

(Local Products) Mexi Lasagna

L. Hoffman

Sauce 30 oz. Dei Fratelli crushed tomatoes	} Puree until smooth with enough broth to thin out slightly.
1 med. onion, sliced, oven roasted	
1 small poblano pepper, roasted, peel, seeded	
1 dry guajillo pepper, toasted, seeded, torn in pieces	
6-8 sprigs cilantro	
3-4 roasted garlic cloves	
1/2 c. chicken broth	
salt to taste	
1-2 T. Mexican/Taco seasoning, optional, divided - sauce & chicken	
12 soft corn tortillas - heat in dry skillet til lightly brown & bubbles form. Cover	

16 oz. Roosters chicken

15 oz. Soft ricotta

1 lb. Soft Monterrey jack, shredded - reserve 1 c.

Oil 8"x11" casserole. Put thin layer of sauce on bottom. Layer 4 tortillas (trim if needed or overlap), Cheeses (combined), chicken, sauce. Repeat ending with 4 tortillas. Top with sauce and cheese.
 Bake 375° 50-60 min. Rest 10-15 before serving.

I adapted it over the years from Whole Foods For The Whole Family by La Leche League Intl. Here goes:

Healthy
Custard

Baked Custard (single recipe below-I usually double it)
3 high quality eggs (I use 4 for extra protein and better texture)
1/4 C real maple syrup* or honey (or a combination of the two), agave might? work
1 t real vanilla extract
2 1/2 C whole milk (I like the quality of the kind in glass bottles, but any will work)
Ground nutmeg or mace (or cinnamon)
Beat eggs, sweetener of choice, and vanilla with a wire whisk. Stir in milk. Pour into glass or ceramic baking dish (or 6 ramekins or custard cups). Sprinkle with a spice. Set inside a larger pan of HOT water. Bake large dish at 325F for 1 hour; bake cups at 350F for 40-45 minutes. The custard is done when a knife inserted off-center comes out clean. Overbaking can cause separation. Serve warm or cold. Because this is high in protein and only minimally-sweetened, I like to serve this treat to my family on Sundays before or after Mass. Hand grated nutmeg takes it to the next level. I have experimented with almond extract, but my family preferred vanilla.
Coconut Variation: mix 1/4-1/2 C unsweetened, shredded coconut with other ingredients. Serve chilled with fresh (or frozen) berries.

Christine Scarlett

Nov. 1

From Kettler Dew Ark

Hot pepper jam
+ Cream Cheese Spread

1-Block Cream Cheese
1- Churchill Hot pepper jam

Put jam/jelly over cream
cheese. Serve Room
Temp. with crackers

Marsh's Buckeyes on top
of ice cream - or
pudding cups!

Local Products Used -

Marsh's Buckeyes - Perryburg OH
Walt Churchill canned
Hot pepper jam
Perryburg

Scalloped Tomatoes

Break up 3-4 slices
Bread into Casserole
Take 1 Can Del Frutti
Diced Tomatoes (seasoned)
& pour over bread, Add
1-2 fresh tomatoes diced
small
Put dabs of Butter
($\frac{1}{4}$ cup) over all. Sprinkle
c. 1 Tsp. sugar. Add salt &
pepper. Bake @ 350 for $\frac{1}{2}$ hr.

Hot Chicken Salad

Cher Johnson

Submitted by Carl Ruetz

Serves: 6 - 8

Notes: For a crowd, double the recipe and bake in a 10 x 12 casserole for about the same amount of time.

4 cups Chicken, cooked, cubed
1 can Cream of chicken soup, undiluted
8 oz Sour cream
1 Tbls Poppy seeds
2 ¼ oz Almonds, slivered, toasted
8 oz can Water chestnuts, sliced, drained
2/3 cup + Dried cherries or cranberries

1 sleeve Ritz crackers, finely crushed
½ cup Butter, melted

OR

1 cup Crushed potato chips (sour cream & chives works well)

Pre-heat oven to 350°. Spray or grease 8" x 8" casserole.

1. In a large bowl, combine **chicken, water chestnuts, slivered almonds, and cranberries**. Set aside.
2. Combine **soup, sour cream, and poppy seeds** until well mixed. Pour over chicken mixture and stir together. Pour into casserole.
3. Stir **crushed crackers** into **melted butter** (or use just **crushed potato chips**). Spread evenly over chicken casserole.
4. Bake for 30 minutes or until heated through and topping is browned.

Marinated Veggie Salad

- 1 can carrots
- 1 can black beans
- 1 can green beans
- 1 can corn
- 1 can black olives
- 1 red pepper
- 1 onion
- 1 pkg frozen peas
- 1 pkg cherry tomatoes cut in 1/2.

or whatever veggies you would like to use.
Could also add cheese chunks +/or summer sausage.

marinate all in garlic expressions salad dressings.

Sharla Cook

Rachael Yerkes

Serves 12

Peanut Butter Frosting

For Buckeye
cupcakes

5 min

Prep Time

5 min

Total Time

Ingredients

Frosting

- 1 1/2 cups peanut butter
- 1/2 c butter, softened
- 2 tsp vanilla
- 2 cups powder sugar
- 2-3 Tbs of milk

[Get Ingredients](#)

Powered by Chicory

Instructions

In a medium sized mixing bowl, using hand mixer, cream together peanut butter and butter
Add in the vanilla and powder sugar, and mix to combine.
Add in milk to make it the consistency you want. More or less according to preference
Taste, adjust according to taste.

Cuisine: American | **Recipe Type:** Dessert

Notes

If the frosting tastes too powdered sugary, add in more peanut butter.

7.6.4

83

<https://www.eazypeazymealz.com/peanut-butter-cupcake/>

- Triple chocolate
cake mix
- Top w/ 1/2 Marshmallows
Buckeye
- Drizzle w/ chocolate
syrup

PUMPKIN MAC AND CHEESE WITH ROASTED VEGGIES

SP 10 Smart Points ★ 358 calories

Total Time: 50 minutes

It's October, so Pumpkin Mac and Cheese with Roasted Cauliflower and Brussels Sprouts is a must for the Fall! Using pumpkin puree makes a creamy light cheese sauce, without having to add too much cheese or butter. You can make your own pumpkin puree or use organic canned pumpkin to make it faster!

INGREDIENTS:

- 1 organic pie pumpkin, about 28 ounces OR 15 ounce can organic pumpkin puree
- olive oil cooking spray
- 16 ounce cauliflower florets, cut into 1-in. pieces
- 16 ounce quartered Brussels sprouts
- 1 1/2 teaspoons olive oil
- 3/4 teaspoon kosher salt
- 12 ounces gluten-free or wheat rotini pasta (I used [Dorini](#))*
- 1 1/2 tablespoons butter
- 1/4 cup minced onion
- 2 tablespoons all purpose or gluten-free flour*
- 1 1/2 cups fat free milk
- 2/3 cup reduced sodium chicken or vegetable broth
- 5 ounces fresh grated Sharp Light Cheddar (I used Cabot 50%)
- 4 ounces fresh grated Gouda
- 2 tablespoons fresh grated parmesan
- Kosher salt
- pinch nutmeg
- fresh pepper to taste

DIRECTIONS:

1. Preheat the oven to 400°. Line 2 large baking sheets with aluminum foil, and coat with olive oil spray.



2. Toss cauliflower and Brussels sprouts with olive oil, and season with salt. Spread in an even layer on the prepared baking sheet.
3. If you are roasting the pumpkin yourself, cut the top of the pumpkin as you would if you were carving a jack-o-lantern. Then cut it in quarters. Scoop out the seeds (if you wish to make roasted pumpkin seeds, rinse and lay them out on a baking sheet overnight to dry out). Place the pumpkin on the prepared sheet pan and roast with the other veggies in the oven at 400°F for 35 to 37 minutes, stirring the vegetables and rotating pans halfway through cooking time, until vegetables are soft and have begun to brown around the edges and the pumpkin is soft if pierced with a knife.
4. Remove the vegetables and pumpkin from the oven, and when cool enough to handle, remove the pumpkin from the skin. This will come off easily. Discard the skin and place pumpkin in a food processor. Puree until smooth, adding water by the tablespoon if needed about 3 tablespoons until smooth.
5. While vegetables roast, bring a large pot of salted water to a boil. Cook pasta according to package directions, omitting fat and salt. Drain, and set aside.
6. Over medium heat melt the butter. Add the onion and cook over low heat about 2 minutes, add flour and cook another minute, or until the flour is golden and well combined. Add milk and broth and whisk, raising heat to medium-high until it comes to a boil; cook about 4 to 5 minutes until it thickens slightly. Season with 3/4 teaspoon salt, nutmeg and pepper.
7. Once it begins to thicken, stir in pumpkin and cook until heated through, about 2 minutes. Remove from heat, add cheeses and parmesan and mix well until melted. Add the cooked macaroni and mix well, fold in the roasted vegetables.

**Check labels for gluten-free*

NUTRITION INFORMATION Yield: 8 Servings, Serving Size: 1 1/4 cups

Amount Per Serving: Smart Points: 10, Points +: 10, Calories: 358, Total Fat: 11g, Saturated Fat: g, Cholesterol: 33mg, Sodium: 457.5mg, Carbohydrates: 49g, Fiber: 7g, Sugar: 8g, Protein: 20g

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Horseradish - the Secret Ingredient

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Horseradish-Cheddar Pate

Number of Servings: 4

Ingredients:

- 1 12-Oz. Container Cheddar cheese
- 6 Oz. Small curd cottage cheese
- 2-3 Tbsp. Prepared horseradish
- 4 Oz. Beer (or other liquid)
- Louisiana style hot sauce
- Salt & pepper

Instructions:

Bring cheese to room temperature to soften. In a blender or food processor, mix cheese, cottage cheese, horseradish and beer. Blend until smooth. Add 1/4 Tsp. kosher salt, 1/2 Tsp. black pepper and hot sauce (to taste). Refrigerate until serving with water crackers or vegetable crudites.

Stanley's Market
 "Chozan" (horse radish)

Rosemary-Pecan Sweet Potato Mash

4 lbs. sweet potatoes
½ tsp. salt
3 Tbsp. pure maple syrup

Pierce sweet potatoes with a fork. Microwave half of the potatoes for 5 minutes, then turn the potatoes and microwave 5 additional minutes, or until done. Repeat the process for the remaining potatoes. Cool slightly. Cut in half and squeeze the potato into a bowl. Mash with salt and maple syrup. Transfer to serving dish.

1 ½ cup chopped pecans
2 Tbsp. olive oil
¼ cup grated parmesan cheese
¼ tsp. cayenne pepper
1/2 tsp. salt
2 tsp. roughly chopped rosemary

Toss pecans with olive oil on a rimmed baking sheet. Mix in remaining ingredients. Bake at 450° for 4 minutes. Sprinkle on potatoes and serve.

I would suggest using less salt in the pecans- maybe just ¼ tsp.?

Peggy

Tomato Bread Pudding

Ingredients:

- 1 (15 oz) can **Dei Fratelli Tomato Puree**
- 1/2 Cup **Water**
- 3/4 Cup **Brown sugar**
- 1 Tbsp. **Dried basil**
- 10 **White bread**, sliced and cubed
- 1/4 Cup **Butter**, melted
- 1 pinch **Salt**, to taste

Preparation:

Preheat the oven to 375° F. In a saucepan over medium heat, stir together the water and tomato puree. Mix in the brown sugar, basil and salt, then bring to a boil. Simmer over low heat for five minutes, then set aside.

Coat a two-quart casserole dish with cooking spray, then place bread cubs into the dish and drizzle with melted butter. Pour contents of tomato sauce mixture over casserole dish contents.

Cover with lid or aluminum foil. Bake covered for fifty minutes. Remove lid then continue to bake uncovered for ten additional minutes. Allow to cool and serve.



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visit www.DeiFratelli.com

I will be there tonight but maybe a couple minutes late due to soccer practice. I used Brickyard Brand Sloppy Joe Sauce, the original sweet and tangy. It is made in Bowling Green by an ex Marine Combat vet who hated the MRE's version of sloppy joes. It makes 2 lbs of meat well seasoned. Would be nice served on Schwebel's Bakery Buns with Tony Packo's Pickles and slaw from local farm's seen at Walt Churchills and other local stores or farmers markets where the sauce is available. It is also carried by Walmart.

Sheila

Pretzel--White Chocolate Chip Brownies

Crust:

1-1/2 cups crushed mini-pretzels (optional Ballreich brand)

1/4 granulate sugar

1/2 cup butter or margarine (melted)

Brownie:

(Note: I am not exactly sure why the BC recipe lists the following ingredients because they are the same ingredients as listed on the box of the brownie mix. So I did not double these particular ingredients into the brownies mix.)

1 box (1lb.3oz) fudge brownie mix:

1/4 cup water

2/3 cup vegetable oil

2 eggs

1 cup white chocolate (or dark chocolate chips)

Frosting:

1 cup powdered sugar

2 tablespoon butter or margarine, softened

1 teaspoon vanilla

2 to 3 tablespoons whole milk

1/2 cup white chocolate chips, melted; OR 2 squares (1 oz. each) of unsweetened dark chocolate, melted

1. Heat oven to 350 degrees. In medium bowl, mix the crust ingredients. Press mix in ungreased 13-x9-inch pan. Bake 8 minutes; cool 10 minutes. (TIP: The BC recipe suggests using a non-stick baking pan, which I don't own. So I used a cooking spray with the hope the pretzel bottom layer

would not completely stick to the baking pan. It was a minor hassle but the brownies eventually were cut and scooped out of the pan in one piece.)

2. In medium bowl, stir brownie mix until blended. Carefully spread batter over the cooled pretzel crust. Bake 24 to 26 minutes or until toothpick inserted 2 inches from side of pan comes out clean or almost clean. Cool completely on cooling rack--about 1 hour.

3. In medium bowl: beat/mix the powdered sugar; melted butter; melted chocolate chips; and vanilla with electric mixer on low speed until combined. Beat in 1 tablespoon of milk until blended. Then beat in additional milk--1 tablespoon milk at a time, until frosting is desired spreading consistency. Add the frost on cooled brownies. Sprinkle chocolate chips and crushed pretzels atop of the frosting.

Cut into 8 rows by 4 rows.

Sincerely,

Bernice