gathering. It was such a hit that everyone asked for the recipe. This is a no-fail recipe!

– Doris E., Customer, Findlay, OH

2 boxes Jiffy®
yellow cake mix
1 cup vegetable oil
4 eggs
1 cup sour cream
1 cup brown sugar
2 teaspoons
cinnamon
1¾ cups chopped
walnuts or pecans

Preheat the oven to 350 degrees. Spray a 9" x 13" baking pan with cooking oil. Combine cake mix, oil, eggs and sour cream in a large bowl and beat thoroughly. Mix brown sugar, cinnamon and nuts in a medium bowl. Spread half the batter in the baking pan and coat with half of the sugar mix. Repeat. Bake the cake in the oven for 40 minutes or until a wooden toothpick comes out clean after poking.



Mama's Muesli

We received this recipe from a hotel in Vancouver, British Columbia. They graciously gave everyone in our group a copy of it because we all loved it so much. I usually double the batch just to take to my group at church!

– Dorris B., Customer, La Porte, TX

2 cups old
fashioned oats
2 cups half and half
1 cup diced peaches
with juice
½ cup raisins
honey to taste

Mix all ingredients together and refrigerate overnight. Add berries, nuts and fruits to your preference.

Crustless Spinach Quiche

This is a vegetarian and diabetic-friendly recipe.

– Patricia D., Customer, Warren, IN

1 10-ounce
package frozen,
chopped spinach
8-ounces part-skim
mozzarella cheese,
grated
4 eggs and 2 egg
whites, slightly
beaten, or 1½ cups
egg substitute
4 teaspoons
grated onion
¼ teaspoon nutmeg
nonstick
cooking spray
salt and pepper
to taste

Preheat oven 350 degrees. Place spinach in a colander to thaw and press out all the moisture. Spray an 8" pie plate with nonstick cooking spray. Mix spinach, cheese, eggs, onion and nutmeg. Salt and pepper to your taste. Transfer the ingredients to pie plate. Bake for 30 minutes or until knife can be inserted into the center and come out clean. Serve with fruit and a muffin. Enjoy!

King Arthur® Pancake/Waffle/Crepe Master Mix

*This recipe was given to me by a dear friend. It soon became a family favorite!
Not as "heavy" as regular pancake mix and is more nutritious as well.*

– Nell W., Customer, Cedar Falls, IA

4 cups King Arthur®
white whole wheat
flour, no substitution

1 cup all-purpose
white flour

3½ cups oatmeal

3 tablespoons sugar

3 tablespoons
baking powder

3 tablespoons
baking soda

¾ tablespoon salt

1 cup canola oil

Mix oatmeal in food processor until it is coarse, but not yet powder, and add to the flour and other dry ingredients. Slowly drizzle in oil while mixing and keep until needed. For pancake or waffle mix, add 1 large egg, 1 cup buttermilk or ½ cup vanilla yogurt, ½ cup milk and 1 teaspoon vanilla. Mix well and let stand for 20 minutes before pouring. This makes 8 – 10 small pancakes. For crepes, add more milk to make the mix thinner.

Lone Cowboy Breakfast

I read a lot of cowboy books. One morning I got up to fix breakfast and I didn't want my usual eggs and toast. I made up this skillet and I realized this is something a "cookie" would fix over a campfire for cowboys.

– Virginia B., Customer, Topeka, KS

1 potato, peeled
and chopped
1 onion slice,
chopped
1 egg
olive oil

In a skillet with olive oil, cook the potato and onion until the potato turns brown and soft. Push the onion and potato to the sides of the pan, crack an egg in the center and scramble with the veggies for about 1 minute. Serve with toast or a biscuit if desired.



Easy Quiche

This is a simple recipe for a delicious quiche.

– Kathy W., Employee, Omaha, NE

9" frozen pie crust
1½ cups
Swiss cheese
4 teaspoons flour
3 eggs
½ cup diced ham
1 cup milk or
light cream
¼ teaspoon
dry mustard
¼ teaspoon salt

Sprinkle flour into the bottom of the pie shell, then cover with ham. Beat the eggs, milk, salt and mustard until smooth. Add mix to the pan along with your favorite veggies, then top with cheese. Bake the quiche in the oven at 350 degrees for 40 minutes. You may freeze, then cook at 400 degrees for 1 hour to serve at another time. This is best when served warm.

Quiche in a Sweet Potato Crust

I make this on Sundays and divide into portions to eat for breakfast during the work week.

– Kate L., Employee, Omaha, NE

2 medium
sweet potatoes
1 5-ounce bag
baby spinach
½ cup 1% low-fat milk
½ teaspoon
kosher salt
¼ teaspoon freshly
ground black pepper
¼ teaspoon crushed
red pepper
5 eggs
1½-ounces feta
cheese, crumbled

Preheat the oven to 350 degrees. Peel and slice the sweet potatoes, use a mandolin slicer to speed up the process and get even slices. Coat a pie dish with cooking spray, and then layer the bottom of the dish with potato slices. Cut the round slices in half and line the sides of the crust crescent side up. Once the dish is filled, coat the potatoes with cooking spray. Bake for 20 minutes. As the crust is cooking, sauté the onions until translucent and add spinach to sauté for another 3 minutes and cool. Combine the milk, eggs, salt, black pepper and red pepper. Remove the crust after the 20 minutes and increase the oven to 375 degrees. Arrange the spinach and onion in the crust, then pour the egg mixture in. Sprinkle with feta and bake for 35 minutes.



Peanut Butter Banana Wrap

I began my healthy lifestyle journey in 2008. Trying to find recipes that would fill me up and keep me full was important to me as I love to eat.

– Susan M., Customer, Prairie du Sac, WI

1 whole wheat
flour tortilla
1 banana
2 tablespoons
peanut butter

Spread peanut butter on the tortilla. Place the banana on an edge and roll it up in the tortilla.



Looks
Appetizing!

Wow your guests – and yourself – with these tried and true appetizers that will captivate your taste buds.



APPETIZERS

A staple in Shelley's family for over 50 years, the Clam Dip ([page 30](#)) she invented as a teenager is loved by her children, grandchildren and friends. Give this crowd-pleaser a try at your next gathering and soon you'll have your own go-to appetizer.

Mexican Hats

I have been making this recipe for 25 years and it's everyone's favorite.

– Suzy S., Customer, Knoxville, TN

- 1-pound hard salami, sliced medium
- 1 8-ounce block cream cheese
- 3 packets Arby's® Horsey Sauce

Mix cream cheese and horsey sauce together and chill overnight. Take mixture out of fridge to soften. Slit the salami to the center with scissors and shape into a cone, and then turn up the edges. Stuff the cream cheese mixture into the cone and serve cone up on a platter.



Salsa

I wanted a salsa recipe that wasn't full of salt and other ingredients, most of which I couldn't even pronounce. I'll never buy salsa again.

– Mary Ann B., Customer, Wichita Falls, TX

- 2 14-ounce cans whole tomatoes, no salt added and drained
- ½ cup fresh cilantro
- 1 small onion
- 1 garlic clove, chopped
- 1 jalapeño, chopped
- ¼ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon sugar

Place all ingredients in blender or food processor and pulse until you reach your desired consistency. If you prefer an extra fine and thin consistency, add the juice from draining the tomatoes and continue to pulse.

Cajun Canapés

This is something I found while looking for a recipe the guys would like and ask for more of.

– Don G., Customer, McCormick, SC

2 12-ounce tubes
Pillsbury® buttermilk
biscuits

1½ tubes
Jimmy Dean® pork
sausage, maple flavor

2 cups shredded
or grated white
cheddar cheese

¼ cup finely chopped
green pepper

4 green onions,
finely chopped

½ cup mayonnaise

2 teaspoons
lemon juice

½ teaspoon salt

½ teaspoon paprika

¼ teaspoon
garlic powder

¼ teaspoon
dried thyme

⅛ - ¼ teaspoon
cayenne pepper

Brown sausage and drain off excess grease. Mix in the chopped vegetables, grated cheese, mayonnaise and spices, then cover. Separate biscuits into the 8 rolls, then cut or pull apart hamburger style. Layer each half biscuit into a muffin tin and spread up the sides. Bake at 350 degrees until they start to turn golden brown at 8 minutes, then remove from the oven. Scoop the sausage mix into each biscuit cup and bake at 400 degrees for 10 minutes or until the sausage is fully heated. Serve these warm.

Peach Cream Cheese Appetizers

We share these as family comes in the door. They are delicious and easy to prepare.

– Debbie A., Employee, Omaha, NE

- 2 cans crescent dough sheets
- 2 3-ounce blocks cream cheese
- 1 12-ounce jar peach preserves
- 2 tablespoons finely chopped shallots
- 1 medium lime, grated and juiced
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- 2 tablespoons chopped cilantro

Preheat the oven to 350 degrees. Unroll the dough sheets and press each into a 12" – 18" rectangle. Cut each sheet into 12 squares and place in ungreased muffin pan, allowing edges to extend over edge. Dice the cream cheese into 24 pieces and place one in the bottom of each cup. Bake for 12 – 17 minutes. While baking, mix the peach preserves, shallots, 2 teaspoons lime juice, chili powder and cumin in a 1-quart saucepan. Cook on medium-low heat for 8 – 10 minutes and stir occasionally. Remove the cups from the oven, stir cilantro into the preserves mix and spoon out 1 teaspoon peach sauce over each cup. Sprinkle with the lime peel and serve warm.



"Crack" Dip

My friends love this dip.

– Richard B., Customer, Capon Bridge, WV

- 1½ to 2-pounds breakfast pork sausage
- 2 cans Ro*Tel® tomatoes and green chilies
- 2 8-ounce blocks cream cheese

First, fry, drain and crumble the sausage. Put all ingredients in a slow cooker and stir when warm. Serve with crackers or sturdy chips.

Tortilla Wraps

This is a simple recipe. Whenever I take these to a party or potluck, others comment on how good they are. I have even had people who claim to not like olives like these!

– Melissa F., Customer, San Diego, CA

- 2 8-ounce blocks
cream cheese
- $\frac{3}{4}$ cup Miracle Whip®
- 1 bunch green onions,
chopped
- 1 7 or 10-ounce jar
chopped green olives
- 1 10-ounce can
chopped black olives
- 1 – 1½ cups shredded
cheddar cheese
- ½-pound deli ham,
chopped
- 16 – 20 flour tortillas
8 inch or 12 inch

Mix cream cheese, Miracle Whip®, onions, olives, cheese and ham with electric mixer until well blended. Spread creamy mixture over tortillas evenly at $\frac{1}{8}$ " thick, roll and wrap with wax paper. Refrigerate for 3 hours or overnight. To serve, cut off the ends of the rolled tortillas and slice into $\frac{1}{2}$ – $\frac{3}{4}$ " pieces.



Sausage Balls

My Aunt Carol makes these sausage balls every Christmas. My family has them as a "breakfast appetizer" while we're opening presents Christmas morning.

– Amy J., Employee, Omaha, NE

- 1-pound bulk
breakfast sausage
- 3½ cups Bisquick®
- 10-ounces shredded
cheddar cheese

Preheat the oven to 350 degrees. Combine all ingredients with hands and shape loosely into 1" balls. Bake for 15 – 20 minutes.

Garden Fresh Spicy Salsa

This is a great side dish when vegetables start coming into season and you're looking for something to do with all of your fresh produce.

– Bob S., Agent, Uniontown, OH

2-pounds whole
tomatoes
1-pound
red onions, diced
2 cups chopped
jalapeños
1 cup green chilies
⅓ cup garlic powder
⅓ cup onion powder
2 teaspoons
white pepper
2 cups jalapeño juice
from cans
½ cup white vinegar
¼ cup of sugar
1 tablespoon
Tabasco®
½ lemon, juiced

Peel and seed the tomatoes. Chop the ingredients to preferred consistency, then mix all the ingredients together.

Avocado Corn Salsa

This is my favorite summer cookout recipe to share with my friends and family! It's the perfect dish to bring to outdoor celebrations for holidays like the 4th of July and Labor Day.

– Becky K., Employee, Kearney, NE

2 cups frozen corn

2 cans sliced
ripe olives

1 sweet red pepper

1 Vidalia onion,
chopped

3 teaspoons
minced garlic

⅓ cup olive oil

¼ cup fresh
lemon juice

3 tablespoons
cider vinegar

1 teaspoon
dried oregano

½ teaspoon salt

½ teaspoon pepper

4 medium
ripe avocados,
peeled and cubed

Combine corn, olives, red pepper and onion. In a separate bowl, combine the garlic, oil, lemon juice, vinegar, oregano, salt and pepper. Pour over the corn mixture and stir to coat evenly. Refrigerate for at least 4 hours or overnight. Before serving, chop avocados and stir into the salsa. Serve with tortilla or your preferred chips.

Sausage Dip

My sister sent this recipe to my mom years ago. This recipe makes a large batch, so it's great for parties.

– Kate L., Employee, Omaha, NE

1-pound sausage
½-pound mushrooms
1 medium red onion
1 – 2 green peppers
2 8-ounce blocks
cream cheese
½ can stewed
tomatoes, drained
1 dash garlic salt
1 dash onion powder

Brown sausage and drain the grease. Cut up the veggies and heat everything in a slow cooker until cream cheese is melted. Serve with Doritos®.



Baby's Cheese Ball

I am retired now and I received a note from the other departments I made this for on how a year without a cheese ball is like a year without Santa.

– Barbara A., Customer, New Bedford, MA

2 8-ounce blocks
cream cheese
1 large tub
port wine cheese
1 tablespoon
Worcestershire sauce

Blend all ingredients together and form a ball from the mixture. Chill until ready to serve. This is best served with crackers.

Conecuh® Sausage Kabobs

We were in Winn-Dixie® store with a friend making Shish Kabobs. I didn't want steak or chicken so my friend asked what we had and suggested I try Conecuh® sausage with bell peppers. They turned out delicious.

– Sheila T., Customer, Northport, AL

- 1–pound Conecuh® sausage
- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 large green bell pepper
- 1 large red or Vidalia onion

Slice ingredients into large chunks for skewering. Once cut up, layer the sausage, onion and pepper and repeat. Cook on the grill for up to 30 minutes. If you are looking for a different taste, be creative and add other vegetables too.



Cheese Ring

A dear friend gave me this recipe and it has been a go-to for many years. You will see this at almost any gathering in Southwest Louisiana. The key is the seasoning, so I hope you can find a Cajun seasoning at your local grocery store.

– MaryAmy A., Customer, Lake Arthur, LA

- 1–pound mild or sharp cheese, grated
- 1 cup finely chopped pecans
- 1 medium onion, finely chopped
- 1 cup Cajun seasoning
- 1 cup mayonnaise
- 1 12–ounce jar strawberry jam
- Ritz® crackers or other buttery crackers

Combine the cheese, nuts, onions, Cajun seasoning and mayonnaise together, then mix well. Press the mixture into a greased ring mold and refrigerate overnight or up to a couple days ahead of time. Remove the cheese ring from the mold onto a tray and place the strawberry jam in the center hole. Serve with buttery crackers.

Crab Rangoon Dip

My extended family has get-togethers all the time. It's not uncommon to see all of my aunts, uncles and cousins three or more times a month! With all these gatherings, we have an unspoken rule that there must always be an appetizer.

This is a recipe from my Aunt Marcia that became an instant favorite.

– Jaclyn P., Employee, Omaha, NE

4 green onions,
chopped

2 8-ounce blocks
cream cheese

2 8-ounce packages
imitation crab meat

3 tablespoons
powdered sugar

1½ teaspoons
Worcestershire sauce

¼ teaspoon
garlic powder

1 teaspoon
lemon juice

½ cup sour cream

In a large bowl, soften the cream cheese in the microwave for 30 seconds. Add all other ingredients to the bowl and mix well. Pour the dip in a medium-sized casserole dish and bake at 350 degrees for 30 minutes or until the dip is bubbly. Serve with wonton chips or original Wheat Thins®.

Clam Dip

I have always loved clam dip. I invented this recipe when I was a teenager and have been serving it to family and friends for over 50 years. My children and grandchildren ask for this clam dip at every family occasion, along with many of our friends.

– Shelley H., Customer, Mesa, AZ

- 2 6-ounce cans clams, chopped or minced
- 1 8-ounce block cream cheese
- 2 large cloves garlic, minced
- 1 teaspoon dry ranch dressing mix
- 1 cup sour cream

Place the softened cream cheese in a bowl and add the drained liquid from one of the cans of clams. Use a whisk or hand mixer to beat until creamy. Add more liquid from the second can of clams until the consistency matches what you would like the finished dip to be. Drain off the remaining liquid from the cans of clams. Add the clams, garlic, ranch dressing mix and sour cream to the mixture. Combine thoroughly and refrigerate for 2 – 4 hours. Serve with chips and/or veggies.



Cheese Ball

A friend of mine shared this recipe with me many years ago. It's very easy to make and very addictive.

– Cindi C., Employee, Council Bluffs, IA

- 2-pounds Velveeta® cheese
- 1 8-ounce block cream cheese
- 1 stick butter
- 1½ cups chopped pecans
- garlic
- 1 dash paprika
- chili powder

Combine Velveeta®, cream cheese and butter. Mix in pecans, a dash of paprika and garlic to your taste. Shape into a ball and top with chili powder.

Beef Eaters Quick Broil

A friend served these while playing bridge and we loved them.

– Susan E., Customer, Naples, FL

8 hamburger buns
1-pound hamburger
1 tablespoon
horseradish
1 can tomato soup
onions, sliced
tomatoes, sliced
mozzarella or
provolone cheese

Brown the hamburger in a skillet and add horseradish and tomato soup. Broil the hamburger buns until brown, and then layer the hamburger, onion, tomato and top with cheese. Place under the broiler until the cheese melts and serve hot.



Uncle Tom's Pepperoni Dip

This is just a great and easy appetizer recipe that my Uncle Tom gave us. We use it at all family gatherings now almost like a tradition.

– Sandra G., Customer, Fuquay-Varina, NC

2 8-ounce blocks
cream cheese
1 can cream of
celery soup
pepperoni of your
preferred amount,
I use 1½ packages
mini pepperonis

Place ingredients in a small slow cooker and stir often while heating. Serve with favorite crackers.

Simple Chicken Wrap

I frequently cook chicken and one day I had roasted more than necessary. I wanted a fast and simple way to serve the leftovers, so I diced the chicken and made it portable using a tortilla.

– Karen K., Customer, Capon Bridge, WV

¾ – 1 cup
diced chicken
1 flour tortilla
salad greens
tomato
honey mustard
dressing
2 – 3 bread and butter
pickle slices

On a tortilla, place salad greens, tomato, dressing and diced chicken. Wrap and serve alongside with chips and bread and butter pickle slices.



Spicy Sausage Dip

If you're looking for a crowd-pleaser, this is it. Every time I make this dip, it's always a hit!

– Vanessa H., Employee, Omaha, NE

1 tube Jimmy Dean®
pork sausage, hot
2 8-ounce blocks
Philadelphia®
cream cheese
2 cans Ro*Tel®, hot
1 16-ounce bag
shredded cheese
½ cup chopped onion
1 teaspoon
garlic powder
2 teaspoons fine
ground pepper
1 bag tortilla chips

Heat a large skillet to medium-high. Add the sausage, onions, garlic powder and pepper. Cook until the sausage is fully browned, and then drain excess grease. Reduce heat to low and add in the cream cheese and Ro*Tel®. Stir together until the cream cheese has melted, then add the shredded cheese of your choice. Cool and serve with chips.

A close-up photograph of a white ceramic bowl filled with a creamy soup. A piece of toasted bread is placed on top, garnished with a fresh sage leaf. A hand is holding a silver spoon, dipping it into the soup. In the foreground, another hand holds a piece of bread topped with melted cheese. The background is softly blurred, showing another bowl and some food items on a wooden surface.

Soup's On

Soup. Bisque. Chili. Stew. No matter what you call it, these savory soups will warm you from head to toe.



SOUPS

Chicken noodle soup has been given to those feeling under the weather for many years. Any time her kids or loved ones aren't feeling their best, Christine makes her Healing Chicken Soup ([page 43](#)). Try this remedy next time you or someone you know is in need of a boost.

Camper's Burger Stew

This is a one-dish meal. We use this recipe for a quick meal when we go camping. This simple, quick and filling meal is just the thing that's needed when setting up camp. This is also useful when in a rush at home for an easy dinner. This easily scales up for larger groups.

– Michael D., Customer, Phoenix, AZ

1-pound hamburger
1 16-ounce can corn
1 16-ounce can
pork and beans
onion, chopped
(optional)
salt
pepper

In a 2-quart pot, brown the hamburger. Drain, then add the corn and beans. Heat the stew on medium for several minutes, then season with salt and pepper to your taste.



French Onion Soup

– Kim H., Employee, Omaha, NE

6 large onions,
chopped
½ cup butter
6 10½-ounce cans
condensed beef broth,
undiluted
1½ teaspoons
Worcestershire sauce
3 bay leaves
10 slices French
bread, toasted
Parmesan and
part-skim mozzarella
cheese, shredded

In a large skillet, sauté onions in butter until crisp-tender. Transfer to a 5-quart slow cooker. Add the broth, Worcestershire sauce and bay leaves. Cover and cook on low for 6-7 hours or until the onions are tender. Discard bay leaves. Put soup into oven-safe bowls. Top each with a slice of toast; sprinkle with desired amount of cheese. Place bowls on a baking sheet. Broil for 2-3 minutes or until cheese is lightly golden.

Easy Peasy Chicken Soup

Every time I go to Costco®, I pick up a roasted chicken but often save it for future meals rather than eat it that day. This is one of our favorite chicken dinners, and it's best served with crescent rolls or club crackers. You can make the full pot and have leftovers, or easily cut everything in half for a few big bowls.

– Kim L., Employee, Omaha, NE

1 roasted chicken,
removed from bone

2 quarts
chicken broth

6 – 8 carrots,
peeled and diced

4-ounces wide
egg noodles

Remove the chicken from the bone, put it into a big soup pot and season to your taste with salt and pepper. Add the broth so that the chicken is fully covered. Bring the pot to a boil, turn the temperature down to medium, add the carrots and bring back to a slow boil. Cook for 5 – 10 minutes. Add noodles and stir with the pot continuing a slow boil. After 15 minutes, remove the pot from the burner and let sit for 30 minutes. Best served warm with crescent rolls or crackers.



Ultimate Potato Soup

The recipe was my late wife's. I don't know where she got it. I only know it's the best potato soup I've ever had.

– Tom B., Customer, Lima, OH

6 cups diced potatoes

3 stalks celery

1 cup chopped onion

3 14½-ounce cans
chicken broth, divided

4 cups half and half
cream

6 tablespoons butter

6 tablespoons flour

4 cubes
chicken bouillon

pepper to taste

In a large pot, bring potatoes, celery and onion to a boil in 2 cups broth. Cook for 15 minutes until the potatoes are tender. Drain and reserve the broth. In a pot, combine the reserve broth with the half and half. In a bowl, combine butter and flour, then mix into the pot over medium heat. Stir the broth until it has thickened. Toss in the vegetables, remaining broth, bouillon and pepper to your taste. Heat through and serve.

Minestrone Soup

This soup is a great fall dish, the fresh fall produce is the key ingredient and one can change the vegetables to their liking.

– Candice H., Customer, Hot Springs, SD

1-pound boneless
beef round or tip roast

1 medium onion,
chopped

2 tablespoons oil

1 16-ounce can
diced tomatoes

1 whole bay leaf

½ teaspoon
celery salt

¼ teaspoon thyme

¼ teaspoon basil

⅛ teaspoon oregano

1 cup macaroni shells

½ cup diced
fresh vegetables;
peas, green beans,
carrots and zucchini
depending on
your liking

1 15-ounce can
mixed vegetables

1 15-ounce can dark
red kidney beans,
drained

¼ cup grated
Parmesan cheese

1 red beet, sliced
(optional)

Cut the beef into ½ inch cubes. Brown the beef with the onions and 2 tablespoons oil in a large pot or Dutch oven. Once the beef has browned, add water, broth, tomatoes, bay leaf and seasonings to the pot. Bring the soup to a boil, reduce the heat and skim the surface off. Cover the pot and simmer for 1 hour. Add the macaroni noodles and continue simmering for 5 minutes. Add vegetables and kidney beans to the soup, then continue simmering for 5 more minutes. Just before serving, mix in Parmesan cheese and serve with crackers.

Turkey Chili

I found this recipe online while looking for healthy recipes. It will please your palate!

– Dian H., Customer, Las Vegas, NV

- 1½ to 2–pounds
ground turkey
- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 cloves garlic,
minced
- ¼ cup chopped
yellow bell pepper
- 1 28–ounce can
crushed tomatoes,
undrained
- 1 16–ounce can
kidney beans,
drained and rinsed
- 1 tablespoon
chili powder
- 1 tablespoon sugar
- 1 cup chicken stock
- ½ teaspoon
garlic powder
- 1 teaspoon Tabasco®
- 1½ teaspoons salt
- 1 teaspoon dried basil
- ½ teaspoon oregano

In a large pot, sauté onion, garlic and yellow pepper in olive oil over medium heat until the onion is translucent. Add turkey and brown with the veggies. Stir in all remaining ingredients, then reduce the heat to simmer for 1 hour.

Cold Peach Soup

I got this recipe from a church cookbook. If you like cold soup, this is one of the best I've ever tasted! Of course, I love peaches!

– Cindi C., Employee, Council Bluffs, IA

5 large peaches,
peeled and quartered

¼ cup sugar

1 cup sour cream

¼ cup lemon juice

¼ cup sweet sherry

2 tablespoons
orange juice

In a blender, purée the peaches with the sugar. Stir in the sour cream. Add the lemon juice, sherry and orange juice. Blend until smooth. Transfer the mixture into a bowl. Cover and refrigerate until well chilled. Garnish each bowl with sliced peaches and serve cold.



Authentic Irish Lamb Stew

My great-grandmother came from Dublin, Ireland. She taught my grandmother how to make lamb stew like the inns in Dublin. During the Depression, my grandfather could find no work and so my grandmother opened a small restaurant to support their family of seven. Her sons then opened Irish pubs and restaurants around Indianapolis. Few of their recipes have exact measurements.

– Janet K. M., Customer, Shelbyville, IN

lamb
potatoes, sliced thick

onions, sliced thick

salt

pepper

carrots

Boil the lamb until done and make a broth from the boiled water. Cut the lamb into small pieces. Lay the potatoes, onions and lamb in a casserole dish in 2 – 3 layers depending on amount used. Pour the broth in the casserole dish, salt and pepper the dish to your taste, then bake at 350 degrees until the potatoes are fully cooked.

Corned Beef and Cabbage Soup

– Carol N., Retiree, Omaha, NE

1 medium onion,
diced

3 stalks celery, sliced

3 medium carrots,
sliced

green and red
peppers, diced

3 tablespoons butter

1 tablespoon salad oil

4 cups low-sodium
beef broth

1 14-ounce can
diced tomatoes

1 teaspoon
Worcestershire sauce

1 bay leaf

¼ teaspoon
ground allspice

1 teaspoon salt

½-pound Yukon
gold or red potatoes,
chopped

1 head of cabbage

¾ cups quick-cooking
barley

¾ to 1-pound corned
beef, cut into strips

Lightly sauté the vegetables in oil and butter until the veggies have softened. Add the broth, tomatoes, Worcestershire sauce, bay leaf, allspice and salt. Bring the soup to a slow simmer, then add the potatoes, cabbage and barley. Simmer in the pan until the vegetables are tender, then stir in the corned beef and salt and pepper to your taste. Serve once the meat has been heated up.

Corn Chowder

This rich soup tastes even better the next day!

– Rosalyn H., Employee, Omaha, NE

12-ounces bacon
1 large onion,
chopped
1 can condensed
cream of chicken
soup
1 pint half and half
cream
2 cans creamed corn
green onions, sliced
(optional)
sharp cheddar
cheese, shredded
salt
pepper

Cook, then crumble the bacon. Keep 2 tablespoons of the bacon grease for onions. In a large pot, sauté the onion in the bacon grease until softened and browned. Stir in the condensed soup and half and half. Add the creamed corn and season to your taste with salt and pepper. Serve with bacon bits sprinkled over the top, plus cheese and green onions to your taste.

Confetti Chowder

This is a healthy chowder that is especially tasty.

– Joan J., Customer, Lake Mills, WI

- 1 cup diced carrots
- 1 cup diced zucchini
- 1 cup broccoli florets
- ½ cup chopped onion
- ½ cup chopped celery
- ¼ cup all-purpose flour
- ½ teaspoon pepper
- ¼ teaspoon sugar
- 3 cups fat-free milk
- 1 cup chicken broth, reduced-sodium
- 1 cup whole kernel corn
- 1 cup diced cooked ham
- ½ cup peas
- 1 2-ounce jar sliced pimentos, drained
- 4-ounces shredded cheddar cheese, reduced-fat

In a Dutch oven, sauté the carrots, zucchini, broccoli, onion and celery for 5 minutes or until tender. Sprinkle the flour, pepper and sugar over the vegetables and mix well. Add in the milk and broth and stir over heat until thick and bubbly. Mix in the corn, ham, peas and pimentos and continue to cook until everything is heated. Remove from burner, and then stir in the cheese until it is melted. This makes eight 1 cup servings.

Healing Chicken Soup

This is what I make every time my kids or a loved one gets sick. Many have said the soup is what brought on the immediate strength and healing after the flu, cold, pneumonia, surgery, etc.

– Christine I., Agent, Fountain Hills, AZ

1 whole chicken,
rotisserie or raw
4 cloves garlic
¼ cup sliced celery
2 – 3 carrots, sliced
½ onion, chopped
2 – 4 teaspoons
Better Than Bouillon®
chicken base
½ tablespoon
tarragon
½ tablespoon parsley
¼ tablespoon thyme
¼ tablespoon basil
8-ounces egg
noodles or orzo
salt and pepper
to taste

If using a rotisserie chicken, take off all the meat from the chicken and save all skin, bones and juice. Dice ½ of the meat and put aside; save the remaining chicken for another meal. Place all bones, skin and juice in a large stock pot and cover with water. Add vegetables and garlic to the pot, bring it to a boil, then reduce heat to medium-low, cover and simmer for 45 minutes – 1 hour. Strain all contents from the broth, saving just the vegetables.*

If using raw chicken, place chicken, vegetables and garlic in a stock pot and cover with chicken broth. Bring the pot to a boil, skimming foam from top, reduce heat to medium-low and cook for 1½ hours until chicken is cooked through. Strain all contents from broth and cool. Dice ½ of the meat for the soup and keep the remainder.*

*Add the broth back into pot with the pasta and the seasonings and cook for 6 minutes. Add the Better Than Bouillon® chicken base, salt and pepper all to your taste. Return the meat and vegetables to the pot. Enjoy with a loaf of fresh bread.

Crock-Pot® Taco Soup

I got this recipe from a church cookbook.

– Cindi C., Employee, Council Bluffs, IA

1-pound ground meat

1 16-ounce can
whole tomatoes

1 16-ounce can corn

1 16-ounce can
V8® juice

1 16-ounce can
red beans

1 package taco
seasoning

1 large onion,
chopped

Place all ingredients in a Crock-Pot®. Heat the soup on low overnight or all day. Serve the soup with rice or Fritos®.



Easy Crock-Pot® Potato Soup

This is an easy soup to make and it's perfect for winter.

– Pat C., Customer, Omaha, NE

1 30-ounce bag
frozen diced
hash browns

1 32-ounce can
chicken broth

1 10-ounce can
cream of chicken
soup

3-ounces bacon bits

1 8-ounce block
cream cheese

3 cups shredded
cheddar cheese

Put the hash browns in the Crock-Pot® and add the chicken broth, cream of chicken soup and ½ of the bacon bits. Cook the soup on low for 7 – 8 hours or until potatoes become tender. 1 hour before serving, cut the cream cheese into small cubes and place in the Crock-Pot® with 2 cups of cheese. Mix a few times throughout the hour before serving. Once the cream cheese is completely mixed, it's ready. Serve the soup topped with the remaining bacon bits and cheese.

Hearty Hamburger Vegetable Soup

This is the soup my mother-in-law takes to family and friends who are sick or going through hard times. She recently took this soup to a father who lost his wife after giving birth to triplets, leaving him with five children to care for on his own. The whole town got together to deliver meals to them, and meals are scheduled to be delivered for several years. Food brings such a comfort to people who are in stressful situations and is a great way to demonstrate how much you care about them.

– Ronda S., Employee, Omaha, NE

1½-pounds
hamburger
½ teaspoon salt
½ teaspoon pepper
1 onion, chopped
1½ cups
chopped celery
1 tablespoon butter
1 can green beans
1 can corn
4 – 5 potatoes, diced
1 large can
diced tomatoes
1 large can V8® juice
1 teaspoon
chili powder

Brown the hamburger in a skillet and strain. In the skillet, sauté the celery and onion in butter until the onion is clear. In a slow cooker, mix together all the ingredients and simmer for 3 – 4 hours.

Crock-Pot® Manhattan Clam Chowder

I am not a big fan of Crock-Pot® meals, but this recipe rocks! For those who like their soup a little spicy, a couple of teaspoons of crushed red pepper can be added.

– Debbie G., Customer, Palm Coast, FL

5–6 slices bacon,
diced

1 cup chopped onion

2 carrots, thinly sliced

3 ribs celery,
thinly sliced

1 tablespoon
fresh parsley

1 28-ounce can
diced tomatoes

1½ teaspoon salt

black pepper

1 bay leaf

1 teaspoon
dried thyme

3 medium potatoes,
diced

2 – 3 cans
minced clams

1 bottle clam juice

Fry the diced bacon until crispy, then drain.
Toss the bacon in a slow cooker with the other ingredients. Cook on high for 1 hour, then reduce to low for 7 – 9 hours.

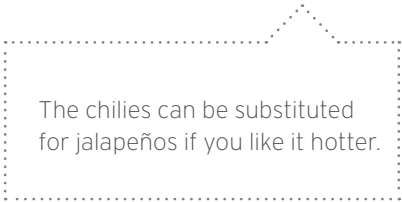
Chili Verde

This is a family recipe passed down for five generations.

– Doyle J., Employee, Omaha, NE

1 to 2–pounds pork
1 clove garlic
½ cup onion
1 tablespoon flour
1 cup chicken broth
1 tablespoon salt
1 small can crushed
green chilies
8–ounces
crushed tomatoes
1 tablespoon cilantro

Cut the pork into cubes and slowly brown in a frying pan on low heat for up to 45 minutes. Add garlic to the frying pan and cook for an additional 5 minutes. Add chicken broth and bring to a boil. Add one or more tablespoons of flour to thicken to your preference. Add the salt, chilies or jalapeños, tomatoes and cilantro. Cover and simmer the chili for at least 30 minutes.



The chilies can be substituted for jalapeños if you like it hotter.



Jenny's Famous Cheesy Potato Soup

This is a recipe that I stole from my sister. It took me a few tries to perfect, but now my son thinks mine is better!

– Mike L., Employee, Omaha, NE

5–pounds potatoes
1 stick butter
1 block
Velveeta® cheese
1 small onion,
chopped
milk, the amount
depends on how
thick you would
like your soup

Peel and dice the potatoes before putting into in a 3-quart pot of boiling water. Boil until the potatoes become soft but not mushy. Drain the water from the pot, and then fill with milk until just below the tops of the potatoes. Slice the butter and cheese into the pot and cook over a low heat while stirring often. Once the cheese has melted, serve the soup in a bowl with crackers.

Hearty Beef Barley Soup

*Found this recipe in the Omaha World-Herald and adapted it.
The finished product is the best I've had.*

– Jerri U., Customer, Council Bluffs, IA

1–pound boneless
beef sirloin or top
round, diced into
1" pieces
4–ounces
mushrooms, sliced
1 clove garlic, minced
1 small onion,
chopped
4 cups Swanson®
beef broth,
low-sodium
½ cup uncooked
quick barley
¼ teaspoon dried
thyme leaves, crushed
1 generous dash
ground black pepper
2 medium carrots,
sliced

Cook beef in 3-quart nonstick pan until well browned, stirring often. Add minced garlic and onion, then cook until onions are transparent. Stir in beef broth, mushrooms, carrots, barley, thyme and black pepper. Bring the soup to a boil before covering, then reduce the heat and cook 10 – 12 minutes until the barley and carrots are tender.

Chicken Tortilla Soup

My best friend's mom gave me this recipe and it's something I like to make with leftover chicken. It's easy and healthy. My husband loves this recipe too!

– Amy J., Employee, Omaha, NE

1 tablespoon
vegetable oil

1 bag frozen soup
starter vegetables;
carrots, celery
and onion

1 can jalapeños

1 teaspoon
minced garlic

1 bay leaf

¼ teaspoon
Mexican oregano

1 can diced tomatoes

8 cups chicken broth,
low-sodium

1½-pounds
boneless skinless
chicken breasts

2 green onions,
chopped

3 limes, ⅓ cup juiced

1 large avocado,
peeled, pitted
and diced

cilantro

tortilla strips

salt

Add the frozen vegetables, jalapeños, garlic, bay leaf, oregano and tomatoes to a large pot with vegetable oil and cook for 5 – 10 minutes so the ingredients are completely heated. Then, add chicken broth and chicken breasts to a second large pot and bring to a boil. Reduce the heat and simmer for 15 – 20 minutes or until the chicken is cooked through. Remove the chicken, let it cool and shred. Keep soup simmering and add shredded chicken along with green onions and lime juice. Cook an additional 5 – 10 minutes until hot. Season the soup to your taste with salt. Serve immediately with avocado, cilantro and tortilla strips on top. To save time, use pre-cooked rotisserie chicken and shred into soup.

Taco Soup

I come from a family of taco fiends, but with very varied schedules. It's often hard to have everyone in one place at one time for fresh, warm tacos. My mom heard about "taco soup" from one of her coworkers who shared it with us and it's been a hit ever since! It's perfect for very active families and it can be left simmering for the next family member to get home or frozen for another quick, inexpensive and delicious meal.

– Amanda T., Employee, Omaha, NE

1-pound seasoned
ground beef
or chicken
1 large can
kidney beans,
undrained
1 can corn, undrained
1 can diced tomatoes
1 package taco
seasoning mix
 $\frac{2}{3}$ cup water
Fritos® corn chips
sour cream
shredded cheese

In a large pot, brown and season ground beef to your taste, then drain off the grease. Add kidney beans, corn, diced tomatoes, taco seasoning and water. Bring the soup to a boil before covering, then reduce the heat and simmer for at least 30 minutes. Serve with Fritos® and top with sour cream and shredded cheese.

Pozole

This is a tasty soup that my son loves!

– Carol N., Retiree, Omaha, NE

3–pounds bone-in
pork roast
4 – 5 cups
chicken stock
1½ white onion
1 teaspoon salt
sprig of oregano
¾ teaspoon pepper
4 carrots, chopped
2 tablespoons oil
1 large can hominy,
drained and rinsed
4 cloves garlic,
minced
4 Ancho Chilies,
seeds and stems
removed
3 tablespoons
chopped cilantro
1 tablespoon fresh
lime juice

Simmer the roast in the chicken stock with ½ of an onion, salt, oregano sprig and pepper until the meat is falling off of the bone. Transfer the meat to a cutting board to cool and shred, then reserve the broth and skim off the fat. Cook onion and carrots in oil until onions are soft and translucent, then add the hominy, garlic and chilies. Soften the veggies in the hot broth for 20 minutes, then put through a food processor and strain back into the broth. Simmer for another 30 – 40 minutes to blend the flavors. Then, to adjust seasoning to your preference, add shredded pork, cilantro and/or lime juice. Serve the soup hot and garnish with chopped lettuce, diced tomatoes, avocados, cilantro, sour cream and tortilla chips.

Lazy Day Beef and Vegetable Soup

I found this on Facebook®. This is my kind of dish, easy and delicious!

– Reah J., Customer, Corbin, KY

2½-pounds stewing
beef, cubed

2 14-ounce cans
beef broth

1 14-ounce can
chickpeas, rinsed

1 14-ounce can
diced tomatoes

1 cup water

1 teaspoon dried
Italian seasoning

½ cup salt

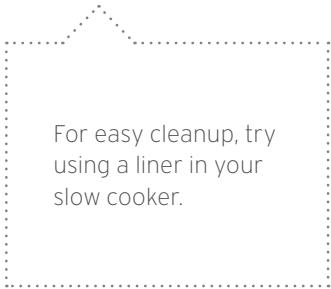
½ teaspoon pepper

2 cups frozen
mixed vegetables

1 cup uncooked
ditalini pasta

Romano cheese,
shredded (optional)

Combine beef, broth, chickpeas, tomatoes, water Italian seasoning, salt and pepper in 4½ – 5½ quart slow cooker. Mix in cooker well before leaving on high for 5 hours or on low for 8 hours. Stir in mixed vegetables and pasta. Cook the soup for another hour in the slow cooker or until the noodles are tender. Stir well before serving and top with cheese if desired.



For easy cleanup, try
using a liner in your
slow cooker.

Superb Mild Chili

My recipe, this was developed by trial and error to take advantage of spices.

– Russell S., Customer, Eureka, CA

2-pounds ground
chuck, 93% lean

1 tablespoon olive oil

1 cup diced
green pepper

2½ cups canned
tomatoes

1 6-ounce can
tomato paste

½ cup onion flakes

2 teaspoons salt

1 cup quartered
fresh mushrooms

4 cups red kidney beans

2 tablespoons
chili powder

2 teaspoons oregano

1 teaspoon
garlic powder

1 teaspoon
black pepper

1½ teaspoons
tarragon leaves

⅛ teaspoon
cayenne pepper

2 teaspoons cumin

1 teaspoon dry mustard

1½ teaspoons thyme

1 teaspoon basil leaves

In a large frying pan, brown the meat in the olive oil. Add the green pepper and cook for 5 minutes. Next, add in the tomatoes, tomato paste, onion flakes, salt and mushrooms and cook slowly for 15 minutes. In the meantime, in a small bowl, toss together the chili powder, oregano, garlic powder, black pepper, tarragon leaves, cayenne pepper, cumin, dry mustard, thyme and basil. Transfer the chili from the frying pan to a slow cooker and add in the kidney beans and spices. Cook the chili on high for 30 minutes, then reduce to low and cook for a minimum of 1 hour or up to 3 hours.

Taco Soup

This is my sister's recipe and boy, is it easy!

– Rosalyn H., Employee, Omaha, NE

1–pound ground beef

1 medium onion,
diced

2 cans diced
tomatoes*,
with chilies if you
prefer it spicier

1 can corn*

1 can lima beans*

1 can pinto beans*

1 packet ranch
dressing mix

1 packet taco
seasoning mix

salt

pepper

*Do not drain

In a skillet, brown the beef and add the onion.

Stir in the remaining ingredients and bring the soup to a boil. Lower the heat and simmer while stirring occasionally to combine flavors. Serve the soup topped with shredded cheese, sour cream, green onion and tortilla chips.

Working Mom's Beef Stew

This is my easy go-to soup on busy work nights. It's fast, simple, flexible, healthy and hearty. It can be adjusted based on whatever pantry staples you have on hand. You can use beans instead of meat if you prefer. I also use this recipe as a catchall for leftovers like pot roast or turkey. Just cube and add. I can walk in the door and have this on the table within 20 minutes. It also keeps well in the fridge for a few days and can be frozen.

– Bev C., Employee, Omaha, NE

1–pound beef
stew meat
2 beef bouillon cubes
minced garlic to taste
onion to taste
2–3 cans diced
tomatoes
2 cans tomato sauce
1 can corn
1 large bag frozen
soup vegetables
1 small bag of
frozen okra
1 can black beans
(optional)
salt and pepper
to taste

Brown stew meat in a large stockpot with minced garlic and onion. Drain if necessary. Crumble in bouillon cubes. Without draining any of the cans, add the remaining ingredients except for one of the canned tomatoes. Fold in the vegetables until everything is covered. Hold the 3rd can of diced tomatoes to the end to see if needed for enough liquid to cover or if your family just really likes tomatoes. Simmer until the frozen vegetables are softened and cooked through and enjoy!

Chili Stew

My granddaughter had to prepare an original dish for a teacher-distributed project in Spanish class. She was given a main course, so we sought flavors and seasoning and this is what we came up with.

– Sandi D., Prospective Customer, Goose Creek, SC

2-pounds chicken
tenderloins
¼ cup canola oil
2 16-ounce jars salsa
1 tablespoon cumin
1 teaspoon
turmeric salt
3 – 4 potatoes,
skinned and diced
¼ cup flour
2 cups water
1 bay leaf

Cut meat into ½" pieces, then dust with flour and brown in the oil in a Dutch oven. Add salsa and water to the pot, then simmer for 15 minutes. Add the potatoes to the stew and continue to cook for 10 minutes before adding remaining ingredients. Simmer for 30 minutes and enjoy.



Leaf It Up to Me

A good salad is more than just a bowl of leafy greens. That's why we chose to share this collection of salad recipes that are sure to please.



SALADS

Adjusted to his liking after trying this salad at a church potluck, Paul created his own rendition of a Ramen Noodle Salad ([page 67](#)) that included more vegetables.

Try something different and get rave reviews just like Paul.

Satisfying Four-Bean Salad

I've been aiming to eat healthier to feel healthier. I've modified this recipe from a Scotch Grove Oak Drive Club cookbook that was published in 1977. I love the colors and the crunch that enhances the flavors.

– Marilyn S., Customer, Monticello, IA

1 can kidney beans
 1 can butter
 or yellow beans
1 can green beans
1 can black beans
1 red or green pepper
 2 stalks celery,
 chopped
 ½ cucumber,
peeled and chopped
 ⅓ cup chopped
 parsley
 ⅓ cup apple
 cider vinegar
 ¼ cup extra
 virgin olive oil
¼ cup canola oil
 ⅔ cup sugar
 salt
 pepper

Drain and rinse all of the beans. Toss all of the vegetables in a large bowl. In small bowl, mix vinegar, oil, sugar, salt and pepper until dissolved. Drizzle the mix over vegetables and mix all together. Chill overnight and serve cold. This is a refreshing salad that's great for a picnic!

Marinated Tomatoes

A family member took this recipe from a Helen Corbett cookbook in the '50s. It was always a favorite for a summer lunch entertaining guests.

– Tom C., Customer, Houston, TX

tomatoes
lemon juice
red wine vinegar
sea salt
basil leaves (optional)

All ingredient
amounts are based
on your preference.

Remove tomato peels by dipping them in boiling water for 20 seconds. Slice tomatoes fairly thick and place them in a large Pyrex® pan. Sprinkle salt over tomatoes and let rest for 10 minutes on each side. Layer tomatoes on top of each other, then salt and repeat. Pour lemon juice over each layer of tomatoes and let them rest. Pour vinegar over all the tomatoes and turn them so each slice gets marinated. Marinate for no more than 2 or 3 hours, as too much marinade time makes the tomatoes soft. Sprinkle with basil if desired.

Balsamic vinegar is a
good substitute for red
wine vinegar.

Dilled Cucumber Salad

This is just good ole' summer eating!

– Karla M., Employee, Blair, NE

- 1 cup fat-free
sour cream
- 1 tablespoon
cider vinegar
- 2 tablespoons
snipped fresh dill
or 2 teaspoon
dried dill weed
- 1 tablespoon sugar
- salt and pepper
to taste
- 2 large cucumbers,
thinly sliced
- ½ medium onion,
thinly sliced

Stir the sour cream, vinegar, sugar and dill together, then salt and pepper to your taste. Pour over the cucumbers and onions and mix together. Cover and refrigerate for 2 hours and serve cold.



Carrot Salad

This is my husband's favorite salad. I have learned to make it to fit into his diabetic diet and not lose any of the flavors. You can make it and not use the substitutions and it will be a little richer.

– MaryAmy A., Customer, Lake Arthur, LA

- 1–pound carrots,
grated
- 1 large apple,
coarsely chopped
- 1 cup white raisins
- 4 tablespoons sugar
- salt
- ½ – ¾ cup
mayonnaise or
salad dressing

Mix all ingredients together and serve. The amount of mayonnaise or salad dressing you use depends on the consistency you like your salad to be.

If you are diabetic, then use half the raisins and substitute 6 packets of Splenda® for sugar.

Frog Eye Salad

*Don't let the name turn you off this salad! This was my favorite growing up.
My grandma always made this for Easter.*

– Kate L., Employee, Omaha, NE

1 cup acini di pepe
pasta
¾ cup sugar
2 tablespoons flour
2½ teaspoon salt
1 20-ounce can
crushed pineapple,
drained
¾ cup pineapple juice,
from the can
2 eggs, beaten
1 8-ounce tub
Cool Whip®
1 cup miniature
marshmallows
1 teaspoon
lemon juice
2 11-ounce cans
mandarin oranges,
drained

Bring 6 cups water to a rapid boil in a 3-quart saucepan. Add 2 teaspoons salt. Slowly add acini di pepe and return to boil, stirring to separate the noodles. Boil for 2 – 3 minutes. Remove from heat, cover and let stand for 6 – 8 minutes. Drain pasta and rinse with cold water to chill. In a small saucepan mix sugar, flour and ½ teaspoon salt and stir in pineapple juice and eggs. Cook over moderate heat, stirring constantly until thickened. Add lemon juice, set aside and cool. Combine the mixture with the acini di pepe. Cover and place in refrigerator until chilled. Add oranges, crushed pineapple, Cool Whip® and marshmallows. Stir lightly. Chill at least 1 hour before serving.

George's Chicken Salad

This is something I conjured up one day. I never make it the same way twice!

– George L., Customer, Omaha, NE

2 13-ounce cans
chicken breast, drained
or breasts of rotisserie
chicken diced to
½ inch pieces

½ red or green
bell pepper, diced

½ medium onion, diced

½ granny smith
apple, diced

2 celery stalks, diced

handful dried cranberries*

2–3 tablespoons sweet
bell pepper relish

⅛ – ¼ teaspoon allspice*

⅛ – ¼ teaspoon
cinnamon*

⅛ – ¼ teaspoon paprika*

1 teaspoon sugar*

1 tablespoon pimento,
drained*

red pepper flakes*

1 splash red wine
lemon juice

3 tablespoons mayonnaise

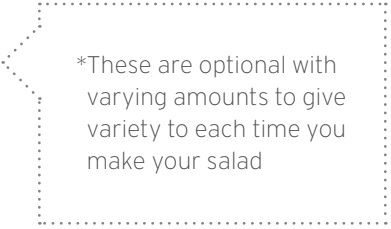
lettuce leaves

hot dog bun*

handful slivered
almonds or walnuts*

salt and pepper to taste

Prepare all chopped and diced ingredients and toss in a large bowl. Stir in seasonings and mix together with lemon juice. Add chicken, then season the salad with salt and pepper to your taste and add mayonnaise. Allow to chill for 3 – 5 hours before serving. Add the nuts just before serving. Serve on a bed of lettuce or in a hot dog bun.



*These are optional with varying amounts to give variety to each time you make your salad

The Caesar Salad

I've traveled far and wide as a businessman and vacationer. One of my all-time favorite meals has been the Caesar Salad. I've talked to chefs and observed its making on many occasions. This is my perfected Caesar Salad, which whenever I have guests is one of their most requested menu items. If making this for a special occasion, I like to prepare the ingredients ahead and have available to make table side. Makes quite the impression, since it's so good and appears to have so many mystical ingredients, especially if done by candlelight.

– Norman S., Customer, Hartford, WI

1 head Romaine
lettuce hearts

⅓ cup olive oil

2–3 garlic cloves,
minced

1 egg yolk

2 tablespoons
lemon juice

1–2 tablespoons red
wine vinegar

few dashes of
Tabasco® sauce

few dashes of
Worcestershire sauce

1 rounded teaspoon
Grey Poupon®
mustard

4–6 anchovy fillets

⅓ cup Parmesan
cheese

1 cup croutons

fresh ground
black pepper

Tear or cut lettuce into bite-size pieces. Wash and dry, place into refrigerator, let chill about 4 hours. Add the minced garlic to the olive oil and let it infuse about 4 hours; do not refrigerate. When ready to make the Caesar Salad, if using anchovies, put the anchovies into a large salad bowl, take a fork and nest it into the bottom of a spoon and use it to mash the anchovies into a paste. Add the infused olive oil, including garlic, into the salad bowl; add egg yolk, fresh ground black pepper, lemon juice, red wine, dashes of Tabasco®, dashes of Worcestershire sauce and Grey Poupon®. Mix all the ingredients and add the chilled lettuce, then toss until all leaves glisten. Finally, add the Parmesan cheese and croutons, then mix one last time before serving.

Marinated Bean Salad

*It was given to me by a friend that I used to work with years ago.
I loved it from the first time I tasted it.*

– Ann S., Customer, Poland, IN

- 1 16-ounce can wax beans, drained
- 1 16-ounce can green beans, drained
- 1 16-ounce can kidney beans, drained
- ¾ cup chopped bell pepper
- ¾ cup chopped onion
- ¾ cup sugar
- ⅔ cup vinegar
- ⅓ cup salad oil
- 1 teaspoon salt
- 1 teaspoon pepper

Combine vegetables and toss to mix. Combine sugar, vinegar and oil and pour over the vegetables. Add salt and pepper, then toss again before refrigerating overnight. Before serving, toss one last time and drain well.

Confetti Chicken Salad

I spent many days in the classroom as a teacher and a school counselor and found this salad to be very rewarding and versatile.

– Naida S., Customer, San Antonio, TX

chicken or turkey
green onions
celery
carrots
dill pickle slices
boiled eggs
several olives
mayonnaise

Cut up cooked chicken or turkey into bite-sized pieces. Cut up celery, green onions, carrots, dill pickles, boiled eggs and olives. Add all of the chopped ingredients together to give it that confetti look. Combine with mayonnaise and mix the salad. Serve with crackers or on bread.

Use ingredients at any amount to your preference



Tortellini, Broccoli and Bacon Salad

I use this recipe for family functions, especially summer barbecues. It makes a lot to feed our large family!

– Kim K., Employee, Omaha, NE

1 19-ounce bag
cheese-filled
tortellini noodles
2 cups broccoli
1 cup cherry
tomatoes, washed
1 cup reduced-fat
coleslaw dressing
1-pound bacon,
crisply cooked
and crumbled

The night before serving, cook and drain the tortellini as directed on package. Rinse with cold water; drain and soak in salad dressing overnight. In a very large bowl, mix tortellini, broccoli, tomatoes, bacon and dressing. Cover and refrigerate at least 1 hour to blend flavors.

Paul's Ramen Noodle Salad

This salad was served at a church potluck dinner. I loved it and got the recipe from the maker. I tweaked it by adding additional vegetables, so I call it "My Salad." I always get raves about it and so do the people with whom I shared the recipe.

– Paul S., Customer, Downers Grove, IL

2 packages
ramen noodles

2 packages chopped
coleslaw cabbage

2 cups
sunflower seeds

2 cups almond slivers

1 – 2 bunches onion

1 cup broccoli florets

1 cup diced red or
orange peppers

1 cup sugar

1 cup vegetable oil

$\frac{3}{8}$ cup vinegar

Break the ramen noodles into small pieces and place in a large bowl with the cabbage, seeds, almonds, onions, broccoli and peppers. Mix the seasoning packets from the ramen with the sugar, vegetable oil and vinegar. Mix each bowl well and refrigerate for at least 3 hours before combining the ingredients. Mix both bowls together thoroughly at least 30 minutes before serving.


Barley Salad

I first had this at someone's picnic over 20 years ago. I have adjusted it over the years as peppers have become harder to digest.

– Judi M., Customer, Mesa, AZ

- 3 cups water
- ¾ cup pearl barley
- 1 cup dark raisins
- ½ can dark red kidney beans, drained
- ½ can garbanzo beans, drained
- ¼ cup diced red, yellow and green bell pepper
- ½ bunch parsley, finely chopped
- 2 tablespoons rice wine vinegar
- 3 tablespoons lemon juice
- 1 tablespoon canola oil

Cook barley with less water and for less time than instructed on the box. Cook the barley for 20 – 25 minutes, then let sit uncovered for 5 minutes to absorb the water. The barley should be al dente and not soft or mushy. Mix the barley with the raisins, peppers, beans and parsley, then toss with the vinegar, lemon juice and oil.



Diced carrots and zucchini make an excellent substitute for bell peppers.

Marinated Vegetable Salad

I have been making this wonderful recipe for 23 years. It tastes great with barbecue or at any time you need a healthy side. My family always asks for it.

– Delores F., Customer, Spring, TX

- 1 can green peas,
drained
- 1 can French-style
green beans, drained
- 1 can shoepeg corn,
drained
- ½ cup chopped
green onions
- 1 cup chopped
green bell pepper
- ¾ cup sugar
- ¾ cup white vinegar
- 1 teaspoon
vegetable oil

In a small pot, boil the sugar, vinegar and vegetable oil until sugar dissolves. Set the pot aside to cool. Layer or mix all vegetables in a large bowl. Pour the cooled liquid over the vegetables, cover and refrigerate.

Taco Salad

*This is a favorite recipe. The secret ingredients are
Thousand Island dressing and corn chips!*

– Jane J., Customer, Marlborough, NH

1–pound ground beef
or turkey

1 medium onion,
chopped

1 head lettuce,
shredded

3 medium tomatoes,
chopped

1 16–ounce can
kidney beans, drained

1 16–ounce can black
olives, drained

1 can chopped chilies,
drained

1–pound shredded
sharp cheddar cheese

1 large bag corn chips

1 16–ounce bottle
Thousand Island
dressing

Brown the ground beef or turkey with the chopped onions until the onions are translucent, then set aside to cool. In a large bowl combine the meat, lettuce, tomatoes, beans, olives and chilies. Just before serving, add in the cheese and corn chips. Pour the dressing over and toss thoroughly.

Refreshing Fruit Salad

I started making this a number of years ago for our annual family Grillfest. It's asked for every year now.

– Barbara S., Customer, Greenfield, WI

½ cup white sugar

½ cup lemon juice

2 teaspoons
diced onion

1 teaspoon
Dijon mustard

½ teaspoon salt

¾ cup vegetable oil

1 head romaine
lettuce, torn to
bite-sized pieces

4-ounces
Swiss cheese

1 cup cashews

¼ cup dried
cranberries

1 apple, peeled,
cored and diced

1 pear, peeled,
cored and diced

Combine the sugar, lemon juice, oil, onion, mustard and salt in a jar. Shake well to blend the dressing.

Combine lettuce, Swiss cheese, cashews, dried cranberries, apple and pear in a large bowl, then toss to mix. Add the salad dressing just before serving.

Strawberry Romaine Salad

– Mary S., *Customer's Wife*, Jefferson, WI

1 bunch
romaine lettuce,
washed and torn

1 quart strawberries,
sliced

1 small sweet onion,
sliced

½ cup Kraft®
mayonnaise
with olive oil

⅓ cup sugar

2 tablespoons vinegar

¼ cup milk

1 tablespoon
poppy seeds

¼ cup sliced pecans

Combine lettuce, berries and onion in a large bowl. In a jar, combine remaining ingredients (except pecans) and shake well. Pour the dressing from the jar over the salad just before serving and toss lightly with pecans.

Chicken Basil Apple Salad

A friend made this once for a group of us and I have been making it since. It is a wonderful combo of flavors and is very healthy.

– Jean M., Customer, Phoenix, AZ

3 – 4 boneless
skinless chicken
breasts or rotisserie
chicken, shredded

2 granny smith
apples, peeled
and diced

4 scallions,
thinly sliced

⅓ cup roughly
chopped roasted
peanuts

¼ cup lime juice

1 tablespoon
rice vinegar

2 tablespoons
brown sugar

2 tablespoons salt

1 teaspoon pepper

½ cup basil

2 tablespoons mint

After dicing the apples, toss to coat them with 2 teaspoons lime juice. Mix the rest of the lime juice, vinegar, sugar, salt and pepper until the sugar has dissolved. In a large serving bowl, add the scallions and apples to the mixture. Chop the chicken and add to the apples with the peanuts, basil and mint. Toss to coat everything evenly and serve garnished with mint or basil leaves.

Tricolor Pasta Salad

This is an easy pasta salad to make for summer gatherings.

– Kim H., Employee, Omaha, NE

12-ounces tricolor
pasta spirals

2 tablespoons white
wine vinegar

1 small garlic clove,
minced

4 tablespoons extra
virgin olive oil

¾ cup diced
roma tomatoes

½ cup pitted
black olives

3½-ounces
Parmesan cheese

1 cup shredded
basil leaves

1 cup quartered
artichoke hearts

Combine 3 tablespoons olive oil, vinegar and garlic in a small container with a lid. Shake well to mix and let stand for 1 hour. Prepare tricolor pasta as directed on package. Drain, mix with 1 tablespoon of olive oil and let cool. Cut Parmesan cheese into paper-thin slices. Place pasta, tomatoes, olives, cheese, artichokes and basil in large bowl. Add the dressing and toss gently to combine.

Joan's Chicken Salad

This is a healthy salad that is especially tasty.

– Joan J., Customer, Lake Mills, WI

4 cups very
finely chopped,
cooked chicken

1½ cups cubed
crisp tart apples

1 cup finely
chopped celery

½ cup very finely
chopped red onion

½ cup coarsely
chopped dried
cranberries

2 teaspoons
lemon juice

½ cup whole
natural almonds

¼ cup light
mayonnaise

¼ cup greek yogurt

salt

pepper

Preheat the oven to 350 degrees. Place the chicken in a large bowl, then in a medium bowl toss the apples, celery, onion and cranberries with lemon juice. Scatter almonds across ungreased baking pan and cook in oven 5 – 7 minutes. Coarsely chop the almonds and add to the chicken along with the apple mix from the medium bowl. Stir in mayonnaise and yogurt until all is coated and you are happy with the consistency. Salt and pepper to your desired taste. Keep refrigerated until ready to serve.

Tuna Salad

– George L., Customer, Omaha, NE

3–4 cans tuna,
drained

1–2 pour count
olive oil

2 boiled eggs,
cooled and chopped

2–3 tablespoons
sweet green relish

2–3 teaspoons sweet
red bell pepper relish

½–1 teaspoon sugar

½ medium onion,
diced

2 stalks celery, diced

⅛–¼ teaspoon
cinnamon

⅛–¼ teaspoon
allspice

2 – 3 tablespoons
mayonnaise

salt

pepper

½ granny smith apple,
peeled, cored
and diced

splash red wine
vinegar

leaf lettuce

hot dog bun

In a large bowl, prepare all chopped and diced ingredients and spices, except for salt, pepper, egg and mayonnaise. Mix together and stir in tuna and the chopped egg, being careful not to smash too much. Stir in mayonnaise and seasoning based on taste. Chill for 3–4 hours, stir and serve on lettuce bed or toasted hot dog bun.

Strawberry Spinach Salad

This salad was served by a local restaurant at my daughter's wedding reception. I have made this many times since then. It's delicious and very healthy.

– Ginny N., Customer, Waunakee, WI

- 1-pound spinach
- 1 pint strawberries,
halved
- ½ cup pecans,
browned
- 1½ tablespoons
butter

Dressing

- ⅓ cup red
wine vinegar
- 1 teaspoon salt
- ½ cup vegetable
or canola oil
- 1 teaspoon dry or
prepared mustard
- ½ cup sugar
- 1½ teaspoon
minced onion
- ½ tablespoon
poppy seeds

Preheat the oven to 350 degrees. Wash the spinach and toss with the strawberries. Bake the pecans in butter for 10 minutes until brown. In a medium bowl, combine the dressing ingredients and stir. Add the dressing and pecans to the spinach just before serving. The pecans should still be warm from baking or heated in microwave before tossing in the salad.

Mostaccioli Noodle Salad

Our family enjoys this salad year-round, but it is especially great in the summertime, as it will not spoil in the heat of a picnic.

– Sally D., Customer, Lincoln, NE

1–pound mostaccioli
noodles

1½ cup sugar

1½ cup white vinegar

1 teaspoon salt

2 teaspoons mustard

½ teaspoon pepper

1 teaspoon garlic
powder

1 teaspoon Accent®
seasoning

1 medium onion,
diced

1 green pepper, diced

½ cucumber, diced

Cook the noodles according to the package, being careful to not overcook. Combine sugar, white vinegar, salt and mustard and pour over the noodles. Lightly toss the veggies and other seasonings with the noodles. Chill overnight in a sealed container and occasionally turn to coat the salad with the dressing. This is best served cool.



The Proof Is in the Breading

You could eat these breads for breakfast, lunch
AND dinner – they're just that good. Find your favorite,
double the recipe and share with a friend!

A decorative graphic of a wheat stalk, rendered in a light gray color, is positioned on the left side of the page. The stalk curves upwards and to the right, with several grains visible. It overlaps a dark blue horizontal band that spans across the page.

BREADS

Need a nice-sized batch of rolls to go with a family dinner? Helen has just the thing: Oatmeal Buns ([page 86](#)). They're tasty, easy to make and freeze well if you don't eat them all.

Bran Muffins with Raisins

*This is an overnight, "big-batch" recipe.
These muffins are healthy and tasty at the same time!*

– Rosalyn H., Employee, Omaha, NE

3 cups Kellogg's®
All-Bran® cereal
½ cup vegetable oil
2¼ cups whole
wheat flour
⅔ cup sugar
2½ teaspoons
baking soda
1 teaspoon salt
2 cups buttermilk
2 large eggs,
lightly beaten
1 cup raisins

In a heat resistant bowl, combine 1 cup of the All-Bran®, 1 cup boiling water and the vegetable oil. In a separate bowl, combine the flour, sugar, baking soda, salt and stir in the remaining 2 cups of bran. In 3rd bowl, combine the buttermilk and eggs. Combine all 3 mixtures in the largest of the 3 bowls, add raisins and stir to combine. Cover and chill overnight. Preheat the oven to 450 degrees and spoon out batter into buttered muffin tins. Bake for 20 – 25 minutes and let cool for 5 minutes before removing from the tins.



7UP® Biscuits

I found this on Facebook®, and it sounded yummy so I tried it and it is delish.

– Loretta E., Customer, Haysville, KS

4 cups Bisquick®
1 8-ounce can 7UP®
½ cup butter
1 cup sour cream

Preheat the oven to 425 degrees. Mix the Bisquick®, sour cream and 7 Up®, and then knead and fold the dough together. Melt the butter into a 9" x 13" pan. Place biscuits in the butter and bake for 12 – 15 minutes.

Olive Cheese Bread

This is a favorite from "The Pioneer Woman Cookbook" that I have made at a lot of gatherings.

– Linda H., Agent, Piedmont, SD

1 14½-ounce can
black olives, drained

1 6-ounce jar
pimento-stuffed
green olives, drained

2 green onions

1 stick butter,
softened

½ cup mayonnaise

1-pound Monterey
Jack cheese

1 loaf crusty
French bread

Preheat oven to 325 degrees. Chop the olives and onions in a large bowl. Combine with butter, mayonnaise and grated Monterey Jack cheese. Slice the loaf of French bread lengthwise and top with olive and cheese mixture evenly. Bake the bread in the oven for 20 – 25 minutes or until cheese is melted and has turned brown and bubbly. Cut into diagonal slices and serve immediately.



Fabulous Flour Tortillas

My husband's mother was kind enough to pass this recipe down to me because my husband loved tortillas and burritos. We eat them often!

– Sami B., Customer, Auburn, WA

3 cups white flour

1 teaspoon salt

1 teaspoon
baking powder

⅓ cup buttery
shortening

1 cup warm water

Combine shortening, warm water and baking powder. Separate the dough into 10 – 12 even portions. Roll each portion into a ball and leave in a bowl with a damp towel, covering them for 15 minutes. Lightly flour a cutting board or counter and a rolling pin before gently flattening each ball to a tortilla shape. In a medium frying pan over high heat, cook each tortilla for 1 minute, then flip and cook for another 30 – 45 seconds. Stack the tortillas while separating with a paper towel or wax paper and once cooled, keep in a zippered bag.

Apple Bread

I got this recipe from a church cookbook many years ago and I have made it for family and friends many times.

– Cindi C., Employee, Council Bluffs, IA

2/3 cup sugar
1/3 cup shortening
2 eggs
3 tablespoons milk
1 tablespoon vinegar
1 cup grated apples,
don't pare
2 cups
all-purpose flour
1 teaspoon
baking powder
1/2 teaspoon
baking soda
1/3 teaspoon salt
1/2 cup chopped
walnuts

In a large bowl, mix the sugar, shortening and eggs until creamy. Mix the milk and vinegar together, and then add with the apples to the large bowl. In a separate bowl, stir together the flour, baking powder, baking soda, salt and walnuts. Add the dry mixture to the creamed mixture, then pour into a 9" x 5" x 3" greased loaf pan. Let stand for 20 minutes. Heat the oven to 350 degrees and bake for 50 – 60 minutes.

Berry Cream Muffins

This is a delicious muffin recipe.

– Carol N., Retiree, Omaha, NE

2 cups flour
1 cup sugar
½ teaspoon
baking powder
½ teaspoon
baking soda
½ teaspoon salt
2 generous cups
berries, fresh or
frozen and unthawed
(blueberries,
raspberries or
cranberries)
2 eggs, lightly beaten
1 cup sour cream
½ cup vegetable oil
1 teaspoon vanilla
1 cup toasted pecans
or walnuts
sanding sugar

Whisk the dry ingredients, toss in the fruit and blend. Mix in wet ingredients and nuts until dry ingredients are moistened. Spoon the dough into a greased muffin tin and sprinkle with sugar. Bake at 400 degrees for 18 – 22 minutes.

Poppy Seed Bread

This is one of my favorite quick bread recipes! It has a nice texture, great flavor and is perfect for breakfast, brunch or as a snack.

– Rosalyn H., Employee, Omaha, NE

3 cups flour
2½ cups sugar
1½ teaspoons salt
1½ teaspoons
baking powder
2 tablespoons
poppy seeds
1½ cups whole milk
1½ teaspoons
almond extract
1½ teaspoons
vanilla extract
3 eggs, lightly beaten
1 cup oil

Preheat the oven to 350 degrees. Combine the dry ingredients in a large mixing bowl and stir in the liquid ingredients. Pour into 2 greased loaf pans and bake for approximately 1 hour.



Pocket Pita Bread

– Susan E., Customer, Naples, FL

Pita bread
butter
garlic salt
Parmesan cheese

Open and slice the pita bread into quarters. Coat the bread in butter, add garlic salt and cover with Parmesan cheese. Place under broiler until brown, then let cool.

Oatmeal Buns

This tasty recipe makes a nice-sized batch and freezes well.

– Helen B., Customer, Nekoosa, WI

2⅓ cups water
1 cup quick oatmeal
½ teaspoon salt
2 tablespoons yeast
¾ cup brown sugar
3 tablespoons butter
5 – 5¾ cups
white or wheat flour

Bring 2 cups water to boil, stir in oats and let simmer for 1 minute. Stir in brown sugar and salt to the oats. Dissolve yeast in ⅓ cup warm water and when oats have cooled, stir the yeast in. Add 3 cups flour, beat well and continue to add flour until the dough is soft. Knead the dough until soft, and then let rise for 1 hour. Preheat the oven to 350 degrees. Form small rolls with the dough on a cookie sheet and bake for 25 minutes. Brush the rolls with butter when they are done.



American Pan Bread

This recipe came from a cookbook that has recipes kids can make. When I was little, we used to take it to the neighbors, an older couple, down the street. We would all play cards as it baked.

– Kate L., Employee, Omaha, NE

2 cups whole
wheat flour
1 cup white flour
1 teaspoon salt
2 teaspoons
baking soda
1 cup raisins
2 cups buttermilk
½ cup molasses

Preheat the oven to 350 degrees. Mix the flours, salt, baking soda and raisins. Stir in buttermilk and molasses. Pour into a greased bread pan. Bake for 1 hour. Cool on a wire rack for 15 minutes before removing from the pan.

Chocolate Zucchini Bread

This is a tasty recipe good for any occasion.

– Kim K., Employee, Omaha, NE

3 eggs
1 cup oil
2 cups sugar
3 cups grated zucchini
1 teaspoon vanilla
3 tablespoons cocoa
3 cups flour
1 cup chocolate chips
1 teaspoon salt
1 teaspoon
baking soda
¼ teaspoon
baking powder
1 cup nuts (optional)
1 cup coconut
(optional)

Preheat the oven to 350 degrees. Beat the eggs until they are foamy, then add oil and sugar. Mix in the zucchini and vanilla. Add dry ingredients, nuts, coconut and chocolate chips. Bake in 2 greased and floured loaf pans for 1 hour 15 minutes. You may also bake them in cupcake or muffin pans to make this a grab and go snack!

Blueberry Muffins

One summer day, while camping with friends, I went for a walk and came across a patch of wild blueberries. I picked a bunch and then cleaned and froze them when I got home. In the winter, I decided to bake muffins when I came across these again. The aroma filled the apartment after baking them.

– Judith M., Customer, Phoenix AZ

2 cups sifted flour
3 teaspoons
baking powder
½ cup sugar
1 teaspoon salt
1 egg, beaten
1 cup milk
4 tablespoons butter
1 cup unsweetened
blueberries
1 teaspoon
grated lemon rind

Sift the flour, sugar, baking powder and salt into a large bowl. Mix the egg, milk and butter in a small bowl and combine with the flour mixture. Fold in the blueberries. Spoon the dough into a greased muffin pan with or without paper liners until ¾ full. Sprinkle over the top with a mixture of the lemon rind and a tablespoon of sugar. Bake at 425 degrees for 20 minutes. Serve hot.

Lemon Bread

This was a recipe I received in a church cookbook from a dear friend of mine. This was her favorite recipe and I made it for her 3 - 4 times a year, or whenever she asked for it.

– Cindi C., Employee, Council Bluffs, IA

6 tablespoons
shortening
1½ cups sugar
2 eggs, beaten
1½ cups
all-purpose flour
2 teaspoons
baking powder
½ cup milk
1 lemon,
juice and rind

Preheat oven to 350 degrees. In a large bowl, mix the shortening and 1 cup of sugar. Mix in the eggs. Combine the flour and baking powder and add to the mixture along with the milk. Mix in the lemon rind and pour into a loaf pan and bake for 1 hour. While the loaf is hot, mix the lemon juice with ½ cup of sugar and pour over the top of it before removing from the pan.



Sticky Buns

I've had this recipe for at least 40 years. I received it from a manager shortly after I started with the company.

– Cindi C., Employee, Council Bluffs, IA

1 stick butter
½ teaspoon cinnamon
½ cup brown sugar
2 12-count packages
frozen dinner rolls
1 large package
butterscotch pudding,
cook kind
½ cup pecans

In microwave, melt butter, cinnamon and brown sugar. Grease a 9" x 13" pan. Slightly grease each frozen dinner roll. Place in pan and pour dry pudding over rolls. Then, pour microwave mixture over rolls and sprinkle with pecans. Place saran wrap over top of rolls loosely. Place them in a cold oven over night. In the morning, take saran wrap off and bake 25 minutes at 350 degrees.

Caramelized Ham and Cheese Buns

One delicious bread recipe.

– Mark N., Employee, Omaha, NE

1 package King's
Hawaiian® sweet rolls,
split horizontally

½ cup
horseradish sauce

12 slices deli ham

6 slices Swiss cheese,
halved

½ cup butter

2 tablespoons
finely chopped onion

2 tablespoons
brown sugar

1 tablespoon spicy
brown mustard

1½ teaspoon
Worcestershire sauce

¼ teaspoon
garlic powder

2 teaspoons
poppy seeds

Split the rolls, open horizontally and spread horseradish sauce over the bottom rolls. Next, layer ham and cheese and cover with the tops of the rolls. Arrange in a 9" square baking dish. In a small skillet, melt the butter before adding the onions, then cook for 2 minutes or until the onions are tender. Add remaining ingredients to skillet and pour over the rolls. Refrigerate covered for several hours or overnight. Bake covered at 350 degrees for 25 minutes, then remove the cover and bake for another 5 – 10 minutes or until the rolls are golden brown.



Want Sides With That?

Casseroles, pasta salads, rice, potatoes ... it's all tasty.
Fill up your plate with a couple of these sides and your meal is complete.

SIDE DISHES

MaryAmy has been asked to bring “that veggie thing” more times than she can count. The flavors of her Prairie Ronde Veggie Casserole ([page 96](#)) create a rich, unique taste that makes for a great take-along to any gathering.

Brandied Sweet Potato Applesauce

This recipe was passed down by a friend. This makes a great side dish and accompaniment to baked ham or pork chops.

– Carol S., Customer, Elmwood Park, NJ

- 1 large can sliced sweet potatoes
- 4 tablespoons butter
- ⅓ cup brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- ⅓ cup brandy
- 1 21-ounce can apple pie filling

Preheat the oven to 350 degrees. Place sweet potatoes in a greased shallow baking dish. Dot the potatoes with butter and sprinkle with a mix of the dry ingredients. Drizzle brandy over all the potatoes. Spread pie filling evenly over the top and bake for 30 – 40 minutes.



Baked Rice

Everyone's favorite for big family meals.

– Melinda S., Agent, San Antonio, TX

- 1 carton beef or chicken broth
- 3 cups black rice or mixed brown and white rice
- 4 tablespoons olive oil
- 1 can of mushrooms, drained (optional)
- 1 onion, chopped (optional)
- grated cheese

Combine broth with rice (2/1 ratio) and add oil. Top with mushrooms and onion if desired. Bake at 350 degrees for 1 hour – 1 hour and 15 minutes. Top with grated cheese and place back in the oven for 5 minutes or until cheese is melted. Serve with any meat dish.

Fabulous Raspberry Jell-O®

I have a reputation in my family as being the Jell-O® person for the family get-togethers and potlucks. This recipe tastes great and contains fewer calories if using sugar-free Jell-O®.

– Beverly S., Plymouth, WI

2 3-ounce packages
raspberry Jell-O®

1 6-ounce container
light fat-free Yoplait®
vanilla yogurt

1 12-ounce package
frozen raspberries

1 package light
Cool Whip®

Mix 1 package raspberry Jell-O® with 1 cup boiling water and stir until dissolved. Add 1 container of vanilla yogurt in place of cold water. Stir until yogurt is dissolved and refrigerate until firm. In 2 hours, after Jell-O® has set, mix the other package raspberry Jell-O® with 1 cup boiling water. Stir until dissolved then add $\frac{3}{4}$ cup cold water. Mix 1 package of frozen raspberries into the Jell-O® mix. Stir and immediately pour on top of the previous Jell-O®. Raspberries may still be frozen together in small lumps. Refrigerate until firm and serve with light Cool Whip®.



Kidney Bean Salad

My mother made this often for our family and I still make it today. It's delicious, filling and has nutritious beans as a main ingredient.

– Susan S., Customer, Bloomington, IN

2 15-ounce cans
kidney beans, drained

2 eggs

1 stalk celery, diced

$\frac{1}{2}$ onion, diced

2 tablespoons sweet
pickle relish

$\frac{1}{2}$ cup mayonnaise

salt

pepper

Place eggs in saucepan with enough cold water to cover and bring to a boil. Remove the pan from the heat and let eggs cook in the hot water for 10 – 12 minutes. Cool, peel and chop the eggs. In a bowl, mix the eggs, beans, onion, celery, relish and mayonnaise. Season the salad lightly with salt and pepper to your taste. Chill for at least 1 hour before serving.

World's Best Potato Salad

I love to serve this when we cook out - especially with barbecue.

– Ann T., Customer, Montgomery, AL

6 medium red
potatoes
1 small onion,
finely chopped
4 – 5 sprigs parsley
¼ cup vinegar
¼ cup salad oil
1 teaspoon salt
⅓ teaspoon pepper
½ cup mayonnaise
3 tablespoons
minced dill pickle
½ cup diced
green pepper
1 cup diced celery
⅓ teaspoon
celery seed

Boil and cool the potatoes. Peel and cut each potato into ½" cubes and place in a large bowl with the onion. Use kitchen shears to mince the parsley over the potatoes. Beat together the vinegar, oil, salt and pepper, then pour over the potatoes. Toss the salad lightly until mixed and chill for 2 hours to get the full flavor. Add the remaining ingredients and toss lightly with a fork until all the potatoes are coated and serve cool.

Prairie Ronde Veggie Casserole

I got this recipe from a program I used to participate in and it has become a staple at my home. The flavors create a rich, unique taste. I've used this as a "Take Along" more times than I could count. I'm always asked to bring "that veggie thing" when we are doing a covered dish meal.

– MaryAmy A., Customer, Lake Arthur, LA

1 gallon vegetables,
drained

2 serving spoons
rounded mayonnaise

1–pound grated
cheese, half cheddar,
half pepper jack

Southern seasoning

1 stick margarine

2 sleeves
Ritz® crackers

Mix the gallon of any vegetables you choose with the mayonnaise and cheese in a large aluminum pan. Carefully season with Southern to your taste. Crush the crackers in a separate container and add the melted stick of margarine and combine fully. Level the cracker mix over the veggies and bake in a 350 degree oven for 1 – 1½ hours.



Cheap Corn Casserole

Anyone can make great corn casseroles, but it may get pricey with Velveeta® cheese and all the other ingredients. This recipe makes the same great dish for less time at a fraction of the cost.

– Jane D., Employee, Council Bluffs, IA

1 box shells
and cheese

1 can whole
kernel corn

1 can creamed corn

Preheat the oven to 350 degrees. In a 9" x 9" baking dish, mix all three ingredients together and stir. Cover with foil and bake until the noodles are tender. Serve hot and enjoy.

Cracker Potatoes

This is a recipe that was given to my mom from her sister. We always loved it when my mom would make them, which wasn't often enough. My family always looked forward to having them as well.

– Sandy B., Employee, Plattsmouth, NE

8 – 10 potatoes
1 cup milk
2 eggs
1 stick butter, melted
1 – 2 cups crushed
club crackers

Peel potatoes and cut into 6 – 8 wedges per potato. Preheat the oven to 350 degrees. Mix milk and eggs in a medium bowl and place crushed crackers on a plate. Dip the potatoes in the milk and eggs, then roll them in crackers and place them on a baking sheet. Pour the melted butter over the top of the wedges and bake for 1 hour or until the potatoes become tender.



Hash Brown Casserole

Our daughter gave us this recipe.

– Sharolyn W., Customer, Newton, IA

2 packages frozen
hash browns
16–ounces
sour cream
2 cans potato soup
ham, cubed
4 cups shredded
cheese

Combine all ingredients in a slow cooker and cook on low for 6 hours.

Fried Indian Corn

Every year we do several fish fries and needed something to add to our menu. We also do several barbecue cook-off contests, which is where we were introduced to this recipe.

– Jim F., Customer, Harrisonville, MO

1 gallon whole corn
2 sticks butter
brown sugar

On medium heat in a large skillet, cook the corn with the 1st stick of butter for 45 minutes, being careful not to burn the corn. After the first 30 minutes cooking, add the 2nd stick of butter being sure to constantly turn the corn. After the 45 minutes of cooking and just as the corn begins to dry out at the end, add 2 handfuls of brown sugar to the skillet and continue to turn and cook the corn for 10 – 15 minutes. Remove the corn from the skillet and enjoy.



Rice Pilaf

I needed a side dish and put this together.

– Susan E., Customer, Naples, FL

1 onion, chopped
4-ounces mushrooms, chopped
1 celery stalk, chopped
1 green pepper, chopped
2 cans clear chicken broth
1½ cups white rice

In a sauce pan, sauté the onion, mushrooms, celery and the green pepper, then set aside. Bring the chicken broth to a boil, add rice and remove from burner. When the rice is cooked, toss all ingredients together and serve warm.

Grammy's Potato Salad

Growing up, it fell to me to be the “cook” at our house at a very early age. I fell in love with the job and read every recipe, cookbook and article I could find. I made my potato salad by peeling the potatoes, cutting them up and boiling them. Later I found out that I could improve on my recipe, so this is what I've used for 65 years! My family loves it and demands it for all family potlucks.

– Lois Z., Customer, Jacksonville, AR

4 – 5 medium
Irish potatoes
1 medium onion
4 hardboiled eggs,
peeled and chopped
 $\frac{3}{4}$ cup diced
dill pickles
 $\frac{3}{4}$ cup mayonnaise
 $\frac{1}{2}$ cup yellow mustard
3 tablespoons sugar
salt
pepper
paprika

Cover the unpeeled potatoes with cold water in a 4-quart pot and bring them to a rolling boil uncovered. Boil them until they're just under fork tender, (approximately 45 minutes) and allow cooling before peeling. Cut into $\frac{3}{4}$ inch cubes. In a large bowl, add the potatoes, eggs, diced onion and pickles. In a separate bowl, mix the mayonnaise, mustard, salt, pepper and sugar well. Combine with the other ingredients and top with a sprinkle of paprika, if desired. Cover with plastic wrap and chill for 4 hours before serving.

Sautéed Garlic Eggplant

I love eggplant, but there's only a limited way to cook them that really retains the 'eggplant' flavor. So I came up with another way to prepare it that's spicy, tender, delicious and still tastes like eggplant. When prepared according to the directions, it even retains its natural texture without becoming soggy! I've prepared this dish for several people and they all simply loved it.

– Chanel T., Customer, Brockton, MA

¼ cup olive oil or
1 stick butter, melted
1 medium eggplant
1 large sweet onion
¼ cup water
garlic cloves,
freshly minced
1½ tablespoons
thyme leaves
1 tablespoon
basil leaves
1 tablespoon oregano
ground pepper

Add oil or melt butter in a stainless steel pan on low heat. Wash and slice the eggplant and onion into 1½" thick slices. Once the oil or butter is warm, add water, minced garlic, thyme, basil, oregano and pepper. Stir until mixed well and turn heat on high. Let simmer for 5 minutes. Add eggplant and onion slices, reduce heat to medium-low and cover with lid. Sauté the eggplant for 30 minutes for a firm texture or 1 hour for a softer finish. When done, let sit for 5 minutes and serve over warm rice or on their own. Enjoy!

Parmesan Roasted Cauliflower

I truly enjoy this easy way to prepare a good-for-you vegetable.

– Brigitte S., Customer, Franklin, WI

1 head cauliflower
¼ cup Parmesan
cheese, plus 2
tablespoons divided
2 tablespoons
garlic powder
¼ teaspoon salt
¼ teaspoon pepper
1 teaspoon
chipotle powder
2 tablespoons
chopped parsley
2 tablespoons olive oil

In a medium bowl, cut the cauliflower in florets and toss with ¼ cup Parmesan cheese, garlic powder, chipotle, parsley, salt and pepper. Mix with olive oil and toss again. Put the cauliflower on a foil-lined cookie sheet and bake at 450 degrees for 20 minutes. Mix and turn the cauliflower, then sprinkle with another 2 tablespoons Parmesan. Bake for an additional 5 minutes and serve warm.



Red Hot Jell-O®

This was a recipe from my grandmother. She has been gone for 15 years and we still make this for our family gatherings.

– Robin S., Employee, Omaha, NE

2 3-ounce boxes
red Jell-O®
2 cups boiling water
¼ cup Red Hots®
1 small can
applesauce

Dissolve Jell-O® in boiling water and add the Red Hots®. Most of the candies will dissolve, but remove anything that doesn't. Take the pot off the burner and add the applesauce. Pour the mix into a bowl or your favorite mold and refrigerate until it sets.

Pineapple Soufflé

This recipe was shared with me by a nurse who was also a mother of five children under the age of six. She said she makes this for all family dinners! It takes minutes to make and is delicious.

– Norah C., Customer, Havertown, PA

5 slices white bread,
cubed

1 cup sugar

1 stick butter, melted

1 egg

20-ounces crushed
pineapple with juice

Mix all ingredients and put in a 10" pan. Bake at 350 degrees for 1 hour. Allow to cool before serving.



Spicy Rice

We had ten mouths to feed in our family. My mother would always make a dish of spicy rice as it was easy, filling, inexpensive and delicious.

– Alice L., Customer, Phoenix, AZ

2 cups long grain
white rice

1 can Herdez®
salsa casera

½ cup vegetable oil

2 cubes Knorr®
bouillon, chicken
or beef

In a medium sauce pan, heat vegetable oil and add rice. Stirring frequently, brown the rice until it is golden in color. Add 3 cups hot water, salsa casera and bouillon, then stir to blend. Bring the rice to a simmer, lower the heat and cover. Cook for 20 – 30 minutes or until the rice is tender. This is best served hot.

Veggie Sauté

– David M., Customer, Tucson, AZ

Kerrygold®
Irish butter
onion
garlic
tomato
sunflower seeds
red bell pepper
Napa cabbage
squash
spinach
kale
mushrooms
salt
pepper
thyme
roasted garlic
seasoning
Italian herb seasoning
¼ cup chicken broth

In a skillet, add the veggies to the Kerrygold® butter. Stir in salt, pepper, thyme, roasted garlic seasoning, Italian herb seasoning and chicken broth. Cook veggies thoroughly and serve alongside rice or favorite meat dish.

Vermicelli Salad

I got this recipe from a church cookbook and have been making it for 15 years. This is a replacement for potato salad.

– Jayne H., Customer, La Crosse, WI

- 1–pound vermicelli noodles
- 8 tablespoons oil
- 6 tablespoons lemon juice
- 2 tablespoons Accent® seasoning
- 1 cup chopped celery
- 1 cup chopped ripe olives
- 1 jar chopped pimentos
- 1 pint Miracle Whip® or less to taste

Cook and drain the vermicelli according to the directions on the package. Combine with oil, lemon juice and Accent® seasoning and marinate overnight. Mix the noodles with the rest of the ingredients in a large bowl and refrigerate until ready to serve.



Homemade Dirty Rice

Being from the South and of Cajun heritage, we love dirty rice. It's great with barbecue or as a side dish with any other kind of meat. My whole family begs me to make this often. It's simple and easy to make.

– Deanna L., Employee, Beaumont, TX

- 1 bunch green onions
- 1-pound ground beef
- 1-pound Owens® pan sausage
- 1½ cups cooked long grain rice

In a large skillet, brown the ground beef and sausage together until fully cooked. Drain off the extra grease into a container. Add the cooked rice and the bunch of green onions sliced and mix together. If it seems dry, add some of the grease drained off earlier.



Main Course of Action

Many people have a favorite dish. Whether it's this baked chicken or that marinated beef, you'll likely find a favorite version here in this section!



ENTRÉES

Rebecca loved a dish at a French restaurant so much that she ate there twice a day until she could duplicate the recipe. With that kind of dedication, you'll have to try her version of Chicken Cordon Bleu in Cheese Sauce ([page 114](#)).

Chicken Casserole

Given to me by my aunt who took in my five brothers and me after our mother passed away. She had to triple the recipe after growing her household to 10 children. After the holidays, she'd use leftover turkey instead of chicken. This can be made ahead of time and left in the fridge a day or two until you're ready to bake it.

– Mary C., Employee, Omaha, NE

1½ cups elbow
macaroni noodles

4 tablespoons
melted butter

3 tablespoons
chopped onion

2 tablespoons
green pepper

½ teaspoon
celery salt

1 can creamy
chicken soup

1 large can
evaporated milk

2 cups cubed chicken

½ cup grated
cheddar cheese

2 teaspoon
chopped pimento

½ cup Kraft®
Parmesan cheese

1 dash black pepper

Cook the macaroni according to instructions. Sauté the butter, onion and green pepper and add celery salt and black pepper. Combine the cream of chicken soup and evaporated milk. Add the cubed chicken, cheddar cheese and pimento to the cream of chicken. Fold in the sautéed veggies and macaroni before pouring into a 2-quart casserole dish. Sprinkle the top of the casserole with Parmesan cheese and bake at 350 degrees for 30 – 40 minutes.

Baked Pork Chops

This has turned into a family favorite. I lightened up the original recipe. This creates gravy with the pork chops and goes great with mashed potatoes.

– Jill B., Employee, Omaha, NE

3 – 4 pork chops
1 can 98% fat-free
cream of
chicken soup
2 tablespoons
Worcestershire sauce
3 tablespoons
ketchup
1 onion, small
1 can mushrooms
(optional)

First, brown pork chops. Then, put in a baking dish sprayed with Pam®. Mix the rest of the ingredients together and spread over the top, and cover with tin foil. Bake at 325 degrees for 1 hour 30 minutes.



Simply Great Chicken

We eat a lot of chicken. I received this recipe from a family member for a quicker, tastier and sharable way to prepare chicken.

– Wanda P., Customer, Hyattsville, MD

3½–pounds boneless
skinless chicken
½ cup brown sugar
1 packet Italian
dressing mix

Preheat the oven to 350 degrees. Toss the Italian dressing and brown sugar together and place on a plate. Rinse and pat dry the chicken, then press into the dry mix until fully coated. Place the chicken into a 9" x 13" pan lined with foil. Sprinkle any leftover coating over the top of the chicken, then place in the oven for 50 – 60 minutes, turning every 15 minutes.

Chicken Chile Enchiladas

This is a very simple and delicious recipe.

For convenience, I used canned chicken.

– Patricia P., Customer, Whitehall, WI

2 cups chicken broth

3 tablespoons
all-purpose flour

½ teaspoon cumin

⅛ teaspoon
red pepper

1 6-ounce container
Greek yogurt

2 cups cubed cooked
chicken breast

2 cups shredded
cheddar cheese

1 cup frozen whole
kernel corn

¾ cup black beans

½ cup sliced
green onions

¼ cup chopped
cilantro

1 can chopped
green chilies

1 package tortillas

1 tomato, chopped

Preheat the oven to 350 degrees. In a saucepan, stir broth, ¾ cup cheese, flour, cumin and red pepper until blended. Heat and stir for 5 minutes until mixture thickens slightly, then remove from heat. Stir in yogurt until blended. In a medium bowl, mix chicken, ¾ cup cheese, corn, black beans, green onions, cilantro, chilies and ½ cup of the yogurt sauce. Spoon ⅓ cup chicken mix to the center of each tortilla, then roll and place seam side down in a 9" x 13" glass pan. Pour the remaining sauce over the enchiladas, then cover the pan with foil. Bake the enchiladas for 30 – 35 minutes or until the sauce is bubbly. Sprinkle the remaining cheese over the top and bake uncovered for another 5 minutes. Top with chopped tomato just before serving.

Italian Chicken Delight

We usually serve this on holidays, with a side of garlic spaghetti and salad.

– Terri F., Customer, Grand Prairie, TX

6 chicken breasts,
deboned
1 egg
¾ cup Italian
bread crumbs
½ cup oil
2 small cans
tomato sauce
1 tablespoon butter
1 tablespoon basil
Parmesan cheese
mozzarella cheese,
thinly sliced
garlic powder
salt
pepper

Dip chicken into beaten egg, coating well, then roll in bread crumbs. Brown the chicken in a skillet using oil. Drain the chicken and place in a casserole dish in a single layer. With the oil left in the skillet, add tomato sauce, salt and pepper to your taste, butter, basil and garlic powder. Simmer and pour over the chicken in the casserole dish. Sprinkle with Parmesan cheese. Cover dish with aluminum foil and bake at 350 degrees for 30 minutes. Uncover the foil and top with the mozzarella cheese and return to oven for 10 minutes. Remove and let cool before serving.

Beefy Noodle Casserole

This is a recipe passed down from my mother. It has been a popular casserole dish with many who have tried it!

– Failyn B., Customer, Las Vegas, NV

1-pound beef
ground round
1 clove garlic
2 8-ounce cans
tomato sauce
1 3-ounce block
cream cheese
1 large onion,
chopped
1½ pints sour cream
2 tablespoons butter
1½ cups
grated cheese
1 8-ounce package
egg noodles
salt and pepper
to taste

In a frying pan, melt the butter and add meat, garlic, salt, pepper and tomato sauce and cook until the meat has browned. Cook the noodles, drain and let cool. In a bowl, mash cream cheese, onions and sour cream together. After meat mixture has finished cooking, add to noodles. Layer ½ of noodles and meat in an 8" x 10" casserole dish, then spread the cheese mixture in middle and put the remaining noodles on top. Sprinkle the top of the casserole with grated cheese. Bake for 20 minutes at 350 degrees.

Hot Turkey Casserole

This is a favorite at our church luncheon. It can be tripled in an 18" x 24" pan.

– Barbara L., Customer, West Bend, WI

4 cups diced
cooked turkey

3 cups diced celery

1 4-ounce package
slivered almonds

1 teaspoon salt

1 teaspoon Accent®

¼ cup chopped onion

1 tablespoon
lemon juice

¼ cup sliced
water chestnuts

1½ cups salad
dressing or
mayonnaise

¾ cup cooked
spaghetti rings

1 cup potato chips

Preheat the oven to 350 degrees. Combine all ingredients together and place in a 9" x 13" greased pan. Cover with crushed potato chips and bake for 45 minutes.

Chicken Amore

This chicken recipe I often make for company and get rave reviews.

– Carol S., Customer, Elmwood Park, NJ

2-pounds
chicken cutlets
Italian-flavored
bread crumbs
1 or 2 eggs, beaten
olive oil
1 cup spinach
1 cup sliced
mushrooms
butter or margarine
garlic
1 can low-sodium
fat-free chicken broth
1 cup shredded
American cheese

Dip chicken cutlets in the beaten eggs and coat with bread crumbs. Fry the chicken in olive oil until done and put in a 9" x 13" dish. Sauté the spinach in garlic and oil, then sauté the mushrooms in butter or margarine. Top the chicken with the spinach, mushrooms, chicken broth and cheese. Bake at 375 degrees for 20 minutes or until cheese melts.



BBQ Chicken

I don't remember where I got this recipe, but I have used it for 40 years and it's a favorite of my family.

– Linda S., Customer, Troy, OH

1 bag barbecue potato
chips, crushed
½ – 1 stick margarine,
melted
6 – 8 skinless
chicken pieces

Preheat the oven to 400 degrees. Poke a small hole in the bag of barbecue chips, then roll over with rolling pin. Toss the chicken in the melted margarine and coat with the chips. Place the chicken in a glass baking dish and top with remaining crumbs. Bake for 45 minutes and serve.

Chicken Cordon Bleu in Cheese Sauce

I used to live across from a French restaurant. They made this and it was so delicious I ate it twice a day until I could duplicate the recipe. Now, every time my family gets together for potluck dinners, everybody wants me to make my version of this dish.

– Rebecca P., Customer, Dunn, NC

8 boneless skinless
chicken breasts
2 packages boiled
sandwich ham, sliced
32-ounces shredded
Mexican four
cheese blend
8-ounces sour cream
1 package
ranch dip mix

Butterfly the chicken and place in a baking pan. Cut ham slices into cubes and place in a large bowl. In a small bowl, pour the ranch dip mix, sour cream and cheese and mix. Add to the ham and stir well. Stuff the butterflied chicken with the mixture. If you have any extra mixture, spread it evenly over the chicken. Cover with foil, place in the center of the oven and bake at 450 degrees for 40 – 60 minutes, based on the thickness of the chicken. Remove from oven and let rest for 15 minutes. Best served with sweet peas and mashed potatoes using the sauce from the cooked chicken to go over the potatoes.



Baked Chicken with Beef

– Patricia D., Customer, Warren, IN

1 small jar dried beef
4 boneless skinless
chicken breasts,
halved
8 slices bacon
1 cup sour cream
1 can cream of
mushroom soup

Lightly spray a 9" x 13" pan with cooking spray. Layer the bottom of the dish with the dried beef. Wrap each chicken breast with a slice of bacon and layer over the beef. Mix the sour cream and soup, then pour over each chicken breast. Bake at 275 degrees for 3 hours.

Coca-Cola® Brisket

This is a recipe that I got from a Costa Rican restaurant while visiting the country. This is the best brisket I've ever had. It has great flavor and is tender enough to cut with a fork.

– Mike A., Customer, Houston, TX

- 1 large trimmed beef brisket
- 1 12-ounce can of Coca-Cola®
- 3 tablespoons Worcestershire sauce
- 1 onion, sliced
- 1 whole garlic clove
- 1 16-ounce bottle Pace® picante sauce, medium
- 1 12-ounce can frozen limeade
- ½ cup of apple juice
- 1 teaspoon salt
- 1 tablespoon pepper

Put whole brisket in large aluminum pan. Put salt and pepper on meat, and then stab about 6 times with fork or knife. Pour the Coca-Cola®, picante sauce, frozen limeade, apple juice and Worcestershire sauce over the meat. Top the meat with the onion slices and garlic. Cover with foil and put in oven at 250 – 275 degrees for 6 – 8 hours. If you would like to get a smoked flavor, then put brisket on grill after cooking for 15 minutes to char the meat. You may also use pork butt in place of the brisket.

Chicken Mango Salsa Tacos

This is something that I came across and added some ingredients along the way to make it better. It's extremely addictive and very refreshing.

– Katy W., Employee, La Vista, NE

3 chicken breasts

chicken stock

2 mangoes

2 avocados

2 tomatoes

2 cucumbers

1 purple onion

½ – 1 jalapeño

2 kiwis

cilantro

2 limes

salt

pepper

Add chicken and chicken stock in a slow cooker.

Cook on low for 4 to 6 hours or until tender. Shred and season chicken to your liking. Chop mangoes, avocados, tomatoes, cucumbers, onion, jalapeño, kiwi and cilantro fine or chunky to preference.

Squeeze in limes and mix in salt and pepper to your taste. Put shredded chicken in tortilla and pour salsa over or enjoy the salsa with your choice of chips.

Easy Enchiladas

Every so often, the house chef, Mom, needed a recipe that was fairly quick and easy to make. She found this easy baked enchilada recipe and we've made our enchiladas this way ever since.

– Austin T., Employee, Omaha, NE

1–pound ground beef

1 packet taco seasoning

1 package flour tortillas

2 bottles Ortega® sauce

2 bags cheddar cheese

1 can refried beans

sour cream

In a skillet, brown the beef with the taco seasoning according to the instructions on the packet, then strain and set aside. On the tortillas, spread a thin layer of refried beans, then beef and cheddar cheese over them. In a 9" x 13" baking dish coated with a thin layer of the Ortega® sauce, roll, then place the tortillas side by side. Cover the enchiladas with another layer of the Ortega® sauce, making sure not to leave any part of the tortillas uncovered. Top with a layer of cheddar cheese before placing in an oven at 350 degrees for 20 – 30 minutes. Serve with sour cream.

Potato Cheese Casserole

On Wednesday evenings my husband and I do volunteer desk duty at a non-profit hospice. Our supper time is when we get home, so before we leave, we put this casserole in the oven to have ready when we arrive home.

– Michael N., Customer, Statesboro, GA

1-pound potatoes,
shredded

1-pound sausage,
cooked

1 medium onion,
diced

1 medium green
pepper, diced

1 4-ounce can
chopped olives

1 4-ounce can
mushrooms

2 cups sharp
cheddar cheese

1 can cream of
mushroom soup

1 cup milk

salt and pepper
to taste

In a large bowl, place potatoes, sausage, onion, peppers, olives, mushrooms, 1 cup cheese, soup, salt and pepper to your taste, then stir while adding milk slowly until you can mix easily. Add to a casserole dish and top with remaining cheese. Bake at 350 degrees for 1 hour.

Chicken Meat Loaf

*I wanted an alternative to red meat/hamburger and I liked meat loaf.
This recipe has more of an Italian twist and more pizzazz.*

– Cynthia W., Customer, San Jose, CA

1–pound
ground chicken
 $\frac{3}{4}$ packet meat loaf
seasoning
1 small can
tomato paste
6–ounces Italian
bread crumbs
1 small can
tomato sauce
1 tablespoon salt
 $\frac{1}{2}$ tablespoon pepper

Mix all ingredients except the tomato sauce. Form a firm loaf in a bread pan and layer with tomato sauce. Bake at 350 degrees for 1 hour.



American Goulash

This recipe was from my grandmother's friend. It will feed a large family or crowd!

– Janet E., Customer, Montgomery, AL

1 package spaghetti,
halved and cooked
 $1\frac{1}{2}$ –pounds
hamburger
2 cans diced tomatoes
2 cans tomato sauce
2 onions, chopped
cheddar cheese
salt and pepper
to taste

Preheat the oven to 325 degrees. In a skillet, brown the meat and onions, then strain. Break the spaghetti in half and cook the noodles according to the package. Mix the cooked pasta with the hamburger, tomatoes, salt and pepper to your taste. Put the goulash in a casserole pan and bake for 30 minutes. Add a layer of cheddar cheese over the top and bake for another 15 minutes. Serve warm.

One-Dish Chicken Supreme Casserole

This is a revamped recipe created after my husband's heart attack.

– Kathleen H., Customer, Pleasant Prairie, WI

2 cups diced
cooked chicken

7-ounces cooked
macaroni noodles

2 cups 1% milk

1 can cream of
mushroom soup,
low-fat

1 can cream of celery
soup, low-fat

½-pound light
Velveeta® cheese,
cubed

1 4-ounce jar
pimentos, drained

¼ cup diced
green pepper

1 small onion,
chopped

½ teaspoon pepper

1 cup bread crumbs

½ cup butter

Mix everything except the bread crumbs and butter, pour into a casserole dish and refrigerate overnight. The next day, bring the casserole to room temperature, then bake in the oven at 350 degrees for 50 minutes. Cover with combined bread crumbs and butter and return to the oven for 5 – 10 minutes to brown the crumbs.

Chicken Pot Pie

This is my mother's favorite pie! She passed this recipe down to me.

– Mary P., Customer, San Antonio, TX

1 unbaked pie shell,
top and bottom

Dijon mustard

1 egg white

butter

1 chicken breast,
cooked and cubed

1 bag frozen peas

1 bag frozen carrots

½ cup chicken broth

½ onion

½ bell pepper

3 ribs celery

¼ cup flour

1 teaspoon nutmeg

½ teaspoon salt

½ teaspoon pepper

Brush the pie shell with the egg white, Dijon mustard and butter. In a saucepan, sauté the celery with butter. Mix all ingredients, then put in the pie bottom and cover with the crust. Bake at 350 degrees for 30 minutes – 1 hour.

Ham Steak Casserole

This is one of those recipes that has been a staple in my kitchen for many years. My mom gave me this recipe. Make this once and you will be hooked.

– MaryAmy A., Customer, Lake Arthur, LA

1 ham steak,
½" – ¾" thick

2 potatoes,
peeled and sliced

1 onion, sliced

2 of the following:

1 cup baby carrots

1 can green beans,
with juice

6 small ears corn

In a skillet with a lid, layer the ingredients in with the ham on bottom, then potatoes, onion and veggies. Cover, cook on medium heat for 30 – 45 minutes or until the carrots and potatoes are tender. This goes great with fruit salad and biscuits.



Fiesta Chicken

I found this on the web, tried and loved it. Others who I have made it for have asked for the recipe and made it for their families who loved it too!

– Margo S., Customer, Gilbert, AZ

4 – 5 chicken breasts

1 package fiesta
ranch mix

1 can black beans

1 can corn

1 can Ro*Tel®

1 8-ounce block
cream cheese

green onions,
chopped

Put all ingredients in a slow cooker. Cook on high for about 4 hours or on low for 6 hours. 1 hour before being done, break up the chicken in the cooker. Serve over rice or on tortillas.


Slow Cooker Barbecue Chicken

I like to use this recipe when I'm not in the mood to cook. It's easy to prepare the night before and place in the fridge. Then, let the slow cooker do all the work during the day.

– Lindsey M., Employee, Omaha, NE

6-8 frozen
chicken breasts
1 12-ounce bottle of
Sweet Baby Ray's®
barbecue sauce
½ cup Italian
salad dressing
¼ cup brown sugar
2 tablespoons
Worcestershire sauce
garlic powder to taste
salt & pepper to taste

Place chicken in a slow cooker. In a bowl, mix the barbecue sauce, Italian salad dressing, brown sugar, Worcestershire sauce and seasonings. Pour over the chicken. Cover and cook 3 – 4 hours on high or 6 – 8 hours on low. Shred chicken, mix back in and let cook in sauce for about 10 – 15 more minutes to soak up all that delish flavor. Serve on buns, over rice, in wraps, on a salad or eat a plateful as-is! Our favorite way is on hoagie rolls with melted pepper jack cheese.



Save time shredding chicken by using an electric hand mixer.

Chicken, Rice and Broccoli

I found this in an old recipe book. This is a very good one-pan dinner.

– Susan E., Customer, Naples, FL

$\frac{2}{3}$ cup halved
thin spaghetti
 $\frac{1}{3}$ cup olive oil
1 cup chopped
chicken strips, cooked
 $\frac{2}{3}$ cup rice
3 cups chicken broth
1 cup finely
chopped broccoli
 $\frac{1}{4}$ teaspoon
crushed thyme
 $\frac{1}{2}$ cup sliced
green onions
 $\frac{1}{4}$ cup chopped
walnuts
 $\frac{1}{4}$ cup chopped
dried red pepper

In a large skillet over medium-high burner, heat $\frac{1}{3}$ cup olive oil, then sauté spaghetti until it turns brown. Next brown the chicken, then remove. In a saucepan, heat the chicken broth and rice to a boil. Reduce the heat and add broccoli, thyme, chicken, onions, walnuts and pepper. Cook on low heat for 10 – 15 minutes. Serve over the noodles.

King's Ranch Casserole

While traveling from San Juan, TX, where I lived, to my family in KY, I stopped in a little restaurant in Kingsville, TX. They gave me this recipe to a delicious dish.

– Judy S., Customer, Boulder City, NV

- 2 cups cubed
cooked chicken
- 1 medium bell pepper,
chopped
- 1 medium onion,
chopped
- 1 can condensed
cream of mushroom
soup
- 1 can condensed
cream of chicken
soup
- 1 can Ro*Tel®
diced tomatoes
and green chilies
- 12 corn tortillas, torn
- 2 cups cheddar
cheese
- ¼ cup margarine

Preheat the oven to 325 degrees. In a large saucepan, cook the pepper and onion in melted margarine until tender. Add the soups, Ro*Tel® and chicken to the pan and mix well. In a 9" x 13" baking pan, alternately layer tortillas, soup and cheese for 3 layers. Bake for 40 minutes and serve warm.

Chicken in One-Dish

This is a delicious recipe without the mess of dishes from a normal dinner.

– Carol N., Retiree, Omaha, NE

2 boneless, skinless
chicken breasts

onion, sliced

green pepper, sliced

3-4 potatoes,
thinly sliced

1 package frozen
California vegetables

½ – ⅓ cup Dorothy
Lynch® Dressing

2 tablespoons butter

salt

pepper

garlic powder

paprika

Layer ingredients in the listed order in a 2-quart casserole dish, seasoning each layer as desired. Bake covered at 350 degrees for 1 hour and 15 – 30 minutes. Let the casserole rest for 10 minutes.

Runza Casserole

This is an easy casserole to whip up for a weeknight dinner.

– Amy J., Employee, Omaha, NE

2-pounds hamburger
or ground turkey

2 onions,
finely chopped

1 bag coleslaw
cabbage mix

2 packages
crescent rolls

1-pound colby
jack cheese

Preheat the oven to 350 degrees. In a skillet, brown the meat, then drain off any excess grease. Toss the coleslaw mix onto the meat in the skillet and cover to steam for a few minutes. Spread 1 tube of crescent rolls over the bottom of a greased 9" x 13" pan. Spread the meat and cabbage across the dough in the pan, then cover with cheese. Finally spread the second tube of crescent rolls on top of the casserole and bake for 35 – 40 minutes.



Orange Chicken

Found it by accident on the Internet and made a few low-sugar and low-sodium changes.

– Barbara M., Customer, Mohave Valley, AZ

1 whole chicken

1 cup Simply Fruit®
orange marmalade

3 tablespoons
low-sodium
Kikkoman® soy sauce

1 cup Sweet Baby
Ray's® barbecue
sauce

Boil chicken for 20 – 25 minutes or until cooked. When cooled enough, remove bones and cube. In separate pan, mix and heat marmalade, soy sauce and barbecue. Add the cubed chicken and coat thoroughly. This dish is best served over cooked rice.

Goulash

Money was always tight in our family so my mom would make dishes that were very hearty yet affordable and could feed our family of 5. This dish was always my favorite.

– Tracie L., Customer, Louisville, KY

2–pounds
ground beef
1 onion, diced
1 green pepper, diced
1 box macaroni
and cheese
1 can diced tomatoes
1 8–ounce bag
shredded cheese
garlic powder
salt
pepper

In a large skillet, combine the ground beef, onion, green pepper, salt, pepper and garlic powder to your taste. Brown the beef, then strain and set aside. Prepare macaroni and cheese as directed on the box. In a large pot, combine the beef mixture, macaroni and cheese, can of diced tomatoes and bag of cheese. Simmer the mixture on medium-low heat until heated through and the extra cheese melts.



Corned Beef

I enjoy a brief visit to the supermarket where I pick up my staple shopping items including a Murphy's corned beef brisket.

– David Z., Customer, Miami, FL

2 to 5–pounds corned
beef brisket
carrots
onions
celery

In a large pot, bring water to a boil. Coat the beef with the spice packet that comes with it, then place in pot with just enough water to cover the beef. Cook for 20 minutes per pound of meat. Add the veggies to the pot just before the beef begins to float above the water.

Chicken Paprika

This was passed down from my mother who was an excellent cook. She had some Hungarian ancestry and swore this recipe is only good with the “real Hungarian sweet paprika.”

– Elizabeth L., Customer, Camdenton, MO

1–pound
boneless, skinless
chicken breast
2 – 3 tablespoons oil
1 can chicken broth
3 tablespoons flour
1 onion, diced
1 cup sliced white
mushrooms
or portobello
mushrooms
2 – 3 tablespoons
sweet Hungarian
paprika
3 – 4 tablespoons
sour cream

Cube the chicken and place in a bag with the flour and salt and pepper to your taste, then shake. In a skillet, heat the oil and pour chicken in and toss until brown. Add the onion, chicken broth and paprika. Simmer for 20 minutes while stirring occasionally. Add the mushrooms and cook for another 10 minutes. Mix in the sour cream just before serving over rice or pasta.

Mom's Corn Casserole

As newlyweds in the late '40s, my mom had to make a dollar stretch as far as possible and she came up with this recipe which has been shared many times over the years. This recipe has been renamed by some and altered to individual tastes.

– Kathy R., Customer, Abbeville, LA

1-pound
ground chuck
1 small bag frozen
whole corn
1 small box
shell noodles
cheese
1 tablespoon
Italian seasoning
garlic powder
onion (optional)
mushrooms (optional)

Boil the box of noodles and drain. In a large skillet, brown meat. Add Italian seasoning, garlic powder, onion, mushrooms and frozen corn to the skillet and sauté for 5 – 10 minutes. Combine noodles and meat mixture. Turn the heat to low, spread your choice of cheese over the top and cover. Once the cheese has melted, stir and serve.

Honey Mustard Chicken

*This recipe was given in the October 2005 issue of "Guideposts" magazine.
I have shared the recipe with my children and sister. We all love it!*

– Janet K., Customer, Council Bluffs, IA

6 4-ounce
boneless, skinless
chicken breasts
1 tablespoon
canola oil
1 tablespoon
unsalted butter
 $\frac{1}{3}$ cup honey
2 tablespoons
Dijon mustard
1 tablespoon
all-purpose flour
 $\frac{1}{2}$ cup low-sodium
chicken broth

Pat the chicken breasts dry, then season with salt and pepper to your taste. Heat the oil and butter in a large skillet over medium-high heat and brown the chicken in the butter and oil mixture 4 – 5 minutes per side. Once browned, set the chicken aside. In a medium bowl, whisk together the honey, Dijon mustard, flour and broth. Add the mixture to the skillet and bring to a boil. Once the sauce thickens, return the chicken to the pan and cover it. Allow the chicken to simmer in the sauce over low heat until cooked through, 10 – 15 minutes. Serve each chicken breast with 2 tablespoons sauce and serve over orzo or rice.

Citrus Marinated Chicken

I found this recipe in a magazine years ago and it's still a family and friend favorite years later. It's great for cooking on the grill.

– Kim H., Employee, Omaha, NE

½ cup lemon juice
½ cup orange juice
6 garlic cloves,
minced
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon
ground ginger
¼ teaspoon
black pepper
6 boneless, skinless
chicken breasts

Combine all the ingredients for the marinade in a large Ziploc® bag. Add the chicken and turn until coated. Marinate in the refrigerator for at least 4 hours (the longer the better).

Pork Chops with Potatoes, Onions and English Peas

This is a quick, delicious meal for two.

– Neil S., Customer, Smyrna, GA

2 boneless
pork loin chops
2 medium
Idaho potatoes,
peeled and sliced
1 medium onion,
peeled and sliced
1 small can
English peas
teriyaki sauce
salt
pepper

In a skillet, broil chops until brown. Add potatoes, onion, peas, salt, pepper and teriyaki sauce to the skillet and cook for 15 minutes.



Marinated Flank Steak

This came from a friend of mine in Indiana.

– Susan E., Customer, Naples, FL

honey
soy sauce
ground ginger
lime juice
cream sherry
flank steak

Combine the liquids and ground ginger well. Puncture the steak with a fork and pour the marinade over it in a sealed container. Marinate for 4 – 5 hours. Grill for 4 minutes on each side and serve warm.

Unstuffed Cabbage Rolls

*A friend posted this recipe on Facebook because how much she liked it.
I tried it and found it to be a really simple, tasty and nutritious meal.*

– Sharon R., Customer, Bedford, MA

1½ to 2–pounds lean
ground beef or turkey

1 large onion,
chopped

1 clove garlic, minced

1 cup rice

1 small cabbage,
chopped

2 cans diced tomatoes

1 can tomato sauce

½ cup water

1 tablespoon oil

1 teaspoon
ground pepper

1 teaspoon sea salt

In a large skillet over a burner on medium heat, sauté the onion until tender, then add and brown the beef or turkey. Toss the garlic in with the meat and cook for another minute before adding the remaining ingredients including the rice. Bring to a boil, cover, then reduce the heat and simmer for 25 minutes until the cabbage is tender.

Spaghetti West Toast

– Georgia S., Customer, Chaffee, MO

1–pound ground beef

1 green pepper, diced

1 medium onion,
diced

½ teaspoon garlic salt

1 can tomato soup

1 12–ounce package
spaghetti

7–ounce can sliced
mushrooms, drained

1 6½–ounce jar
green olives

1–pound grated
cheddar or
longhorn cheese

Cook and strain the pasta according to its instructions. In a skillet, sauté the green pepper and onion until tender. Add the beef and garlic salt to the skillet and brown, then drain excess grease. Add tomato soup and mushrooms to the skillet and simmer. Mix together the spaghetti and sauce. In a 9" x 13" baking dish, layer half the pasta, then half of the cheese and olives and repeat. Cover the dish with foil and bake at 350 degrees until heated thoroughly.

Red Meat Burritos

My version from memory of the first Mexican food I ever ate. My dad took me for ice cream afterwards and to this day whenever I eat Mexican I still want ice cream.

– Lynn H., Customer, Fort Smith, AR

2 to 3–pounds
chuck roast
1 can tomato sauce
1 tablespoon
chili powder
6 tortillas, burrito size
toppings

Mix the tomato sauce and chili powder, then pour over the roast into a slow cooker. Cook the roast for 8 hours to become very tender. Once tender, shred the meat. Place ½ cup meat onto each burrito with your favorite toppings; cheese, sour cream, salsa and/or jalapeños.



Skirt Steak with Asparagus and Red Pepper

I had a bunch of food left over from Memorial Day and conjured up a simple but healthy idea to use the cheaper cut of meat.

– Frank M., Customer, Napa, CA

1–pound skirt steak
2 tablespoons
of fish oil
1 onion, sliced
12 asparagus spears
1 large red pepper
2 tablespoons olive oil

Combine steak, fish oil and half of the onion, into a bowl and let stand for 30 minutes. Cut the asparagus spears into thirds and red pepper into even slices and combine with onion slices into a bowl with the remaining oil. Toss veggies in a wok or sauté in pan for 5 minutes and set aside. Scrape onion marinade off the steak and cook in the same wok or pan for 3 minutes on each side and let rest. After resting, cut the steak across the grain and serve with the veggies.

Pete's You've-Got-It-All Meatloaf

Meatloaf when I was a kid was ho-hum at best, and when I was in college, it was greasy because the cheapest ground meat was fatty. As a parent, and now grandparent, the focus has been on eating healthy. When combined with a push to always have vegetables, and my focus on making it easy, I've put it all together in one recipe. This recipe has lean meats, vegetables, is tasty and easy to make. The recipe will feed 8 easily, but you can divide it up for smaller crowds. It freezes well for dinners later in the week, and is fantastic for sandwiches a day or two after.

– Pete G., Agent, Signal Mountain, TN

1-pound
ground turkey
1-pound
chicken or beef
1-pound breakfast
sausage
1 cup oatmeal
3 eggs
1 medium onion,
chopped
2 – 3 garlic cloves
3 tablespoons
virgin olive oil
seasoning salt
pepper
2 tablespoons
smoke flavor
4 – 5 carrots,
chopped
2 – 3 medium
potatoes, cubed
1 – 2 cups baby peas
4 to 8-ounces catsup

Preheat oven to 325 degrees. In a large mixing bowl, toss together all ingredients. Mix everything up well, then transfer to a greased baking dish and spread the loaf to all corners. Squirt a bottle of catsup over the meatloaf. Place the baking dish in oven and cook for 1 hour 15 minutes. Remove from the oven, then let meatloaf sit for 20 minutes before slicing and serve warm.

Mama's Best Chicken and Dumplings

When I was growing up, the one dish that my mother made that remained in my mind years later was her chicken and dumplings. As an adult, I attempted to duplicate her chicken and dumplings, and although things are not quite the same as the 1950s, this recipe is as close as I could get.

– Ron D., Customer, Maryville, TN

1 5-pound chicken

4 cups self-rising
flour

½ cup vegetable
shortening

1 – 1½ cups
chicken broth

4 chicken
bouillon cubes

salt

pepper

Cook the chicken in boiling salted water until tender. Remove the chicken and once cooled, remove meat from bones, then cut into bite-size pieces. Dissolve chicken bouillon in the water from boiling the chicken. Put flour in a large mixing bowl. Cut shortening into flour with a pastry blender or fork until the mixture looks like coarse crumbs. Slowly add the hot chicken broth or water while stirring until the dough starts to pull away from the sides of the bowl, then stop adding liquid. If you add too much liquid and the dough is too wet, then add more flour. Shape the dough into two equal size balls and roll each ball into a ¼" thickness on a floured board. Cut into strips about 1" x 6" and drop, one at a time, into boiling broth. Stir very gently with wooden or plastic spoon to prevent tearing dumplings. Add salt and pepper to your taste. Finally, add the chicken pieces and cook until the dumplings are tender and broth has thickened.

One Pot Chicken and Andouille Sausage Pasta

My mom has always cooked all of the dishes we eat during the holidays, which she loves, but I felt I wanted to help with a meal or two so she could relax with the family too. I found this recipe a few years ago and cooked it for my family over the Christmas holiday that year. They really liked it, so now I cook it every time we are together. It is a very easy recipe with few ingredients that anyone can learn to help the cooks in their lives out over the holidays or at any family gathering.

– Tim F., Employee, Omaha, NE

1–pound boneless,
skinless chicken
thighs
½–pound
Andouille sausage
8–ounces orzo pasta
32–ounces
chicken stock
1 6–ounce can of
tomato paste
2 tablespoons
cooking oil
½ cup grated
Parmesan cheese
salt
black pepper

Cut the chicken and sausage into bite-size pieces. Heat the cooking oil on medium heat in a large pot and add in the sausage to cook out the flavors into the pot. After cooking the sausage for 1 minute, add the chicken and increase the heat to medium-high. Cook the chicken and sausage together until the chicken is completely cooked. Add the chicken stock, tomato paste, orzo pasta and stir together. Heat the mixture to a slow boil before reducing the heat to low. Allow the mixture to simmer while stirring occasionally. Once the pasta is fully cooked in 15 – 20 minutes, add salt and pepper to your taste. Then, add the grated Parmesan cheese to thicken the mixture up. Serve in large bowls and sprinkle on top with more Parmesan cheese.

Southern Style Mixed Greens

I came across this recipe after fixing this Jamaican dish from a friend.

– Wilma T., Prospective Customer, Chicago, IL

turnips
mustard greens
slick mustard greens
spinach
smoked turkey tips
1 teaspoon
garlic powder
1 pinch baking soda
1 pinch
baking powder
1 teaspoon crushed
red peppers
1 small onion,
chopped (optional)

Wash all greens thoroughly. In a large pot, boil the turkey tips until soft. Add the greens and other seasonings to the pot and cook on low for 2 – 3 hours.

Chicken Stuffing Casserole

This is a great recipe to prepare ahead of time that keeps very well to be heated up for a quick meal when needed.

– Debby G., Customer, McMinnville, TN

5 – 6 chicken thighs
or breasts
2 boxes Stove Top®
stuffing mix,
chicken flavor
2 sticks margarine
2 cans cream of
chicken soup
2 cups chicken broth

Cook the chicken until tender, then set aside to cool. Once cooled, debone and chop the chicken. Pour 1 box stuffing mix in medium bowl and pour 1 stick melted margarine over it. Stir the mix until evenly moist, then spread across the bottom of a 9" x 13" pan. Layer the cooked chicken in the pan next. Combine the soup and broth, then pour over the chicken. Mix the other box of stuffing with the margarine and layer over the top. Bake in the oven at 350 degrees for 30 – 45 minutes until hot and bubbling around the edges.



Flour Tortilla Casserole

I obtained this recipe from a friend in North Carolina. This is an easy recipe for dinner. A delicious dish with a flair of Mexican taste.

– Clara M., Customer, San Augustine, TX

1–pound ground beef
½ cup chopped onion
1 can diced
green chilies
1 small container
sour cream
1 can mushroom soup
3 – 4 flour tortillas,
torn
shredded cheddar
cheese

In a skillet, brown the ground beef with the onion. Mix the sour cream and mushroom soup with the green chilies. Lay tortillas in the bottom of a casserole dish and cover with the beef and onions, then the sour cream and soup. Cover the top of the casserole with cheddar cheese and bake at 350 degrees for 10 – 15 minutes or until the cheese is fully melted. Serve with green salad and Catalina dressing.

Chicken Delight

Food allergies make it hard to eat in restaurants. Decades ago, I had a delightful meal in an Italian restaurant that I have tried to recreate using all my favorite items. With tips from Weight Watchers® books, I created this concoction that I make and eat regularly.

– Kathy S., Customer, Palm Harbor, FL

2 quarts low-sodium
chicken broth
2 large onions,
thinly sliced
2 carrots, sliced small
1 clove garlic, minced
1 head cauliflower,
chopped
2-pounds spinach,
chopped
2 grilled
boneless, skinless
chicken breasts
mushrooms

In a large pot, sauté the onions in the olive oil, then stir in garlic and carrots. When carrots begin to soften, add the broth and cauliflower. Let simmer for 20 minutes. Add the spinach and cook over medium until the spinach is heated through. Finally, add the chicken and mushrooms and simmer for 10 – 15 minutes.

Summer Skillet Dinner

I just threw this together a few years ago trying to use fresh garden produce and it's now a summertime favorite. This is an easy and filling recipe which you can add whatever spices or vegetables suit you.

– Carol H., Customer, Loveland, NH

1–pound ground beef

1 large onion,
chopped

3 zucchinis,
quartered and sliced

6 fresh tomatoes,
chopped

1 sweet red pepper

1 tablespoon cumin

1 pinch red
pepper flakes

salt

pepper

In a skillet, brown the beef with the onions.
Add the remaining ingredients and cook until
the zucchini is tender.

Spanish Rice

*It's an old recipe, but I changed two ingredients.
The black rice is good for anyone with high blood sugar.*

– Mary H., Customer, Canon City, CO

1–pound ground beef,
grass fed
1 medium onion,
chopped
1 green pepper,
chopped
1–quart tomato juice
1 tablespoon
Worcestershire sauce
 $\frac{3}{4}$ – 1 cup black or
brown rice

In a large skillet, brown the meat with the onion. Mix the remaining ingredients in the skillet and heat to boiling before adding the rice. Toss in the rice and cook slowly for 45 minutes without stirring.



Ultimate Potato Scallop

I loved this dish back when I was a kid, but I added my own ingredients to it to give it more flavor and texture.

– Patty T., Customer, Meddybemps, ME

6 – 8 potatoes, peeled
2 cups milk
2 tablespoons flour
2 tablespoons butter
or margarine
1 tablespoon
dry mustard
4–ounces sharp
cheddar cheese
1–pound hot dogs

Parboil the potatoes for 10 minutes on medium heat. In a saucepan over medium heat, melt the butter and stir in the flour until there are no lumps. Slowly whisk milk in and stir until it begins to thicken, then stir in the cheese, being careful not to let the bottom of the pan burn. Once the cheese has melted, stir in the mustard and remove from the heat and cover. Cut and layer the potatoes and hot dogs in a baking dish and cover with the sauce. Cook in an oven at 350 degrees for 1 hour.

Tangy Cranberry Pot Roast

This is an old family favorite adapted to my husband's lower-sodium diet after his heart attack.

– Kathleen H., Customer, Pleasant Prairie, WI

3-pounds boneless
chuck roast, trimmed

1 16-ounce can
tomato sauce, no salt

1 16-ounce
can whole
cranberry sauce

1 tablespoon
horseradish

1 teaspoon
powdered mustard

3 tablespoons apple
cider vinegar

¼ cup dry red wine,
cranberry juice
or water

1 tablespoon
canola oil

pepper

Combine all the ingredients, except the roast, in a Dutch oven or large deep skillet with a cover. Over high heat, bring the sauce to a boil, then lower the heat and simmer uncovered for 5 minutes. Put the roast into the sauce and cover the pot. Simmer the pot roast over low heat, basting it often with the sauce for 2 – 3 hours or until tender. If the roast is very thick, turn it once or twice during cooking. Transfer the cooked meat to a serving platter. Raise the heat and quickly cook down the sauce and use in a gravy bowl to serve on the side. Cut the roast across the grain into thick slices before serving.

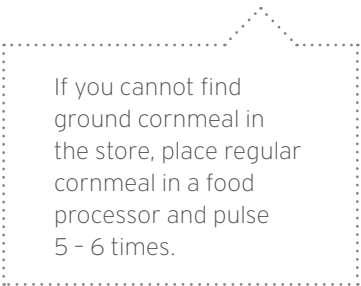
Tamale Pie

This dish has been a family tradition since 1969, when I was a young bride. It started as a tradition for Christmas Eve dinner and now is requested any time we have a family get-together.

– Cynthia A., Customer, Tracy, CA

- 2-pounds ground beef,
93% lean
- 1 cup chopped
yellow onion
- 4 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon
black pepper
- 1 package frozen corn
- 2 cups tomato sauce
- 1 cup water
- 1 14-ounce can diced
tomatoes with
green chilies
- 1 4-ounce can
fire-roasted diced
green chilies
- 4 tablespoons
chili powder
- 1 teaspoon dried
oregano, crushed
- 1 teaspoon
cumin powder
- 1 14-ounce can black
olives, drained
- ⅔ cup fine-ground
yellow cornmeal
- 2 cups sharp
cheddar cheese

Sauté the ground beef in a Dutch oven greased with cooking spray, along with onion, garlic and salt and pepper to your taste. Sauté until the beef is well browned. Add corn, tomato sauce, water, tomatoes, green chilies, chili powder, oregano and cumin to the browned meat. Bring the meat to a simmer and continue simmering for 3 – 4 minutes. Add yellow cornmeal and black olives; mix well. Remove from heat and stir in 1 cup of grated cheese. Pour into well-greased 9" x 13" baking dish. Bake in preheated 350 degree oven for 40 minutes. Remove from the oven and sprinkle with the remaining cup of cheese; return to oven and continue baking for 5 – 6 minutes or until cheese is melted. Garnish with additional sliced black olives and chopped green onion over the top. Allow the food to sit for 5 minutes before serving.



If you cannot find ground cornmeal in the store, place regular cornmeal in a food processor and pulse 5 - 6 times.



Sugar, Spice and Everything Nice



You'll want to leave room for dessert if you're making any of these mouth-watering treats.



DESSERTS

Handed down a few generations, Jan's Butter Tarts ([page 165](#)) are a holiday favorite. They take a little time to make, but a labor of love goes a long way. These cookies are a great gift and can surely put a smile on someone's face.

Buttermilk Chocolate Cake

This is a family favorite that has been enjoyed for many years.

– Sherry A., Hot Springs Village, AR

1 stick margarine
1 cup water
½ cup oil
3½ tablespoons cocoa
2 cups sugar
2 cups flour
2 eggs
1 teaspoon baking soda
½ cup buttermilk
1 teaspoon
vanilla flavoring
vegetable spray

Frosting

1 stick margarine
6 tablespoons milk
3½ tablespoons cocoa
1-pound
powdered sugar
1 teaspoon
vanilla flavoring
1 cup pecans (optional)

Preheat oven to 380 degrees. Bring 1 stick margarine, water, oil and 3½ tablespoons cocoa to a boil. Pour over the sugar, flour and baking soda, then add eggs, buttermilk and 1 teaspoon of the vanilla flavoring. Mix well. Spray 9" x 13" Pyrex® dish with vegetable spray. Bake for 20 – 25 minutes or until toothpick comes out clean.

Frosting, bring 1 stick margarine, milk and 3½ tablespoons cocoa to a boil. Pour over the powdered sugar. Add 1 teaspoon vanilla flavoring and mix well. If desired, add pecans. Pour over cake while both are still hot.

Applesauce-Chocolate Chip Cake

This has been my go-to recipe when I need a do-ahead for brunches and potlucks. By using a small amount of canola oil and substituting unsweetened applesauce for additional oil in the original recipe, I've cut down on the calories and fat content without sacrificing flavor and moistness. This cake will stay fresh for a week and it also freezes well.

– Karen U., Customer, Bloomingdale, IL

½ cup canola oil
1½ cups sugar
2 eggs
2 cups all-purpose flour
½ teaspoon cinnamon
½ teaspoon salt
3 tablespoons cocoa
2 cups applesauce
1½ teaspoons
baking soda
1 cup chocolate chips
2 tablespoons sugar
½ cup chopped pecans
or walnuts (optional)

Preheat oven to 350 degrees. Mix the oil with sugar, beat in eggs, stir in flour, cinnamon, salt, cocoa, then add applesauce and baking soda and mix well. Pour the batter into greased and floured 9" x 13" x 2" pan and bake for 35 – 40 minutes.

Sprinkle the top of the cake with 1 cup chocolate chips, ½ cup chopped pecans or walnuts and 2 tablespoons of sugar. Enjoy as-is with breakfast or top warm cake with a scoop of ice cream or a dollop of whipped cream for dessert.

Banana Split Cake

*I love to make this cake during special occasions
like Christmas or Valentine's Day.*

– Arzella T., Customer, Little Rock, AR

2 cups graham
cracker crumbs
3 sticks margarine
1 pinch salt
2 cups powdered sugar
 $\frac{2}{3}$ cup chopped nuts
1 egg
3 bananas
1 large can
crushed pineapple
1 large tub Cool Whip®

Press graham cracker crumbs with 1 stick melted margarine into a 12" x 9" x 2" pan and let set. Beat 2 sticks margarine, powdered sugar and egg for 15 – 20 minutes. Add a pinch of salt, then pour over graham cracker crust. Arrange sliced bananas and drained pineapple over the mixture. Spread Cool Whip® on top of the mixture, then sprinkle with nuts. Cool overnight and decorate with maraschino cherries or lime cherries for Valentine's Day.

Easy Chocolate Mousse

— Patricia D., Customer, Warren, IN

16 large
marshmallows
or 1½ cups mini
marshmallows
½ cup milk
1 7-ounce
Hershey's® giant bar
2 cups heavy
whipping cream
chocolate
crumb crust
(optional)
chocolate syrup
(optional)
strawberries
(optional)
Junior Mints®
(optional)

In large microwave bowl, combine marshmallows, milk and chocolate bar. Microwave them for 1 minute. Use a whisk to stir. Microwave the mix for 30-second intervals until it's smooth. Let this cool completely! Mix the heavy whipping cream until stiff. Combine chocolate mixture in whipping cream until blended. Pour mixture in chocolate crumb crust or place in dessert dishes. Refrigerate for several hours. Just before serving, drizzle with chocolate syrup and garnish with a strawberry or two pieces of Junior Mints®. Enjoy!

Grandma Trout's Date Roll

We always knew it was Christmas when Grandma started making her date rolls for family, friends, etc.

– Kay S., Customer, Grand Prairie, TX

- 2 pints
whipping cream
- 1 box candied dates,
chopped
- 1 package miniature
marshmallows
- 1 teaspoon vanilla
to taste
- 1 teaspoon sugar
to taste
- 1 package
graham crackers

Beat whipping cream, adding vanilla and sugar until stiff. Fold in dates and marshmallows. Crumb graham crackers. Spread graham crackers on wax paper (log size). Put mixture on crumbs and roll into log, closing wax paper on top with toothpicks. Wrap with aluminum foil and keep refrigerated.



Cashew Butter Crunch

I first tried this when the Amish were selling candy, cookies, bread, etc. at the Walmart® in Maquoketa, Iowa. I really liked it but was unable to get the recipe. Then one day somebody brought in a recipe book for sale. The only recipe that I wanted was this one, so I copied it off on my break and make it during the holidays for friends and relatives. It's better than peanut brittle.

– Evelyn N., Customer, Onslow, IA

- 1 cup sugar
- 1 cup butter
- 1 tablespoon light
corn syrup
- 1½ cups salted
cashew pieces

Combine sugar, butter and corn syrup. Cook to 290 degrees, or on low. Test a small amount by dropping into very cold water to forms brittle strands. Stir in cashews, then pour onto a cookie sheet or 9" x 13" glass pan. When cool, break into chunks.

Grandma's Sugar Cookies

This recipe is one that my Grandma Thomas used to bake during Christmas time. She had over 60 grandchildren and started making the cookies weeks ahead of the family gathering. The baker's ammonia mixed with the warm milk kept the cookies soft for a long time. I don't use the ammonia anymore because my cookies never last that long. They are one of my family's favorites. You cannot taste the ammonia in the baked cookies.

– Phyllis C., Customer, Springfield, IL

2 cups sugar
2 large eggs, beaten
1 cup oleo or butter
1 cup milk, warmed
if using ammonia
1 tablespoon
baker's ammonia
1 tablespoon vanilla
2 teaspoons
baking powder
5 – 7 cups flour

Preheat the oven to 350 degrees. Cream the oleo, sugar and eggs together. Add milk with ammonia and vanilla to the cream and combine thoroughly. Mix in baking powder, then flour 1 cup at a time. Once you get the dough to the stiff but glossy stage, roll $\frac{1}{3}$ of the dough out on a floured surface. Cut into shapes and put on cookie sheets sprayed with Pam®. Brush melted oleo on top of each cookie and sprinkle with colored sugar. Repeat steps until all the dough is cut out. Bake for 9 minutes.

Blueberry Zucchini Cake with Lemon Buttercream Frosting

I found this recipe online. I have changed some of the ingredients, and have served it at several family and church dinners. This is very easy to make.

– Jean O., Employee, Omaha, NE

- 2 cups shredded zucchini, drained
- 3 eggs
- 1 cup grape seed oil
- 3 teaspoons clear vanilla extract
- 2¼ cups coconut sugar
- 3 cups cake flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 pint blueberries

Lemon buttercream frosting

- 1 cup butter
- 3½ cups powdered sugar
- 1 lemon, juice and zest
- ½ teaspoon salt
- 1 teaspoons clear vanilla extract

Preheat oven to 350 degrees. Prepare two 8" round cake pans. Grate zucchini and drain liquid. In a large mixing bowl, combine eggs, oil, 3 teaspoons vanilla, sugar, flour, salt, baking powder and baking soda, then fold in the zucchini and blueberries. Divide batter evenly between both prepared cake pans and bake for 35 – 40 minutes in the oven. Cool for 20 minutes and turn out onto wire racks to cool completely.

Lemon buttercream frosting. combine butter, powdered sugar and ⅛ teaspoon salt in a mixer. Mix together with lemon juice and 1 teaspoon vanilla. Mix the frosting until creamy, then fold in the lemon zest. Stack the cakes, placing the frosting in the middle and on top of the cake. Finally decorate the cake with any extra blueberries and keep refrigerated until ready to serve.

Baby Ruth® Bars

This is a favorite recipe of our family. It's loved by all, especially the grandkids.

– Charlotte B., Customer, Osceola, WI

¾ cup butter
1 cup brown sugar
⅓ cup white
corn syrup
1 teaspoon vanilla
½ teaspoon
baking soda
1 teaspoon salt
1½ cups white flour
2 cups quick oatmeal
½ cup peanut butter
1 cup milk
chocolate chips

Melt the butter and stir in brown sugar, corn syrup, vanilla, baking soda, salt and alternate mixing in flour and oatmeal. Mix well, then press into a greased 9" x 13" pan. Bake for 16 – 18 minutes, then coat with peanut butter and sprinkle with chocolate chips and bake for another 2 minutes. Once pulled out of the oven, spread the chocolate chips over the bars to frost them and let cool before cutting.

Mandarin Orange Cake

One of our Physicians Mutual Insurance Company customers gave me this recipe.

– Rhandi T., Employee, Omaha, NE

- 1 package yellow cake mix
- 1 large can mandarin oranges
- 3 eggs
- oil
- 1 tub Cool Whip®
- 1 large can of crushed pineapple
- 1 small box vanilla instant pudding mix

Grease a 9" x 13" pan. Drain the juice from mandarin oranges into container. Lay the oranges on the bottom of the cake pan. Make the cake mix according to the instructions, but use the juice from the oranges in place of the water. Pour mix over the oranges and bake according to the instructions. Fully drain the crushed pineapple, mix with the Cool Whip® and the box of instant pudding mix. Mix gently and top once the cake is cooled.



Everybody's Favorite Pink Surprise

My mother, Lillian E., made this fruit dessert for special family gatherings. It was my niece's favorite. The original name is Pink Champagne Dessert, but Julie was very young and didn't remember that, so she gave it a new name, which described it perfectly.

– Carol K., Customer, Pleasant Dale, NE

- 1 8-ounce block cream cheese
- ¾ cup sugar
- 1 small can crushed pineapple, drained
- 10-ounces frozen strawberries
- 2 bananas, sliced
- 1 8-ounce tub Cool Whip®

Beat the cream cheese and sugar until very fluffy. Stir in strawberries. Add in drained pineapple and sliced bananas. Mix well and fold in thawed Cool Whip®. Put mixture into a 9" x 13" pan and freeze. Take out 20 minutes before serving and cut into squares.

Bonnie's Rum Cake

For a special cake, add ½ cup blueberries or ⅔ cup chopped strawberries folded into the batter.

– Samuel D., Customer, Edgemont, AR

- 1 yellow cake mix
- 1 small package vanilla instant pudding
- ⅓ cup vegetable oil
- 3 large eggs
- ½ cup rum
- ¾ cup water
- ½ cup Crisco shortening

Glaze

- 1 cup butter
- 1 cup sugar
- ¼ cup rum

With a paper towel, grease a bundt cake pan well. Preheat the oven to 350 degrees. In a large mixing bowl, combine cake mix with vanilla pudding, oil, eggs, rum, ½ cup water and shortening using a hand mixer on low for 1 minute. Bump the mixer speed from medium to high for 30 seconds each. Pour the cake mixture evenly in the cake pan and bake for 55 minutes. Remove the cake from the oven and separate it from the pan. Cool for 20 – 25 minutes.

For the glaze, melt the butter, sugar, rum and ¼ cup water. Heat the glaze to a slow simmer for 3 minutes to burn off the alcohol. Remove the glaze and pour into a 2-cup Pyrex® measuring cup to cool. Once cooled, slowly pour the glaze all around the top and inner edges of the cake pan.

Bread Pudding

– Jeannette G., Miami, FL

5 – 7 slices of bread
3 eggs
1 cup sugar
1 large can of
evaporated milk or
half and half
½ cup whole milk
1 cup of raisins
1 tablespoon
vanilla extract
1 teaspoon
lemon extract
¾ cup butter
small can crushed
pineapple
ground nutmeg

Preheat oven to 350 degrees. Melt butter in a large bowl. Sprinkle nutmeg into butter. Add remaining ingredients together. Pour into a large casserole dish and sprinkle a little more nutmeg on top. Bake for 1 hour 10 minutes. Let cool and serve with whipped topping.

Apple Currant Pie

My sister and brother-in-law would come to visit every summer and I would always make a very special meal for them. One time they came in when our red currant bush was ripe with berries so I created this pie of my creation. Ever since, my brother-in-law has requested this pie often and said this is one of the best pies he's ever eaten.

– Rita W., Customer, Fountain Hills, AZ

1 double 9" pie crust

**3 cooking apples,
peeled and
sliced thinly**

**1½ – 2 cups
red currants**

1¾ cups sugar

⅓ cup flour

**¼ teaspoon
almond extract**

**¾ teaspoon
ground cinnamon**

⅓ teaspoon nutmeg

1 tablespoon butter

Preheat the oven to 425 degrees. Place 1 of the crusts in a 9" pie plate. In a large bowl, combine the rest of the listed ingredients. Mix and coat all the fruit well and fill unbaked pie crust with mixture. Dot the top of filling with butter. Add a top crust, pinch edges tightly and slit top. Sprinkle with 2 teaspoons sugar and bake for 50 – 60 minutes. This pie is best served with coconut ice cream.

Red currants can be bought seasonally in grocery stores or dried currants can be used after reconstituted in hot water for 30 – 40 minutes.

Chocolate Chip Cheese Ball

– Donna B., Customer, Pittsburgh, PA

1 8-ounce block
cream cheese

½ cup butter

¾ cup
powdered sugar

2 tablespoons
brown sugar

¼ teaspoon
vanilla extract

¾ cup mini
chocolate chips

Beat cream cheese and butter until smooth. Add powdered sugar, brown sugar and vanilla to the cream cheese, then mix well. Refrigerate overnight. Roll in chocolate chips, mold into a ball, then return to refrigerator for a couple hours or overnight. This treat is best served with chocolate graham crackers.



Mom's Pecan Pie

This recipe is from my mother-in-law who was a wonderful baker. I make this pie at Christmas and other special occasions. The family loves it, even though it's very rich. We always serve this topped with whipped cream.

– Diana M., Customer, Windham, OH

¾ cup sugar

2 tablespoons flour

1 teaspoon salt

1 cup dark corn syrup

2 eggs, beaten

½ cup PET®
evaporated milk

1 teaspoon vanilla

9" unbaked pie crust

1 cup pecans, halved

Preheat the oven to 350 degrees. In a large bowl, mix the sugar, flour and salt. Add eggs, milk, vanilla and corn syrup to the bowl, then whisk well. Fold in pecans and pour into pie crust. Bake for 50 minutes and serve warm.

Chocolate-Peanut Butter Fudge Bars

This recipe is made easier by starting with a boxed brownie mix.

I use milk chocolate chips instead of the bittersweet chocolate.

I pour the rest of the bag into the brownies.

– Kate L., Employee, Omaha, NE

1 box triple
chocolate decadence
brownies mix

½ cup peanut
butter chips

½ cup chopped
dry roasted peanuts

¾ cup creamy
peanut butter

1 cup marshmallow
crème

11 tablespoons butter

¾ cup powdered sugar

6-ounces bittersweet
baking chocolate,
coarsely chopped

1 tablespoon corn syrup

Preheat the oven to 350 degrees. Line a 9" square pan with foil and spray with non-stick spray. Prepare the brownie mix according to the instructions and stir in peanuts and peanut butter chips, then pour into the cake pan. Bake for 30 minutes. Cool completely on a wire rack. In a medium bowl, beat the peanut butter, marshmallow crème and 6 tablespoons butter with a mixer on high until well blended. Reduce the speed on the blender to low and mix in powdered sugar, then beat until blended. Spread the filling over the top of the brownies evenly. Heat and mix the chocolate and 5 tablespoons butter until smooth. Stir in corn syrup to the chocolate, then spread over brownies.

Berry Cookies

*A really good batch of dairy and gluten-free cookies.
Use your choice of fruits and add nuts or chocolate to your liking.*

– Annie G., Prospective Customer, Scottsdale, AZ

- 1 cup rolled oats
- 1 cup gluten free flour
or pancake mix
- 1 – 2 cups berries,
rinsed
- 1 tablespoon
vanilla extract
- 1 pinch salt
- ½ cup dark chocolate
chips (optional)
- 1 – 3 packets Stevia®
- 1 tablespoon
baking soda

Preheat the oven to 350 degrees. In a large bowl, mix and mash all ingredients. Place dough in fridge for 10 minutes. Remove dough and shape into round balls, then place on a greased cookie sheet. Bake for 7 minutes and let cool for 10 minutes before removing from sheet.



Brigadeiro

The Brigadeiro (Portuguese for Brigadier) is a common Brazilian delicacy created in 1940. It's common throughout the entire country, as well as in Portugal, and is present in practically all the major Brazilian celebrations.

– Eliane J., Customer, Omaha, NE

- 1 can sweetened
condensed milk
- 2 tablespoons cocoa
powder, unsweetened
- 1 tablespoon butter
- 1 cup chocolate
sprinkles

Mix the sweetened condensed milk with the cocoa powder and butter in a pan on low heat. Continue to mix until it just starts to boil at around 10 minutes. As it cools, apply butter to hands and roll mixture into balls and roll them in sprinkles. Serve in cupcake liners.

Chocolate Cake

This was passed down to me by my mother.

– Stephanie D., Customer, Tampa, FL

1½ sticks margarine
4 squares unsweetened
chocolate
1½ cups hot water
3 cups sugar
1 teaspoon vanilla
3 eggs
3 cups flour
2¼ teaspoons
baking soda
1 cup sour cream

Melt together the margarine, chocolate and water. Mix the sugar, vanilla and eggs into the chocolate, then alternate adding flour, baking soda and sour cream. Bake in a tube pan at 350 degrees for 50 minutes.



White Chocolate Cranberry Cookies

This is my husband's favorite cookie and it's especially good during Christmas time because it looks so festive.

– Diane M., Customer, Fitchburg, WI

2 cups butter
1 cup sugar
4 cups flour
1 package white
chocolate chips
1 package
cranberries, dried

Preheat oven to 350 degrees. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add flour and mix well. Stir in chopped chocolate and cranberries. Drop rounded tablespoons of dough 2 inches apart onto ungreased baking sheets. Flatten each ball slightly. Bake the cookies for 10 – 14 minutes or until lightly browned. Cool for 5 minutes before removing from baking sheet. Remove to wire rack until fully cooled.

Butter Tarts

This recipe comes from my mother (and I believe her mother before that). I make these for Christmas. They are time-intensive but well worth it. Growing up, they were always the favorite cookie during the holidays. I always double the ingredients to get approximately 42 cookies. They are a great gift as well (when I have given these as gifts, eyes light up!).

– Jan B., Customer, Phoenix, AZ

2½ cups flour
¼ teaspoon
baking powder
½ teaspoon salt
1 cup butter
2 teaspoons vanilla
½ cup
powdered sugar
currant jelly

Preheat the oven to 350 degrees. Combine flour, salt and baking powder together. Cream butter, sugar and vanilla, then add the flour mixture and mix with your hands. Chill for at least 2 hours. Roll between two sheets of waxed paper to ¼" thickness. Cut out cookies. You will need to cut two versions – one full one for the bottom of the cookie and for the top with a hole. (I use a thimble to make the hole.) Make equal amount of each kind. Bake for 10 – 15 minutes and let cool before assembling. Place currant jelly in the middle of one whole cookie, then top with the cookie that has a hole. When done, sprinkle the top with powdered sugar.

Caramel Tarts

These tasty treats were a hit at my daughters' graduation parties!

– Val G., Employee, Bellevue, NE

Tart Dough

- 2 sticks butter, softened
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 2 cups flour
- ½ teaspoon salt
- 2-3 tablespoons milk

Caramel Mixture

- 17 unwrapped Kraft® caramels
- ⅓ cup milk
- ¼ cup butter
- ¼ cup powdered sugar

Cream butter, vanilla and powdered sugar; add remaining ingredients. Mix until well blended. Chill dough.

Roll dough into 48 balls, place in greased mini-muffin tins. Bake 15 minutes at 325 degrees. Tops will not be brown. Remove from oven and immediately make wells in each tart with a melon baller. Fill each tart with caramel mixture. Remove tarts from pan when cool.

Caramel Mixture

Melt together over medium-low heat, stir constantly until smooth.

Better-Than-I-Remember-Sex-Was Cake

Just a recipe I modified from other apple pie and cake recipes.

– John S., Customer, Highland Lake, AL

- 1 stick butter, melted
- 1 box yellow cake mix
- 1 can fried apple slices*
- 1 tablespoon cinnamon
- ½ cup sugar
- 1 8-ounce container sour cream
- 1 egg

*Do not use pie filling.

Preheat the oven to 350 degrees. Mix the butter and cake mix until crumbly and press into ungreased 9" x 13" pan, building up the sides slightly. Bake for 10 minutes, and while still warm, pour the apple slices over the crust. Mix the cinnamon and sugar together and sprinkle most of it over the apples. Blend the egg and sour cream together and spoon over the apples, then sprinkle the remainder of the cinnamon sugar over the cream. Bake for 25 minutes and serve hot!



Foolproof Fruit Dip

This recipe is from my husband's grandmother. She'd make it every summer for us and it's so delicious. I think we usually ate more of this dip than the actual fruit.

– Ashley W., Employee, Omaha, NE

- 1 7-ounce jar marshmallow fluff
- 1 8-ounce block cream cheese
- 2 teaspoons vanilla extract

Place all ingredients into a large bowl and mix together with a hand mixer. Dip your favorite fruit into it and enjoy. I recommend doubling or tripling to recipe for larger crowds.

Ice Box Cake

My grandmother and mom used to make this often throughout the summer. This recipe is cool, creamy and delicious. I don't know for sure, but I suspect that Honey Maid® Graham Crackers and Jell-O® pudding may have published this recipe in a magazine or on their packages.

– Mary M., Customer, Queen Creek, AZ

1 large box
graham crackers
2 packages
pudding mix
sliced fresh fruit
mini marshmallows
chopped nuts

Follow package instructions to cook the pudding. In a glass baking dish, first layer graham crackers and finish with pudding while layering your favorite fruit slices, excess crackers and pudding, chopped nuts or marshmallows in between. Top the dish with graham crumbs or more chopped nuts, then cover the dish with wax paper and refrigerate until ready to serve.



Reese's® Brookie

I was visiting with a friend and she offered me this "cookie" that she had just made. After one bite I was hooked. I got the recipe from her, and if you like Reese's Peanut Butter Cups®, then these are to die for!

– Patricia C., Customer, Mount Vernon, AR

1 package Nestle®
chocolate chip
cookie dough
1 package Reese's®
mini peanut butter
cups, unwrapped
1 box brownie mix

Preheat the oven to 350 degrees. Smooth a square of cookie dough into the bottom of each well in a muffin tin. Place 1 peanut butter cup upside down onto the cookie dough. Mix the brownies according to their instructions, then pour the batter over each cup filling all the wells to $\frac{3}{4}$ full. Bake for 18 minutes.

Chocolate Fudge Cake

This is the best chocolate cake ever. I have been making this for over 45 years and it always gets rave reviews. It's simple to make and freezes well.

– Sherri F., Customer, Griffin, GA

2 cups sugar
2 cups
all-purpose flour
1 stick butter
4 tablespoons cocoa
½ cup shortening
1 cup water
1 teaspoon
baking soda
½ cup buttermilk
2 eggs
1 teaspoon vanilla

Icing

1 stick butter
3 tablespoons cocoa
6 tablespoons milk
1 box powdered
sugar, sifted
1 teaspoon vanilla

Preheat the oven to 325 degrees. In a mixing bowl, sift sugar and flour together and mix. In a saucepan, bring to boil 1 stick of butter, 4 tablespoons cocoa, shortening and water. Pour into mixing bowl and mix with sugar and flour. Add baking soda to the buttermilk, then stir into mixing bowl. Add the eggs and vanilla into the bowl and beat well. Bake in a 9" x 13" pan for 45 minutes. Prepare icing while baking to pour over the cake while hot.

For the icing, bring 1 stick of butter, 3 tablespoons cocoa and milk to a boil. Sift in the powdered sugar, then add vanilla and mix well. Once the cake is removed from the oven, use chopsticks to poke holes across the whole cake before pouring the frosting on top. Let cool and serve.

Mom's Sweet Mess

This is from my mom, Lucille. I don't know where to begin as this is a trial and error recipe. The measurements are "more or less," so include what you like, the amount, remove and substitute what you want. A recipe is only an idea of possibilities. This is not diabetic friendly.

– MaryAmy A., Customer, Lake Arthur, LA

1 can pineapple
chunks*

2 cans chunky fruit
cocktail*

2 cans Mandarin
oranges*

2 bananas, sliced

½ bag miniature
marshmallows

1 can sweetened
condensed milk

8-ounces sour cream

1 small jar maraschino
cherries, halved

pecans, chopped

brown sugar
to taste

*Drain the juice
from the cans.

Mix all together and refrigerate overnight to allow flavors to mingle.

Jewish Apple Cake

*When I was working, this was the most requested cake for birthdays.
I hope everyone enjoys this recipe. Serve warm or cold.*

– Janice F., Customer, Seaford, DE

4 large granny smith apples,
peeled and diced
2 cups plus 4
tablespoons sugar
2 teaspoons
cinnamon
1 cup cooking oil
4 eggs
¼ cup orange juice
3 teaspoons
baking powder
2½ teaspoons vanilla
1 teaspoon salt
3 cups flour

Preheat the oven to 350 degrees. Toss the apples with the cinnamon and 4 tablespoons sugar. In a bowl, mix together 2 cups sugar, flour, salt and baking powder. In a separate bowl, mix orange juice, eggs, vanilla and oil. Combine both bowls and mix well. Fold in apples and pour into a greased bundt pan. Bake the cake for 1 hour 45 minutes.



Easy Peanut Butter Cookies

– Shirley C., Customer, Bowling Green, KY

1 cup peanut butter,
creamy or chunky
to taste
1 cup sugar
1 egg

Preheat the oven to 350 degrees. Mix the ingredients and drop spoonfuls on baking dish. Press with a fork, then bake for 10 – 15 minutes.

Salted Nut Roll Bars

My coworker made us these, and other goodies, every Christmas and I looked forward to them every year.

– Jaclyn P., Employee, Omaha, NE

1 box yellow cake mix
¾ cup melted butter
1 egg
3 cups mini marshmallows
1 12-ounce package peanut butter chips
½ cup corn syrup
1 teaspoon vanilla
2 cups salted peanuts

Preheat the oven to 350 degrees. Beat together the cake mix, ¼ cup melted butter and the egg. Press the mix lightly into a 9" x 13" greased pan and bake for 10 – 12 minutes. Place the marshmallows on top of the cake and return to the oven for 3 more minutes. Melt together the peanut butter chips, corn syrup and ½ cup butter, then stir in vanilla. Pour the melted mixture over the marshmallows. Toss the peanuts on top and lightly press them with a greased spatula. Cool thoroughly before cutting.



Pie Filling Cobbler

This recipe was given to me by my lifelong friend. I have tweaked it to my taste. Bake this for potlucks, sick friends, etc.

– Sarah L., Customer, Greenville, SC

1 can Comstock® pie filling, peach, apple, strawberry, etc.
white loaf bread slices
1 egg
1 stick butter
1 cup sugar
½ teaspoon vanilla flavoring

Preheat the oven to 375 degrees. Use an 8" x 8" or 9" x 9" baking dish greased with butter. Spread pie filling in bottom. Place 4 bread slices on top of the filling. Melt the stick of butter and as it cools, stir in sugar. Beat an egg, then put in sugar mixture with vanilla and stir until well mixed. Pour the mix evenly over the top and bake for 20 – 25 minutes or until golden brown. Let cool until the top hardens a little. Enjoy!

Jeri's Strawberry Pie

This was originally a peach pie made by my boss's mom. I simply figured out how to convert to strawberry and everyone loves it. You can make it for a diabetic also; just use sugar-free Jell-O®, Splenda® sugar substitute or sugar and powdered sugar.

– Jeri C., Customer, Fort Smith, AR

1 deep dish pie shell

1 – 1½ pints
fresh strawberries,
cleaned and cubed

1 cup water

1 cup sugar

4 tablespoons
strawberry Jell-O®

4 – 5 tablespoons
cornstarch

1 8-ounce block
cream cheese

½ cup powdered sugar

2 tablespoons
strawberry Jell-O®

red food coloring

Cool Whip® or real
whipped topping

Prepare pie shell and let cool completely. Put water, sugar, 4 tablespoons of dry Jell-O® and cornstarch in pan. Heat until sugar is dissolved. Continue stirring until mixture becomes very thick. Add more cornstarch if needed. Let cool. Mix cream cheese, powdered sugar and the strawberry mixture. Mix well until sugar and Jell-O® are completely dissolved. Add red food coloring to make it more red. Spread evenly to bottom of pie shell and sides. Top with fresh strawberries.

Sugar-Free Banana Pudding

With my honey's life change, I had to learn to cook a little differently, and for both of us that is a good thing. This is my version of light banana pudding.

– MaryAmy A., Customer, Lake Arthur, LA

1 box sugar-free
vanilla wafers
1 box sugar-free
vanilla or banana
instant pudding
1 cup skim milk
1½ teaspoons vanilla
6 packets Splenda®
8-ounces sugar-free
Cool Whip®
1 tablespoon
lemon juice
2 bananas, sliced

Line the bottom of a 9" x 9" pan with vanilla wafers. Mix the milk, vanilla and 3 packets Splenda® together, then whisk in pudding and Cool Whip®. In a small bowl, mix the lemon juice and remaining Splenda® together, then dip each banana slice in the juice and remove with a slotted spoon to not take out too much juice. Stir the bananas into the pudding and slowly pour over the wafers in the dish. Place a layer of wafers across the top of the pudding and let sit for up to one day to let the flavors develop fully.

Lemon Bisque

My mother made this dessert on holidays such as Thanksgiving and Christmas.

– Ronald E., Customer, Allentown, PA

1 can evaporated milk
1½ cups water, boiling
3 tablespoons
lemon juice
½ cup sugar
⅓ teaspoon salt
1 box lemon Jell-O®
1 box vanilla
wafer cookies

Mix the Jell-O® with the boiling water and stir in sugar, lemon juice and salt. Refrigerate the mix until it begins to jell, then beat to make fluffy. Beat the evaporated milk until thick, then beat in lemon mixture until it's light and fluffy. Crush the vanilla wafers over the top and serve cool.



Sandy's Peach Pear Cobbler

One day while I was preparing my peach cobbler, I was about to open the can of peaches when I noticed on the label that I had bought peaches in pear juice. I went on making my cobbler and the pear juice just gave it an amazing taste. I have been doing it that way ever since.

– Sandy J., Customer, Chicago, IL

1 can peaches in pear
juice or 1 can each
peaches and pears
1 – 2 sticks butter
½ teaspoon cinnamon
nutmeg
vanilla flavor
ready-made pie crust

Cook the peaches and pears together with butter, nutmeg, vanilla flavor and cinnamon all in one pot. Let this cook for 45 minutes – 1 hour, then cool in the fridge or on the stove for about 40 minutes. Assemble the cobbler by pouring the fruit into the ready-made pie crust and bake until crust is golden and flaky. You will be amazed by the taste.

Lemon Icebox Pie

I first heard of this when someone posted it on Facebook. It has only 3 ingredients and is out-of-this-world delicious!

– Morris W., Customer, Benbrook, TX

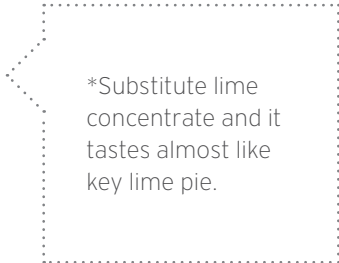
1 6-ounce can frozen
lemonade concentrate*

1 12-ounce
can sweetened
condensed milk

1 tub Cool Whip®

graham cracker
pie shell

Mix all ingredients together in a bowl. Pour into the pie shell. Refrigerate about 2 hours, then serve.



*Substitute lime
concentrate and it
tastes almost like
key lime pie.



Pineapple Fluff

I have made this for my family every year for Easter for over 30 years and for potlucks. Everyone loves this recipe. I got it from my Aunt Wanda when I was 16 in 1976. She had learned the recipe from a Tupperware® party.

– Christine C., Customer, Thornton, CO

1 can crushed
pineapple

1 cup sugar

1 package
lemon Jell-O®

1 can evaporated milk

1 package
graham crackers

2 tablespoons butter

Bring to boil the pineapple and sugar. Once boiling, add Jell-O® and mix really well before removing from the stove. In a gallon Ziploc® bag, use a rolling pin to roll over graham crackers until they are as fine as sand. Melt butter, then with a fork, mix butter and cracker crumbs and mold into a cake pan, forming a crust. Let the crust set in the refrigerator. Take cold evaporated milk and mix until it's like whipping cream. Slowly mix the pineapple to the milk. Once mixed, pour over graham cracker crust and leave in refrigerator for 1 hour.

Maggie's Chocolate Cake Mix

All my friends have this recipe and say it's the best chocolate cake ever. It has been around for many years and was given to me by a friend in Williamsburg, VA.

– Barbara B., Customer, Cedar Park, TX

2 sticks butter
2 cups sugar
4 eggs
1 cup flour
1 teaspoon
baking powder
1 pinch salt
1 16-ounce can
Hershey's®
chocolate syrup
1 teaspoon vanilla

½ cup PET
evaporated milk
1 bag chocolate chips

Preheat the oven to 350 degrees. Cream together 1 stick of butter and 1 cup of sugar. Beat the eggs in one at a time, then the flour, baking powder and salt. Mix in the chocolate syrup and vanilla, then pour into 9" x 13" greased and floured baking pan. Bake for 30 minutes. Bring the milk and remaining sugar and butter to boil for just 1 minute. Add chocolate chips and pour over the hot cake.

Lemon Cheese Torte

I received this recipe many years ago from my sister. It's one of the most refreshing and delicious desserts I have ever had.

– Nancy S., Customer, New Berlin, WI

1 stick butter
6 double graham
crackers
1¼ cups sugar
1 3-ounce package
lemon Jell-O®
1 cup hot water
2 8-ounce blocks
cream cheese
1 pint whipping cream
1 teaspoon vanilla

Crush graham crackers with the butter and ¼ cup sugar. Dissolve Jell-O® with hot water and cool. Line the bottom and sides of a 9" spring form with the graham cracker crust. Beat cream cheese, 1 cup sugar, whipping cream and vanilla together until thick. Mix the cooled Jell-O® into cream cheese mixture and pour into cracker-lined spring form. Sprinkle the top with crumbs from graham crackers. Refrigerate the torte overnight.

Yummy Chocolate Cake

My grandchildren love to make this cake with their Gamma. The grandkids have fun doing the chocolate chips and powdered sugar. We all love Gamma's chocolate cake.

– Linda P., Employee, Omaha, NE

1 box chocolate
cake mix
1 box instant
chocolate pudding
1 egg
 $\frac{3}{4}$ cup whole milk
1 bag Nestle® milk
chocolate chips
 $\frac{1}{2}$ cup powdered sugar

Preheat the oven to 350 degrees. Beat the egg, milk and cake mix together. Add the pudding mix and stir. Pour the batter into a 9" x 13" greased baking pan. Cover the batter with the bag of chocolate chips. Bake for 30 minutes and remove to let cool. Once the cake has cooled, sprinkle the top of it with the powdered sugar.



Zucchini Brownies

– Linda S., Prospective Customer, Eugene, OR

2 cups zucchini
 $\frac{1}{2}$ cup oil
2 teaspoons vanilla
2 cups flour
1 $\frac{1}{4}$ cups sugar (can
substitute Splenda®)
1 teaspoon salt
 $\frac{1}{2}$ cup cocoa
 $\frac{1}{2}$ cup chopped nuts

Preheat oven to 350 degrees. Cut zucchini into cubes and purée in blender to make 2 cups zucchini. Mix the oil and zucchini together. Blend in dry ingredients. Pour into a greased and floured 11" x 15" x 1" baking sheet. Bake 20 – 30 minutes.

Pineapple, Blueberry or Cherry Pie

These pies are easy to make and so pretty to take to church socials.

— Melvin H., Customer, Hoboken, GA

1 Deluxe extra serving
graham cracker crust

1 8-ounce block
cream cheese

1 can Eagle Brand®
sweetened condensed
milk

⅓ lemon juice

1 teaspoon
vanilla extract

1 cup chopped pecans

1 can Dole® crushed
pineapple in heavy
syrup, drained
(or canned blueberry
or cherries)

1 12-ounce tub
Cool Whip®

Mix cream cheese with Eagle Brand® milk, lemon juice and vanilla extract. Stir in pecans and pour into the graham cracker crust. Spread the Cool Whip® over the pie and top with the Dole® crushed pineapple, canned blueberries or canned cherries. Refrigerate overnight or at least 6 hours.

Rhubarb Dessert

*This recipe was given to me by my neighbor over 40 years ago.
It's very easy to make and is a family favorite.*

– Sandy T., Customer, Darien, WI

1½ cups flour
1 teaspoon
baking powder
¼ teaspoon salt
¼ cup plus 1 tablespoon
butter
1 egg, beaten
1 tablespoon milk
3½ cups finely chopped
rhubarb
1 package
strawberry Jell-O®
1 cup sugar

Preheat the oven to 350 degrees. In a medium bowl, mix 1 cup flour, baking powder, salt and 1 tablespoon butter. Place the dough at the bottom of an 8" pan, then sprinkle the rhubarb and Jell-O® over the mix. Blend together ½ cup flour, 1 cup sugar and ¼ cup butter. Pour mix over the top, then bake for 45 minutes.

Pineapple Sour Cream Pie

There used to be a pie baker in one of our surrounding communities. She had the best pies. One was pineapple sour cream pie, and she never would give me the recipe for it, but said it was so simple. When she sold the bakery, she gave me the ingredients, but never told me how to fix it so I just guessed and it turned out really close to hers.

– Dorothy H., Customer, Noel, MO

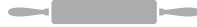
1 premade
graham cracker or
shortbread crust

1 16-ounce tub
sour cream

1 large package instant
vanilla Jell-O® pudding

1 16-ounce can
crushed pineapple,
drained

In a bowl, blend sour cream and pudding mix. Once blended, mix the crushed pineapple into the sour cream and pour into the pie crust. Chill for at least 2 hours before serving and top with pineapple, fruit, meringue or whipped cream.



Ice Box Pecan Cookies

*I got this recipe about 55 years ago from my mother-in-law.
This must be at least 70 years old.*

– Georgia S., Customer, Chaffee, MO

¾ cup Crisco®
shortening

1½ cups brown sugar,
packed

1 egg

2 cups all-purpose flour

½ teaspoon baking soda

⅛ teaspoon vanilla

½ – ¾ cup
chopped pecans

Cream the shortening and add sugar. Add the egg and mix until fluffy and light. Combine flour, baking soda and salt, then mix into shortening mixture. Fold in pecans and divide the dough into two portions using wax paper. Shape the dough into rolls in the wax paper and refrigerate overnight. Slice and bake on greased cookie sheets at 350 degrees for 13 – 15 minutes.

Strawberry Jell-O® Pretzel Salad

I got this recipe from my Aunt Dawn. This combination may sound strange, but it's really good.

– Janet P., Customer, Pensacola, FL

2⅔ cups
ground pretzels
1 cup, 2 tablespoons
sugar
¾ cup melted butter
1 8-ounce block cream
cheese
1 8-ounce tub
Cool Whip®
1 pint strawberries,
sliced
1 large box strawberry
Jell-O®

Preheat the oven to 350 degrees. Mix the pretzels, 2 tablespoons sugar and butter, then press into a 9" x 13" baking dish and bake for 10 – 15 minutes and remove. Cream together the cream cheese, cup of sugar and Cool Whip®. Spread the cream over the pretzel crust. Mix the Jell-O® with ½ cup less water on instructions of box and add strawberries. Let the Jell-O® begin to set in the freezer, then pour over the first two layers. Let the whole tray cool in the freezer before serving.

Fried Pies

My family loves fried pies, and I've found this an easy recipe to use.

– Carrie D., Customer, New Tazewell, TN

1 large can
evaporated milk
2 eggs
 $\frac{3}{4}$ cup sugar
4 teaspoons
baking powder
 $\frac{1}{4}$ teaspoon salt
 $4\frac{1}{2}$ cups flour
 $\frac{1}{4}$ cup shortening
1 can fruit filling of
your choice
powdered sugar

Mix the milk, eggs, sugar, baking powder, salt and flour together. Roll out the dough flat, then cut to 12 pieces each the size of a saucer. Fill each pie with 1 tablespoon fruit filling and fold over, then flute with a fork. Fry the pie in shortening about 2" – 3" deep until browned. Sprinkle with powdered sugar when done.

Peach Cobbler

This recipe was passed down to me.

– Roslyn G., Customer, St. Petersburg, FL

2 cans peaches
1 box yellow cake mix
nutmeg*
cinnamon*
sugar*
real vanilla flavor*
butter

*Sprinkle to
your taste.

Preheat the oven to 350 degrees. Pour the peaches into a 9" x 13" pan. Sprinkle seasonings over peaches to your taste. Coat the peaches evenly with the cake mix. Cut butter into thin slices and cover the entire pan. Bake the cobbler for 1 hour or until the crust is golden brown.



Theresa's Famous Key Lime Pie

This is a wonderful dessert handed down from my Uncle Buzz that my daughter and I frequently make together. It is simple yet delicious.

– Todd B., Employee, Bennington, NE

4 large egg yolks
1 14-ounce
can sweetened
condensed milk
½ cup key lime juice,
do not use normal limes
or lime juice
9" graham cracker
pie crust
whipped cream
(optional)

Use electric mixer to beat egg yolks until they are thick and turn a light yellow, don't overmix. Add sweetened condensed milk. Turn speed to low and mix in half the key lime juice. When thoroughly blended, mix in the remaining half of the key lime juice. Pour the mix into the pie shell and bake for 10 minutes at 350 degrees, then refrigerate. This treat is best served cold. Whipped cream topping is optional and delicious.

Sugar-Free Lemon Pie

My honey's favorite pie in the whole world is lemon meringue pie. This is a version that my cousin Bertha gave me whose husband is also a diabetic. When I make it just for him, I don't bother with a crust as he just wants the pudding. When we have company I use sugar-free vanilla wafer cookies to make the crust and sugar-free Cool Whip® to make the meringue.

– MaryAmy A., Customer, Lake Arthur, LA

1 tub Crystal Light®
lemonade

2 1-ounce boxes
sugar-free
vanilla pudding

1½ cups nonfat
dry milk

2 cups water

2 tablespoon
sour cream

1 tablespoon
lemon juice

2 8-ounce tubs
sugar-free Cool Whip®

sugar-free
vanilla wafers

Mix Crystal Light® and pudding mix together. Mix the dry milk with the water and stir in sour cream until well mixed. Add to the lemon mixture and beat with a wire whisk until smooth. Add lemon juice and 1 Cool Whip® container to the milk and pudding mixture. Layer whole vanilla wafers in an 8" pie plate. Spread pudding mixture over cookies, then spread the second container of Cool Whip® over the top.

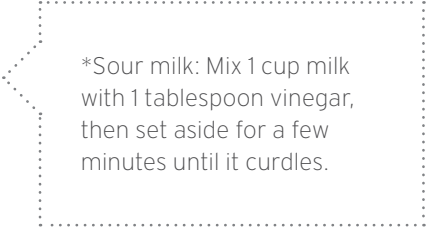
Rhubarb Cake

A very close friend of our family gave me this recipe over 30 years ago. It's very moist and not too healthy!

– Bobbie C., Customer, Auburn, NE

1½ cups finely
chopped rhubarb
2 cups flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon cinnamon
1 cup sour milk*
½ cup vegetable oil
1 egg
1 teaspoon vanilla
6 tablespoons butter
¾ cup brown sugar
1 cup coconut
1 cup chopped nuts

Preheat the oven to 350 degrees. Combine the rhubarb with ½ cup sugar. In a large bowl, toss together the 1½ cups sugar, flour, baking soda and cinnamon. Combine the dry mix with the sour milk, vegetable oil, egg and vanilla extract. Mix in the rhubarb with sugar to the batter then pour into a 9" x 13" pan. Bake the cake for 1 hour. Cook the coconut, brown sugar, chopped nuts and butter for 3 minutes. Pour the topping over the cake while the cake is still warm.



*Sour milk: Mix 1 cup milk with 1 tablespoon vinegar, then set aside for a few minutes until it curdles.

Peach Upside Down Cake

I acquired this recipe from my husband's mother 57 years ago. We make it for holidays and birthdays. We sometimes substitute pears. Everyone loves it.

– Betty H., Customer, Mosinee, WI

1 stick butter
1 cup brown sugar
maraschino cherries
1 large can
sliced peaches
(drain and save juice)
1 yellow cake mix

Preheat the oven to 350 degrees. In a cast iron fry pan, melt butter and sprinkle brown sugar over it. Lay cherries and drained peaches in a spiral arrangement in bottom of pan, covering entire pan. Mix cake mix according to directions using the drained juice instead of water. Pour over fruit and bake for at least 40 minutes or until a toothpick comes out clean.



Ice Cream Dessert

– Kathy W., Employee, Omaha, NE

1 package
Oreo® cookies
½ gallon ice cream (any
flavor)
1 large tub
Cool Whip®
½ to ⅔ stick margarine
or butter
1 can fudge topping
½ can nuts

Crush cookies. Add butter and mix. Press into the pan. Slice the ice cream and put over the crust. Layer the fudge topping, then the Cool Whip® and the nuts. Freeze and serve cold.

Rice Pudding Pie

This is an easy pie to make. You can easily double the recipe and make it in a 9" x 13" pan.

– Rebecca L., Customer, Marseilles, IL

3 slices bread,
cut to pieces
½ cup milk
1 cup cooked rice
1 cup plus 2
tablespoons sugar
½ cup applesauce
3 eggs
1 tablespoon vanilla
¼ cup vegetable oil
raisins (optional)
1 tablespoon butter
1 teaspoon cinnamon

Preheat the oven to 350 degrees. Grease a 9" pie pan. Mix bread, milk, rice, 1 cup sugar, applesauce, 3 eggs well beaten, vanilla, oil and raisins together well and beat by hand for 1 minute. Pour the mix into the pie pan and bake 40 minutes or until evenly set. Mix 2 tablespoons sugar, butter and cinnamon together. Spread the topping on hot pie and bake 5 more minutes or until melted. Serve cold or hot with ice cream.

MEASUREMENT CONVERSIONS



1 gallon = 4 quarts
128 ounces 8 pints
16 cups
2.8 liters



1 quart = 2 pints
32 ounces 4 cups
.95 liters



1 pint = 2 cups
16 ounces 480 milliliters



1 cup = 16 tablespoons
8 ounces 240 milliliters



1/4 cup = 4 tablespoons
2 ounces 12 teaspoons
60 milliliters



1 tablespoon = 3 teaspoons
1/2 fluid ounce 12 milliliters

10 HEALTHY BAKING & COOKING SUBSTITUTIONS

		TIPS
1 cup unsweetened applesauce	= 1 cup sugar	For every cup of applesauce you use, reduce the amount of liquid in the recipe by 1/4 cup.
1 cup puréed ripe bananas	= 1 cup butter/oil	Avocado purée may also be used to achieve the same results.
1 cup evaporated skim milk	= 1 cup heavy cream	Great for soups and casseroles. When baking, add a dash of vanilla for extra flavor.
1 cup puréed black beans	= 1 cup white flour	This gluten-free substitute cuts calories and adds proteins to breads, brownies and cakes.
1 cup milk and 1 tablespoon lemon juice	= 1 cup buttermilk	Let the milk and lemon juice stand anywhere between 5 to 15 minutes.
2 egg whites	= 1 whole egg	Combine egg whites and whole eggs in baked goods since the yolk helps create the smooth texture.
1/4 cup honey	= 1 cup white sugar	The darker the color of the honey, the sweeter and more potent the flavor.
1 cup nonfat Greek yogurt	= 1 cup sour cream	Use this substitute to create soups, dips and sauces that are packed with protein.
1 cup marshmallow cream	= 1 cup cake frosting	Or, sift powdered sugar on top of baked goods for a sweet treat without the calories.
1/2 teaspoon pure vanilla extract	= 2 tablespoons white sugar	Save big calories by using this substitute for up to half of your recipe's required sugar.



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