



A Taste of SPEP

1978

*Discovering in Christ the greatness of God, and
sharing those discoveries with others.*

2003

Coffee between services, pot luck dinners (or is it pot providence?), Sunday School sweets, doughnuts on workdays, wedding receptions, funeral refreshments, picnics, VBS snacks, pounding of new staff, good-bye parties, stocking the food pantry, volunteer appreciation dinners, dessert auctions, visitor luncheons, dinners of eight...

In twenty-five years, SPEP has eaten a lot together. Micki and I have enjoyed every mouthful of fellowship. To celebrate this anniversary, we offer this cookbook as a personal gift to our congregation, our brothers and sisters, our friends. Many of you provided recipes, Micki did the collecting, the editing, the layout and the publishing. I wrote this dedication. (What a team effort!)

We hope this cookbook brings with it a taste of SPEP – reminding us of the people with whom we ate, and whetting our appetite to make many more memories.

A handwritten signature in cursive script, appearing to read "Glenn". The signature is written in black ink on a white background.



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Breads



Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry ... (John 6:35)



Apple Dumpling Muffins

Nancy Witherspoon

- 2 c. flour
- 1 c. sugar
- 1 Tb. baking powder
- 1 tsp. salt
- ½ tsp. ground cinnamon
- ¼ tsp. ground mace
- ⅛ tsp. ground cardamon
- ⅛ tsp. ground cloves
- ¼ c. oil
- 4 Tb. melted butter
- 2 eggs
- ¾ c. milk
- 2 apples, peeled, cored and sliced - Granny Smith are very good.

Preheat oven to 350°. Line muffin cups with parchment paper or muffin liners. Sift together dry ingredients. Make a well in the center and mix in, by hand, the oil, butter, eggs, and milk. Fold in the apple slices. Spoon the batter into prepared muffin pans.

Bake for 30-35 minutes.

Variations:

Use whole wheat flour

Use less sugar – ¾ cup or substitute honey and bake 25° cooler.

I don't have mace or cardamon, so I substituted allspice and nutmeg.

I omitted the butter and the results were just fine with the oil alone.
(This cuts the fat in half.)

I used the electric mixer instead of mixing by hand. I let the machine do the work!

Whole recipe: 2992 Calories; 119g Fat (35.3% calories from fat); 44g Protein; 447g Carbohydrate; 15g Dietary Fiber; 523mg Cholesterol; 4272mg Sodium. Exchanges: 12½ Grain(Starch); 1½ Lean Meat; 3 Fruit; ½ Non-Fat Milk; 22 Fat; 13½ Other Carbohydrates.

Apricot, White Chocolate and Walnut Scones



These scone wedges can be individually wrapped and frozen and reheated for drop-in guests.

Rosemary Eastman

Servings: 8

Combine:

- 2 c. flour
- 1/3 c. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt

Cube and cut into the mixture:

- 1/4 c. cold, sweet butter

In a separate bowl, combine:

- 1/2 c. heavy cream
- 1 lg. egg
- 2 tsp. vanilla

Mix this into the flour and butter mixture.

Mix in:

- 3/4 c. white chocolate chips
- 3/4 c. chopped walnuts or pecans
- 1 c. chopped dried apricots

With floured hands, pat the dough into a 9" diameter circle on an ungreased baking sheet. Cut the circle into 8 wedges.

Bake at 375° for 15-20 minutes (until the top is lightly browned).

Per Serving: 490 Calories; 25g Fat (45.3% calories from fat); 9g Protein; 58g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 359mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 1 1/2 Other Carbohydrates.



Blueberry Muffins

Mary Fitzgerald

Servings: 12

- 1 c. oatmeal
- 1 c. orange juice
- 1 c. sugar
- 3 c. flour
- 2½ tsp. baking powder
- 1 tsp. salt
- ½ tsp. baking soda
- 2 eggs, slightly beaten
- 1 c. oil
- 3 c. blueberries (fresh or frozen)

In mixing bowl, mix first 3 ingredients. Add all the dry ingredients and mix slightly. Add the eggs and oil. Mix until just combined. Fold in blueberries. Fill muffin cups $\frac{3}{4}$ full.

Bake at 350° until golden (about 25 minutes).

Per Serving: 406 Calories; 20g Fat (43.4% calories from fat); 6g Protein; 53g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 344mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; ½ Fruit; 4 Fat; 1 Other Carbohydrates.

Morning Magic Sticky Buns

Prepare the night before.

Rosemary Eastman

Grease a bundt pan and sprinkle the bottom with pecan halves. Add Rich's frozen rolls (23-24).

Sprinkle 2 teaspoons cinnamon on them. Pour on 1 cup brown sugar. Drizzle 1 stick melted butter over all.

Cover with aluminum foil. Place the pan in a cold oven overnight.

In the morning, uncover and bake at 350 ° for 30-35 minutes Turn out of pan inverted on to a plate and serve.

Coffee Cake



Cake:

- ½ c. butter
- 1 c. sugar
- 1 tsp. vanilla
- 3 eggs
- 2 c. flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ pt. sour cream

Nut Mixture:

- 6 Tb. butter
- 1 c. brown sugar
- 2 tsp. cinnamon
- 1 c. chopped nuts

Cream the 6 tablespoons butter, brown sugar and cinnamon together. Add nuts and mix well. Set aside.

Cake: Cream butter, sugar and vanilla thoroughly. Add eggs one at a time, beating well after each addition. Stir flour, baking powder and soda together. Add to creamed mixture alternately with sour cream, blending well after each addition.

Grease and flour 10" tall tube pan.

Spread half the batter in the tube pan. Sprinkle half the nut mixture evenly over batter. Cover with remaining batter. Sprinkle on remaining nut mixture.

Bake at 350° for 50 minutes

Whole cake: 5244 Calories; 305g Fat (51.2% calories from fat); 75g Protein; 580g Carbohydrate; 24g Dietary Fiber; 1098mg Cholesterol; 3755mg Sodium. Exchanges: 14½ Grain(Starch); 5 Lean Meat; ½ Non-Fat Milk; 57½ Fat; 23 Other Carbohydrates.



Gram's Zucchini Squares

Maggie Smith

Servings: 12

3 c. zucchini, thinly sliced
1 c. Bisquick baking mix
½ c. finely chopped onion
½ c. parmesan cheese
2 Tb. parsley
¼ tsp. salt
¼ tsp. oregano
dash pepper
½ c. vegetable oil
4 eggs, slightly beaten

Heat the oven to 350°. Grease a 13x9" pan. Mix all the ingredients. Spread in the pan and bake 25 minutes or until golden brown.

Per Serving: 165 Calories; 13g Fat (70.0% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 243mg Sodium. Exchanges: ½ Grain(Starch); ½ Lean Meat; ½ Vegetable; 2½ Fat.

Whole Wheat Dumplings

Nancy Witherspoon

1 c. whole wheat pastry flour
½ tsp. salt
1½ tsp. baking powder
½ c. milk
2 Tb. canola oil

Combine dry ingredients, then stir in milk and oil. Add more flour if too thin. Let sit 2-3 minutes.

Drop by spoonfuls into boiling broth. Steam 15 minutes, tightly covered.

Whole recipe: 726 Calories; 34g Fat (39.7% calories from fat); 20g Protein; 94g Carbohydrate; 15g Dietary Fiber; 17mg Cholesterol; 1863mg Sodium. Exchanges: 6 Grain(Starch); ½ Non-Fat Milk; 6½ Fat; 0 Other Carbohydrates.

Heartwarming Oat Scones

From the home of Cyndy Anderson



Nancy Witherspoon

- 1½ c. flour
- ½ c. oats
- ⅓ c. sugar
- 1 Tb. baking powder
- ½ tsp. salt
- ⅓ c. milk
- ⅓ c. melted butter
- 1 large egg

Combine dry ingredients. Add butter, milk, and egg. Mix until moist. Pat dough into 8" circle and cut into 8 wedges.

Brush with:

- 1 Tb. melted butter

Sprinkle with:

- 1 Tb. sugar mixed with
- ⅛ tsp. cinnamon

Bake at 375° for 14-16 minutes. Serve with Mock Devonshire Cream and Lemon Curd

Mock Devonshire Cream

- 8 oz. cream cheese
- 2 Tb. powdered sugar
- ½ c. sour cream

Mix the ingredients and beat until smooth.

Lemon Curd

- grated peel of 4 lemons
- juice of 4 lemons (about 1 cup)
- 4 beaten eggs
- ½ c. butter, cut into pieces
- 2 c. sugar

In the top of a double boiler, combine the lemon peel, lemon juice, eggs, butter and sugar. Place over simmering water until sugar is dissolved. Continue to cook, stirring occasionally until thick and smooth. Refrigerate and use within a couple of weeks. Makes 1 pint. *(cont. on next page)*



Heartwarming Oat Scones (continued)

Whole recipe: 5840 Calories; 300g Fat (45.2% calories from fat); 86g Protein; 730g Carbohydrate; 15g Dietary Fiber; 1691mg Cholesterol; 5268mg Sodium. Exchanges: 13 Grain(Starch); 7 Lean Meat; 1½ Fruit; ½ Non-Fat Milk; 55½ Fat; 33½ Other Carbohydrates.

English Cobblestone Bread

(bread machine)

Micki Parkinson

Servings: 10

½ c. water

³/₈ c. skim milk

5 Tb. margarine (I use I Can't Believe It's Not Butter Sweet Cream and Calcium)

1 tsp. salt

1 Tb. sugar

3 Tb. splenda (or an equal amount of sugar)

3 c. unbleached flour

1½ tsp. active dry yeast

Use room temperature ingredients or set the bread maker with a ½ hour delay to give them time to warm up.

Add the ingredients in the order listed.

Set the bread maker for a 1½ lb. loaf and use the french bread option to get a more “oven baked” crust.

Per Serving (with my choices): 156 Calories; 3g Fat (18.2% calories from fat); 4g Protein; 28g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 263mg Sodium. Exchanges: 1½ Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Other Carbohydrates.

Pecan French Toast



Pam Prickett

Servings: 8

- 8 eggs, beaten
- 1½ c. half and half (can use fat free)
- 1 Tb. brown sugar
- 2 tsp. vanilla
- 8 slices thick sliced french bread
- 1 stick butter
- ¾ c. brown sugar
- ½ c. maple syrup
- ¾ c. pecans, coarsely chopped

Combine eggs, half and half, 1 tablespoon brown sugar and vanilla and pour half into a 13x9" pan. Cover with bread slices, then top with remaining egg mixture. Cover and refrigerate overnight. In a glass 13x9" baking dish, melt butter and stir in remaining ingredients. Cover butter mixture with soaked bread slices and bake 30-35 minutes at 350°, until puffed and brown.

Cut into servings and invert onto plates. Serve immediately.

Per Serving: 1647 Calories; 42g Fat (22.9% calories from fat); 48g Protein; 268g Carbohydrate; 14g Dietary Fiber; 235mg Cholesterol; 2961mg Sodium. Exchanges: 15½ Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 8 Fat; 2 Other Carbohydrates.

With fat free half and half

Per Serving: 1588 Calories; 36g Fat (20.8% calories from fat); 46g Protein; 266g Carbohydrate; 14g Dietary Fiber; 218mg Cholesterol; 2943mg Sodium. Exchanges: 15½ Grain(Starch); 1 Lean Meat; 7 Fat; 2 Other Carbohydrates.



Pineapple Oatmeal Muffins

Nancy Witherspoon

Mix:

- 1 egg, slightly beaten
- 2 Tb. oil (can substitute mashed banana or applesauce)
- ¼ c. brown sugar
- ¼ c. sugar
- ⅔ c. milk
- 8 oz. crushed pineapple with juice

Combine and add to other ingredients:

- 1½ c. whole wheat flour (or unbleached flour)
- 3 tsp. baking powder
- ½ tsp. salt
- ½ tsp. cinnamon

Add:

- ¾ c. oats
- ½ c. chopped walnuts

Bake at 400° for 15-18 minutes.

Whole recipe (with oil): 2327 Calories; 84g Fat (31.0% calories from fat); 71g Protein; 349g Carbohydrate; 40g Dietary Fiber; 209mg Cholesterol; 2693mg Sodium. Exchanges: 14½ Grain(Starch); 3½ Lean Meat; 2½ Fruit; ½ Non-Fat Milk; 15 Fat; 6 Other Carbohydrates.

Poppyseed Lemonade Muffins



Servings: 12

2 c. all-purpose flour
9 Tb. sugar, divided
4 tsp. poppy seeds
3 tsp. baking powder
½ tsp. salt
¾ c. frozen lemonade concentrate, divided
½ c. milk
⅓ c. butter, melted
1 egg

1st bowl: Combine the flour, 5 tablespoons sugar, poppy seeds, baking powder and salt.

2nd bowl: Combine ½ cup lemonade concentrate, milk, butter and egg.

Stir the liquid ingredients into the dry until just combined. Fill greased muffin tins ¾ full.

Bake at 400° 15-20 minutes

Combine the remaining sugar and lemonade concentrate. Pierce muffins several times with a fork and drizzle with lemonade mixture.

Per Serving: 208 Calories; 6g Fat (27.7% calories from fat); 3g Protein; 35g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 274mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.



Pumpkin Cranberry Bread

Mildred Bangs

- 3 c. all-purpose flour
- 5 tsp. pumpkin pie spice
- 2 tsp. baking soda
- 1½ tsp. salt
- 3 c. sugar
- 15 oz. canned pumpkin
- 4 lg. eggs
- 1 c. vegetable oil
- ½ c. orange juice (or water)
- 1 c. cranberries (sweetened dried, fresh or frozen)

Preheat oven to 350°. Grease and flour two 9x5” loaf pan.

Combine flour, pumpkin pie spice, baking soda and salt in large bowl. Combine sugar, pumpkin, eggs, vegetable oil and orange juice in a large mixer bowl; beat until just blended. Add pumpkin mixture to flour mixture; stir just until moistened. Fold in cranberries. Spoon batter into prepared loaf pans.

Bake for 60-65 minutes or until a pick inserted into the center comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely.

Whole recipe (with orange juice): 6099 Calories; 242g Fat (35.1% calories from fat); 66g Protein; 940g Carbohydrate; 28g Dietary Fiber; 748mg Cholesterol; 5977mg Sodium. Exchanges: 19 Grain(Starch); 3 Lean Meat; 7 Vegetable; 1 Fruit; 45½ Fat; 40 Other Carbohydrates.

Zucchini Bread



Liquid Ingredients:

- 3 eggs
- 2 c. diced zucchini (not shredded)
- 1 c. oil
- 2 c. sugar
- 3 tsp. vanilla

Dry Ingredients:

- 3 c. flour
- 1 tsp. salt
- 1 tsp. baking soda
- 3 tsp. cinnamon
- 1¼ tsp. baking powder

Grease 3 medium or 2 regular loaf pans.

Mix the liquid ingredients together and set aside. Mix the dry ingredients until well combined. Add the liquid to the dry ingredients and mix well.

Bake 1 hour at 350°.

Whole recipe: 5130 Calories; 235g Fat (41.0% calories from fat); 58g Protein; 705g Carbohydrate; 18g Dietary Fiber; 561mg Cholesterol; 4187mg Sodium. Exchanges: 19 Grain(Starch); 2½ Lean Meat; 1 Vegetable; 45 Fat; 27 Other Carbohydrates.



Zucchini Nut Bread

Mildred Bangs

2-3 zucchini
3 lg. eggs
 $\frac{3}{4}$ c. vegetable oil
 $2\frac{1}{2}$ c. sugar
3 c. flour
1 tsp. baking soda
 $\frac{1}{4}$ tsp. salt
1 c. chopped pecans
2 tsp. cinnamon

Preheat oven to 325°. Spray with Pam and dust with flour two 9x5" loaf pans.

Shred zucchini and squeeze out juice - make two cups and set aside. Beat eggs well. Add zucchini, oil and sugar and mix well. Add flour, baking soda, salt and cinnamon and mix well. Add nuts and stir in.

Bake at 325° for 1 hour or until center is done. Cool in pan about 20 minutes.

Whole recipe: 5802 Calories; 262g Fat (39.7% calories from fat); 69g Protein; 824g Carbohydrate; 27g Dietary Fiber; 561mg Cholesterol; 1984mg Sodium. Exchanges: 20½ Grain(Starch); 3 Lean Meat; 2 Vegetable; 49½ Fat; 33½ Other Carbohydrates.

Soups



You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.
(Ps. 23:5)



Glenn's Favorite Split Pea Soup

Adapted from The Lite Switch by June McLean Jeter

Micki Parkinson

Servings: 16

- ¼ c. water
- 1 pkg. Butter Buds
- 1 med. onion, chopped
- 2 stalks celery, chopped
- 2 lb. split peas (or 4 cups), rinsed and drained
- 4 c. water
- 12 c. fat-free chicken broth
- 1 tsp. beef bouillon granules
- ¼ tsp. celery salt
- ¼ tsp. garlic salt
- 1 clove minced garlic
- ⅛ tsp. basil
- ⅛ tsp. pepper
- 2 med. carrots, peeled and cut in chunks
- 2 med. potatoes, peeled and cut in chunks

In a large Dutch oven, mix the ¼ cup water with the package of Butter Buds. Add the onion and celery and saute about 3 minutes.

Add remaining ingredients, except carrots and potatoes. Bring to a boil; reduce heat and simmer uncovered about 30 minutes.

Add the potatoes and carrots to the pot; cook 30 minutes more or until vegetables are tender, not mushy. Stir and serve.

(When halving the recipe: ½ pkg. of Butter Buds is a rounded tablespoon)

Per Serving: 227 Calories; 1g Fat (2.5% calories from fat); 22g Protein; 40g Carbohydrate; 15g Dietary Fiber; trace Cholesterol; 476mg Sodium. Exchanges: 2½ Grain(Starch); 2 Lean Meat; ½ Vegetable; 0 Fat; 0 Other Carbohydrates.

Mexican Chicken Soup



Rosemary Eastman

Makes 4-6 quarts

- 1 whole chicken
- 1 onion, chopped
- 2 c. cooked rice
- 1 tsp. cumin
- 2 c. tomatoes
- 1 sm. can green chiles, chopped

Boil the whole chicken with salt, pepper and garlic. Bone the chicken and set aside. Add onion, the remaining ingredients and the boned chicken to the broth. Adjust the seasonings and serve.

Whole recipe: 3837 Calories; 236g Fat (56.5% calories from fat); 273g Protein; 136g Carbohydrate; 8g Dietary Fiber; 1358mg Cholesterol; 1091mg Sodium. Exchanges: 6½ Grain(Starch); 36 Lean Meat; 5½ Vegetable; 24 Fat.



Hot and delicious on a cold night!

Rich Tomato Soup

Tim Oechsle

¼ c. butter
½ sm. onion, chopped
13 oz. can tomato soup
½ qt. half and half (substitutue milk for lower fat)
½ qt. stewed tomatoes
½ Tb. garlic powder
1 Tb. basil
6 oz. cream cheese, melted (use fat free for lower fat)
croutons
mozzarella cheese, crumbled

Saute butter and onion, add other ingredients, heat on low, simmer ½ hour or longer (until you reach the consistency you like). Top each bowl with croutons and crumbled mozzarella cheese.

Whole recipe (excluding the croutons and mozzarella): 1949 Calories; 165g Fat (73.6% calories from fat); 38g Protein; 96g Carbohydrate; 9g Dietary Fiber; 489mg Cholesterol; 2355mg Sodium. Exchanges: 1½ Grain(Starch); 2 Lean Meat; 7 Vegetable; 2 Non-Fat Milk; 32 Fat.

With low fat choices

Whole recipe (excluding the croutons and mozzarella): 1188 Calories; 68g Fat (50.0% calories from fat); 51g Protein; 103g Carbohydrate; 9g Dietary Fiber; 204mg Cholesterol; 2822mg Sodium. Exchanges: 1½ Grain(Starch); 3½ Lean Meat; 7 Vegetable; 2 Non-Fat Milk; 12½ Fat; ½ Other Carbohydrates.

Salads and Vegetables



Better a meal of vegetables where there is love than a fattened calf with hatred. (Prov. 15:17)



Bacon-Fried Corn

Debbie Gordon

9 strips bacon, diced
1 lg. onion, chopped
4 c. fresh corn kernels
1 red bell pepper, seeded and chopped
2 Tb. fresh parsley, minced
1 Tb. milk
salt, to taste
freshly ground pepper, to taste

Cook bacon in a large heavy-bottomed skillet over medium heat until bacon is crisp. Remove bacon with slotted spoon; reserve. Add onion to bacon fat; cook and stir until crisp-tender, about 4 minutes. Add corn and red pepper. Cook and stir until corn is crisp-tender, about 5 minutes. Stir in parsley, milk, salt and pepper. Garnish with bacon pieces.

Whole recipe: 991 Calories; 34g Fat (28.2% calories from fat); 40g Protein; 155g Carbohydrate; 20g Dietary Fiber; 50mg Cholesterol; 946mg Sodium. Exchanges: 9 Grain(Starch); 2½ Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 4 Fat.

Champagne Vinaigrette

Micki Parkinson

Servings: 6 (1 tablespoon each)

1 Tb. Champagne wine vinegar
3 Tb. extra virgin olive oil (extra light flavor)
1 Tb. canola oil
2 tsp. chopped garlic
1 tsp. dijon mustard
salt and pepper to taste

Put all the ingredients into a salad dressing carafe and shake well.

Per Serving: 82 Calories; 9g Fat (97.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Chicken Cantaloupe Salad



- 3 c. cooked chicken chunks (cooled)
- 2 c. seedless grapes
- 2 c. diced celery
- 1½ c. mayonnaise
- 6 Tb. milk
- 2-3 Tb. chutney (or apricot preserves)
- 1½ tsp. curry powder
- ¼ tsp. salt
- 1 lg. cantaloupe

In medium bowl, combine chicken chunks, celery, and grapes. In blender at low speed, blend mayonnaise, milk, chutney (or apricot preserves), curry powder, and salt until smooth. Pour over chicken mixture; toss until mixed. Cover and chill.

Before serving cut melon into 6 wedges removing seeds & rind. Place on lettuce leaves and top with chicken salad. Top with chopped walnuts, if desired.

Whole recipe (with chutney, excluding walnuts): 3654 Calories; 305g Fat (71.4% calories from fat); 146g Protein; 129g Carbohydrate; 14g Dietary Fiber; 485mg Cholesterol; 5737mg Sodium. Exchanges: 18½ Lean Meat; 2 Vegetable; 7½ Fruit; ½ Non-Fat Milk; 2½ Fat.



Chinese Pasta Salad

Pam Prickett

Dressing:

- 2 c. mayonnaise
- ¼ c. soy sauce
- ⅓ c. seasoned rice vinegar
- 3 Tb. sesame oil
- ¼ c. teriyaki sauce
- 2 Tb. sugar
- salt to taste

Toss with:

- 1½ lbs. spaghetti, cooked
- 15 oz. can mini corn on cobs (cut into bite size pieces)
- 8 oz. can sliced waterchestnuts
- 8 oz. pkg. Chinese pea pods
- 4 chicken breasts, cooked and cubed
- 6 Tb. sesame seeds, toasted
- 1 c. baby carrots, coarsely chopped

Best if made a day ahead.

Whole recipe: 9118 Calories; 564g Fat (54.3% calories from fat); 369g Protein; 697g Carbohydrate; 46g Dietary Fiber; 896mg Cholesterol; 11176mg Sodium. Exchanges: 39 Grain(Starch); 35½ Lean Meat; 15 Vegetable; 44½ Fat; 2 Other Carbohydrates.

Coleslaw



Mary Fitzgerald

½ c. white vinegar
6 Tb. sugar
6 Tb. vegetable oil or olive oil
2 tsp. dry mustard
1 tsp. celery seed
salt and pepper to taste

1 med. cabbage, thinly sliced
1 onion, thinly sliced
1 green or red pepper, thinly sliced
1 carrot, grated

Combine vinegar through salt and pepper in a small saucepan (non-aluminum). Stir over medium heat until sugar dissolves. Pour over slaw ingredients and refrigerate.

Whole recipe: 1179 Calories; 84g Fat (61.5% calories from fat); 6g Protein; 113g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 52mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 16½ Fat; 5½ Other Carbohydrates.



Cornucopia Salad

Carole Derflinger

Serves: 6

Candied Almonds:

- ½ c. sliced almonds
- 3 Tb. sugar

Salad:

- ½ head green leaf lettuce, torn into bite size pieces
- ½ head Romaine lettuce, torn into bite size pieces
- 1 c. chopped celery
- 4 green onions, chopped
- 11 oz. can Mandarin oranges, drained
- 1 avocado, cut into chunks
- 1 apple, diced
- ¼ c. dried currants

Dressing:

- ½ tsp. salt
- ½ tsp. pepper
- ¼ c. oil
- 1 Tb. chopped parsley
- 2 Tb. sugar
- 2 Tb. white wine vinegar

Prepare candied almonds: melt 3 tablespoons sugar in large frying pan with sliced almonds, stirring continuously until almonds are coated. Don't let sugar burn. Spread out on foil to cool.

Mix all salad ingredients and candied almonds. Toss with dressing. Serve immediately.

Whole recipe: 314 Calories; 21g Fat (55.7% calories from fat); 5g Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 212mg Sodium. Exchanges: 0 Grain(Starch); ½ Lean Meat; 1 Vegetable; 1 Fruit; 4 Fat; ½ Other Carbohydrates.

Dilly Crab Salad

Ready in 30 minutes or less.



The Doll Family

Servings: 8

1 lb. medium shell pasta
16 ozs. imitation crab, flaked
1½ c. sour cream
1½ c. mayonnaise
1-2 Tb. dill weed

Cook pasta according to package directions; rinse in cold water and drain. Place in the large bowl. Add crab.

In a separate bowl combine sour cream, mayonnaise and dill; add to pasta mixture and mix well.

Chill until serving.

(You can use reduced fat sour cream and mayonnaise and it still tastes great!)

Per Serving: 657 Calories; 46g Fat (60.9% calories from fat); 16g Protein; 50g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 739mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat; ½ Other Carbohydrates.

With reduced fat choices

Per Serving : 388 Calories; 11g Fat (25.7% calories from fat); 15g Protein; 57g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 716mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat; 1 Other Carbohydrates.



Fresh Pear and Blue Cheese Salad

Rosemary Eastman

Servings: 4

Dressing :

- ¼ c. vegetable oil
- 2 Tb. vinegar
- 2 Tb. lemon juice
- ½ tsp. sugar
- ¼ tsp. salt
- ½ tsp. worcestershire sauce

Salad:

- 2 c. boston lettuce (or romaine)
- ½ c. broken walnuts
- ¼ c. raisins
- 3 lg. pears, cubed
- ¼ c. blue cheese
- 1 c. sliced celery

Combine the dressing ingredients and chill. Combine the salad ingredients and chill. Add dressing to salad and serve.

Per Serving: 355 Calories; 25g Fat (59.7% calories from fat); 7g Protein; 32g Carbohydrate; 5g Dietary Fiber; 5mg Cholesterol; 267mg Sodium. Exchanges: 0 Grain(Starch); ½ Lean Meat; ½ Vegetable; 2 Fruit; 4½ Fat; 0 Other Carbohydrates.

Green Bean, Pecan and Feta Salad



Pam Prickett

Servings: 6

Dressing:

- ¾ c. olive oil
- ½ c. mint leaves, finely chopped
- ¼ c. white wine vinegar
- ¾ tsp. salt
- ½ tsp. minced garlic
- ¼ tsp. pepper

Salad:

- 1½ lb. green beans, cut into 1½ inch pieces
- 1 c. pecans, toasted and coarsely chopped
- 1 sm. red onion, chopped
- 1 c. feta cheese
- ½ c. cucumber, diced

Blanch the beans in boiling water. Combine the dressing ingredients and toss with the salad ingredients. Best if made at least several hours ahead for flavors to blend.

Per Serving: 472 Calories; 45g Fat (81.6% calories from fat); 7g Protein; 15g Carbohydrate; 6g Dietary Fiber; 22mg Cholesterol; 555mg Sodium. Exchanges: 0 Grain(Starch); ½ Lean Meat; 2 Vegetable; 8½ Fat; 0 Other Carbohydrates.



Green Beans with Shallots and Red Peppers

Mary Fitzgerald

- 2 lb. frozen green beans
- 6 shallots, chopped
- 2 garlic cloves
- 2 sm. red bell peppers
- 2 Tb. olive oil
- 1 tsp. salt
- ½ tsp. crushed red pepper

Saute shallots, garlic, and bell pepper in oil in a large skillet until tender. Add beans, salt and crushed red pepper. Heat thoroughly.

Whole recipe: 655 Calories; 29g Fat (36.3% calories from fat); 20g Protein; 96g Carbohydrate; 30g Dietary Fiber; 0mg Cholesterol; 2172mg Sodium. Exchanges: 0 Grain(Starch); 18½ Vegetable; 5½ Fat.

Four Bean Dish

the Doll family

- 28 oz. can barbecue beans
- 15 oz. can kidney beans
- 15 oz. can butter beans
- 15 oz. can string beans, french style
- 8 slices bacon
- 1 med. onion
- 1 can tomato paste
- ¾ c. brown sugar

Cook bacon and let cool. Dice onion and cook in pan with a little bacon grease. Drain all beans except barbecue and put in a large pan. Add onion, crumbled bacon, tomato paste and brown sugar. Cook 20 minutes

Whole recipe: 3225 Calories; 36g Fat (9.4% calories from fat); 170g Protein; 609g Carbohydrate; 168g Dietary Fiber; 43mg Cholesterol; 6805mg Sodium. Exchanges: 29 Grain(Starch); 9 Lean Meat; 12½ Vegetable; 3½ Fat; 7 Other Carbohydrates.



Crystal Whaley

Napa Cabbage Salad

- 1 head napa cabbage, sliced
- 3-5 green onions, chopped
- 2 Tb. butter
- 1 pkg. ramen noodles
- 4 oz. slivered almonds

Dressing:

- ½ c. oil
- ½ c. sugar
- ¼ c. red wine vinegar
- 1 tsp. soy sauce

Toss cabbage and onions. Melt butter in skillet, add noodles and almonds. Lightly brown and cool. Add to cabbage. Mix dressing separately and shake well. Pour over salad.

Three Bean Salad

Mildred Bangs

- 1 can green beans, drained
- 1 can wax beans, drained
- 2 cans kidney beans, drained
- ½ c. chopped onions
- ½ c. sliced cucumbers
- ½ c. chopped green bell pepper

Dressing:

- ½ c. salad oil
- ½ c. vinegar
- ¾ c. sugar
- 1 tsp. salt
- ½ tsp. pepper

Mix all the vegetables together. Add the dressing ingredients and combine. Cover and refrigerate as least 45 minutes before serving.

Whole recipe: 2849 Calories; 112g Fat (34.5% calories from fat); 89g Protein; 392g Carbohydrate; 95g Dietary Fiber; 0mg Cholesterol; 2229mg Sodium. Exchanges: 15 Grain(Starch); 6 Lean Meat; 2½ Vegetable; 22 Fat; 10½ Other Carbohydrates.



Roasted Vegetables

Maggie Smith

Servings: 5

- 2 med. potatoes, peeled and cut into ½-inch cubes
- 2 med. carrots, cut into ½-inch slices
- 1 lg. zucchini, cut into ½-inch slices
- 1 lg. red bell pepper, cut into 1-inch pieces
- 1 Tb. olive oil or vegetable oil
- 1 tsp. dried basil (or 1 tablespoon fresh)
- 1 tsp. dried oregano (or 1 tablespoon fresh)
- ½ tsp. salt (optional)
- ¼ tsp. pepper
- 2 cloves garlic, minced

In a mixing bowl, combine the potatoes, carrots, zucchini and red pepper. Combine the remaining ingredients; drizzle over vegetables. Stir to coat.

Transfer to an ungreased 13x9" baking dish. Bake uncovered at 375° for 30-35 minutes or until tender.

Per Serving: 90 Calories; 3g Fat (27.7% calories from fat); 2g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 228mg Sodium. Exchanges: ½ Grain(Starch); 1 Vegetable; ½ Fat.

Strawberry Spinach Salad



Pam Prickett

Servings: 6-8

Dressing:

- 1/3 c. raspberry vinegar
- 1/2 c. sugar
- 1 tsp. dry mustard
- 1 tsp. salt
- 1 tsp. dried minced onion
- 1 c. vegetable oil
- 1 1/2 tsp. poppy seeds

Salad:

- 10 oz. bag fresh spinach
- 1 pt. fresh strawberries, sliced
- 3/4 c. toasted slivered almonds (or candied ones)

Dressing: in a blender, combine the first five dressing ingredients. With the blender running, slowly add oil. Stir in poppy seeds. Chill.

Toss the dressing with the salad ingredients and serve.

(Note: to make candied slivered almonds, simply saute 1/2 cup sugar with 1/2 cup almonds in frying pan, stirring constantly until almonds are coated and sugar is primarily melted. The sugar will not completely dissolve, but that is fine. This can be done ahead and kept in freezer for quite awhile.)

Per Serving (6 servings, excluding candied almonds): 525 Calories; 46g Fat (76.1% calories from fat); 6g Protein; 27g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 396mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 9 Fat; 1 Other Carbohydrates.

Meats and Main Dishes



All look to you to give them their meat at the proper time ... when you open your hand, they are satisfied with good things. (Ps. 104:27,28)



This is so easy and so good! My kids help make this all the time (except for cutting up the chicken).

Apricot Chicken

Michele Radzibaba

- 1 lb. boneless, skinless chicken, cubed
- 1 pkg. dry onion soup mix
- 1 bottle Russian or Catalina dressing
- 1 jar apricot preserves (or peach)

Mix all ingredients together. Pour into a 13x9" glass pan. Bake at 350° for 40 minutes (until hot and bubbly). Serve over rice.

Beef Brisket

This recipe is a favorite of my whole family. It is definitely a comfort food. Our favorite accompaniments are peas with onions and mashed potatoes. (You need something to pour the sauce over!) Each year, without a doubt, our son, Michael, chooses this as his birthday dinner.

Michele Radzibaba

- first cut beef brisket
- ½ c. brown sugar
- 1 lg. onion, sliced
- ¼ c. oil
- 1 c. 7-Up (or Slice)
- ½ c. ketchup
- ginger and garlic powder, to taste

Mix together all ingredients and pour on top of meat. Cover and cook about 2 hours at 400°. You may want to double the sauce ingredients to have plenty for those mashed potatoes!

Whole recipe: 1019 Calories; 55g Fat (46.7% calories from fat); 3g Protein; 138g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1482mg Sodium. Exchanges: 1½ Vegetable; 11 Fat; 8½ Other Carbohydrates.

Cheese Stuffed Herb Chicken



Pam Prickett

Servings: 4

- 4 chicken breasts, pounded thin
- 4 oz. Monterey jack cheese (cut in 1 oz. strips)
- 1 stick butter, melted

Butter mixture (mix together and set aside):

- ¼ c. butter, softened
- ½ tsp. oregano
- 1 Tb. parsley, chopped

Bread crumb mixture:

- ½ c. bread crumbs
- ½ c. parmesan cheese
- ½ tsp. oregano
- ½ tsp. garlic powder
- salt and pepper

Spread each chicken breast with butter mixture, top with cheese strip and roll up chicken. Dip each piece into melted butter and roll into bread crumb mixture. Place in baking dish, cover with plastic wrap and refrigerate at least 4 hours or over night. Bake at 400° for 20 minutes uncovered.

Per Serving: 1011 Calories; 74g Fat (66.2% calories from fat); 74g Protein; 11g Carbohydrate; 1g Dietary Fiber; 312mg Cholesterol; 989mg Sodium. Exchanges: ½ Grain(Starch); 10 Lean Meat; 0 Vegetable; 8½ Fat.



Chicken Curry

This is a great recipe to use with leftover chicken from a roasted chicken. It can be made in one pot. Most of the time my family wants roast chicken because they know I will make chicken curry that week!

Michele

Radizbaba

- 2 Tb. butter
- 1 onion, chopped or sliced
- 1 clove minced garlic
- 3 Tb. flour
- 1 Tb. curry powder
- 14 oz. can chicken broth
- 1 apple, cored and sliced
- 2 c. chicken, cooked and cubed
- ½ c. raisins

Melt butter in saucepan. Cook onion and garlic. Blend in flour and curry. Stir in broth. Add apple and stir until thickened. Stir in chicken and raisins. Serve over rice.

Broccoli spears are a nice side dish.

Whole recipe (excluding rice): 1457 Calories; 81g Fat (49.2% calories from fat); 75g Protein; 113g Carbohydrate; 11g Dietary Fiber; 373mg Cholesterol; 1751mg Sodium. Exchanges: 1½ Grain(Starch); 9 Lean Meat; 2 Vegetable; 5 Fruit; 10½ Fat.

Chicken-Broccoli Casserole

(low fat)



Adela Moles

- 1 cooked chicken, cutup
- 1 head broccoli, steamed 5 minutes
- 1 can Golden Mushroom soup (Campbells)
- 2 Tb. fat free mayonnaise
- 1 tsp. thyme (or to taste)
- salt, pepper and paprika to taste
- 8 oz. fat free sour cream
- mushrooms (if desired)
- 4 oz. breadcrumbs
- 4 oz. crushed cornflakes

Line casserole dish with cooked chicken, mushrooms and broccoli. Mix mushroom soup, mayonnaise, seasonings and sour cream. Pour over chicken and broccoli. Sprinkle bread crumbs and cornflakes over the top (nonfat cheese can be added,too).

Cook at 300° for 30 minutes.

Whole recipe (excluding mushrooms and nonfat cheese addition to topping): 4666 Calories; 262g Fat (50.4% calories from fat); 317g Protein; 262g Carbohydrate; 25g Dietary Fiber; 1384mg Cholesterol; 5659mg Sodium. Exchanges: 13 Grain(Starch); 38½ Lean Meat; 6 Vegetable; 29 Fat; 3½ Other Carbohydrates.



Clams and Angel Hair

Linda Schmuck

2 cans chopped clams, undrained
1 lb. angel hair pasta
¼ tsp. crushed red pepper
2 cloves garlic, minced
1 Tb. olive oil
⅔ stick butter
grated Parmesan cheese

In a small frying pan, heat olive oil and add the garlic and red pepper, saute for a few seconds. Add clams (with juice) and butter. Simmer, but don't boil. In the meantime, cook the angel hair separately. Pour clam sauce over pasta.

Top with grated Parmesan cheese. Enjoy!

Whole recipe (excluding parmesan cheese): 2828 Calories; 88g Fat (28.5% calories from fat); 141g Protein; 358g Carbohydrate; 11g Dietary Fiber; 380mg Cholesterol; 1016mg Sodium. Exchanges: 22½ Grain(Starch); 11 Lean Meat; ½ Vegetable; 17 Fat.

Connecticut Beef Supper



- 1-2 lb. beef stew cubes
- 2 sliced onions
- 1-2 Tb. butter if necessary
- 1 c. water

Sauce:

- 1 can Cream of Mushroom soup
- 1 c. sour cream (light or nonfat works fine)
- 1¼ c. milk
- 1 tsp. salt
- ¼ tsp. pepper

- 2 potatoes, sliced
- 1 c. grated cheddar cheese (if desired)

Brown the beef cubes, onions and butter. Add water and heat to boiling, reduce heat and simmer for 50 minutes

(I usually make a white sauce instead of using the canned soup – with fresh chopped mushrooms, 2 tablespoons butter, 2 tablespoons flour and 1 cup milk. Then add the additional milk, sour cream, salt and pepper after the sauce thickens.)

Pour the meat, onions, and juices in a 13x9” baking dish. Layer the sliced potatoes over the meat.

Top with the sauce. Bake uncovered for 1½ hours at 350°. Top with cheddar cheese towards the end of baking, if desired.

Whole recipe (using soup and cheddar cheese): 3412 Calories; 217g Fat (57.8% calories from fat); 248g Protein; 107g Carbohydrate; 9g Dietary Fiber; 827mg Cholesterol; 5948mg Sodium. Exchanges: 4 Grain(Starch); 32 Lean Meat; 3½ Vegetable; 2 Non-Fat Milk; 25 Fat.



Crab Imperial

Mary Fitzgerald

- 1 Tb. butter
- 2 oz. jar diced pimiento, drained
- 1 stalk celery, finely chopped
- 1 Tb. fresh parsley, chopped
- 1 tsp. Old Bay Seafood seasoning
- ½ tsp. mustard
- ⅛ tsp. cayenne pepper
- ⅛ tsp. tabasco sauce
- 3 Tb. mayonnaise
- 1 egg
- 1 lb. fresh lump crabmeat

Melt butter in skillet over medium heat. Add pimiento and celery. Saute until tender. Remove from heat and stir in parsley, Old Bay, mustard, pepper and tabasco sauce. In a bowl stir together mayonnaise and egg until blended. Fold in crabmeat and pimiento mixture. Spoon into a lightly buttered 1 quart baking dish.

Bake at 375° for 15 minutes

Whole recipe: 881 Calories; 56g Fat (57.2% calories from fat); 89g Protein; 6g Carbohydrate; 1g Dietary Fiber; 587mg Cholesterol; 1882mg Sodium. Exchanges: 0 Grain(Starch); 11½ Lean Meat; 1 Vegetable; 5½ Fat; 0 Other Carbohydrates.

Linguine and Vegetables



8 oz. linguine, uncooked
2 Tb. butter
1 clove garlic, crushed
1 c. chopped tomato
 $\frac{3}{4}$ c. zucchini, sliced
 $\frac{1}{2}$ c. mushrooms, sliced
 $\frac{1}{2}$ c. green onion, sliced
1 tsp. dried basil
 $\frac{1}{4}$ tsp. salt
pepper to taste
1 c. shredded provolone cheese
3 Tb. grated parmesan cheese

Cook linguine al dente. Saute garlic in butter until tender. Add vegetables and spices. Saute 8 minutes or until tender. Combine the cheeses and vegetables. Spoon over pasta and serve.

Whole recipe: 1660 Calories; 67g Fat (36.4% calories from fat); 74g Protein; 191g Carbohydrate; 11g Dietary Fiber; 165mg Cholesterol; 2247mg Sodium. Exchanges: 11½ Grain(Starch); 5 Lean Meat; 3½ Vegetable; 9 Fat.



Marinated Barbecued Chicken

Debbie Gordon

Servings: 4

3-3½ lb. frying chicken, cut into 8 pieces, skinned if desired

Marinade:

- ½ c. oil
- ⅓ c. wine vinegar
- 2 Tb. sugar
- 2 Tb. ketchup
- 1 Tb. grated onion
- 1 Tb. worcestershire sauce
- 1 tsp. salt
- ½ tsp. dry mustard
- 1 clove garlic, minced
- dash hot pepper sauce

In 12x8" (2 quart) baking dish or large resealable plastic bag, combine all marinade ingredients; blend well. Add chicken; turn to coat. Cover dish or seal bag; refrigerate 6 hours or overnight, turning occasionally.

Heat grill. When ready to barbecue, drain chicken, reserving marinade. In small saucepan, bring marinade to a boil. Place chicken, skin side down, on gas grill over low heat or on charcoal grill 4-6 inches from medium coals. Cook 45-60 minutes or until chicken is fork tender and juices run clear, brushing frequently with reserved marinade.

Per Serving: 811 Calories; 66g Fat (73.8% calories from fat); 42g Protein; 11g Carbohydrate; trace Dietary Fiber; 179mg Cholesterol; 830mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 10 Fat; ½ Other Carbohydrates.

Mexican Casserole



Nancy Witherspoon

Brown:

1½ lb. ground beef

½ c. chopped onion (or add dehydrated onion after meat is browned)

Season with:

salt

pepper

garlic salt

Add:

2 cans cream soup (mushroom, chicken, or celery)

8 oz. jar Picante sauce

Layer in a 9x13" baking dish:

broken tortilla chips

meat mixture

1-1½ c. grated cheddar cheese

Bake at 350° for 25 minutes or until bubbly

Whole recipe (with 1 cup cheese, excluding tortilla chips): 2477 Calories; 199g Fat (73.5% calories from fat); 121g Protein; 41g Carbohydrate; 2g Dietary Fiber; 584mg Cholesterol; 4435mg Sodium. Exchanges: 1 Grain(Starch); 16½ Lean Meat; 4 Vegetable; 30½ Fat.



Mozzarella Bread Pudding

Micki Parkinson

Servings: 4

- 1 whole french bread baguette, cut in 1" slices
- 1 c. skim milk
- 16 oz. tomato sauce
- ½ lb. lowfat mozzarella cheese, shredded (I use Sargento light)
- 3 oz. Canadian bacon slices, cut in strips
- 1 c. egg substitute (fat free)
- ¼ c. fat-free parmesan cheese
- 2 Tb. margarine (I use I Can't Believe It's Not Butter Sweet Cream and Calcium)

Preheat the oven to 350°. Soak the bread in the milk for 15 minutes

Line the bottom of a 7x11" pan with half of the soaked bread. Top with half of the tomato sauce, mozzarella and canadian bacon strips. Layer the rest of the bread. Then the rest of the cheese and bacon. Top all with the remaining tomato sauce. Beat the eggs with the parmesan cheese and pour the mixture over the layers in the pan. With a fork, pierce through layers until egg mixture is absorbed by the bread.

Dot the top with margarine and bake for 45 minutes or until top is browned and puffed.

Per Serving (with my choices): 628 Calories; 16g Fat (22.8% calories from fat); 44g Protein; 77g Carbohydrate; 5g Dietary Fiber; 40mg Cholesterol; 2340mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 1½ Vegetable; 0 Non-Fat Milk; ½ Fat; 0 Other Carbohydrates.

One Skillet Spaghetti



Serves: 6

- 1 lb. lean ground beef
- 1 c. chopped onion
- 29 oz. can diced tomatoes, undrained
- $\frac{3}{4}$ c. chopped green bell pepper
- 4 oz. can sliced mushrooms, drained
- 2 tsp. salt
- 1 tsp. sugar
- 1 tsp. chili powder
- 7 oz. pkg. uncooked thin spaghetti, broken in half
- 1 c. shredded cheddar cheese (reduced fat)

Cook and stir meat and onions in large skillet until meat is brown. Drain off fat. Stir in remaining ingredients, except cheddar cheese. Heat until boiling. Reduce heat; cover and simmer stirring occasionally, until spaghetti is tender, about 30 minutes

Sprinkle with cheese. Cover and heat until cheese is melted.

Per Serving: 448 Calories; 23g Fat (46.3% calories from fat); 24g Protein; 36g Carbohydrate; 3g Dietary Fiber; 77mg Cholesterol; 900mg Sodium. Exchanges: 1½ Grain(Starch); 2½ Lean Meat; 2 Vegetable; 3 Fat; 0 Other Carbohydrates.



Pasta-E-Fagioli

Maggie Smith

- 8 oz. pasta (penne, elbows or shells)
- ¼ c. olive oil
- 1 clove garlic, crushed
- 1 c. onions, chopped
- 1 lb. can Italian tomatoes, undrained
- 1 tsp. salt
- ¼ tsp. pepper
- ½ tsp. oregano
- 2 Tb. chopped parsley
- 1 can red kidney beans
- ½ c. parmesan cheese

Cook the pasta as directed but with a tablespoon of salt, drain. Combine with all the ingredients except the parmesan cheese.

Put in a baking dish, top with parmesan cheese and bake at 350° for about 30 minutes

Whole recipe: 2248 Calories; 70g Fat (27.8% calories from fat); 92g Protein; 315g Carbohydrate; 44g Dietary Fiber; 31mg Cholesterol; 2945mg Sodium. Exchanges: 18½ Grain(Starch); 5½ Lean Meat; 6½ Vegetable; 11½ Fat.

Pungent Baked Beans



Rosemary Eastman

Combine and pour into a baking dish:

- 3 lb. can pork and beans, drained
- 1/3 c. brown sugar
- 1/3 c. maple syrup
- 1/2 c. catsup
- 1 tsp. dry mustard
- 1/4 c. vinegar
- 2 Tb. sweet pickle relish
- 1/2 sm. onion, chopped
- 2 shakes cinnamon

Top with:

- 2 slices bacon, cut in pieces

Bake at 350° for one hour.

Whole recipe: 2174 Calories; 29g Fat (11.0% calories from fat); 77g Protein; 442g Carbohydrate; 78g Dietary Fiber; 106mg Cholesterol; 7542mg Sodium. Exchanges: 17½ Grain(Starch); 2 Lean Meat; 1 Vegetable; 2½ Fat; 11 Other Carbohydrates.



Smoked Sausage Stir-Fry

This is a great recipe. It's fast and easy to make. My sister won a local cooking contest for this recipe.

April Foster

Servings: about 4

1 red pepper, coarsely chopped into bite size pieces
1 green pepper, coarsely chopped into bite size pieces
1 large onion, coarsely chopped into bite size pieces
½ lb. mushrooms, sliced
2 carrots, sliced thin

1 lb. smoked sausage (I use Hillshire Farms smoked sausage)
¼ c. dark brown sugar, firmly packed
¼ c. spicy brown mustard

1 c. rice, cook according to package directions

Slice sausage on a diagonal into bite size pieces. Saute sausage in frying pan until browned. Remove sausage from pan.

Stir-fry vegetables until tender, using oil that cooked off of sausage. Add sausage back into pan with vegetables.

In bowl mix brown sugar and mustard together until a sauce is formed. Add sauce to sausage and vegetables and cook until sauce starts to bubble.

Serve stir fry over rice.

Suggestions:

1. This meal is great served with a salad and cornbread and is great for a large gathering.
2. For a saucier stir-fry double the measurements for the mustard and brown sugar.
3. You can add or substitute other vegetables.

(continued on the next page)



Smoked Sausage Stir-Fry (continued)

Per Serving (excluding rice and suggestions): 2012 Calories; 144g Fat (63.3% calories from fat); 75g Protein; 114g Carbohydrate; 14g Dietary Fiber; 322mg Cholesterol; 5196mg Sodium. Exchanges: ½ Grain(Starch); 8½ Lean Meat; 9½ Vegetable; 23½ Fat; 3½ Other Carbohydrates.

Vegetarian Chili

This recipe freezes well.

Pam Prickett

Sauté:

- 2-3 Tb. olive oil
- 1 onion, chopped
- 1 zucchini, shredded
- 3-4 carrots, shredded or chopped
- 2 cloves garlic, minced

Add:

- 28 oz. can crushed tomatoes
- 14 oz. can diced tomatoes
- 1 can chicken broth
- 1 can water (using the broth can)
- 1 can kidney beans, undrained
- 1 can black beans, drained
- 1½ c. red lentils
- 1½ tsp. cumin
- 2 Tb. chili powder
- 1 tsp. minced jalapeno (from jar)
- 1 bay leaf
- 1 tsp. salt

Cook about 2 hours.



Spinach Quiche

Nancy Witherspoon

Blend until smooth:

- ½ c. mayonnaise (light or nonfat works fine)
- ½ c. milk
- 2 eggs
- 1 Tb. cornstarch

Stir in:

- 1½ c. grated cheese (I use a mixture of Swiss and Cheddar.)
- ⅓ c. chopped onion
- 10 oz. frozen chopped spinach (thawed, drained and squeezed to remove extra moisture.)

Pour into an unbaked pie crust. Bake for 35-40 minutes at 350°, until knife inserted in center comes clean.

Optional substitutions for the spinach:

- 6 slices crisp crumbled bacon
- 1 c. chopped zucchini
- 1 c. chopped mushrooms
- ½ c. browned hamburger
- 1 c. steamed broccoli

Whole Wheat Pastry Crust

Cut in with pastry blender:

- ⅓ c. oil or butter
- 1⅓ c. whole wheat pastry flour

Add:

- 4 Tb. milk

Stir until just blended. Roll out crust between two sheets of waxed paper.

Whole recipe (without optional ingredients): 3015 Calories; 241g Fat (69.3% calories from fat); 91g Protein; 150g Carbohydrate; 28g Dietary Fiber; 616mg Cholesterol; 2116mg Sodium. Exchanges: 8 Grain(Starch); 7½ Lean Meat; 3 Vegetable; ½ Non-Fat Milk; 32½ Fat.

Stuffed Fish Fillets

From Light & Tasty - June/July 2001



Debbie Gordon

Servings: 8

- 8 sole or orange roughy fillets (4 oz each)
- $\frac{1}{8}$ tsp. paprika
- 8 lemon wedges

Stuffing:

- 2 sm. carrots, shredded
- 1 sm. onion, minced
- 5 Tb. butter (or stick margarine), divided
- 4 slices bread, cubed
- $\frac{3}{4}$ c. diced canned tomatoes, drained
- 4 $\frac{1}{2}$ oz. jar sliced mushrooms, drained
- $\frac{1}{2}$ sm. cucumber, chopped
- 1 $\frac{1}{4}$ tsp. salt, divided
- $\frac{1}{4}$ tsp. dill weed
- $\frac{1}{8}$ tsp. pepper

In a large nonstick skillet, saute carrots and onion in 3 tablespoons butter until tender. Remove from the heat. Stir in bread cubes, tomatoes, mushrooms, cucumber, 1 teaspoon salt, dill and pepper.

Place four fillets in a 13x9" baking dish coated with nonstick cooking spray. Top each with 1 cup stuffing and another fillet. Sprinkle with paprika and remaining salt. Dot with remaining butter. Bake, uncovered, at 350° for 25-30 minutes or until fish flakes easily with a fork. Cut in half; serve with lemon.

Per Serving: 225 Calories; 9g Fat (36.6% calories from fat); 24g Protein; 12g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 607mg Sodium. Exchanges: $\frac{1}{2}$ Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 $\frac{1}{2}$ Fat.



Tamale Pie

Nancy Witherspoon

Brown:

1 lb. ground beef

Add:

1 tsp. dehydrated onion (or $\frac{3}{4}$ c. chopped onion)

1Tb. chili powder

$\frac{1}{4}$ tsp. oregano

$\frac{1}{2}$ tsp. salt

pepper to taste

8 oz. can tomato sauce

1 lb. can kidney beans

Topping:

$\frac{1}{2}$ c. crushed corn chips

$\frac{3}{4}$ c. grated cheddar cheese

Spoon meat mixture into a 2 quart baking dish. Combine the two topping ingredients and sprinkle over the meat mixture.

Bake at 350° for 30 minutes.

Whole recipe: 2503 Calories; 168g Fat (60.0% calories from fat); 128g Protein; 124g Carbohydrate; 38g Dietary Fiber; 475mg Cholesterol; 5199mg Sodium. Exchanges: 7 Grain(Starch); 15 Lean Meat; 2½ Vegetable; 25½ Fat.

Teriyaki Pineapple Pork Chops



Servings: 4

- ¼ c. firmly packed brown sugar
- ¼ c. soy sauce
- ¼ tsp. garlic powder
- 8 oz. can pineapple slices in its own juice, drained, reserving juice
- 4 center cut pork chops, 1 inch thick

In 12x8" inch glass baking dish (or resealable bag), combine brown sugar, soy sauce, garlic powder and reserved pineapple juice; mix well. Place pork chops in marinade, turning to coat all sides. Cover; refrigerate 6-8 hours, turning chops once.

When ready to barbecue, drain pork chops; reserve marinade. Place pork chops on grill 4-6 inches from medium-high coals. Cook 20-30 minutes or until fork tender and no longer pink, turning once and brushing frequently with marinade. Place pineapple slices on grill during last 8 minutes of cooking; cook until thoroughly heated, turning once and brushing with marinade. To serve, place pineapple slices on top of pork chops.

Per Serving: 1310 Calories; 59g Fat (40.8% calories from fat); 97g Protein; 96g Carbohydrate; 2g Dietary Fiber; 295mg Cholesterol; 4373mg Sodium. Exchanges: 0 Grain(Starch); 13½ Lean Meat; 1½ Vegetable; 2½ Fruit; 3½ Fat; 3½ Other Carbohydrates.



This is one of my son's favorites.

Tostada Quiche

Rosemary Eastman

Servings: 6

- ½ lb. ground beef
- ½ c. chopped onion
- 4 oz. can green chiles, chopped
- 2 Tb. taco seasoning mix
- 1½ c. shredded cheddar cheese
- 3 eggs
- 1½ c. half and half
- ⅛ tsp. pepper
- ½ tsp. salt

Bake a 9" pie crust at 400° for 7 minutes Set aside.

Brown the beef with the onion, chiles and taco seasoning. Layer the cheddar cheese into the pie shell. Top with meat mixture.

In a large bowl, combine the eggs, half and half, pepper and salt. Pour over mixture in pie shell.

Bake at 375° for 45 minutes (or until knife inserted in the middle comes out clean). Let stand 10 minutes before slicing.

Garnish before cutting, if desired, with a layer of guacomole, shredded lettuce and tomatoes.

Per Serving (excluding pie crust and garnish): 356 Calories; 29g Fat (72.3% calories from fat); 18g Protein; 6g Carbohydrate; 1g Dietary Fiber; 178mg Cholesterol; 498mg Sodium. Exchanges: 0 Grain(Starch); 2½ Lean Meat; ½ Vegetable; 0 Non-Fat Milk; 4½ Fat; 0 Other Carbohydrates.

Special Diets



Do you not know that your body is a temple of the Holy Spirit who is in you? (1 Cor. 6:19)



Angel Chicken

This one sounds like a very strange combination, but it's a family favorite.

Micki Parkinson

Servings: 6

- 6 skinless, boneless chicken breast (about 1½ lbs)
- ¼ c. margarine (I use I Can't Believe It's Not Butter, Sweet Cream and Calcium)
- 1 env. dry Italian salad dressing mix
- 1 can cream of chicken soup (I use Healthy Request)
- ½ c. white wine
- 4 oz. (half of an 8 oz tub) lowfat cream cheese with chives and onions
- angel hair pasta

Place chicken in a 3½ or 4 quart crock pot. In a medium saucepan, melt the butter. Stir in the dry Italian salad dressing mix. Stir in mushroom soup, white wine, and cream cheese until combined. Pour over the chicken. Cover and cook on low heat setting for 4-5 hours.

Serve chicken and sauce over hot cooked pasta.

(Why I Can't Believe It's Not Butter, Sweet Cream and Calcium? Because it has no Trans Fats in it. Trans Fats are in anything that has been "partially hydrogenated". They are supposed to be just as bad for you as Saturated Fat. There may be others that don't have them, but since Trans Fats aren't required on the nutrition label, I looked for one that advertised it on the label somewhere.)

Per Serving (with my choices, excluding pasta): 388 Calories; 11g Fat (28.3% calories from fat); 57g Protein; 8g Carbohydrate; 4g Dietary Fiber; 152mg Cholesterol; 952mg Sodium. Exchanges: 8 Lean Meat; ½ Fat; 0 Other Carbohydrates.

Baked Chicken Breasts

Adapted from quickneasyrecipes.com



Micki Parkinson

Servings: 6

- 2 lb. chicken breast halves without skin
- 2 Tb. margarine (I use I Can't Believe It's Not Butter, Sweet Cream and Calcium)
- 1 can cream of chicken soup (I use Campbell's Healthy Request)
- ½ c. dry sherry
- ½ tsp. dried rosemary
- 1 tsp. Worcestershire sauce
- ¼ tsp. garlic powder
- 2½ oz. jar mushroom slices (without butter), rinsed and drained

Place chicken in crockpot.

In a saucepan, combine remaining ingredients and heat until smooth and hot. Pour over chicken.

Cover and cook on low setting for 8-10 hours.

Per Serving (with my choices): 207 Calories; 4g Fat (22.7% calories from fat); 28g Protein; 6g Carbohydrate; 4g Dietary Fiber; 74mg Cholesterol; 348mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.



Chicken & Broccoli with Creamy Dressing

Micki Parkinson

Servings: 4

- ½ c. light mayonnaise
- 2 Tb. cider vinegar
- 4 c. broccoli florets (slightly cooked, if desired)
- 2 c. cooked chicken (I use canned chicken, rinsed, drained)
- 2 sm. red apples, chopped
- 2 Tb. bacon bits (I use Hormel 50% less fat)

Dressing: in a small bowl stir together mayo and vinegar; set aside.

In a large bowl toss together the broccoli, chicken and apples. Pour dressing over the chicken mixture; toss lightly to coat. Sprinkle with bacon bits.

Per Serving (with my choices): 254 Calories; 9g Fat (32.6% calories from fat); 24g Protein; 20g Carbohydrate; 4g Dietary Fiber; 70mg Cholesterol; 226mg Sodium. Exchanges: 3 Lean Meat; ½ Vegetable; ½ Fruit; 1 Fat; ½ Other Carbohydrates.

Chicken Dinner

Adapted from Healthy Exchanges: Cooking with a Man in Mind



Micki Parkinson

Servings: 4

- 1 c. uncooked white rice (not instant)
- 2 c. green beans, frozen, thawed and drained
- 1 lb. chicken breast, cut into 4 pieces
- 1 can Cream of Chicken soup (I use Campbell's Healthy Request)
- 2½ oz. canned mushroom slices, drained
- 2 Tb. bacon bits (I use Hormel 50% less fat)
- ¾ c. water
- 1 tsp. dried parsley
- 1 tsp. dried onion
- ⅛ tsp. black pepper
- ¼ tsp. salt

Preheat oven to 350°. Spray an 8x8" baking dish with butter-flavored cooking spray.

In a large bowl mix together all ingredients and pour in the prepared baking dish.

Cover and bake 90 minutes. Uncover and continue baking for 15 minutes.

Per Serving (with my choices): 282 Calories; 5g Fat (14.8% calories from fat); 28g Protein; 30g Carbohydrate; 9g Dietary Fiber; 76mg Cholesterol; 545mg Sodium. Exchanges: 1 Grain(Starch); 3½ Lean Meat; 1 Vegetable; 0 Fat.



Cranberry Sauce

Adapted from *The Complete Step-by-Step Diabetic Cookbook*

Micki Parkinson

- 1 c. splenda
- ½ c. water
- ¼ tsp. salt
- ⅛ tsp. cinnamon
- dash cloves
- 4 c. cranberries (approx. 1½ bags)
- ½ tsp. vanilla

Combine the first 5 ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer 5 minutes, stirring occasionally.

Add cranberries; simmer 10-15 minutes or until skins pop. Remove from heat, and add vanilla. Cover and chill.

Makes 3¾ cups

(Why Splenda? It is the only artificial sweetener to receive a *safe* rating by The Center for Science in the Public Interest in their *Nutrition Action Health Letter*. And it doesn't have the aftertaste that others have.)

Whole recipe: 193 Calories; 1g Fat (3.3% calories from fat); 1g Protein; 49g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 540mg Sodium. Exchanges: 0 Grain(Starch); 3 Fruit; 0 Fat.

Doughnut Muffins

Adapted from the Lite Switch by June McLean Jeter



Micki Parkinson

Servings: 12

- 2 Tb. corn syrup
- 1/3 c. splenda
- 1/3 c. egg substitute (fat free)
- 1/2 tsp. vanilla
- 2/3 c. skim milk
- 2 c. flour
- 1 pkg. Butter Buds
- 1 Tb. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 c. splenda
- butter-flavored cooking spray

Preheat the oven to 400°. Coat muffin tins with cooking spray.

Sift together the flour, butter buds, baking powder, cinnamon and nutmeg. In another bowl, beat together the first 3 ingredients. Stir in vanilla and milk. Gradually add the sifted ingredients; mix just until blended. Don't over mix.

Fill each muffin cup 3/4 full. Bake 12-15 minutes. Don't over bake. Remove the muffins and spray immediately with cooking spray and dip each muffin top in splenda.

Per Serving: 97 Calories; trace Fat (2.5% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 150mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.



Adapted from New Diabetic Cookbook

Ginger Beef Stir-Fry

Micki Parkinson

Servings: 4

- 8 oz. beef top round, trimmed of fat
- ½ c. beef broth
- 3 Tb. soy sauce
- 2½ tsp. cornstarch
- 1 tsp. splenda
- ¼ tsp. ground ginger
- 3 c. broccoli florets
- 1½ c. mushrooms, sliced
- 4 green onions, sliced
- 1 Tb. canola oil
- 2 c. cooked pasta

Thinly slice beef across the grain into bite-size strips. Set aside.

Sauce: in a small bowl stir together the beef broth, soy sauce, cornstarch, sugar, and ginger; set aside.

Spray large skillet with non-stick cooking spray. Preheat over medium-high heat. Add broccoli, mushrooms and green onions. Stir-fry for 3-4 minutes or until vegetables are crisp-tender. Remove from skillet.

Carefully add the oil to the skillet. Add beef; stir-fry for 2-3 minutes or until desired doneness. Push the beef from the center of the skillet. Stir sauce; add to the skillet. Cook and stir until thickend and bubbly.

Return vegetables to the skillet. Stir all ingredients together to coat with sauce; heat through. Serve immediately over the cooked pasta.

Per Serving: 255 Calories; 7g Fat (24.3% calories from fat); 20g Protein; 28g Carbohydrate; 3g Dietary Fiber; 33mg Cholesterol; 983mg Sodium. Exchanges: 1½ Grain(Starch); 2 Lean Meat; 1½ Vegetable; ½ Fat.

Irresistible Irish Soda Bread



Micki Parkinson

Servings: 12

- 3 c. unbleached flour
- 1 Tb. baking powder
- 1/3 c. splenda
- 1 tsp. salt
- 1 tsp. baking soda
- 1 egg, slightly beaten
- 1 1/2 c. buttermilk (dried, mixed according to directions)
- 1/4 c. margarine (I use I Can't Believe It's Not Butter Sweet Cream and Calcium)
- 1/2 c. sour cream, fat free
- 1 pkg. raisins (indiv. serving size box)

Preheat oven to 325°. Spray a 9x5" loaf pan with non-stick spray.

Combine flour, baking powder, splenda, salt and baking soda. Add the raisins.

In a separate bowl, blend eggs, buttermilk, sour cream and margarine together. Add all at once to the flour mixture. Mix just until moistened. Pour into prepared pan.

Bake for 65-70 minutes, or until a toothpick inserted in the bread comes out clean. Cool on a wire rack.

For best flavor and texture: after it is completely cool, wrap in foil for several hours or overnight.

Per Serving (with my choices): 154 Calories; 3g Fat (15.1% calories from fat); 4g Protein; 28g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 469mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.



Lemon Poppy Seed Muffins

Micki Parkinson

Servings: 10

1½ c. unbleached flour
⅓ c. splenda
3 tsp. poppy seeds
1 tsp. baking soda
8 oz. plain nonfat yogurt (or lowfat)
2 tsp. splenda
¾ tsp. vanilla
½ + ⅛ tsp. lemon extract
2 egg whites

Coat muffin cups with nonstick cooking spray. Combine the flour, splenda, poppyseeds and baking soda; mix well.

In another bowl, combine the yogurt, the egg whites and flavorings (splenda, vanilla, lemon extract). Add to the dry ingredients. Stir just until the dry ingredients are moistened.

Fill muffin cups ¾ full. Bake at 350° for 14-16 minutes, or just until a wooden toothpick inserted in the center of a muffin comes out clean.

Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temp.

Per Serving (with non-fat yogurt): 82 Calories; trace Fat (4.8% calories from fat); 4g Protein; 15g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 154mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat.

Melt-in-your-mouth Round Roast

Adapted from The Lite Switch by June McLean Jeter



Micki Parkinson

Servings: 10

3 lb. round roast, trimmed
pepper
non-stick cooking spray

Preheat oven to 500°. Coat a roasting pan with cooking spray; place roast in pan and sprinkle with pepper.

Bake uncovered for about 45 minutes. Turn off the oven but **DON'T OPEN THE DOOR**. Let beef stay in oven another 45 minutes

Per Serving: 188 Calories; 7g Fat (33.3% calories from fat); 30g Protein; 0g Carbohydrate; 0g Dietary Fiber; 79mg Cholesterol; 78mg Sodium. Exchanges: 4 Lean Meat.

Glenn's Calzone

Micki Parkinson

Servings: 2

1 can Pillsbury pizza crust
2½ oz. jar sliced mushrooms (without butter), rinsed and drained
¼ c. pizza sauce (Rago - it has no added sugar)
¼ c. 4 cheese italian (Sargento low fat cheese)

Preheat the oven to 400°.

Unroll the crust dough and cut in half (so you have two squares). Put half of the mushrooms on the lower half of each square. Top each with ⅛ cup pizza sauce and ⅛ cup cheese. Bring the top half over the lower half. Crimp edges with fork, prick the top to allow steam to escape.

Place on a cookie sheet sprayed with olive oil spray. Spray the tops of the calzones with olive oil flavored non-stick spray and bake 13-18 minutes.

Per Serving (with my choices): 434 Calories; 7g Fat (15.6% calories from fat); 18g Protein; 72g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 1411mg Sodium. Exchanges: ½ Vegetable.



Adapted from The Lite Switch by June McLean Jeter

Oven Fried Fish

Micki Parkinson

Servings: 4

- 1 lb. haddock fillets (or cod)
- ½ c. all-purpose flour
- ¼ c. egg substitute (fat free)
- 1 c. cornflake crumbs
- ¼ tsp. salt
- butter flavored cooking spray

Preheat the oven to 450°. Coat a flat baking pan with butter flavored spray. Mix egg substitute with salt. Coat each fillet with flour; shake off excess but make sure fish is completely coated. Dip each fillet into the egg mixture and then roll in cornflakes, covering completely.

Place fish on the pan. Coat each fillet with butter flavored spray and bake for 10 minutes for every inch of fish thickness. Adjust cooking time as needed.

Per Serving: 245 Calories; 1g Fat (4.2% calories from fat); 26g Protein; 31g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 469mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat.

Crockpot Chicken

Adapted from The Lite Switch by June McLean Jeter

Micki Parkinson

Servings: 6

- 3 lb. skinless turkey breast
- 1 can Cream of Mushroom soup (Campbell's Healthy Request)
- 1 env. chicken gravy mix
- non-stick cooking spray

Place turkey in sprayed crockpot; top with soup and then gravy mix, and cook covered on low for 4-6 hours.

(If you have leftovers – cut up the meat, mix it with the sauce and serve over pasta.)

Per Serving (with my choices): 278 Calories; 2g Fat (7.0% calories from fat); 59g Protein; 5g Carbohydrate; trace Dietary Fiber; 152mg Cholesterol; 365mg Sodium. Exchanges: 0 Grain(Starch); 7½ Lean Meat.



Pie Crust (single crust)

I tried every low fat recipe I could find—they all tasted like cardboard. Finally I just threw some stuff together and it worked!

Micki Parkinson

Servings: 8

¼ c. + 1 tsp. margarine (I use I Can't Believe It's Not Butter Sweet Cream and Calcium)

1 c. unbleached flour

¼ tsp. baking powder

¼ tsp. salt

water

1 Tb. canola oil

Melt the margarine and add oil. Set aside to cool to room temperature.

Place flour, baking powder and salt in a mixing bowl and stir to blend well. Re-blend the margarine and oil and add to flour mixture. Add warm water, if necessary, to form a ball (1-2 tablespoons).

Place between two sheets of waxed paper and roll out gently until the circle reaches the edge of the paper. Peel off the top paper. Place paper side up in an 8" or 9" pie pan. Peel off the paper. Ease and fit pastry into pan. Trim and flute the edges. Prick the bottom several times with a fork. Bake at 425° for 12-15 minutes

Cool and fill with filling. Or fill the unbaked crust with filling and bake according to the pie directions (covering the edges with foil to prevent burning).

Per Serving: 101 Calories; 5g Fat (46.7% calories from fat); 2g Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 131mg Sodium. Exchanges: 1 Grain(Starch); ½ Fat; 0 Other Carbohydrates.



Adapted from New Diabetic Cookbook

Sesame Chicken

Micki Parkinson

Servings: 4

- 3 Tb. sesame seeds
- 3 Tb. unbleached flour
- ¼ tsp. salt
- ⅛ tsp. ground red pepper
- 2 lb. skinless boneless chicken breast halves
- 3 Tb. teriyaki sauce

Spray a large baking sheet with butter-flavored cooking spray; set aside. In a large plastic bag combine sesame seeds, flour, salt and pepper. Rinse the chicken; pat dry. Dip chicken in teriyaki sauce. Add chicken to the mixture in the plastic bag; close bag and shake to coat chicken.

Place chicken on prepared baking sheet. Spray with butter-flavored cooking spray.

Bake in a 400° oven about 45 minutes or until chicken is done.

Per Serving: 318 Calories; 6g Fat (18.1% calories from fat); 55g Protein; 8g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 799mg Sodium. Exchanges: ½ Grain(Starch); 7½ Lean Meat; ½ Vegetable; ½ Fat.

Sweet Stuff



God richly provides us with everything for our enjoyment.
(1 Tim. 6:17)



Almond Cream Mocha Cake

Carole Derflinger

- 1 pkg. chocolate cake mix, 2 layer size
- 3 Tb. instant coffee powder
- 3½ oz. pkg. instant vanilla pudding
- ½ tsp. almond extract
- 1¼ c. milk
- 9 oz. tub non-dairy whipped topping
- 21 oz. can cherry pie filling

Prepare and bake cake mix as directed on package, but add coffee to mix and pour into a 9x13" cake pan. Bake 30-35 minutes at 350°. Cool and remove from pan.

In medium bowl, prepare vanilla pudding using only 1¼ cups of milk and adding almond extract. Fold in non-dairy whipped topping.

Cut cooled cake in half lengthwise and top with half of pudding mixture and one-half of cherry pie filling. Then top with remaining cake layer and pudding. Spoon remaining pie filling on top.

Whole recipe: 2550 Calories; 69g Fat (23.1% calories from fat); 39g Protein; 476g Carbohydrate; 12g Dietary Fiber; 47mg Cholesterol; 3446mg Sodium. Exchanges: ½ Lean Meat; 1 Non-Fat Milk; 13 Fat; 30½ Other Carbohydrates.



Apple Crumble with Toasted-Oat Topping

Wylma Bagshaw

Servings: 6

- 6 med. Jonagold apples
- ½ c. unsweetened applesauce
- ¾ c. old-fashioned rolled oats (or quick cooking)
- 3 Tb. toasted wheat germ
- 3 Tb. light brown sugar, packed
- 1 tsp. ground cinnamon
- 1 Tb. canola oil
- 1 Tb. unsalted butter, cut into small pieces

Preheat the oven to 350°. Coat a 12x8” baking dish with no-stick spray. Cut the apples in half lengthwise. Remove the cores and stems and discard. Cut the apples into thin slices.

Place the apples and the applesauce in the prepared baking dish. Toss to coat the apples evenly with the applesauce. Spread out evenly in the baking dish.

In a small bowl, mix the oats, wheat germ, brown sugar and cinnamon. Drizzle with the oil. Add the butter. Mix with your fingers to work the oil and butter into the dry ingredients.

Sprinkle the oat mixture evenly over the apples. Bake for 30-35 minutes, or until the topping is golden and the apples are bubbling. Serve warm.

(You can make this with peeled apples, but you get more fiber and antioxidants with unpeeled apples.)

Per Serving: 334 Calories; 7g Fat (16.4% calories from fat); 3g Protein; 72g Carbohydrate; 12g Dietary Fiber; 5mg Cholesterol; 3mg Sodium. Exchanges: ½ Grain(Starch); 0 Lean Meat; 4 Fruit; 1 Fat; ½ Other Carbohydrates.



Apple Dip

Debbie Gordon

- 8 oz. bar cream cheese, softened
- 1 c. brown sugar
- 1 tsp. vanilla
- ½ c. chopped walnuts

Cream first three ingredients together with mixer. Add chopped walnuts. Serve with granny smith apple wedges. To keep apples from turning brown, after cutting up, place in pineapple juice.

Whole recipe: 1729 Calories; 114g Fat (57.8% calories from fat); 32g Protein; 156g Carbohydrate; 3g Dietary Fiber; 249mg Cholesterol; 727mg Sodium. Exchanges: ½ Grain(Starch); 4½ Lean Meat; 20 ½ Fat; 9½ Other Carbohydrates.

Silvey's Cake

This was a cake I grew up eating in my Italian grandmother's house. I think it was named after the neighbor who gave her the recipe. Michele Radzibaba

- 2 lb. ricotta cheese
- ¾ c. sugar
- 4 eggs
- 3 tsp. almond extract
- 1 box yellow cake mix
- powdered sugar

Mix cake mix according to directions. Pour into greased, 13x9" pan. Mix cheese with sugar, eggs and almond extract. Spoon over cake. Bake at 350° for 1 hour or until set. Sprinkle with powdered sugar.

Whole cake (excluding powdered sugar): 5076 Calories; 198g Fat (39.9% calories from fat); 155g Protein; 515g Carbohydrate; 0g Dietary Fiber; 1658mg Cholesterol; 4762mg Sodium. Exchanges: 17½ Lean Meat; 28½ Fat; 32 Other Carbohydrates.

Blueberry Crumble Pie



The Doll family

Servings: 8

9" unbaked pie crust

Filling:

4 c. blueberries

½ c. sugar

3 Tb. flour

1 tsp. cinnamon

1 Tb. lemon juice

Topping:

½ c. flour

½ c. brown sugar

2 Tb. butter or margarine

Line 9" pie plate with pie crust and flute edges. Combine the filling ingredients and put into crust.

Topping: Combine flour and brown sugar. Cut in butter until it resembles coarse crumbs. Sprinkle over filling.

Bake at 375° for 40-50 minutes until filling bubbles and crust is browned. Cover edges if crust browns too quickly.

Per Serving: 289 Calories; 9g Fat (28.3% calories from fat); 3g Protein; 50g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 183mg Sodium. Exchanges: 1 Grain(Starch); ½ Fruit; 2 Fat; 1½ Other Carbohydrates.

Using margarine

Per Serving : 289 Calories; 9g Fat (28.2% calories from fat); 3g Protein; 50g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 187mg Sodium. Exchanges: 1 Grain(Starch); ½ Fruit; 2 Fat; 1½ Other Carbohydrates.



Cheesecake

Maggie Smith

Crust:

- ¼ c. butter or margarine
- 1 c. graham cracker crumbs (I crush my own)
- 2 Tb. sugar

Filling:

- 16 oz. cream cheese
- ⅔ c. sugar
- ¼ tsp. salt
- ⅓ c. milk
- 4 eggs
- 2 Tb. lemon juice

Place butter in all-purpose baking dish. Microwave at high for 45-60 seconds (until butter melts). Stir in crumbs and 2 tablespoons sugar. Mix well. Press evenly in bottom of dish. Microwave on high for 1½ minutes on micro-go-round.

Place cream cheese in medium mixing bowl. Microwave for 1 minute or until soft. Add ⅔ cup sugar, salt and milk. Blend at medium speed in mixer. Beat in eggs and lemon juice. Place on micro-go-round at high for 4-7 minutes. Pour mixture over crust. Place on micro-go-round for 7-15 minutes, or until almost set in center. Cool slightly and spread topping. Refrigerate for a least 8 hours before serving.

Use the topping of your choice (cherry filling or 2 cup fresh strawberries, blueberries or raspberries).

Whole cake (using butter): 3278 Calories; 233g Fat (62.9% calories from fat); 65g Protein; 243g Carbohydrate; 2g Dietary Fiber; 1381mg Cholesterol; 3113mg Sodium. Exchanges: 4 Grain(Starch); 8 Lean Meat; 0 Fruit; ½ Non-Fat Milk; 42 Fat; 10½ Other Carbohydrates.

Chocolate Chip Pumpkin Cake



Carole Derflinger

- 3 c. flour
- 1 tsp. salt
- 2 tsp. baking powder
- 2 tsp. baking soda
- 2 tsp. pumpkin pie spice
- 4 eggs, well beaten
- 2 c. vegetable oil
- 2 c. canned pumpkin
- 2 c. sugar
- 6 oz. pkg. chocolate chips
- $\frac{3}{4}$ c. coarsely chopped walnuts

Combine flour, salt, baking powder, baking soda, and pumpkin pie spice; set aside.

In mixing bowl, combine eggs and oil; mix well. Add pumpkin and sugar, blend until fluffy. Add dry ingredients gradually. Stir in chocolate chips and walnuts.

Bake in greased and floured tube pan at 350° for 1 hour or until done.

Whole cake: 8594 Calories; 563g Fat (57.2% calories from fat); 96g Protein; 851g Carbohydrate; 40g Dietary Fiber; 748mg Cholesterol; 5903mg Sodium. Exchanges: 19½ Grain(Starch); 6 Lean Meat; 8 Vegetable; 108½ Fat; 34 Other Carbohydrates.



Chocolate Cream Cake

Mary Fitzgerald

- 12 oz. semisweet chocolate chips
- ½ c. unsalted butter
- 6 eggs, separated and at room temperature
- 1 c. sugar, divided
- ½ c. pecans, finely chopped
- 1½ tsp. vanilla, divided
- pinch cream of tartar
- 2 c. whipping cream
- ¼ c. powdered sugar
- 2 oz. chocolate (curls for garnish)

Preheat oven to 350°. Grease and flour 9” springform pan. Melt chocolate chips and butter in top of double boiler. Beat egg yolks in electric mixer until very thick (at least 5 minutes). Beat in ½ cup sugar, 1 tablespoon at a time. Stir in melted chocolate, pecans and ½ teaspoon vanilla.

In another bowl beat egg whites with cream of tartar until soft peaks form. Gradually add ½ cup sugar. Gently fold into chocolate mixture. Pour into prepared pan.

Bake 30 minutes at 350°. Then reduce oven to 275° and bake 30 minutes longer. Turn oven off and let the cake stand in oven for 30 minutes with the door ajar.

Remove cake from oven. Dampen paper towel and place on top of cake for 5 minutes (top of the cake will crack and slightly fall).

Beat whipping cream with electric mixer until soft peaks form. Beat in powdered sugar and 1 teaspoon vanilla.

Remove the springform pan. Spoon whipped cream onto top of cake and smooth evenly (do not cover sides). Garnish with chocolate curls and refrigerate.

Let stand at room temperature 30 minutes before serving.

Whole cake: 6033 Calories; 452g Fat (64.0% calories from fat); 64g Protein; 507g Carbohydrate; 27g Dietary Fiber; 2023mg Cholesterol; 573mg Sodium. Exchanges: ½ Grain(Starch); 5 Lean Meat; 1½ Non-Fat Milk; 87½ Fat; 32 Other Carbohydrates.

Chocolate Pretzel Rings



Debbie Gordon

Servings: 50

- 50 pretzel rings
- 1 pkg. milk chocolate kisses
- ¼ c. M&Ms plain chocolate candies

Place the pretzels on a greased baking sheet; place a chocolate kiss in the center of each ring. Bake at 275° for 2-3 minutes or until chocolate is softened. Remove from the oven. Place an M&M on each, pressing down slightly so chocolate fills the ring. Refrigerate for 5-10 minutes or until chocolate is firm. Store at room temperature.

Per Serving (excluding unknown items): 49 Calories; 2g Fat (44.3% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 29mg Sodium. Exchanges: 0 Grain(Starch); ½ Fat; ½ Other Carbohydrates.

Dump Cake

Wylma Bagshaw

- 1 can cherry pie filling (or other fruit filling)
- 1 can crushed pineapple
- 1 box yellow cake mix (or other flavor)
- 1 pkg. nuts, if desired

Dump in that order into a 9x13" pan. Drizzle 1 stick melted butter if desired. Cook at 350° for 25 minutes Sprinkle 1 can coconut on top. Continue baking for 15 minutes



Cookie Jar Sugar Cookies

Nancy Witherspoon

Cream:

- 1 c. butter
- 1¹/₈ c. sugar
- 1 tsp. orange peel
- 1 tsp. vanilla
- 1 egg
- 6 tsp. milk

Add:

- 3 c. flour (a mixture of white and whole wheat flours works fine)
- 2¹/₄ tsp. baking powder
- ½ tsp. salt

Roll thick and sprinkle with sugar. Use a mixture of flour and sugar when rolling out cookies to keep them from getting tough as more flour is added during the rolling process.

Bake 10 minutes at 375°.

For easy decorating, sprinkle with colored sugar crystals before baking.

Whole recipe (with all purpose flour): 3966 Calories; 193g Fat (43.5% calories from fat); 47g Protein; 517g Carbohydrate; 11g Dietary Fiber; 688mg Cholesterol; 4116mg Sodium. Exchanges: 18½ Grain(Starch); 1 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 37½ Fat; 15½ Other Carbohydrates.



Cookies from Heaven

I made these cookies for an SPEP potluck dinner. Jurji Radzibaba commented that he was positive that these cookies would be served in Heaven, so I renamed them.

Servings: 26

- 10 Tb. + 2 tsp. butter, softened
- $\frac{2}{3}$ c. sugar
- $\frac{1}{2}$ c. dark brown sugar
- 1egg
- 1 tsp. vanilla extract
- $1\frac{1}{2}$ c. flour
- 9 oz. Swiss dark chocolate, chopped into $\frac{1}{2}$ inch pieces (I like to cut Dove Promises into quarters)
- $1\frac{1}{2}$ c. coconut
- $3\frac{1}{2}$ oz. macadamia nuts, coarsely chopped

Cream butter and sugars. Then add egg and vanilla, beating until fluffy. Reduce speed and add flour. Fold in remaining ingredients. Drop by heaping tablespoonfuls ($2\frac{1}{2}$ inches apart) onto a greased cookie sheet. Bake 15-17 minutes in a 325° oven. Cool in cookie sheet about 5 minutes

(You can also vary the ingredients to suit your liking. Try using dried cranberries and/or white chocolate instead of dark.)

Per Serving: 197 Calories; 12g Fat (53.5% calories from fat); 2g Protein; 22g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 54mg Sodium. Exchanges: $\frac{1}{2}$ Grain(Starch); 0 Lean Meat; 0 Fruit; $2\frac{1}{2}$ Fat; 1 Other Carbohydrates.



Creme d'Menthe Brownies

Nancy Witherspoon

Cream until light and fluffy:

½ c. butter

1 c. sugar

Add, one at a time, beating well after each addition:

4 eggs

Combine:

1 c. flour

½ tsp. salt

Add flour mixture to creamed mixture alternately with:

16 oz. can chocolate syrup

Stir in:

1 tsp. vanilla

Pour batter into greased and floured 9x13" pan. Bake at 350° for 25-28 minutes. Cool completely. Brownies will pull away from edge of pan while cooling.

Frosting: Cream, mixing well

¼ c. butter

2 c. powdered sugar

2 Tb. Creme d'Menthe

Spread evenly over brownies. Chill one hour.

Glaze: Melt over low heat

6 oz. chocolate chips

¼ c. butter

Spread over Creme d'Menthe frosting. Chill one hour. Cut into squares.

Whole recipe: 5493 Calories; 256g Fat (40.1% calories from fat); 49g Protein; 812g Carbohydrate; 19g Dietary Fiber; 1245mg Cholesterol; 3334mg Sodium. Exchanges: 6½ Grain(Starch); 3 Lean Meat; 48½ Fat; 47½ Other Carbohydrates.

Fresh Apple Cake



- 1 c. butter or margarine
- 2 c. white sugar
- 2 eggs
- 2½ c. flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 1 tsp. cinnamon
- 3 c. apples, finely chopped
- 1 c. chopped nuts
- 6 oz. pkg. butterscotch chips

Grease a 13x9" pan.

Cream together butter and sugar. Beat in eggs. Add flour, baking soda and powder, salt, cinnamon, beating well after each addition. Stir in apples, nuts and chips.

Mixture will be very thick. Press mixture into pan. Bake at 350° for one hour.

Whole cake: 6195 Calories; 283g Fat (40.0% calories from fat); 70g Protein; 885g Carbohydrate; 33g Dietary Fiber; 886mg Cholesterol; 5962mg Sodium. Exchanges: 17½ Grain(Starch); 4 Lean Meat; 3½ Fruit; 53 Fat; 37½ Other Carbohydrates.



Fresh Fruit Dip

Pam Walker

This one is a huge hit wherever I take it.

- 2 boxes vanilla instant pudding mix (3.4 oz size)
- 2 c. milk (not the 4 cups the pudding directions call for)
- 12 oz. Cool Whip (can use Cool Whip Lite without changing the taste)
- almond extract, to taste (you can use other flavorings, such as mint extract)

Combine the two boxes instant pudding with the milk. Add the Cool Whip. Add the extract. Whip and serve with bananas, apples, strawberries, blueberries, peaches (essentially, any non-citrus fruit). That's it!

Note: I usually "present it" in a hollowed-out pineapple, and use the pineapple juice to coat the bananas and apples to keep them from turning brown.

Whole recipe (excluding fruit): 2071 Calories; 82g Fat (37.9% calories from fat); 16g Protein; 287g Carbohydrate; 0g Dietary Fiber; 66mg Cholesterol; 3103mg Sodium. Exchanges: 2 Non-Fat Milk; 16 Fat; 17 ½ Other Carbohydrates.

Using Cool Whip Lite

Whole recipe: 1860 Calories; 60g Fat (30.8% calories from fat); 16g Protein; 287g Carbohydrate; 0g Dietary Fiber; 66mg Cholesterol; 3272mg Sodium. Exchanges: 2 Non-Fat Milk; 11½ Fat; 17 Other Carbohydrates.

Frozen Cheesecake Pie



Pam Prickett

Crust

- 1 c. graham cracker crumbs
- ¼ c. sugar
- ½ c. chopped almonds
- ¼ c. butter, melted

Mix the ingredients together and pat into pie plate.

Filling:

- 3 3 oz. pkg. cream cheese, softened
- ½ c. sugar
- ½ tsp. vanilla
- 2 eggs, beaten

Cream the ingredients together and pour into crust. Bake at 325° for 20 minutes. Meanwhile, mix topping ingredients together.

Topping:

- 2 c. sour cream
- 5 Tb. sugar
- ½ tsp. vanilla

Pour over pie and decorate edge with sliced almonds. Return to oven for 5 more minutes. Cool and then freeze.

Remove from freezer about 10 minutes before serving.

Whole pie (excluding almonds): 4022 Calories; 286g Fat (62.5% calories from fat); 65g Protein; 320g Carbohydrate; 10g Dietary Fiber; 982mg Cholesterol; 2097mg Sodium. Exchanges: 5 Grain(Starch); 6 Lean Meat; 1½ Non-Fat Milk; 54 Fat; 14 Other Carbohydrates.



Ginger Cookies

Mary Fitzgerald

$\frac{3}{4}$ c. butter
2 c. sugar
 $\frac{1}{4}$ c. molasses
2 eggs
4 c. flour
 $1\frac{1}{4}$ Tb. baking soda
2 tsp. cinnamon
1 tsp. salt
1 tsp. cloves
1 tsp. ginger
cinnamon sugar

Cream together butter and sugar. Add molasses and eggs and mix well. Sift together flour, baking soda, cinnamon, salt, cloves and ginger. Add to wet ingredients and mix just until combined. Form dough into round balls and roll in cinnamon sugar.

Bake at 350° for approx. 8-10 minutes (depending on the size).

Whole recipe (excluding cinnamon sugar): 4962 Calories; 152g Fat (27.4% calories from fat); 65g Protein; 845g Carbohydrate; 18g Dietary Fiber; 747mg Cholesterol; 8419mg Sodium. Exchanges: 25½ Grain(Starch); 1½ Lean Meat; 28½ Fat; 30½ Other Carbohydrates.



Glenn's Apple Pie

This was Glenn's once-a-week treat every fall. And the only reason that Renee was glad when school started again. Now that we are living with diabetes, Glenn is looking forward to the Marriage Supper when the Lord returns—he's sure that it will be on the dessert table!

Micki Parkinson

Servings: 8

6 c. peeled , sliced apples
¾ c. sugar
¼ c. flour, all-purpose
¼ tsp. nutmeg
½ tsp. cinnamon
dash salt
2 Tb. margarine

Heat the oven to 425°.

Make the bottom crust (next page).

Mix together apples, sugar, flour, nutmeg, cinnamon and salt. Pour into the prepared crust. Dot evenly with the 2 tablespoons margarine.

Make a second crust and cover the apples. Make slits for steam to escape, trim and flute edges. Cover the edges with foil to prevent burning. (Remove the foil for the last 15 minutes of cooking time.)

Bake 40-50 minutes or until the crust is browned and the juice begins to bubble through slits in the crust.

Per Serving: 476 Calories; 22g Fat (40.6% calories from fat); 5g Protein; 66g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 573mg Sodium. Exchanges: 2½ Grain(Starch); 1 Fruit; 0 Non-Fat Milk; 4 Fat; 1½ Other Carbohydrates.



Glenn's Apple Pie Crust

From the Cooking Lite, Feeling Right cookbook

Micki Parkinson

Servings: 8

Single Crust:

1¹/₃ c. flour, all-purpose

1 tsp. salt

1/3 c. canola oil

3 Tb. cold skim milk

Combine the flour and salt and mix well. Mix the oil and milk in a measuring cup and add all at once to the flour. Mix until the dough forms a ball. Place between two sheets of waxed paper and roll out gently until the circle reaches the edge of the paper. Peel off the top paper. Place paper side up in an 8" or 9" pie pan. Peel off the paper. Ease and fit pastry into pan.

If the dough tears you just squeeze it back together – no moistening or patching necessary.

If you're baking the crust without filling, prick several times with a fork and then bake at 450° for 10-12 minutes until golden brown.

(Follow recipe directions for filling and baking double crust pies. Cover the edges with foil to prevent burning. Remove the foil for the last 15 minutes of cooking time.)

Per Serving: 160 Calories; 9g Fat (53.5% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 270mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 2 Fat.



Hot Fudge Pie

When I lived in an apartment in college, this was one of our favorite weekend chocolate fixes. It is a special treat for my family today. Michele Radzibaba

Preheat oven to 425°.

Mix together:

- 3 Tb. cocoa
- 1 stick melted butter
- 1 c. sugar
- 2 eggs
- ½ c. flour
- 1 tsp. vanilla

Then:

Add ¼ cup boiling water LAST

Bake for exactly 8 minutes. Serve IMMEDIATELY over ice cream.

Whole recipe: 1995 Calories; 104g Fat (45.4% calories from fat); 22g Protein; 259g Carbohydrate; 7g Dietary Fiber; 622mg Cholesterol; 1054mg Sodium. Exchanges: 3½ Grain(Starch); 2 Lean Meat; 19½ Fat; 13½ Other Carbohydrates.



Italian Lemon Ice

Mary Fitzgerald

- 1 c. sugar
- 3 c. water
- 1 Tb. grated lemon peel
- $\frac{2}{3}$ c. lemon juice (fresh squeezed)

Bring water to a boil and remove from heat. Add sugar and stir until dissolved. Add lemon juice and grated lemon peel to syrup. Pour into Tupperware container and freeze. Stir or shake every hour until set. Freeze overnight.

To serve scrape across the top “to shave” the ice. Spoon into cups and serve.

Whole recipe: 819 Calories; trace Fat (0.0% calories from fat); 1g Protein; 215g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 1 Fruit; 13½ Other Carbohydrates.

No Cook Fruit Cake

Maggie Smith

- 1 lb. dried pineapple, cut in small pieces
- 1 lg. box Ritz crackers
- 1 lb. cherries, cut in small pieces
- 1 box raisins
- 7 oz. coconut
- 1 lb. marshmallows
- 2 c. evaporated milk
- 2 lb. walnuts, cut in small pieces
- $\frac{1}{2}$ lb. black walnuts

Roll the crackers into crumbs, add fruit and nuts. Melt marshmallows in milk. Pour into cracker mixture. Mix all ingredients well. Line pan with wax paper and pour in. Walla! Fruit cake!



Nancy Witherspoon

Lazy Daisy Oatmeal Cake

Combine and let sit 20 minutes:

- 1¼ c. boiling water
- 1 c. oatmeal (uncooked)

Cream:

- ½ c. butter
- 1 c. sugar
- 1 c. firmly-packed brown sugar

Add to creamed mixture:

- 1 tsp. vanilla
- 2 eggs

Sift together:

- 1½ c. flour
- 1 tsp. soda
- ½ tsp. salt
- ¾ tsp. cinnamon
- ¼-½ tsp. nutmeg

Combine the flour mixture, creamed mixture and softened oatmeal. Pour into a greased 9x9" pan. Bake at 350° for 50-55 minutes. Do not remove from pan.

Frosting:

Combine all ingredients, spread over cake, and brown until bubbly under the broiler:

- ¼ c. melted butter
- ½ c. firmly packed brown sugar
- 3 Tb. light cream (milk)
- ½ c. chopped nuts
- ¾ c. coconut

Whole cake: 5118 Calories; 223g Fat (38.3% calories from fat); 60g Protein; 748g Carbohydrate; 27g Dietary Fiber; 776mg Cholesterol; 2767mg Sodium. Exchanges: 14 Grain(Starch); 3 Lean Meat; ½ Fruit; 42 Fat; 34½ Other Carbohydrates.



Lemon Parfait Pie

Rosemary Eastman

Crust: mix together with a pastry blender

½ c. butter, softened

2 Tb. sugar

1 c. flour

Set aside ¼ cup of this mixture. Press the remaining dough into a 9" pie plate. Bake at 375° for 10-12 minutes (at the same time bake the reserved ¼ cup crumbs to a golden brown)

Filling: combine

⅓ c. lemonade, frozen concentrate

½ c. sugar

1 egg white (or its substitute)

2 drops yellow coloring

Beat at high speed until soft peaks form.

Whip until stiff:

1 c. heavy cream

Fold into lemon mixture. Spoon mixture into baked, cooled crust. Sprinkle the ¼ cup browned crumbs on top.

Freeze until firm. Set out of the freezer about 30 minutes before serving.

Whole pie: 2764 Calories; 181g Fat (58.0% calories from fat); 23g Protein; 273g Carbohydrate; 4g Dietary Fiber; 575mg Cholesterol; 1089mg Sodium. Exchanges: 6½ Grain(Starch); ½ Lean Meat; ½ Non-Fat Milk; 36 Fat; 11½ Other Carbohydrates.

Monkey Cake

Kids really have a good time with this one!



Maggie Smith

Mix in a plastic bag:

- $\frac{3}{4}$ c. sugar
- 1 Tb. cinnamon

Combine to make syrup:

- 1 c. sugar
- $1\frac{1}{2}$ stick butter (or margarine), melted

- 4 cans pillsbury biscuits
- 2 Tb. almonds

Cut each biscuit into 4 pieces. Shake in bag with sugar and cinnamon. In greased tube pan, put one layer of biscuits then one layer of almonds. Continue layering until you use all the biscuits and almonds. Pour the syrup over the top.

Bake at 350° for 45 minutes.

After the cake is done, turn onto plate immediately.

Whole recipe: 3476 Calories; 182g Fat (46.0% calories from fat); 22g Protein; 459g Carbohydrate; 6g Dietary Fiber; 373mg Cholesterol; 3833mg Sodium. Exchanges: 7 Grain(Starch); $\frac{1}{2}$ Lean Meat; 36 Fat; $23\frac{1}{2}$ Other Carbohydrates.

Using margarine

Whole recipe: 3474 Calories; 181g Fat (45.7% calories from fat); 22g Protein; 460g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 4027mg Sodium. Exchanges: 7 Grain(Starch); $\frac{1}{2}$ Lean Meat; $35\frac{1}{2}$ Fat; $23\frac{1}{2}$ Other Carbohydrates.



Old Fashioned Molasses Cookies

Flo Wolfe

- 1 full c. sugar
- 1 full c. shortening
- 1 full c. molasses
- 1 Tb. cinnamon
- 5-6 c. unbleached flour
- 1 Tb. ginger
- ½ tsp. salt
- ⅔ c. sour milk*
- 2 tsp. baking soda

*Sour milk is made by adding 1 tablespoon vinegar to milk. Do this first and set aside so it will thicken and be ready when needed. Use a container big enough to allow the mixture to rise when you add the soda.

Mix sugar and shortening well; then add the molasses. After these three are mixed well, add cinnamon, ginger, and salt. Combine the sour milk with the soda. Alternate adding the sour milk mixture and the flour to the other ingredients. Using too much flour will make the cookies dry. Use just enough flour to roll dough on board. Cut into shapes and bake on greased cookie sheet in a 350° oven for 8-10 minutes. Overbaking makes for drier cookies.

Whole recipe: 5870 Calories; 217g Fat (33.1% calories from fat); 71g Protein; 919g Carbohydrate; 22g Dietary Fiber; 22mg Cholesterol; 3802mg Sodium. Exchanges: 32 Grain(Starch); ½ Non-Fat Milk; 42 Fat; 28 Other Carbohydrates.



Peanut Butter Golden Brownies

For that chocolate, peanut butter fix—my favorite things! Michele Radzibaba

- 2¼ c. flour
- 2½ tsp. baking powder
- ⅔ c. butter, softened
- 1¼ c. sugar
- 1¼ c. brown sugar
- 1 tsp. vanilla
- 3 eggs
- 12 oz. pkg. chocolate chips

In small bowl, combine dry ingredients. Set aside. In large bowl, cream together butter, peanut butter, sugars and vanilla. Add eggs, one at a time, beating well after each. Gradually beat in flour mixture. Stir in 6 ounces of the chocolate chips. Spread evenly into greased 13x9" pan.

Bake at 350° for 35 minutes. Remove from oven and sprinkle top with remaining chocolate chips. Let stand about 5 minutes until they become shiny and soft. Spread evenly over top of brownies.

Whole recipe: 5595 Calories; 240g Fat (36.9% calories from fat); 61g Protein; 862g Carbohydrate; 28g Dietary Fiber; 892mg Cholesterol; 2750mg Sodium. Exchanges: 14 Grain(Starch); 2½ Lean Meat; 46 Fat; 43 Other Carbohydrates.



Pumpkin Cake

Flo Wolfe

Part 1:

- 1 box yellow cake mix, reserve 1 cup of dry mix
- 1 stick margarine, melted
- 1 egg

Part 2:

- 15 oz. canned pumpkin
- $\frac{2}{3}$ c. milk (will work with skim milk)
- 3 eggs
- $\frac{1}{2}$ c. brown sugar, packed
- 2 tsp. cinnamon

Topping:

- 1 stick margarine, unmelted
- $\frac{1}{2}$ c. granulated sugar
- 1 c. reserved mix

Part 1: to the cake mix (minus the reserved 1 cup), add the melted margarine and egg. Press the dough-like mixture into an **ungreased** 13x9" pan.

Part 2: in a bowl, combine the pumpkin, milk, eggs, brown sugar and cinnamon. Pour this mixture over the dough-like mixture.

Topping: combine the reserved cake mix, unmelted margarine, and the $\frac{1}{2}$ cup sugar. Mix until crumb-like and put this on top of the pumpkin mixture.

Bake in 350° oven for 50-55 minutes

Whole cake: 5038 Calories; 266g Fat (46.8% calories from fat); 57g Protein; 624g Carbohydrate; 20g Dietary Fiber; 780mg Cholesterol; 5885mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 7 Vegetable; $\frac{1}{2}$ Non-Fat Milk; 51 $\frac{1}{2}$ Fat; 38 Other Carbohydrates.

Raspberry Cream Cheese Crumb Cake



Mary Fitzgerald

Cake:

- 1¼ c. all-purpose flour
- ½ tsp. baking powder
- ¼ tsp. salt
- 10 Tb. unsalted butter, at room temperature
- ¾ c. sugar
- 2 lg. eggs
- 1 tsp. vanilla
- ½ c. milk

Filling:

- ⅓ c. sugar
- 8 oz. cream cheese, at room temperature
- ¼ tsp. grated lemon peel
- 1 Tb. fresh lemon juice
- 1 egg yolk
- 1 Tb. flour

Topping:

- 6 Tb. unsalted butter, at room temperature
- 1 c. flour
- ½ c. sugar
- ½ pt. fresh raspberries, (approx. 1 cup)

Cake: Preheat oven to 350°. Lightly coat bottom and sides of 9” springform pan with nonstick cooking spray. In bowl mix butter and sugar – beat at high speed until light and fluffy. Add dry ingredients with milk. Mix just until blended. Spread batter in prepared pan.

Filling: Mix all ingredients just until smooth. Set aside.

Topping: combine butter, flour and sugar. Toss (with fingers) until mixture forms big crumbs.

(continued on the next page)



Raspberry Cream Cheese Crumb cake (cont.)

Spoon filling over the batter leaving a ½ inch border of cake around the pan. Scatter the berries over the filling. Scatter the topping over the berries.

Bake for 70 minutes until crumbs are golden and cake is firm to the touch. Cool in pan. Run knife around sides to loosen.

Serve warm or at room temperature.

Whole recipe: 5041 Calories; 284g Fat (50.2% calories from fat); 68g Protein; 568g Carbohydrate; 17g Dietary Fiber; 1348mg Cholesterol; 1659mg Sodium. Exchanges: 14½ Grain(Starch); 4½ Lean Meat; 1 Fruit; ½ Non-Fat Milk; 53½ Fat; 21½ Other Carbohydrates.

Reeses' Peanut Butter Bars

This is perfect for potlucks or when the youth group comes over — or just when you need some chocolate and peanut butter!
Michele Radzibaba

- ¾ c. melted butter
- 2 c. graham cracker crumbs
- 12 oz. peanut butter
- 2 c. 10x powdered sugar
- 12 oz. chocolate chips

Combine first 4 ingredients. Mix well with wooden spoon. Press into 13x9" pan. Melt chocolate chips and spread over peanut butter mixture. Cool, then cut into squares.

Whole recipe: 6504 Calories; 430g Fat (55.9% calories from fat); 113g Protein; 649g Carbohydrate; 45g Dietary Fiber; 373mg Cholesterol; 4050mg Sodium. Exchanges: 12½ Grain(Starch); 10 Lean Meat; 80 Fat; 30½ Other Carbohydrates.



Sherry Nut Cake

*This is a moist, delicious cake. Not too sweet—perfect even for the chocoholic.
Michele Radzibaba*

- 1 box yellow cake mix
- 3.4 oz. box instant vanilla pudding and pie filling
- 4 eggs
- $\frac{3}{4}$ c. oil
- $\frac{1}{2}$ c. cream or cooking sherry
- $\frac{1}{4}$ c. + 1 Tb. water
- 1 c. chopped pecans (or nut of your choice)

Glaze:

- 2 c. powdered 10x sugar
- 3 Tb. melted butter
- sherry, to desired consistency

Combine all the cake ingredients. Beat about 5 minutes Bake in greased bundt pan at 350° for 40 minutes or until set. Remove cake from pan.

Combine glaze ingredients and glaze cake while warm.

Whole cake (excluding glaze sherry): 6240 Calories; 358g Fat (51.7% calories from fat); 57g Protein; 695g Carbohydrate; 15g Dietary Fiber; 857mg Cholesterol; 4261mg Sodium. Exchanges: 1½ Grain(Starch); 4 Lean Meat; 69½ Fat; 44 Other Carbohydrates.

Miscellaneous



*The LORD has done great things for us, and we are
filled with joy. (Psa 126:3)*



Alfredo Sauce

A delicious lowfat version.

Developed by Dana Blanchard and Nancy Witherspoon

Servings: 8

Melt over low heat:

12 oz. cream cheese (low fat works fine)

½ c. butter

1 c. Parmesan cheese

1½ c. milk

On individual dinner plates start with:

16 oz. cooked pasta

Add any/all optional ingredients to suit your taste:

herbs

cubed cooked chicken

steamed shrimp

mushrooms sauteed in butter

steamed broccoli

Top with sauce.

Per Serving (excluding optional ingredients): 324 Calories; 31g Fat (84.6% calories from fat); 9g Protein; 4g Carbohydrate; 0g Dietary Fiber; 92mg Cholesterol; 451mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 5½ Fat.

Crab Dip



Mary Fitzgerald

1 lb. crabmeat
8 oz. cream cheese, room temperature
½ c. sour cream
2 Tb. mayonnaise
1 Tb. lemon juice
1¼ tsp. Worcestershire sauce
½ tsp. dry mustard
1 Tb. milk
¼ c. grated cheddar cheese, divided
pinch salt
paprika for garnish

Mix until smooth: cream cheese, sour cream, mayo, lemon juice, Worcestershire sauce, mustard and milk. Fold in 2 tablespoons cheddar cheese and the crabmeat.

Pour into a greased 1 quart casserole and top with remaining cheese.

Bake at 325° for 30 minutes

Whole recipe: 1766 Calories; 142g Fat (71.7% calories from fat); 111g Protein; 15g Carbohydrate; trace Dietary Fiber; 695mg Cholesterol; 2463mg Sodium. Exchanges: 0 Grain(Starch); 14½ Lean Meat; 0 Fruit; ½ Non-Fat Milk; 22½ Fat; 0 Other Carbohydrates.



Dad Wolfe's Chicken Barbeque Sauce

Flo Wolfe

- ½ c. oil
- 1 c. vinegar
- 1½ tsp. poultry seasoning
- 1 Tb. salt
- 1 egg
- ¼ tsp. pepper

Use a whisk to combine the ingredients. Marinate the chicken in part of the sauce for 2-3 hours before it goes on the grill.

Brush on remaining sauce as the chicken cooks.

(This recipe can be cut in half, but use a whole egg.)

Whole recipe: 1070 Calories; 114g Fat (92.1% calories from fat); 6g Protein; 16g Carbohydrate; trace Dietary Fiber; 187mg Cholesterol; 6454mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 22½ Fat; 1 Other Carbohydrates.

Spinach Dip

Mary Fitzgerald

- 8 bacon strips, cooked and crumbled
- 1 can waterchestnuts, chopped
- 4 green onions, chopped
- 1 c. sour cream
- ½ c. mayonnaise
- 1 pkg. frozen chopped spinach, thawed and drained
- 1 pkg. dry vegetable soup mix

Mix all ingredients together and serve in scooped-out bread rounds.

Whole recipe (without the bread round): 1838 Calories; 170g Fat (79.0% calories from fat); 43g Protein; 59g Carbohydrate; 17g Dietary Fiber; 185mg Cholesterol; 4492mg Sodium. Exchanges: 1½ Grain(Starch); 2 Lean Meat; 4½ Vegetable; ½ Non-Fat Milk; 21½ Fat.

Fizzy Raspberry Lemonade



Mary Fitzgerald

- 1 lb. frozen raspberries, thawed
- 1 c. fresh squeezed lemon juice (5-6 lemons)
- 1 c. sugar
- 3 c. sparkling mineral water, chilled

Garnish: lemon slices and lemon peel swirls (using a vegetable peeler to remove the peels from the lemons used for juice)

In food processor or blender, puree raspberries until smooth. Pour through seive into glass pitcher, pressing as much through as possible. Add the lemon juice and sugar and stir.

Just before serving add fizzy water and stir.

Pour into glasses with ice

Whole recipe: 1049 Calories; 2g Fat (1.8% calories from fat); 5g Protein; 271g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 4½ Fruit; 13½ Other Carbohydrates.



Holiday Torta Appetizer

Pam Prickett

Servings: 12

- 2 8 oz. pkg. light cream cheese
- 1 oz. pkg. ranch-style dressing mix
- 6 oz. jar marinated artichoke hearts, drained and chopped
- 3 Tb. fresh parsley, minced
- $\frac{1}{3}$ c. roasted red peppers from jar, drained and chopped

Cream the cream cheese and ranch mix together. In separate bowl, combine remaining ingredients. Line a 3 cup bowl with plastic wrap. Spread about $\frac{1}{4}$ cup cheese on bottom and top with some of the vegetable mixture. repeat with more cheese, vegetables, and top with cheese. Cover and chill at least 4 hours or overnight. Invert on plate and remove plastic wrap. Serve with crackers.

Per Serving: 108 Calories; 7g Fat (63.1% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 430mg Sodium. Exchanges: 0 Grain(Starch); $\frac{1}{2}$ Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Smoked Salmon Spread

Mary Fitzgerald

- 8 oz. cream cheese, softened
- $\frac{1}{4}$ c. heavy cream
- 2 green onions, thinly sliced
- 2 tsp. lemon juice
- 1 Tb. tabasco sauce
- 4 oz. smoked salmon

Mix cream cheese, cream, lemon juice and tabasco until smooth. Add onions and smoked salmon and stir until just blended.

Serve with crackers.

Whole recipe: 1145 Calories; 106g Fat (82.3% calories from fat); 40g Protein; 12g Carbohydrate; 1g Dietary Fiber; 356mg Cholesterol; 1653mg Sodium. Exchanges: $5\frac{1}{2}$ Lean Meat; $\frac{1}{2}$ Vegetable; 0 Fruit; 0 Non-Fat Milk; 19 Fat.

Just for Fun



*Our mouths were filled with laughter, our tongues
with songs of joy. Then it was said among the nations,
“The LORD has done great things for them.”*

(Ps. 126:2)



1 c. flour
1 c. sugar

Bakers Clay

Mary Fitzgerald

Add just enough water so that the dough feels like clay. May add food coloring.

Shape into objects, ornaments, etc. and bake. Bake at 200° for 5 minutes (or up to 1 hour, depending on thickness).

May be painted and shellacked.

Bubble Mixture

Mary Fitzgerald

½ c. dish soap or baby shampoo
1¼ c. water
2 tsp. sugar
1 drop food coloring

Pour into container and use.

Face Paint

Mary Fitzgerald

cornstarch
water
food coloring
cold cream
muffin tin

In each cup of the muffin tin, mix 1 teaspoon cornstarch, ½ teaspoon water, ½ teaspoon cold cream, a few drops of food coloring. Mix and use. (Too much food coloring will stain little faces!)

Edible Play Dough



Mary Fitzgerald

- ¼ c. honey
- ¼ c. creamy peanut butter
- 1 tsp. vanilla
- 1 c. nonfat dry milk powder

Place honey, peanut butter and vanilla in a mixing bowl. Mix at medium speed until creamy. Add milk powder, 2 tablespoons at a time until correct consistency. You will have to mix by hand at the end.

Whole recipe: 1087 Calories; 34g Fat (27.0% calories from fat); 60g Protein; 146g Carbohydrate; 4g Dietary Fiber; 24mg Cholesterol; 947mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 5 Non-Fat Milk; 5½ Fat; 4½ Other Carbohydrates.

Finger Paint

Mary Fitzgerald

- 3 Tb. sugar
- dish detergent
- ½ c. cornstarch
- ½ c. water
- food coloring

Mix sugar and cornstarch in saucepan. Add water and stir. Cook over medium heat stirring constantly. Let mixture boil to the thickness of gravy (about 5 minutes). Remove from stove and cool. Pour into plastic or paper cups. Add food coloring to each cup and a drop of detergent. Stir and use.



Gack

Mary Fitzgerald

2 c. Elmers glue

1½ c. water

Mix well in a large bowl.

In another bowl add:

2 tsp. 20 Mule Team Borax

1 c. water

Slowly add Borax mixture to glue mixture. Stir constantly. (You may add food coloring.)

Play Dough

Mary Fitzgerald

½ c. salt

1 c. flour

1 c. cold water

2 Tb. cream of tartar

1-2 Tb. oil

food coloring

Put all ingredients (except food coloring) in a medium saucepan. Mix well. Add food coloring to desired shade. Turn heat on to medium and cook. Stir constantly until mixture forms a ball. Knead on countertop until smooth (be careful – it is warm). Store in ziplock bags.

Does not require refrigeration.

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Conversions and Substitutions

Dry Measurement Conversion

1/48 cup	=	1/6 fl oz	=	1/3 Tb	=	1 tsp	=	5 ml
1/16 cup	=	1/2 fl oz	=	1 Tb	=	3 tsp	=	15 ml
1/8 cup	=	1 fl oz	=	2 Tb	=	6 tsp	=	30 ml
1/4 cup	=	2 fl oz	=	4 Tb	=	12 tsp	=	60 ml
1/3 cup	=	2 2/3 fl oz	=	5 1/3 Tb	=	16 tsp	=	80 ml
1/2 cup	=	4 fl oz	=	8 Tb	=	24 tsp	=	120 ml
2/3 cup	=	5 1/3 fl oz	=	10 2/3 Tb	=	32 tsp	=	160 ml
3/4 cup	=	6 fl oz	=	12 Tb	=	36 tsp	=	180 ml
1 cup	=	8 fl oz	=	16 Tb	=	48 tsp	=	240 ml

Liquid Measurement Conversion

						1/2 fl oz	=	1 Tb	=	3 tsp		
						1/8 cup	=	1 fl oz	=	2 Tb	=	6 tsp
						1/4 cup	=	2 fl oz	=	4 Tb	=	12 tsp
						1/2 cup	=	4 fl oz	=	8 Tb	=	24 tsp
	1/4 qt	=	1/2 pt	=	1 cup	=	8 fl oz					
	1/2 qt	=	1 pt	=	2 cups	=	16 fl oz					
1/4 gal	=	1 qt	=	2 pt	=	4 cups	=	32 fl oz				
1/2 gal	=	2 qt	=	4 pt	=	8 cups	=	64 fl oz				
1 gal	=	4 qt	=	8 pt	=	16 cups	=	128 fl oz				

A few grains, pinch, dash, etc are less than 1/8 tsp.
1/3 tsp. = heaping 1/4 tsp.

Casserole Size

1 1/2 quart
2 quart
2 1/2 quart
3 quart

Baking Dish Substitute

10x6 inch or 8 inch square
12x8 inch
9 inch
13x9 inch

Printed by Glenn and Micki Parkinson to celebrate Severna Park Evangelical Presbyterian Church's twenty-five years.

