

Cookbook Fall 2009

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APPETIZERS

1) Baked Brie with Amaretto (submitted by Mary Swift)

Preheat oven to 350°

½ c. firmly packed brown sugar

½ c. butter

¼ tsp ground cinnamon

1/8 tsp ground nutmeg

1 oz. Amaretto

1 Round Brie cheese

¼ c. sliced almonds or chopped walnuts

Baguette slices or crackers

In heavy saucepan heat brown sugar and butter over medium heat until smooth and thick. Remove from heat, add cinnamon, nutmeg, and amaretto. Mix well.

Place Brie in an oven-safe casserole dish. Top with sauce and sprinkle with almonds or walnuts. Bake 10 to 15 minutes until Brie is soft. Serve with baguettes or crackers. Serves 6-8.

2) Baked Gouda (submitted by Carol Anderson)

1 package puff pastry

1 Gouda or Edam Cheese round

1 T. butter, melted

1/3 c. blanched almonds

Apple or pear slices

Preheat oven to 375 Degrees. Allow one sheet of puff pastry to thaw for 20 minutes. Allow the Gouda or Edam cheese to come to room temperature and remove the wax coating. Wrap the pastry sheet around the cheese, trimming off any excess pastry. Fold under the cheese, and place smooth side up on the baking sheet. Brush the top with melted butter and sprinkle with almonds. Bake at 375 degrees for 20-25 minutes or until golden brown. Serve warm with apple and pear slices. Serves 12 - 18.

3) Black Bean & Corn Salsa (submitted by Shauna Anderson)

A Healthy favorite!

2 cans black beans, rinsed and drained

1 can corn, rinsed and drained

3 tomatoes seeded and chopped

1 red onion finely chopped

1/4 c. cilantro, chopped

3 tbsp. lime juice

1 tsp. (or more to taste) of salt and pepper

Mix and enjoy, also really good with some jalapenos for a little more spice.

Serve as is, or with tortilla chips

4) Cheese Dip (Weight Watchers) (submitted by Fran Skelly)

8 oz light sour cream
8 oz 1/3 less fat cream cheese
3 to 4 gr. Onions chopped
2 c low fat cheddar cheese
Bacon bits

Mix all – Bake at 350 degrees for 30-35 min.
Serve with veggies or crackers

5) Crab Rangoon Dip (submitted by Tracy Wilkus)

2 cans crab meat-drained
16 oz. cream cheese
4 green onions-finely chopped
1 ½ tsp. Worcestershire sauce
2 TBSP powdered sugar
¼ tsp. garlic powder
½ tsp. lemon juice
1 cup sour cream

Mix together until creamy. Bake at 350 degrees for 30 minutes.
Serve with fresh wonton chips (can be purchased at Bo Ling's).

6) Good Stuff (submitted by Fran Shelly)

1 pkg vanilla almond bask
2 c cheerios
2 c rice chex
2 c broken pretzel sticks
1 -1 lb pkg M & M's (or more)
Peanuts if desired

Melt 1 pkg vanilla almond bask, stir in other ingredients, spread on wax paper, dry.

7) Healthy Salsa (submitted by Kristin)

mix together:
8 Roma Tomatoes, 1 can corn, 1 can black beans, 2-3 chopped avocados, 1/3 cup chopped cilantro, 3-4 chopped green onions, 1-2 tsp. cumin, 1-2 tsp. salt, 3 Tbls olive oil.
Unhealthy Cheesy Potato Casserole mix together
2lbs. Oreida (squares) hash brown potatoes, 1 cup diced onions, 1 can cream of chicken soup, 16 oz. sour cream, 1 stick of butter melted, 8oz. shredded sharp Cheddar cheese spread in 9 by 13 pan sprinkle w/ crushed potatoes chips (optional). Bake 1 hour at 350 degrees.

8) Main Meal Buster (submitted by Mary Swift)

1 container creamed spinach (thawed)
1 can black beans (drained and rinsed)
1 jar salsa (medium size)
12 oz. Colby jack shredded cheese
Can of chicken (12 oz)
Mix and bake at 350° for 30 minutes serve with chips. Serves 6-8.

9) Mexican Fudge (submitted by Tracy Wilkus)

3 eggs, beaten
½ cup Salsa
4 cups shredded cheddar cheese

Stir salsa into beaten eggs. Blend in cheese. Bake in 9 x 9 shallow dish at 375 degrees for 30 minutes (until center is firm). Cut into squares and serve hot or cold with salsa.

10) Poppy Seed Bread

Combine:

3 eggs
1 ½ c. milk
1 1/8 c. oil
2 ¼ c. sugar

Add:

3 c. flour
1 ½ tsp. salt
1 ½ tsp baking powder
1 ½ Tbsp poppy seed
1 ½ tsp. vanilla flavoring, almond flavoring and butter

Mix 1-2 minutes with mixer. Makes 2 large loaves or 3-4 small loaves. Slightly grease pans. Bake at 350° for one hour.

Glaze (optional)

¼ c orange juice
¾ c sugar
½ tsp of a flavoring used
Boil ½ min & pour over slice loaves

11) Pretzel Dip (submitted by Tracy Wilkus)

2 packages cream cheese
½ can beer
1 package dry ranch mix
1 ½ cups finely shredded cheddar cheese

Mix all ingredients and refrigerate for four hours. Will seem runny but firms up with time. Use for pretzels or chips.

12) Red Pepper Hummus

2 Red Bell Peppers
6 cloves garlic
2 lbs canned garbanzo beans
2/3 cup Tahini
2 Tbls Italian parsley, minced
2 Tbls lemon Juice
1 t ground cumin
½ t kosher salt
¼ t red pepper flakes
½ cup olive oil
½

Dice bell peppers and mince garlic. Then sauté in a little of the olive oil until tender. Cool & pour into a food processor. Drain beans and add to the processor with tahini, parsley, lemon juice and spices. Pulse slowly while adding enough remaining oil to form a smooth paste. Chill and serve. Notes; you can serve with apples or just about any vegetable, cracker, pretzel, etc. You can find most tahini in the condiment aisle.

13) Reuben Dip (submitted by Tracy Wilkus)

16 oz. cream cheese
8 oz Kraft shredded Swiss cheese
2 packages Budig corn beef-chopped up
1 cup light mayo
3 shots Tabasco sauce

Mix together. Bake at 350 degrees for 45-60 minutes, until the top is golden brown. Serve with multi-grain crackers. May be made a day ahead.

14) Shrimp Dip (submitted by Tracy Wilkus)

8 oz cream cheese
1 can shrimp pieces
1 jar cocktail sauce
gourmet crackers

Drain shrimp, saving juice. Mix shrimp and cream cheese. Add shrimp juice as needed for consistency. Shape into mound/ball on tray and cover with cocktail sauce. Serve with crackers.

15) Spinach-Artichoke Dip (submitted by Tracy Wilkus)

Two 14-oz cans artichoke hearts, quartered and chopped
2 cups light mayo
¾ cup parmesan cheese
2 cups mozzarella cheese
2 TBSP onion flakes
½ lb fresh spinach, chopped

Mix all together. Bake in 3-4 inch casserole dish at 350 degrees for 30 minutes, until golden brown. Sprinkle additional parmesan cheese over top for the last 10 minutes of baking. Serve with blue corn tortilla chips.

16) Spinach Soufflé

3 eggs slightly beaten
6 Tbsp. flour
½ c. margarine or butter (melted)
1 tsp. salt
2 Tbsp. dried onion
2 lb. small curd cottage cheese
½ lb. shredded cheddar cheese
2 pkg. chopped frozen spinach cooked and drained.

Mix all together. Bake at 375° for 45 minutes. This recipe can be halved but bake at 350° for 30 minutes.

17) Tomato Cheddar Spread (submitted by Tracy Wilkus)

1 ten-oz. can of Rotel
1 cup light mayo
1 tsp. Worcestershire sauce
2 eight oz. blocks of cheddar cheese (shred yourself--the pre-shredded cheese is too limp)
1 four-oz. jar pimentos

Stir first three ingredients. Then add cheese and pimento. Serve with crackers or tortilla chips. Makes 2 ½ cups.

18) Veggie Dip (submitted by Brooke Beets)

1 Large carton non-fat cottage cheese
1 pkg. Hidden Valley Ranch packet (dry)

Blend together in blender until creamy. Great, healthy alternative to ranch dressing!

SALADS

19) Apple-Nut Coleslaw (submitted by Terry Meganck)
(Great Holiday Salad)

1 (16oz) bag of coleslaw mix
1 large Gala apple chopped
2 ribs of celery chopped
½ cups of thinly sliced red onion
½ cup dried cranberries
½ cup chopped walnuts

1 cup mayonnaise
¼ cup apple cider vinegar
2 teaspoons of sugar

To the coleslaw mix add the chopped apple, then mix in the celery, onion, cranberries and walnuts. Separately mix together the mayonnaise, the cider vinegar and the sugar. Then add the coleslaw mixture to the second mixture and enjoy.

20) Black Bean Salad (submitted by Jeff's Sygman)

4 cans of black beans
1 cup of frozen or canned corn
1/2 green bell pepper
1/2 red bell pepper
4 stalks of green onion
1 lime
¼ cup of cilantro
½ cup of distilled white vinegar
½ cup of virgin olive oil
1 tbsp of cumin
Adobo, salt and pepper to taste

Drain beans in a colander and rinse. Add frozen corn. Dice up the peppers, onions, cilantro, lime as desired. Mix ingredients and add seasoning to taste. It goes great as side dish for with grilled chicken or shrimp. Especially with some fried Plantains (tostones).

21) Bleu Cheese Raspberry Spinach Salad (submitted by Jean Jansen)

2 T. raspberry vinegar
2 T. seedless raspberry jam
2 t. sugar
1/3 c. vegetable oil

8 c. torn washed spinach
1 c fresh raspberries
3/4 c. chopped pecans
3/4 c. crumbled bleu cheese

Prepare the raspberry salad dressing; in blender or small bowl. Blend or whisk together vinegar and jam. With the blender running or while whisking, add the oil in a thin stream, blending well.

In a bowl, toss the spinach, half of the raspberries, half of the pecans and half of the bleu cheese with the dressing. Transfer to a salad bowl and top with the remaining raspberries, pecans and bleu cheese. Serve the salad immediately.

22) Cranberry Salad (submitted by Lois Fulps)

1 Can jellied cranberry sauce
1 Large box of cherry Jell-O, dissolved in 1 cup hot water
1/2 pint sour cream
1/2 cup pecan pieces

Mix the cranberry sauce with the dissolved Jell-O. Let partly congeal, then fold in the sour cream and pecans. Refrigerate overnight.

23) Orange Salad Supreme (submitted by Mary Lou)

1 large pkg orange jello
1 - 6 oz can frozen orange juice (undiluted)
1 large can crushed pineapple (drained)
2 cans mandarin oranges (drained)
1 cup cool whip or (whipping cream)
1 cup milk
1 pkg vanilla instant pudding mix
Chopped nuts

Dissolve Jello in 2 cups boiling water. Add orange juice, pineapple & orange, Pour into mold or pyrex dish, Chill until firm. Combine whipped cream, milk & pudding mix – Spread over jello layer – Garnish with pecans & chill.

24) Pasta Salad (submitted by Nancy Stone)

12 oz. Rotelle pasta
1 green, yellow, and red pepper
1 medium tomato
1/4 c. black olives
8 oz. feta cheese
2 tbsp. fresh basil or 1 tsp. dried
1/4 tsp. oregano

Dressing:

2/3 cup olive oil
3 tbsp. red wine vinegar
2 tbsp. fresh basil/1 tsp. dried
2 tbsp. chopped green onion
2 tbsp. Parmesan cheese
1 1/4 tsp. salt
1/4 tsp. pepper

25) Shoe String Potato Salad (submitted by Terry Meganck)

1 (7oz) can of shoestring potatoes
14 ½ oz can shrimp or crabmeat or lobster
½ cup onion minced
1 cup raw carrots finely grated
1 cup celery, chopped fine
Mayonnaise to moisten (1cup)

Prepare vegetables in advance & refrigerate.
Just before serving combine potatoes, seafood, veggies & mayo.

26) Strawberry Salad (submitted by Christina Mackiewicz)

Dressing:

1 c. vegetable oil
¾ c. sugar
½ c. red wine vinegar
2 cloves garlic, pressed
½ t. salt
¼ t. pepper
½ t. paprika

Try to make the dressing a few hours in advance before serving, it helps bring out the tangy sweetness. In a large jar, combine the first 7 ingredients. Cover tightly and shake until mixture is thoroughly combined. You may refrigerate this for up to one week.

Salad:

1 head Romaine lettuce
1 head Boston lettuce
1 pint strawberries, washed and sliced
1 c. shredded Monterey Jack Cheese
½ c. chopped pecans, toasted

Wash and dry the lettuce, tearing into bite size pieces. Combine torn lettuce, strawberries and shredded cheese in a large salad bowl. Toss gently.

Just before serving, shake the dressing and pour the desired amount on the salad and add the toasted pecans. Serves 12 people.

27) Summer Salad

2 cucumbers
2 green peppers
1 sweet onion
2 tomatoes
1 mango
1 jalapeno (only if you like)
Juice from one lemon
Salt and pepper to taste

Cut all vegetables in bite size, pour juice from lemon over vegetables, salt & pepper. Best if you let set overnight. Can add small amount olive oil if you want more liquid.

SOUP & CHILI

28) Green Chili Casserole (submitted by Sandra Kelly)

1 pkg. corn tortillas
1 pound hamburger brown and season
1 small can green chili peppers (diced)
1 pound grated cheddar cheese or Mexican
1 med. onion finely chopped (can use green onions)
1 can cream of mushroom soup

Grease 1 1/2 or 2 qt. casserole. Put a small amount of drained hamburger on bottom. Cut up 12 corn tortillas. Layer casserole with half the tortilla pieces, half the remaining hamburger, chili peppers, onion and cheese. Spread half of the undiluted soup on top. Repeat the process ending with the cheese. Bake in 350 degree oven for 35-45 minutes or until bubbly.

29) Sweet Potato & Black Bean Soup (submitted by Jackie Baker)

1 T canola oil
1 sweet yellow onion, chopped
2 cloves garlic, minced
1 red pepper, chopped (bell)
1 carrot, chopped
1 medium sweet potato, peeled and chopped
1 cup frozen corn
1 (14 ½ ounce) can whole tomatoes
1 (14 ½ ounce) can chicken stock (I use 14 ½ ounces of water)
2 cups water
½ t pepper
¼ t salt
¼ t cayenne (optional)
1 (15 ounce) can black beans, rinsed and drained

Heat oil, add onion, garlic, red pepper and carrot. Cook stirring until vogs. are tender. Add sweet potato and corn. Drain tomatoes – save juice. Chop tomatoes. Add tomatoes and juice to soup. Stir in water, pepper, salt and cayenne. Heat to boil, reduce heat and simmer about 20 minutes or until sweet potatoes are tender. Stir in black beans and cook for 5 minutes.

30) Taco Soup (submitted by Fran Skelly)

1 lb hamburger or turkey (can use a little more than 1 lb), cooked with onion and drained.

64 oz V8 Juice

1 pkg Taco seasoning

1 pkg Ranch dip seasoning

1 can Yellow corn

1 can Pinto beans

1 can Black beans

1 can Kidney beans

2 cans Stewed tomatoes

1 can Rotel tomatoes

Mix in pot, bring to boil. Simmer 30 minutes. Serve over Fritos and top with grated cheese and sour cream (optional) Note: freezes well.

31) Tortilla Soup

2 cans fat free chicken broth

2 cans fat free refried beans

1 can cream corn

1 can whole corn

2 cans green chili Rotel tomatoes (small)

1 can black beans

½ -1 Tbsp taco seasoning (liquid or dry)

1-2 cups cooked chicken (optional)

Put all together in large pot and bring to boil. Lower heat and cook for 15-20 mins. You can top off with fat free cheddar cheese, low fat sour cream, and/or tortilla chips.

32) White Chicken Chili (submitted by Kelli Alldredge)

3 Chicken breast cut into pieces

1 medium onion, chopped

2 Tbs oil

1 jar salsa (I use mild on the border)

48 ozs of white great northern beans

1 Tbs cumin

8 oz pkg of shredded Colby-jack cheese

First brown the chicken and onion in oil. Second add chicken and onion to all other ingredients in crock pot. Stir well, Cook on low for 7 hours or high for 5 hours.

SIDE DISHES

33) Asparagus with Lemon Mustard Vinaigrette

(submitted by Judy Rabbitt)

1 ½ lbs fresh asparagus washed and trimmed
Diced red pepper to taste
Sliced cherry tomatoes to taste

For vinaigrette:

1 Tbsp. Country -style Dijon mustard
1 Tbsp. red wine vinegar
1 tsp. sugar
2 tsp. McCormick lemon/pepper seasoning salt
¼ c. olive or vegetable oil

Cook asparagus in boiling, salted water for 2-3 minutes, depending on thickness, and then immediately plunge into an ice water bath. Cool and lie out on paper towels and dry. (This point may be done the day before)

Combine vinaigrette ingredients (I've also done that the day before), and then toss with tomatoes and red pepper immediately before serving.

You may keep the asparagus whole and serve flat on a large platter, (garnish with red pepper rings) or cut asparagus and serve as a salad.

I've served it both ways many times.

Makes 4-6 servings.

34) Betty Kinard's Picnic Cornbread (submitted by Nancy Stone)

2 pkg. Jiffy corn muffin mix
3 tbsp. sliced Jalapenos (chopped)
1 12oz. can cream style corn
¼ c. milk
2 eggs
1 cup sharp cheddar cheese

Put all in mixer. Bake in 9 x 12 pan for 45 minutes at 350 degrees.

35) Macaroni and Cheese (submitted by Carol Anderson)

1 ½ c. uncooked elbow macaroni
¼ c. butter
3 T. Flour
1 ½ t. dry mustard
¾ t. onion powder
1 t. salt
¼ t. pepper
3 c. milk
3. c American cheese, cubed

Heat oven to 350 degrees and cook macaroni according to package directions. Drain thoroughly. Melt butter in a large sauce pan until completely melted. Whisk in the flour and seasonings. Add the milk, and cook over medium heat, whisking constantly until mixtures boils and thickens. This should take 5-7 minutes. Reduce the heat to low and stir in the cheese, cooking until the cheese is melted. Add the macaroni and mix well. Pour into the ungreased 1 ½ qt. casserole and bake for 30-35 minutes.

36) Potato Casserole (submitted by Jean Jansen)

½ c. butter melted
1 can cream of chicken soup, undiluted
2 c. sour cream (1 pint)
1 chopped onion
1 t. salt
¼ t. pepper
2 c. grated cheddar cheese
2 lbs. frozen hash browns, Thawed
2 c. crushed potato chips (for topping)
¼ c. butter, melted

Butter a large casserole dish. Combine all ingredients in order given, except ¼ c. melted butter and potato chips. You may make the recipe to this point and refrigerate it to bake later. Top with crushed potato chips and drizzle with the ¼ c. melted butter. Bake at 350 degrees for 45 minutes, uncovered.

37) Sweet / Sour Green Beans

2 cans French style green beans drained
1 large onion chopped
1 packaged slivered almonds
10 slices bacon cooked and crumbled

In 10x7 casserole put one can of beans, layer of onions, layer of almonds, repeat. Top with crumbled bacon. To the bacon drippings, add 6 tbl. sugar, 6 tbl. Vinegar. Stir until the sugar has dissolved and pour over beans. Let stand overnight. Bake uncovered 45 minutes at 350 degrees, stirring once or twice to distribute liquid. Serves 6

38) Vegetable Casserole (submitted by Christina Mackiewicz)

2 bags (16 oz each) frozen broccoli florets, thawed & drained
2 cans (14 oz each) cream style corn
2 eggs, slightly beaten
½ stick (4 T.) butter or margarine, melted
2 c. seasoned croutons, crushed or 2 c. herb-seasoned stuffing crumbs

Rinse the frozen broccoli under cold water until just thawed. Place in a colander on top of a plate and allow to drain for 15 minutes to 1 hour. Preheat oven at 350 degrees. Mix the broccoli, corn and eggs in a bowl and pour into an un-greased 13 x 9 x 2 baking dish. Melt the butter and mix with the crouton crumbs. Sprinkle evenly over the vegetable mixture. Bake uncovered for about 1 hour or until the crouton crumbs are golden and the vegetables are hot.

MAIN DISH

39) Apricot Chicken (submitted by Kelli Alldredge)

Looks fancy but very simple

Mix. 1 jar apricot jam

1 bottle Russian salad dressing

1 envelope onion soup mix

Place 4 thawed chicken breasts in glass cooking pan

Pour Mix over chicken

Cook at 300 for 50-55 minutes

Serve over wild rice and I love it with asparagus on the side.

40) Chicken & Seafood Jambalaya (submitted by Orville Agee)

2 whole bay leaves

1 ½ tsp. salt

1 ½ tsp. ground red pepper (preferably cayenne)

1 ½ tsp. dried oregano leaves

1 ¼ tsp. white pepper

1 tsp. black pepper

¾ tsp. dried thyme leaves

2 ½ Tbsp. chicken fat or pork lard or beef fat

2/3 c chopped Tasso or other smoked ham (preferably cure 81),
about 3 ounces

½ c chopped andouille smoked sausage or other smoked pork
sausage, about 3 ounces

1 ½ c chopped onion

1 c chopped celery

¾ c chopped green bell peppers

½ c chicken, cut into bite-size pieces about 3 ounces

1 ½ tsp. minced garlic

4 medium sized tomatoes, peeled and chopped, about 1 pound

¾ c. canned tomato sauce

2 c. uncooked rice

1 ½ dozen peeled, medium shrimp, about ½ pound

1 ½ dozen oysters in their liquor, about 10 ounces

Combine the seasoning mix ingredients in a small bowl and set aside. In a 4-quart saucepan, melt the fat over medium heat. Add the tasso and andouille and sauté until crisp, about 5 to 8 minutes, stirring frequently. Add the onions, celery and bell pepper; sauté until tender but still firm, about 5 minutes, stirring occasionally and scraping pan bottom well. Add the chicken. Raise heat to high and cook 1 minute, stirring constantly. Reduce heat to medium. Add the seasoning mix and minced garlic; cook about 3 minutes, stirring constantly and scraping pan bottom as needed. Add the tomatoes and cook until chicken is tender, about 5 to 8 minutes, stirring frequently. Add the tomato sauce: cook 7 minutes, stirring often. Stir in the stock and bring to a boil. Then stir in the green onions and cook about 2 minutes, stirring once or twice. Add the rice, shrimp, and oysters; stir well and remove from heat. Transfer to an ungreased 8x8 baking pan. Cover pan snugly with aluminum foil and bake at 350° until rice is tender but still a bit crunchy, about 20-30 minutes. Remove bay leaves and serve immediately. To serve, mold rice in an 8-ounce cup. Place 2 cups on each serving plate for a main course or 1 cup for an appetizer. Makes 4 main-dish servings or 8 appetizer servings.

41) Chinese Sauce for Pork or Chicken

1/3 cup brown sugar
1/3 cup vinegar
1/3 cup lemon juice
¼ cup honey
¼ cup soy sauce
½ cup catsup
1 tsp garlic powder
2 tsp ginger

Mix last two items with brown sugar. Mix altogether until smooth. Brown meat (pork or chicken or both) and pour sauce over it in a fryer. Cover and simmer for about an hour. I save half of the sauce for another batch sometimes later. Will keep for weeks refrigerated.

42) Chuck Roast Dinner (submitted by Lowell Scott)

3 lb chuck roast
1 pkg Onion Soup Mix
Small bag baby carrots
8-12 red potatoes

Preheat oven to 350°. Place roast in roasting pan. Add enough hot water to bring the level up to 1/3 of the roast. Sprinkle onion soup mix over the top of the roast and water. Bake for 1 hour and add the carrots. Bake another hour and add the potatoes. Bake 1 additional hour (total baking time 3 hrs).

43) “FRIED” Chicken (submitted by Brooke Beets)

6-8 Chicken tenders or 2-4 Chicken breasts
2 Eggs (beaten)
1 box Melba Toast rounds (any flavor)
½ Tbsp red pepper flakes
1 tsp garlic salt
1 Tbsp Mrs. Dash Lemon pepper seasoning

Any additional spices to taste

Crush Melba Toast into small pieces. Mix together all dry ingredients. Dip raw chicken into the beaten egg mixture and next in dry mixture. Place on greased cooking sheet and bake in oven at 425° (tenders 10-12 minutes and breasts 12-15 minutes)

44) Halibut Parmigiana (submitted by Dorothy Vanlerberg)

1 lb halibut fillets (or any mild white fish)
1/3 c dried seasoned breadcrumbs
1/3 c egg beaters (or 1 egg beaten)
3 T butter or margarine
1 jar spaghetti sauce
1 pkg whole wheat pasta – 8 oz
1 pkg 8 oz – mozzarella cheese shredded (I use reduced fat)

Dip fish fillets in egg beaters & then dip in bread crumbs. Melt butter over high heat in pan. Preheat oven 375 degrees. Cook fillets 2-3 minutes on each side – until crumbs are brown & crisp & fish is cooked. Warm up spaghetti sauce in separate pan & cook pasta as directed. Place breaded fish on cookie sheet- top with 2 T sauce & shredded cheese & bake until cheese is melted 5-7 min. Serve pasta & sauce & fish fillets.

45) Pasta Bake (submitted by Kathy Lyerla)

1 lb sausage (can use turkey sausage)
16 oz (3 cups) mostaccioli noodles (can use any shape)
1 -1g jar of Ragu
1 – 3c pkg mozzarella cheese (shredded)
1 -24 oz & 1- 12 oz containers of cottage cheese
Pepperoni

1st Layer: Cook sausage & noodles. Mix with Ragu. Spread in bottom of 9 x 13 pan. Then 2nd Layer: Mix mozzarella cheese & cottage cheese. Spread on top of 1st layer. Then 3rd Layer: Place pepperoni evenly over the top.

Bake at 350 degrees for 1 hr. Can make ahead. Almost better the second day.

46) Sausage & Hash brown Casserole

(submitted by Sandra Kelly)

1 (24-32 oz.) package of frozen shredded hash brown potatoes, thawed
1/3 c. margarine or butter melted
1 1/2 t. beef flavor instant bouillon
1 pound bulk country sausage
1/3 c. chopped onion
3 eggs, beaten
1 c. cottage cheese
1 c. grated cheese (I use cheddar)

In large bowl combine potatoes, melted butter, and bouillon. Spoon into greased 9"x13" pan. Press in pan. In large skillet cook sausage and onion. Drain fat. Stir eggs cottage cheese and grated cheese together. Add sausage and pour over potatoes. Bake 1 hour at 350 degrees. Cover with foil for first half hour and uncover last half hour. May be made the night before and put in refrigerator.

47) Shrimp & Crab Butter Cream Sauce

(submitted by Orville Agee)

½ lb (sticks) unsalted butter
¼ c. finely chopped onions
3 Tbsp all-purpose flour
1 ½ c. basic seafood stock
1 c. heavy cream
½ tsp. salt
½ tsp. ground red pepper (preferably cayenne)
2 dozen peeled medium shrimp, about ¾ pound
1 c. packaged lump crab meat, about ½ pound

In a heavy 1-quart saucepan melt 1 stick of the butter with the onions over medium heat; sauté about 1 minute. Add the flour and blend with a metal whisk until smooth. Reduce heat to low and continue cooking and whisking constantly for 1 minute. (If mixture starts to brown, remove from heat).

Meanwhile, bring the stock to boil in a 2-quart saucepan. Add the butter-flour mixture and the remaining 1 stick butter. Cook over high heat until the butter melts, whisking constantly. Gradually add the cream, whisking constantly, then mix in the salt and red pepper. Lower heat to medium and stir in the shrimp and crabmeat. Continue cooking just until shrimp are pink and plump, about 1 to 2 minutes, stirring occasionally. Remove from heat. Makes about 5 cups.

48) Zesty Chicken

4 chicken breasts
1 8 oz. cream cheese
1 can cream of mushroom or cream of chicken soup
1 package Zesty Italian dry dressing.
Salt & Pepper to taste

DESSERTS

49) Autumn Pumpkin Cake (Submitted by Grace Pembleton's)

1 Pkg yellow cake mix
4 eggs
¾ c. sugar
½ c. salad oil
1 c. pumpkin (cooked)
¼ c water
1 tsp cinnamon
Dash of nutmeg

Combine all ingredients in a large mixing bowl. Beat 5 minutes with electric mixer. Bake in greased and floured tube pan at 350 degrees about 35 minutes or until done. Frost with following frosting if desired.

Part 2: Cream Cheese Icing

1 - 3 oz pkg cream cheese
1 stick margarine, melted
1 - 1 lb. box confectioners sugar
1 tsp vanilla

Cream margarine and cheese. Add sugar and vanilla. Beat until smooth. Frost cake.

50) Black Bean Cake Recipe (submitted by Debi Clem)

½ cup Butter
2 cups sugar (I use xylitol, stevia or new sweet which is a combination of stevia and trehalose)
7 tablespoons cocoa (I used dutch-process cocoa)
1 tablespoon instant coffee powder (optional)
4 eggs or egg beaters
1 cup pureed black beans (made from 1-15.5 ounce can black beans, drained and rinsed) make sure they are pureed till the skins well blended.
¾ cup chopped walnuts (optional)
P.S. No, I did not forget the flour: there is none

A word of caution if you have never used xylitol it is a sugar alcohol and can cause gas along with the beans so you may want to mix sweeteners or use beans with it. This is really good you won't believe it is made with black beans.

Preheat oven to 350 degrees Fahrenheit.
Beat together margarine, sugar, cocoa and coffee.
Add eggs, one at a time, beating between additions.
Beat in bean puree. Stir in nuts, if using. Pour batter into a 9 x 13-inch greased pan.
Bake for 45 to 50 minutes.
Cool completely and cut into squares.

51) Black Cat Cookies (submitted by Sandra Kelly)

1 c. peanut butter (creamy)
1/2 c. water
2 eggs
1 dry chocolate or Devil's food cake mix

Mix first 3 ingredients together. Add cake mix. Mix well. Place 1 inch balls on ungreased cookie sheet. Flatten with glass bottom dipped in sugar. Pinch dough at top for cat ears. Use red hots for nose and raisins or chocolate chips for eyes. Make whiskers with a fork. Bake at 375 degrees for 8-10 minutes.

52) Black Magic Cake (submitted by JoAnn Timm)

Combine:

1 $\frac{3}{4}$ c flour
 $\frac{3}{4}$ c. cocoa
2 c sugar
1 tsp salt
1 tsp baking powder
2 tsp baking soda

Add:

2 eggs
1 c coffee
1 tsp vanilla
1 c sour milk (milk with 2 tsp vinegar)
 $\frac{1}{2}$ c vegetable oil

Bake at 350 degrees for 35 to 40 minutes use a 9 x 13 pan

Icing for Black Magic Cake:

$\frac{3}{4}$ stick oleo
3 tbs. Cocoa
5 tbs milk

Cook till it starts to boil. Remove from heat quickly add: 3 cups powder sugar and $\frac{1}{2}$ tsp vanilla. Then put back on heat for a little while until peaks. Put on the cake while warm and then add nuts, if desired.

53) Bridge Brittle (submitted by Lois Austin)

$\frac{1}{4}$ c butter or margarine
 $\frac{2}{3}$ c packed brown sugar
2 T light corn syrup
1 t ground cinnamon
 $\frac{1}{4}$ t salt
1 $\frac{1}{2}$ c sugar honey coated wheat cereal
1 $\frac{1}{2}$ c sugar honey coated rice cereal
2 c thin pretzels
1 c peanut halves

Melt butter with brown sugar in skillet over low heat. Stir in next 3 ingredients. Add remaining ingredients and stir well until all is coated. Spread on wax paper to cool then break in bite size pieces. Makes about 6 cups.

54) Carrot Cake (submitted by JoAnn Timm)

Sift together:

2 cups flour
2 tsp. baking powder
1 ½ tsp baking soda
1 tsp salt
1 tsp cinnamon

Blend together:

4 eggs
1 ½ cups canola or corn oil, etc.
2 cups sugar

Blend together and mix well the above two batches, adding

2 cups grated carrots
1 small flat can of crushed pineapple
1 cup of chopped pecans

Bake at 350 degrees for 40 minutes in 9 x 13 pan

Frosting:

1 box powdered sugar
1 stick butter
6 oz philly cheese
1 tsp vanilla

Mix and beat well.

55) Chocolate Éclair Cake (submitted by Sandra Kelly)

1 lb. package of graham crackers
2 pkg. French Vanilla Instant Pudding
9 oz. carton of Cool Whip
3 1/2 c. milk

Butter 9" x 13" pan. Line with whole graham crackers (15 squares). Mix pudding with milk. Fold in cool whip. Pour half pudding mixture over crackers. Put another layer of crackers over pudding. Add remaining pudding and then another layer of crackers. Frost with topping.

Topping:

Mix following ingredients:

2 squares melted unsweetened chocolate (or 6 T. cocoa & 2 T. oleo)
3 T. Milk
3 T. Oleo
2 t. Vanilla
2 t. Karo syrup
1 1/2 c. powdered sugar

56) Congo Bars (submitted by Kathy Lyerla)

2 c flour
1 t baking powder
¼ t salt
¼ t vanilla
2/3 c melted margarine
1 c brown sugar
1 c sugar
3 beaten eggs
12 oz pkg chocolate chips

Spread out on greased 11 x 16 cake pan. Bake 25 minutes at 350 degrees.

57) Dreamsickle Cookies (submitted by Fran Skelly)

Beat together:

1 c butter
2/3 c fine brown sugar
½ c white sugar

Add and mix till blended:

1 egg
1 T grated orange peel
2 c orange extract

Add Gradually:

2 ¼ c flour
¾ t baking soda
½ t salt

Stir in 12 oz White Chocolate Chips

Bake ungreased Cookie sheet 350 degrees for 10-12 minutes. Cool on Cookie Sheet 2 minutes

58) Graham Crackers Bars (submitted by Barbara McGuire)

Cover 13x9 ungreased pan with a layer of whole graham crackers.

Combine:

1 c. melted butter or margarine
1c. sugar
¼ c. milk
1 egg

Cook all together, stirring constantly until mixture comes to a boil.

Remove from heat and add:

1 c. coconut flakes
1c. chopped nuts
1 c. graham cracker crumbs

Spread mixture over crackers while hot. Top with another layer of graham crackers.

Frosting:

½ c. softened butter
2 c. powdered sugar
½ tsp. vanilla

Combine and beat until fluffy. Sprinkle frosting with finely chopped nuts or graham cracker crumbs. Refrigerate 24 hours, than cut into servings. These freeze beautifully and keep a long time in the refrigerator.

59) Ice Cream Pie (submitted by Christina Mackiewicz)

1 (15 oz) package of Oreo cookies, crushed
½ c. butter, melted
½ gallon (any kind) softened ice cream

Chocolate Sauce:

½ c. butter or margarine
2/3 c. chocolate chips
2 c. powdered sugar
1 t. vanilla
1 (12 oz) can evaporated milk

Put the Oreos in a ziplock bag. Squeeze out excess air and seal. With a rolling pin, crush the Oreos. Do not crush the cookies fine, leave them a little chunky. Mix the crushed Oreos with the melted butter. Press the Oreo mixture into a pie plate to make a crust. With a large serving spoon, spoon the ice cream onto the cookie crust evenly. You may either smooth the top or make it look jagged like the Alps. Freeze.

Chocolate Sauce: In a sauce pan, melt the butter and chocolate chips. Add the rest of the ingredients stirring until smooth. Bring to a boil stirring constantly. Once the mixture is boiling, reduce the heat and simmer for 8 minutes, stirring occasionally. The mixture should be thickened. Be careful not to boil for too long.

60) Lemon Fruit Cake (submitted by Lois Austin)

1 # margarine
2 c sugar
4 c flour
6 eggs
½ # candied cherries (red & green ones)
½ # candied pineapple
1 # nuts
2 oz lemon extract
1 ½ t baking powder

Sift flour & baking powder, add fruit, mix well & set aside. Melt margarine & beat with sugar. Beat eggs, add to margarine & sugar. Add 2 oz lemon extract, pour over mixture of flour & fruit & mix well. Add nuts and stir well. Pour in greased & floured pan.

Bake in 250 degree oven for 2 ½ hours or until done when tested.

Options on baking pans:

a 1 piece angel food cake pan, 2 loaf pans or 4 small loaf pans.

Baking time in the smaller pans will be shorter than 2 ½ hrs.

61) Lime Angel Food Cake (submitted by Lois Austin)

2 eggs
2 egg yolks
½ c + 3T sugar, divided
6 T Lime Juice
2 t goated lime peel
½ c cold butter or margarine (cubed)
1 c whipping cream
½ t vanilla extract
1 prepared angel food cake (10 inch)
1 c flaked coconut (toasted)

In top of double boiler, beat eggs & yolks. Stir in ½ c of sugar, lime juice, & peel. Cook over simmering water while gradually whisking in butter. Cook & stir until mixture is thickened & reaches 160 degrees. Strain; refrigerate until completely cool. In mixing bowl, beat cream & vanilla until stiff peaks form; gradually beat in remaining sugar. Gently fold into lime mixture. Split cake horizontally into three layers. Place bottom layer on a serving plate. Spread with 2/3 cup lime mixture. Repeat. Place top layer on cake. Frost top and sides with remaining mixture. Sprinkle with coconut. Refrigerate for at least 1 hour before slicing. Makes 12 pieces.

62) No Bake Pumpkin Pie (Triple Layer)

3 oz. Philadelphia Cream Cheese, softened
1 Tbsp milk and sugar
1 ½ c. thawed cool whip topping

Mix cheese, sugar & milk, then add cool whip and spread on graham cracker crust.

1 cup cold milk
1 can (16 oz) Libby's pumpkin
2 pkgs (4 oz size) Jello Vanilla instant pudding & pie fillings
1 tsp cinnamon
½ tsp ginger
¼ tsp

Pour milk into large bowl. Add pumpkin with spice next. Then add pudding mixes and beat with wire whisk (or large spoon) until well mixed. Mixture will be thick. Spread over cream cheese layer. Refrigerate 4 hours or until set. Top with whipped topping if desired. Store in frig. Makes at least 8 servings. (can soften cream cheese in Micro at about 15 to 20 seconds.)

63) Pecan Balls (submitted by JoAnn Timm)

1 cup butter
½ cup powdered sugar
1 tsp vanilla
2 ½ cups flour
¼ tsp salt
¾ cup pecans

Mix butter, sugar and vanilla. Mix flour and salt – combine. Add pecans. Shape 1” balls – 1” apart on ungreased cookie sheet. Bake 10-12 minutes. Cool and roll in powdered sugar.

64) Peanut Cluster (submitted by Lois Fulps)

1 ½ lb. Almond bark (Chocolate)
1 ½ lb. Almond bark (Light)
12 oz. pkg. Chocolate Chips
30 ozs. Spanish Peanuts

Put top 3 ingredients in a heavy pan in the oven at 150°. Leave until melted (about 15 minutes). Stir up good and add peanuts. Drop by tsp. on wax paper.

65) Potato Chip Cookies (submitted by Barbara McGuire)

1 lb. butter
1 c. sugar
1 Tbsp. vanilla
3 ½ c. flour
1 c. crushed potato chips

Cream butter and sugar well. Add vanilla and flour to cream mixture and mix well. Add crushed potato chips. Drop by spoonful on greased cookie sheet. Bake 325° for 8 to 10 minutes. Cool and sprinkle with powdered sugar. Makes 100 small cookies.

66) Pumpkin Doodles (submitted by Dorothy Vanlerberg)

1 cup softened butter
1 ½ c granulated sugar
½ cup canned pumpkin
1 tsp cream of tartar
½ tsp baking soda
2 tsp vanilla extract
1 large egg
3 cups & 2 Tablespoons Flour
1/3 cup granulated sugar
1 tsp pumpkin pie spice
1 tsp cinnamon

Beat 1 cup softened butter. Add 1 ½ c granulated sugar & ½ cup canned pumpkin. Beat until fluffy. Add 1 tsp cream of tartar, ½ tsp baking soda. Mix well. Add 2 tsp vanilla extract & 1 large egg. Beat until well mixed. Add 3 cups and 2 Tablespoons of flour in two increments, beating just until incorporated (do not over-mix). Cover dough with plaster wrap & chill 1 hour. Preheat oven to 350 degrees. Mix 1/3 cup granulated sugar, 1 tsp pumpkin pie spice and 1 tsp cinnamon to create coating. Remove ½ dough from refrigerator & roll in 1 ½ inch balls- roll balls in coating. Bake on cookie sheet 12-1 min 2 inches apart. Allow cookies to cool 5 minutes before removing from pan.

67) Snowballs (submitted by Shauna Anderson)

A healthy Favorite

Cream together:

1 c. softened butter

1/2 c. powdered sugar mixed with 1/2 tsp. salt

Add:

1 c. finely chopped almonds

1 tbsp. vanilla

2 c. all purpose flour

Mold dough around maraschino cherry (stem removed). Bake at 325, 18 minutes. Cool completely and roll in powdered sugar.

68) Sugar Cookies (submitted by JoAnn Timm)

1 cup butter

1 cup powdered sugar

1 cup sugar

2 eggs

1 cup oil

2 tsp vanilla

1/2 tsp almond or lemon extract

4 1/4 cups flour

1 tsp cream of tarter

1 tsp baking soda

1 tsp salt

Cream sugars and butter, add eggs, add oil, vanilla – mix dry ingredients Combine. Chill at least 1 hour. Use tablespoon size balls of dough, put on cookie sheet and flatten with glass dipped in sugar. For festive look – use colored sugar. Bake 325 degrees 10-12 minutes.

This Cookbook was made possible by the Members and Staff at 68's Inside Sports who so kindly submitted recipes. We wanted to give recognition to those who made submission by printing the Cook's name with the recipe. We apologize for not having names with all of the recipes. We also tried to keep the recipes authentic to the Cook who provided it, so the formats and notes may be unique to each recipe.

We thank all of those that contributed to this book.

We hope everyone enjoys it.

Sincerely, the Management of 68's Inside Sports.

68's Inside Sports
Fitness & Health Club
Fitness for the Whole Family
913-888-9247
11301 W. 88th Street
Overland Park, KS 66214