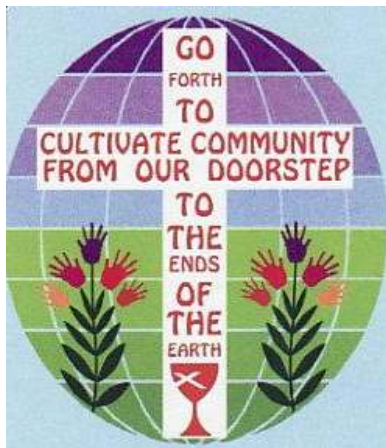


NORTH CHRISTIAN CHURCH

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Community Garden Project Cookbook
Fall 2011

"Go forth to cultivate community from our doorstep to the ends of the earth"

The Luke 10 Garden Project flows out of our congregational challenge to "Go forth and cultivate community, from our doorstep to the ends of the earth." We understand community as "meaningful, in-depth relationships between and among people," and gardening together in partnership with others is a vehicle to carry out the mission of cultivating community.

Some understandings we have about the project are:

- We want to involve as many North Christian Church members as possible.
- We ask our partner groups for their skills, gifts, and energy.
- We offer our time, our energy, financial resources, and our church grounds.
- Once we begin a partnership, we follow through to the end.
- The crops harvested from the garden need to be shared -- somehow, in some way.
- We commit to gardening techniques that respect God's Earth.
- To be remembered at all times: The harvest is not food, but is community.

FAVORITE RECIPES FROM THIS COOKBOOK

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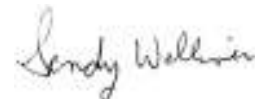
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“Let’s make a healthy cookbook.” sounds easy until you try to define healthy. Have you ever noticed when products take the fat out of a food they usually increase the sugar and the sodium? Is low fat healthy, or is it low sugar or low sodium that is better? Some definitions of healthy are:

1. Ppossessing or enjoying good health or a sound and vigorous mentality: a healthy body; a healthy mind.
2. Pertaining to or characteristic of good health, or a sound and vigorous mind: a healthy appearance; healthy attitudes.

So in this cookbook we have included healthy recipes for the good of our bodies and some that are only healthy for our minds and our memories. Comfort foods, special occasion foods, and foods by which we remember special people or special times are all here.

Enjoy!



Garden Project Cook-Off

We thought that a "Chili Cook-Off" would be a great way to earn some money for our NCC Garden Project. Five chefs were selected and asked to bring in a pot of Chili to be sampled and judged by the congregation. They were Ken Lanteigne, Marie Fleming, Rod McGillivray, David Sims, Ed VanDeventer, and Sandy Welliver. The winner of the Cook-Off was Rod McGillivray. Here are some of the entries:

Campground Dutch Oven Chili – Ken Lanteigne

1 lb. ground beef or ground bison
1 large can Brooks Chili Beans (Mild or Hot)
1 can diced tomatoes 1 can tomato sauce
1 small onion, diced Seasoning to taste
Brown the meat on a Dutch oven lid, chopping it into small bits.
Drain the meat and dump into the Dutch oven. Sauté the onion on the lid. Stir into meat and add beans, tomatoes, and tomato sauce. Simmer for an hour, or until the smell drives you crazy. Season with salt, pepper, and chili powder.

Venison and Black Bean Chili with Toasted Cumin Crema

From the kitchen of Ed and Deb VanDeventer
For the "Chili Cook-Off", Ed wanted to come up with something different and hunted through his cookbook collection to find this recipe from Bobby Flay's Mesa Grill Cookbook. Although this recipe did not take the top honors, its mix of smoky and sweet seasonings with a cool sour cream topping made it a big hit and the pot quickly emptied as folks came back for seconds! Not a simple recipe but well worth the effort!

4 T. canola oil, divided
2 lb. boneless venison or beef cut into ½ " cubes
Salt and freshly ground black pepper
1 large red onion, finely diced 4 cloves garlic, finely chopped
3 T. ancho chile powder* 1 T. pasilla chile powder*
1 T. ground cumin 1 (12 oz.) bottle dark beer
4 c. chicken broth 2 T. honey
1 (15 oz.) can plum tomatoes, drained and pureed
1 T. chipotle chile puree [*Empty a can of chipotle in adobo sauce into a food processor and process until smooth*]
1 - 15 oz can black beans, rinsed and drained
2 T. fresh lime juice
*[*If you are having trouble locating these chili powders in Columbus, we have found them at Saraha Mart in Bloomington]*
Heat 2 T. oil in a large Dutch oven over high heat. Season the meat with salt and pepper. Add half of the meat to the pan in an even layer and cook until browned on all sides. Set aside and repeat with the remaining 2 T. oil and meat. Add and cook the onion until soft. Add the garlic and cook for 1 minute. Add and cook for 2 minutes: the ancho powder, pasilla powder, and the cumin. Add the beer, bring to a boil, and cook for 3 to 4 minutes until reduced by half. Set meat aside. Then add the chicken broth, tomatoes, chipotle puree, and honey. Bring to a boil, then reduce the heat to simmer in a covered pan for 1 hour. Add the beans and continue cooking for 15 minutes. Remove from the heat, add the lime juice, and season to taste with salt and pepper. Ladle the chili into bowls and serve with a dollop of toasted cumin crema. Garnish with thinly sliced green onion, white and green parts. Chili can be made up to 1 day in advance and refrigerated. Reheat before serving. Serves 4-6

Toasted Cumin Crema

Over medium high heat toast 1T. cumin seeds by placing seeds in a dry skillet. Shake skillet for 3-4 minutes until seeds are toasted.
Mix with: 8 oz. crema, crème fraiche, or sour cream
1 T. fresh lime juice Salt and pepper to taste

David's Mom's Chili – David Sims

David wrote: "Mom made variations of this chili my whole life until I had my first apartment, when she finally wrote it down so I could make it myself." This recipe was entered in the 2010 Chili Cookoff at North Christian Church. It makes one big pot.

Sauté until soft, about 3-5 minutes in 1-2 T. oil
1 medium onion, chopped 1 green pepper, chopped
Brown and drain 1½ lbs. extra lean ground beef. Stir in
1—20 oz. can mild chili beans in chili sauce
1—15 oz. can hot chili beans in chili sauce
3—15 oz. cans diced or crushed tomatoes
2—15 oz. cans kidney beans 1—15 oz. can red beans
1—12 oz. can tomato paste 1—15 oz. can tomato sauce
1 tsp. salt 4-6 tsp. chili powder
½ tsp. each cumin and paprika ¼ tsp. black pepper
¼ tsp. cayenne pepper ¼ tsp. cinnamon
Simmer for at least 30-45 minutes, but the longer the better.

"Some like it Hot and Some Don't" Chili Mac – Sandy Welliver

I don't like peppery spices very much so my cook off entry was more to provide something for the "spice impaired" to eat. The best thing is that you can add the hot sauce or chili powder etc. spice it up if you like it that way.

Brown and drain 1 lb. lean ground beef
16 c. tomato juice or V8 4 c. canned tomatoes, diced
½ - 1 T. chili powder
6 oz. uncooked pasta (most often – broken spaghetti)
1- can chili beans in chili sauce, mild
Combine and bring to a boil. Then simmer for 30 -40 minutes. It always tastes better the second time we heat it. Vary the liquid if you like your chili thicker.

Cooking with the Kiilus

As a fund raiser for the NCC Community Garden Project, a cooking class, "Cooking With the Kiilus", was offered after church one Sunday. Joshua Kiilu and his mother, Naomi, showed us how to make some wonderful dishes. For dessert we offered a do-it-yourself dish that was definitely not "healthy" but was a fun way to tie in the garden theme of the event. Deb Vandeventer

Dirt Pudding – Deb VanDeventer

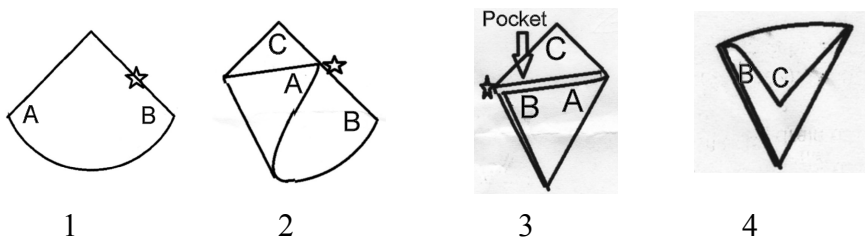
In our family, Dirt Pudding was my son Matt's favorite birthday dish. He requested it in place of cake each year and we even stuck candles in it. When he became a teenager he still wanted Dirt Pudding, but asked me if I could make it without the gummy worms...he was too grown up for that!

4 oz. pkg. of cream cheese, softened
1 c. powdered sugar
1 small pkg. instant vanilla pudding 1 ½ c. milk
½ tsp vanilla 8 oz Cool Whip
21 (or 1 lb. package) Oreo Cookies, crushed
Mix cream cheese and powdered sugar. In another bowl, mix pudding and milk until set. Add vanilla, Cool Whip, and cream cheese mixture to pudding. Spread ½ of crushed Oreos in bottom of a new, clean flower pot. (If you are not that brave, use a 9x9 pan). Spread pudding mixture over cookies, top with remaining cookies. Add gummy worms to the top.

Samosa Recipe - Joshua Kiilu

1 pack ground beef 1 pack peas and carrots
1 diced yellow or red onion 1 tsp. diced garlic
1 tsp. diced ginger root Some salt
Thick paste made of water and flour (to be used as a seal)
1 pack Aztec large tortilla wrap

Take your ground beef and boil it to break off the fat from the meat and also precook it for about 10 minutes or so. Drain the water and wash the meat with hot tap water and drain again. Mix and add the vegetables and seasonings. (Taste the mixture to make sure it has the right amount.) Then let it cool. Take your tortilla and cut it into 4 quarters.



Move corner A to the star (2). Apply a film of paste on Section A (2). Move corner B to the star (3). Add the cooled mixture in the pocket and apply your paste to along the edge of the pocket (3). Fold corner C to cover the pocket (4) and don't over fill. Deep fry your triangles and bring them to a nice light brown on both sides and then call Joshua to come help you eat them.

NOTE: If there is mixture left over, you can use it for burritos or spaghetti sauce or whatever and again call Joshua to help you out.

Appetizers and Beverages

"For I was hungry and you gave me food,
I was thirsty and you gave me drink,
I was a stranger and you welcomed me."

Matthew 25:35



Cheese Ball – Caroline Cox Smith

This is a recipe from a long time friend, Ship Wagner.

2 - 8 oz. cream cheese, softened 2 T. onion, chopped
¼ c. green pepper, chopped 1 T. seasoned salt
2 c. pecans, chopped 8 ½ oz. crushed pineapple, drained
Mix 1 c. pecans with remaining ingredients. Chill thoroughly and form into a ball. Roll in 1 c. pecans. Chill until serving time.

Cheese Ball – Caroline Cox Smith

2 – 8 oz. cream cheese 2 pkg. Budding Dried Beef
2 jars Kraft Old English Cheese Spread
1 bunch green onions, chopped or onion salt
Mix all ingredients and form into a ball.

Chipped Beef Cheese Ball – Debby Shaw

8 oz. cream cheese, softened 1 T. Worcestershire sauce
½ of an 8 oz. package chipped beef, cut fine
½ tsp. scallions, chopped or ½ tsp onion powder
2 tsp. horseradish sauce (optional)
Chill, form into a ball and roll in chipped beef cut fine.

Taco Dip – Caroline Cox Smith

2 cans refried beans 1 pkg. taco seasoning mix
1 c. sour cream 1 c. grated cheese
Mix beans and seasoning mix. Place in 9" square pan. Top with sour cream and sprinkle on cheese. Bake at 350° for 20 minutes or until cheese melts. Serve with tortilla chips.

Layered Mexican Dip Weight Watcher's Style

16 oz. can fat free refried beans 1 c. fat free sour cream
2 T. dry taco seasoning mix 2 c. head lettuce, shredded
1-2 tomatoes, chopped 10 olives, sliced or chopped
2 - 4 scallions, chopped ½ c. shredded cheese
Spread beans in a 13x9 pan or on large platter. Mix sour cream and taco mix and spread on top of beans. Layer on vegetables ending with cheese. Serve with baked tortilla chips.

Corn Nachos – Sheryl Elston

This is one appetizer that will never be leftover.

1 T. vegetable oil ¾ c. whole kernel corn
½ c. red bell pepper, diced ½ c. onion, finely chopped
4 oz. diced green chiles

Sauce:

1 c. sour cream 8 oz. cream cheese, softened
1 to 2 tsp. chili powder 1 to 2 tsp. ground cumin
cayenne pepper, salt, and freshly ground black pepper to taste
chili powder and cayenne pepper (optional)

small wonton wrappers

4 slices bacon, fried crisp, drained and crumbled

2 c. Monterey jack cheese (8 oz.), shredded

Thinly sliced jalapeno peppers (optional)

In large skillet, sauté in oil until soft: red pepper, onions, and corn. Stir in green chiles. Blend sauce: sour cream, cream cheese, spices, salt, and pepper. Fold into vegetables and set aside. Shake the flour off each wonton and place in small muffin cups. Make sure that the corners are open in each space. Spray with cooking spray and bake at 350° for 5-7 minutes or until slightly crusty. Remove from oven and add a dollop of the cheese mixture, top with a little Jalapeno pepper, bacon, and cheese. Return to oven and heat to melt the cheese, about 5-7 minutes.

Spinach Bread Bowl Weight Watchers Style

1 packet dry vegetable soup mix 16 oz. fat free sour cream
8 oz. fat free mayonnaise ¼ c. carrots, finely grated
10 oz. chopped frozen spinach, squeezed dry

Round loaf of bread

Mix soup mix, sour cream, and mayonnaise. Add spinach and carrots. Chill. Cut the loaf of bread in a bowl shape. Fill with dip.

Cut remaining bread into cubes. Alternative: Cut the bread to allow a small bowl to sit inside for the dip.

Marinated Chicken Wings – Sheryl Elston

This recipe works with thighs or wings and is good just out of the oven, room temperature, and cold. A party of 4 high school boys can put away 36 wings easily.

- 4 T. soy sauce
- 2 T. dry mustard
- ½ c. sugar
- 1 tsp. garlic salt
- 3 T. hoisin sauce
- 2 tsp. ginger
- 4 T. gin
- 1 c. teriyaki sauce
- 1 T. sesame oil
- 1 T. rice wine vinegar

Mix marinade. Marinate meat for at least 8 hours, turning them every so often to be thoroughly coated. Cook in shallow baking dish at 350° for 1 ½ hours. Turn every half hour.

Zucchini Appetizer – Wanda Gordon (Sandy Welliver’s sister)

- 4 eggs
- 1 c. Bisquick
- ½ tsp. oregano
- 2 T. snipped parsley
- ½ c. Parmesan cheese
- 3 c. thinly sliced unpeeled zucchini
- ½ cup oil
- 1 tsp. seasoned salt
- Dash of black pepper
- ½ c. chopped onion

Mix together and spread in greased 13x9 pan. Bake at 350° for 25 – 30 min or until golden brown. Cut into squares. Best eaten warm, but good cold too.

Jezebel Jelly – Carole Hyneman

- 1 - 18 oz jar each apple jelly and apricot preserves
- ½ of a 5 oz jar horseradish
- ½ of a 1.75 oz container of dry mustard

Mix and pour over cream cheese. Serve with crackers

Sheryl’s Famous Champagne Punch – Sheryl Elston

This is not your usual “Church Ladies” punch. A friend served it at our wedding party. It was so good as it is not too sweet, but it can sneak up on you!

- 3 - 5th of champagne
- 2 quarts ginger ale
- 12 oz. frozen lemonade
- 1 - 5th gin
- 1 quart club soda
- Mix, chill, add an ice ring.

Celeste’s Lemonade Magic – Sheryl Elston

This was one of Katie’s favorites when she was growing up especially since she found it in one of her recipe books.

- 1 large can frozen pink lemonade
- 1 ½ quarts sparkling water
- ½ c. mint leaves, chopped
- ½ tsp ground cloves

Blend the pink lemonade with the sparkling water and stir to dissolve. Add mint and cloves. Serve over crushed ice in a tall glass.

Raspberry - Peach Smoothie – Weight Watchers

- 6 oz. plain fat free yogurt
- ½ c. raspberries
- ¼ c. ice cubes or use frozen fruit
- ½ c. peaches sliced
- ¼ tsp. vanilla
- Splenda to taste

Process in blender until smooth

Strawberry Daiquiri Punch – Sandy Welliver

We have used this recipe for years for special events at NCC and with special occasions in my family.

- 2 liters ginger ale
 - 2 cans of frozen strawberry Daiquiri mix
 - 2 liters lemon lime drink
- Chill ingredients. Mix together and serve. Make some to use for ice rings or ice cubes. You can use all ginger ale or all lemon lime

Nancy’s Spiced Tea – Sheryl Elston

This is a great recipe. At Christmas time I percolate it through my big coffee urn. I refrigerate the leftovers and honestly it is as good cold as hot.

- 4 cinnamon sticks
- 3 T. red hots (cinnamon candy)
- 1 quart each of water, apple cider, and cranberry juice
- 3 T. frozen lemonade
- 4 T. frozen orange juice
- 4 tea bags

Place spices in a cheesecloth bag. Mix all ingredients and bring to a boil. Simmer for 20 minutes. Remove spices and tea bags. Serve hot.

Breads

“Now the house of Israel called its name mana: it was like coriander seed, white and the taste of it was like wafers make with honey.”

Exodus 16:31



Applesauce Nut Bread – Caroline Cox Smith

2 c. flour	¾ c. sugar
3 tsp. baking powder	½ tsp. baking soda
1 tsp. salt	½ tsp. nutmeg
1 egg, beaten	1 c. applesauce
2 T. grated orange rind	1 c. walnuts, coarsely chopped
2 T. butter, melted	

Sift dry ingredients. Add orange rind and walnuts. Mix egg, applesauce, and butter. Add to the flour mixture and stir to blend. Bake in a greased 9x5x3 loaf pan at 350° for 1 hour or until tester comes out clean. Cool in pan 10 minutes. Remove from pan to cool on a wire rack. Cool thoroughly and wrap in foil. Store overnight before slicing.

Date Nut Bread – Caroline Cox Smith

¾ c. walnuts, chopped	1 c. dates, chopped
1 ½ tsp. baking soda	½ tsp. salt
3 T. shortening	1 c. sugar
¾ c. boiling water	2 eggs
1 tsp. vanilla	

With a fork, mix nuts, dates, soda, and salt. Add shortening and water. Set aside for 20 minutes. Beat eggs, vanilla, sugar, and flour. Add date mixture and mix until blended. Bake in a greased 9x5x3 loaf pan at 350° for 1 hour or until tester comes out clean. Cool in pan for 10 minutes before removing to cool on wire racks. Cool overnight before slicing.

Spinach Bread – Ruth Davee

A good luncheon dish!

1 c. flour	1 tsp. salt
1 tsp. baking powder	2 eggs
1 c. butter, melted	1½ c. milk
10 oz. frozen chopped spinach, thawed and drained	
10 oz. sharp cheddar cheese, grated	

Sift dry ingredients add eggs, milk, and butter, spinach and cheese. Bake at 375° in greased 12x7 baking dish for 30 minutes.

Feather Light Mini-Muffins – Trudi Ellison-Kendall

1/3 c. shortening 1/2 c. sugar
1 egg 1 tsp. cinnamon
1 1/2 c. cake flour 1 1/2 tsp. baking powder
1/2 tsp. salt 1/4 tsp. nutmeg
1/2 c. milk

Topping:

1/2 c. butter or margarine melted. 1/2 c. sugar
1 tsp. cinnamon

Cream shortening, sugar, and egg in mixing bowl. Combine and add dry ingredients, alternately with milk. Fill greased mini-muffin tins 2/3 full. Bake at 325° for 12-15 minutes, until golden. Cool 3-4 minutes. Combine sugar and cinnamon; melt butter or margarine. Roll warm muffins in melted butter and then in the sugar mixture.

Spoon Bread – Claire Jones

Mix 1 c. corn meal 1 1/3 c. boiling water

Pour water over corn meal and stir well.

Then add:

4 T. butter 2 tsp. honey

Stir and let cool a bit. In another bowl, mix:

3 well beaten eggs 1 1/4 c. milk

1 tsp. salt 3 tsp. baking powder

Combine corn and egg mixtures and put in a buttered 2 quart casserole dish. Put the dish in a pan of hot water and bake at 350° for 60 - 75 minutes, until center feels just set. You can cook it a little longer without hurting anything. Serve hot, dipping it from the dish, hence the name, "Spoon Bread."

[Note: I have a food mill (grinder) and grind popcorn fresh each time. The flavor is superior. Field corn is good, but must be sifted to remove the hulls. Popcorn is hull-less.]

Soups, Salads and Vegetables

"She gathers her food in summer and gathers her sustenance in harvest."

Proverbs 6:8

"We remember the fish we ate in Egypt for nothing, the cucumber, the melons, the leeks, the onions, and the garlic."

Numbers 11:5

"Thou dost cause the grass to grow for the cattle, and plants for man to cultivate, that he may bring forth food from the earth."

Psalms 104:14



Cabbage Soup – Eva Mae Fuetterer

A great soup that you fix and forget, using your slow cooker.

Combine in a slow cooker:

Half of a head of Cabbage, sliced thin and cut in small pieces

3 carrots sliced thin

2 stalks celery, cut in small pieces

1 onion chopped in small pieces.

1 quart tomato juice or V-8 juice

2 chicken bouillon cubes 2 garlic cloves minced

Add water to within 3" of top of the slow cooker. Cover, cook on high 3½-4 hours or 6-8 hours on low or until vegetables are tender.

Add salt and pepper to taste. Serve with multi-grain crackers and Swiss cheese. Serves 8

Cheeseburger Soup – Sheryl Elston

This is a hearty winter time soup. It is David's favorite soup!

1 ½ lbs. ground beef, browned and drained

4 T. butter, divided ¾ c. onion, chopped

¾ c. carrot, grated ¾ c. celery, chopped

1 tsp. basil 4 c. potatoes, peeled & diced

2 - 14.5 oz cans chicken broth ¼ c. flour

¼ - ½ tsp pepper ¾ tsp. salt

1 can evaporated milk 2 c. cubed Velveeta Cheese

Melt 1 T. butter, add onion, celery, carrot, and basil stirring until tender about 10 min. Add broth, potatoes, and ground beef. Cook, stirring occasionally for 10 minutes. In a separated pan, melt 1 T. butter, add flour, and cook 3-5 minutes or until bubbly. Add flour mixture to soup and bring to a boil to cook 2 minutes, stirring occasionally. Reduce heat to low and add cheese, milk, salt, and pepper. Stir until the cheese melts.

Chicken and Wild Rice Soup – Deb VanDeventer

This soup has been a favorite at "soup and sandwich" nights at church.

1 c. uncooked quick-cooking wild rice (or use Uncle Ben's precooked wild rice in a package)

1 c. chopped onion 2 cloves garlic minced

3 c. fat-free, less-sodium chicken broth

1½ c. cubed peeled potato 3 c. 2% milk

⅓ c. flour

10 oz light processed cheese, cubed (Such as Velveeta light)

2 c. chopped roasted skinless, boneless chicken breasts

½ tsp. freshly ground black pepper ¼ tsp. salt

¼ c. chopped fresh parsley (optional)

Cook rice according to package directions, omitting salt and fat.

Heat a large Dutch oven over medium-high heat. Sauté onion and garlic for 3 min. with a small amount of olive oil. Add broth and potato; bring to a boil over medium-high heat. Cover. reduce heat and simmer 5 minutes or until potato is tender. Combine milk and flour, stirring well with a whisk. Add the milk mixture to potato mixture, cook 5 minutes or until slightly thick, stirring constantly. Remove from heat; add cheese, stirring until cheese melts. Stir in cooked rice, chicken, pepper, and salt. Garnish with parsley, if desired. Yield: 8 servings

Crock Pot Colorful Beans – Trudi Ellison-Kendall

Combine and mix well in a crock pot:

1 ½ c. ketchup

1 each medium onion, green pepper, and red pepper, chopped

½ c. water ½ c. packed brown sugar

1 tsp. ground mustard 2 bay leaves

2-3 tsp. cider vinegar ⅛ tsp. ground pepper

Add 1 can of each of the following beans (or use your favorite varieties), rinsed and drained: kidney beans, great northern beans, black beans, and black-eyed peas.

Mix well. Cover and cook on low for 5-7 hours or until onion and peppers are tender.

Gypsy Soup – Trudi Ellison-Kendall

Jerad loves this.

In a large kettle, using 3-4 T. olive oil, sauté for 5-8 minutes:

2 c. chopped onion ½ c. chopped celery

2-3 cloves chopped garlic

2 c. peeled, chopped sweet potato or winter squash or both

Stir in these seasonings:

1 tsp. turmeric (optional—good for health)

1 tsp. basil 1 bay leaf

2 tsp. paprika 1 tsp. salt

2 dashes of cinnamon 2 dashes of cayenne pepper

3 c. water or chicken, beef or vegetable stock or a combination

Simmer covered for 15 minutes. Then add:

1 c. chopped tomatoes, fresh or canned

1 can or 1½ c. canned chick peas

¾ c. chopped green peppers (or anything green)

Simmer 10 minutes. Add 1 T. tamari or soy sauce if you like.

[I usually only use 1 c. onion and no garlic and black beans in place of the chick peas. I do not add the tamari or soy sauce.]

Leftover Soup (Crock pot recipe) – Claire Jones

It's easy to make and great for a supper with biscuits.

2 c. left over meat or 1 lb ground beef

1 small onion, chopped

Brown meat and onions, drain off the fat. If the meat is dry, 1 T. oil, may be used if needed.

4 c. leftover vegetables or frozen mixed vegetables

1 large can of tomatoes

Seasonings: bay leaf, thyme, basil, salt and pepper to taste.

Place all ingredients in crock pot and stir thoroughly. Add water to cover.

Cook on low for 8-12 hours. Makes 3 quarts

[Note: I like to use: corn, green beans, cabbage, potatoes, beans, even a little pasta. It's different every time.]

Smoked Sausage, Butternut Squash and Wild Rice Soup

From the kitchen of Sheryl Elston

1 medium butternut squash, about 1 ½ - 2 pounds

2 T. olive oil, divided 12 c. chicken stock, divided

2 ½ c. onions, chopped and divided

1 c. wild rice

¾ lb. smoked sausage, such as kielbasa, cut into ¼" pieces

2 c. fresh corn kernels 1 ½ c. Half & Half

Salt and freshly ground black pepper to taste

1 T. fresh parsley, chopped

Season squash with salt, pepper and 1 T. oil. Place on a baking sheet and roast at 400° for 1 hour. Remove from oven, cool completely, peel, and seed. In a blender puree half the squash with 2 c. chicken stock until smooth. Set aside. Cut remaining squash

into chunks. Set aside. Over medium heat, simmer

4 c. chicken stock and ½ c. onions. Add rice and cook until tender and the liquid is absorbed, stirring occasionally with a fork.

Remove rice from pan. Set aside. Heat the remaining

1 T. oil and brown the sausage for 3 minutes. Add corn and remaining onions and sauté for 3 minutes. Stir in squash puree and

the remaining chicken stock. Bring to a boil. Reduce heat to medium-low, cover and simmer for 20 minutes. Skim off any fat

on the surface. Stir in the rice and squash chunks. Heat for 10 minutes. Remove from heat and add Half & Half (optional) using.

*[*Note: I did not use the Half & Half and the second day the soup was very thick.]* Stir in parsley, salt, and pepper.

Serves 10. This is a hearty winter soup and freezes well.

Weight Watchers Chicken Gumbo Soup

¾ c. onion, chopped 1 green pepper, chopped

½ c. celery, chopped 1 garlic clove, minced

30 oz. tomatoes, diced 1 c. chicken broth

10 oz. frozen okra, sliced ¼ tsp. thyme

6 oz each cooked chicken breast, ham or turkey sausage

2 c. canned corn 2 c. water

Bring to a boil then simmer for 45- 60 minutes. Add 6 oz cooked shrimp at the last and just heat through. Salt and pepper to taste.

Southwest Chicken and Black Bean Stew

From the kitchen of Trudi Ellison-Kendall

2 lbs. cooked and cubed chicken
½ c. chopped onion Garlic to taste (I leave out.)
2 c. chunky salsa (I use 1 large jar.)
1 tsp. cumin 1 can Mexicorn, drained
1 can black beans, rinsed and drained
1 T. chopped cilantro or parsley

In a large skillet, brown chicken with onions and garlic; drain and transfer to slow cooker. Add salsa, cumin, corn, black beans, salt and pepper. Cook on low for 6-8 hours. Top with cilantro or parsley when serving.

Variation: I add enough salsa to make a soup-like consistency. I often serve this with cornbread.

Velvety Vegetable Soup – Deb Van Deventer

The "Simply in Season" Sunday School Class really captured the imagination of many in our congregation. It was so much fun to try recipes using fresh, local produce and discuss topics about gardening and being responsible stewards of God's Earth. We continue to enjoy pitch in meals together at the church or in one another's home. This is one my favorite recipes from the Simply In Season Cookbook (pg.37) I love to serve this soup with grilled cheese sandwiches.

Sauté in ¼ c. olive oil over medium low heat until wilted:
1 medium onion, chopped Salt and pepper to taste
4 c. leeks, diced, white part and 1" of green
1 c. celery, diced Add to vegetables and stir well:
2 T. fresh, chopped tarragon (2 tsp. dried)
1 T. fresh, chopped thyme (1 tsp. dried)
Add, cover, and simmer until potatoes are tender, 15 minutes:
4 c. chicken or vegetable broth 3 c. diced potatoes
Add 1 bunch spinach, chopped and simmer for 5 minutes:
Remove soup from heat. Puree and return soup to pot and heat on low heat. Add and heat ½ c. milk and additional water or broth as preferred. Adjust seasonings and serve. Garnish: a swirl of plain yogurt and sprigs of fresh herbs even chive blossoms.

Asparagus & Tomatoes with Dill Dressing – Sandy Welliver

1 lb. asparagus, trimmed and fibrous stalks peeled
1 c. grape tomatoes, or cherry tomatoes, halved
2 T. red onions, finely chopped
Cook the asparagus in a large pan of salted boiling water until crisp-tender, 3–5 minutes. Transfer the asparagus to a large bowl of ice water. Cool for 1 minute and then drain thoroughly.

Dressing:

1 T. fresh lemon juice 1 T. olive oil, extra-virgin
1 tsp. balsamic vinegar, white variety, or white wine vinegar
½ tsp. dry mustard, powder ½ tsp. sugar
¼ tsp. salt 2 T. dill, minced
¼ tsp. black pepper, freshly ground
Arrange the asparagus on a serving platter, top with the tomatoes, drizzle with the dressing, and sprinkle with the red onion.

Black Bean and Couscous Salad – Trudi Ellison-Kendall

Bring 1 ¼ c. chicken broth or vegetable broth to boil in a large sauce pan; stir in 1 c. uncooked couscous. Cover pot and remove from heat. Let stand for 5 minutes.
In a large bowl, whisk together:
3 T. olive oil 2 T. lime juice
1 tsp. red wine vinegar ½ tsp. ground cumin
Add & toss to coat:
8 green onions, chopped ¼ c. chopped cilantro
1 red bell pepper, seeded – chopped
1 c. frozen corn kernels, thawed
2 cans black beans, rinsed and drained
Salt and pepper to taste
Fluff couscous, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

Variations: I usually use one can of beans, not two and 1 can of Mexicorn. I also add 1-2 individual packages of Truvia.

Jason's Broccoli Slaw – Sheryl Elston

This is a favorite of the family as it adds colors and texture to even a winter meal. I usually do not add the dressing or the ramen noodles until just before serving. This dressing is also good on other salads.

Toast in a 300° oven for 5-10 minutes:

2 T. Sesame seeds ½ c. slivered almonds

Watch carefully or they will be too browned. Set aside and let cool. [Note: I am forever over-toasting the sesame seeds so watch them carefully.]

Salad:

1 medium head of Cabbage, sliced or 2 packages broccoli slaw

4-6 green onions, chopped

1 package chicken ramen noodle mix

Dressing:

1 ½ c. garlic powder 2 T. sugar

3 T. rice vinegar 1 tsp. salt

¼ - ½ tsp. pepper Seasoning pack from noodles

1 tsp. sesame oil (optional) ½ c. olive or canola oil

Place cabbage or broccoli slaw in a large bowl. Crumble & add the dry ramen noodles. Add onions, sesame seeds and almonds. Mix all dressing ingredients in a separate bowl. Slowly drizzle the dressing over the salad and mix well.

Broccoli Sweet Crunch Salad – Caroline Cox Smith

Chop finely:

½ bunch of broccoli ½ c. red onion

¼ c. red bell pepper ½ c. raisins

10 slices bacon, cooked, drained and crumbled

Mix dressing and then add to salad

½ - 1 c. mayonnaise ¼ - ½ c. sugar

3 T. red wine vinegar

[Note from Sandy Welliver: The amount of sugar to vinegar can be made according to taste. Often people also add sunflower seeds or other nuts like peanuts in the salad.]

Cauliflower Salad – Caroline Cox Smith

1 head of lettuce, torn

1 head of cauliflower, broken into small pieces

1 onion, chopped

1 lb. bacon, fried crisp, drained, and crumbled

½ c. Parmesan cheese, grated

Top with mixture of:

2 c. mayonnaise ½ c. sugar

Layer in order in a large bowl. Chill in refrigerator overnight. Stir before serving. Serves 6-8

Chili Corn Bread Salad – Trudi Ellison-Kendall

Prepare 1 pkg. corn bread mix according to directions.

Stir into batter: ⅛ tsp. ground cumin

1 can (4 oz) chopped green chilies, undrained

⅛ tsp. dried oregano Pinch rubbed sage

Spread in a greased 8" square baking pan. Bake at 400° for about 20 minutes. Cool on rack. Meanwhile, combine and set aside:

1 envelope Hidden Valley Ranch Dressing

1 c. mayonnaise or Miracle Whip

1 c. (8 oz.) sour cream

Crumble ½ of the corn bread into a 13 x 9 pan. Layer with half of the following:

3 medium tomatoes, chopped or 1 container grape tomatoes

2 cans each pinto beans, rinsed and drained

2 cans whole kernel corn, drained

1 c. each green Pepper and onion, chopped

10 bacon strips, cooked and crumbled

2 c. shredded cheddar cheese

Repeat layers; the dish will be very full. Cover and chill until

ready to serve. *Variations* to reduce the fat in the salad: Use

Miracle Whip Free, replace sour cream with plain yogurt, use pre-cooked and crumbled bacon pieces

Corn Salad – Sheryl Elston

Place 6 -12 ears of fresh corn, in a deep pot (I stand them on end). Add 1" boiling water to pan and cover. Steam over high heat for 5 minutes. Remove corn and when cool enough to handle, cut off the cob. Add 1- 2 pints grape or cherry tomatoes, cut into quarters. Add chopped fresh parsley, oregano, cilantro or basil, freshly ground pepper, salt, balsamic vinegar and olive oil.

Roasted Corn Salad – Sheryl Elston

3 c. fresh corn kernels (around 6 ears)
1 T. vegetable oil divided 2 T. white balsamic vinegar
1 T. Dijon mustard ¼ tsp. each salt
¼ tsp. each salt and pepper ½ c. red bell pepper, chopped
1 c. tomatoes, seeded & chopped ½c. scallions, chopped
Combine corn and 1 tsp oil in a jelly-roll pan coated with coking spray. Bake at 425° for 20 minutes or until browned, stirring occasionally. Meanwhile, combine the remaining oil, vinegar, mustard, salt, and pepper. Add the corn, stirring well. Add the tomatoes, bell pepper, and onions. Serve warm or at room temperature.

Marinated Vegetables with Lemon Dressing – Ruth Davee

This is a favorite of the knitting club.

1 small zucchini, sliced thin ½ c. celery, sliced diagonally
2 c. cauliflower pieces ¼ c. green onion, chopped
1 small green pepper, sliced in short sticks
Bring a pan of salted water to boil. Drop in zucchini and celery. Count to 5 then drain and cool under running water. Drain thoroughly. Before serving add the dressing

Lemon Dressing

3 T. fresh lemon juice 1 T. wine vinegar
2 tsp. Dijon mustard 6 T. olive oil
1 tsp. sugar 1½ tsp. salt
¼ tsp. black pepper
Combine ingredients in a jar with a tight fitting lid. Shake well and keep overnight.

The next two recipes, Fresh Corn Salad and Cucumber Salad are from the "How Does Your Garden Grow" section of the Junior League of Evansville cookbook. My niece, Dr. Barbara "Crunchy" Wells, served as president when their cookbook was compiled, "Crunchy." bought a copy for her favorite aunt, Sharon Karr

Fresh Corn Salad — Sharon Karr

2 c. fresh corn kernels or frozen corn kernels, thawed
1 each red and yellow bell pepper, chopped
1 red onion, chopped ½ c. fresh cilantro, chopped
¼ c. lime juice ¼ c. olive oil
Salt and black pepper to taste
Combine in a large bowl. Refrigerate, covered until chilled. [This may also serve as a dip with corn chips] 8 servings

Cucumber Salad – Sharon Karr

3 medium cucumbers, peeled and sliced
1 ½ c. finely chopped onion
1 green bell pepper, cut in strips
2 ribs celery, sliced 2 T. chopped fresh parsley
¼ c. sugar 2 tsp. salt
2 tsp. lemon juice black pepper to taste.
Combine in a bowl and mix well. Chill, covered for 8 - 12 hours stirring occasionally. 6 servings

Favorite Summer Salad – Sandy Welliver

*This is our "end of the garden" salad, used to stretch out the last tomatoes & cucumbers. Salad size and ingredients are easily varied. Tear lettuce (your favorite kind) into a bowl. Chop & add cucumbers, tomatoes, fresh parsley, & fresh chives to make a good mixture. About ½ hour before serving, add the Dressing: 2 T. cider vinegar 3 T. sugar (or 1-3 packages of Splenda)
The proportion of sweet to sour is according to taste. Some use 1 T. sugar to 1 T. vinegar. A large salad needs more dressing.*

My Favorite Pea Salad – Sandy Wilson

1 can of green peas, drained
1 T. Miracle Whip or mayonnaise
2 T. sugar or sweetener
½ - 1 c. cubed or shredded cheese. (I prefer Velveeta.)
Serves 1 -2 .

Cucumbers in Cream – Sandy Welliver

My dad used to talk about his family raising dairy cows; perhaps that is why the cooks in the family used cream in so many things. We had cream in our cucumber salad, cream in the cabbage slaw, creamed peas and potatoes, creamed corn and so on. While cream is not the most healthy thing to use, we still occasionally treat ourselves and use it in our recipes.

Cucumbers, sliced Sweet onions, sliced
Slice cucumbers and sweet onions into a bowl. The amount depends on how big a salad you want to make.

Dressing:

3 T. sugar (I sometimes use 1-3 packages of Splenda)
2 T. cider vinegar
Heavy cream, enough to make it soupy and white in color.
Mix enough dressing to just cover the cucumbers and onions. I usually mix the dressing and taste it before adding it to the salad so that the salad doesn't just taste like creamed cucumbers. It should be somewhat sweet and tangy. You can use any variation of the proportion of sugar and vinegar that fits your taste.

Cucumber Salad – Sheryl Elston

3 medium cucumbers, peeled and sliced
1 ½ c. onion, finely chopped 2 ribs celery, sliced
1 green bell pepper, cut in strips
2 T. fresh parsley, chopped ¼ c. sugar
2 tsp. salt 2 tsp. lemon juice
Black pepper to taste.
Combine in a bowl and mix well. Chill, covered for 8 - 12 hours stirring occasionally. 6 servings

My Big Fat Greek Salad – Sandy Welliver

I loved the movie, "My Fat Greek Wedding," so I was drawn to this recipe's name. Since I dislike peppers, I made them optional.

½ lb. raw eggplant 10 oz romaine lettuce, torn
1 medium tomato, seeded & chopped
1 small cucumber, peeled, seeded & diced
7 oz. canned artichoke hearts, without oil, drained & quartered
½ medium red onion, thinly sliced
1 oz. hot or mild pepper rings, chopped (optional)
2 T. canned pimento, chopped (optional)
10 medium kalamata olives, chopped 3 T. feta cheese

Dressing:

3 T. balsamic vinegar 1 T. olive oil
1 garlic clove, minced 1 tsp. Dijon mustard
¾ tsp. dried oregano ½ tsp. salt
Spray broiler rack with cooking spray. Preheat broiler. Cut eggplant in ¼ " slices; place on rack, lightly spray with cooking spray & broil, 5" from heat; 4 minutes per side. Set aside. Whisk dressing together. Mix with lettuce, tomato, cucumber, onion, artichokes, pimientos, & pepper. Toss gently to coat. Top with the eggplant slices, olives & feta.

Overnight Salad – Ruth Davee

This was the "recipe of the year" when the Republic used to have recipe contests. Layered salads were a new idea back 30 - 40 years. The amounts can vary according to the size of the group.

Layer in a large bowl
½ - 1 head of lettuce, broken into pieces and water drained off
Sweet onions, sliced or chopped
Cauliflower, cut into pieces
Bacon, fried crisp, drained, and chopped
Cover with mayonnaise. Add sugar, salt and pepper to taste
Sprinkle on parmesan cheese. Cover tightly
[Note: My family adds a layer of frozen & thawed peas after the cauliflower. We mix ½ - 1 c. mayonnaise with 1 - 4 T. sugar or Splenda before adding and use ½ - 1 c. shredded cheese instead of the parmesan. – S.Welliver]

Layered Spinach Salad – Ruth Davee

Layer vegetables as follows:

1 bag of spinach

½ lb. bacon, cooked crisp and drained

5 - 6 hard boiled eggs, sliced

¼ - ½ of a head of lettuce, finely chopped

Sweet onion, sliced

Mix and spread on top:

1 c. mayonnaise

Salt and pepper

2 tsp. sugar

Shredded Swiss cheese. Cover & hold overnight in refrigerator.

Kale Slaw with Peanut Dressing – Trudi Ellison-Kendall

Toss together in a large bowl:

2 large bunches curly kale, center ribs discarded, very thinly sliced crosswise

2 carrots, thinly sliced crosswise

cauliflower florets—small pieces

1 large yellow or orange or red bell pepper, diced

2-3 radishes, thinly sliced 2-4 green onions, chopped

Puree in blender until smooth:

½ c. vegetable oil ¼ c. cider vinegar

¼ c. peanuts, salted ½ tsp. coarse salt

¼ c. salted peanuts 2 T. packed brown sugar

Pour dressing over vegetables just before serving. Sprinkle with

¼ c. peanuts, coarsely chopped.

Variations: Toss kale with your favorite summer vegetables. I am not a fan of peanuts, so I often use Macadamia nuts or almonds.

The dressing may need to be doubled. Often I use a ready-made raspberry vinaigrette instead of the nut dressing.

Napa Cabbage/Ramen Noodle Salad – Sandy Welliver

Originally this recipe had more oil and sugar but I use less of them. You can make this a sugar free salad also.

Chop:

8 c. Napa or Chinese cabbage (1-2 lb head of cabbage)

Mix dressing but do not add to cabbage until ½ hour before

serving. Dressing: 1 T. minced onion

2 tsp. low-sodium soy sauce ½ -1 T. olive oil

¼ c. sugar (or less or use Splenda) ½ c. vinegar

Toast at 375° for 5-10 minutes. Use cooking spray or ½ -1 T. olive oil to coat the mixture of : 1 pkg Ramen Noodle Soup Mix

(discard the flavor packet) and break apart

1 oz. sliced almonds 1 oz. sesame seeds

Mix dressing and cabbage ½ hour before serving. Add the toasted mix as a topping to the salad just before serving.

1977 Grand Award Spinach Salad – Geneva Timmons

Combine in a large bowl: 1 lb. fresh spinach

1 small onion, sliced 1 c. water chestnuts, sliced

¾ c. or ½ can of bean sprouts, drained

Dressing: ¼ c. each catsup and ¼ c vinegar

2 T. Worcestershire sauce ½ c. sugar ½ c. oil

Heat dressing till sugar melts, but do not boil. Cool. Pour over greens. Garnish with

½ lb. bacon, fried crisp, drained, and crumbled

3 hard boiled eggs, sliced thin

Vegetable Salad – Geneva Timmons

1 can French Style green beans

1 can white shoe peg corn

1 can green peas 1 -4 oz can mushrooms, sliced

1 small jar pimentos, sliced 1 c. diced celery

Dressing:

1 c. sugar 1 c. cider vinegar

¾ c. oil Salt and pepper to taste

Bring to a boil. Cool and pour over vegetables. Refrigerate for at least 12 hours. Lift out of dressing to serve.

Grilled Vegetable Salad with Feta – Katrina McGillivray

1 small fennel bulb, stalks removed and reserved
1 medium red onion, sliced ¼" thick
1 medium orange bell pepper, sliced lengthwise into 4-5 pieces
1 medium zucchini, sliced lengthwise ¼" thick
¼ c. extra-virgin olive oil, divided
Kosher salt and freshly ground black pepper
Quarter the fennel bulb lengthwise and trim away most of the core. Slice the quarters lengthwise to ¼" thick. Remove ¼ c. of the fronds from the stalk, chop and set aside. Prepare a medium grill fire. Arrange the vegetables in a single layer on a tray or work surface. Brush both sides of vegetables with 2 T. olive oil and season with ¼ tsp. salt. Grill vegetables in batches, flipping once, until both sides are nicely charred and the vegetables are just tender, about 12 minutes total for the fennel, 10 minutes for the pepper, and 6 minutes for onion and squash. Cool the vegetables cool and dice into ½" pieces. Whisk together:

Dressing:

3 T. red wine vinegar 2 T. olive oil
¼ tsp. each salt and pepper

Toss the vegetables with the dressing and gently stir in:

1 ½ c. grape tomatoes, halved reserved fennel fronds

Place onto plates and sprinkle with:

½ c. crumbled feta cheese (2 ½ oz.)

3 T. loosely packed thinly sliced fresh basil

Serves 4 as a side dish

Cheesy Potatoes – Debby Shaw

This recipe was requested by several people. It is a long time favorite and has been a many a pitch-in.

25 - 30 oz bag frozen hash brown potatoes, thawed

½ c. margarine, melted 1 small onion, chopped

1 can cream of mushroom soup 16 oz. sour cream

1-2 c. shredded cheddar cheese

Mix and pour into a 13x9 pan. Bake 350° for 45 -60 minutes.

Asparagus Casserole – Geneva Timmons

2 c. cracker crumbs 1 stick margarine

2 cans cut asparagus or 10 oz. frozen, cooked

½ c. slivered almonds

Melt margarine & stir in crumbs. Place 1 c. crumbs in casserole dish. Top with drained asparagus. Sprinkle on almonds. Pour the following cheese sauce over all:

4 T. margarine 3 T. flour

1 tsp. salt 1 ½ c. milk

1-5 oz. jar of Kraft Old English Cheese Spread

Top with remaining crumbs. Bake at 450° for 12 minutes.

Broccoli Casserole – Geneva Timmons

My nephew liked this casserole so much, he didn't want anyone else to eat any of it.

2 - 16 oz. packages broccoli, cooked and drained

1 c. grated sharp cheese 1 can cream of mushroom soup

1 medium onion, chopped 2 eggs, beaten

1 c. mayonnaise Butter or margarine as needed

Pepperidge Farm Stuffing Mix for topping.

Mix ingredients except stuffing mix. Place in a 13x9 dish. Top with stuffing mix and pour melted butter over it. Bake at 350° for 30 minutes

Broccoli Casserole – Esther Gordon (Sandy Welliver's Mom)

1 package frozen chopped broccoli, cooked

1 c. cooked rice 8 oz Velveeta Cheese, divided

2 T. butter ½ c. onions, chopped

½ - 1 can cream of chicken soup ½ c. celery, chopped

¼ c. milk Salt and pepper to taste

Mix broccoli and rice in a 1 quart baking dish. Cut cheese into small cubes and add 4 oz to the dish. Sauté onion and celery in the butter until tender. Add these to the dish. Add soup mixed with milk. Mix all ingredients together and top with 4 oz. cheese. Bake at 350 for 30 minutes. [Note: The original recipe called for Cheese Whiz, but our family liked the taste of Velveeta better.]

Orange Carrots – Claire Jones

5 c. carrots (2 lb.), shredded, thinly sliced, or julienne

Place carrots in a microwave casserole dish.

Combine and stir until blended

1 c. fresh orange juice with pulp 2 T. honey

½ tsp. salt 1 T. cornstarch

Cover and microwave about 10 - 20 minutes or until carrots are soft. Cooking time varies due to the size of the carrots and different microwaves. Try it with ½ sweet potatoes (yams) and carrots.

Carrots with Cheese – Geneva Timmons

4 c. carrots, sliced, cooked, and drained

1 small onion, minced ¼ c. butter

¼ c. flour 1 tsp. salt

¼ tsp. black pepper 2 c. milk

6 slices American Cheese 2 c. buttered bread crumbs

Sauté onion in butter. Stir in flour, salt, and pepper. Gradually add milk, stirring constantly. Set aside. Arrange carrots in the bottom of a 2 quart casserole dish. Layer on 3 slices of cheese. and half of bread crumbs. Repeat. Top with buttered crumbs. Bake uncovered at 350° for 25 -30 minutes.

Vegetable Casserole – Caroline Cox Smith

2 - 10 oz. boxes frozen chopped broccoli

2 - 10 oz. package frozen lima beans

1 can cream of mushroom soup 1 can water chestnuts, drained

2 c. sour cream 1 envelope dry onion soup mix

4 c. Rice Krispies 1 stick margarine

Cook broccoli and beans; drain. Blend the soup and sour cream. Mix into vegetables and add the water chestnuts. Top with Rice Krispies lightly browned in margarine. Bake in a 13x9 pan at 350° for 30 minutes. Makes 12-14 servings

Corn Pudding – Sheryl Elston

My mother started a Garden Club in our home town of Plymouth, Michigan. They always published a cookbook for a fund raiser.

This recipe has been a favorite of our family for 50 years, throughout the generations. It is good as a leftover the day after Thanksgiving!

2 c. corn kernels, fresh or frozen or canned and drained

1 T. butter 2 T. flour ¼ - ½ c. sugar or to taste

2 eggs ½ tsp. salt ⅛ tsp. black pepper

1 c. milk or Half & Half

Mix well. Pour into greased casserole and bake at 350° for approximately 55 minutes or until firm. Delicious with ham.

Eggplant Parmesan – Katrina McGillivray

My family loves this. It can be used as appetizer or side dish.

1 medium eggplant, sliced ¼ " thick

2 medium tomatoes sliced ¼ " thick

1 yellow onion, thinly sliced ¼ c. fresh basil, chopped

8 thin slices hard, white cheddar cheese

Cover cookie sheet with parchment paper; arrange eggplant slices on pan. Layer with tomato and onion. Drizzle with olive oil and sprinkle with basil. Top with cheese. Bake uncovered at 375° for 35 minutes. Serves 4

Zucchini Casserole – LaVonne Dodson (Sandy Welliver's sister)

6 oz. bread stuffing cubes ½ c. chicken both (or more)

½ c. carrots, grated ½ c. onion, chopped

3 each medium zucchini and yellow summer squash, sliced

1 can cream of chicken soup 8 oz. sour cream

Moisten bread cubes with chicken broth. Set aside. Boil vegetables until tender. Drain and place in a large casserole dish. Bake at 350° for 40 minutes until brown and bubbly

Summer Squash Casserole – Claire Jones

5 c. shredded summer squash (zucchini, yellow etc.) – Remove seeds if they are large. Squeeze dry between paper towels. Sauté 1 c. chopped sweet onions in skillet with 1 T. olive oil until tender. Mix squash and onions in a large bowl and stir well with:
2 oz. shredded cheese 2 tsp. thyme, fresh
2 eggs, lightly beaten Salt & pepper
Place in casserole; add bread crumbs or paprika on top if wish. Bake at 350° for 40 min or until golden. *For my grandchildren, I make it with ½ potatoes and ½ squash, peeled.*

Stima's Wilted Kale – Carole Jones

This recipe came from Fallon, Nevada, Epworth U.M.C
Stima, sister of the Pastor's wife, is a dietician who promotes natural foods.
Wash & tear 1 lb. kale into small pieces (If stems are coarse, pull leafy part off and discard stems or save them for soup). Sauté until soft:
1 T olive oil 1 small onion, chopped
Add kale and stir until leaves are coated with oil. Divide into 4 servings in skillet. Add 1 oz feta cheese on each serving. Cover & steam for 5 minutes. If kale isn't wilted, steam a little longer. Add salt and pepper.

Baked Tomatoes, Squash and Potatoes – Katrina McGillivray

1 onion, thinly sliced 2 T. olive oil
2 small tomatoes, sliced ¼ " 1 medium Yukon gold potato
1 medium yellow summer squash, sliced ¼ " thick
Freshly ground black pepper Coarse salt
1 T. fresh thyme leaves 2 T. freshly grated Parmesan
Sauté onion in oil for 6 - 8 minutes over medium heat until tender & golden. Place onion in a 13x9 baking dish. Overlap tomato, squash, & potato on top. Season with salt, pepper, thyme, & parmesan. Drizzle with oil. Bake, covered, at 375° for 30 minutes. Uncover & bake 30 minutes until golden. Serves 4

Squash Casserole – Geneva Timmons

Yellow summer squash, sliced Onions, chopped
½ c. mayonnaise Buttered bread crumbs
Cheese, sliced or shredded
Sauté tor boil squash and onions together until tender. Drain. Mix with ½ c mayonnaise. Add a layer of bread crumbs and repeat. Spread in a 13x9 pan.

Vidalia Onion Casserole – Geneva Timmons

15 saltine crackers, crushed and divided ½ c butter
4 medium Vidalia onions, sliced in ½ " rings
1 can cream of mushroom soup 2 eggs, beaten
1 c shredded sharp cheddar cheese ½ - ¾ c milk
Crush crackers and reserve 3 T. of crumbs. Set aside. Sauté butter and onions until soft. Divide in half and put into a greased 2 quart casserole dish. Mix soup and onions then remove onions with a slotted spoon and layer alternately with crumbs. Pour in remaining soup. Mix eggs and milk. Pour into dish. Top with reserved crumbs & cheese. Bake at 350° for 20 to 30 minutes or until brown and bubbly. Serves 4-6

Creamed Spinach – Caroline Cox Smith

2 -10 oz. boxes of chopped spinach, cooked and drained
8 oz. cream cheese, softened 1 egg, beaten
½ c. Parmesan cheese, grated Paprika
Mix all the ingredients. Sprinkle with paprika. Bake at 350° for 30 minutes until hot and bubbly.

Crunchy Vegetables – Joshua Kiilu

Chop cabbage, peas, celery, broccoli, green bell pepper, red bell pepper, yellow bell pepper, cilantro, fresh garlic, and ginger. Add shredded carrots and salt. Cook chopped onion in skillet with some oil then just add everything. With a cooking spoon start mixing every thing in skillet for the next 5 minutes. DO NOT over cook as all need to be crunchy. Add your favorite seasoning: curry, masala or whatever you like.

Main Dishes

"And prepare for me savory food such as I love, and bring it to me that I may eat that I may bless you before I die."

Genesis 27:4



Grilled Portobelo Mushroom Burgers – Trudi Ellison-Kendall

4 large Portobelo mushroom caps, 5" in diameter
1/3 c balsamic vinegar 1/2 c water
1 garlic clove, minced 1 T. sugar
1/4 tsp. cayenne pepper, optional 2 T. olive oil
4 whole-wheat buns, toasted

Tomato slices and Bibb lettuce for garnish

Clean mushrooms with a damp cloth; remove stems. Place in a glass dish with stem side up. In a small bowl, whisk together vinegar, water, sugar, garlic, cayenne pepper, and olive oil.

Drizzle the marinade over the mushrooms. Cover and marinate in the refrigerator for an hour, turning mushrooms once. Coat the grill rack with cooking spray. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler pan. Position the rack 4-6" from the heat. Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Transfer mushrooms to a plate. Place each mushroom on a bun and top with tomato and lettuce and condiments of your choice. *Variation:* In place of the garlic, I use chopped green onion.

Fettuccini in Basil Cream Sauce – Carole Hyneman

3 T each of extra virgin olive oil and butter
1-2 garlic cloves, minced
3-4 fresh tomatoes, peeled, seeded, and chopped
1/2 c dry white wine 1/2 c heavy cream
1/2 c finely chopped fresh basil Salt and white pepper to taste
1 lb Fettuccine (fresh, dried is the best)

Freshly grated Parmesan and Romano cheeses

Heat oil and butter in heavy saucepan over medium high heat. Sauté garlic for 1 minute. Add tomatoes and simmer until they soften slightly. Add wine and cream and simmer 5-10 minutes or until sauce becomes the consistency of heavy cream. Add basil and seasonings. Simmer another 2-3 minutes. Add to the pasta and serve immediately.

Noodle Casserole – Caroline Cox Smith

1 lb. broad noodles 8 oz. cream cheese
 ¼ c. butter, softened 3 c. sour cream
 1 large onion, finely chopped 4 eggs, well beaten
 1 tsp. salt ¼ tsp. pepper

Cook noodles by directions and drain well. Combine cream cheese and butter; beat until creamy. Stir in sour cream and onion. Fold mixture into noodles. Combine eggs, salt, and pepper. Gently stir this mixture into noodles. Pour into a greased 2 quart casserole dish. Bake at 350° for 45 minutes. 6-8 servings

Weight Watchers Beef Fajitas for Two

Cooking spray 2 tsp. olive oil
 4 oz. lean sirloin beef steak, about ½" thick, trimmed of fat
 1 med. onion, sliced 1 med. sweet red pepper, sliced
 1 tsp. chili powder, divided Salt and pepper to taste
 2 Mission® Carb balance tortillas - fajita size

Coat a large nonstick skillet with cooking spray. Heat skillet over medium-high heat. Sprinkle it with 1 tsp. chili powder. Add steak to skillet and cook over medium-high heat for 6 minutes, turning once, for medium-rare, or longer until desired doneness. Remove to a cutting board and let stand. Coat vegetables with cooking spray then add to skillet with oil. Cook over medium-high heat until onions and peppers are lightly browned and crisp-tender, about 5 minutes. Remove from heat. Slice steak thinly across grain. Toss sliced steak with onion mixture and serve with salsa. Add other toppings as desired.

Three Bean Dish – Served at a Eastside Community meal

1 lb. ground beef browned with ½ c. chopped onion, drained
 1 - 21 oz. can baked beans
 1 can each of butter beans & kidney beans, drained
 ½ c. brown sugar ½ c. ketchup
 5 T. vinegar 1-2 tsp. dry mustard
 Mix and bake at 325° for 2 hours in a 13x9 baking dish

Broccoli Potato Casserole – Geneva Timmons

4 c. frozen potato rounds
 1 package frozen chopped broccoli, thawed
 1 - 2.8 oz. can french fried onions, divided
 1 c. (4 oz.) shredded cheddar cheese
 1 lb. ground beef, cooked, drained ¼ tsp. garlic powder
 1 - 10 ¾ oz. can cream of celery soup ⅓ c. milk
 1 med. tomato chopped Salt and pepper to taste
 Place potatoes on bottom and up sides of 8 x12 baking dish. Bake uncovered at 400° for 10 minutes. Place beef, broccoli, cheese, ½ can french fried onions & tomato in potato shell. Combine soup, milk, and seasonings. Pour over beef mixture. Bake uncovered at 400° for 20 minutes, then top with remaining cheese and onions. Bake uncovered for 2 to 3 minutes. Serves 6.

Stuffed Green Peppers – Sandy Welliver

For years, I thought my kids liked these, but I found out that what they really like is the fresh buttered bread croutons on top.
 Cut the tops off 6 green peppers (or more depending on their size) Remove seeds. I don't usually pre-cook the peppers, but the peppers can be cooked softer by heating them in boiling water for 5 minutes and then drain. Place in a casserole dish so that the peppers are upright right next to each other.
 1 lb. ground beef 1 small onion, chopped
 1 c. cooked rice 1 T. Worcestershire sauce
 1- 2 c. tomato sauce, divided Salt and pepper to taste
 Sauté ground beef and onion in a skillet until done. Drain any excess fat. Add ½ - 1 c. tomato sauce with the other ingredients. Heat thoroughly. Stuff peppers with mixture. Pour ½ - 1 c. tomato sauce over the top of the peppers. If you like buttered croutons, cube some bread and sauté in butter until browned. After the peppers are removed from the oven, divide the croutons on the tops of the peppers.

Sauerbraten (Crock Pot recipe) – Claire Jones

A nephew and his new wife came to a family dinner once where I served Sauerbraten. Mother's family were all German and this was a favorite. Karyl (the new wife) thought the meat was spoiled, threw it away, said nothing, and would not eat anything at all since my kitchen was certainly suspect. She didn't find out about her mistake for a long time, not until she went to a German restaurant, and they had it there. She called and apologized and asked for the recipe because her husband, Daniel likes it. We laugh about it every time I see her. However, I don't think she likes Sauerbraten yet.

In large bowl or crock pot, prepare marinade:

½ c. Rosé wine ½ c. vinegar
1 clove garlic 2 whole allspice
3 whole cloves

Place a 4 lb beef rump roast, trimmed of excess fat in marinade overnight in refrigerator. The next day add:

3 large onions, chopped 2 stalks of celery, chopped

Cover crock pot and cook on low for 10 -12 hours. Remove roast from crock pot 30 minutes before serving. Make a paste of:

3 T. flour 3 T. water 2 tsp. salt

Mix with juice in to make a gravy. Can be cooked in a separate pan or on high in the crock pot. Stir to thicken. Add 1 c. crushed gingersnaps. Slice roast and return it to the gravy. Serves 6-8

Classic Baked Spaghetti – Caroline Cox Smith

I made this for the Quadrennial 2010 Fund Raiser.

8 oz. thin spaghetti 1 lb. ground beef
1 tsp. minced garlic 26 oz. jar spaghetti sauce
2 c. finely shredded mild cheddar cheese 1 T. oregano

Cook noodles in boiling water, drain. Brown ground beef and garlic; drain. Combine ground beef, sauce and oregano. Spray a casserole dish with cooking spray. Place ⅓ of spaghetti in bottom of the casserole dish. Top with ⅓ of spaghetti sauce, and ⅓ of the cheese. Repeat twice, ending with cheddar cheese. Bake at 350°. for 25 - 30 minutes. Add mushrooms, green pepper, onions, olives etc. if you wish.

Spaghetti and Meatballs – Debby Shaw

Place ingredients in a crockpot and cook on low all day.

Sauce:

2 - 15 oz. cans tomato sauce 3 c. water
2 - 12 oz. cans tomato paste 1 medium onion, chopped
1 tsp. sweet basil 1 tsp. parsley
1 ½ - 2 tsp. garlic powder ⅛ tsp. black pepper
2 envelopes dry Italian style sauce mix

Meatballs:

2 lb. ground beef 1 medium onion, chopped
¾ c. bread crumbs Salt and pepper to taste
1 T. each parsley, oregano, and sweet basil
⅛ tsp. black pepper 2 eggs
½ c. milk 2 cloves garlic, minced
1 c. Parmesan cheese, grated

Make into balls and cook in sauce. Sauce thickens as it cooks.

[Note: 2 packages of Johnsonville Italian Sausage could be used instead of the meatballs. An alternate prep idea is to brown meatballs in the skillet or bake in the oven for 25 -30 minutes at 375° before adding to sauce.

Ham and Asparagus Casserole – Erik Welliver

Mix and place in a casserole dish:

10 oz fresh asparagus or frozen and thawed
1 can cream of mushroom soup 8 oz cubed cooked ham
2 c. cooked noodles or pasta ½ tsp. prepared mustard
3 oz Swiss cheese, sliced or shredded ¾ c. milk

Cook in microwave until bubbly. Before serving add a topping of:
8 T French Fried Onions, crushed

Skillet Barbeque Pork Chops – Sandy Welliver

4 - 1" thick pork chops, trimmed of fat and browned

1 can tomato sauce 2 T. brown sugar
2 T. vinegar 1 tsp. dry mustard
2 T. Worcestershire sauce

Simmer chops in sauce fore 10 - 15 minutes.

Oven Pork Chops – Esther Gordon (Sandy Welliver’s mom)

Trim the fat from 1" thick pork chops and place in a baking dish. Season with salt and pepper. Top each chop with a lemon slice and a thin slice of onion. Sprinkle with brown sugar. Top each chop with 1 T. ketchup. Cover and bake 1 hour. Uncover and bake 30 minutes longer. Baste occasionally. [Note; This works great with boneless chicken breasts too.]

Farfalle Bolognese – Sheryl Elston

This is a very simple recipe that is so good and low calorie. The story that is so fun is that this recipe was a favorite for Davy to cook for his girlfriends as it was so simple, and good, and it impressed them with what a renaissance man he was.

- 2 T. olive oil
- 2 garlic cloves, minced
- ½ c. onion, chopped
- 1 small carrot, chopped
- 1 tsp. dried oregano
- ½ lb. lean ground turkey or chicken
- ½ lb. Bob Evans spicy hot sausage
- 1- 28 oz. can whole peeled tomatoes, drained and chopped
- ½ c. red wine
- ¼ c. grated Parmesan cheese
- ¼ tsp. coarsely ground black pepper & ½ tsp. salt
- ½ lb. farfalle pasta, cooked according to directions

Heat the oil in a large nonstick skillet over medium-high heat. Add the garlic, onion, carrot, and oregano. Cook, stirring occasionally, until the vegetables begin to soften, about 4 minutes. Add the meats and cook until no longer pink. Add the tomatoes and wine and bring to a boil. Reduce the heat and simmer, stirring occasionally, until the sauce begins to thicken, about 15 minutes. Remove from heat and stir in the Parmesan cheese, salt, and pepper. Meanwhile, bring a large pot of salted water to a boil. Serve the sauce over the pasta with a salad and a loaf of Italian bread. Makes 4 servings. [Note: Prepare a double batch of the meat sauce and freeze half for another time.]

Asparagus Ham Roll Ups – Erik Welliver

1 lb. asparagus spears, cooked 8 thin slices of ham
2 T. butter 2 T. flour
1 c. milk ½ c. grated cheddar cheese
Roll up 3-4 spears of asparagus in each slice of ham. Use a toothpick to hold it together. Place in baking dish. Cover with cheese sauce : melt butter, stir in flour, gradually add milk, and melt cheese in mixture. Heat in the microwave for 7 minutes at ¾ power. Remove the tooth picks before serving.

Pork Piccata – Joe Castellana (the Welliver’s son in law)

1 lb pork tenderloin coated 3 T flour
Salt and pepper to taste 2 ½ tsp olive oil, divided
¾ c chicken broth ¼ c fresh lemon juice
2 tsp cornstarch 1 T capers
2 tsp butter 1 garlic clove, minced
12 oz fresh baby spinach
Coat meat in flour, salt and pepper. Fry in a skillet for 1 ½ minutes per side in 2 tsp oil. May need to do small batches. Set aside, cover and keep warm. Whisk broth, lemon juice, and cornstarch. Cook in same skillet until slightly thickened. Add butter. Add capers. Spoon on to pork. Set aside. In the same pan, heat ½ tsp. olive oil and sauté garlic until fragrant. Add spinach and cook for 2 minutes or until tender. Add salt and pepper as desired and serve spinach with pork.

Sausage Souffle – Caroline Cox Smith

Many Sausage Souffles have been made for family brunches. It is good, easy to make, and doesn't take a lot of time to make.
1 lb. mild bulk sausage, browned and drained
6 eggs 2 c. milk
1 tsp. dry mustard 1 c. grated cheddar cheese
1 tsp. salt 6 slices of white bread
Beat eggs , milk, salt, and mustard. Crumble sausage and add along with cheese. Put bread on the bottom of a baking dish. Pour mixture over bread. Refrigerate overnight. Bake 350° for 45 minutes.

Chicken Casserole – Caroline Cox Smith

1 pkg. Budding Dried Beef 6 chicken breasts, boneless
 6 slices bacon 1 can cream of mushroom soup
 ½ c. sour cream

Layer beef in casserole dish, top with chicken breasts wrapped in bacon. Mix and top with soup and & sour cream. Bake at 275° for 3 hours.

Chicken Potato Casserole – Caroline Cox Smith

Combine: 1½ lb. frozen hash browns, thawed
 1 can cream of chicken soup 1 c. sour cream
 ⅓ c. melted margarine ½ c. milk
 ½ c. chopped onion 10 oz. grated cheddar cheese
 Salt and pepper to taste 2 c. cooked chicken

Place in a 13x9 buttered pan. Top with 1 ½ c. crushed Special K cereal. Dot with butter. Bake at 350° for 1 hour. Serves 8-10

Guadalajara Chicken – Carole Hyneman

4 boneless chicken breasts cut into strips and floured with:
 ½ c. flour seasoned with salt and pepper
 1 medium onion, sliced and cut half 2-3 T. butter
 1-3 fresh jalapeno chilies sliced into rings, seeds removed
 ½ c. heavy cream 1 c. Swiss Cheese
 Sauté floured chicken in butter until browned. Remove from skillet. Add 1-2 T. butter to pan and sauté onions and chilies until slightly browned. Add cream and mix well. Add chicken and cook to heat through. Turn off heat and sprinkle cheese over chicken. Cover skillet and let stand until cheese melts.

Sesame Ginger Chicken – Trudi Ellison-Kendall

2 T. soy sauce 2 T. honey
 1 T. sesame seeds, toasted ½ tsp. ground ginger
 4 boneless skinless chicken breast halves
 In a small bowl, combine the first four ingredients; set aside.
 Pound the chicken breasts to ¼" thickness.
 Grill over medium heat, turning and basting frequently with soy sauce mixture until juices run clear.

Weight Watchers Balsamic Chicken

3 T. flour Salt and pepper
 1 lb. uncooked boneless skinless chicken breast
 2 tsp. olive oil 2 c. onion, sliced
 1 c. chicken broth 2 T. balsamic vinegar
 1 T. thyme, fresh, chopped

Mix flour, ¼ tsp. each salt and pepper and coat chicken; shake off any excess. Cook chicken in oil over medium-high heat until golden brown. Remove to a serving plate and cover to keep warm. Add onion to skillet; sauté over medium-high heat until lightly browned. Add broth, vinegar, and thyme. Bring to a boil; cook, stirring often, until onions are tender.
 Spoon sauce over chicken

Orange Coconut Chicken - Sheryl Elston

This is one of David's favorite chicken recipes. It is a good combination of hearty rice, tender chicken, with a little bit of the Caribbean fruit for good measure. This dish can be made in individual casserole dish, but I just use one larger baking dish. I do not use light-coconut milk.

4 T. butter ¼ c. flour
 3 cups orange juice 6 oz. pure coconut cream
 2 T. sugar 6 T. orange liqueur
 10 - 8 oz. chicken breasts Salt and pepper to taste
 1 box long grain rice, cooked according to directions
 1 can whole cranberry sauce 1 small can mandarin oranges
 1 small can shredded coconut 1 orange, sliced
 Melt butter over low heat. Stir in flour, but do not brown. Set aside. In another pan, boil orange juice, coconut cream, sugar and liqueur. Thicken with the flour mixture. Sauté the chicken breasts in butter, season with salt & pepper. Remove and cool. Place wild rice in a baking dish. Put dollops of whole cranberry sauce on the rice and place each chicken breast. Top chicken with mandarin oranges and coconut. Cover with orange-coconut sauce and bake at 350° for 15 minutes. Use orange slices as garnish. Serves 10.

Chicken and Vegetables – Joshua Kiilu

Raw chicken, diced 1 onion, diced
oil as needed 4 -6 fresh garlic cloves
½ tsp fresh ginger ½ - 1 tsp curry powder
Frozen peas and carrots page from Kroger (thanks Kroger)
Salt (use your judgement) ½ bunch of Cilantro, chopped.
Coconut milk optional

Put your diced chicken in a pot and cook in some oil for 2 minutes or so. Add your onions and stir. After the onion is well mixed with the chicken and looks beautiful, add ½ tsp curry powder. Process garlic and ginger in blender until blended very fine. Stir into your pot. Everything should now be smelling really good. Heat should be med-high. Once everything is well mixed up, add your salt and your peas and carrots and the Cilantro. Add coconut milk if you wish and heat for 10 -15 minutes. You don't want to make it very dilute or very dry.

Serve with Coconut Rice:

Add a quick flavor to your food, substitute anything you cook that asks for milk or water with coconut milk that you can find in Kroger or Wal-mart. So for example. Rice is just so plain. So here is a quick recipe for coconut rice

Measure the amount of rice you want to cook. Rinse it with warm water. Cover with water and cook it for about 5 minutes. Drain that water and then add a can of coconut milk with some salt. Cover the pot and put it on low heat. Check rice to see if it is done. If it has excess water or coconut milk, drain it.

Baked Chicken Chimichangas – Jenny (Welliver) Castellana

1 c salsa 1 tsp cumin ½ tsp oregano
1 c chicken breast, cooked and chopped
1 c reduced fat cheddar cheese, divided
Heat chicken in salsa and spices. Divide on 4 Tortillas leaving some cheese to sprinkle on top. Fold and place in greased pan. Bake at 400° for 5-10 minutes. Serve with sauce:
Heat to thicken: 1 c chicken broth 1 bouillon cube
¼ c. Mexican white cheese ¼ c flour
1 c. milk Garnish with green chillies

Weight Watchers Chicken Bruschetta

14 ½ oz. canned or fresh tomatoes, diced
1 box Stove Top Chicken stuffing mix
1 T. ground basil or other seasonings
8 uncooked boneless skinless chicken breasts
1 c. fat-free Italian salad dressing
1 c. shredded part-skim mozzarella cheese, divided
Mix tomatoes, stuffing, seasonings, and ½ c. cheese.
Pound breasts to ¼" thick and spread with mixture. Starting at narrow end, roll up. Place seam side down in 13x9 pan. Drizzle with dressing. Bake at 350° for 40 min until chicken is 165°
Sprinkle with rest of cheese and heat to melt for 5 minutes.

Imitation Crab Salad – Erik Welliver

Erik had just made this salad on the night the electricity was out for 24 hours. He wasn't happy to hear that it had to be discarded

12 oz. rotini pasta cooked and drained
1 c. broccoli pieces 1 c. asparagus pieces
½ c green onion or sweet onion, chopped
1 c. grape or cherry tomatoes 24 oz. Imitation Crab meat
1-16 oz. bottle of Italian salad dressing
Mix together and refrigerate for 2-3 hours to let flavors mingle. You can cook the vegetables slightly or blanch them before making the salad. Other vegetables, chunks of cheese and olives are also good in this salad. You may find that you need to add more salad dressing as the pasta soaks it up. Makes a big salad.

Parmesan Herb Encrusted Cod – Sandy Welliver

1 T. olive oil ½ c panko breadcrumbs
1 tsp dried dill weed ½ tsp dried chives
½ tsp dried parsley 2 T grated Parmesan cheese
8 oz uncooked cod
Mix oil, panko crumbs, herb mix, parmesan, and salt & pepper. Top fillets with crumbs and bake at 375° for 18-22 min or until fish flakes easily.

Crooks Corner Shrimp and Grits– Sheryl Elston

This is a favorite recipe of my cousin Becky and her husband Lawrence. Lawrence even had to "sign me off" on how to cook the grits as he is so particular about how they are made!

12 pieces bacon 2 lb. shrimp
4 c. mushrooms, sliced 2 garlic cloves, minced
2 c. scallions, chopped 8 tsp. lemon juice
Tabasco sauce, to taste Salt and pepper, to taste
Cheddar cheese, to taste Nutmeg, to taste
4 T. parsley, chopped

Dice bacon and fry until edges are browned. Add shrimp in an even layer in skillet. Cook until barely pink. [Note: You could also use cook the shrimp in good olive oil.] Remove shrimp from pan – they continue to cook while the grits are cooking and you do not want them to become over cooked and tough.] Add sliced mushrooms to skillet and sauté for 4 minutes. Add garlic, scallions, lemon juice, tabasco sauce, and salt. Cover, remove from heat, and set aside. Cook grits according to the **Creamy Cheese Grits** recipe below. Add cheese, nutmeg, and pepper.

Serve shrimp on a bed of grits and sprinkle with parsley. Serves 8

Creamy Cheese Grits:

4 c. chicken broth (DO NOT use low sodium broth)
½ c. whipping cream 1 c. uncooked quick-cooking grits
2 c. (8 oz.) Sharp Cheddar cheese, shredded

Combine chicken broth and cream in a large saucepan; bring to a boil. Gradually stir in grits and return to a boil. DO NOT add all at one time. Cover, reduce - heat, and simmer 5 to 7 minutes “stirring along.” Add cheese. Cool 10 minutes. If it gets too thick, add more chicken stock. [Note: You can also use quick grits -- 1 c. regular grits – cover and cook 18 minutes or until thickened.]

Grilled Shrimp Salad with Feta, Tomato and Watermelon –

From the kitchen of Katrina McGillivray

Oil grill grates and heat to medium. In a medium bowl, toss together and marinate at room temperature for 5 minutes:

1 ½ lb. raw extra-jumbo shrimp, peeled (leave tails on), and deveined
2 T. lemon juice
1 tsp. smoked sweet paprika

Thread the shrimp onto metal skewers or wooden skewers that have been soaked in water for at least 30 minutes. Season the shrimp on both sides with ½ tsp. kosher salt and ¼ tsp. freshly ground black pepper. Grill the shrimp, flipping once, until firm and opaque, 4-6 minutes total. Whisk dressing in a small bowl.

Dressing: ¼ c. extra-virgin olive oil

¼ c. lemon juice 1½ tsp. honey

1 pinch each of kosher salt and freshly ground black pepper

Mix 3 T. of the dressing with:

½ medium head frisée, torn into bite-size pieces (4 c.)

Set aside. In another bowl mix: 2 T. dressing

3 c. small, diced seedless watermelon

3 ripe medium red or yellow tomatoes, cored and cut into wedges

2 c. ripe yellow cherry or pear tomatoes, halved

6 oz. feta, cut into small diced (1¼ c.)

30 fresh basil leaves, thinly sliced (½ c.)

⅛ tsp freshly ground black pepper ¼ tsp. Kosher salt

Portion the frisée among 4 plates and spoon one quarter of the watermelon mixture over each. Top with the shrimp skewers, drizzle with the remaining dressing, and serve. Serves 4

Weight Watchers Shrimp and Pasta

Process in a blender until smooth:

2 cloves garlic ¼ c. fresh lemon juice

¾ c. fresh basil 1 tsp. olive oil

Spray pan with cooking spray then sauté:

1 tsp olive oil ¾ c fresh mushrooms, diced

1 lb. fresh or frozen asparagus cut into 2" pieces

16 oz shrimp Salt & pepper to taste

Combine all 8 oz pasta cooked according to directions.

Desserts

"And they gave him a piece of cake of figs and two clusters of raisins."

1 Samuel 30:12



Apple Cake – Jennifer (Heitman) Welliver

3 c. flour	1 tsp. baking soda
1 tsp. salt	1 tsp. cinnamon
1 ½ c. sugar	½ c. oil
¾ c. applesauce	2 eggs, beaten
3 apples, chopped	½ c. pecans, chopped

Sift dry ingredients into bowl with other ingredients. Pour into a 13x9 pan and bake for 350° for 40 minutes.

Banana Cake – LaVonne Dodson (Sandy Welliver's sister)

1 ⅔ c. sugar	⅔ c. shortening
⅔ c. buttermilk	3 eggs
2 ¼ c. cake flour	1 ¼ tsp. baking powder
1 ¼ tsp. soda	1 tsp. salt
1 ¼ c. bananas, mashed	⅔ c nuts, chopped (optional)

Mix sugar and shortening. Gradually add buttermilk and eggs. Sift and add dry ingredients. Add bananas and nuts. Blend ½ minute on low speed. Then beat 3 min on high. Pour into greased and floured pans. Bake at 350° for 45 - 50 minutes for a 13x9 pan or 35-40 minutes for 9" layers.

Banana Chocolate Chip Cake – Sheryl Elston

1 c. margarine or butter, softened	
1 c. sugar	4 eggs
1 tsp. vanilla	1 ½ c. mashed ripe banana
2 ¼ c. flour	2 tsp. baking powder
½ tsp. baking soda	½ tsp. salt
¼ c. unsweetened pineapple juice (use the juice off a can of pineapple)	
6 oz. chocolate chips	

Cream margarine, sugar, vanilla, and eggs until light and creamy. Sift together flour, baking powder, baking soda, and salt. Mix in all ingredients. Spread in a 8" square greased and floured cake pan. Bake at 350° for 30 - 40 minutes.

Blueberry Pudding Cake – Trudi Ellison-Kendall

2 c. fresh or frozen blueberries 1 tsp. ground cinnamon
1 tsp. lemon juice 1 c. all-purpose flour
¾ c. sugar 1 tsp. baking powder
½ cup milk
3 T. butter or margarine, melted

Topping: ¾ c. sugar
1 T. cornstarch 1 c. boiling water

Toss the blueberries with cinnamon and lemon juice; place in a greased 8" baking pan. In a bowl, combine flour, sugar, and baking powder; stir in milk and butter. Spoon over berries.

Combine sugar and cornstarch. Sprinkle over batter. Slowly pour boiling water over all. Bake at 350° for about 45 minutes or until cake tests done. Cool on rack until ready to eat.

Hershey's Cocoa Cake – Debby Shaw

My mom used to make this

2 c. sugar 1 ¾ c. flour
¾ c. cocoa 1 ½ tsp. baking powder
1 ½ tsp. baking soda 1 tsp salt
2 eggs ½ c. oil
1 c. milk 1 tsp. vanilla
1 c. hot water

Combine dry ingredients. Add eggs, oil, milk, and vanilla. Beat for 2 minutes on medium. Stir in boiling water. Batter will be thin. Bake at 350° in greased and floured 2 - 8" or 9" cake pans for 30 -35 (or make 30 cupcakes and bake for 22-25 minutes) Cool 10 minutes then remove from pan, cool and add frosting.

Perfectly Chocolate Frosting

1 stick margarine ⅔ c. cocoa
1 lb. powdered sugar 1 tsp. vanilla
⅓ c. milk

Melt butter, add cocoa. Alternately add powdered sugar and milk. Stir in vanilla. Add more milk if needed.

Ginger Bundt Cake – Sheryl Elston

2 ⅔ c. cake flour 1 T. ground ginger
2 tsp. baking powder 1 tsp. salt
½ tsp. cinnamon 1¼ c. milk
2 tsp. vanilla 2 sticks unsalted butter
½ c. light brown sugar, firmly packed
1 cup white sugar 4 eggs
⅓ c. crystallized ginger, finely chopped

All the ingredients should be at room temperature. Position oven rack in lower third of oven and preheat to 325°F. Grease and flour bundt pan; tap out excess. Sift dry ingredients. Set aside. Mix milk and vanilla. Set aside. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each. Add flour in three additions, alternating with milk, beginning and ending with flour. Beat each addition until just incorporated. Gently fold in crystallized ginger. Spoon batter into pan, spreading batter so the sides are higher than the center. Bake for 55 - 50 minutes until cake begins to pull away from sides of pan and a toothpick inserted in center comes out clean. Place pan on a wire rack and cool upright for 15 minutes. Tap the pan gently on a work surface to loosen cake. Set rack over a sheet of waxed paper, invert pan onto rack. Remove pan and add *Glaze (optional)*:

½ c. white sugar ¼ c. water
1 T. fresh ginger, grated 1 tsp. ground ginger

Mix and heat, stirring, until sugar is dissolved. Remove from heat and let stand 15 minutes. Just before serving, reheat glaze and strain through a sieve. Using a pastry brush, brush warm cake with warm glaze. Let cake cool completely for at least 2 hours, before serving. Serves 16.

Weight Watchers Pineapple Angel food Cake Mix an angel food cake mix with 1 can pineapple, including juice. Pour into an ungreased 13x9 pan. Bake at 350° for 30 minutes. Cool and cut. You can also use cherry pie filling. Very moist!

Flour less Chocolate Cake – Sandy Welliver

This is a very rich cake that is more like a baked pudding.

¾ c. butter 1 c. sugar, divided
7 oz. really good (45-50 % cocoa) semisweet chocolate
4 eggs, separated and at room temperature
Melt chocolate and butter in a double boiler. Stir together; and add ½ c. sugar and the egg yolks. Beat egg whites; slowly add remaining ½ c. sugar and beat until stiff peaks form. Fold mixtures together. Line a 9" cake pan with foil leaving "handles" so you can remove the cake from the pan using the extra foil. Bake at 300° for 40 minutes or until a toothpick inserted in the center comes out with just a few crumbs on it. Cool 30 minutes before removing from pan. Lift cake out using the foil. Remove foil and place cake on serving plate. Dust with powdered sugar.

Weight Watchers Lighten Up Cake Add a 12 oz can of diet pop to a 15 ¼ oz. box of cake mix. Bake as the box directs. Use a Diet 7 Up with a lemon cake or Diet Coke with a chocolate mix and so on. These cakes are more fragile than a regular box mix so thick frosting may not work well. Use powdered sugar, whipped toppings, or serve with fruit.

Chocolate Peppermint Bundt Cake – Sheryl Elston

Katie and Davy's favorite Christmas cake and so easy.

1 -18.5 box Devil's Food cake mix
½ c. sugar 4 eggs 1 c. vegetable oil
8 oz. sour cream 1 tsp peppermint extract
1-3.9 oz. instant chocolate pudding mix
Mix ingredients on low for 1 minute. Beat on high for 2 minutes. Pour batter into a heavily greased and floured bundt pan. Bake at 350° for 50 minutes. Cool in pan for 15 minutes then invert and cool on wire rack. Place cake on a serving plate. and add:

Glaze:

1 c. powdered sugar, sifted
Milk as needed to make a good drizzle
Sprinkle with crushed peppermint candy.

Italian Cream Cake – Sheryl Elston

This is THE best cake that I have ever made and it reproduces the same each time. This cake has been passed down for three generations from Corkie Huey in Kentucky. I have given these cakes as gifts or for special occasions.

1 c. butter 2 c. sugar
6 eggs, separated 2 c. cake flour
1 tsp. baking soda 1 c. buttermilk
1 tsp. vanilla extract 1 c. pecans, chopped
1 small can Angel Flake coconut – just enough to see it in batter
Ingredients need to be room temperature. Separate egg yolks and whites. In a very cold metal bowl, beat egg whites to stiff peaks. Refrigerate the bowl of egg whites. Cream butter and sugar adding egg yolks and then beat until smooth, light, and fluffy. Combine flour and soda. Add to creamed mixture alternately with buttermilk. Do not beat too long, just until incorporated. Stir in vanilla (use good vanilla, not the stuff with a lot of alcohol in it) Add coconut and nuts. Fold in stiffly beaten egg whites. Pour batter into 3 greased and floured 8" cake pans. Bake at 350° for 25 minutes or until cake tests done in the center. Frost with *Cream Cheese Frosting*:

1- 8 oz. pkg. cream cheese, softened
1 lb. box powdered sugar 1 tsp. vanilla extract
Mix together until smooth and frost cooled cake. Refrigerate.

Best Pound Cake – Esther Gordon (Sandy Welliver's mom)

Not low calorie, but is great with berries or other fruit as topping.

Cream thoroughly:

¾ lb. butter, softened 3 c. sugar
8 oz. cream cheese

Add 6 eggs one at a time and then add:

1 tsp. each of vanilla and almond extracts 3 c flour, sifted
Pour into a greased and floured bundt or tube pan.
Bake at 325° for 1 ¼ hours or until tests done.

Best Ever Cookies – Ruth Davee

These cookies were a favorite at a CWF Spring Style Show luncheon year ago. I make them when my grandkids are coming (about twice a year). Everyone's favorite.

5 c. oatmeal	2 c. butter
2 c. sugar	2 c. brown sugar
4 eggs	2 tsp. vanilla
4 c. flour	1 tsp. salt
2 tsp. baking powder	2 tsp. baking soda
24 oz. chocolate chips	1 -8 oz. grated chocolate bar
3 c. chopped nuts	

Measure oatmeal into a blender and blend to a fine powder. Set aside. Cream butter, sugars, eggs, and vanilla. Mix together with the oatmeal, flour, salt, baking powder and baking soda. Add chocolate chips, grated chocolate, and nuts. Roll into balls. Place 2" apart on a cookie sheet. Bake at 375° for 6 minutes. These cookies freeze well. Makes around 112 cookies.

Henrietta's Sugar Cookies – Becky Kleber (Don Welliver's cousin)

2/3 c vegetable oil	2 eggs	2/3 c sugar
2 tsp. vanilla	1 tsp nutmeg or lemon zest	
2 c flour	2 tsp baking powder	1/2 tsp. salt

Beat eggs until well blended. Stir in oil, sugar, vanilla, spice or lemon zest. Sift and add dry ingredients. Drop 2" apart on cookie sheet. Stamp each cookie flat with the bottom of a glass oiled and then dipped in sugar. (*I usually use a glass that has a decorated bottom or a cookie stamp, though the design doesn't really stay in well when baked.*) Bake at 375° for 8 - 10 minutes.

Persimmon Cookies – Jennifer (Heitman) Welliver

1/2 c margarine	1 c. sugar	1 egg, beaten
1 c. persimmon pulp combined with 1 tsp. baking soda		
2 c. flour	1/2 tsp. each cloves, cinnamon, nutmeg, salt	
1/4 tsp. salt	1 c. chopped nuts	

Cream first 4 ingredients. Sift and add dry ingredients. Mix in nuts. Bake at 350° for 15 minutes on greased cookie sheet.

Bob Johnson's Cookies – Sheryl Elston

My mother-in-law, Maxine Hamilton, is a physician and when the Cincinnati Bengals had a summer camp in Wilmington, Ohio she took care of Bob Johnson. His wife was so grateful to her that she gave Maxine this recipe. Everyone loves these cookies from little kids to 90 year olds

1 c. butter, softened	1 c. brown sugar
1 c. white sugar	2 eggs
1/2 tsp. salt	1/2 tsp. cinnamon
1/2 tsp. nutmeg, freshly ground	1 tsp. vanilla
2 c. flour	1 tsp. baking soda
1 c. dry oatmeal	1 c. cornflakes, crushed
6 oz. chocolate chips	

Cream butter, sugars, egg, vanilla, salt, and spices. Add remaining ingredients. Drop on greased cookie sheets. Bake at 350 for 12 - 15 minutes. [*Note: I bake the cookies for a 6 minutes then turn pans or change positions on the oven racks and bake for 7 minutes more.*] Cool 2 minutes before removing from pan. Makes 4-5 dozen cookies

Mint Chocolate Brownies - Joe Castellana (the Welliver's son in law)

1st Layer:

1 stick margarine, softened	1 c. flour	1c. sugar
16 oz. can Hershey's Chocolate Syrup	4 eggs, beaten	

Mix and bake at 350° in a greased 15x11 pan for 20 - 25 minutes.

2nd Layer

1 lb. powdered sugar	3/4 c. butter or margarine
1 tsp. mint extract or 1/8 - 1/4 tsp. peppermint oil	
3-4 drops green food color	1 T. water

Spread on cooled brownies. Refrigerate and cool completely.

3rd Layer – Chocolate glaze

Melt together and drizzle over the brownies

1 c. semi-sweet chocolate chips	6 T. margarine
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or use this Frosting:

Melt 2 oz unsweetened chocolate	3 T. margarine
Add 1 c. powdered sugar	3/4 tsp. vanilla
2 T. water or more so that it spreads easily.	

Rocky Road Bars – Trudi Ellison-Kendall

1st layer:

½ c. butter or margarine , divided

1 (1 oz.) square unsweetened chocolate

1 c. sifted flour 1 tsp. baking powder

2 eggs 1 c. sugar

1tsp vanilla ½ c. nuts, chopped

Melt butter and chocolate. over low heat. Remove from heat and cool to room temperature. Sift together flour and baking powder; set aside. Beat together eggs, sugar, and vanilla in bowl. Blend in chocolate mixture, beating well. Add dry ingredients; mix well. Stir in nuts. Spread mixture in a 13 x 9 greased pan.

2nd layer:

¼ c. butter, softened 6 oz. cream cheese, softened

½ c. sugar 1 egg

2 T. flour ½ tsp. vanilla

¼ c. nuts, chopped 1 c. chocolate chips

2 c. miniature marshmallows

Cream together, butter, cream cheese, and sugar until light and fluffy. Add egg, flour, and vanilla. Blend well. Stir in nuts. Spread over batter in pan. Sprinkle with chocolate chips. Bake at 325° for 30 minutes or until done. Do not over-bake. Remove from oven. Sprinkle with marshmallows and return to oven for 2 minutes or until marshmallows are softened. Cool in pan on rack. Meanwhile, prepare frosting. Frost brownies while warm. Cool completely before cutting.

Chocolate Cream Cheese Frosting:

1 (1 oz.) square unsweetened chocolate, melted

¼ c. butter or margarine 2 oz cream cheese softened

¼ cup milk 1 tsp. vanilla

3 c. powdered sugar, sifted (may need more)

Melt chocolate and butter over low heat. Cool well. Add remaining ingredients. Beat until it is smooth and creamy and frosting consistency.

Variation: I usually use milk chocolate chips and pecans.

Whole Wheat Walnut Raisin Biscotti – Trudi Ellison-Kendall

¾ c. whole-wheat flour

½ c. all-purpose flour

⅓ c. sugar

1 tsp. baking powder

¼ tsp. salt

½ c. chopped walnuts

½ c. golden raisins

2 large eggs

1 tsp. vanilla

Preheat oven to 350°. Whisk together sugar, baking powder, and salt. Stir in walnuts and raisins. Set aside. In another bowl, whisk together eggs and vanilla. Combine with flour mixture. On a lightly floured surface, with floured hands, shape a loaf about 1" thick, 1½" wide, and 7" long. Transfer to a baking sheet covered with parchment paper. Bake until firm, 20-25 minutes. Cool completely. Reduce oven temperature to 300° Place loaf on a cutting board, and using a sharp knife, cut diagonally into ¼ " thick slices; place in a single layer on the sheet. Bake, turning once until slightly golden, 25-30 minutes. Cool completely. Store in an air-tight container.

Sugar Cream Squares – Debby Shaw

Everyone in the family loves these. When Colin was in college, one of his friends called them "Happy Cakes." Colin was known to sneak into the refrigerator to get to them.

Crust: 1 - 15 ¼ oz box yellow cake mix

1 stick margarine, softened 1 egg

Mix and pat into a 13x9 pan. Add the filling:

1- 8 oz cream cheese 2 eggs

1 lb box of powdered sugar

Mix cream cheese and egg. Gradually mix in powdered sugar until smooth. Bake at 350° for 35 minutes or until the top is browned.

Refrigerate.

Toll House Pie – Joe Castellana (the Welliver's son in law)

Beat 2 eggs for 3 minutes at high speed until foamy.

½ c. brown sugar ½ c. white sugar
½ c flour ¾ c. butter, softened
6 oz. semi-sweet chocolate chips 1 c. chopped nuts
9" pie shell, unbaked

Add sugars, flour, and then butter. Blend thoroughly. Stir in chips and nuts. Pour into pie shell. Bake at 325° for 55 - 60 minutes until a knife inserted halfway between the edge and the center comes out clean. Good warm or cold.

Ramona's Sugar Cream Pie – Becky Kleber (Don Welliver's cousin)

1 c. white sugar ½ c. brown sugar
1 c. of a combination of milk, Half & Half, or heavy cream
Heat to dissolve sugar. Add 4 T. flour
Pour into a 8" unbaked pie crust. Dot with butter and sprinkle with cinnamon. Bake at 375° for 45 - 60 minutes or until set.

Double Layer Pumpkin Pie – Debby Shaw

My family asks me to make this pie for the holidays.

1st Layer: 4 oz. cream cheese, softened 1 T. sugar
½ of an 8 oz. box of Cool Whip, thawed 1 T. milk
Mix and place in 1- 6 oz. graham cracker crust.
2nd Layer: 1 - 15 oz. can of pumpkin 1 c. milk
2 boxes of Instant vanilla pudding ½ tsp. ginger
1 tsp. cinnamon ¼ tsp. cloves

Whisk ingredients to mix thoroughly. Batter will be thick. Spread over cream cheese layer. Refrigerate for 4 hours or until set. Top with remaining Cool Whip

Yam Slam Pie – Caroline Cox Smith

2 c. cooked yams, mashed 1 T. butter
½ tsp. vanilla ½ T. lemon juice
¼ tsp. nutmeg ½ tsp. cinnamon
2 eggs, beaten ¼ c. evaporated milk
1 ¼ c. sugar 1 unbaked 9" pie shell
Mix & pour into pie shell. Bake at 350° for 1 ¼ hours. Cool

Scotch Apple Pudding – Claire Jones

This recipe came from my mother Mildred Hayes. It can be made with little or no sugar if the apples are sweet. Add 1 T. lemon juice if apples have no tartness.

4 large apples, sliced ⅓ c. sugar
¼ tsp. cinnamon ⅛ tsp. salt
1 T. butter ½ c. rolled oats
1 ½ c skim milk

Mix first four ingredients. Place in a 8x12" baking dish. Sprinkle oats on top. Dot with butter. Pour milk over all. Cover and bake at 350° for 45 minutes. Remove cover and bake for 15 minutes more. Serves 6-8

Cherry Dump Cake – Jennifer (Heitman) Welliver

1 can crushed pineapple, do not drain
1 can cherry pie filling 1 box yellow cake mix
½ c nuts, chopped ½ c. margarine, melted
Place fruit in the bottom of a 13x9 pan. Sprinkle with dry cake mix. Drizzle with melted margarine. Sprinkle with nuts. Bake at 375° for 45 minutes. Good warm or cold.

Cherry Soup – Anna Jacobson

2 pounds fresh tart cherries, washed
½ c. sugar zest of ½ lemon
2 T. lemon juice ¼ tsp salt
1½ c. drained yogurt or lite sour cream
Pit cherries over bowl to catch juice. Place in a stainless steel saucepan. Add salt. Add water to a level just below the top of the cherries. Add sugar. Cook over low-medium heat for 15 minutes, until the cherries are soft. Mix in lemon juice and lemon zest. Taste and add more sugar if necessary. The sugar will vary with cherry type and ripeness, as well as with individual preferences. If it needs to be more tangy, add more lemon juice. Slowly whisk cherry mixture into yogurt or sour cream with a whisk until smooth. Chill thoroughly. Serve in a cold bowl or goblet.

Cherry Dump Cake – Jennifer (Heitman) Wellliver

1 can crushed pineapple, do not drain
 1 can cherry pie filling 1 box yellow cake mix
 ½ c nuts, chopped ½ c. margarine, melted
 Place fruit in a 13x9 pan. Sprinkle with dry cake mix. Drizzle with melted margarine. Sprinkle with nuts. Bake at 375° for 45 minutes. Good warm or cold.

Chocolate Éclair Cake – Marty Winslow

Place whole graham crackers in the bottom a 13x9 pan. Mix:
 2 small packages French vanilla instant pudding
 3 c. cold milk 8oz. thawed whipped topping.
 1 can of chocolate fudge frosting
 Pour ½ of pudding mixture on top of crackers. Add another layer of graham crackers and then the remainder of the pudding mixture. Top pudding mixture with another layer of graham crackers. Remove foil from the can of frosting. Place in microwave for 20 seconds to soften it. Spread on top layer of crackers. Refrigerate. Chill for 2-3 hours to allow graham crackers to soften for easy serving.

Mandazi Recipe – Joshua Kiilu

2 eggs 2 c. sugar
 1 T. ground cardamom (one can put less or more to taste)
 2 tins of Coconut Milk or about the same in regular milk (coconut milk can be found at Kroger in the ethnic foods isle)
 1 T. dry yeast 8 c. flour - (may need more)
 Frying oil
 In a large bowl, beat the eggs, add sugar, ground cardamom, yeast, and the coconut milk/regular milk. Mix for about 3-5 minutes until all ingredients are evenly mixed. Add the flour a cup at a time until the dough is well built into a soft mix. Cover tightly and let the dough to stand for at least 3 hrs, you can also leave it to stand overnight.
 Preheat frying oil. Roll, cut pieces the size of cell phone and deep fry, until golden brown. This recipe is for the big foil tray, for the smaller foil tray, cut the ingredients into half.

Persimmon Pudding – Don Welliver

I put Don's name on this one because he loves persimmons. He has told me not to try other recipes as this one is the best.
 Melt a ½ stick of margarine in a 13x9 pan. Then mix:
 2 c. persimmon pulp 2 c. sugar
 2 tsp. cinnamon 1 ½ tsp. baking soda
 2 c. milk 1 pinch of salt
 2 c. flour
 Pour batter into the pan on top of the melted butter. Bake at 350° for 40 - 45 minutes. Eat it hot or cold or with Cool Whip or with a special sauce.

Pretzel Salad – Geneva Timmons

I have taken this salad to many a luncheon. It is a big favorite for many people. I'm asked a lot for the recipe. It is good!
 1 c. pretzels, crushed 1 stick butter, melted
 ½ c. sugar
 Spread pretzels on a cookie sheet. Mix sugar and butter then pour over pretzels. Bake at 400° for 7 minutes. When cool, break apart and set aside.
 8 oz. cream cheese, softened ½ c. sugar
 20 oz. can of crushed pineapple, drain very thoroughly
 8 oz. Cool Whip, thawed
 Mix cream cheese and sugar. Add pineapple. Fold in Cool Whip. Do not mix the pretzels in until just before serving so they remain crunchy.

Fruit and Yogurt – Debby Shaw

A quick and easy dessert or snack. Add other ingredients as wish.
 vanilla yogurt raspberries
 grapes, whole or sliced bananas, sliced
 Top with granola. Makes a quick dessert or snack.

Pumpkin Pie Squares – Katrina McGillivray

1 c. all-purpose flour ½ c. packed brown sugar
½ c. quick cooking oatmeal ½ c. butter
Mix until crumbly and press into ungreased 13" x 9" x 2" pan.
Bake at 350° for 15 minutes.

Combine:

1 can (1 lb.) mashed pumpkin 1 can (13 ½ oz evaporated milk
2 eggs ¾ c. sugar
1 tsp. cinnamon ½ tsp. ground ginger
¼ t. ground cloves ½ tsp. salt

Pour over crust; bake at 350° for 20 minutes.

Combine and sprinkle over filling:

½ c. chopped pecans ½ c. packed brown sugar
2 T. butter

Bake 15-20 minutes more or until filling is set.

Pumpkin Pie Crunch – Marty Winslow

1 yellow cake mix 3 eggs
15-16 oz. pumpkin pie filling 1 c. pecans
12 oz. evaporated milk ½ tsp. salt
1½ c. sugar 1 c. melted butter
4 tsp. pumpkin pie spice

Combine pumpkin, milk eggs, sugar, spice, and salt in large bowl.
Pour into a greased of 13x9 pan. Sprinkle dry cake mix evenly
over the pumpkin mixture. Top with chopped pecans. Drizzle
with melted butter.

Bake at 350 for 50-55 minutes. Refrigerate after cooled.

Red, White and Blue Salad – Trudi Ellison-Kendall

1 pkg. (3 oz.) berry blue gelatin 2 c. boiling water, divided
2 ½ c. cold water, divided 1 c. fresh blueberries
1 envelope unflavored gelatin 1 c. whipping cream
6 T. sugar 2 c. sour cream
1 tsp. vanilla 1 pkg. (3 oz) raspberry gelatin
1 c. fresh raspberries

1st layer:

Dissolve berry blue gelatin in 1 c. boiling water. Stir in 1 c. cold
water. Add blueberries. Pour into a 3 quart bowl. Refrigerate
until firm.

2nd layer:

In a saucepan, sprinkle unflavored gelatin over ½ c. cold water; let
stand for 1 minute. Add the cream and sugar; cook and stir over
low heat until gelatin and sugar are dissolved. Cool to room
temperature. Whisk in the sour cream and vanilla. Spoon over the
blue layer. Refrigerate until firm.

3rd layer:

In a bowl, dissolve the raspberry gelatin in remaining hot water;
stir in the remaining cold water. Add raspberries. Spoon over the
cream layer. Chill until set. *Variations: I often use strawberry
Jello and fresh pureed strawberries in place of the raspberries.*

Strawberry Jello Salad – Caroline Cox Smith

10 oz frozen strawberries ¾ c. boiling water
1 pkg. strawberry gelatin 1 c. crushed pineapple, drained
2 mashed bananas 2 c. sour cream

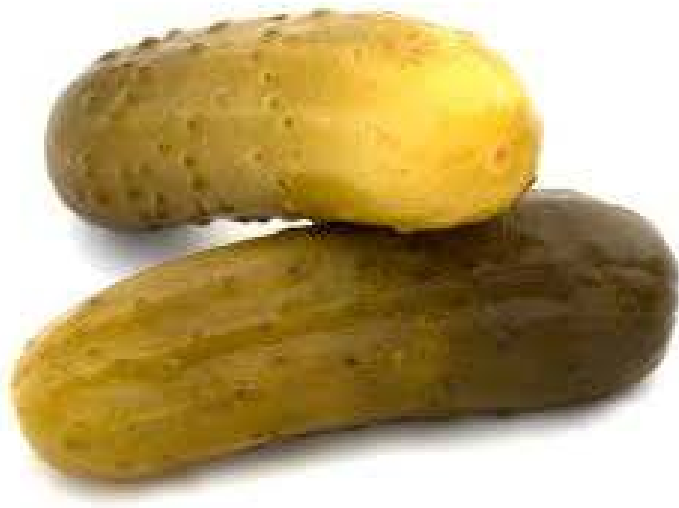
Dissolve jello in water and set aside. Divide jello in half and to
one half add strawberries, pineapple, and bananas. Put in a jello
mold or dish and freeze. After it freezes, spread with sour cream
and return to freezer to freeze again. Add remaining jello.

Refrigerate until gelatin sets.

This and That

"Do not neglect to show hospitality to strangers for thereby some have entertained angels unaware."

Hebrews 3:2



Idiot Proof Pie Crust – Sheryl Elston

This is the best pie crust. It can be used immediately or refrigerated. It can be stored frozen for up to 6 months. Michael Signorino taught me how to make this crust.

1 egg
water
2 c. lard

1 T. white vinegar
6 c. flour
1 T. salt

Break egg into a measuring cup. Stir in vinegar and enough warm water to make 1cup. Set aside. Place flour, lard, and salt in a large bowl. Mix with hands until well combined. Mix in the egg mixture. Form dough into a ball. Let rest. Divide into 6 balls. Roll each ball out on floured board. Wrap in plastic wrap and refrigerate 1 hour or freeze up to 2 months.

Makes 6 - 8 or 9" pie shells.

My Pie Crust – Sandy Welliver

My mother never made pie crust because she couldn't make pie crusts like one of my aunts. After seeing a cooking class demonstration, I taught myself how to make a crust that rarely fails and is easy to work with. I've even earned the praise, "You make pies as good as Aunt Mildred's" High praise indeed!

2 2/3 c. flour
1 c. Crisco Shortening

1 tsp. salt
7 - 8 T. ice water

Sift flour and salt into a large bowl. Using a pastry blender, cut shortening into mixture until it looks like cornmeal mixed with small peas. Add 6 T. ice water and gently mix dough with your hands or a fork just until the dough sticks together. Do not over work the dough or the crust will be tough. If dough does not stay together when gathered into a ball, sprinkle in small amounts of water at a time. I weigh out my dough and then roll it to the size of the pan. A 8-9" pie shell needs from 8-10 oz

Refrigerator Pickles – Marie Fleming

This is a recipe I've been using a lot lately, thanks to the everbearing cucumbers I've tried this year. I can make up a recipe and continue to toss in cukes as they ripen, along with the occasional onion. No need to make new syrup until its strength falls below satisfactory levels. Using the food processor makes the slicing easy and uniform.

7 c. sliced cucumbers

1 large onion, sliced (red onions are pretty!)

2 c. granulated sugar 1 c. white vinegar

1 T. salt 1 tsp. celery seed

1 tsp. mustard seed

Slice cukes and onions and mix together. Combine the rest of the ingredients and pour over veggies. Mix well. Store in the refrigerator in one large sealable container (such as an ice cream bucket) and add new cukes as they become available. Can also be frozen. This recipe makes about 2 quarts of sweet pickles

Serving suggestions: These pickles are great as a side salad, on burgers and hotdogs, in cold cut sandwiches, combined with fresh tomatoes or added to potato salad.

Sweet Zucchini Relish – Claire Jones

Everyone likes this stuff. I give small jelly jars of it for gifts. I like to put a red pepper in for color. If zucchini is very large, you should pare and remove seeds before grating.

7 c. grated zucchini 3 c. ground onions

1 c. ground sweet peppers 2 c. cider vinegar

3 c. sugar 1 ½ tsp. celery seed

¾ T. each nutmeg, dry mustard, cornstarch, turmeric

Combine all ingredients and bring to a boil. Reduce heat and simmer an hour or until desired consistency. Pack into hot sterilized jars and seal at once. Process 15 minutes, if desired.

Makes 5 pints or 10 jelly jars.

Dill Chips & Freezer Pickles– Sandy Welliver

These two recipes are very much alike. Both are good fresh or frozen and thawed. The amount of sugar can be as you desire.

Freezer Pickles

3 c. cucumber, thinly sliced 1 c. onion, thinly sliced

1 green bell pepper, thinly sliced 2 T. salt

1 c. sugar ½ c. vinegar (white or cider)

Place in large bowl and add enough water to cover all. Let set for 1 ½ hours. Drain thoroughly and add vinegar and sugar. Pack into freezer boxes and freeze. **Dill Chips:** Substitute the green pepper with 1 tsp. fresh dill, snipped.

Pepper Jelly – Ruth Davee

My brother in law give me the peppers which motivates me to make the jelly. This appetizer is a family favorite.

¾ c. jalapeno peppers, seeded & chopped

1 green bell pepper, seeded and chopped

6 ½ c. sugar 1 ¾ c. vinegar, divided

1-3 drops red or green food coloring

6 oz. Certo (liquid fruit pectin)

Place pepper and ½ c. vinegar in blender and chop well. Combine the sugar and remaining vinegar. Bring to a boil and cook until sugar dissolves. Add pepper mixture then cook and stir for 5 minutes. Remove from heat, add Certo and food coloring. Skim and cool slightly. Pour into jelly glasses and seal. Use this jelly to “ice” a large cake of cream cheese. Serve with crackers.

Concord Grape Jelly or Cherry Jam – Joy Lawler

Grape – 3 ½ lb. grapes (5 c. juice) 7 c. sugar ½ c. water

Cherry – 3 ½ lb. cherries (3 ½ c. juice) 4 c. sugar

Crush fruit and place in saucepan. Cook for 10 minutes. Process in a food mill to remove seeds & pits. [For jelly, pour juice into cheese cloth to drain.] Return to the pan. Add sugar and 1 tsp. butter to help prevent foaming. Boil for 1 minute at a rolling boil. Remove from heat and add 1 box Sure-Jell. Remove any foam and pour into jars. Seal and process for 10 minutes in a water bath canner. Refer to Sure-Jell instructions for more detail.

Yum! Yum! Pickles – Sandy Welliver

This was my dad's favorite kind of sweet pickles. They are not hard to make nor do they take a lot of time.

2 quarts cucumbers, thinly sliced 1 quart onions, thinly sliced
1 quart water ¼ c. salt
2 c. vinegar 4 c. sugar 1 tsp. celery seed
1 green and 1 red bell pepper, cut in strips

Mix water and salt to make a brine that will cover the pickles.

Soak the pickles for 3 hours then drain thoroughly. In a large pan, mix the cucumber mixture with the vinegar, peppers, and celery seed. (I like to put the celery seed in a cloth bag or tea ball so it isn't floating loose in the liquid.) Bring everything just to a boil. Divide into 4-6 pint jars and seal while hot. Process 10 minutes in a water bath canner.

Sweet Green Tomato Pickles – Joy Lawler

4 lb. green tomatoes (slice if bigger than 2" diameter)

½ small onion, thinly sliced

1T pickling lime for every 8 oz. water

6 c. white vinegar 2 ½ c. sugar

2 T. kosher salt 1 t. celery seeds

½ c. minced celery

In a large bowl, combine pickling lime with water and add tomatoes. Make sure there is enough water and lime to cover the tomatoes. Cover the bowl and let sit for 8 hours. Drain tomatoes, rinse well, and cover with cold water. Let soak for 1 hour, drain. Repeat rinsing and soaking two more times. Don't skip this step; it is necessary to remove all the lime so the pickles will be acidic enough to preserve. In a 6-8 quart pan, combine vinegar, sugar, salt, celery seeds, and celery. Bring to a boil, then add the tomatoes. Boil 15 minutes, press tomatoes down to keep them submerged. In sterilized jars, layer tomatoes and onions. Ladle in the hot syrup, leaving ½ " headspace. Remove air bubbles in the jar. Run a damp paper towel around the rim of the jars before adding lids and bands. Process in water bath for 10 minutes. Do not disturb for 12 hours.

[Note: The USDA has recommended a high acidity for canning tomatoes so add 1 T. lemon juice or vinegar or ¼ tsp. citric acid for pints and double that for quarts. It is also recommended that a pressure canner be used whenever possible.]

Tomato Juice – Sandy Welliver

I use the recipe that Don's mom used for tomato juice. I remember her asking Don's dad to taste it before she canned it to be sure it had the right amount of salt etc.

5 quarts of tomato juice 5 celery stalks

2 medium green peppers (or as she would say "mangos")

2 medium onions 1 T. salt

Cut the vegetables in smaller pieces so they cook faster. Process the tomatoes into juice and then add the other vegetables and cook until tender. Process in a food mill to remove skins, seeds, and the extra fibers. After filling jars, add salt if you wish and the vinegar, lemon juice or citric and seal. Process in a water bath canner for 35 minutes for pints and 40 minutes for quarts.

Tomato Sauce – LaVonne Gordon (Sandy Welliver's sister)

6 lb. ripe tomatoes with no soft or rotten spots

2 ribs of celery, cut in 1" pieces 1 medium onion, chopped

2 cloves garlic, minced ¼ c. fresh parsley

1 T. salt, dry oregano, basil, etc. – to your taste

Vinegar, lemon juice, or citric acid

Cut, core, and drain the tomatoes removing the seeds before cooking. Roma tomatoes are a good variety to use. Bring the vegetables to a boil until tender. Process in a food mill and then return juice to the pan and cook it down to the right consistency (or until you get tired of cooking it). Fill jars, adding the vinegar, lemon juice, or citric and seal. Process in a water bath canner for 35 minutes for pints and 40 minutes for quarts.