

Baked Cod Fillets with Lemon Herb Sauce

1# cod fillets (Alaska Fresh Caught)

If frozen, thaw for two days in refrigerator.

Rinse cold fish. Place fillets in baking dish of correct size to fit one layer.

Slowly pour juice of half a fresh lemon over fish

Sprinkle various herbs, fresh or dried, like dill, sage, basil, thyme (about 1 T total)

Sprinkle freshly ground pepper (about ¼ t.)

Arrange ½ large, sweet white onion, sliced thinly or slivered over herbed fish.

Cover with plastic wrap and marinate for 1 to 4 hours in refrigerator.

Remove fish from refrigerator and pour off excess lemon juice.

Make a sauce of ½ cup of mayo or plain Greek yogurt and

2 tablespoons of half and half or milk (stir to consistency of thick cream)

Pour thick sauce over to cover fish.

Bake at 375 degrees for 20 minutes, until fish just flakes; not to over done.

(Too much bake time will make the fish tough.)

Serve with lemon slices, small baked potato, salad or green beans VLuce

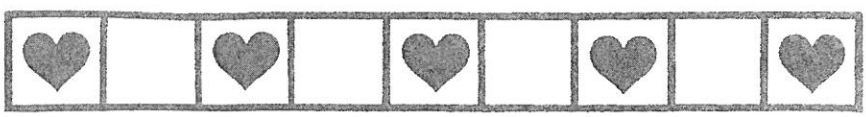
Name of Recipe: MARY BRIGDET'S
ORANGE CREAM FRUIT SALAD

Ingredients: 1 CAN PINEAPPLE CHUNKS
1 CAN PEACH SLICES
1 CAN MANDARIN ORANGES
2 BANANAS - SLICED
1 MEDIUM APPLE - CHOPPED
1 PKG. VANILLA INSTANT PUDDING

Method: 1 1/2 CUPS MILK
1/3 CUP FROZEN ORANGE JUICE
16 OZ SOUR CREAM

- COMBINE THE DRAINED FRUITS IN A LARGE BOWL + SET ASIDE.
- IN A SMALL BOWL, BEAT PUDDING MIX, MILK + O.J. CONCENTRATE FOR 2 MINUTES. ADD SOUR CREAM; MIX WELL. POUR OVER THE FRUIT; TOSS TO COAT. COVER + REFRIGERATE FOR AT LEAST 2 HOURS.

Serves: 8-10 SERVINGS



Katie Ranck

I used fruit
in lite syrup
or water/juice,^{100%}

Sugar Free / Fat Free
pudding

Fat free sour cream

Homemade Lasagna

Sauce:

1# ground chuck (90/10 mix)
½# bulk sausage
2 TBSP olive oil
2 TBSP parsley flakes
1 tsp basil and onion powder
1 tsp oregano
1 TBSP Italian seasoning
1 tsp salt
½ tsp pepper
1 6oz can tomato paste
1 32 oz canned tomatoes
2 cloves minced garlic

Heat olive oil in saucepan. Add ground chuck and sausage. Brown.
Add remaining ingredients.
Simmer for one hour.
Remove from heat. Cool.

Filling:

24 oz large curd cottage cheese
½ cup shredded parmesan or romano cheese
2 eggs (beaten)
1 tsp salt
½ tsp pepper
2 TBSP parsley flakes
sliced or shredded provolone or mozzarella cheese (I use combination of both.)

Cook lasagna noodles according to directions on package. Drain.
Spray 9x13 pan with cooking spray.
Assemble lasagna. (Noodles first, then sauce, next filling, finally cheese layer.
Repeat.)
Cover with foil.

Preheat oven to 375°
Bake 375° for 50 minutes.
Remove foil and bake for another 10 minutes.

Remove from oven and let rest 10-15 minutes before slicing and serving. This allows lasagna to “set up” for a nice presentation when serving.

Enjoy!!

Any questions, call Jennifer Kieswether at 419-205-0778



Cake Mix Chocolate-Mint Cookies

40 min
Prep Time

40 min
Total Time

30
Servings



Ingredients

- 1 box Betty Crocker™ SuperMoist™ dark chocolate cake mix
- 2 tablespoons packed brown sugar
- 2 eggs
- 1/3 cup vegetable oil
- 2 tablespoons water
- 1/2 to 3/4 teaspoon peppermint extract
- 3/4 cup creme de menthe baking chips
- 1/2 cup bittersweet chocolate chips

Directions

Directions

1. Heat oven to 350°F. In large bowl, beat cake mix, brown sugar, eggs, oil, water and peppermint extract with electric mixer on medium speed until smooth. Stir in baking chips and chocolate chips.
2. Onto ungreased cookie sheets, drop dough by tablespoonfuls 2 inches apart.
3. Bake 10 to 12 minutes or until centers are set. Cool 2 minutes; remove from cookie sheets to cooling racks.

Notes

* used 9oz bag of Toll House Delight Fills candy cane morsels instead of the last 3 ingredients
 * used BC Super Moist Everman chocolate cake mix.

Tips

Nutrition Information

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Christa Randolph

Cincinnati Chili - Lauren Kuhn

Ingredients:

2 large onions, diced
1 ½ lbs. ground beef
1 clove garlic, minced
1 T. chili powder
1 t. allspice
1 t. cinnamon
1 t. cumin
1 t. red pepper flakes
½ t. salt
1 15 oz. can tomato sauce
1 T. Worcestershire sauce
1 T. vinegar
½ c. water
spaghetti
Red kidney beans, drained (optional)
¼ lb. sharp cheddar cheese, shredded
Oyster crackers (garnish)

Directions:

In 12 in. skillet over high heat, cook ground beef, garlic & ½ onion until all juice is evaporated & meat is well browned, stirring often. Stir in next 6 ingredients & cook 1 minute. Stir in tomato sauce, Worcestershire, vinegar & water, over high heat, heat until boiling. Reduce to low, cover & simmer 1 hour, stirring occasionally. Serve over spaghetti & top with cheese, remaining onion, beans (if desired) & oyster crackers.

Taste of Home

Strawberry Pretzel Dessert Recipe

Sue Perkins



A salty pretzel crust nicely contrasts cream cheese and gelatin layers in this strawberry dessert that's perfect for potlucks. —Aldene Belch, Flint, Michigan

TOTAL TIME: Prep: 20 min. Bake: 10 min. + chilling

YIELD: 12-16 servings

Ingredients

2 cups crushed pretzels (about 8 ounces)

3/4 cup butter, melted

3 tablespoons sugar

FILLING:

2 cups whipped topping

1 package (8 ounces) cream cheese, softened

1 cup sugar

TOPPING:

2 packages (3 ounces each) strawberry gelatin

2 cups boiling water

2 packages (16 ounces each) frozen sweetened sliced strawberries, thawed

Additional whipped topping, optional

Directions

1. In a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9-in. baking dish. Bake at 350° for 10 minutes. Cool on a wire rack.
2. For filling, in a small bowl, beat whipped topping, cream cheese and sugar until smooth. Spread over pretzel crust. Refrigerate until chilled.
3. For topping, dissolve gelatin in boiling water in a large bowl. Stir in strawberries with syrup; chill until partially set. Carefully spoon over filling. Chill for 4-6 hours or until firm. Cut into squares; serve with whipped topping if desired. **Yield:** 12-16 servings.

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Dick & Marty Oakley

Mac 'n Cheese

2 cups macaroni	1/2 tsp. pepper
1/4 cup butter	1 tsp. paprika
1/4 cup flour	1 tsp. dry mustard
1 tsp. salt	8oz. grated cheddar cheese

Cook macaroni per package instructions and let drain.

Melt butter in medium saucepan, adding in flour and seasonings stirring constantly til blended and thickened, adding in salt, mustard and paprika. Remove from heat, adding in cheese and macaroni and mixing well. Pour into a greased 1-1/2 qt. baking dish, topping with the the rest of the cheese. Bake @ 350degrees for at least 20 minutes til cheese is golden brown.

Adapted from McCall's magazine, November 1966 "Treasury of Great American Cooking From The Pilgrims to The Present".

I use whatever cheese I have-Mexican, Colby Jack, sharp or mild cheddar.

I also, add 4oz. cream cheese to the mixture prior to adding grated cheese, stirring til blended.

I also, use Progresso Italian bread crumbs approx. 1/2 cup mixed with remaining cheese, to sprinkle on top.

By- Kim Haynes

Ground Beef tacos

- 1# Ground Beef
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp chili flakes
- 1 tsp ground cumin
- 1/2 tsp black pepper

1. Brown beef
2. Add seasonings
3. Strain

Homemade tortillas

- 2c Flour
- 1 tsp salt
- 1/3c olive oil
- 3/4c warm/mildly hot water

1. Mix all ingredients together
2. shape into golf sized balls
3. roll out on floured surface
4. place on to hot cast iron pan (ungreased)



When bubbles start to appear
pop w/ butter knife

5. using butter knife to flip the
tortilla after browned somewhat

6. Repeat for other side

Alligator Nuggets

10 ounces frozen chopped spinach

1 small onion, minced

2 eggs, beaten

1/3 cup butter, melted

¼ cup Parmesan cheese

½ tsp. garlic powder

½ tsp. thyme

½ tsp pepper

1 cup Stove top stuffing mix

Thaw spinach and squeeze dry. Mix together spinach, onion, eggs, butter, cheese, garlic powder, thyme and pepper. Add stuffing mix and blend thoroughly. Chill for about an hour to soften stuffing mix. Then shape into ½ inch balls. May be frozen for later use. Bake at 350 degrees for 20 minutes (25minutes if frozen).

Kids love them

Sharla Cook

Stuffed Cabbage

1 head cabbage, cored and put in

350F (175C) for 2 ½ to 3 hours

boiling water until soft (@15 min)

Terry & Deb Baker

1 pound ground veal

1 pound ground pork

½ tsp. salt

½ tsp. garlic powder

½ tsp. ground black pepper

¼ cup white vinegar

¼ cup chopped parsley

½ diced sweet onion

1 ½ cups prepared white rice

2 eggs

32 oz low sodium V-8 juice

2 oz Frank's Hot Sauce

2 pounds sauerkraut

1. Boil cabbage and separate and remove leaves as they soften and are easily pulled away
2. In a large bowl, mix meat, salt, garlic, black pepper, vinegar (yes, vinegar) parsley, onion, rice and eggs
3. Lightly pack a small amount of meat into each leaf, fold sides inward and roll
4. Cover the bottom of a roasting pan with extra leaves and a sprinkling of sauerkraut
5. Place the cabbage rolls, seam side down, in the pan. Layer until all rolls are in the pan
6. Cover cabbage rolls with remaining sauerkraut and any leftover cabbage leaves
7. Mix the V-8 juice and Frank's Hot Sauce, and then pour over your masterpiece
8. Cover pan with foil or a lid and bake for 2 ½ to 3 hours, until meat mixture is no longer pink

350°
9x13
pan

Broccoli Cheese Cassarole

- 2 large bunches fresh broccoli, trimmed & chopped into cuts
- 6 Tbls. flour
- 1 stick butter
- 1 16oz pkg. Velveeta cheese
- 1 24oz container cottage cheese
- 6 eggs

Cook broccoli till fork tender. Drain. Lay on bottom of 9x13 pan. Sprinkle flour over broccoli. Slice butter into pats and arrange over all. Slice cheese and layer over butter. Spread cottage cheese over previous layer. Beat the eggs and pour over cassarole.

Bake at 350° for about 40 min. Eggs should be set. Serve & enjoy.

SLOW COOKER

chicken marbella

ACTIVE: 15 MIN | TOTAL: 3 TO 4 HR
ON HIGH OR 5 TO 6 HR ON LOW
SERVES 4

- 1/3 cup white wine
- 2 Tbsp brown sugar
- 1 1/2 tsp dried oregano
- 3 Tbsp red wine vinegar
- Kosher salt and pepper
- 6 cloves garlic, smashed
- 1 Tbsp capers
- 1/2 cup prunes
- 1/3 cup pitted green olives
- 4 small chicken legs, split
(4 drumsticks, 4 thighs; about
2 1/2 lb total), skin removed
- 1/4 cup fresh flat-leaf parsley,
chopped
- 1 cup long-grain white rice

- 1 In a 5- to 6-qt slow cooker, whisk together the wine, brown sugar, oregano, 2 Tbsp of the vinegar, and 1/4 tsp each salt and pepper. Add the garlic, capers, prunes and olives and mix to combine.
- 2 Add the chicken, nestling it among the olives and prunes. Cover and cook until the meat is tender and cooked through, on low for 5 to 6 hours or on high for 3 to 4 hours; gently stir in the remaining Tbsp vinegar and parsley.
- 3 Thirty minutes before serving, cook the rice according to package directions. Serve the chicken, prunes, olives and cooking liquid over the rice.

Christine Scarlett



**Nasi Goreng
(Indonesian Fried Rice)**

More-With-Less Cookbook
by Doris Janzen Longacre
Serves 10-12

brown
Cook 4 c rice without salt, according to directions on p. 125.
Heat in large skillet:

- 6 T. oil (*toasted sesame*)
- Sauté until golden brown:
 - 2 large onions, chopped *is good*
 - 1/2 t. black or white pepper
 - 1 t. paprika
 - 1 t. garlic powder
 - 1 t. ground coriander
 - 1 t. cumin
 - 1 t. tumeric
 - 2 t. laos (Java galingale root)
 - 1/2 t. sereh powder (lemon grass or citronella)
 - 1/2 t. salt *less (orusetamar)*
 - Tabasco, dried chili pepper flakes or fresh hot pepper to taste

While preparing the above, sauté in separate skillet:

- 1 lb. ground beef, cubed raw
- chicken, cubed raw pork or small shrimp

Add cooked rice and sautéed meat to spice mixture.

Sauté over low heat, stirring occasionally, to blend flavors (about 10 minutes).

Beat with fork in small bowl:

- 4 eggs
- 1/2 t. salt
- dash pepper

Using skillet in which meat was fried, fry eggs in several thin layers, turning each layer once and rolling each as you take it from the skillet. Cut each roll into strips 1/8" wide. *Peas are a nice addition.*
Serve fried rice on a large platter. Put strips of egg on top and garnish with radishes, cucumber wedges, and parsley.

Option: - *Always use.*

Sereh powder and laos can be omitted but the dish loses some of its Spice Island authenticity. Check availability in Chinese grocery stores.

RECIPE: Kale With Red Rice and Sweet Potatoes

From the Kitchen of: WINDA HOFFMAN

*This is a nice evening side, luncheon w/ chicken or fish, or antipasti.

10-12 lg. Kale leaves 1 large onion, slice thin
1 c. red, brown, or wild rice
2 med. or 3 small sweet potatoes (1-1 1/2 lbs)

Kale: Rinse well. Pull off stem. Pour 4 c. boiling water over just to wilt. Drain. Shock in cold water. Drain. Squeeze out water. Chop.

Onion: Sauté til lightly glazed.

Rice: Cook in 2c water or broth.

Swt. Pot.: Wash well leaving on water. Wrap in towel and microwave 3-4 min. until tender. Cool til you can peel. Slice into 3 long slices each. Brown in skillet with olive oil. Remove. Cut into cubes.

Assembly: Layer kale, rice, onion, sweet potatoes.

Optional dressing: 1/4 c. Rice wine or white vinegar, ^{or lemon} 1/4 t. salt, 1/2 t. dry mustard powder, 1-2 T. water, 1/2-3/4 c. canola oil, 1-2 T. honey if needed. Whisk in order to emulsify.



Holiday Sausage

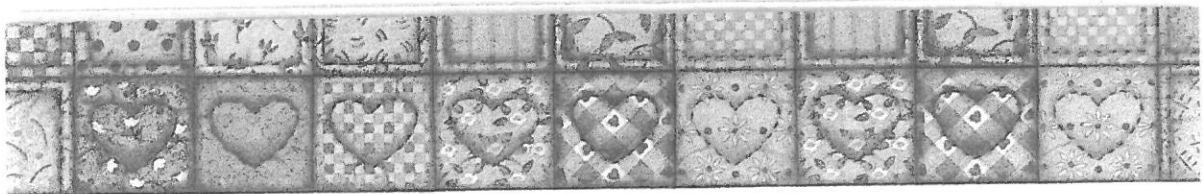
1# Italian sausage without fennel
1 each red, yellow, orange, green bell pepper
1 med onion pinch each basil, oregano
or 1 tsp Italian seasoning mix

Grill sausage pieces or pan fry until
done - (Can also bake)

Sautee all vegetables until tender and
sprinkle with herbs - (I use olive oil)

Serve with Italian bread or fried
bread

Sheila Biazioni



Recipe BROCCOLI SLAW

From TONI STURTON Makes 6-8

2 PACKAGES BROCCOLI SLAW

1 CAN RICE NOODLES

1 SMALL CAN CASHEWS PIECES

1 BOTTLE POPPYSEED DRESSING

TOSS TOGETHER AND SERVE

Apple Waldorf Salad

6 ounces lite vanilla yoghurt
2 Tbsp. orange juice
2 granny smith apples
3 red apples

½ cup golden raisins
1/3 cup raisins
½ cup celery
cinnamon

Combine yoghurt and orange juice in the bottom of a large bowl. Chop celery and apples. Stir in all ingredients and sprinkle liberally with cinnamon. This recipe will last several days in the refrigerator.

Peggy

POPPY SEED SALAD

-Tricia Ellersick

8 cups Spring Mix, baby Spinach, or torn Leaf Lettuce
1 Red Onion, peeled and thinly sliced
2-4 slices of crumbled crisp Bacon
¼ cup dried Cranberries
¼ cup pitted Greek Kalamata Olives
1 Avocado, sliced & sprinkled with lemon juice to prevent browning
1 hard-cooked Egg, sliced
Poppy Seed Dressing (I use Marzetti's)

Place all ingredients except for the egg slices in a large bowl. Drizzle poppy seed dressing over and toss gently to coat. Decoratively arrange egg slices on top. Serve immediately. Enjoy!

Tally Ho Tomato Pudding

Mama Ruetz

Try the name "Sweet-Savory Tomato Casserole" as a tactic to introduce this to your friends.

2 cups (1 lb)	Brown Sugar (dark) (for double , use 2 lb package)
2 cups (15 1/2 oz can)	Tomato Puree (for double, use 28 oz can)
1/2 cup	Water (for double, use 1 1/2 cups)
4 cups	Bread Cubes - crusts removed - almost dry (1/2 loaf)
6 oz (1 1/2 sticks)	Butter , melted

Pre-heat oven to 325°.

1. Combine **brown sugar**, **tomato puree**, and **water**. Bring to simmer and cook 5 minutes until deep brown. Stir often to keep from scorching mixture.
2. Put **bread cubes** in 2 1/2 quart casserole and pour in **melted butter**. Combine to coat all cubes and to soak up butter. Add **tomato** mixture and stir to combine.
3. Bake, uncovered, for 50 - 55 minutes. Mixture will puff up during cooking, but shrink while cooling.

Recipe easily doubled - use 2 X 2 1/2 quart casseroles. When cooled a bit, both will fit in one 2 1/2 quart casserole.

Goes especially well with ham, chicken, or turkey.

Note: If necessary, adjust the consistency of the finished pudding with water. The dryness of the bread cubes varies and will impact the texture of the finished dish.

CARL RUETZ