

# MOMS Club Recipe Collection

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## **Sausage Biscuit Delights**

### **Ingredients**

1-lb sausage

1-8oz cream cheese

1 can Hungry Jack Biscuits ( makes 12)

shredded sharp cheddar cheese

### **Directions**

Brown sausage and drain. Stir in softened cream cheese. Spray muffin tin and flatten biscuits into muffin cups. Fill with sausage mixture. Top with shredded cheese.

Bake at 400 degrees for 10 minutes.

## **Easy Quiche**

### **Ingredients**

2 cups milk

4 eggs

3/4 cup biscuit baking mix

1/4 cup butter, softened

1 cup grated Parmesan cheese

1 (10 ounce) package chopped frozen broccoli, thawed and drained

1 cup cubed cooked ham

8 ounces shredded Cheddar cheese

### **Directions**

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 10 inch quiche dish.
2. In a large bowl, beat together milk, eggs, baking mix, butter and parmesan cheese. Batter will be lumpy. Stir in broccoli, ham and Cheddar cheese. Pour into prepared quiche dish.
3. Bake in preheated oven for 50 minutes, until eggs are set and top is golden brown.

## **Hot Bacon and Swiss Dip**

### **Ingredients**

- 1 (8 ounce) package of cream cheese, softened
- 1/2 cup mayonnaise
- 1 cup (4 ounces) grated swiss cheese
- 2 Tablespoons chopped green onion
- 8 slices of bacon, cooked crisp and crumbled (or bacon bits)

### **Directions**

1. Combine cream cheese, mayonnaise, swiss cheese and onion, mixing well.
2. Spread mixture in a 9-inch microwave safe pie plate.
3. Microwave on high setting (100%) for 4 minutes or until thoroughly heated.
4. Sprinkle with bacon crumbles and serve with wheat thins.

## **Pretzel Snack**

### **Ingredients**

- 1 c. vegetable or canola oil
- 1 envelope ranch salad dressing mix
- 1 t. garlic salt
- 1 t. cayenne pepper (to taste—this is pretty spicy so adjust as necessary)
- 1 16 oz. package pretzel sticks

### **Directions**

1. Preheat oven to 200.
2. Combine oil, salad dressing mix, garlic salt and cayenne in small bowl. Put pretzels into 2 ungreased 15x10 cookie sheet pans with sides around the edges. Pour oil mixture over pretzels and stir to coat.
3. Bake for 1 ¼-1 ½ hours until the pretzels are golden brown, stirring occasionally.
4. Let cool and store in a tight, covered container at room temperature.

## **Apple Mustard Sausage Balls**

### **Ingredients**

2 lbs roll sausage

8 oz. apple jelly

1/4 cup spicy brown mustard

### **Directions**

1. Roll sausage into balls and cook thoroughly in a skillet
2. Heat jelly and mustard in a saucepan and stir until smooth
3. Stir sausage balls into apple-mustard sauce and serve warm

### **Notes**

\*You can try different flavors of sausage and mustard to make the recipe more interesting

## **Yummy Pizza Dip**

In a 9x13 pan, layer the following ingredients:

16 oz softened cream cheese mixed with 2 tsp pizza seasoning

1 1/2 c shredded mozzarella

1 c shredded parmesan

1 jar pizza sauce

finely chopped pepperoni

1 1/2 c shredded mozzarella

1 c shredded parmesan

Bake at 375 for 20 minutes uncovered. Serve hot with melba toast crackers.

## **Blackeye Peas Salsa**

1 can (15oz) blackeye peas; drained and rinsed  
1 can (11oz) white shoepeg corn; drained  
1 small jar (4oz) pimientos; chopped  
1 chopped green pepper  
1 chopped, med. onion

Combine above veggies. In separate bowl, mix together:

1/4 cup sugar  
1/2 cup olive oil  
1/2 cup apple cider vinegar  
1 Tbl. tiger sauce (you get this in the aisle where the hot sauce is)

Pour above mixture over veggies and marinate 2+ hours. I find that the salsa tastes best when eaten the day it's made. It can last up to 7 days, but honestly it gets kind of yucky after 2 days.



## **Sausage and Cream Cheese Biscuits**

### **Ingredients**

- 1 package of Bob Evans roll sausage
- 1 package of cream cheese
- 2 tubes of Pillsbury crescent rolls

### **Directions**

- Brown and crumble the sausage over medium-high heat.
- Once the sausage is cooked thoroughly, stir in the cream cheese until smooth
- Remove from the stove and cool mixture slightly – it should be spreadable but not hot
- Roll out 1 tube of crescent rolls and press seams together to create one large rectangle
- Spoon half of the sausage mixture onto the dough and spread evenly to cover
- Roll the dough up with the sausage mixture inside
- Cut into ½ inch slices
- Repeat with second tube of crescent rolls and remaining sausage mixture
- Bake the slices on a cookie sheet at 350 degrees for 10-15 minutes (watch to make sure the bottoms don't burn)
- Serve warm or cool – delicious both ways :)
- Makes about 30 biscuits

## **Curried Apple Pumpkin Soup**

(From: *Family Fun Magazine*, Nov. 2007)

### **Ingredients**

2 T butter  
1 c. chopped onion  
1 c. chopped celery  
½ large granny smith apple, peeled, cored, and chopped  
2 t. curry powder  
3 c. chicken broth  
2 c. pumpkin (1 ½ small cans, approximately)  
¼ t. salt, plus more to taste  
1 bay leaf  
½ c. heavy cream  
2 to 3 T honey or maple syrup  
Sour Cream and chives for garnish

### **Directions**

1. Melt butter in a medium-sized soup pot. Stir in the onion, celery, and apple. Partially cover the pot and sauté the ingredients over med-high heat until the onion is clear, about 8 minutes. Stir in the curry powder and sauté the mixture for another minute. Stir in 1 c. of chicken broth and cook it for 1 minute more.
2. Pour the broth mixture into a blender or food processor. Puree until smooth and then add the pumpkin and blend til mixed. Pour it all back into the soup pot, then stir in the remaining broth, the salt, and the bay leaf. Set the soup over med-high heat and bring it to a simmer, stirring occasionally.
3. After 5 minutes, stir in the cream and 2 T of honey. Taste the soup, adding more salt or honey if necessary to get the desired balance of sweet and savory. Simmer it for 2 minutes more, remove the soup from the heat and serve. Top with sour cream and chives if desired.

Serves 4. Can serve 6 if servings are small.

## **Cheesy Chicken Enchilada Soup**

### **Ingredients**

2 cans (10 3/4 oz each) cream of chicken soup

1 can (10 oz) enchilada sauce

2 c milk (something fuller fat than skim)

1 c shredded cheddar

1 package (9 oz) frozen cooked southwestern-flavored chicken strips, thawed, chopped (2 c) (I just tore up a rotisserie chicken here instead)

I added chopped green chili peppers, black beans, and corn (whatever amount you want)

tortilla chips

### **Directions**

Mix all ingredients, except chips. Cook over medium heat, stirring occasionally, until heated through and cheese is melted. Serve with tortilla chips.

## **Taco Soup I**

Serves 6-8

### **Ingredients**

1 lb. ground beef  
2 cans corn  
2 cans mixed beans  
2 cans rotel  
2 packs taco seasoning  
2 packs ranch dressing  
1 Lg. container of chicken broth

### **Directions**

Brown meat, but do not add seasonings to meat. The flavor won't be strong enough for the soup. Add all other ingredients. Simmer for a few hours.

## **Tuscan Kale Soup**

### **Ingredients**

1 Tbsp Extra Virgin Olive Oil  
1 lb. pork sausage (I use Turkey Italian Sausage)  
3 15 oz. cans of white beans (garbanzo or northern)  
2 cloves peeled and minced garlic  
2 cups chicken broth + 2 cups water  
1 bay leaf  
1 bunch of kale-leaves only (Tuscan style is best) chopped into bite-sized pieces  
Salt and pepper to taste  
Grated parmesan cheese on top

### **Directions**

Brown sausage in olive oil and garlic until sausage is broken up and browned. Add beans. Stir and cook for 3 minutes. Add broth, bay leaf and kale. Cover and simmer for 15 minutes. Discard bay leaf. Serve in large bowls with grated Parmesan cheese on top. Serves 4.

## **Chicken/Mushroom Soup**

### **Ingredients**

6 cups chicken broth  
2 cups boiled rice  
1 1/2 cups sliced mushrooms  
6 ounces of chicken breast sliced into strips  
1 1/2 TBSP minced shallots sauteed in butter

### **Directions**

Put 2 1/2 c. chicken broth and 2 c. rice in blender and puree for 1 minute. Add puree to rest of broth in saucepan, whisk and simmer. Stir in mushrooms, chicken and shallots. Simmer until chicken is cooked. Sprinkle with parsley.

## **Pasta Fagioli (Crock-Pot)**

(From [crock-pot.com](http://crock-pot.com))

### **Ingredients**

15 ounces Great Northern beans  
1 pound ground beef, browned and drained  
1 onion, chopped  
1 stalk celery, chopped  
2 cloves garlic, minced  
20 ounces condensed beef broth  
29 ounces canned whole tomatoes  
1 teaspoon black pepper  
1/4 teaspoon dried marjoram  
1/4 teaspoon cayenne pepper  
1/4 teaspoon hot pepper sauce  
1 teaspoon dried basil  
2 cups macaroni, cooked

### **Directions**

1. Combine all ingredients, except pasta in the stoneware.
2. Cover; cook on Low 8 to 10 hours or on High 4 to 6 hours.
3. Add the pasta 30 minutes before the end of the cooking time.

## **Mushroom Bisque**

### **Ingredients**

7 T. unsalted butter  
1 C. chopped scallions, bulbs and stems  
1 LB. mushrooms, chopped  
4 T. all-purpose flour  
2 C. chicken broth  
2 C. half and half  
1/4 t. salt  
1/4 t. white pepper  
4 T. sherry

### **Directions**

In a large saucepan, melt the butter.  
Add the scallions and cook 5 mins.  
Add the mushrooms and cook 4 mins.  
Add the flour and stir.  
Cook for 2-3 minutes.  
In a separate saucepan, heat the stock and half and half.  
Add to the mushroom mixture in a steady stream, stirring.  
Simmer for 5 minutes, stirring constantly.  
Add salt, pepper and sherry.  
Serve hot.

Serves 6-8



## **Thai Chicken and Coconut Soup**

4 servings

### **Ingredients**

- 3 cups White Chicken Stock
- 1 teaspoon grated lime rind
- 1/4 cup fresh lime juice
- 1 tablespoon chopped peeled fresh lemongrass
- 2 tablespoons Thai fish sauce
- 1/2 teaspoon minced peeled fresh ginger
- 1/2 teaspoon chopped seeded Thai chile
- 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
- 1 (14-ounce) can light coconut milk
- 2 tablespoons chopped fresh cilantro

### **Directions**

Combine first 7 ingredients in a large saucepan. Bring to a simmer over medium heat; stir in chicken and coconut milk. Cook 3 minutes or until chicken is done. Sprinkle with cilantro.

## **Chicken Tortilla Soup**

### **Ingredients**

2 T. olive oil  
1 medium onion, diced  
2 garlic cloves, minced  
1 small jalapeno pepper, minced (for spicer soup, leave in the seeds and ribs)  
1 can corn, drained  
1 can cannellini beans, drained and rinsed  
1 can black beans, drained and rinsed  
1 package chicken breasts, cut into bite size pieces  
1 orange pepper, cut into bite size pieces  
1 yellow pepper, cut into bite size pieces  
1 can fire-roasted, diced tomatoes with juice  
48 ounces chicken stock  
Chili powder  
Cumin  
Salt  
Pepper

### **Directions**

Season chicken pieces with salt, pepper, chili powder and cumin until well coated. Heat oil in a dutch oven or stock pot over medium high heat. Add chicken and cook, stirring, until no longer pink. Remove chicken to a plate. Reduce heat to medium low. Add onions, garlic and jalapeno. Season lightly with salt, pepper, chili powder and cumin. Cook, stirring occasionally, until the onion is soft and translucent, 5-7 minutes. Add orange and yellow peppers, stir. Return chicken and any accumulated juices back to the pot. Increase heat to high. Add chicken stock, scraping up any solids on the bottom of the pot. Stir in tomatoes with their juice. Stir in corn and beans. If the soup is too thick for your liking, add more stock. Simmer the soup over low heat for about 30 minutes. To serve, ladle into bowls and top with sour cream, cilantro, diced avocado, a squeeze of lime and broken up tortilla chips.

### **Notes**

\*You can substitute one envelope of taco seasoning for the chili powder and cumin, but reduce the amount of salt.

## Simple Chicken Noodle Soup

(foodnetwork.com)

### **Ingredients**

- \* 1 (3 to 4-pound) whole chicken
- \* 1 quart chicken stock or low-sodium chicken broth
- \* 2 quarts water
- \* 2 medium onions, quartered
- \* 2 carrots, roughly chopped
- \* 2 celery stalks, roughly chopped
- \* 2 sprigs fresh thyme
- \* 5 or 6 parsley stems
- \* 1 bay leaf
- \* 2 tablespoons unsalted butter
- \* 4 ounces whole button mushrooms, quartered
- \* 1/2 cup diced onions
- \* 1/2 cup sliced carrots
- \* 1/2 cup small-diced celery
- \* 2 1/4 teaspoons salt
- \* 1/2 teaspoon freshly ground black pepper
- \* 1/4 pound dried vermicelli noodles
- \* 2 tablespoons chopped fresh parsley leaves

### **Directions**

Place the chicken in a large stockpot or Dutch oven and cover with the chicken stock and 2 quarts water. Add the onion quarters, roughly chopped carrots and celery, thyme, parsley stems, and the bay leaf. Bring mixture to a boil, partially cover and reduce heat to a simmer. Simmer for 1 hour. The chicken should easily pull away from the bones.

Using tongs, remove the chicken from the broth and set aside until cool enough to handle. Strain the cooking liquid through a fine-meshed sieve, lined with cheesecloth, discarding the vegetables and reserving the stock. Pull the chicken meat off the bones, discarding the bones, skin, and any fat. Shred and reserve meat.

Melt the butter in a large stockpot over medium-high heat. Add mushrooms and cook until browned, about 3 minutes. Add the diced onions, carrots, and celery and cook until the vegetables are softened, about 2 minutes. Stir in reserved cooked chicken. Add reserved chicken stock and bring to a boil over high heat.

Season the soup with salt and pepper. Add vermicelli and simmer until noodles are cooked through, 10 to 12 minutes. Remove from the heat and stir in parsley. Serve hot.

## **Chicken Curry with Red Beans**

### **Ingredients**

3Tbsp Olive Oil

3 Chicken Breasts cut into bit sized pieces

1 medium Onion Chopped

4 Cloves of Garlic minced

2 Tbsp Garam Masala

1 tsp Curry Pwr

8 Cups Chicken stock

1/2 package of Bob's Red Mill Whole Grains and Beans Soup Mix

### **Directions**

Heat oil in large pot over medium-high heat: add half the chicken pieces and brown on all sides, repeat w/ remaining chicken. Add onions and saute about 7 minutes then add garlic and saute another minute. Add Garam masal and curry stir to coat and then add broth and soup mix. Bring to a boil. Once boiling reduce to a simmer, cover and cook 1&1/2 hours.

## **Taco Soup II**

### **Ingredients**

2 lbs ground beef  
1 onion, chopped  
1 can Rotel  
1 tsp salt  
½ tsp pepper  
1 pkg. taco seasoning  
1 oz. pkg. ranch dressing mix  
1 can corn, drained  
2 cans stewed tomatoes, undrained  
1 can kidney beans, undrained  
1 can pinto beans, undrained  
1 ½ cups water or tomato juice

### **Directions**

Brown ground beef and onion.  
Add other ingredients.  
Bring to boil, then simmer 30 minutes.  
Serve with grated cheese, crackers and Fritos

## **Minestrone Soup**

### **Ingredients**

Extra virgin olive oil  
1 onion, diced  
2 cloves garlic, crushed  
4 carrots, peeled and sliced  
4 ribs celery, sliced  
1 tsp parsley  
1 tsp rosemary  
1 bay leaf  
64 oz. can crushed tomatoes  
64 oz. low sodium chicken broth  
15 oz. can of corn  
15 oz. can cannellini beans, drained and rinsed  
2 cups of small pasta, cooked and drained

### **Directions**

In a large soup pot, prepare pasta and set aside  
Coat bottom of pot with EVOO  
Saute onions and garlic until fragrant and translucent  
Add celery and carrots  
Saute for about 10 minutes  
Add remaining ingredients (minus pasta)  
Simmer for several hours  
Add pasta before serving

## **Corn Light Bread**

### **Ingredients**

2 cups white, plain cornmeal  
1/2 cup flour  
1 tsp baking soda  
1 tsp salt  
1 cup sugar  
3 Tbsp melted butter  
2 cups buttermilk

### **Directions**

Mix all ingredients and pour into a greased 10" cast iron skillet or baking dish. Bake at 450 degrees until brown, about 45 minutes. Immediately invert onto a serving plate and let cool for a few minutes before slicing.

### **Notes**

\*I usually do a 1/2 recipe for my family - bake in 8" cast iron skillet at 450 degrees about 35 minutes (watch closely until you figure out how long it takes in your oven).

## **Soft Pretzels**

### **Ingredients**

1 (1/4 ounce) package dry yeast  
1/8 cup hot water  
1 1/4 cups warm water  
1/4 cup firmly packed brown sugar  
4 1/2 cups unbleached all-purpose flour  
Vegetable oil cooking spray  
Baking soda  
Salt

### **Directions**

1. In a large bowl, dissolve yeast in hot water. Stir in warm water and sugar until mixed. Slowly add 1 cup at a time of flour, mixing after each addition. Mix until dough no longer sticks to sides of bowl.
2. Flour your hands and knead for 5-10 minutes until dough is smooth, adding a little more flour if dough is too sticky. Set aside.
3. Meanwhile, preheat oven to 475 degrees F. Spray 2 cookie sheets with vegetable oil spray and set aside.
4. With a knife, cut a piece of dough a little bit larger than a golf ball; roll with your hands and shape into a pretzel.
5. Fill a large skillet or wok with water, adding 1 tablespoon of baking soda to every cup of water you add. Bring to a low boil on medium heat.
6. Place 4 pretzels at a time into the skillet for 40 to 50 seconds, then remove onto the prepared cookie sheets, spacing 1 inch apart. Sprinkle each pretzel with a little salt.
7. Place the sheets in the oven and bake for 8 minutes or until pretzels are golden brown.



## **Pumpkin-Chocolate Chip Bread**

### **Ingredients**

1 ½ c. sugar  
2 heaping cups canned pumpkin\*  
½ c. canola oil  
½ c. fat-free vanilla pudding\*\*  
4 large egg whites  
3 c. flour  
2 ½ t. cinnamon  
1 ¼ t. salt  
1 t. baking soda  
1 c. semisweet mini chocolate chips  
Cooking spray

### **Directions**

1. Preheat oven to 350.
2. Combine first 5 ingredients in a large bowl, stirring well with a whisk. Combine flour, cinnamon, salt, & baking soda in a medium bowl, stirring well with whisk. Add flour mixture to pumpkin mixture gradually, stirring just until moist. Stir in chocolate chips.
3. Spoon batter into 2 (8x4-inch) loaf pans coated with cooking spray. Bake at 350 for 1 hour & 15 minutes (check them at the hour mark just in case) or until a wooden pick inserted in the center comes out clean. Cool 10 min. in pans on a wire rack, and remove from pans. Cool completely on wire rack. Makes 2 loaves (total 32 servings). Freezes well if you only need one loaf at a time.

### **Notes**

\*The original recipe called for 1 regular-sized can of canned pumpkin but I didn't feel like this was pumpkin-y enough so buy the bigger can of pumpkin and make it two heaping cups of pumpkin.

\*\*The pudding here is the kind already made but you can use your own that you've made too. If you use the store-bought, Hunt's makes a fat-free version and Jell-o makes a low-fat vanilla pudding. I've done all three of these methods and they all work.

## Southwest Chicken and Tortilla Bake

### **Ingredients**

4 chicken breasts  
1 jar of salsa  
1 can refried beans  
1 can black beans  
1 small container sour cream  
1 small red onion diced  
Mexican rice or white rice (optional)  
Flour tortillas - largest size  
Mexican shredded cheese  
Diced red peppers

### **Directions**

1. Cook 4 chicken breasts cut up in small pieces in a skillet with 1/2 jar salsa.
2. In a big mixing bowl combine:
  - 1 can refried beans
  - 1 can black beans
  - 1 small container sour cream
  - 1 small red onion diced
  - Cooked chicken/salsa mixture
  - Mexican rice or white rice (optional)
3. Spoon the mixture into tortilla wraps-biggest size and roll up. Spread salsa over the top, sprinkle mexican shredded cheese and add diced red peppers and bake at 350 for 20 minutes.

## **Not Your Average Tuna Casserole**

(from I'll Cook When Pigs Fly cookbook)

### **Ingredients**

1 8oz package wide egg noodles  
½ cup butter, divided  
¼ cup plus 1 T all purpose flour  
1 t salt  
¼ t black paper  
2 ½ cups milk  
1 8oz package cream cheese, sliced  
1 6oz can tuna, drained and flaked  
½ cup pimento-stuffed green olives  
2 T chopped fresh chives  
1 6oz package Muenster cheese slices  
1 ½ cups herb-seasoned stuffing mix

### **Directions**

1. Prepare noodles acc. to package directions. Drain and set aside.
2. Melt 5 T butter in saucepan. Stir in flour, salt and pepper. Cook, stirring constantly until bubbly.
3. Add milk to sauce. Cook, stirring constantly, until sauce is thickened. Boil for 1 minute.
4. Stir cream cheese into sauce and stir until melted. Add tuna, olives and chives. Remove from heat.
5. Pour ¾ cup tuna mixture into 2 ½ quart casserole. In order listed, layer ½ of noodles, ½ Muenster cheese, ½ tuna mixture, remaining noodles, cheese, and tuna mixture.
6. Melt remaining 3 T butter. Stir in stuffing mix, tossing lightly. Sprinkle on top of tuna mixture.
7. Bake at 350 degrees for 25 minutes.

### **Notes**

\*The recipe says it serves 4, but this full batch (yours was about 2/3 of a batch) usually gives us 6 servings.

\*\*My adaptations: I use reduced fat cream cheese, double the tuna (6 oz didn't seem like enough), and substitute jarred roasted red peppers for the olives (since I'm not that big of an olive fan and I thought that they overpowered the "comfort factor" of the casserole).

## **Beefaroni**

### **Ingredients**

2 cups large elbow macaroni (this is hard to find, I have to get it from home. You can use just regular sized also.)

1-1.5 pounds ground beef (or whatever meat you want to use)

½ onion, chopped

½ bell pepper, chopped

Small can mushrooms

3-4 garlic cloves or small amt of garlic salt

1 jar prego or ragu

1 can stewed or diced tomatoes

2 tbsp. olive oil

2 cups grated mozzarella cheese

Sprinkle of parmesan cheese

### **Directions**

Brown ground beef, onion, bell pepper, garlic, mushrooms in olive oil, drain off grease. Boil macaroni and drain. Set aside. Add garlic, sauce, tomatoes to the beef mixture. Can add other seasonings such as Italian seasoning, salt, pepper, garlic salt to your taste. Stir in macaroni, coat well, pour into casserole dish, top with grated cheese and parmesan. Can add tbsp. of olive oil to sauce mixture.

## **Eggplant Parmesan**

### **Ingredients**

- 2 eggplant, peeled and sliced (about 1/4" thick)
- 2 eggs, beaten
- 2 cups flour
- 4 tablespoons olive oil
- 1 jar of spaghetti sauce
- 1 (2 cups) package mozzarella cheese

### **Directions**

1. Preheat oven to 350 degrees F
2. Dip eggplant slices in egg, then in flour, coating both sides. Use additional egg and flour as needed.
3. In a large skillet, heat 4 tablespoons olive oil over medium heat. Place one layer of eggplant in the pan and brown each side. Repeat with remaining eggplant slices, using additional oil if necessary.
4. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella cheese. Repeat layers with remaining ingredients, ending with the cheese.
5. Bake in preheated oven for 35 minutes, or until golden brown.

## **Tropical Lime Chicken with Couscous**

### **Ingredients**

#### **Salsa:**

- ½ c. pineapple tidbits (canned or fresh works fine)
- 1 med. Kiwi fruit, peeled and chopped
- ¼ c. chopped red bell pepper
- 1 T. lime juice
- 1 T. white wine vinegar
- 1 T. honey
- 1 t. crushed red pepper flakes (optional)

#### **Chicken:**

- 3 T. plus 1 ½ t. lime juice
- 1 T canola oil
- 1 t. grated lime peel
- 1/8 t. salt
- 1/8 t. pepper
- 4 boneless, skinless chicken breast halves (@ 4 oz. each)
- 1 c. uncooked couscous

### **Directions**

1. In a small bowl, combine the salsa ingredients; cover and refrigerate until serving (can be made up to 8 hours in advance).
2. In a large Ziploc bag, combine the lime juice, oil, lime peel, salt and pepper; add chicken. Seal bag and turn to coat; refrigerate for 2-4 hours.
3. Drain and discard marinade. Place chicken either on broiler pan coated with cooking spray or onto preheated grill. If broiling, broil 3 inches from the heat for 5-6 minutes on each side or grill over medium heat until juices run clear.
4. While chicken is cooking, cook couscous according to package directions. Serve with chicken and salsa. Serves 4.

## **Butter Brickle Frozen Delight**

(www.allrecipes.com)

### **Ingredients**

1 1/4 cups graham cracker crumbs  
1/3 cup butter, melted  
1/4 cup white sugar

1 cup all-purpose flour  
3/4 cup quick cooking oats  
1/4 cup brown sugar  
1/2 cup butter, melted  
3/4 cup chopped pecans

1 (8 ounce) package cream cheese  
1 (14 ounce) can sweetened condensed milk  
1 (12 ounce) container frozen whipped  
topping, thawed

1 (12 ounce) jar caramel topping

### **Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. In medium bowl, combine graham cracker crumbs, 1/3 cup melted butter and white sugar until well mixed. Press into bottom of a 9 inch spring form pan.
3. Bake 6 minutes, until set. Cool completely.
4. Preheat oven to 400 degrees F (200 degrees C).
5. In a large bowl, combine flour, oats, brown sugar, 1/2 cup melted butter and pecans until well mixed. Lightly pat onto a baking sheet.
6. Bake 10 to 15 minutes, until light brown. Crumble while still hot. Cool completely.
7. In large mixing bowl, beat cream cheese until smooth. Beat in condensed milk until well blended. Fold in whipped topping.
8. Spread half of the cheese mixture over the crust in the spring form pan. Sprinkle half of the oat crumbles over the cheese mixture, and spread half of the caramel sauce over that. Repeat layers. Freeze until firm, remove pan sides and serve cold.

### **Notes**

\*I made it in an 11x13 baking dish instead of a spring form pan.

## **Key Lime Cake**

### **Ingredients**

- \* 1 (18.25 ounce) package white cake mix
- \* 1 (3 ounce) package instant lemon pudding mix
- \* 3/4 cup water
- \* 1/2 cup vegetable oil
- \* 4 eggs
- \* 7 tablespoons key lime juice
- \* 1 1/2 cups confectioners' sugar
- \* 3 tablespoons key lime juice
- \* Few drops of Green food coloring (optional)

### **Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch cake pan or one 10 inch bundt pan.
2. In a large bowl stir together; white cake mix, lemon instant pudding, water, oil, eggs, and 7 tablespoons key lime juice, mixing well. Pour batter into prepared pan.
3. Bake at 350 degrees F (175 degrees C) for 45 minutes. Glazing the cake while warm allows the glaze to soak into the cake, making it more moist; glazing the cooled cake allows the glaze to be more visible. (I divided the glaze in half and did part while the cake was warm and the rest after it cooled.)
4. To Make Glaze: Mix together the confectioner's sugar and 3 tablespoons of the key lime juice (or more if necessary), and several drops of food coloring (if desired); spoon glaze over cake.



## **Orange Frost**

### **Ingredients**

2- 3 oz jellos- orange  
1 cup mini marshmallows  
1 1/2 cup boiling water  
1 small can mandarin oranges(drained)  
1 pt orange sherbert  
1 small container Cool whip (or larger size if you prefer)

### **Directions**

Dissolve marshmallows and jello in a corning ware container with the boiling water. Cool slightly and add the oranges and the sherbert. Chill until egg white consistency then fold in the cool whip

### **Notes**

\*This is a BIG hit with kids! you can change it up by doing other sherbert flavors/jellos...Raspberry frost is pretty tasty too!

## **Sour Cream Chocolate Chip Cake**

### **Ingredients**

6 Tablespoons margarine  
1 cup sugar  
2 eggs  
1 1/3 cup flour  
1 1/2 tsp baking powder  
8 oz sour cream  
1 package choc chips  
Cool whip to use as a topping

### **Directions**

Mix butter and sugar. Beat in eggs. Add dry ingredients. Add sour cream. Spread in 9by 13 pan (sprayed) Sprinkle chocolate chips over the top. Bake for 30 mins at 350. When cool sprinkle with powdered sugar and serve cut pieces with some cool whip. Moist easy tasty cake!

## **Easy and Moist Double Chocolate Cake**

### **Ingredients**

1 supermoist devil's food cake box  
1 chocolate instant pudding box  
2 eggs  
1 3/4 c milk (2% or whole)  
1 bag chocolate chips

### **Directions**

Mix dry ingredients (cake mix, pudding mix). Stir in eggs and milk. Stir in chocolate chips. Bake in a bundt pan for 20-30 min at 375 or until toothpick comes out clean. Sprinkle immediately with powdered sugar. Cool. (Sometimes I do it with peanut butter chips or Andes mint pieces instead of chocolate chips.)

## **Fruit Cobbler**

### **Ingredients**

3 cups fresh or frozen fruit, thawed (peeled and sliced peaches, tart cherries, blueberries, blackberries, raspberries - any of these or a combo are good)  
3/4 cup flour  
pinch of salt  
1 1/2 cups sugar, divided  
1/2 - 3/4 stick butter or margarine (depending on your health consciousness)  
2 tsp baking powder  
3/4 cup milk

### **Directions**

1. Preheat oven to 350 degrees. Put butter or margarine in deep baking dish (2 quart) and set in oven to melt.
2. Mix fruit with one cup sugar and set aside.
3. Make a batter with 1/2 cup sugar, flour, baking powder, salt, and milk. Pour this mixture over the melted butter or margarine but DO NOT stir. Put sugared fruit on top - DO NOT stir.
4. Bake approximately 1 hour until crisp and brown.

## **Double Chocolate Chip Cookies**

### **Ingredients**

1 Dark Chocolate Fudge Cake Mix  
1/4 cup Water  
1/2 cup oil  
1 egg  
1/2 bag of chocolate chips

### **Directions**

Mix the cake mix, water, oil, and egg my hand (it will still be a bit lumpy). Then stir in the chocolate chips. Use a teaspoon to spoon them onto the cookie sheet. Bake at 350 degrees for 9 minutes; after taking them out of the oven, leave them on the cookie sheet to cool for one minute before putting them on a baking rack. They will be pretty gooey when you take them off, so be careful!!!!

### **Notes**

\*I wait until they cool to take them off of the cookie sheet.

## Allergen-Free Chocolate Chip Cookies

### Ingredients

1 cup dairy-free margarine, room temperature  
3/4 cup sugar  
3/4 cup firmly packed brown sugar  
1 teaspoon vanilla extract  
3 tablespoons vegetable oil, 3 tablespoons water, and 1 1/2 teaspoons baking powder, mixed together  
2 1/4 cups flour  
1 teaspoon baking powder  
1 teaspoon salt  
2 cups dairy-free semi-sweet chocolate chips

### Directions

-Preheat oven to 375 degrees F.  
-In a large bowl, cream together the margarine, sugar, brown sugar, and vanilla extract. Add oil-water-baking powder mixture to dough; mix well. Mix in flour, remaining 1 teaspoon baking powder, and salt; mix until well blended. Stir in chocolate chips.  
-Form dough into 1-inch diameter balls. Place dough balls approximately 2 inches apart on ungreased cookie sheets. Bake in preheated 375 degree oven for about 10 minutes, until golden brown. Cool on wire racks.  
-Makes 72 (2-inch diameter) cookies

### Notes

\*The dairy-free margarine I use I only find at Remke's and is Fleishmans Unsalted margarine. The regular salted version does have dairy.

\*\*The chocolate chips I get are from whole foods and are the 365 Whole Foods brand that is Vegan but I also have found the Good Life brand at the Hyde Park Bigg's.