



Live Pure, Love Life

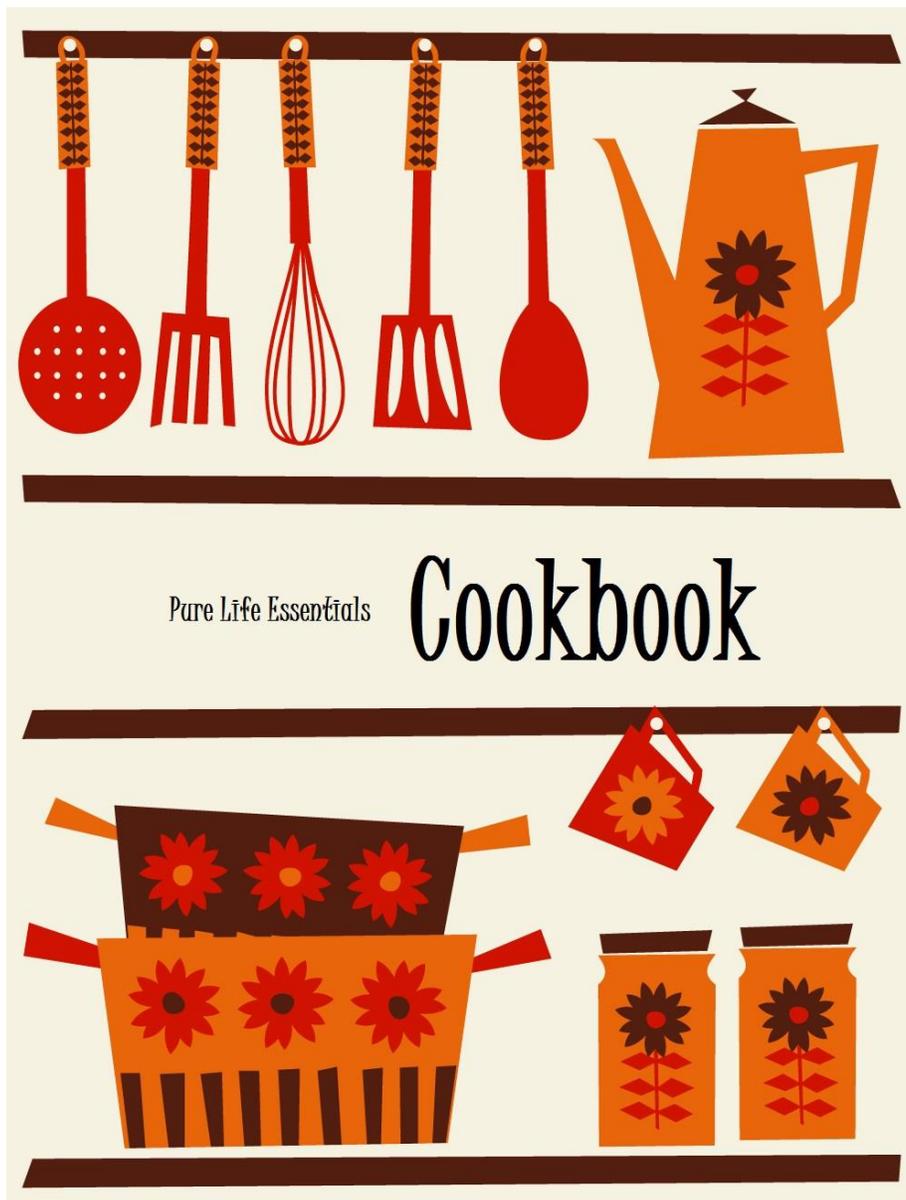


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APPETIZERS



FRESH FRUIT DELIGHT

Fresh Fruit in Season -- (apples, melons, kiwi)

Cocktail toothpicks

Cream Cheese

Marshmallow Cream

Combine fresh fruits in season. Use cocktail toothpicks to dip in equal parts of cream cheese and marshmallow cream mixed together. A delicious appetizer.

EGG MOUSSE

6 eggs -- hard-boiled

5 oz. chicken stock

1 tsp. gelatin

1 c. cream -- whipped

1 Tbsp. Worcestershire sauce

Paprika

2 tsp. Anchovy essence

Salt

Finely chop the egg whites. Sieve the egg yolks.

Add gelatin to chicken stock and heat until it dissolves. Cool and allow mixture to begin to set. Put stock and seasoning into whipped cream. Fold in yolks and whites, place in dish and chill. Decorate and serve.

DIM SUM (STEAMED CHINESE APPETIZERS)

1 3/4 lb... Ground meat (beef -- pork or both)

-----BASIC MIX-----

2 Eggs

3 Tbsp. Soy sauce (light -- preferred)

3 Tbsp. Sherry
 1 tsp. Grated fresh ginger
 1/2 tsp. White pepper
 2 Tbsp. Sesame oil
 3 Chopped little green -- onions
 2 Tbsp. Corn starch
 4 Tbsp. Chopped water chestnut
 3 Clove garlic -- minced

-----EXTRA CONDIMENTS-----

1 1/2 tsp. Red chili sauce with -- garlic
 2 tsp. Spicy brown bean sauce
 3 tsp. Hoisin sauce
 1 tsp. Grated orange peel

-----WRAPPER-----

1 package Wonton skins

In a large bowl, mix meat well with remaining BASIC ingredients. Mix until smooth.

Separate mix into four equal parts. For each part, add one of the EXTRA condiments -- mix well.

To stuff the dumplings, put about one overflowing tsp. or pecan sized ball into a wonton skin. Fold into shape. Possible shapes are purse , fish , chocolate kiss, nurses cap, or whatever. Parts of the wonton skin that are sticking out may get tough, so keep this to a minimum. Use a different shape for each condiment so that you will know what is what.

To cook, place on top of lettuce leaf on steam rack (the leaf helps prevent sticking). Be very careful not to let them touch each other or else they will stick. Steam for 20 minutes. Eat hot. Can be frozen and reheated in microwave.

CUMIN SPICED LETTUCE ROLL

Suggested ingredients

1 head leaf lettuce (butter or red leaf)
 1 avocado, peeled and sliced into strips
 2 scallions, minced
 1 red pepper, minced
 Alfalfa sprouts

Dressing

3 Tbsp. fresh lemon juice

1 tsp. unpasteurized honey
 1 tsp. ground cumin
 ½ tsp. Cayenne pepper
 Sea salt to taste
 ¼ c. extra virgin olive oil

Cut out the lettuce cores. Separate leaves. Top with some minced scallions and a few pieces of red pepper. Add some sprouts and roll the leaf carefully. Secure with toothpick. Continue the process with the remaining ingredients. Whisk together lemon juice through salt. Then add olive oil. Serve with lettuce rolls.

COCONUT SHRIMP WITH FRESH ORANGE DIPPING SAUCE

Ingredients for shrimp:

2/3 c. coconut flour
 3 organic pastured eggs, beaten
 1 c. Panko bread crumbs
 ½ c. organic flaked coconut
 dash of salt and cayenne pepper
 1 lb. large wild caught shrimp, peeled and deveined
 ¼ c. unrefined coconut oil for frying

Ingredients for dipping sauce:

1 large organic orange, peeled.
 1 Tbsp. Dijon Mustard
 ¼ c. raw Honey
 1 Tbsp. hot sauce
 ¼ c. date vinaigrette, or a good quality balsamic vinegar

Use three small to medium sized bowls for battering the shrimp: In the first put the coconut flour, in the second bowl put the beaten eggs, in the third bowl combine the bread crumbs, flaked coconut salt and cayenne pepper.

Hold shrimp by tail, and dredge in coconut flour, shaking off excess flour. Then dip the shrimp in the egg allow excess to drip off, finally roll shrimp in the bread crumb - coconut mix, and place on a plate.

Refrigerate the coated shrimp for 30 minutes.

While the shrimp is in the fridge make the dipping sauce by add all the ingredients to a blender, blend on high till smooth.

Preheat a large skillet over a medium heat and add coconut oil.

Fry shrimp in batches: cook, turning once, for 2 to 3 minutes, or until golden brown. Using tongs, remove shrimp to paper towels to drain. Serve warm with dipping sauce. If you would prefer to forgo frying the shrimp, another option would be to arrange the shrimp on a cookie sheet and bake them at 350 degrees, turning them once.

CHIMICHANGAS DE PAPAS

1 lb. potatoes, mashed -- coarsely (4 large)
5 oz. queso fresco
2/3 c. sour cream
5 green onions -- sliced
1 or 2 jalapeno peppers, roasted -- peel, seed & chop
salt and pepper to taste
flour tortillas
oil to fry
sour cream, green onions, black olives, -- and
salsa to garnish
Mix coarsely mashed potatoes, cheese, sour cream, green onions, jalapenos to taste, and salt and pepper to taste.
Fill tortillas fold into a package. Fry in hot oil (one inch in a skillet.) Drain, garnish and serve hot.

CHICKEN SZECHUAN-STYLE WITH SESAME PASTE

2 Whole chicken breasts, skinned and boned
2 Tbsp. Szechuan peppercorns
4 Tbsp. Sesame paste
3 Tbsp. Green tea
2 Tbsp. Wine vinegar
2 1/2 tsp. Soy sauce
3 Tbsp. Peanut oil
2 tsp. Crushed red pepper
3 Slices fresh ginger -- minced
1 Scallion (white part only), chopped

10 milliliters Garlic -- minced fine
1 1/2 Tbsp. Dry sherry or shushing wine
1/2 tsp. Cayenne pepper
Lettuce leaves

Or you substitute 2 whole chili peppers, crushed.

In a pot, poach the chicken breasts in a little boiling water for 10 minutes until white and opaque.

In a dry frying pan, toast the Szechuan peppercorns over moderate heat, then crust or grind them; set aside. Remove the chicken breasts from the pot, drain and cool them. Slice them, then shred the slices into julienne pieces. In a mixing bowl, combine the sesame paste and green tea (or the peanut butter and sesame oil -- See NOTE). Add the vinegar and soy sauce; blend well. Add the peanut oil, red pepper, ginger, scallion, garlic, sherry, cayenne pepper, and the peppercorns. Mix all ingredients very well. Toss the chicken strips in this sauce, to coat. Refrigerate until 20 minutes before serving. Pass the chicken and the lettuce leaves separately, and let each guest place a small portion of the chicken in the middle of a lettuce leaf and roll it up like an egg roll to eat using fingers. Makes 6 appetizer servings.

Soups



Fish Chowder

- 4 1/2 cups water
- 4 bay leaves
- 1 1/2 pounds halibut fillets or other firm white fish, skinned
- 3 slices bacon, uncooked
- 3 1/2 cups cubed peeled baking potato
- 1 1/2 cups chopped onion (about 1 large)
- 1/2 cup coarsely chopped carrot (about 1 medium)
- 1 1/2 teaspoons dried thyme
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 4 cups 2% reduced-fat milk
- 1 tablespoon butter, cut into small pieces

Bring 4 1/2 cups water and bay leaves to a simmer in a large skillet. Add fish; cover and simmer 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan with a slotted spoon. Cut fish into large pieces. Reserve 2 1/2 cups cooking liquid and bay leaves.

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan; crumble bacon, and set aside. Add potato, onion, and carrot to pan; cook over medium heat 10 minutes. Add reserved cooking liquid, bay leaves, thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper; bring to a boil. Reduce heat; simmer 10 minutes. Add milk and butter; simmer 25 minutes until potatoes are tender (do not boil). Stir in fish, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper. Discard bay leaves. Sprinkle with bacon.

Minestrone

- 1 cup of dried beans
- 1 bay leaf
- 3 cubes meat bouillon

3/4 cup chopped onion
 1 cup chopped celery
 3/4 cup chopped onion
 1 minced garlic clove
 1 cup carrots cut in cubes
 3 tablespoons butter or margarine
 2 teaspoons salt
 1 teaspoon basil
 1 teaspoon chopped parsley
 1/4 teaspoon pepper
 500 gr. cut tomatoes
 1 small squash cut in cubes
 1 medium potato cut in cubes
 300 gr. frozen green peas
 2 cups sliced cabbage
 1/2 cup uncooked macaroni
 Water to cover the dried beans

Leave the dried beans in water all night. When they swell up, drain and place them in a pan with 2 liters of water. Cook at low heat with the meat bouillon meat and the bay leaf. Cover with the Vac-Controle valve open and when it whistles, reduce heat to low and close valve.

Cook approximately one hour and 15 minutes or until the dried beans are tender.

In a small skillet sauté the onions, celery, garlic and the carrots with butter for 3-5 minutes on medium heat.

Add this to the soup and cook for 10 more minutes. Add the seasoning and the rest of the ingredients.

Boil on low heat with the cover on for 15 or 20 minutes or until the vegetables and macaroni are tender. Serve with grated parmesan if you desired.

Pork and Pumpkin Stew

1 ½ pound pork tenderloin, trimmed and cut into 1 ½-inch cubes
 2 teaspoons olive oil
 2 teaspoons whole cumin seeds
 1 large onion, peeled and chopped w/ Kitchen Machine #2 blade
 3 cloves garlic, minced
 1 14 ounce can crushed tomatoes, or 1 ½ pounds plum tomatoes, skinned, seeded and chopped

1 cup reduced-sodium chicken stock
½ cup dry white wine
½ teaspoon fresh oregano, chopped (or dried)
¼ teaspoon red pepper flakes
1 pound fresh pumpkin or butternut squash, peeled and cut into 1-inch chunks (3 cups)
1 tablespoon cornstarch
1 tablespoon water
3 tablespoons fresh parsley or cilantro, chopped
2 tablespoons pumpkin seeds lightly toasted (optional)

Preheat 6.5-quart Stockpot over medium-high heat.

Add pork cubes to pan, browning on all sides, transferring to plate.

Reduce heat to low, add oil and cumin, sauté 30 seconds, add onion and garlic, sauté 2 minutes.

Add tomatoes, chicken stock, wine, oregano, red pepper flakes and reserved pork.

Cover with vent open, and continue to cook over low heat 30 minutes.

Dissolve cornstarch in water, add to stew to thicken, stirring gently. Add cilantro or parsley, and salt and pepper to taste.

Serve with rice, garnished with toasted pumpkin seeds.

SALADS



CHINESE PASTA SALAD

1 1/2 c. Snow peas
 250 g. Rice vermicelli
 Red pepper sliced thin
 1/2 each English cucumber sliced thin
 6 oz. cooked shrimp
 130 g. Crabmeat
 1 Tbsp. Fine chopped fresh ginger
 1 each Chopped garlic clove
 2 Tbsp. Sesame oil
 1/2 tsp. Black pepper
 1 1/2 tsp. Salt
 2 Tbsp. Lemon juice
 3 tsp. Vegetable oil
 1 tsp. Red wine vinegar

Wash and trim snow peas. Place them in a bowl and pour in enough boiling water to cover them. Let stand 10 minutes; drain and set aside. Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain in colander, rinse with cold water and set aside. In large bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and crabmeat. In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Pour this dressing over the other ingredients and mix thoroughly. Chill before serving.

CHINESE PASTA SALAD WITH CREAMY GINGER DRESSING

1 lb. Precooked shanghai noodles
 1 each Dash sesame oil for noodles
 1/2 lb. Snow peas
 1/2 lb. Shrimp -- shelled deveined
 2 Tbsp. Coriander -- chopped
 2 Tbsp. Scallions -- minced
 1 Tbsp. Oil
 -----shrimp marinade-----
 1 tsp. Salt
 1/4 tsp. White pepper
 1/2 tsp. Chinese cooking wine
 -----dressing-----
 3 Tbsp. Fresh ginger -- grated
 1 each Small garlic clove -- crushed
 1 each Egg yolk
 1 tsp. Egg white

- 2 tsp. Lemon juice
- 2/3 c. Vegetable oil (not olive)
- 1 1/2 tsp. soy sauce
- 2 1/2 Tbsp. Sesame oil
- 1 Tbsp. cream

Mix the marinade ingredients in a small bowl and add shrimp. Blanch the noodles, rinse under cool water and sprinkle with sesame seed oil, toss, and set aside. (You may want to trim noodles with scissors to about 4 inches in length, to make serving easier.) Blanch whole snow peas and set aside. Heat wok, add 1 Tbsp. oil, when oil is hot, add shrimp and stir-fry until pink. Set aside. **DRESSING:** In a blender or food processor, mix ginger, garlic, egg yolk, egg white, and lemon. Slowly drizzle in oil. Mix in soy and cream. Set aside. Toss noodles, shrimps, and snow peas. Mix in dressing to taste. Garnish with scallions and coriander. Serve at room temperature.

CILANTRO SLAW

- 1 Small Head Of Cabbage -- finely shredded
- 1 Small Onion -- minced
- 2 Tbsp. Fresh Cilantro -- minced
- 1 European Cucumber -- about 1 lb.

Lime and Garlic Dressing:

- 1/2 C. Salad Oil
- 1/3 C. Lime Juice
- 2 Cloves Fresh Garlic -- minced, or pressed

Mix cabbage, onion, and cilantro. Peel and seed cucumber; cut into 3-inch-long sticks. (At this point, you may cover and refrigerate cabbage mixture and cucumber separately for up to 1 day.)

Dressing: Whisk together 1/2 c. salad oil, 1/3 c. lime juice, and 2 cloves of minced or pressed garlic. If made ahead, cover and refrigerate for up to 2 days; stir to re-blend before using. Stir dressing into cabbage mixture; pile into a bowl or onto a platter.

Garnish with cucumber; season to taste with salt and pepper.

CLASSIC MACARONI SALAD

- 1 Recipe Old-Fashioned Egg
- 7 oz. elbow macaroni -- cooked and
- 1/2 c. Chopped green pepper
- 1/2 c. Mayonnaise
- 2 oz. Jar chopped pimientos -- drained

Lettuce leaves Paprika, optional

In a bowl, combine egg salad, macaroni, green pepper, mayonnaise and pimientos. Cover and chill. For each serving, spoon about 3/4 c.

onto a lettuce leaf.
Sprinkle with paprika, if desired.

COBB SALAD

1/2 head iceberg lettuce
1/2 bunch watercress
1 bunch curly endive -- small bunch
1/2 head romaine lettuce
2 Tbsp. chives -- minced
2 medium tomatoes -- peeled, seeded, dice
1 whole boneless skinless chicken breasts -- cooked, diced
6 bacon slices -- cooked, diced
1 avocado -- peeled and diced
3 hard-boiled eggs -- diced
1/2 c. Roquefort cheese -- crumbled

French Dressing

1/4 c. water
1/4 c. red wine vinegar
1/4 tsp. sugar
1 1/2 tsp. lemon juice
1/2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. Worcestershire sauce
3/4 tsp. dry mustard
1/2 garlic clove -- minced
1/4 c. olive oil
3/4 c. vegetable oil

Chop lettuce, watercress, endive and romaine in very fine pieces. Mix in 1 large wide bowl or 6 individual wide shallow bowls. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill. Meanwhile, to make dressing, combine water, vinegar, sugar, lemon juice, salt, pepper, Worcestershire, mustard, garlic and oils. Chill. At serving time, shake dressing well. At table, pour 1/2 c. dressing over salad and toss. Pass remaining dressing at table.

COCONUT CREAM DRESSING

1/2 c. Sour Cream

3 Tbsp. Flaked Coconut
 1 Tbsp. Honey
 1 Tbsp. Lime Juice

In small bowl, combine all ingredients, mix well.

Chill before serving. Refrigerate leftovers. Makes about 1/2 c. dressing

COLD NOODLES WITH TAHINI DRESSING

1 Lb. Vermicelli
 3 Tbsp. Tahini
 2 Cloves Garlic -- finely minced
 2 Tbsp. Lemon Juice
 Salt And Pepper
 1 Tbsp. Water
 1/2 To 3/4 C. Olive Oil

Mix tahini, garlic, lemon juice, salt, pepper, and water. Blend until smooth. Gradually add the olive oil, while whisking until smooth and medium thick. Boil the vermicelli and drain. Cool under water and toss with sauce.

COLD POTATO SALAD

6 each Potatoes -- large
 -- boiling water
 1/2 tsp. Salt
 1 each Onion; medium -- minced
 3 Tbsp. Vinegar
 1/2 tsp. Mustard -- prepared
 1 tsp. Sugar
 2 tsp. Dill seed

Potatoes should be peeled and quartered.

In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 c. of potato water.

Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 c. potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dill seed.

Potato salad will be creamy. Serve at room temperature.

COLE SLAW

- 5 Tbsp. Mayonnaise -- (heaping)
- 1 tsp. Louisiana hot sauce
- 2 Tbsp. Yellow mustard (heaping)
- 2 Tbsp. Ketchup
- 2 Tbsp. Olive oil
- 1 Tbsp. Wine vinegar
- 1 tsp. Garlic salt
- 1 Tbsp. Lea & Perrins
- 1 each Juice of mediums size lemon
- 3 tsp. Salt (to taste)
- 4 each Bell peppers -- sliced
- 2 each Onions, medium -- shredded
- 1 each Large cabbage -- shredded

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork.

Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so.

Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. Pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.

COLESLAW 2

- 2 1/2 lb. cabbage -- green
- 2 large carrots -- (3/4 Lb.)
- 1 c. Mayonnaise -- Hellmann's Preferred
- 1/4 c. white vinegar -- serve to taste
- 3 Tbsp. sugar
- 1 Tbsp. mustard -- prepared
- 1 c. raisins

1) Trim the tough outer leaves from the cabbage. Cut the cabbage into quarters and cut away the core from the cabbage pieces. Finely shred the cabbage. There should be about 8 c. Peel the carrots and trim the ends. Grate them on the coarse side of a grater.

2) Stir the mayonnaise, vinegar, sugar, and mustard together in a large bowl until blended. Add the cabbage, carrots, and raisins and toss to coat with the dressing. Let stand, tossing occasionally, about 15

minutes. Store, covered, in the refrigerator for at least a few hours and toss well before serving.

CONFETTI CHICKEN SALAD

1/4 c. fresh lime juice
 3 Tbsp. olive oil
 1 clove garlic -- crushed
 1 tsp. chili powder
 1/4 tsp. salt
 2 c. chicken -- cooked and cubed
 1 red bell pepper -- cut into thin strips
 1/3 c. green onions -- sliced
 2 Tbsp. fresh cilantro -- or parsley, chopped
 2 jalapeno peppers -- stemmed, seeded, min
 3 c. cooked rice -- cooled
 2 avocados -- seed, peel, cut in chunks
 Blend lime juice, oil, garlic, chili powder and salt in large bowl.
 Add chicken, red pepper, onions, cilantro and hot peppers. Cover and refrigerate 2 to 3 hours. Add rice and avocado chunks; toss lightly, and serve.

CONFETTI VEGETABLE RELISH

3 c. corn -- see note
 1/2 red bell peppers -- seeded and chopped
 1/2 green bell peppers -- seeded and chopped
 4 scallions -- thinly sliced
 1/2 tsp. ground cumin
 3 Tbsp. vegetable oil
 1 1/2 Tbsp. white wine vinegar
 black pepper -- to taste
 Use freshly cooked corn-on-the cob; scrape kernels from cob to measure 3 c.
 Place the corn in serving bowl; add rest of ingredients and mix well.
 Yield: about 3-1/2 c.

COPPER PENNIES

2 lb. carrots -- sliced crosswise
 1 small onion -- chopped
 3 celery stalks -- chopped
 1 sweet pepper -- chopped
 1 can tomato soup, condensed
 3/4 c. sugar
 1/4 c. oil
 1 tsp. dry mustard
 1 Tbsp. Worcestershire sauce

Cook carrots in salted water until tender. Drain. Add onion, pepper, and celery to drained carrots. Mix remaining ingredients in a saucepan and bring to a boil. Pour over carrots. Refrigerate overnight.

CORIANDER CHICKEN SALAD

1 c. Coriander -- chopped
 3 Scallions (including tops) -- minced
 2 Chicken breasts – boneless, skinless
 3 Tbsp. Butter or margarine
 1/4 c. Sesame seeds -- toasted
 Garlic clove -- minced
 1/2 Head of iceberg lettuce -- shredded

-----SESAME DRESSING-----

1 Tbsp. Dry mustard
 1 Tbsp. -Water
 1/2 c. Sesame oil
 1/2 c. Salad oil
 1/4 c. Soy sauce
 3 tsp. Sugar
 1 Tbsp. Lemon juice
 1/4 tsp. Chinese 5-spice powder

Cut chicken into strips (optional: soak in soy sauce for one hour). Fry chicken in butter and garlic until brown. Reduce heat and simmer until done. Cool in the refrigerator. Toss cooled chicken with coriander, sesame seeds and scallions. Toss in sesame dressing (see below). Serve over a bed of shredded lettuce.

DRESSING: Make a paste of mustard and water. Blend in other ingredients until homogeneous. Optional: let dressing sit at room temperature over night to get well-blended mixture (but it tastes fine freshly made, too)

CORN, BLACK, BEAN AND RED PEPPER SALAD

2 c. Corn Kernels -- cooked
 16 oz. Black Beans; Can, rinsed, drained
 1 Red pepper -- diced
 4 Tbsp. Olive oil
 2 Tbsp. Wine vinegar
 1/2 tsp. Cumin
 Salt
 Pepper
 2 Tbsp. Coriander -- sprinkle chopped
 Combine 2 c. cooked corn kernels, 16 oz. can rinsed and drained black beans, 1 diced red pepper, 4 tsp. olive oil, 2 Tbsp. wine vinegar, 1/2 tsp. cumin and salt and pepper to taste. Mix well, sprinkle with 2 Tbsp. chopped coriander.

COTTAGE CHEESE SALAD

1 package cherry Jell-O, large
 1 c crushed pineapple
 1 carton cool whip
 1 container cottage cheese
 12 sliced cherries
 Mix dry Jell-O with drained pineapple
 Add cottage cheese and cherries
 Fold in cool whip
 Chill and serve.

COUNTERFEIT TUNA SALAD

2 c. Carrots -- finely shredded
 1/2 small Onion -- grated (1 tb)
 1/2 c. Celery -- chopped fine
 2 Tbsp. Sweet pickle relish
 1 Tbsp. Lemon juice
 1/4 c. Mayonnaise
 Salt & Pepper
 In a medium bowl, combine carrots, onion, celery and relish. In a small bowl, combine remaining ingredients. Add to carrot mixture, mixing

well.

Chill several hours or overnight to blend flavors.

CRAWFISH AND EGG SALAD

3 Each Eggs, hard boiled
 1 Tbsp. Durkee's famous sauce
 1 Lb. Chopped crawfish or shrimp
 2 Tbsp. Mayonnaise
 Salt, if needed
 2 Tbsp. Dill pickles, finely chopped
 1 Tsp. Red cayenne pepper
 1 Tsp. Poupon mustard

To cook crawfish: In a saucepan bring 2 quarts water to boil with 2 tsp. salt and 1/2 tsp. of red pepper. Add peeled crawfish tails to water. Bring to boil and remove from heat immediately. Drain and cool. Chop hard-boiled eggs.

Chop crawfish and mix with eggs. Add pickles. Mix mustard, Durkee's, and mayonnaise and add to egg mixture. If needed, add more pepper and salt.

CREAMY CHICKEN SALAD WITH MANGO DRESSING

3 Chicken breast – whole, boneless
 1 c. Chicken broth
 3/4 c. Rice
 2 Mangoes
 3 Green onions -- chopped
 3 Tbsp. French dressing
 -----MANGO DRESSING-----
 1 Mango
 1/2 c. Light cream
 1/4 c. Thousand Island dressing
 1 Tbsp. Mint -- chopped
 1 Tbsp. Mango chutney

Place chicken stock in pan, add chicken; cover and bring to a boil, reduce heat and simmer 10 minutes or until chicken is tender; drain and cool. Add rice gradually to a large pan of boiling water. Boil rapidly, uncovered, for 10 minutes or until rice is tender; drain and cool. Cut mango into thin strips. Cut chicken into slices. Make dressing by combining all ingredients in a blender. Combine rice, onions and French dressing in a bowl. Place on plates; top with chicken and mango

dressing.

CREAMY FRUIT SALAD

1 c. Strawberries -- quartered
 1 c. Cantaloupe -- chunked
 6 each Strawberries -- whole
 1 each Apple -- cored and chopped
 20 each Grapes -- seedless green
 1/2 c. Pineapple -- chunked
 1/2 c. Mandarin orange sections
 1 1/2 c. topping
 2 Tbsp. Coconut -- shredded & toasted

In 2 quart bowl combine fruits except whole berries; cover with plastic wrap and refrigerate until well chilled, at least 2 hours. To serve: into each of 6 parfait or sundae glasses spoon 2 T whipped topping (thawed frozen non-dairy) and top each portion with 1/4 c. fruit mixture. Top each portion of fruit with 1 T whipped topping, then an equal amount of remaining fruit mixture. Spoon 1 T whipped topping onto each portion of fruit, sprinkle with 1 t coconut, and garnish with 1 berry.

HOT POTATO AND BROCCOLI SALAD

4 Potatoes, medium -- peeled
 1 Bunch broccoli -- broken into florets
 1/4 c. Vegetable or salad oil
 1/4 c. Lemon juice
 1/4 tsp. Garlic powder
 3/4 tsp. Salt
 1 tsp. Basil
 1/4 tsp. Liquid hot pepper sauce
 2 each Green onions -- sliced

Cook potatoes until tender, then dice; cook broccoli until tender. Keep both hot. Combine remaining ingredients. Bring to boil, stirring. Pour over the vegetables and toss gently. (May be served hot or cold.)

HOT POTATO SALAD WITH BACON

6 potatoes -- 2 lb.
 1 c. chopped onions
 3 Tbsp. fresh parsley -- chopped
 1 tsp. salt
 1/4 tsp. black pepper
 2/3 c. vinegar
 1/3 c. water
 1 1/2 tsp. sugar
 1 egg
 1/3 c. salad oil
 bacon -- cooked to crisp

Scrub potatoes and cook with skin on in enough water to cover. Cover pan and cook until tender, about 25-30 minutes. Drain potatoes and shake pan over low heat to dry potatoes. Peel and cut into about 1/4-inch pieces. Place in a large bowl and toss with the 1 c. chopped onions, chopped parsley, salt and black pepper. Combine 2/3 c. vinegar, 1/3 c. water and 1-1/2 tsp. sugar in a small pan; heat to boiling. Place the egg into a small bowl and beat slightly with a wire whisk. Continue beating while slowly pouring in the vinegar mixture. Slowly pour in the salad oil, whisking constantly. Immediately pour this mixture over the warm potatoes and stir to coat evenly. Place the potatoes into a large skillet over low heat until heated throughout. Cook the bacon until crisp; drain, crumble and sprinkle over potatoes. Serve immediately.

HOT SPINACH AND MUSHROOM SALAD

1 1/2 lb. spinach
 2 Tbsp. corn oil
 4 oz. mushrooms -- slice thin
 1 c. onions -- diced

4 tsp. lemon juice -- fresh
 4 tsp. white vinegar
 2 tsp. sugar
 black pepper -- fresh ground
 2 Tbsp. yogurt -- plain, low-fat

Wash fresh spinach and remove all tough stems; drain well. In hot oil, sauté mushrooms and onions until onions are wilted. Add lemon juice, vinegar, sugar and pepper; mix well. Stir in spinach and cook only until spinach begins to wilt. Remove from heat and stir in yogurt. Serve immediately.

IMPERIAL VALLEY SALAD BOWL

1 head Romaine lettuce
 1/2 c. cheddar cheese, shredded
 2 tomatoes
 3 green onions
 1/2 c. black olives -- chopped
 1/2 c. jicama
 1/2 c. alfalfa sprouts
 1/2 c. beets -- sliced

1. Wash, dry and tear romaine into bite-size pieces. Put into a salad bowl. Sprinkle half the shredded cheese evenly over greens.

2. Prepare vegetables: chop tomatoes into bite-size pieces; slice green onions, using part of the green tops; cut jicama into thin strips; drain beets very thoroughly and cut into thin strips.

3. Layer all the vegetables and then black olives and alfalfa sprouts. Sprinkle remaining cheese over top.

Optional: 1/2 c. drained red kidney beans, chopped hard-boiled egg and some crisp croutons or broken corn chips placed on top of salad.

INDIAN SALAD

-----Vinaigrette Dressing-----

1/4 C. Olive Oil
 2 Tbsp. White Wine Vinegar
 2 Tbsp. Chives -- minced
 1 Tsp. Dry Mustard
 Pepper

-----Salad-----

1 Lb. Lean Pork -- cooked (in shreds)
 1 Cucumbers -- see note

- 1 Tsp. Salt
- 1 C. Macaroni -- uncooked
- 1/4 C. Mayonnaise -- (Plus 2 Tbsp.)
- 1 1/4 Tsp. Curry Powder

peeled, cut lengthwise, seeded, and julienned.

Mix the dressing ingredients and marinate the pork in them for 1 hour.

Cook macaroni al dente, drain and cool.

Combine cucumber with salt and set aside for 30 minutes. Rinse, drain and pat dry, then combine with the pork, macaroni, mayonnaise, and curry powder.

INDIAN WELLS LODGE SALAD DRESSING

1/2 lb. blue cheese -- crumbled

1/2 tsp. salt

1 quart Wesson oil

1 Tbsp. paprika -- heaping

1 1/2 tsp. vinegar

2 Tbsp. whole oregano

Stir well and serve at room temperature. Makes one quart.

ITALIAN ASPARAGUS RICE SALAD

1/4 c. Parmesan cheese

1/4 c. Italian-style breadcrumbs

4 Chicken breast halves, boneless, skinless

1 Tbsp. Olive oil

6 c. Torn spinach leaves -- - stems removed

3 c. Cooked rice -- cooled (cooked in chicken broth)

1 lb. Asparagus -- blanched and cut into 1" pieces

2 Plum tomatoes -- sliced

1/2 c. Sliced red onion

1/3 c. Walnuts -- toasted

2 Tbsp. chopped fresh basil

2/3 c. Vinaigrette salad dressing

Combine cheese and breadcrumbs in a medium bowl. Coat each chicken breast with breadcrumb mixture. Heat olive oil in skillet over medium-high heat until hot. Add chicken; cook and stir about 5 minutes until brown. Remove chicken; place in large bowl. Add spinach, rice, asparagus, tomatoes, onion, walnuts, and basil; toss well. Just before serving pour dressing over salad; toss to coat.

ITALIAN BEAN-AND-TOMATO SALAD

1 1/2 c. romaine lettuce -- shredded
 1/2 c. tomato -- seeded, coarsely chopped, unpeeled
 1/2 c. great northern beans, canned -- drained
 1/4 tsp. dried rosemary -- crushed
 1/4 tsp. pepper -- fresh-ground
 2 Tbsp. low sodium chicken broth
 2 Tbsp. balsamic vinegar
 1 tsp. olive oil

Combine first 3 ingredients in a bowl; toss gently. Combine rosemary and next 4 ingredients; stir well. Pour over lettuce mixture, and toss gently.

JAMBALAYA SALAD

3/4 C. Salad dressing, Italian
 1/2 C. Celery -- sliced
 1/2 C. Green pepper -- chopped
 1/4 C. Onion -- chopped
 1 Tsp. Thyme
 1/4 Tsp. Pepper, red -- ground
 1/4 Tsp. Salt
 1 Each Garlic clove -- minced
 2 C. Rice -- cooked
 1/2 C. Ham -- cubed
 6 Oz. Shrimp, tiny -- cooked
 1 C. Tomato -- chopped

6 Each Bacon slices – crumbled. Combine first eight ingredients. Add remaining ingredients except bacon. Chill and add bacon just before serving.

JANET'S FRENCH SALAD DRESSING

1/2 c. vinegar
 3/4 c. salad oil
 1/2 c. sugar -- more or less
 1 can tomato soup
 1 tsp. celery seed
 1/2 tsp. salt

2 garlic cloves, minced or mashed
 parsley -- optional
 Whisk together until thick!

JAYNE'S SESAME CUCUMBER SALAD

1 Tbsp. toasted sesame seeds -- 350°-5 minutes
 1 Tbsp. sugar
 1/4 tsp. salt
 1 tsp. cornstarch
 2 Tbsp. water
 1/2 c. rice wine vinegar
 2 medium cucumbers -- sliced thin or diced
 1/2 c. finely chopped celery
 Blend liquids and cook until mixture comes to a boil, cook one minute more.
 Add sesame seeds and cool. Sprinkle dressing over cucumbers and celery, chill well.

JEFF'S POTATO SALAD WITH BEER DRESSING

6 potatoes
 1 tsp. mustard -- or brown
 1 bacon slices
 1 Tbsp. chopped onions
 1 celery stalks -- chopped
 2 tsp. salt
 1 Tbsp. margarine
 2 tsp. flour
 1 Tbsp. sugar
 1 c. beer
 1/2 tsp. Tabasco sauce
 2 Tbsp. fresh parsley -- chopped
 Boil potatoes until just tender. Peel and slice.
 Fry bacon until crisp. Break into small pieces and mix with onion, celery and salt; set aside. Stir melted butter and flour in a small saucepan until blended. Add mustard and sugar. Slowly stir in beer and Tabasco sauce. Bring to a boil, stirring constantly. Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand 1 hour. Add bacon mixture; toss gently and serve.

JUSTIN'S TUNA SALAD

3 each Eggs, hard-boiled -- chopped
 2 Tbsp. Mayonnaise
 2 Tbsp. Dill relish (heaping)
 1 tsp. Louisiana hot sauce
 2 tsp. Poupon mustard
 1 each 6 1/2 oz. can tuna -- drained

Combine eggs and dill relish. Add the rest of the ingredients, except tuna, and mix really well. Then add tuna. If the mixture is dry, add some more mayonnaise. This is fine for a sandwich. "Sneak a little on crackers before dinner.

KALTER KARTOFFELSALAT (COLD POTATO SALAD)

6 each Potatoes -- Large
 -- Boiling Water
 1/2 tsp. Salt
 1 each Onion; Medium -- Minced
 3 Tbsp. Vinegar
 1/2 tsp. Mustard -- Prepared
 1 tsp. Sugar
 2 tsp. Dill seed

Potatoes should be peeled and quartered.
 In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 c. of potato water. Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 c. potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.
 Stir in vinegar, mustard, sugar, and dill seed.
 Potato salad will be creamy. Serve at room temperature

SALAD OF CHICKEN & MELON

3 Chicken breasts; whole -- boneless
 1 Cantaloupe
 1/2 lb. Black grapes
 1/2 lb. Asparagus
 1 c. Chicken broth
 1/2 c. Dry white wine

1 Garlic clove -- crushed
 3 Tbsp. Capers
 3 Tbsp. Parmesan cheese – coarsely grated

-----DRESSING-----

1/4 c. Lemon juice
 1/4 c. Oil
 1/4 c. Dry white wine
 1 Garlic clove -- crushed

Cut cantaloupe into chunks. Halve and seed grapes. Trim asparagus, boil, steam or microwave until just tender. Cut asparagus into 2 inch lengths. Combine broth, wine and garlic in a pan, add chicken; bring to a boil, reduce heat and simmer for 5 minutes on each side, or until tender. Drain chicken, cool, and shred finely. Combine chicken, melon, grapes, asparagus and capers with dressing. Serve with parmesan cheese. Dressing: Combine all ingredients in a jar, shake well.

SALAD WITH ZESTY VINAIGRETTE DRESSING

3/4 c. Vegetable oil
 1/4 c. White wine vinegar
 1 tsp. Salt
 1 tsp. Dry mustard
 1/2 tsp. Sugar
 1/2 tsp. Garlic powder
 3 To 4 drops hot pepper sauce

"The dressing really gives the lettuce and vegetables nice zip." -
 Salad greens Bell peppers, mushrooms, tomatoes, and/or other vegetables of your choice In a jar with a tight-fitting lid, combine the first seven ingredients and shake well. Toss salad greens and vegetables in a large bowl or arrange on individual salad plates. Serve with dressing.

SALAD-IN-A-BOAT

2/3 c. Water
 5 Tbsp. Butter or margarine
 1/4 tsp. Salt
 2/3 c. All-purpose flour
 3 each Eggs
 3/4 c. Shredded Swiss cheese
 1 1/2 c. Small spinach leaves
 8 each Cherry tomatoes
 -----EGG-VEGETABLE SALAD-----

- 1/2 c. Mayonnaise
- 1 tsp. Dijon mustard
- 1/4 tsp. Ground cumin
- 1 c. raw cauliflower -- sliced
- 1/4 lb. raw mushrooms -- thinly sliced
- 1 c. frozen peas (thawed)
- 1 c. Celery -- thinly sliced
- 2 each Green onions & tops -- sliced
- 6 each Hard-cooked eggs

In a 2-quart pan, bring water, butter, and salt to a boil. When butter melts, remove pan from heat and add flour all at once. Beat until well blended. Return pan to medium heat and stir rapidly for 1 minute or until a ball

forms in middle of pan and a film forms on bottom of pan. Remove pan from heat and beat in eggs, one at a time, until mixture is smooth and glossy. Add cheese and beat until well mixed.

Spoon into a greased 9-inch round pan with removable bottom or spring-release sides. Spread evenly over bottom and up sides of pan. Bake crust in a 400 degree oven for 40 minutes or until puffed and brown; turn off oven. With a wooden pick, prick crust in 10 to 12 places; leave in closed oven for about 10 minutes to dry. Remove pan from oven and cool completely. Remove crust from pan. Prepare egg vegetable

salad. In a bowl, stir all ingredients except eggs together as listed. Coarsely chop the 6 hard-cooked eggs; gently fold into vegetable mixture.

Line bottom and sides of boat with spinach leaves. Cut each tomato in half. Pile egg salad over spinach and garnish with cherry tomatoes. Cut boat in thick wedges.

SALSA AND THREE BEAN SALAD

-----DRESSING-----

- 1 c. Thick and chunky salsa
- 1/3 c. Fresh lime juice -- about 2 limes
- 1/3 c. Vegetable oil
- 1 tsp. Chili powder

-----SALAD-----

- 1 can light OR dark kidney beans -- drained (15.5oz. can)
- 1 can Black beans (15 oz. can) -- drained and rinsed
- 1 can Garbanzo beans (15 oz. can) -- drained
- 1 c. chopped red bell pepper
- 1/4 c. Sliced green onions
- 1 Medium carrot -- thinly sliced

In small bowl, combine all dressing ingredients; blend well.
 In large bowl, combine all salad ingredients. Pour dressing over salad; toss to coat. Cover; refrigerate several hours to blend flavors.

SAN ANTONIO CHICKEN SALAD

2 large Whole chicken breasts -- split, boned and skinned
 1/2 c. Pace Picante Sauce
 1/2 tsp. ground cumin
 1/4 tsp. Salt
 1/4 c. sour cream
 2 Tbsp. mayonnaise
 1 ripe avocado
 1 c. sliced celery
 Bibb or leaf lettuce leaves
 4 Crisply cooked bacon slices -- crumbled
 Cut chicken into 1/2" cubes. Combine Pace Picante sauce, cumin and salt in 10" skillet. Cook chicken in Pace Picante Sauce mixture, stirring frequently, until cooked through - about 4 minutes. Transfer contents of skillet to mixing bowl; cover and chill thoroughly. To serve, combine chicken mixture, sour cream and mayonnaise; mix well. Peel, seed and coarsely chop avocado. Add avocado and celery to chicken mixture; mix lightly. Spoon onto lettuce-lined salad plates; sprinkle with bacon. Serve with additional Pace Picante Sauce.

SAN ANTONIO SPINACH SALAD

4 c. packaged torn spinach leaves
 1 Can (15 oz.) black beans, rinsed and drained
 1 red bell pepper into strips
 1/2 c. thin sliced red onion -- rings
 1 c. sliced mushrooms
 1/4 c. Canadian bacon -- strips
 1/2 c. Pace Picante Sauce
 1/4 c. bottled Italian dressing
 1/4 tsp. ground cumin
 Hard-cooked eggs -- cut into wedges or sliced
 Combine vegetables, beans and bacon in large bowl. Combine Pace Picante Sauce, dressing and cumin in small bowl; mix well. Pour Pace Picante Sauce mixture over vegetables; toss lightly to coat with dressing. Chill. Toss again and garnish with eggs, if desired.
 Serve with additional Pace Picante Sauce. Makes about 7 1/2 c. of

salad.

SAUERKRAUT SALAD WITH YOGURT DRESSING

1 lb.. Sauerkraut -- (1 lb.. can)

1/2 lb.. Blue grapes

6 oz. Ham -- cooked

-----dressing-----

1/2 c. Yogurt

1/4 tsp. Salt

1/4 tsp. Pepper -- white

1 tsp. Honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.

SAVORY RATATOUILLE

6 tomatoes

1/4 c. olive oil

1 medium onion flakes -- sliced

2 garlic cloves -- minced

1 Tbsp. fresh parsley -- chopped

1 eggplant -- 1-inch slices

2 zucchini -- sliced

1 red bell pepper

3 Tbsp. wine vinegar

2 Tbsp. fresh parsley -- chopped

black pepper

Instead of parsley for garnish, use basil or oregano (fresh) if you prefer. Prepare vegetables before beginning recipe.

Slice onion, cut garlic into slivers or mince, chop parsley, cut eggplant into 1-inch rounds, cut zucchini into 1/4-inch rounds, seed and chop red pepper.

Blanch tomatoes by placing in boiling water for 10 seconds. Drain, and when cool enough to handle, peel, seed and chop. Reserve juice from tomatoes.

1. Heat oil in a deep, heavy saucepan. Add onion, garlic and 1 Tbsp. parsley. Sauté about 3 minutes or until onion is soft. Add eggplant, zucchini and red sweet pepper and mix well.

2. Cover pan and simmer over low heat until the vegetables are tender; about 30-35 minutes. Add tomatoes with the juice, stir well, cover again and simmer 10 minute more.
 3. Remove from heat and let stand, covered, for 10 minutes.
 4. Add wine vinegar and black pepper to taste. Stir well.
- Place into serving dish and garnish with fresh parsley, basil or oregano. Serve warm or at room temperature.

SAVOY COLESLAW

- 1/2 lb. bacon
 - 1 head savoy cabbage
 - 1 carrot -- peeled, grated
 - 1 red bell pepper -- roasted
 - 1 celery stalk -- diced
 - 3 Tbsp. sugar
 - 4 Tbsp. cider vinegar
 - 3 Tbsp. sour cream
 - salt -- to taste
 - black pepper -- to taste
1. Prepare vegetables.
 - a. Cabbage: Trim off outer leaves and remove the stem. Cut into half from top to bottom (through the stem end) and cut each half into paper-thin slices.
 - b. Celery: Peel and dice finely.
 - c. Red pepper: roast, remove seeds and stem then dice.
 - d. Carrot: Peel and grate.
 2. Cook bacon until crisp. Drain well and reserve the grease. Set aside to cool.
 3. Place the cabbage in a large bowl and toss with the carrot, bell pepper and celery. Crumble the bacon slices and add to the mixture. Set aside.
 4. Dressing: Combine 1/4 c. of the bacon fat, sugar, vinegar and sour cream. Season with pepper and salt. Use a wire whisk to mix until smooth.
 5. Toss dressing with cabbage mixture. Serve immediately or refrigerate up to 24 hours. Let stand 30 minutes before serving if it has been refrigerated.

SCHNITTBOHNENSALAT (GREEN-BEAN SALAD)

1 lb. Green Beans -- Fresh
 -- Boiling Salted Water
 1/4 c. Stock --
 3 Tbsp. Vinegar
 3 Tbsp. Vegetable Oil
 2 each Onions; Med. -- Thinly Sliced
 1/2 tsp. Dried Dill seed
 1 tsp. Sugar

Green beans should be sliced lengthwise (French Cut). Stock is the water that the green beans were cooked in. (Not regular Cook beans in boiling salted water until just tender. Reserve 1/4 c. of the cooking liquid and drain off the rest.

Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.

SESAME CHICKEN SALAD

3 c. cooked rice
 2 c. cooked chicken breast -- - (slivered)
 1/4 lb. Fresh snow peas – trimmed, cut into julienne strips
 1 medium Cucumber; peeled, seeded -- - and cut into
 1-1/2 x 1/4-inch strips
 1 medium Red pepper -- cut into
 1-1/2 x 1/4-inch strips
 1/2 c. Sliced green onion -- - (including tops)
 2 Tbsp. Sesame seeds (optional) -- - toasted

-----SESAME DRESSING-----

1/4 c. Chicken broth
 1 Tbsp. Peanut oil
 3 Tbsp. Rice or white wine vinegar
 3 Tbsp. Soy sauce
 1 tsp. Sesame oil

Salad: Combine all ingredients; stir well. Serve at room temperature or slightly chilled. Sesame Dressing: Combine all ingredients in jar; cover tightly and shake vigorously. Makes about 3/4 c.

SHREDDED CHICKEN SALAD WITH CILANTRO

3 lb. Whole chicken breasts

Salt

1/4 c. Light vegetable oil

2 c. Chopped Vidalia onions

3/4 c. Walnuts -- lightly toasted

1/4 c. finely chopped scallions

3/4 c. finely chopped cilantro

1 1/3 c. homemade mayonnaise

You may use commercial mayo

Fresh ground black pepper

Place the chicken breasts in a saucepan with enough water to cover.

Bring to a boil, add 1/2 tsp. salt, reduce the heat, and simmer until the chicken is cooked through, about 15 minutes. Drain the chicken and allow to cool.

Remove and discard the skin. Remove the chicken from the bones and tear the meat into shreds. Place in a salad bowl and set aside.

Heat the oil in a medium-size skillet over medium-high heat. Sauté the onions, stirring, until deep golden brown, about 20 minutes. Drain the onions and add them to the chicken. Cool to room temperature.

Add the walnuts, scallions, and cilantro to the chicken. Toss with the mayonnaise and season with salt and pepper. Serve the salad at room temperature.

PASTA



BLT PASTA

8 oz. uncooked mezze penne pasta
 6 center-cut bacon slices
 2 c. grape tomatoes, halved
 1/4 tsp. kosher salt
 1 (6-oz.) package baby spinach
 1/2 tsp. freshly ground black pepper
 1 oz. fresh Romano cheese, finely grated (about 1/4 c.)

Cook pasta according to package directions, omitting salt and fat. Drain. Heat a large nonstick skillet over medium-high heat. Add bacon; cook 6 minutes or until crisp. Remove bacon from pan; crumble. Add tomatoes and salt to drippings in pan; cook 3 minutes or until tomatoes are tender, stirring occasionally. Add spinach and pasta to pan; cook 1 minute or just until spinach begins to wilt, stirring occasionally. Sprinkle pasta with bacon, pepper, and cheese.

EGG CARBONARA

SERVINGS: 4–6

1/4 lb. guanciale (salt-cured pork jowl) or pancetta, cut into 1/3-inch cubes
 7 large egg yolks
 1 large egg
 1 lb. rigatoni
 Kosher salt
 1/2 c. finely grated Pecorino or Parmesan plus more for garnish
 3/4 tsp. freshly ground green peppercorns
 3/4 tsp. freshly ground pink pepper
 1/2 tsp. freshly ground white pepper
 Freshly ground black pepper

Put guanciale in a large skillet and place over medium-low heat. Cook, stirring frequently, until fat renders but guanciale is not browned, about 5 minutes. Pour into a fine-mesh sieve set over a small bowl; reserve drippings. Transfer guanciale to a large bowl and let cool slightly. Add egg yolks and egg to bowl; whisk to blend. Meanwhile, cook pasta in a large

pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1/2 c. pasta cooking liquid.

To egg mixture, immediately add rigatoni, 2 Tbsp. pasta cooking liquid, and 1 tsp. guanciale drippings; toss to coat. Working in 3 batches, gradually add Pecorino, stirring and tossing to melt between batches. Add green, pink, and white pepper (or 1 1/2–2 tsp. black pepper); toss until sauce thickens, adding more pasta water by Tbsp. if needed. Season to taste with salt and black pepper. Divide among bowls. Garnish with Pecorino.

SAUTE MACARONI

1/2 c. oil
250 g. macaroni, uncooked
1/2 c. chopped onion
1/2 c. chopped green pepper
1 minced garlic clove
3 c. tomato juice
1 tsp. salt
1/4 tsp. pepper
2 tsp. Worcestershire sauce
Cayenne pepper

Heat the oil in a large gourmet skillet on medium heat. Sauté the macaroni with the onion, pepper and garlic until the pasta is light yellow. Add the rest of the ingredients and cover with the Tri-Tone valve in the open position. When it whistles, reduce the heat and close the valve. Cook 20 minutes.

EGGS



EGG MOUSSE

6 Eggs -- hard-boiled
 5 oz. Chicken stock
 1 tsp. Gelatin
 1 C Cream -- whipped
 1 Tbsp. Worcestershire sauce
 Paprika
 2 tsp. Anchovy essence
 Salt

Finely chop the egg whites. Sieve the egg yolks.
 Add gelatin to chicken stock and heat until it dissolves. Cool and allow mixture to begin to set. Put stock and seasoning into whipped cream. Fold in yolks and whites, place in dish and chill. Decorate and serve.

FRIED EGGS

Pre-heat gourmet skillet until water beads up and dances. Melt one Tbsp. of butter or margarine, (or coconut oil). Break the eggs and very gently place them in the skillet. Season with salt and pepper. Lower the heat and cook for 2-3 minutes and serve.

SIMPLE BOILED EGGS

6 eggs

1 Or 2 paper towels folded so they fit the bottom of the 1.5 Qt saucepan. Soak towel with water. Place eggs on paper towel, cover with the Tri-Tone valve in the open position and place on medium heat. When whistle is indicated, lower heat and then close valve.

Cooking times may vary with altitude and heat variations but approximate time table is as follows:

Soft cooked eggs- 5 minutes

Medium cooked eggs- 7 minutes

Hard cooked eggs- 12-15 minutes

Eggs that are at room temperature will require 1-2 minutes less cooking time. Run cold water over hot eggs immediately after cooking to allow for easier shelling.

FRICASSEE EGGS

3 c. chicken broth
3 Tbsp. butter or margarine
4 Tbsp. sugar
¼ c. chopped onion
6 hardboiled eggs
¼ c. whipped cream
chopped parsley
salt & pepper

First prepare hard boiled eggs using the recipe above.

Next, mix in a pan the broth, butter, flour, onion, salt and pepper. Cut the eggs in slices. Add them to the broth with the cream and the parsley. Heat well and serve with toast.

SCOTCH EGGS

Ingredients

SERVINGS: MAKES 4

6 large eggs
1 c. all-purpose flour
1 c. finely crushed corn flakes
7 oz. (¾ c.) fresh breakfast sausage, casings removed (if necessary)
Vegetable oil (for frying)
Kosher salt, freshly ground pepper
Mustard

Place 4 eggs in a small saucepan; add cold water to cover. Bring to a boil; remove from heat, cover, and let stand for 3 minutes. Carefully drain, then fill pan with ice water to cool eggs. Gently crack shells and carefully peel under cold running water. Place eggs in a bowl of cold water; cover and chill until cold. DO AHEAD: Can be made 1 day ahead. Keep chilled.

Place flour in a wide shallow bowl and crushed corn flakes in another wide shallow bowl. Divide sausage into 4 equal portions. Pat 1 portion of sausage into a thin patty over the length of your palm. Lay 1 soft-boiled egg on top of sausage and wrap sausage around egg, sealing to completely enclose. Repeat with remaining sausage and eggs.

Whisk remaining 2 eggs in a medium bowl to blend. Working gently with 1 sausage-wrapped egg at a time, dip eggs into flour, shaking off excess, then coat in egg wash. Roll in corn flakes to coat. DO AHEAD: Can be made 1 day ahead. Keep refrigerated, uncovered.

Attach a deep-fry thermometer to side of a large heavy pot. Pour in oil to a depth of 2" and heat over medium heat to 375°. Fry eggs, turning occasionally and maintaining oil temperature of 350°, until sausage is cooked through and breading is golden brown and crisp, 5–6 minutes. Use a slotted spoon to transfer eggs to paper towels to drain. Season lightly with salt and pepper. Serve warm with mustard.

SOFT SCRAMBLE

Ingredients

SERVINGS: 4

Eggs

4 large eggs

2 Tbsp. chilled unsalted butter, divided

Cayenne pepper

Kosher salt

Garnish (Optional)

1/4 c. heavy cream, whipped to soft peaks
2–4 tsp. caviar

Combine eggs and 1 1/2 Tbsp. butter in a small room-temperature saucepan and season lightly with cayenne and salt. Place over medium-low heat and cook, whisking gently and constantly while scraping bottom and sides of pan, until eggs are just thickened, creamy, and small curds begin to form, 3–4 minutes total. (If mixture begins to stick to pan while cooking, remove from heat; whisk gently for 30 seconds, then continue cooking over heat.) Remove from heat.

Add 1/2 Tbsp. butter; whisk until melted. Season with salt; divide among small bowls. Top with whipped cream and caviar, if desired.

THE LOFTIEST SOUFFLE

SERVINGS: 4

3 Tbsp. unsalted butter plus more, room temperature, for ramekins
4 Tbsp. finely grated Parmesan, divided
3 Tbsp. all-purpose flour
1 c. cold whole milk
1 c. grated Gruyère, divided
Pinch of freshly grated nutmeg
Kosher salt, freshly ground pepper
4 large eggs, yolks and whites separated
1/4 tsp. xanthan gum (optional)

Preheat oven to 400°. Brush ramekins with butter and place on a foil-lined baking sheet; sprinkle ramekins with 2 Tbsp. Parmesan (total). Chill for 20 minutes or, covered, up to 1 day.

Melt 3 Tbsp. butter in a small saucepan over medium heat. Add flour; whisk constantly for 30 seconds. Gradually whisk in milk; increase heat and bring to a boil, whisking constantly. Add remaining 2 Tbsp. Parmesan and 1/2 c. Gruyère; stir until melted. Add nutmeg and season with salt and pepper.

Transfer béchamel to a medium bowl and cover with plastic wrap; set aside.

Place egg whites in a large bowl. Stir in a pinch of salt and xanthan gum, if using. Using an electric mixer, beat egg whites until firm but not stiff, 3–4 minutes.

Stir egg yolks into béchamel. Gently stir in 1/4 of beaten egg whites to loosen béchamel base, then gently fold in remaining egg whites just to combine, taking care not to deflate.

Divide mixture among ramekins; sprinkle with 1/2 c. Gruyere. Run your finger around inside lip of ramekins, cleaning edges. Bake until soufflés rise, centers are set, and cheese is golden brown, 18–22 minutes. Serve immediately.

VEGATABLES



Baked Onions with Fennel Bread Crumbs

3 medium onions, peeled and halved lengthwise, root ends left intact

2 Tbsp. extra-virgin olive oil, plus more for brushing

Kosher salt

1/2 c. chicken stock

6 bay leaves, preferably fresh

1 tsp. fennel seeds

1/4 c. panko

1 1/2 tsp. minced sage

Preheat the oven to 425°. Brush the onion halves with olive oil, season with salt and arrange cut side down in an ovenproof medium skillet. Add the chicken stock and scatter the bay leaves around the onions. Cover tightly with foil and bake for about 1 1/2 hours, until the onions are very tender.

1. Meanwhile, in a small skillet, toast the fennel seeds over moderate heat until fragrant, about 3 minutes. Transfer to a work surface and let cool, then coarsely crush the seeds. Transfer to a small bowl, add the panko, sage and the 2 Tbsp. of olive oil and toss. Season with salt.
2. Carefully turn the onions cut side up in the skillet. Spoon the fennel breadcrumbs on top and bake for about 15 minutes longer, until the crumbs are lightly browned and crisp. Discard the bay leaves and serve the onions hot or warm.

Carrots O'Brien

8 medium Carrots in slices

4 tablespoons of finely chopped green peppers

1 ½ tablespoons salt

2 tablespoons lemon juice

4 tablespoons of butter or margarine

4 tablespoons of chopped parsley

Place carrots and green peppers in a pan, and follow instructions of basic recipe. Drain well. Aside mix the juice lemon, salt and butter. Top the carrots with this sauce and decorate with parsley.

Serves 4.

Italian Cauliflower

1 Cauliflower

1 small can of anchovies

½ cup of sliced black olives

¼ cup of red chopped onion

¼ cup of chopped peppers in thin slices

¼ cup of olive oil

2 tablespoons of lemon juice

½ tablespoon of pepper

Follow instructions of Basic Recipe. Rinse and cool. Separate florets and mix with sauce prepared with all other ingredients. Keep in refrigerator for 2 hours and serve in a platter with lettuce leaves.

Sweet Corn with Herbs

½ cup butter or margarine

1 teaspoon dried rosemary

½ teaspoon sweet marjoram

6 corn on the cob peeled

1 head of lettuce

Water

Mix all the herbs with the butter/margarine and spread over the corn. Cover each corn with 2 or 3 lettuce leaves and place them in a skillet. Add 4 tablespoons of water and cover with the TRI-TONE valve open over medium heat. When whistle sounds, reduce heat to low and close the valve. Cook 15-20 minutes.

Serves 6.

Squash Rings

1 large squash

1/3 cup orange juice

½ cup brown sugar

¼ cup corn syrup (light)

¼ cup butter or margarine

1 teaspoon grated lemon rind

1/8 teaspoon salt

Trim stem ends and cut in transversal slices of 2cm approximately. Remove seeds and fibrous pulp. Place the slices in a big skillet and add the orange

juice. Cover with the TRI-TONE valve open and cook on medium heat until whistle sounds. Reduce the heat to low and close the valve. Cook 10-15 minutes until the squash is almost cooked. In the meantime, mix all the other ingredients in a small pan for 5 minutes. Turn the squash rings with a spatula and cover with the syrup. Cook them uncovered stirring it at least once before they are ready.

Serves 6.

Fried Eggplant

1 Eggplant

1 egg whisked

Grated bread

Oil

Water with salt

Peel the eggplant and cut in thin slices. Put in water and salt. Dip the slices in the egg and then in bread crumbs. Heat the oil in a skillet on medium heat. Fry the eggplant until they are browned. Put them on absorbent paper and serve.

CHICKEN



ORIENTAL CHICKEN TENDERS CURRIED PEANUT CHICKEN

1 c. soy
sauce
1/3 c. sugar
4 tsp. vegetable oil
1 1/2 tsp. ground ginger
1 tsp. five spice powder
2 bunches green onion
16 chicken tenders (approx. 2 lb.)

Blend soy sauce, sugar, oil, ginger and five spice powder in a large bowl until the sugar dissolves. Stir in green onions. Add chicken tenders to marinade. Turn to coat. Cover chicken and refrigerate overnight. Preheat oven to 350 degrees.

Drain chicken **RESERVING MARINADE**. Arrange chicken in dish and bake until brown and tender, while basting occasionally with marinade.

Another variation of the same recipe:

4 halves, skinned & boned chicken breasts
2 c. half & half
1 1/2 c. mayonnaise
3 Tbsp. mango chutney
2 Tbsp. dry sherry
1 Tbsp. sherry vinegar
2 Tbsp. plus 1 tsp. curry powder
1 tsp. turmeric
2 c. finely chopped salted roasted peanuts

Preheat large skillet. Place chicken breasts in the pan with Tri-Tone valve in the open position. Cook on medium heat until pan whistles. Flip the breasts to sear other side for approx. 5 minutes. Reduce heat to low and close valve. Pour half and half over them and cook for 20 minutes. Let cool and cut in 1 inch cubes.

Process mayonnaise, chutney, sherry, vinegar, curry powder and turmeric in a blender or food processor. Dip chicken pieces into the curry mayonnaise and roll in the chopped nuts. Refrigerate 30 minutes. Arrange on a serving plate with fancy toothpicks.

ORIENTAL CHICKEN WINGS

6 chicken wings
 1 sm. clove garlic
 1 scallion
 1/4 c. soy
 sauce
 2 Tbsp.
 honey
 2 tsp. rice-wine
 vinegar 1/2 tsp.
 grated ginger
 1/2 tsp. oriental
 sesame oil Pinch of
 cayenne
 1 tsp. sesame seeds
 1 Tbsp. chopped fresh coriander or parsley

Remove wing tips and cut wings in half at the joint. Mince garlic and scallion. Combine soy sauce, honey, vinegar, garlic, ginger, oil and cayenne in a large Pure Life mixing bowl. Add wings and turn to coat. Marinate at least 30 minutes, turning twice. Pre-heat large fry pan. Cook for 5 minutes on each side. Lower Heat. Pour marinade over wings and turn to coat and continue to cook on low. Sprinkle with sesame seeds, scallion and coriander. 12 pieces.

APRICOT CHICKEN WINGS

1 pkg. Lipton onion soup
 1 jar apricot preserves
 1 bottle of clear Russian dressing
 2 lb. chicken wings

Pre-heat large fry pan. Cook wings until whistle. Turn wings and cook on low for 20 minutes. Mix together soup mix, preserves and Russian dressing. Pour mixture over chicken wings, coating each piece and serve.

CHICKEN WINGS (VARIATION)

36 chicken wings
1 (5 oz.) bottle soy sauce
1 tsp. Dijon mustard
4 Tbsp. brown
sugar 1/2 tsp.
garlic powder

Follow same directions as above.

SPICY CHICKEN WINGS (VARIATION)

1 lg. can Parmesan cheese
2 Tbsp. oregano
4 Tbsp. parsley
1 tsp. salt
1 tsp. pepper
1 stick margarine
4-5 lb. chicken wings

Follow same directions as above

TERIYAKI CHICKEN WINGS

3 lb. chicken wings
1/3 c. lemon
juice 1/4 c. soy
sauce 1/4 c.
vegetable oil 3
Tbsp. chili
sauce
1 clove garlic,

finely chopped
 1/4 tsp. pepper
 Dash of dry
 mustard
 1/4 tsp. celery
 seed

MARINADE: Combine lemon juice, soy sauce, oil, chili sauce, garlic, pepper, celery seed and mustard. Stir well, set aside. Cut chicken wings at joint and remove wing tips. Place chicken in large mixing bowl. Pour marinade over chicken. Cover, refrigerate at least 4 hours or overnight. Drain and place in large pre-heated fry pan, Cook as directed from above. Brush occasionally with marinade.

MARINATED CHICKEN WINGS (VARIATION)

2 doz. chicken wings
 5 oz. bottle soy sauce
 2 Tbsp. brown sugar
 1 tsp. Dijon
 mustard 1/2 tsp.
 garlic powder

Follow same
 directions as above.

SWEET AND SOUR CHICKEN THIGHS

2 1/2 lb. chicken wings with tips
 removed 1/3 c. Crisco
 1/3 c. vinegar
 1/2 c. firmly packed dark brown sugar
 1 (12 oz.) can unsweetened
 pineapple juice 3/4 c. catsup
 1 Tbsp. soy sauce
 1 tsp. prepared
 mustard 1/8 tsp.
 salt (optional)

Cook thighs in large fry and then remove thighs from pan. Drain drippings from skillet. Add vinegar, sugar, juice, catsup, soy sauce, mustard, and salt to skillet. Bring to boil, stirring occasionally.

Simmer gently about 5 minutes. Add browned chicken wings. Cover skillet. Simmer 15 minutes. Cook uncovered 5 minutes longer. Serve with rice. Makes 4 servings.

CURRIED CHICKEN BALLS

2 (3 oz.) pkg. cream cheese, softened
 2 Tbsp. orange marmalade
 2 tsp. curry
 powder 3/4
 tsp. salt
 1/4 tsp. pepper
 3 c. finely minced cooked chicken
 3 Tbsp. minced green onion
 3 Tbsp. minced celery
 1 c. finely chopped almonds, toasted

In a mixing bowl, combine first 5 ingredients. Beat until smooth. Stir in chicken, onion and celery. Shape into 1-inch balls; roll in almonds. Cover and chill until firm (can refrigerate up to 2 days). Yield: about 5 dozen appetizers.

LIGHT CHICKEN SALAD

3/4 c. light
 mayonnaise 1/2
 tsp. ginger
 1/2 tsp. salt
 3 c. cooked chicken
 1 1/2 c. red seedless grapes
 1 c. sliced celery
 1/3 c. sliced green
 onion 1/2 c. broken
 walnuts

Combine mayonnaise, ginger and salt. Stir in chicken, grapes, celery, green onion and walnuts. Makes 5 1/2 c. Serve on lettuce leaf.

CHICKEN AND ALMOND SALAD

1 1/2 c. cooked
chicken 3/4 c. diced
celery
1 1/2 Tbsp. lemon juice
1/2 c. seedless white
grapes 1/2 c. almonds
1/2 tsp. dries
mustard 3/4 tsp.
salt
1/16 tsp.
pepper 1/8 c.
light cream
1 hardboiled egg, sliced
1/2 c. mayonnaise

Mix cream and mayonnaise together with mustard, lemon juice, salt and pepper. Pour over other ingredients. Delicious!

CHICKEN SALAD

1 can chicken, chopped (or 5 oz. cooked
chicken) 1/2 c. chopped celery
1/3 c. chopped sweet
pickle 1 boiled egg,
chopped
1/2 c. salad dressing
Mix and serve

CHICKEN SALAD SUPREME

2 lg. chickens (3 to 4 lb... each to make 6 to 8 c.
cooked meat) 4 Tbsp. salad oil
4 Tbsp. orange juice

4 Tbsp. vinegar
 2 tsp. salt
 3 c. mandarin oranges
 2 c. pineapple chunks
 3 c. green grapes
 Slivered
 almonds
 3 c. diced
 celery
 2 1/2 c. raw
 rice
 1 qt.
 mayonnaise

Cut chicken into pieces and cook in large fry pan. Remove skin and fat first. Remove meat from bones and cut into cubes. Mix together oil, orange juice, and vinegar, salt, marinate chicken in this mixture in refrigerator overnight. Drain fruit well, add to nuts and celery the next day; add to chicken mixture. Cook rice until tender in boiling water, drain, blanch with cold water, drain well; add to chicken mixture. Add mayonnaise, mix well. Serve with crackers and lettuce or in pocket bread.

CHICKEN DIVAN

3 or 4 deboned chicken breasts
 2 cans cream of chicken soup
 1 tsp. lemon juice
 1 c. sharp American cheese, shredded
 2 (10 oz.) pkgs. frozen broccoli
 1/2 c. soft bread crumbs, mixed with 2 tsp. melted butter
 1 c. mayonnaise

Cook chicken in large fry pan. Add frozen broccoli. Simmer chicken until tender. Cook broccoli in salted water, drain. Arrange broccoli in greased casserole dish. Place halved chicken breasts on top of broccoli. Combine soup, mayonnaise and lemon juice. Pour over chicken.

Sprinkle cheese and bread crumbs on top. Cook on medium-low for Bake at 350 degrees for 20 minutes.

Prepare rice or potatoes for 6 people and serve.

ITALIAN CHICKEN

2/3 c.
 flour 1
 tsp. salt
 1/2 c. vegetable
 oil 1 green
 pepper 1/2 tsp.
 pepper 1/2 tsp.
 garlic salt sliced
 onion
 1 lg. jar spaghetti sauce
 Chicken (boneless) breasts, quartered

Sear on both sides, let col. Mix flour, salt, pepper and garlic together. Coat chicken, place back in pan. Top chicken with peppers and onions (sliced). Add sauce on top. Cover and simmer about 1 hour. Serve with spaghetti.

LEMON - PARSLEY CHICKEN BREASTS

2 whole chicken breasts, boned &
 skinned
 1/3 c. white wine
 1/3 c. lemon juice
 2 cloves fresh minced garlic
 2 Tbsp. olive oil
 1/4 c. parsley, fresh

In a measuring c., combine wine, lemon juice and garlic. Lb.. each breast until 1/4 inch thick. Heat large skillet and brown chicken, 5 minutes on each side. Stir wine mixture and pour over chicken in skillet. Sprinkle on parsley and let simmer 5 minutes. Serve with pan juices or drizzle with olive oil.

NO - PEEK SKILLET CHICKEN

2 Tbsp. olive or vegetable oil
 2 1/2 to 3 lb. chicken, cut into serving pieces
 1 (14 oz.) can whole tomatoes, peeled, un-drained
 1 (4 1/2 oz.) jar sliced mushrooms, drained
 1 garlic clove, minced
 1 packet Lipton Recipe Secrets onion
 soup mix Hot cooked noodles

In a 12 inch skillet, brown the chicken; drain. Stir in tomatoes, mushrooms and garlic combined with soup mix. Simmer covered for 20 minutes or until chicken is tender. Serve, if desired, over hot noodles. Lipton Recipe Secrets beef mushroom soup mix would be a delicious substitute in this recipe.

QUICK CHICKEN

1 can cream of mushroom soup
 1 can cream of chicken soup
 1 c. milk
 5 lb. cut up cooked chicken
 1 pt. sour cream
 1 pkg. Pepperidge Farm stuffing mix

Mix soups, sour cream and milk. Add chicken. Mix all ingredients and layer in large fry pan, alternating with stuffing mix. Cook on medium for 20 minutes.

HONEY BAKED CHICKEN

3 or 4 lb. chicken,
 cut up 1/2 c.
 margarine, melted
 1/2 c. honey
 1/4 c. prepared
 mustard
 1 tsp. salt
 1 tsp. curry

Sear chicken on both sides, basting every 10 minutes. Cook on low with Temp-Tone valve closed for 30 minutes.

SICILIAN CHICKEN

1 Tbsp. plus 1 Tbsp. saffron ace
 1 lg. onion, sliced
 1 lg. green pepper, sliced
 1/2 c. fresh mushrooms sliced
 1 1/2 lb. boneless chicken cubed
 18 oz. can tomato sauce
 16 oz. tomatoes, chopped drained
 1 tsp. Worcestershire sauce
 1 tsp.
 oregano 1/2
 tsp. basil
 1/4 tsp. garlic powder
 Lite salt and pepper to taste

Cook chicken in large fry pan and remove. Add onions green pepper and mushrooms to drippings. Cook until slightly tender. Add chicken. Cook, turning chicken frequently until pinkness is gone. Add remaining ingredients.

Cover and simmer for 5 to 10 minutes until heated through. Serve over rice. Makes 4 servings (1 protein, 2 vegetables per serving).

WALDORF CHICKEN

6 chicken breasts, boned and skinned
 1 c. unsweetened apple
 juice 1/4 tsp. ground
 ginger
 1 Tbsp. cornstarch
 2 c. unpeeled red apples, chopped
 2 stalks celery, sliced
 3 Tbsp. raisins
 1 Tbsp. sliced green onion
 1 Tbsp. lemon
 juice 1/4 tsp.

salt, opt.

Place chicken, 1/2 c. apple juice, and lemon juice, salt and pepper in large fry pan. Heat on medium until the Temp-Tone whistles. Reduce heat and close valve. Continue to cook on low for 20 minutes or until chicken is tender and done.

Remove chicken. Mix remaining apple juice and cornstarch. Stirring constantly. Add remaining ingredients. Arrange chicken on plate. Top with sauce.

CHICKEN A LA KING

1/4 c. chopped onion
 2 Tbsp. chopped green pepper
 2 Tbsp. margarine
 1 can cream of chicken
 soup 1/2 c. milk
 1 1/2 c. cooked, cubed, chicken or turkey
 2 Tbsp. diced
 pimiento Dash red
 pepper

Cook onion and green pepper in butter until tender. Add soup and milk. Add chicken and remaining ingredients. Heat and serve on toast or cooked rice. Serves 4.

CORDON BLEU

3 whole chicken breast, split, skinned and boned
 3 slices (4 oz.) Swiss cheese, cut in half
 3 slices (4 oz.) boiled ham, cut in half
 2 Tbsp. margarine
 1 can cream of chicken
 soup
 1/4 c. milk
 Chopped parsley

Flatten chicken breast. Top each with 1/2 slice cheese, then ham. Secure with toothpicks. In skillet brown chicken side down in margarine or butter. Stir in soup, milk and cover. Cook over low heat for 20 minutes. Stir now

and then. Top with parsley. Serves 6.

RUSSIAN CHICKEN

1 pkg. dry onion soup
 8 oz. bottle red Russian dressing
 8 oz. jar apricot
 preserves Cut up
 chicken

Place chicken in a large fry pan on medium heat with Tri-Tone whistle open. After the whistle reduce heat, turn the chicken and close the valve. Combine ingredients and pour over chicken. Cook on med-low for 20 minutes.

TURKEY DIVAN

1 (10 oz.) pkg. frozen broccoli
 4 lg. slices cooked turkey or chicken
 1 can cream of chicken or celery
 soup
 1/3 c. milk
 1/4 c. Parmesan grated cheese

Arrange fresh or frozen broccoli in a large fry pan. Combine soup and milk. Pour over turkey. Sprinkle with cheese. Cook on medium for about 15 to 20 minutes until brown and bubbly. 3 or 4 servings.

RUSSIAN CHICKEN

1 pkg. dry onion soup
 8 oz. bottle red Russian dressing
 8 oz. jar apricot
 preserves Cut up
 chicken

Place chicken in baking pan. Combine ingredients and pour over chicken. Bake at 350 degrees for 1 hour.

TURKEY DIVAN

1 (10 oz.) pkg. frozen broccoli
 4 lg. slices cooked turkey or chicken
 1 can cream of chicken or celery
 soup 1/3 c. milk
 1/4 c. Parmesan grated cheese

Cook and drain broccoli. Arrange in 10 x 6 x 2 baking dish. Combine sour and milk. Pour over turkey. Sprinkle with cheese. Bake at 425 degrees oven about 15 to 20 minutes until brown and bubbly. 3 or 4 servings.

RUSSIAN CHICKEN

1 pkg. dry onion soup
 8 oz. bottle red Russian dressing
 8 oz. jar apricot
 preserves Cut up
 chicken

Place chicken in baking pan. Combine ingredients and pour over chicken. Bake at 350 degrees for 1 hour.

TURKEY DIVAN

1 (10 oz.) pkg. frozen broccoli
 4 lg. slices cooked turkey or chicken
 1 can cream of chicken or celery
 soup 1/3 c. milk
 1/4 c. Parmesan grated cheese

Cook and drain broccoli. Arrange in 10 x 6 x 2 baking dish. Combine sour and milk. Pour over turkey. Sprinkle with cheese. Bake at 425 degrees oven about 15 to 20 minutes until brown and bubbly. 3 or 4 servings.

APRICOT CHICKEN

3 - 4 lb. chicken parts
1 (10 oz.) jar apricot preserves
1 (8 oz.) bottle Kraft Creamy French Dressing
1 pkg. Knorr's Onion Soup Mix

Cook chicken as in previous recipes. Mix ingredients together and pour over chicken. Cook on medium heat for 20 minutes. Serve with rice.

CHICKEN IN SOUR CREAM GRAVY

2 sm. fryer chickens,
cut up Salt and
pepper, to taste 1/4
lb. butter or margarine
3 c. milk
2 Tbsp. parsley,
chopped 1/4 c.
sherry
1 1/2 c. sour cream

Season chicken with salt and pepper. Sear chicken on both sides. Place chicken in large fry with large dome cover. Cover with milk. Cook very slowly on medium low for about 20 or until tender. Add parsley and sherry. Cook 5 to 10 minutes more. Add sour cream & stir into gravy. Keep in oven another 5 minutes or more. Check for doneness.

MEATS



ROAST BEEF SUPREME

5 lb. roast beef

2-3 Tbsp. olive oil

4 medium onions

4 garlic cloves (Chopped)

1 can meat broth (300g.)

1 can beer

2 Tbsp. brown sugar

Fresh herbs

1 laurel leaf

6 sprigs parsley

1 tsp. thyme

3 Tbsp. corn starch

2 Tbsp. wine vinegar

Cut meat into slices approximately 2"-4" in length and about ½" thick. Pat dry with paper towel. Preheat large fry pan on medium and proceed to sear on both sides. Remove meat from skillet. Add onion and garlic until brown. Add meat back to pan. Heat the broth and pour it over mixture. Add the beer, completely covering the ingredients, then add brown sugar and herbs. Cover with the Tri-Tone valve in the open position. When you hear the whistle, reduce the heat and close the valve and continue to cook for about 60 minutes. Mix the corn starch and the vinegar. Remove the herbs and carefully drain the liquid. Add the drippings to the corn starch and vinegar and use as gravy. Serves 6

BEEF WITH BROCCOLI

- 3 c. cooked rice, white or brown
- 1LB. lean round steak
- 1Tbsp. dry sherry, divided
- 1 Tsp. cornstarch
- 2 Tsp. sugar, divided
- 2 Tsp. sesame oil
- 2 Tsp. low sodium soy sauce, divided
- 1 LB. fresh broccoli
- ½ c. chicken broth or chicken stock
- 1 Tbsp. hoisin sauce
- ½ Tsp. ground white pepper
- 1 Tbsp. Safflower oil
- 1 Tsp. fresh ginger
- 2 Tsp. fresh garlic, minced
- 1 medium sweet red pepper, cut into strips
- 1 Tbsp. sesame seeds, toasted

Prepare rice in 4 Qt saucepan according to the directions. Partially freeze steak; slice diagonally across the grain into 1/4" strips. In large mixing bowl, combine 1 Tbsp. dry sherry, 2 Tsp. corn starch, 1 Tsp. sugar, 1 Tsp. sesame oil, 1 Tsp. soy sauce and stir well. Add steak, and gently toss in sauce. Cover and marinate in fridge for 1 hour.

Using a paring knife, carefully trim broccoli and remove the ends of lower stalk. Trim off florets and set aside. Slice stalks into ¼" strips and also set aside. In a small mixing bowl, combine 1 Tbsp. cornstarch, 1 Tbsp. dry

sherry and stir well. Add chicken stock, hoisin sauce, 1 Tsp. sugar, 1 Tsp. sesame oil, 1 Tsp. soy sauce and the white pepper, stir well and set aside.

Pre-heat large skillet on medium to medium high. Add safflower oil and allow to heat for 1 minute. Add ginger and garlic and stir for about 20-30 seconds. Add beef and marinade and cook for about 1 minute. Add broccoli and red peppers for another 2-3 minutes or desired texture. Add cornstarch mixture and continue to stir. Reduce heat to low and close the Tri-Tone Valve. Cook for about 2 minutes or until mixture thickens slightly. Spoon beef with broccoli over rice and serve!

GRIDDLE KABOBS

2 lb. rump roast (cut into 2" cubes)

8 oz. reduced calorie Italian dressing

8 pearl onion, peeled

8 cherry tomatoes

1 small zucchini squash, 1" cubes

8 whole mushrooms

1 green pepper, cut into 1" pieces

8 wooden skewers

Marinate beef cubes in Italian dressing, 30 minutes to an hour. Place beef cubes and vegetables on skewer. Pre-heat double griddle until water beads up and dances. Carefully place kabobs on hot griddle. Initially they will stick until completely seared. When kabobs loosen (about 4-5 minutes) carefully turn skewers $\frac{1}{4}$ turn and continue this process until all four sides are cooked. Baste with remaining marinade and sprinkle with fresh ground pepper. Serve immediately over rice or with a sweet potato. Serves 8

BEEF & CHINESE VEGETABLES

1 LB. lean beef round steak

2/3 c. green beans, trimmed and sliced

2/3 c. carrot, sliced

2/3 c. turnips, sliced

2/3 c. cauliflower, sliced

2/3 c. Chinese cabbage, shredded

½ Tsp. fresh ginger

1/8 Tsp. garlic powder

1 Tsp. low sodium soy sauce

2/3 c. water

4 green onions, chopped

Trim any fat from beef. Slice across the grain into ¼" strips. Place all vegetables into 4 Qt Saucepan. Rinse with cold water and pour water off. Cook on medium heat with the Tri-Tone valve in the open position. When vegetables whistle, remove from heat. Combine cornstarch, ginger, garlic powder, soy sauce and water. Mix well and set aside.

Pre-heat wok over med-high heat. Add beef and cook for about 3-5 minutes. Add cornstarch mixture, simmer and cook until mixture thickens. Place vegetables on plates and spoon over beef mixture, and top with green onions.

SAUERKRAUT & PORK SKILLET

- 4 pork chops, trimmed of fat
- 1 medium onion, sliced and separated into rings
- 1 clove garlic, minced
- 1 16 oz. (460 G) can sauerkraut drained
- ½ c. (120 ML) apple juice
- 1 Tsp. caraway seeds
- ¼ Tsp. thyme
- ¼ Tsp. pepper
- 1 small apple, cored and sliced

Preheat skillet. Place the pork chops in the hot dry large fry pan. Cover with the Tri-Tone valve in the open position. When the whistle begins, turn the pork chops over to sear the other side. (About 4-5 minutes on each side. Remove pork chops from pan and set aside. Add onion and garlic to drippings and reduce heat to low and re-cover with the Tri-Tone valve now closed. After a few minutes add sauerkraut, apple juice, caraway seeds, thyme and pepper. Stir and place chops on top. Cover and simmer. Add apple slices and simmer for 5 more minutes. Serve pork chops with sauerkraut and garnish with fresh apples. Serves 4.

SWEDISH MEATBALLS

- 1 Lb. (460 G) ground chuck
- 1 egg
- 1 Tsp. garlic powder
- ½ Tsp. fresh basil, chopped (or dried)
- ¼ Tsp. oregano
- ¼ Tsp. fresh parsley, chopped (or dried)
- 2 Tbsp. tomato paste

½ c. (120 ML) ketchup

¼ c. (60 ML) ginger ale

1 8 oz. (230 G) can evaporated milk

1 c. (240 ML) beef broth (or beef stock)

In a large mixing bowl, combine ground chuck, egg, garlic powder, basil, oregano, and parsley. Mix thoroughly, and form 1" meatballs. Pre-heat large fry pan and place meatballs in the hot dry pan and cover with the Tri-Tone valve in the open position. Cook until meatballs release easily from the pan, (about 4-5 minutes). Turn the meatballs and recover and repeat process until the meatballs are browned on all sides. In the meantime, using a medium mixing bowl, combine tomato paste, ketchup, ginger ale, evaporated milk and beef stock. When meatballs are browned on all sides, pour mixture into skillet. Reduce the heat to low, cover with the Tri-Tone valve closed and simmer for 10 minutes. You may substitute ground turkey, chicken, pork or veal (or any combination) instead of ground chuck. Spoon over egg noodles or rice, or serve as appetizer. Serves 4.

SPICY MEATBALLS

1 Lb. (460 G) ground beef

2/3 C. (160 ML) evaporated milk

¼ c. (60 ML) ketchup

1 Tbsp. fresh parsley, chopped (or dried)

1 Tbsp. Dijon mustard

1 Tsp. black pepper

1 10 ½ oz. (300 G) can cream of chicken soup

½ c. Swiss cheese, shredded

3 drops Crystal hot sauce or Tabasco

In a large mixing bowl, combine beef, ½ c. evaporated milk, ketchup, parsley, mustard, and pepper. Shape into 16 meatballs about 1 1/2 "in

diameter. Pre-heat large fry. Place meatballs in hot dry pan and cover with the Tri-Tone valve in the open position. When the whistle sounds, (approximately 4-5 minutes), remove cover and turn meatballs and brown the other side. Repeat process until meatballs are brown on all sides. While meatballs are browning, in a medium mixing bowl, combine soup, cheese, 1/3 c. evaporated milk, water and hot sauce. Drain excess grease from fry pan. Add soup mixture to meatballs. Reduce heat to low and simmer for 15 minutes. Spoon spicy meatballs and sauce over egg noodles or rice, or serve as appetizer. Serves 4.

ITALIAN MEATBALLS

YIELDS: 20 MEATBALLS

ITALIAN GRAVY

1 Tbsp. olive oil

½ onion, peeled and chopped

½ c. green pepper, chopped

2 cloves garlic, minced

2 16 oz. (460 G) cans whole tomatoes, or 3 Lb. plum tomatoes peeled and sliced

1 c. (240 ML) tomato puree

1 Tsp. sugar

½ Tsp. oregano, fresh or dried

½ Lb. (230 G) mushrooms, sliced

MEATBALLS

1 Lb. (460 G) ground chuck

½ Lb. (230 G) ground pork or veal

1 egg

½ c. Italian bread crumbs

½ c. fresh parsley, chopped

3 cloves garlic, minced

ITALIAN GRAVY: Pre-heat the 8 Quart stock pot over medium heat for 3-4 minutes. Add olive oil and sauté onions, green peppers and garlic until softened. Add all remaining ingredients, mix well. Reduce the heat to low, cover with the Tri-Tone valve in the open position and simmer for one hour, stirring occasionally.

MEATBALL: In a large mixing bowl, combine ground chuck, pork or veal, cheese, egg, bread crumbs, parsley and garlic. Mix thoroughly and form into twenty 1 ½" (2.5cm) size meatballs.

Preheat large fry pan until fully heated and place meatballs in dry pan. Cover with the Tri-Tone valve in the open position and cook meatballs until they release easily from the pan. (Approximately 4-5 minutes). Turn meatballs and repeat process until the meatballs are brown on all sides. Remove meatballs from fry pan and carefully add to the saucepot. Remove excess grease from fry pan. Deglaze fry pan with 1-2 c. of sauce. Simmer for 5 minutes and add to sauce. Spoon Italian meatballs and sauce over pasta or serve with risotto, or serve on Italian bread for meatball sandwich. Serves 4

BEEF SKILLET CASSEROLE

½ Lb. (230 G) lean ground beef

1 green pepper, chopped fine

1 onion, peeled and chopped

1 c. celery, diced

¼ Tsp. Worcestershire sauce

¼ Tsp. pepper

1 ½ c. tomato juice or V8

1 c. macaroni, uncooked

½ c. mushrooms, sliced

Preheat large fry pan until completely heated. Place the ground beef in the pan and cover with the Tri-Tone valve in the open position. When the whistle indicates, carefully remove cover and drain any excess fat. Add green pepper, onions, and celery. Replace cover with the Tri-Tone valve open and reduce heat to medium low and cook for an additional 10 minutes. Reduce the heat to low and add all remaining ingredients. Recover with the Tri-Tone valve in the closed position. Simmer for approximately 40 minutes. Spoon into individual bowls or serve with French or Italian bread. Serves 6.

MARINATED FLANK STEAK

2 Lb. (1 KG) flank steak

2 cloves garlic, minced

¼ c. onion, minced

¼ c. (60 ML) olive oil

1 fresh lemon, juice of

½ c. (120 ML) red wine

3 Tbsp. balsamic vinegar

1 Tbsp. dried oregano

1 Tbsp. fresh parsley, chopped fine (or dried)

Using a filet knife, lightly score flank steak against the grain, on both sides.

MARINADE: In a large mixing bowl or baking dish combine all of the other ingredients. Place the steak in the dish, turn to coat both sides, cover and refrigerate until ready to cook (20-60 minutes). Or place in a large Ziploc with marinade and refrigerate to marinate overnight.

Pre-heat the large fry pan and place steak in hot dry pan. Cover with the Tri-Tone valve in the open position and cook until you hear the whistle or the steak releases easily from the pan, (4-5 minutes). Turn the steak and repeat the process for the other side. Test for doneness as described above. Deglaze Fry pan with marinade. Slice steak diagonally across the grain in

¼" (1 cm) strips. Pour marinade over the steak and serve with baked or sweet potato or garlic mashed potatoes. Serves 8.

MEATLOAF

1 ½ Lb. (700 g) ground veal, lamb, pork, chick, turkey, or a combination thereof

½ medium onion, peeled and chopped

½ green pepper, chopped

1 stalk celery, chopped

1 c. Italian breadcrumbs or oatmeal

½ Tsp. oregano or Italian seasoning

1 egg

In a large mixing bowl, combine all the ingredients, and mix well. Top with ketchup, tomato sauce, or Italian gravy. Put mixture into the large fry pan. (no need to pre-heat) Cover with Tri-Tone valve in the closed position and cook over medium-low heat 35-45 minutes. NOTE: If you are limiting the consumption of red meat in your diet, our Meatloaf recipe is a wonderful opportunity to substitute TVP (Textured Vegetable protein). Check with you local food store for availability. To Serve: Slice meatloaf and plate. Serves 8.

BBQ BABY BACK RIBS

6 Lb. (3 kg) baby back pork loin ribs

BRAISING MIXTURE:

5 quarts (5 L) water

1 onion, cut into 1-inch (2.5 cm) chunks

4 celery ribs cut into 1-inch (2.5 cm) chunks

2 c. (480 ml) Burgundy cooking wine

BARBEQUE SAUCE:

½ c. green pepper, chopped

1 onion, peeled and chopped

¼ c. (60 ml) water

1 ½ c. brown sugar

1 c. molasses

1 c. (60 ml) mustard

2 Tbsp. Crystal or Tabasco hot sauce

¼ tsp. liquid smoke

2 tsp. Worcestershire sauce

2 c. (480 ml) prepared barbecue sauce

1 ¼ c. (420 ml) ketchup

Place 6-quart pasta/steamer basket inside 6.5-quart Stockpot. Place racks of ribs inside steamer basket and cover with water. Add the onion, celery and burgundy wine. Cover with Tri-Tone valve in the open position, and bring to a boil over medium-high heat. Skim froth from top of the water, reduce to medium-low heat, replace the cover and simmer 1 ½ to 2 hours or until meat is tender and pulls easily away from the bones. To prepare the sauce, run green pepper and onion through blender with water until smooth. Pour into 3-quart Saucepan (3 L utensil). Add all other ingredients, stir and cook over low heat for 45 minutes. When ribs are tender, drain and remove from steamer basket and set aside to dry. Preheat oven to 350°F (180°C). Brush ribs with BBQ sauce on both sides, and place in 13-inch gourmet skillet. Bake ribs in oven for 15-20 minutes or until ribs are glazed and appear candied. Brush on additional sauce as needed. Place ribs on cutting board, and slice between the bones. Serve entire rack on large serving platter with side of BBQ sauce for dipping. Serves 10.

BEEF FAJITAS

MARINADE

4 cloves garlic, minced and mashed into a paste, sprinkle with salt

¼ c. (60 ml) fresh squeezed lime juice

1 ½ Tsp. ground cumin

2 Tbsp. olive oil

FAJITAS

2 Lb. (1 kg) flank steak

2 Tbsp. vegetable oil

3 assorted colored bell pepper, sliced thin

1 large red onion, sliced thin

2 garlic cloves, minced

12 7-inch flour tortillas, warmed (see flour tortillas, next recipe)

In the large Mixing Bowl, prepare marinade by whisking together the garlic paste, lime juice, cumin, and oil. Add the flank steak to the marinade, turning to coat it well, cover and chill in the refrigerator for at least 1 hour or overnight. To grill the steak, preheat the 13-inch skillet over medium-high heat. Add steak whole to pan and sear, about 4-5 minutes, turn and sear the second side. Test for desired doneness, and transfer steak to cutting board to rest for about 10 minutes. Reheat the 13-inch skillet over medium-high heat until it is hot but not smoking; add the bell peppers, onion and garlic. Sauté the mixture, stirring occasionally until the bell peppers are softened, 5-7 minutes To Serve: Slice the steak thin across the grain on a diagonal bias and arrange slices on serving platter with bell pepper mixture. Serve with tortillas, guacamole, and salsa. Serves 12.

STUFFED CABBAGE ROLLS

FILLING

6 large green cabbage leaves

½ Lb. (230 g) ground turkey

½ Lb. (230 g) lean ground pork or veal

1 c. cooked rice

½ medium onion, peeled and chopped

½ Tsp. fresh basil, minced (or dried)

½ Tsp. fresh parsley, minced (or dried)

½ Tsp. fresh oregano, minced (or dried)

½ small garlic clove, minced and mashed into a paste with side of chef's knife

black ground pepper and kosher or sea salt to taste (optional)

SAUCE

1 8 oz. (230 g) can tomato sauce

½ Tsp. fresh basil, minced (or dried)

½ Tsp. fresh parsley, minced (or dried)

½ Tsp. fresh oregano, minced (or dried)

In the 6-quart Stockpot with Steamer/Pasta basket inserted, add 2-3 c. of water and bring to a boil. Place cabbage leaves in Steamer/Pasta basket, cover with the vent open, and steam cabbage until leaves wilt, approximately 7-10 minutes. Set aside to cool. In the large Mixing Bowl, combine turkey, pork (or veal) rice, and spices, mix well. Place ½ c. of mixture in the center of each cabbage leaf, fold ends of leaf over mixture and roll up. Place cabbage rolls in Large Skillet folded seam side down. In the small mixing bowl, combine sauce ingredients and pour evenly over cabbage rolls. Cover with the Tri-Tone valve in the closed position, place over medium-low heat and cook for 45 minutes to 1 hour. Serves 6.

STUFFED PEPPERS

4 medium green bell peppers

½ medium onion, peeled and chopped

1 celery rib, chopped

1 clove garlic, minced

1 Tsp. olive oil

½ Lb. (230 g) lean ground round

1 c. cooked rice

1 8 oz. (230 g) can tomato sauce

1 2 ½ oz. (75 g) jar sliced mushrooms

½ Tsp. oregano

1 Tsp. fresh basil, chopped (or dried)

Remove tops and seed green peppers. In the Large Fry pan over medium heat, dry sauté onions, celery and garlic until tender (olive oil for sautéing optional). Add ground round, sauté until cooked through. Add all other ingredients and stir until well blended. Remove from heat to cool. Spoon beef and rice mixture into bell peppers, and stand peppers upright in 4-quart Stockpot (4 L). Add 3 Tbsp. of water, cover with the Tri-Tone valve in the closed position, and cook waterless over medium-low heat to form the vapor seal. When the lid spins freely on a cushion of water the vapor seal is formed. Cook through until tender, approximately 30 minutes. Serves 4.

FISH



BOURBON-GLAZED SALMON

- 3 Tbsp. brown sugar
- 3 Tbsp. bourbon
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. grated peeled fresh ginger
- 1 Tbsp. fresh lime juice
- 3 garlic cloves, minced
- 1/4 tsp. freshly ground black pepper
- 4 (6-oz.) skinless salmon fillets
- Cooking spray
- 1/4 c. thinly sliced green onions
- 1 Tbsp. sesame seeds, toasted

Combine first 7 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate in refrigerator 1 1/2 hours, turning occasionally.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Place 1 fillet on each of 4 plates; drizzle each serving with about 2 tsp. sauce. Sprinkle each serving with 1 Tbsp. green onions and 3/4 tsp. sesame seeds.

CORNFLAKE CRUSTED HALIBUT WITH CHILE CILANTRO AIOLI

AIOLI:

- 2 Tbsp. minced fresh cilantro
- 3 Tbsp. fat-free mayonnaise
- 1 Serrano chili, seeded and minced
- 1 garlic clove, minced

FISH:

- 1 c. fat-free milk
- 1 large egg white, lightly beaten
- 2 c. cornflakes, finely crushed
- 1/4 c. all-purpose flour (about 1 oz.) \$
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 Tbsp. olive oil
- 4 (6-oz.) halibut fillets
- 4 lemon wedges

Preparation

To prepare aioli, combine cilantro, mayonnaise, serrano, and minced garlic, stirring well.

To prepare fish, combine milk and egg white in a shallow dish, stirring well with a whisk. Combine cornflakes, flour, salt, and black pepper in another shallow dish.

Heat 2 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Dip fish in milk mixture, and dredge in cornflake mixture. Add fish to pan, and cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve fish with aioli and lemon wedges.

FISH CHOWDER

- 4 1/2 c. water
- 4 bay leaves
- 1 1/2 lb. halibut fillets or other firm white fish, skinned
- 3 slices bacon, uncooked
- 3 1/2 c. cubed peeled baking potato
- 1 1/2 c. chopped onion (about 1 large)
- 1/2 c. coarsely chopped carrot (about 1 medium)
- 1 1/2 tsp. dried thyme
- 1 tsp. salt, divided
- 3/4 tsp. freshly ground black pepper, divided

4 c. 2% reduced-fat milk

1 Tbsp. butter, cut into small pieces

Bring 4 1/2 c. water and bay leaves to a simmer in a large skillet. Add fish; cover and simmer 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan with a slotted spoon. Cut fish into large pieces. Reserve 2 1/2 c. cooking liquid and bay leaves.

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan, reserving 1 tsp. drippings in pan; crumble bacon, and set aside. Add potato, onion, and carrot to pan; cook over medium heat 10 minutes. Add reserved cooking liquid, bay leaves, thyme, 1/2 tsp. salt, and 1/4 tsp. pepper; bring to a boil. Reduce heat; simmer 10 minutes. Add milk and butter; simmer 25 minutes until potatoes are tender (do not boil). Stir in fish, remaining 1/2 tsp. salt, and remaining 1/2 tsp. pepper. Discard bay leaves. Sprinkle with bacon.

FRIED FISH

1/2 c. margarine

1.5 kg. fish fillets

1 egg

3 Tbsp. milk

1/2 c. bread crumbs

1/2 c. flour

1 tsp. salt

1/8 tsp. pepper

Grated lemon peel

Parsley

Pre-heat a large gourmet skillet. Add margarine or butter at medium heat. Cut the fish in portions ready to serve. Marinate the fish in the mixture of egg and milk, then dip in the mixture of bread crumbs and flour. Brown the fish in the margarine for almost 3 minutes on each side. The fish will be

ready when you insert a fork and it flakes easily. Remove and platter. Season with salt and pepper and top with parsley and grated lemon peel.

SALMON CAKES WITH DILL SAUCE

- 2 c. leftover salmon, broken into pieces
- 1 1/4 c. leftover wheat berries
- 1/2 c. whole-wheat breadcrumbs
- 4 large egg whites, divided
- 3/4 c. panko (Japanese breadcrumbs)
- 1 c. 2% Greek-style yogurt
- 1/4 c. chopped fresh dill
- 1 Tbsp. fresh lemon juice
- 1/2 c. sliced cucumbers
- 4 tsp. pickled ginger

Mix salmon, wheat berries, whole-wheat breadcrumbs, and 3 egg whites. Form into 8 patties; chill for 15 minutes. Dip cakes in remaining egg white and dredge in panko. Preheat oven to 425°. Combine yogurt, dill, and lemon juice; set aside. Bake salmon cakes in middle of oven for 15 minutes or until heated through and tops are golden. Preheat broiler; brown tops of cakes for 10–20 seconds. Serve with cucumbers, pickled ginger, and dill sauce.

SOBA NOODLE SALAD WITH SEARED TUNA

- Cooking spray
- 1 (1-lb.) sushi-grade tuna steak
- 1/2 tsp. salt, divided
- 1/4 tsp. freshly ground black pepper
- 1 c. finely chopped English cucumber
- 1 c. shredded carrot

1/2 c. julienne-cut radishes
1/3 c. finely chopped red bell pepper
1/4 c. finely chopped green onions
3 Tbsp. rice vinegar
2 Tbsp. low-sodium soy sauce
1 Tbsp. peanut oil
1 1/2 tsp. dark sesame oil
1 tsp. sugar
1/2 tsp. crushed red pepper
2 Tbsp. sesame seeds, toasted

Cook noodles according to package directions; drain and rinse under cold water. Drain; set aside.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle both sides of tuna with 1/4 tsp. salt and black pepper. Place tuna in pan, and cook for 3 minutes on each side or until desired degree of doneness. Transfer to a platter; cool slightly. Cut tuna into 6 equal pieces.

Combine noodles, remaining 1/4 tsp. salt, cucumber, and remaining ingredients except sesame seeds in a large bowl; toss well to combine.

Arrange 1 c. noodle mixture onto each of 6 plates. Top each serving with 1 tsp. sesame seeds and 1 tuna piece.

SLOW COOKER



APPLE BROWN BETTY

3 lb. cooking apples
 10 slices of bread, cubed (about 4 c.)
 1/2 tsp. cinnamon
 1/4 tsp. nutmeg
 1/8 tsp. salt
 3/4 c. brown sugar
 1/2 c. butter or margarine, melted

Wash apples, peel, core, cut into eighths; place in bottom in the Slow Cooker by Pure Life.
 Combine bread cubes, cinnamon, nutmeg, salt, sugar, butter; toss together. Place on top of apples in Slow Cooker. Cover. Place Slow Cooker into outer shell. Cook on low setting 2 to 4 hours.
 Makes 6 to 8 servings.

APPLE BUTTER

This can be made in a slow Slow Cooker or oven at 325 degrees for 3-4 hours.

4 qts. Un-sweetened applesauce
 7 c. granulated sugar
 1-1/3 c. brown sugar
 5-1/3 Tbsp. cider vinegar
 5-1/3 Tbsp. lemon juice
 2 tsp. cinnamon
 2 tsp. allspice
 1 tsp. ground cloves

Combine all ingredients in a slow cooker or roasting pan. Cover and cook 3 hours, stirring occasionally. Remove lid and continue cooking until excess liquid cooks away (turn to low as necessary) Slow Cooker 5-8 hours, oven 3-5 hours Seal mixture in hot jars and process in a hot water bath for 10 minutes.
 Makes approximately 8-10 pints

APPLE-COCONUT CRISP

4 large Granny Smith apples, peeled & coarsely sliced (about 4 c.)

1/2 c. sweetened flaked coconut

1 Tbsp. flour

1/3 c. brown sugar

1/2 c. butterscotch or caramel ice cream topping (fat-free is fine)

1/2 tsp. cinnamon

1/3 c. flour

1/2 c. quick rolled oats

2 Tbsp. butter or margarine

In a casserole 1 1/2-quart baking dish that fits in the slow cooker, combine apples with

coconut, 1 Tbsp. flour, 1/3 c. brown sugar, and cinnamon.

Drizzle with the ice cream topping. Combine remaining ingredients in a small bowl with a fork or pastry cutter and sprinkle

over apple mixture. Cover and cook on high for 2 1/2 to 3 hours, until apples are tender. Serve warm with vanilla ice cream or whipped topping.

APPLE CRANBERRY COMPOTE

6 cooking apples, peeled, slice

1 c. fresh cranberries

1 c. sugar

1/2 tsp. grated orange peel

1/2 c. water

1/4 c. port wine

sour cream , (low fat)

Arrange apple slices and cranberries in slow cooker. Sprinkle sugar over fruit. Add orange peel, water and wine. Stir to mix ingredients. Cover, cook on low 4-6 hours, until apples

are tender. Serve warm fruits with the juices, topped with a dab of sour cream.

Serves 6.

APPLE CRANBERRY CRISP

3 apples (Any kind - I personally like Gala)

1 c. cranberries

3/4 c. brown sugar

1/3 c. rolled oats (quick cooking)

1/4 tsp. salt

1 tsp. cinnamon

1/3 c. butter, softened

Peel, core and slice apples. Place apple slices and cranberries in cp.

Mix remaining ingredients in separate bowl and sprinkle over top of apple and cranberries. Place 4 or 5 paper towels over the top of the Slow Cooker, place an object (I use a wooden spoon) across the top of the Slow Cooker and set lid on top. This allows the steam to escape. Turn Slow Cooker on high and cook for about 2 hours.

Serves 4.

APPLE DATE PUDDING

4-5 apples, peeled, cored and diced

3/4 c. sugar, or less, to taste

1/2 c. chopped dates

1/2 c. toasted, chopped pecans

2 Tbsp. flour

1 tsp. baking powder

1/8 tsp. salt

1/4 tsp. nutmeg

2 Tbsp. melted butter

1 egg, beaten

In the slow cooker, place apples, sugar, dates and pecans; stir. In a separate bowl, mix together flour, baking powder, salt and nutmeg and stir into apple mixture. Drizzle melted butter over batter and stir. Stir in egg. Set cooker on low and cook for 3 to 4 hours. Serve warm.

NOTE: If crispier nuts are desired, add toasted pecans at the end of cooking period.

APPLE GLAZED PORK ROAST

4 lb. pork loin roast

6 apples

1/4 c. apple juice

3 T. brown sugar

1 t. ginger, ground

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Core and quarter apples. Place apple quarters in bottom of Slow Cooker. Place roast on top of apples. Combine apple juice, brown sugar, and ginger. Spoon over top surface of roast, moistening well. Cover and cook on Low for 10-12 hours, until done

APPLE-NUT CHEESECAKE

Crust:

1 c. (scant) graham cracker crumbs
 1/2 tsp. cinnamon
 2 Tbsp. sugar
 3 Tbsp. butter, melted
 1/4 c. finely chopped pecans or walnuts

Filling:

16 oz. cream cheese
 1/4 c. brown sugar
 1/2 c. granulated white sugar
 2 large eggs
 3 Tbsp. heavy whipping cream
 1 Tbsp. cornstarch
 1 tsp. vanilla

Topping:

1 large apple, thinly sliced (about 1 1/2 c.)
 1 tsp. cinnamon
 1/4 c. sugar
 1 Tbsp. finely chopped pecans or walnuts

Combine crust ingredients; pat into a 7-inch springform pan. Beat sugars into cream cheese until smooth and creamy. Beat in eggs, whipping cream, cornstarch, and vanilla. Beat for about 3 minutes on medium speed of a hand-held electric mixer. Pour mixture into the prepared crust. Combine apple slices with sugar, cinnamon and nuts; place topping evenly over the top of cheesecake. Place the cheesecake on a rack (or "ring" of aluminum foil to keep it off the bottom of the pot) in the Slow Cooker. Cover and cook on high for 2 1/2 to 3 hours. Let stand in the covered pot (after turning it off) for about 1 to 2 hours, until cool enough to handle. Cool thoroughly before removing pan sides. Chill before serving; store leftovers in the refrigerator.

APPLE PIE COFFEE CAKE

Apple Mixture:

1 can (20 oz.) apple pie filling, apple slices broken up somewhat
 1/2 tsp. cinnamon
 3 Tbsp. brown sugar

Cake Batter:

2 small yellow cake mixes (Jiffy - 9-oz. each)
 2 eggs, beaten
 1/2 c. sour cream (light)
 3 Tbsp. softened butter or margarine
 1/2 c. evaporated milk
 1/2 tsp. cinnamon

1 tsp. butter or margarine for greasing slow cooker

Combine ingredients for apple mixture in a small bowl. Combine batter ingredients; mix well.

Generously butter the sides and bottom of a 3 1/2 quart slow cooker. Spread about half the apple mixture in the bottom of the pot. Spoon 1/2 the batter over the apple mixture. Spoon the remaining apple mixture over the batter, then cover with remaining batter. Cover and cook on high for 2 to 2 1/2 hours. Turn heat off, leave cover ajar slightly, and cool for about 15 minutes. Invert on a plate, retrieving any apples left in the bottom of the pot and placing on top of the cake. Makes a cake about 7 inches in diameter and 3 1/2-inches high.

APPLE PUDDING CAKE

2 c. sugar
 1 c. vegetable oil
 2 eggs
 2 tsp. vanilla
 2 c. flour
 1 tsp. baking soda
 1 tsp. nutmeg
 2 c. unpeeled apple, finely chopped
 1 c. chopped nuts (walnuts or pecans)

Beat sugar, oil, eggs, and vanilla. Add apple with dry ingredients and mix well. Spray a two lb. tin can with cooking spray or grease and flour it well. Pour batter into can, filling no more than 2/3 full. Place can in Slow Cooker. Do not add water. Cover but leave cover ajar so steam can escape. Cook on high 3 1/2 to 4 hours. Don't peek before the last hour of baking. Cake is done when top is set. Let stand in can a few minutes before tipping pudding out on a plate. Serve half-rounds plain, with whipped topping, or a pudding sauce.

APPLESAUCE SAUERKRAUT

4 c. sauerkraut, rinsed and drained
 2 c. sweetened applesauce
 1/2 tsp. caraway seeds
 1 Tbsp. butter or margarine

Combine all ingredients. Place in a greased 2 quart casserole. Bake at 375° F. for 30 to 45 minutes.

Serves 6.

ARTICHOKE & CHEESE DIP

1 lb. shredded Mozzarella
 1 c. grated Parmesan
 1 c. (8 oz. jar) mayonnaise
 1 c. (8 1/2 oz.) artichoke hearts, drained and chopped
 Minced onions

Mix ingredients together. Bake in casserole at 350 degrees for 20-30 minutes or in lightly buttered 3 1/2 quart slow cooker on (high) for about 1 hour.

Serve with broken up French bread or wheat crackers.

ASPARAGUS CASSEROLE

2 cans sliced asparagus, (10 oz. each)
 1 can cream of celery soup, (10 oz.)
 2 hard cooked eggs, thinly sliced
 1 c. grated cheddar cheese
 1/2 c. coarsely crushed saltines or Ritz crackers
 1 tsp. butter

Place drained asparagus in lightly buttered slow cooker baking insert. Combine soup and cheese. Top asparagus with sliced eggs, soup mixture, then the cracker crumbs. Dot with butter. Cover and cook on low for 4 to 6 hours.

BACON CHEESE DIP

16 slices bacon, diced, fried and drained
 2 8-oz. packages cream cheese, softened and cubed
 4 c. shredded cheddar cheese
 1 c. half-and-half
 2 tsp. Worcestershire sauce
 1 tsp. dried minced onion
 1/2 tsp. dry mustard
 1/2 tsp. salt
 dash hot sauce

Put all ingredients in the Slow Cooker by Pure Life and cook on low, stirring occasionally until cheese melts, about 1 hour. Taste and adjust seasonings, add bacon, and keep on low to serve. Serve with cubed or sliced French bread.

BAKED APPLES

6 lg. cooking apples
 3/4 c. orange juice
 2 tsp. grated orange rind
 1 tsp. lemon rind grated
 3/4 c. rose wine
 1/4 tsp. cinnamon
 1/2 c. brown sugar
 Whipped cream

Remove core from apples and place in slow cooker. Mix together all other ingredients except whipped cream. Pour over apples. Cover pot and cook on low for about 3 1/2 hours or until apples are tender. Cool and serve with whipped cream.

BAKED CUSTARD

2 c. Milk, scalded
 3 Eggs, slightly beaten

1/3 c. Sugar
 1 tsp. Vanilla
 1/8 tsp. Salt

Nutmeg or coconut

Scald milk, let cool slightly. Combine eggs, sugar, vanilla, and salt. Slowly stir in slightly cooled milk. Pour into buttered 1-qt baking dish. Sprinkle with nutmeg or coconut. Cover with foil.

Set baking dish on a trivet or meat rack in Slow Cooker.

Pour hot water around baking dish, 1-inch deep. Cover pot and cook on high for 2 to 2 1/2 hours or until knife inserted in custard comes out clean. Serve warm or chilled.

Makes 5 to 6 servings.

BARBEQUE BEEF STEW

2 lb. stew meat
 3 Tbsp. oil
 1 c. onion, sliced
 1/2 c. green pepper, chopped
 1 lg. clove garlic
 1/2 tsp. salt
 1/8 tsp. pepper
 2 c. beef stock
 1 can (8 oz.) tomatoes
 1 can (4 oz.) mushrooms
 1/3 c. barbecue sauce
 3 Tbsp. cornstarch
 1/4 c. cold water

Sauté onion, pepper and garlic in oil. Add salt, pepper, beef stock, tomatoes, mushrooms and barbecue sauce. Cook in slow cooker on low heat 8-10 hours.

Mix cornstarch, cold water and thicken before serving. Serve over hot cooked rice.

BARBECUE BRISKET

First, make a batch of homemade Bar-Be-Que Sauce:

1 Tbsp. liquid smoke
 1 Tbsp. crushed garlic (or less, we like lots)
 1 large onion chopped (I use a small Vidalia)
 2 Tbsp. cider vinegar

1 Tbsp. loose brown sugar (not packed)
 3 Tbsp. fresh squeezed lemon juice
 1-14 oz. bottle of ketchup
 1/2 tsp. chili powder
 4 Tbsp. Worcestershire
 1 Tbsp. dry mustard powder (like Coleman's)
 1 c. water or red wine
 1 tsp. salt
 1/8 tsp. black pepper
 1 Tbsp. honey

Mix together and heat on range.

Then prep the brisket by removing all silver skin if the butcher didn't already do this, place it in the CP, pour the homemade sauce over it and let it go on low. The length of time cooking will depend on how large a brisket you got. When done, remove lid from CP and using two forks shred the brisket. Terrific served on rolls or buns. It's also good served like tacos with all the trimmings in soft or regular taco shells.

BARBECUE CHICKEN I

1 Chicken, cut up and skin removed
 1 c. ketchup
 3/4 c. brown sugar
 3 Tbsp. Worcestershire sauce
 Place chicken in Slow Cooker. Combine remaining ingredients and pour over chicken.
 Cook 4 hours on high or 8-10 hours on low. Delicious!

BARBECUE CHICKEN II

4-6 pieces chicken (I use boneless breasts)
 1 bottle BBQ sauce
 1/2 c. white vinegar
 1/2 c. brown sugar
 1 tsp. mesquite seasoning
 1/2 tsp. garlic powder
 1/2-1 tsp. red pepper flakes
 Mix BBQ sauce with all ingredients listed under it. Place chicken in Slow Cooker. Pour sauce over all. Cook slowly in Slow Cooker about 4-6 hours. Low heat.
 Serve with baked beans, potato salad and coleslaw.

BARBECUE CHICKEN III

1 frying chicken cut up or quartered

1 can condensed tomato soup

3/4 c. chopped onion

1/4 c. vinegar

3 Tbsp. brown sugar

1 Tbsp. Worcestershire sauce

1/2 tsp. salt

1/4 tsp. sweet basil

1/4 tsp. thyme

Place chicken in slow cooker. Combine all other ingredients and pour over chicken.

Cover tightly and cook at "low" for 6-8 hours. Makes 4 servings.

BARBECUE PORK ROAST

1 pork roast (or beef)

Juice of 1 lemon

1 small onion, cut up

1 tsp. sugar

1 bottle barbecue sauce

Cook roast covered in water (start with hot water) in Slow Cooker overnight on low 10-12 hours. Pour off water and pull meat into shredded pieces. Sauté

onion in a little butter. Combine barbecue sauce, onions, sugar and juice of lemon with meat in Slow Cooker and cook on high for 1 1/2 to 2 1/2 hours, or on low for 3 to 6 hours.

BARBECUE PORK SANDWICHES

1 pork roast

1 bottle bar-b-cue sauce

About 1/2 to 1 c. water

Just throw in Slow Cooker on high for about 6 hrs. or low for about 10 hrs.

When it's done, just remove meat from bone and serve on hamburger

buns or rolls with more bar-b-que sauce or ketchup, etc.

BARBECUE SAUCE

1 c. chopped celery
 1 medium onion chopped
 1 Tbsp. butter
 Sauté until golden brown.
 2 Tbsp. vinegar
 1 Tbsp. brown sugar
 3 Tbsp. Worcestershire sauce
 1 Tbsp. lemon juice
 1 tsp. salt (optional)
 1 tsp. mustard
 1 c. ketchup
 1 c. water
 2 lb. ground beef

Combine all ingredients in a large saucepan. Cook slowly for 2 -2 1/2 hours. (Is better reheated)

BARBECUE STEAK

1 1/2 lb. boneless chuck steak, 1 1/2" thick
 1 clove garlic, peeled and minced
 1/4 c. wine vinegar
 1 Tbsp. brown sugar
 1 tsp. paprika
 2 Tbsp. Worcestershire sauce
 1/2 c. catsup (ketchup)
 1 tsp. salt
 1 tsp. dry or prepared mustard
 1/4 tsp. black pepper

Cut the beef on a diagonal, across the grain into slices 1" wide. Place these in the Slow Cooker. In a small bowl, combine the remaining ingredients. Pour over the meat, and mix. Cover and cook on Low for 3 to 5 hours.

BARBECUED BEAN SOUP

1 lb. Great Northern beans, soaked
 2 tsp. Salt
 1 med Onion, chopped
 1/8 tsp. Ground pepper
 2 lb. Beef short ribs
 6 c. Water
 3/4 c. Barbecue sauce

Place all ingredients in Slow Cooker except barbecue sauce. Cover and cook on Low 10 to 16 hours. Before serving, remove short ribs and cut meat from bones. Return meat to Slow Cooker. Stir in barbecue sauce before serving.

BARBECUED COCKTAIL MEATBALLS

2 lb. lean ground beef
 1 1/3 C ketchup, divided
 3 T seasoned dry bread crumbs
 1 egg, slightly beaten
 2 T dried onion flakes
 3/4 t garlic salt
 1/2 t black pepper
 1 C packed brown sugar
 1 can (6 oz.) tomato paste
 1/4 C reduced-sodium soy sauce
 1/4 C cider vinegar
 1 1/2 t hot pepper sauce

Preheat oven to 350 degrees. Combine ground beef, 1/3 c. ketchup, bread crumbs, egg onion flakes, garlic salt, and black pepper in medium bowl. Mix lightly but thoroughly; shape into 1-inch meatballs. Place meatballs in two 15 x 10" jelly-roll pans or shallow roasting pans. Bake 18 minutes or until browned. Transfer meatballs to slow cooker.

Mix remaining 1 c. ketchup, sugar, tomato paste, soy sauce, vinegar, and hot pepper sauce in medium bowl. Pour over meatballs. Cover and cook on LOW 4 hours.

Serve with cocktail picks.

Makes about 4 dozen meatballs.

BARBECUED MEATBALLS I

1 to 2 lb. ground beef

2 tsp. Worcestershire sauce
 2/3 c. evaporated milk
 1 envelope dry onion soup mix

Sauce:

2 c. ketchup
 1 c. brown sugar, packed
 1 Tbsp. Worcestershire sauce

Mix beef, 2 tsp. Worcestershire sauce, evaporated milk and soup mix. Shape into balls the size of walnuts. Broil 4 inches from broiler for 12 minutes or until done. Turn if necessary to keep from burning. Mix sauce ingredients and boil 10 minutes. Pour over meatballs in slow cooker/Slow Cooker turned on low.

2 lb. of ground beef makes about 50 meatballs.

SLOW COOKER BRUNCH CASSEROLE

Serving Size: 7

1 1/2 lb. Ground beef
 1 Onion -- large; finely chopped
 2 Tbsp. Olive oil or butter
 2 Garlic -- cloves; minced
 1 can Mushrooms -- sliced; drained; 4 oz.
 2 tsp. Salt
 1/2 tsp. Nutmeg
 1/2 tsp. Oregano -- leaf
 1/2 package Spinach -- chopped; frozen; thawed; drained
 3 Tbsp. Flour
 6 Eggs -- beaten
 1/4 c Milk -- scalded
 1/2 c Cheddar cheese -- sharp; grated

In skillet, lightly brown ground beef and onion in olive oil; drain well. (I Like to sauté fresh mushrooms instead of using canned.) Place in well-greased Slow Cooker. Stir in remaining ingredients except eggs, milk and cheese until well

blended. Beat eggs and milk together. Pour over other ingredients; stir well. Dust with additional nutmeg. Cover and cook on LOW setting for 7 to 10 hours or until firm.

Just before serving, sprinkle with grated cheese. 6 to 8 servings
 (About 2-1/2 quarts)

Yummy! I recommend the 10 hours on low though, any less and the eggs are runny...

SLOW COOKER CABBAGE AND BEEF CASSEROLE

2 lb. ground beef
 1 head cabbage, shredded
 1 small onion, chopped
 1 (16oz.) can tomatoes
 broth or tomato juice to cover bottom of pot
 Garlic salt, thyme, red pepper and a bit of oregano
 Brown ground beef and drain. Shred cabbage and chop onion. Put in broth or other liquid to cover bottom of pot. Layer cabbage, onion, spices, meat, and garlic salt.
 Repeat layers ending with beef. Top with tomatoes, un-drained and a dusting of oregano. Cook on high for 1 hour. Stir all together. Cook on low heat until ready to eat, 8-10 hours. Makes 3-4 servings.

SLOW COOKER CABBAGE BURGER BAKE

6 c. shredded cabbage and carrots
 3/4 lb. lean ground beef
 1/2 tsp. salt
 1/4 tsp. ground black pepper
 1 medium onion -- finely chopped
 1 c. long-grain rice
 1 26 oz. can chunky low-fat spaghetti sauce
 1/2 c. water
 1/4 tsp. dried basil leaves -- crushed
 1/4 tsp. seasoned salt
 Place 1/2 of the cabbage and carrots in a slow cooker. Crumble ground beef over top. Sprinkle 1/4 tsp. of the salt and 1/8 tsp. of the pepper. Evenly distribute onion, then rice over all. Top with remaining cabbage, salt, and pepper. Combine spaghetti sauce, water, basil, and seasoned salt; pour over cabbage. Cover and cook on LOW 5 to 6 hours or until rice is tender.

SLOW COOKER CABBAGE CHILI SOUP

3 c. coarsely chopped cabbage
 1 c. chopped onions
 3 c. Healthy Choice tomato juice (or any reduced-sodium)
 1 (10-1/2 oz.) can Healthy Request Tomato Soup
 10 oz. kidney beans, rinsed and drained
 2 tsp. chili seasoning mix in a slow cooker, combine cabbage, onion, tomato juice and tomato soup. Add kidney beans and chili seasoning mix. Mix well to combine. Cover and cook on LOW for 6-8 hours. Mix well before serving.
 Great recipe for diabetics, dieters.

SLOW COOKER CAFE CHICKEN

4 lb. cut up chicken
 1 onion chopped
 2 (or more) cloves of garlic, chopped (not pressed)
 1 green pepper chopped
 1 medium ripe tomato, peeled & chopped (I omitted, didn't have)
 1 c. dry white wine
 Pinch of Cayenne pepper
 Combine all ingredients in slow-cooker. Cover, set on low and cook for 6-8 hours. If you want you can cook for 5 1/2 and then place chicken on cookie sheets with sides (jelly roll pan) and cook for 30-45 minutes at 350°F to crisp up skin. Serve with crusty French bread. Serves 4-5.

SLOW COOKER CAJUN SAUSAGE & RICE

8oz. Kielbasa sausage, cut in 1/4" slices
 1 (14 1/2oz.) can diced Tomatoes with liquid
 1 medium Onion, diced
 1 medium Green Pepper, diced
 2 Celery stalks, thinly sliced
 1 Tbsp. Chicken bouillon granules
 1 Tbsp. Steak sauce
 3 Bay leaves or 1 tsp. dried Thyme
 1 TSP. sugar
 1/4 to 1/2 TSP. Hot Pepper sauce
 1 c. uncooked instant Rice
 1/2 c. chopped Parsley (optional)
 Combine sausage, tomatoes, onion, green pepper, celery bouillon, steak sauce, bay leaves, sugar and hot pepper sauce in Slow Cooker.

Cover and cook on LOW for 8 hours.
 Remove bay leaves; stir in rice and 1/2 c. of water. Cook an
 additional 25 minutes. Stir in parsley if desired.
 Makes 5 servings

SLOW COOKER CANTONESE DINNER

1 1/2 lb. pork steak 1/2" thick cut into strips
 2 Tbsp. oil
 1 onion large, sliced
 1 green pepper small cut into strips
 1 4 oz. mushroom, drained
 1 8 oz. tomato sauce can
 3 Tbsp. brown sugar
 1 1/2 Tbsp. vinegar
 1 1/2 tsp. salt
 2 tsp. Worcestershire sauce

Directions:

Brown pork in oil in skillet. Drain on double paper towel. Place pork strips and all remaining ingredients into Slow Cooker. Cover and cook on low for

6 to 8 Hr (high 4 hr) Serve over hot fluffy rice.

SLOW COOKER CANTONESE PORK DINNER

2 lb. pork steaks
 2 Tbsp. vegetable oil
 1 onion, thinly sliced
 1 (4.5 oz.) can mushrooms, drained
 1 (8 oz.) can tomato sauce
 3 Tbsp. brown sugar
 1 1/2 tsp. distilled white vinegar
 1 1/2 tsp. salt
 2 Tbsp. Worcestershire sauce

In a heavy skillet, heat oil over medium high heat. Add pork strips and brown.

Drain off excess fat. Place meat, onion, mushrooms, tomato sauce, brown sugar, vinegar, salt, and Worcestershire sauce in a slow cooker. Cook on High for 4 hours, or on Low for 6 to 8 hours. Serve hot.

SLOW COOKER CAPONATA

1 lb. tomatoes chopped
 1 eggplant in 1/2" pieces
 2 med zucchini in 1/2" pieces
 1 onion finely chopped
 3 stalks celery sliced
 1/2 c chopped parsley
 2 Tbsp. red wine vinegar
 1 Tbsp. brown sugar
 1/4 c raisins
 1/4 c tomato paste
 1 tsp. salt
 1/4 tsp. freshly ground black pepper
 3 Tbsp. oil cured black olives (optional)
 2 Tbsp. (optional)

Combine tomatoes, eggplant, zucchini, celery, onion, parsley, vinegar, sugar, raisins, tomato paste, salt & pepper in Slow Cooker. Cook, covered on low heat for 5 1/2 hours. Do not remove cover during cooking. Stir in olives & capers.

SLOW COOKER CARAMEL APPLE EUPHORIA DESSERT

2 md Cooking apples
 1/2 c Apple juice
 7 oz. Caramel candy squares
 1 tsp. Vanilla
 1/8 tsp. Ground cardamom
 1/2 tsp. Ground cinnamon
 1/3 c Cream-style peanut butter
 7 sl Angel-food cake; or
 1 Qt Vanilla ice cream

Peel, core, and cut each apple into 18 wedges; set aside.
Combine

apple juice, unwrapped caramel candies, vanilla, cardamom and cinnamon. Drop peanut butter 1 tsp. at a time, over ingredients in Slow Cooker. Stir. Add apple wedges; cover and cook on LOW for 5 hours. Stir thoroughly; cover and cook on LOW 1 additional hour. Serve approximately 1/3 c. of warm mixture over a slice of angel food cake or ice cream.
Serves 7.

SLOW COOKER CARAMEL APPLES

2 packages (14oz.) bags caramels
1/4 c. Water
8 Medium apples

In Slow Cooker, combine caramels and water. Cover and cook on high for 1 to 1 1/2 hours, stirring frequently. Wash and dry apples. Insert stick into stem end of each apple. Turn control on low. Dip apple into hot caramel and turn to coat entire surface. Holding apple above pot, scrape off excess accumulation of caramel from bottom apple. Place on greased wax paper to cool.

SLOW COOKER CARAMEL PIE

Serving Size: 8
2 Packages (14 oz.) bags caramels
1/4 C. water
8 Medium apples

In Slow Cooker, combine caramels and water. Cover and cook on high for 1 to 1 1/2 hours, stirring frequently. Wash and dry apples. Insert stick into stem end of each apple. Turn control on low. Dip apple into hot caramel and turn to coat entire surface. Holding apple above pot, scrape off excess accumulation of caramel from bottom apple. Place on greased wax paper to cool.

SLOW COOKER CARAMEL RUM FONDUE

Serving Size: 12
7 oz. caramels
1/4 c. miniature marshmallows

1/3 c. whipping cream

2 tsp. rum or 1/4 t rum extract

Combine caramels and cream in Slow Cooker. Cover and heat until melted, 30 to 60 minutes. Stir in marshmallows and rum. Cover and continue cooking 30 minutes. Serve with apple wedges or pound cake.

SLOW COOKER CARNE GISADA

3 lb. beef stew meat

2 cans diced ROTEL tomatoes with green chilies

salt and peper to taste

3 cloves garlic minced

1 c. chopped onion

3 Tbsp. flour

1/2 tsp. cumin

1/2 tsp. oregano

1 tsp. chili powder

1/4 c. water

1 diced bell pepper

Place stew meat, 1/4 c. water, salt and pepper in Pure Life's Slow Cooker.

Turn heat

to high and let simmer for 1 1/2 hours. Drain juice from tomatoes into measuring c.. Add tomatoes garlic and onions to Slow Cooker STIR let simmer on high for 30 minutes. Add cumin, oregano, and chili powder to Slow Cooker and stir. Blend juice and enough water to equal 1 1/2 c. liquid and flour stir into meat/veggie mixture. Let cook on LOW for 3-4 hours until sauce is nice and thick (if you like runnier gravy three hours is good) Serve with warm flour tortillas.

SLOW COOKER CARROT CHICKEN

Skinless, boneless chicken breasts

1 medium head cabbage, quartered

1 lb. carrots, cut into 1" pieces

water to cover

4 cubes chicken bouillon

1 tsp. poultry seasoning

1/4 tsp. Greek-style seasoning

2 Tbsp. cornstarch

1/4 c. water

-Rinse chicken and place in slow cooker. Rinse cabbage and place on top of chicken, then add carrots. Add enough water to almost cover all.

Add bouillon cubes and sprinkle liberally with poultry seasoning. Add Greek seasoning to taste (as you would salt and pepper). Cook on low for 8 hours OR on high for 4 hours.

-To Make Gravy: When you're nearly ready to eat, pour off some of the juice and place in a saucepan. Bring to a boil. Dissolve cornstarch in about 1/4 c. water (depending on how thick you like your gravy). Add to saucepan and simmer all together until thick. If desired, season with additional Greek seasoning.

Serve gravy over chicken and potatoes, if desired.

SLOW COOKER CATALINA RIBS

1 1/2-2 lb. boneless pork ribs
 1 onion chopped
 2 cloves garlic, minced
 1 (8 oz.) bottle of Catalina

Place or throw ribs in Slow Cooker. Put in rest of ingredients and cook low for 5-7 hours.

SLOW COOKER CHEESE AND MEATBALL SOUP

Serving Size: 6

2 c. water
 1 c. corn -- whole kernel
 1 c. potato -- chopped
 1 c. celery -- chopped
 1/2 c. carrot -- sliced
 1/2 c. onion -- chopped
 2 cubes beef bouillon
 1 jar cheez whiz -- (16 oz.) meatballs
 1 lb. ground beef
 1/4 c. bread crumbs
 1 large egg
 1/2 tsp. salt
 1/2 tsp. tabasco sauce

Meatballs:

Mix ingredients together thoroughly. Shape into medium size meatballs. Place uncooked meatballs and all other ingredients, except Cheez Whiz, in electric slow cooker. Stir gently. Cover and cook on setting # 2 (low) for 8 to 10 hours. Before serving add Cheez Whiz, stirring gently until well blended.

NOTES : Serve with a crusty bread.

SLOW COOKER CHEESE DIP

2 lb. Velveeta cheese
 2 cans Rotel tomatoes and chilies
 1 can cream of mushroom soup
 1 sm. jar picante sauce
 1 tsp. garlic powder
 Dash of Worcestershire
 1 lb. premium ground beef
 1 med. onion, chopped
 1 lb. sausage

Mix all of the liquids and cheese together in a Slow Cooker set on low until the cheese melts. While this is cooking, brown meats and chopped onion. Drain grease off of meats and add spices, then add to Slow Cooker and stir. Cook on low 2 to 4 hours, keep on low to serve with chips and crackers.

SLOW COOKER CHEESE FONDUE

10-oz. can cheddar cheese soup
 1 lb. block process cheese spread cut in 8 pieces
 1 lb. Swiss cheese, grated
 12-oz. can beer (or apple cider)
 1/2 tsp. hot pepper sauce
 2 drops liquid smoke flavoring

Place all ingredients in slow cooker/Slow Cooker. Stir to mix. Cover and cook on low for 2 hours. After 1 hour of cooking time, stir. Before serving, whisk to blend.

Serve with bread sticks or veggies for dipping.

SLOW COOKER CHEESE SOUFFLE

14 slices fresh white bread, crust removed
 3 c. grated sharp cheese, Cheddar

1/4 c. oleo
 6 lg. eggs
 3 c. milk, scalded
 2 Tbsp. Worcestershire sauce
 1/2 tsp. salt
 Paprika

Tear bread in small pieces. Place 1/2 in well-greased Slow Cooker. Add 1/2 cheese, 1/2 butter. Add remaining bread, cheese and butter. Beat eggs, milk, Worcestershire sauce and salt. Pour over bread and cheese. Sprinkle with paprika. Cover and cook on low 4-6 hours. Do not open until ready to serve.

SLOW COOKER CHEESE SOUP

1/2 stick butter
 3 green onions -- chopped
 3 stalks celery with leaves -- chopped
 2 carrots -- grated
 2 cans chicken broth
 2 cans cheese soup
 1 can cream of potato soup
 parsley flakes
 Tabasco sauce -- to taste
 salt and pepper -- to taste
 8 oz. sour cream/or plain nonfat yogurt
 3 Tbsp. cooking sherry

Melt butter over low heat and sauté onions, celery and carrots. Add chicken broth; cover and simmer for 30 minutes. Add other soups, parsley, tabasco, salt & pepper. Stir in sour cream. Simmer 15 minutes. Add sherry and stir before serving.

SLOW COOKER CHEESY BACON DIP

2 pkgs (8 oz.) cream cheese, softened, cut into cubes
 4 c. shredded Colby-Jack Cheese
 1 c. half-and-half
 2 T mustard
 1 T chopped onion
 2 tsp. Worcestershire sauce
 1/2 tsp. salt
 1/4 tsp. hot pepper sauce
 1 lb. bacon, cooked and crumbled

Place cream cheese, Colby-Jack cheese, half-and-half, mustard, onion, Worcestershire sauce, salt and pepper sauce in your Slow Cooker. Cover and cook, stirring occasionally, on low 1 hour or until cheese melts. Stir in bacon; adjust seasonings.

Serve with crusty bread or crackers.

SLOW COOKER LITTLE SMOKIES

2 packages Cocktail wieners

1 Medium bottle chili sauce

1 Medium jar grape jelly

Combine in Slow Cooker and cook on low 6 to 8 hours.

SLOW COOKER MACARONI AND CHEESE

1 (16 oz.) pkg. macaroni, cooked & drained

1 Tbsp. salad oil

1 (13 oz.) can evaporated milk

1 1/2 c. milk

1 tsp. salt

3 c. shredded sharp cheddar cheese

1/2 c. melted butter

Lightly grease Slow Cooker. Toss macaroni and oil. Add all remaining ingredients.

Stir, cover and cook on low 3 to 4 hours, stirring occasionally.

SLOW COOKER POTATO SOUP

6-8 potatoes, chunked

2 med. carrots, cubed

2 stalks celery, cubed

1 med. onion, chopped

1 Tbsp. parsley flakes

5 c. water

Salt and pepper to taste

Cook in Slow Cooker on low for 8 hours or until vegetables are done. One hour before serving, add one can of evaporated milk.

SLOW COOKER ROAST

2 1/2 lb... Chuck roast

2 packets dry Italian dressing mix OR Ranch dressing mix

1 c. water

Place beef in CP, sprinkle seasonings over meat, pour water over all.

Cook on low 6-8 hours or until meat shreds easily.

SLOW COOKER SCRABBLE

2 c. wheat Chex

2 c. corn Chex

2 c. rice Chex

3 c. thin pretzel sticks

1 13 oz. can or jar of salted peanuts or asst. mixed nuts

1 tsp. garlic salt

1 tsp. celery salt

1/2 tsp. seasoned salt

2 Tbsp. grated parmesan cheese

1/3 c. melted butter

1/3 c. Worcestershire sauce

In a large (double) paper bag, mix together pretzels, cereals, and nuts along with the garlic salt, celery salt, seasoned salt, and grated cheese. Empty bag into large mixing bowl and sprinkle the melted butter and Worcestershire sauce over all mixing gently with your hands. Empty bowl into slow cooker/Slow Cooker and cook on low for 3 or 4 hours. Tear open paper bags you used to originally mix the scrabble and spread them out onto a counter. Spread heated slow cooker/Slow Cooker scrabble onto torn open bags and let dry for a minimum of one hour letting the paper absorb any excess moisture. Store in Rubbermaid or Tupperware type airtight containers. Keeps for several weeks without going stale.

SLOW COOKER SPAGHETTI SAUCE

4 Tbsp. cooking oil

1 sm. onion, finely chopped

1 (15 1/2 oz.) can tomato sauce

1 1/2 c. water

1/2 tsp. pepper

1/2 tsp. red pepper, optional

1 lb. ground beef

- 1 (29 oz.) can tomato puree
- 1 (6 oz.) can tomato paste
- 1 tsp. salt
- 1/2 tsp. oregano

2 lb. sausage (Italian links or country style)

Brown ground beef in 2 Tbsp. hot oil in frying pan. When almost browned, add onion and continue browning until onion is tender. Pour meat and onion into 3 ½ quart Slow Cooker. Add puree, sauce, paste, water, salt, pepper and oregano and set dial on low setting. Cut 2 lb. sausage into pieces and brown in remaining 2 Tbsp. oil. When brown, place sausages in sauce in Slow Cooker. Continue cooking for 12 hours. (If you like your sauce sweeter, you could add 1/4 to 1/2 c. sugar to this.)

SLOW COOKER SPICY DIP

- 2 lb. Velveeta cheese
- 2 lb. hamburger, cooked and drained
- 1 lg. jar Old El Paso taco sauce (or Rotel tomatoes)
- 1 lg. onion, chopped fine

Mix all together in Slow Cooker where cheese will melt and all will remaining warm.

SLOW COOKER SPLIT PEA SOUP

- 1 (16 oz.) pkg. dried green split peas, rinsed
- 1 hambone, or 2 meaty ham hocks, or 2 c. diced ham
- 3 carrots, peeled & sliced
- 1 med. onion, chopped
- 2 stalks of celery plus leaves, chopped
- 1 or 2 cloves of garlic, minced
- 1 bay leaf
- 1/4 c. fresh parsley, chopped (optional)
- 1 Tbsp. seasoned salt (or to taste)
- 1/2 tsp. fresh pepper
- 1 1/2 qts. hot water

Layer ingredients in slow cooker, pour in water. DO NOT STIR. Cover and cook on high 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls off bone. Remove bones and bay leaf. Serve garnished with croutons. Freezes well.

SLOW COOKER SWISS STEAK

- 1 1/2 - 2 lb. round steak
- 2 Tbsp. flour
- 1 sliced green pepper
- 1 tsp. salt
- 1/8 tsp. pepper
- 2 Tbsp. salad oil
- 1 lg. onion, sliced
- 1 (16 oz.) can tomatoes, cut up
- 1 stalk celery, thinly sliced
- 1 Tbsp. thick bottled steak sauce

Cut steak into serving size pieces. Coat with flour, salt and pepper. In large skillet or slow cooking pot with browning unit, brown meat in oil. Pour off excessive fat. In slow cooking pot, combine meat with tomatoes, onion, green pepper and steak sauce. Cover pot and cook on low for 6 to 8 hours or until tender. Thicken juices with additional flour, dissolved in a small amount of water, if desired. Makes 5 or 6 servings. Serve with mashed potatoes.

SLOW COOKER TENDERLOIN TIPS

- 1 lb. tenderloin tips
- 1 can mushroom soup
- 1 pkg. onion soup mix
- 1/4 c. water

Combine ingredients in Slow Cooker. Cook 8 hours. Serve over noodles.

SLOW COOKER TURKEY MEATBALLS

- 1 1/2 c. barbecue sauce (your favorite)
- 10 oz. Apple jelly
- 2 Tbsp. Tapioca (for thick sauce if desired)
- 1 Tbsp. Vinegar
- 1 Egg, beaten
- 1/4 c. Seasoned bread crumbs, fine
- 2 Tbsp. Milk
- 1/4 tsp. Garlic powder
- 1/4 tsp. salt
- 1/4 tsp. onion powder

1 lb. Ground turkey

Non-stick vegetable spray

In 3 1/2 or 4 quart Slow Cooker: stir together barbecue sauce, jelly, tapioca (if used), and vinegar. Cover; cook on high-heat setting while preparing meatballs.

For meatballs, in large bowl combine egg, bread crumbs, milk, garlic powder, salt, and onion powder. Add ground turkey and mix well.

Shape into 1/2 to 3/4-inch meatballs. Spray a 12-inch non-stick skillet; add meatballs and brown on all sides over med. heat. Drain

meatballs. Add meatballs to Pure Life's Slow Cooker; stir gently. Cover; cook on high

heat setting for 1 1/2 to 2 hours. Makes 30 meatballs. Note: for 5 or 6-quart Slow Cooker, double all ingredients. Prepare as above.

Makes 60 meatballs.

SLOW COOKER TURKEY SANDWICHES

6 c. diced turkey

3 c. diced cheese (American or Velveeta)

1 can cream of mushroom soup

1 can cream of chicken soup

1 onion, chopped

1/2 c. Miracle Whip

Mix all of above and put in Slow Cooker for 3-4 hours. Stir occasionally.

Add liquid, if needed. Serve with buns.

CURRIED FRUIT BAKE

1 package prunes, (16 oz.) pitted

1 package dried apricots (11 oz.)

2 cans pineapple chunks (13 1/2 oz.), drained

1 can peaches; sliced (1 lb. 13 oz.)

1 c. brown sugar

1/2 tsp. curry powder

14 oz. ginger ale

Combine all ingredients in removable liner. Place in base. Cover and cook on low 4-5 hours or auto 3 hours.

DUMPLING SOUP

- 1 lb. lean steak, cut into 1" cubes
- 1 pkg. onion soup mix
- 6 c. water (hot)
- 2 carrots, peeled & shredded
- 1 stalk finely chopped celery
- 1 tomato, peeled & chopped
- 1 c. pkg. biscuit mix
- 6 Tbsp. milk
- 1 Tbsp. finely chopped parsley

With pot on low, sprinkle steak with dry onion soup mix. Pour hot water over steak. Stir in carrots, celery and tomato. Cover and cook on low 4-6 hours or until meat is tender. Turn pot control to HIGH. In separate small bowl, combine biscuit mix with parsley. Stir in milk with fork until mixture is moistened. Drop dumpling mixture into Slow Cooker with a tsp.. Cover and cook on high for about 30 minutes.

5-6 servings.

EASY CHOCOLATE CLUSTERS

- 2 lb. white candy coating, broken into small pieces
- 2 c. semisweet chocolate chips
- 1 pkg. (4 oz.) German sweet chocolate
- 1 jar (24 oz.) dry roasted peanuts

In Pure Life's Slow Cooker, combine candy coating, German chocolate and chocolate chips. Cover and cook on high for 1 hour, then reduce heat to low. Cover and cook 1 hour longer or until melted, stirring every 15 minutes. Add peanuts and mix well. Drop by teaspoonful's onto waxed paper; let stand until set. Store at room temperature.

Makes about 3 1/2 dozen.

EGGPLANT PARMIGIANA

- 4 large Eggplant
- 2 Eggs
- 1/3 c. Water
- 3 Tbsp. Flour
- 1/3 c. Seasoned bread crumbs
- 1/2 c. Parmesan cheese
- 1 can Marinara sauce, 2 lb.

1 lb. Mozzarella cheese, sliced
Olive oil, extra virgin

Prepare eggplant and cut in 1/2 inch slices; place in bowl in layers and sprinkle each layer with salt and let stand 30 minutes to drain excess water; dry on paper towels. Mix egg with water and flour. Dip eggplant slices in mixture, drain slightly. Sauté a few slices at a time quickly in hot olive oil. Combine seasoned bread crumbs with the Parmesan cheese. In removable liner, layer one-fourth of the eggplant, top with one-fourth of the crumbs, one-fourth of the marinara sauce and one-fourth of the mozzarella cheese. Repeat three times to make four layers of eggplant, crumbs, sauce and mozzarella cheese. Place liner in base. Cover and cook on low 4-5 hours or auto 3 hours.

FAVORITE SLOW COOKER CHILI

2 lb. coarsely ground beef chuck
2 (16 oz.) cans red kidney beans, drained
2 (14 1/2 oz.) cans tomatoes, drained
2 med. onions, coarsely chopped
1 green pepper, seeded and coarsely chopped
2 cloves garlic, peel and crushed
2-3 Tbsp. chili powder
1 tsp. black pepper
1 tsp. cumin
Salt and pepper to taste

In a large, preferably non-stick, saucepan brown the chuck and drain off the fat. Put the ground beef and other ingredients in a 3 1/2 to 4 Quart Slow Cooker. If you have a small Slow Cooker, cut the recipe in half. Stir well. Cover and cook on low for 10-12 hours. Makes 12 c. of chili.

FIESTA CHICKEN

2 Tbsp. oil
3 lb. boneless, skinless chicken breasts, cut into 1-inch pieces
1 medium onion, chopped
1 tsp. oregano
1 small jalapeno pepper, finely chopped
3 cloves garlic, minced
1 can (14 1/2 oz.) Mexican style diced tomatoes
1/4 tsp. ground cumin

Heat oil in skillet. Cook chicken pieces until browned. Remove and

drain. Place onion, green bell pepper, garlic and jalapeno pepper in skillet and sauté until slightly cooked. Add all ingredients to Slow Cooker and stir to combine. Cover; cook on LOW 8 hours (HIGH 4 hours). Serve on flour tortillas.

FRANKS IN SPICY TOMATO SAUCE

1 c. ketchup
 1/2 c. firmly packed brown sugar
 1 Tbsp. red wine vinegar
 2 tsp. soy sauce
 1 tsp. Dijon mustard
 1 clove garlic, minced
 1 lb. beef or chicken frankfurters, cut into 1" pieces
 Place ketchup, brown sugar, vinegar, soy sauce, mustard, and garlic in our Slow Cooker. Cover and cook on High until blended. Stir occasionally. Add frankfurters and stir to coat. Cook until thoroughly blended. Serve with toothpicks or wooden skewers to spear franks.

FRESH APPLE COFFEECAKE

2 c. biscuit mix
 2/3 c. applesauce
 1/4 c. milk
 2 Tbsp. sugar
 2 Tbsp. butter or margarine, softened or melted
 2 apples, peeled, cored and diced
 1 tsp. cinnamon
 1 tsp. vanilla
 1 egg, lightly beaten
 Streusel
 1/4 c. biscuit mix
 1/4 c. brown sugar
 2 Tbsp. firm butter or margarine
 1 tsp. cinnamon
 1/4 c. chopped nuts, if desired
 Combine first 9 ingredients. Spread in a lightly greased 3 1/2 quart Slow Cooker (or spread in a lightly greased baking dish which fits in a larger sized Slow Cooker). Combine streusel ingredients with a fork or pastry blender; sprinkle over the batter. Cover and cook on high for about 2 1/2 hours, until a toothpick inserted in the center comes out clean. Uncover and let cool in the pot.

When cool enough to handle, loosen the sides and lift out carefully with a flexible spatula, or loosen sides and invert the pot slightly and remove with your hand (you could hold a small piece of foil or waxed paper).

GARLIC CHICKEN WITH CABBAGE

1 whole chicken

1/2-to 1 whole red or white onion chopped

3-8 garlic cloves or use garlic salt/powder to your liking

salt and pepper to taste

Season chicken and place in Slow Cooker. Add onion and garlic cloves and salt and pepper. Fill Slow Cooker 1/4-way with water, cover and cook on high 6-8 hours. The chicken should fall off of the bone.

During the last hour of cooking the chicken, cut up 1 head of green cabbage...I use red also...core removed. Place in a large pot of pan with a shallow amount of water...1/2-to 1-c.. Add two Tbsp. of butter or margarine and sprinkle liberally with garlic salt and pepper. Cover and cook on med-high heat for 20-30 minutes. Once chicken and cabbage are done, place some cabbage in a bowl and top with chicken and some of the chicken broth. Talk about yummy. You can alter any of the seasonings and the butter or margarine to your satisfaction.

ROASTED VEGGIE TRIO POT

3 c. (15 oz.) sliced raw potatoes

3 c. sliced carrots

1-3/4 c. (one 15 oz. can) Swanson Beef Broth

1/2 c. chopped onions

In your Slow Cooker, combine potatoes, carrots and onion. Pour beef broth evenly over top. Cover and cook on HIGH for 4 - 6 hours. Mix well before serving.

RUSSIAN CHICKEN

1 bottle Russian dressing (16 oz.)

1 envelope onion soup mix

1 jar apricot preserves (10 oz.)

4 pieces chicken -- (4 to 6)

Seasoned salt and pepper to taste
 Combine dressing, preserves and onion soup mix in bowl and pour into a Slow Cooker. Sprinkle chicken with seasoned salt and pepper. Place chicken, skin side down, in Slow Cooker. Cook on LOW for 8 hours (HIGH 4 hours)
 Serves 4 - 6.

SALMON AND POTATO CASSEROLE

4 potatoes, peeled and thinly sliced
 3 Tbsp. flour
 salt and pepper
 1 can (16 oz.) salmon, drained and flaked
 1 medium onion, chopped
 1 can (10 3/4 oz.) cream of mushroom soup
 1/4 c. water
 Nutmeg

Place half of the potatoes in greased Slow Cooker. Sprinkle with half of the flour, salt and pepper. Cover with half the salmon; sprinkle with half the onion. Repeat layers in order. Combine soup and water. Pour over potato-salmon mixture. Dust with nutmeg. Cover and cook on Low for 7-10 hours.
 Serves 6.

SALMON BAKE IN SLOW COOKER

3 cans Salmon, 1 lb. each
 4 c. Bread crumbs, soft 10 slices
 1 can Tomatoes in puree, 1 lb.
 1 Green pepper, chopped
 3 tsp. Lemon juice
 1 can Cream of onion soup, cond.
 2 Chicken bouillon cubes, crushed
 6 Eggs, well beaten
 1 can Cream of celery soup, cond.
 1/2 c. Milk

Grease removable liner well. Combine all ingredients, except celery soup and milk, in removable liner. Place liner in base. Cover and cook on low 4-6 hours or auto for 3 hours. Combine cream of celery soup with 1/2 c. of milk and heat in saucepan. Use as sauce for salmon

bake.

SAVORY SALSA-CORN CAKE

- 2 boxes corn muffin mix, (8 oz. each)
- 1 can creamed corn, (15 oz.)
- 2 eggs
- 1/2 c. sour cream
- 1 can chopped green chilies, (4 oz.) un-drained
- 2 Tbsp. soft margarine
- 3 to 4 Tbsp. chunky salsa

In a medium bowl, combine creamed corn, eggs, sour cream, chilies, and margarine. Whisk together until well combined. Add corn muffin mix, stirring well to combine. Generously grease a 3 1/2-quart Slow Cooker with margarine or butter. Pour batter into the Slow Cooker. Spoon salsa over the top and cut into the batter.

Cover and cook on high for about 2 1/2 hours. Turn heat off and let cool with lid ajar, for about 15 minutes. Loosen sides with a knife and invert onto a large plate. If a little of the top sticks to the bottom of the pot, dollop a little salsa on the top, or decorate with sour cream and chopped green onion.

Delicious side dish!

Serves 6 to 8.

SCALLOPED CORN

- 3 large eggs
- 1 c. half and half
- 1 Tbsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 3 to 4 Tbsp. minced onion
- 2 c. frozen creamed corn, thawed
- 1 c. coarsely crushed cracker crumbs

Wisk milk and eggs together, then mix in remaining ingredients. Pour into lightly buttered casserole which will fit in the slow cooker. Cover and cook on high for 2 1/2 hours, or until knife inserted in center comes out clean.

Serves 6 as a side dish.

SCALLOPED POTATO-TOMATO POT

6 c. (20 oz.) frozen shredded hash browns
 2 c. (one 16 oz. can) cut green beans, rinsed and drained
 1/4 c. finely chopped onion
 1 tsp. dried parsley flakes
 1 (10-3/4 oz.) can Healthy Request Cream of Celery Soup
 1-3/4 c. (one 14-1/2 oz. can) stewed tomatoes, un-drained
 In your slow cooker, combine hash browns, green beans and onion. In a medium bowl, combine parsley flakes, celery soup and un-drained stewed tomatoes. Add soup mixture to potato mixture. Mix well to combine. Cover and cook on LOW for 6 - 8 hours. Mix well before serving.

SCALLOPED POTATOES

10 large Potatoes, thin slice
 2 large Onions, chopped
 2 cans Cheddar cheese soup, cond.
 1 c. Milk
 In a small bowl, combine soup with milk. In removable liner, layer one half the potatoes and one half the chopped onions; spread one half the soup-milk mixture. Repeat layering using rest of ingredients. Placed in base. Cover and cook on low for 6-8 hours, high for 3-4 hours or auto for 5 hours.

SCALLOPED POTATOES WITH HAM

1/2 c. diced ham
 8 to 10 med. potatoes, thinly sliced
 1 c. grated American cheese
 Salt and pepper
 1 can cream of mushroom soup, or 1 c. medium white sauce
 Paprika
 1 onion, thinly sliced
 In Pure Life's Slow Cooker layer half of ham, half of potatoes, half of onions, half of cheese. Sprinkle with salt and pepper. Repeat layers with remaining half of ingredients. Spoon undiluted soup or white sauce over top and sprinkle with paprika. Cover and cook on low for 7 to 9 hours.

SHRIMP CREOLE

1 1/2 c diced celery
 1 1/4 c chopped onion
 3/4 c chopped bell pepper
 1 (8oz.) can tomato sauce
 1 (28 oz.) can whole tomatoes
 1 clove garlic
 1 tsp. salt
 1/4 tsp. pepper

6 drops Tabasco sauce (optional)

1 lb. shrimp, deveined and shelled

Combine all ingredients except shrimp. Cook 3 - 4 hours on high or 6 - 8 hours on low. Add shrimp last hour of cooking. Serve over hot rice.

Chicken, rabbit or crawfish may be substituted for the shrimp. 1 tsp. garlic salt or 1/4 tsp. garlic powder may be substituted.

SHRIMP MARINARA

1(16 oz.) can of tomatoes, cut up
 2 Tbsp. minced parsley
 1 clove of garlic, minced
 1/2 tsp. dried basil
 1 tsp. salt
 1/4 tsp. pepper
 1 tsp. dried oregano
 1 (6 oz.) can tomato paste
 1/2 tsp. seasoned salt
 1 lb. cooked shelled shrimp
 Grated Parmesan cheese
 Cooked spaghetti

In your Slow Cooker, combine tomatoes with parsley, garlic, basil, salt, pepper, oregano, tomato paste and seasoned salt. Cover and cook on low for 6 to 7 hours. Turn control to high, stir in shrimp, cover and cook on high for 10 to 15 minutes more.

Serve over cooked spaghetti. Top with Parmesan cheese.

SIMPLE SAUCY POTATOES

4 cans (15 oz. each) sliced white potatoes, drained
 2 cans condensed cream of celery soup, undiluted
 2 c. sour cream
 10 bacon strips, cooked and crumbled
 6 green onions, thinly sliced

Place potatoes in slow cooker. Combine the remaining ingredients; pour over the potatoes and mix well. Cover and cook on high for 4-5 hours.

SLOW-COOKED BROCCOLI

2 packages (10 oz. each) frozen chopped broccoli, partially thawed
 1 can (10-3/4 oz.) condensed cream of celery soup, undiluted
 1-1/2 c. shredded sharp cheddar cheese, divided
 1/4 c. chopped onion
 1/2 tsp. Worcestershire sauce
 1/4 tsp. pepper
 1 c. crushed butter-flavored crackers (about 25)
 2 Tbsp. butter or margarine

In a large bowl, combine broccoli, soup, 1 c. cheese, onion, Worcestershire sauce and pepper. Pour into a greased slow cooker. Sprinkle crackers on top; dot with butter. Cover and cook on high for 2-1/2 to 3 hours. Sprinkle with remaining cheese. Cook 10 minutes longer or until the cheese is melted.
 Yield: 8-10 servings.

SLOW-COOKED CORN PUDDING

1/4 c. chopped onion
 1/4 c. chopped green pepper
 1/4 c. chopped fresh tomato
 1 16 oz. can cream-style corn
 4 large eggs
 1/2 c. evaporated milk
 1/2 tsp. salt
 1/4 tsp. pepper

Sauté onion and green pepper until slightly softened; add tomato and sauté for 1 minute more.

In a medium-sized bowl, whisk together the eggs, milk, creamed corn and seasonings; add the sautéed vegetables. Lightly grease a 3 1/2 quart Slow Cooker (or a soufflé dish which fits in a larger Slow Cooker) and pour the mixture in. Cook on high 2 1/2 to 3 hours; add grated cheese to the top and cook until cheese is melted.

SLOW-COOKER CREAMY SCALLOPED POTATOES AND HAM

3 lb. med. size potatoes peeled and sliced
 1 onion chopped
 1 c. shredded cheddar cheese
 1 c. cooked ham
 1 can (10 3/4 oz.) reduced fat cream of mushroom soup
 1/2 c. water

Combine potatoes, onion, cheese and ham in Slow Cooker.
 In small bowl, stir together soup & water. Pour over potato mixture.
 Cover pot. Cook on High for 4 hours or until potatoes are tender. Stir mixture just before serving. Makes 6 servings

SLOW-COOKER SEAFOOD CHOWDER

2 lb. frozen fish filets
 1/4 lb. bacon or salt pork, diced
 1 medium onion, chopped
 4 medium potatoes, peeled and cubed
 2 c. water
 1 1/2 tsp. salt (unless you are using fresh salt-water fish)
 1/4 tsp. pepper
 1 can evaporated milk

Thaw frozen fish in refrigerator. Cut into bite-sized pieces. In skillet, sauté bacon or salt pork and onion until meat is cooked and onion is golden. Drain and put into Slow Cooker with the fish pieces. Add potatoes, water, salt and pepper. Cover and cook on low for 6 - 9 hours. Add evaporated milk during last hour. If the chowder is thicker than you like, add more milk (any kind).

SLOW-COOKER SHRIMP CREOLE

1 1/2 c. diced celery
 1 1/4 c. chopped onion
 3/4 c. chopped bell pepper
 1 (8 oz.) can tomato sauce
 1 (28 oz.) can whole tomatoes
 1 clove garlic
 1 tsp. salt
 1/4 tsp. pepper
 6 drops Tabasco (opt.)
 1 lb. shrimp, deveined & shelled
 1 tsp. garlic salt or 1/4 tsp. garlic powder may be substituted.

Combine all ingredients except shrimp. Cook 3 to 4 hours on high or 6 to 8 hours on low. Add shrimp last hour of cooking. Serve over hot rice. Chicken, rabbit or crawfish may be substituted for shrimp. Stove top version, if you don't have our Slow Cooker. Sauté celery, onion and bell peppers in oil or butter until tender. (Better if left a bit crunchy.) Add remaining ingredients except meat being used. Simmer at least 30 minutes to an hour. Add shrimp or whatever meat you wish and simmer 30 minutes more. This is even better reheated the next day.

SOUTHERN STYLE GREEN BEAN & POTATO CASSEROLE

4 to 6 medium red potatoes, sliced about 1/4" thick (peeled or not)
 4 to 5 c. whole fresh green beans, trimmed
 6 slices bacon, diced fried and drained
 2 Tbsp. minced dried onion
 1 can 98% fat free cream of celery soup
 salt and pepper to taste
 Place sliced potatoes and green beans in Slow Cooker; add other ingredients. Cover and cook on low 7 to 9 hours.
 Serves 4 to 6.

SOUR CREAM CHILI BAKE

1 lb. Ground beef
 1 can Pinto beans, drained (15 oz.)

- 1 can Enchilada sauce (10 oz.)
- 1 can Tomato sauce (8 oz.)
- 1 c. Shredded process American cheese
- 1 Tbsp. Instant minced onion
- 1 c. Water
- 4 c. Corn chips
- 1 c. Sour cream
- 1/2 c. Shredded process American cheese

Brown ground beef; drain. Transfer meat to Slow Cooker. Stir in beans, enchilada sauce, tomato sauce, 1 c. of cheese, onion and 1 c. of water. Reserve 1 c. of corn chips; crush the remaining chips and add to the meat mixture. Cover and cook on low heat for 8 to 10 hours. To serve, top with sour cream, remaining cheese, and reserved corn chips.

SPAGHETTI SAUCE WITH CHICKEN & SAUSAGE

- 1 lb. Italian sausage
- 3-4 boneless chicken breasts, cut into 1-inch chunks
- 1 c. chopped green pepper
- 1 c. chopped onion
- 1-2 tsp. Italian seasoning
- 2 (4 oz. each) cans mushroom stems and pieces, drained
- 2 jars favorite spaghetti sauce

Hot cooked pasta

In skillet, brown Italian sausage, piercing casings to allow excess fat to run out.

Remove to plate and cut into 1/2 to 1-inch chunks.

In same skillet, brown chicken pieces. (I like to sauté the pepper and onion a bit, too.) Place sausage and chicken in your slow cooker. Add pepper and onion. Sprinkle with

Italian seasoning. Add mushrooms. Pour sauce over everything. Cover and cook on low for 6 to 8 hours. Stir before serving over spaghetti or other pasta.

SPAGHETTI SQUASH

- 2 c. water

1 spaghetti squash, a size which will fit in Slow Cooker

With a skewer or large fork, puncture several holes in the squash. Pour water in the Slow Cooker, add the whole squash. Cover and cook on low for 8 to 9 hours. Split and remove seeds, then transfer the

"spaghetti" strands to a bowl. Serve tossed with butter and salt and pepper, Parmesan cheese or your favorite sauce.

SPANISH CHICKEN

2 lb. boneless skinless chicken breast
 Seasoned salt & pepper to taste
 Black olives, pitted
 Sliced mushrooms, drained
 Stewed tomatoes
 Liquid to cover (beer, tomato soup or tomato sauce w/equal amount of water or stock)
 Cut chicken into bite-sized pieces; season. Place with remaining ingredients in slow cooker. Simmer all day on low. Serve over rice.
 Serves 4.

SPICY CHICKEN WINGS

3 Tbsp. vinegar
 24 chicken wings, drumettes
 1/4 c. hot pepper sauce, or less
 1/2 c. melted butter
 1 pkg. Hidden Valley Ranch original dry salad dressing mix

Preheat oven to 350 degrees. Mix all ingredients together except chicken wings and salad dressing mix. Place chicken wings in baking dish or pan in a single layer. Pour mixture over wings. Sprinkle with dry dressing mix. Bake 25 - 30 minutes or until browned. Sprinkle with paprika if you like. Chicken wings may be made in Pure Life's Slow Cooker - cook on low 4 to 5 hours.

SPICY FRANKS

1 c. ketchup
 1/4 c. brown sugar, packed
 1 Tbsp. red wine vinegar
 2 tsp. soy sauce
 2 tsp. Dijon mustard
 1/8 tsp. garlic powder
 1 lb. hot dogs, cut into bite-size pieces, or cocktail wieners, smoked sausage, etc.

Combine everything but hot dogs in the Slow Cooker; cover and cook on high 1 to 2 hours, until well blended. Add hot dogs, stir, and cook another 1 to 2 hours, until heated through. Turn to low to keep warm and serve from the Slow Cooker.

SPICY MARMALADE MEATBALLS

Meatballs:

2 lb. ground beef (chuck)
 1/2 c. bread crumbs
 1 tsp. Worcestershire sauce
 1/2 tsp. salt
 1/4 tsp. pepper
 1 small onion, minced
 1/2 tsp. chili powder
 1/4 tsp. garlic powder
 3 eggs

Sauce:

2 c. ketchup
 1/4 c. Worcestershire sauce
 1 jar orange marmalade (10 to 12 oz.)
 dash cayenne, more or less to taste
 1 tsp. chili powder

Combine sauce ingredients in Slow Cooker; cover and cook on high while preparing meatballs. Combine meatball ingredients. Heat a large skillet over medium high heat. Add meatballs; brown on all sides. You might have to do this in batches. Place browned meatballs in a 325° oven and bake for 45 minutes (if the skillet isn't ovenproof, transfer to a baking dish). Transfer meatballs to Slow Cooker with a slotted spoon or drain on brown paper first. Cover and reduce to LOW for 2 to 4 hours. Serve hot as an appetizer or over rice for a main dish. Makes 24 to 48 meatballs, depending on size.

SPICY REFRIED BEAN DIP

2 cans refried beans, (16oz. each)
 1 package taco seasoning mix, about 1 1/4 oz.
 1/2 c. chopped onion
 2 c. Monterey jack cheese, shredded
 a few drops Tabasco sauce, to taste
 chopped jalapeno or mild chilies, to taste

Place refried beans, taco seasoning, and onion, cheese, and Tabasco sauce in the Slow Cooker; stir well. Stir in chopped chilies. Cover and cook on low until cheese is melted, about 1 hour; add a little water if mixture seems too thick. Serve from the Slow Cooker with French bread, crackers, or chips. Makes about 4 c.

SPINACH, CHEESE & BACON STRATA

4 c. sliced & buttered French bread, cubed
 1 bag frozen spinach (16 oz.)
 6 to 8 oz. diced, cooked bacon, ham, or turkey ham
 1 1/2 to 2 c. shredded cheddar cheese
 salt and pepper, to taste
 1 can (10oz.) cream of mushroom soup (the 98% fat free is fine)
 1/2 c. evaporated milk
 5 eggs
 1 Tbsp. minced dried onion (optional)

Lightly butter a 3 1/2-quart Slow Cooker. Layer with half of the buttered bread cubes, spinach, bacon, and cheese; salt and pepper to taste. Repeat layers ending with cheese. Whisk together the soup, milk, eggs, and dried onion. Pour over Slow Cooker mixture. Chill for 1 hour or overnight. Cover and cook on low for 3 1/2 to 4 1/2 hours. Serves 4 to 6.

SPINACH SOUFFLE

2 lb. frozen spinach, thawed and drained
 1/4 c. grated onion
 1 8 oz. package light cream cheese, softened
 1/2 c. mayonnaise
 1/2 c. shredded Cheddar cheese
 2 eggs, beaten
 1/4 tsp. white or black pepper
 dash nutmeg
 Mix thawed and drained spinach together with onion. Beat remaining ingredients and blend in spinach mixture. Spoon mixture into a lightly buttered 3 1/2-quart Slow Cooker (or soufflé dish to fit in our slow cooker) and cook on high for 2 to 3 hours.

DESSERTS



AMARETTO FRUITCAKE

PREP TIME: 30 minutes – makes 6 servings

Amaretto Fruitcake

1 box Jiffy Yellow Cake Mix 8 oz.

2 whole eggs

1 tub Fruit & Peel Mix 8 oz.

1 tsp. cinnamon

3 oz. raisons

1/3 c. Amaretto liquor

1 Tbsp. Maple Syrup

In a mixing bowl, combine all the ingredients and mix well. Spray the saucepan with cooking spray or melt 1 oz. unsalted butter in pan over medium-heat. Pour the batter into the pan and bake over medium-low heat (induction 180°F | 82°C). Set timer for 20 minutes.

Alternative: Bake in the Oven at 350°F for 30 minutes in 6 individual Ramekins

To serve; top with Amaretto Cream, a combination of whipped heavy cream and Amaretto Liquor, or Wawa Vanilla Bean Ice Cream

APRICOT UPSIDE-DOWN CAKE

PREPARATION TIME: 1 hour – Make 8 to 12 servings

1 stick unsalted butter

1 c. sugar in the raw or whole cane sugar

2 14 oz. cans apricots halves, drained and juice reserved

1 8 oz. can crushed pineapple, drained and juice reserved

1 tsp. cinnamon

½ tsp. nutmeg
 1 stick unsalted butter
 1 c. sugar in the raw or whole cane sugar
 2 eggs
 1 c. cake flour, sifted or all-purpose flour
 1 ½ tsp. baking powder
 ½ tsp. baking soda
 ½ tsp. salt
 ½ c. buttermilk
 1 tsp. vanilla

In the part skillet, melt butter, turning to coat the sides of the pan. Add sugar in the raw and ½ c. apricot juice to the butter. Simmer about 5 minutes or until slightly thickened. Arrange apricot halves in pan; sprinkle crushed pineapple over apricots, sprinkle with cinnamon and nutmeg. Remove from heat and set aside.

In the mixing bowl, cream butter and eggs together with electric mixer, add eggs and continue to mix well on medium speed. Alternately add flour, baking powder, baking soda and butter milk, mix well. Add vanilla last. Gently pour batter over fruit mixture. Cover, close the vent, and bake on top of the stove over low heat (induction 150°F to 180°F) for 45 minutes. Cool slightly.

To serve, invert cake onto cake plate and serve warm with vanilla ice cream.

CARAMEL FLAN

Caramel

½ c. sugar
 ¼ c. (60 ml) water

Custard

4 eggs, slightly beaten
 6 Tbsp. sugar
 2 c. (480 ml) half-n-half (half milk, half cream)
 1 tsp. vanilla
 1 c. (240 ml) water

To create Caramel; in the 1-quart Saucepan, combine sugar and water, cook over low heat and stir until sugar is completely dissolved. When completely dissolved, increase to high heat, continuing to stir until syrup turns a deep golden brown color. Remove from heat and pour into 1¼-quart saucepan. Turn saucepan to coat the bottom and sides.

To make Custard; combine all ingredients in a mixing bowl, and mix well. Pour custard mixture into Caramelized 1 ¼-quart Saucepan, cover (vent closed). Add 2 c. of water to the large skillet, place 1¼-quart covered Saucepan on Steamer Rack, and cover with 4½-quart Dutch oven cover. Turn to medium-high heat until a vapor seal forms around the rim. Reduce to medium heat and cook 45 minutes. Remove from heat. Using the push-button handle and a pot-holder, remove the 1¼-quart from Steamer Rack, uncover and allow cooling, then covering and refrigerating. To Serve; remove the cover and place a serving dish inverted over the pan, invert the pan onto the plate. Garnish with lemon zest.

CHOCOLATE CHIP COOKIE BARS

Yields: 24

Preparation Time: 40 minutes

1 c. low fat margarine or unsalted butter
 1¾ c. brown sugar, packed or raw sugar
 2 eggs
 1 tsp. vanilla 1 tsp. baking soda
 ½ tsp. salt
 2 c. rolled oats
 2¼ c. all-purpose flour
 1 12 oz. (345 g) bag chocolate chips

In a mixing bowl, cream butter or margarine together with sugar, add eggs and vanilla and blend together.

In a separate bowl, combine baking soda, salt, rolled oats and flour. Add the flour mixture to the cream mixture and blend thoroughly. Stir in the chocolate chips.

Press the chocolate chip mixture into a cold Chef Pan or Skillet. Cover (close vent) and cook over medium heat for 5 minutes, reduce to low and cook 25-30 minutes. Test for doneness. Allow to rest 5-10 minutes before cutting and serving.

CLASSIC CARROT CAKE WITH CREAM CHEESE FROSTING

CARROT CAKE

- 1¾ c. all-purpose flour
- 1¾ c. sugar
- ½ c. oat or wheat bran
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 3 c. carrots, shredded cone #1
- 2/3 c. (160 ml) oil or applesauce
- 3 egg whites
- ¼ c. (60 ml) corn syrup or simple syrup

Coat Large Skillet with cooking spray or melted unsalted butter...

Combine flour, sugar, oat or wheat bran, baking powder, baking soda, and cinnamon. Add grated carrots, cooking oil (or applesauce), egg whites, and corn syrup. Beat with an electric mixer until thoroughly mixed. Pour batter into Large Skillet, cover (close vent) and bake on top of the stove on low heat for 45-55 minutes. Test for doneness with a toothpick. To remove cake from pan, shake the skillet to loosen from sides and bottom, invert over cake plate. Allow to cool before frosting.

CREAM CHEESE FROSTING

- ½ c. fat-free cream cheese
 - 3¼ c. powdered sugar, separated
 - 2 tsp. vanilla
 - ½ tsp. fresh lemon zest, grated blade #1 (or orange zest)
- In a mixing bowl, combine cream cheese, 2 c. powdered sugar, vanilla and lemon zest with an electric mixer at medium speed. When thoroughly combined, gradually add the remaining 1 ¼ c. of powdered sugar. Frost carrot cake, sprinkle with shredded carrots and top with mint leaves.

FRESH STRAWBERRY TRIFLE

- 2 c. (480 ml) skim milk, divided
- 1 egg, beaten
- 3 Tbsp. cornstarch
- 2 Tbsp. honey
- 1 tsp. vanilla extract
- ½ tsp. orange extract

- 6 Angel Food Cake slices; or ladyfingers or Twinkies sliced lengthwise
- 1 Tbsp. Triple Sec
- 3 c. fresh strawberries, trimmed, sliced and divided

Combine 1 $\frac{3}{4}$ c. (420 ml) milk with beaten egg in 2 quart (2 L) Saucepan. Beat with a wire whisk 1 to 2 minutes or until foamy.

To create the Custard Filling, in the 1-quart Mixing Bowl combine remaining $\frac{1}{4}$ c. (60 ml) milk with cornstarch, stir until smooth. Add honey and stir well. Add to milk and egg mixture, and cook over medium heat, stirring constantly until thickened. Remove from heat and stir in vanilla and orange extract. Cover and chill.

Arrange half of cake on bottom of trifle dish or clear bowl. Sprinkle cakes with Triple Sec. Arrange 1 c. sliced strawberries on top of cakes and cut side out around lower edge of dish. Top with half of chilled custard and remaining cakes. Repeat with another layer of strawberries. Top with remaining custard and 1 c. strawberries. Cover and chill at least 2 hours. Garnish with whole strawberries and mint leaves.

