

CHRISTINE'S COOK BOOK

APPETIZERS

SOUPS

SALADS

VEGETABLES

SIDE DISHES

MAIN DISHES

DESSERTS



*"I am the bread of
life. He who
comes to me will
never go hungry,
and he who
believes in me will
never be thirsty."*

John 6:35



Chef's Delight



From the Author:

I am honored to share some of my favorite recipes with you! This cookbook came into existence because I started cooking once a month for my church's Wednesday Night Live program. Everyone started asking me for the recipes to my meals, so I decided to put all my favorites into one cookbook. It has been great to receive so many compliments! Cooking has become a passion and I hope some of my favorite recipes become some of your favorites!

Before reading these recipes, I must give a few disclaimers. ☺ First, this is not a "healthy/low fat" cookbook! If I cooked like this everyday, I'd be as big as a house. Having said that, you will quickly figure out that my favorite ingredients are mayo, butter, colby/jack cheese, vinegar, onion and garlic.

My mother is an excellent cook and many recipes come from her kitchen. My late mother-in-law was also an excellent cook and she shared her knowledge with her son, my husband, John. I am blessed to have a husband who not only loves to cook, but is superb at it! Every recipe has been made by myself numerous times and comes with suggestions on dishes to serve with the recipe. ENJOY!

Let's Help Each Other!

I wanted to share with all of you that I am a Real Estate Agent in Meadow Vista and I publish a monthly newsletter. I share a monthly recipe, advertise a client/merchant of the month, along with lender reports and valuable information for today's buyers and sellers. I would be honored to help you with your real estate needs and help you to advertise your businesses through my newsletter. Feel free to contact me if you could use my help, if you'd like to advertise, or if you'd just like to be added to my monthly mailing list.

Thank you for this opportunity to serve you!

Christine Schlittenhart

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What's Cookin'?

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APPETIZERS

MEXICAN 7 LAYER DIP

- 2 cans jalapeno bean dip**
- 3 or 4 avocados**
- 2 teaspoons lemon juice**
- 3 tblsp. mayonnaise**
- 3 tblsp. sour cream**
- 1 package taco seasoning mix**
- ¼ pound each of cheddar & jack cheese**
- 2 medium tomatoes**
- 4 green onions**
- 1 small can sliced olives**



- In a glass 13x9 inch pan, spread out the 2 cans of bean dip.
- In a small bowl, smash the avocados with the lemon juice and spread over bean layer.
- Rinse out that bowl & combine mayo, sour cream & taco seasoning, mixing well until smooth. Spread that layer over avocado spread.
- Add remaining ingredients as individual layers.
- Serve with tortilla chips.

There are many versions of this recipe around, but this is the best I've ever found because of the mixture of taco seasoning, mayo & sour cream. I've also substituted pepper jack cheese for an even spicier taste.

HOT ARTICHOKE DIP

2/3 cup Parmesan Cheese

2/3 cup mayonnaise

1/3 cup heavy whipping cream

1 – 14 oz can artichoke hearts, drained and chopped

2 tablespoons thinly sliced green onion (I add much more)

1 finely diced jalapeno pepper

2 cloves garlic, finely diced

- **Preheat oven to 325 degrees. Lightly grease a medium baking dish.**
- **Blend together the cheese, mayo, and whipping cream. Stir in the artichokes, green onions, garlic and pepper. Mix well and transfer to the prepared baking dish. Sprinkle with extra Parmesan cheese.**
- **Bake 25 minutes in the preheated oven, until lightly browned.**
- **Serve with crackers and/or vegetables.**

Don't substitute anything for the heavy whipping cream. It is the ingredient that makes this dish. I like to serve this at New Year's, Super Bowl and Thanksgiving. It is always a hit. I prefer to serve it with Wheat Thins. If the top isn't brown enough for your liking, broil it for a few minutes before serving. The aroma is wonderful. (Serves 6-8)

CHEESE & GREEN CHILIE QUICHE BITES

½ cup butter, melted

10 eggs

½ cup flour

1 tsp. baking powder

Dash of salt

8 oz. can diced green chilies

1 pint cottage cheese

1 lb. shredded Monterey Jack cheese

- **Beat eggs lightly in large bowl. Add flour, baking powder & salt, blend.**
- **Add melted butter, chilies, cottage & jack cheese until just blended.**
- **Turn batter into pan & bake at 400 degrees for 15 minutes, then reduce heat to 350 & bake 35-40 minutes longer.**
- **Cut into squares and serve hot.**

This is probably one of my favorite appetizers and one that I serve the most. It is so easy to make and smells SO good while it is cooking. It keeps at room temperature nicely. My mother passed this recipe down to me and I continue to share it with everyone who tastes it! This recipe is great for brunches and breakfast gatherings also. (Serves 12-16)

CRAB DIP

One 6 oz. can crab meat

1 brick cream cheese, softened

2 teaspoons milk

¼ cup Miracle Whip

2 tsp. lemon juice

¼ cup creamy horseradish sauce (I prefer Kraft)

½ tsp. garlic salt

¼ tsp. paprika

- **Combine and mix thoroughly all ingredients in small, pretty glass bowl except paprika.**
- **Mound in nice shape in bowl and wipe off excess crab mixture from sides of bowl.**
- **Sprinkle with paprika.**
- **Serve with Ruffles.**

Easy and delicious! Adjust horseradish sauce to your liking. Miracle Whip makes this dish, so don't adjust this ingredient. I serve this every Christmas and New Year's.



SOUPS AND SALADS



MEXICAN TORTILLA SOUP

1 lb ground beef

2 - 14.5 oz cans beef broth

1 - 16 oz jar salsa or picante sauce

1 - 15 oz can whole kernel corn, undrained

1 cup chopped cilantro, plus extra for garnishing

Diced avocado

Crushed tortilla chips or tortilla strips

- **Brown meat in large saucepan – drain.**
- **Add broth, salsa, corn & cilantro. Bring to boil. Reduce heat to low & simmer 5 minutes or until heated through.**
- **Serve garnished with chips, diced avocado & cilantro**

This is so easy it's almost embarrassing! If you need a quick meal with little ingredients on hand, this is it. I have found that kids really love this soup. Think of this recipe the next time you are invited to a pot-luck or soup supper. (Serves 6)

CHRISTMAS EVE SEAFOOD CHOWDER

¼ cup cut bacon

½ stick butter

¼ cup chopped onion

Liquor from 2 cans of clams

2 cups diced raw potatoes

½ cup water

2 cups half-n-half

2 cans chopped clams

2 cans crab meat

1 small package salad shrimp

Garlic salt and cracked pepper to taste

- **Saute' in large kettle the bacon, butter, onion & clam liquid until onion is soft.**
- **Add potatoes & water. Cook until potatoes are tender, approx. 10 minutes.**
- **Add remaining ingredients and bring to boil, simmer then serve.**

My husband was raised on this chowder for every Christmas Eve and we have continued the tradition. This is by far the best seafood chowder I have ever had and it's very easy to make. You can make it your own by adding or deleting seafood of your choice & adjusting the half-n-half. We double the recipe when we have guests over and serve it with sliced peppered salami, sliced sharp cheddar cheese and crackers. My kids request this meal all during the year, but it is very special on Christmas Eve.

(Serves 6)

CREAMY CHICKEN CRUNCH

1 ½ cups cubed cooked chicken (I boil skinless thighs)

1 cup frozen peas – thawed

½ cup sliced celery

½ cup chopped green or red pepper

½ cup fresh pea pods – halved

¼ cup sliced green onions

1 ½ cups chow mein noodles

¼ cup cashews

SAUCE: 1 cup mayonnaise, 2 tblsp. lemon juice, 1 tsp. soy sauce, ¼ tsp. ground ginger

- **In large bowl, combine first 6 ingredients.**
- **In separate small bowl, stir together sauce ingredients. Pour over chicken mixture and toss to coat.**
- **Just before serving, fold in noodles & cashews. (I put the chow mein noodles & cashews in separate bowls and let people put their own amounts over their chicken mixture.)**

This recipe was given to me from my mother (who is an excellent cook) and it always gets rave reviews. It's a great cool salad to serve in the summer and also works wonderfully at brunches. (Serves 6)

CHRISTINE'S POTATO SALAD

7 or 8 large potatoes

7 hard boiled eggs

2 tblsp. Kraft Italian dressing

½ cup dill pickle relish

½ cup diced celery

½ cup chopped red onion

Mayonnaise to taste

Squirt of French's yellow mustard

Garlic salt and pepper

Paprika

- **Boil potatoes with skins on until they are soft. Peel and dice. Put in large bowl.**
- **Peel and chop six hard boiled eggs & combine with potatoes.**
- **Add Italian dressing, pickle relish, celery & onion.**
- **Add mayonnaise to taste. (Start with 1 ½ cups & keep adding to desired consistency.)**
- **Add mustard, salt & pepper.**
- **Mix thoroughly and mound in bowl, wiping off excess salad from sides of bowl. Slice remaining egg and place slices in a circle on top of potato salad and sprinkle with paprika.**

This is my own famous potato salad. I created this by using favorite ingredients from other potato salads. I never measure out ingredients when I make this, so this was a little hard to sit down and put on paper. Sometimes I use sweet relish instead of dill and add grated carrots and pimentos. I always serve this with my famous fried chicken. (Serves 8-10)

BAKED GERMAN POTATO SALAD

1 cup diced bacon
1 cup diced celery
1 cup chopped red onion
3 tsp. garlic salt
1/2 tsp. pepper
3 tblsp. flour
1/3 cup sugar
2/3 cup white vinegar
1 1/3 cup water
8 cups sliced, cooked potatoes

- **Cook potatoes until tender. Peel, slice & place in a 3 quart baking dish.**
- **In skillet, fry bacon and drain; return 4 tblsp. of fat to skillet.**
- **Add celery, onion, salt & flour to skillet. Cook gently.**
- **Add sugar, vinegar, pepper & water to skillet. Bring to a boil.**
- **Sprinkle bacon over potatoes and pour mixture over all.**
- **Cover & bake at 350 for 30 minutes.**

I serve this recipe paired with Bratwurst. Celery salt can be substituted for the garlic salt. (Serves 6-8)

SUMMER MACARONI SALAD

1 cup macaroni (uncooked)

2 roma tomatoes, diced

1 small red onion, diced

3 stalks of celery, diced

1 cup sliced radishes

¼ cup sliced black olives

1 cucumber, diced

Garlic salt

1 cup Miracle Whip

2 tsp. French's yellow mustard

2 tblsp. catsup

4 tblsp. sugar

- **Cook macaroni in salt water & drain.**
- **Add vegetables to macaroni & sprinkle with garlic salt.**
- **Combine Miracle Whip, mustard, catsup & sugar in separate container; pour over macaroni & vegetables.**
- **Mix well & refrigerate for 2 hours or more before serving.**

I was skeptical of this recipe when I read it because I had never tasted a macaroni salad with tomatoes, cucumber, radishes & catsup. The flavors are wonderful! Don't substitute mayonnaise for the Miracle Whip. You need the Miracle Whip for the extra tang.

OVERNIGHT LAYERED GREEN SALAD

1 medium head lettuce – shredded
1 bunch green onions – sliced
1 – 8 oz. can sliced water chestnuts (or jicama)
2 stalks celery, chopped
1 – 10 oz. package frozen peas, uncooked
2 cups mayonnaise
½ cup sour cream
2 tsp. sugar
1 tsp. garlic salt
1 cup grated Colby/Jack cheese
¾ lb. bacon, fried crisp, drained & crumbled

- **Layer first five ingredients in order above in a glass 13x9 pan.**
- **In small bowl, combine mayonnaise, sour cream, sugar & salt.**
- **Carefully spread mayo mixture over peas, sealing to edges.**
- **Sprinkle cheese over mayo mixture, then bacon.**
- **Cover with plastic wrap & chill for 24 hours before serving.**

The mayo mixture works to insulate the lettuce and keeps it crisp. This is a very tasty salad & wonderful to take to summer pot-lucks or gatherings. It is also very pretty. Don't substitute Miracle Whip for Mayonnaise. I made that mistake once! Chopped red and/or green pepper can be substituted for celery. (Serves 6-8)

KRAB SALAD

8 oz. refrigerated package of imitation krab

½ cup chopped celery

¼ cup cream cheese, softened

2 tblsp. mayonnaise

1 tblsp. sliced or chopped black olives

1 ½ tsp. sliced green onions, including some chives

1/8 tsp. dill weed

Pepper to taste

- **Shred krab pieces, breaking up large pieces & mix all ingredients thoroughly in small, pretty glass bowl, wiping off excess krab mixture from the side of bowl.**
- **Chill and serve with crackers, inside halved avocados, on beds of crisp butter lettuce or use as a sandwich filler.**

This recipe can be served all by itself as a side salad. The dill weed really makes this dish. I have served it in pita pockets with butter lettuce for a bridal shower & it was a big hit. I also like to serve it in halved avocados with a drizzle of Catalina or Thousand Island dressing on top. Great salad for the summer months. (Serves 4-6)

CRANBERRY, FETA & TOASTED WALNUT SALAD

1 – 10 oz package mixed salad greens
1 cup sweetened dried cranberries
1 – 4 oz. package crumbled Feta cheese
½ cup chopped walnuts, toasted
2 tblsp. balsamic vinegar
1 tblsp. honey
1 tsp. Grey Poupon Dijon mustard
¼ tsp. ground black pepper
¼ cup extra virgin olive oil.

- **Spread walnuts in single layer on cookie sheet. Bake at 350 for 5 minutes or until lightly toasted.**
- **Toss greens, cranberries, cheese and toasted walnuts in large bowl.**
- **Mix together vinegar, honey, mustard & pepper with wire whisk until well blended. Gradually add oil, whisking constantly until well blended.**
- **Pour dressing over salad; toss to coat. Serve immediately.**

This is one of my favorite salads and always gets rave reviews. You can substitute pecans for walnuts. The flavors really compliment each other. It might seem like there won't be enough dressing, but trust the recipe. It turns out to be the perfect consistency. (Serves 6)

CHINESE CABBAGE SALAD

1 head Napa cabbage, chopped

5 to 6 green onions, sliced

1 small can mandarin oranges, drained & cut in half

½ cup chopped cilantro

**2 packages chicken flavored Top Ramen Noodles, broken up
(Save the flavor packets)**

½ cup melted butter

½ cup sesame seeds

½ cup raw sunflower seeds

1 package slivered almonds

½ cup oil

¼ cup red wine vinegar

½ cup sugar

1 tsp. soy sauce

Pepper to taste

- **Combine cabbage, green onions, cilantro & oranges in large bowl; set aside.**
- **Brown together the broken ramen noodles, seeds & almonds in melted butter in skillet.**
- **In separate container, mix together the 2 chicken flavor packets, oil, vinegar, sugar, soy sauce, salt & pepper.**
- **Just before serving, mix all ingredients together in large bowl. Toss well.**

I like serving this recipe paired with Tri-Tip and Hash Brown Delight. This is a great salad to take to functions as it makes a large amount.

BLACK BEAN AND CORN SALAD

1 can (15 oz.) black beans, rinsed and drained
1 cup uncooked fresh corn or frozen (thawed) corn kernels
1 large ripe tomato, cut into 1/4-inch dice (about 1 cup)
1 small red onion, cut into 1/4-inch dice (about 1/2 cup)
2 tblsp. finely chopped fresh flat-leaf parsley or cilantro
2 tblsp. minced garlic
2 tblsp. white wine vinegar or distilled white vinegar
1/4 cup extra-virgin olive oil
1 tsp. chili powder
1/4 tsp. ground cumin
1 tsp. sugar
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

- **Place the black beans, corn, tomato, onion and parsley in a large bowl and stir gently to combine.**
- **Place the garlic, vinegar, olive oil, chili powder, cumin sugar, salt and pepper in a bowl and whisk to combine.**
- **Pour the dressing over the bean mixture and toss to coat.**

The salad can be kept at room temperature for up to 6 hours.

(Serves 4-6)

CRANBERRY JELLO SALAD

- 1 - 3 oz. raspberry jello**
- 1 - 3 oz. lemon jello**
- 1 whole can cranberry sauce, chilled**
- 1 - 3 oz. package of cream cheese, softened**
- 1/3 cup mayonnaise**
- 1 - 8 oz. can drained crushed pineapple**
- 1 cup real whipped cream**

- Mix raspberry jello with 1 cup boiling water until dissolved. Add cranberry sauce & put into a serving container and chill until jelled.**
- Mix lemon jello with 1 cup boiling water & set aside at room temperature.**
- In another bowl, cream together the cream cheese & mayonnaise & mix real good. (You can even put this in a blender, if you wish.) Add this mixture to the cooled lemon jello.**
- Add pineapple and fold in the whipped cream.**
- Spread over the chilled and firm raspberry layer.**
- Refrigerate at least 2 hours before serving.**

This recipe has become a favorite at our Thanksgiving celebrations. It ends up being our only cranberry item and makes for wonderful leftovers. (Serves 6-8)

VEGETABLES AND SIDE DISHES



HASH BROWN DELIGHT

1 - 2 lb package of shredded frozen hash browns, thawed

½ cup & ¼ cup melted butter

1 can condensed cream of chicken soup

1 - 8 oz. container of sour cream

½ cup chopped onions

2 cups grated Colby/Jack cheese

1 tsp. garlic salt & ¼ teaspoon black pepper

2 cups crushed cornflakes

- **Preheat oven to 350 degrees. In a large bowl, combine thawed hash browns, ½ cup melted butter, cream of chicken soup, sour cream, chopped onion, cheese, salt & pepper.**
- **Place mixture in a greased 3 quart casserole dish or a 13x9 pan.**
- **In a separate small bowl, mix ¼ cup melted butter & crushed cornflakes.**
- **Spread cornflakes evenly over hash brown mixture and bake uncovered in preheated oven for 40 minutes.**

I've never had more requests of a recipe than this one! This is also a good recipe to serve at brunches and makes excellent left overs. (Serves 6-8)

POLYNESIAN RICE

1 cup rice (not instant)

¼ cup soy sauce

¼ lb. sliced bacon, chopped, reserve drippings

3 green onions, chopped, including tops

- **Cook rice according to directions.**
- **In a separate fry pan, cook chopped bacon. When almost crisp, add green onions & cook until wilted.**
- **Add cooked rice to bacon, with grease, onions & soy sauce.**
- **Mix together and serve. You may add more soy sauce until the taste is the way you prefer.**

I serve this recipe paired with Waikiki Meatballs. (Serves 4)



GREEN BEANS WITH BACON AND VINEGAR

½ lb. bacon

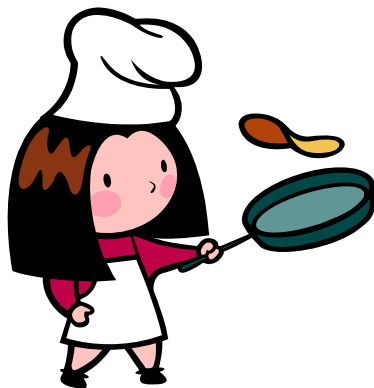
½ white onion, diced

2 tblsp. white vinegar

2 cans French style green beans

- **Fry bacon crisp. Remove from pan & drain; leaving ½ of drippings in pan.**
- **Add beans, onion & vinegar – cover & simmer.**
- **Break bacon into small bits. Stir bacon into bean mixture and serve immediately.**

Several people told me that they loved this recipe and they didn't even like green beans! We serve this recipe at Thanksgiving, replacing the standard green beans with soup & French fried onions. (Serves 4-6)



GLAZED CARROTS WITH BACON AND ONION

1 lb. carrots, peeled & sliced diagonally

3 slices bacon

1 small red or white onion, chopped

3 tblsp. brown sugar

1/8 tsp. black pepper

- **Cook carrots, covered, in small amount of boiling water for 15 minutes or until crisp tender; drain.**
- **Cook bacon in skillet until crisp. Remove bacon from pan & crumble.**
- **Reserve 1 tblsp. bacon drippings in skillet.**
- **Saute' onion in drippings until tender.**
- **Add brown sugar, pepper & carrots.**
- **Cook until heated & sprinkle with crumbled bacon.**

This is a favorite recipe of mine that came from Texas. I always serve this with my Stuffed Cornish Game Hens and wild rice. It goes really well with baked ham, also. Try this recipe on people who think they don't like cooked carrots! (Serves 4)

MAIN DISHES

GREEN CHILIE ENCHILADAS

1 lb. hamburger

Garlic salt & cumin to taste

1 small white onion, chopped

1 small can green chilie enchilada sauce

1 – 20 oz. can green chilie enchilada sauce

1 – 8 oz. can chopped green chilies

1 package 10" flour tortillas (Gordita size)

1 lb. grated Colby/Jack cheese

Soft margarine (enough to spread on tortillas)



- Fry hamburger with onion & drain off grease. Add garlic salt & cumin.
- Pour ½ can of 20 oz. enchilada sauce & can of chilies into meat & onion mixture. Reduce heat & simmer until liquid is nearly absorbed.
- Pour a little amount of enchilada sauce on bottom of 13x9 glass pan, covering bottom.
- Spread margarine on one side of tortilla.
- Place meat mixture on edge of tortilla & sprinkle cheese on top. Roll tortilla tight & place in glass dish. Repeat to all, placing tortillas side by side.
- Pour remaining enchilada sauce on top & sprinkle with remaining cheese. Cover with foil & bake at 350 for 35 minutes, removing foil for last 5 minutes.

I serve this paired with Spanish Rice & Green Salad. (Serves 8-10)

MAGIC MEATLOAF

2 lb. ground beef

2 eggs

1 cup bread crumbs

2 tsp. garlic salt

1/2 tsp. pepper

1/2 cup chopped celery

1/2 cup chopped onion

Fresh garlic to taste

Sauce:

1/2 cup catsup

1/3 cup brown sugar

1 1/2 tsp. mustard

2 Tbsp. vinegar

1/2 tsp. nutmeg

- **Mix all the meat loaf ingredients together with 1/2 the sauce.**
- **Shape into a loaf and pour the remaining sauce on top of meat loaf.**
- **Bake at 300 degrees for 1 1/2 hours.**

The special ingredient in this dish is the sauce. You might want to make extra sauce to have on the side. The aroma that fills your home while cooking is almost as good as the meatloaf itself. This is my definition of comfort food!

CRANBERRY CHICKEN

1 chicken, cut in pieces (I use skinless thighs)

1 package dry onion soup mix

1 - 8 oz. bottle French dressing (or creamy French)

1 – 16 oz. can whole cranberry sauce

- **Skin chicken and brown in oil. Season with salt & pepper.**
- **Arrange in flat baking dish.**
- **Mix onion soup mix, French dressing & cranberry sauce in bowl. Spread over chicken.**
- **Bake at 325 for one hour.**
- **Serve with white rice, spooning sauce over rice.**

This is a very simple dish with loads of flavor. Easy to make the night before and then just pop in the oven. (Serves 4-6)



MAMA'S MACARONI AND CHEESE

2 cups of shredded mild cheddar
2 cups of shredded Colby/Jack blend
Small box of Velveta cheese, sliced or cubed
1 box of elbow macaroni or noodle of choice
4 eggs
3 cups whole milk
1 cup heavy cream
½ stick of butter, melted
Salt & pepper to taste

- **Preheat oven to 350 and spray 13x9 glass pan with non-stick spray.**
- **Boil noodles as per directions on box until just undercooked. Quick rinse, shake, drain & put to the side.**
- **Mix eggs, milk, cream & salt & pepper; whisk until well blended.**
- **Pour ½ of milk mixture in bottom of the pan.**
- **In a separate bowl, combine shredded cheeses and noodles. Mix well and pour into dish.**
- **Add sliced velveta slices on top of macaroni mixture.**
- **Pour the remaining milk mixture on top of velveta. Poke holes so milk mixture can get all the way through.**
- **Melt butter and pour over mixture. Sprinkle salt & pepper to taste.**
- **Cover lightly with foil & bake in oven for 45 minutes. Remove foil & cook 5-10 minutes more until golden.**
- **Let stand for at least 10-15 minutes before serving.**

This will definitely take you back to your childhood! (Serves 8-10)

STUFFED CORNISH GAME HENS

4 Cornish Game Hens

2 tblsp. butter, plus ½ cup melted butter

1 container fresh, sliced mushrooms

½ cup chopped onions

6 tblsp. minced parsley (fresh or dried)

1 pound hot Italian sausage

2 cloves minced garlic

1 cup Italian bread crumbs

2 eggs

½ cup dry white wine

Paprika and black pepper

- **Saute' onion, garlic & mushrooms in 2 tblsp. butter until soft.**
- **Add sausage meat & saute' until no longer pink.**
- **Remove from heat; stir in parsley & bread crumbs; let cool.**
- **Add eggs once stuffing mixture has cooled. Mix thoroughly.**
- **Spray 13x9 glass pan with non-stick spray. Remove insides from hens, rinse & pat dry.**
- **Stuff each hen with ¼ of the stuffing & arrange in baking dish with breast facing up.**
- **Mix ½ cup of melted butter with ½ cup white wine. Pour over chicken.**
- **Shake paprika and pepper over chicken & place in preheated 350 oven for 1-1/2 hours until brown, basting often.**

If you want to impress someone with a nice meal, this is the one to make! I serve this with my Glazed Carrots with Bacon n Onion and Uncle Ben's Wild Rice. This can serve 4 hungry people or the hens can be sliced in half in order to serve 8. You can use mild sausage instead of hot.

HAWAIIAN CHICKEN

1 chicken, cut up in pieces (or skinless, boneless thighs)

1 stick butter, melted

Flour, enough to coat chicken

½ cup soy sauce

½ cup water

1 heaping tblsp. yellow mustard

- **Mix soy sauce, water & mustard in bowl, whisking until smooth.**
- **Marinate cut up chicken pieces in soy mixture for 30 minutes to one hour. (I've even done it overnight before.)**
- **Pour melted butter in oblong glass pan.**
- **Roll marinated chicken pieces in flour & place in baking dish.**
- **Bake at 375 for 45 minutes. Turn pieces over & bake 15 minutes longer.**

I usually use skinless, boneless thighs and they turn out wonderful. This recipe comes from my mother & it was one of my favorites growing up. (Serves 4)

CHICKEN CALIENTE

1 large can chicken, or 2 small cans
1 can cream of chicken soup
1 – 8 oz. can chopped green chilies
1 – 5 oz. can pet milk (not condensed!)
½ cup chopped red onion
½ pound grated Colby/Jack cheese
6 large flour tortillas

- **Combine all ingredients in large bowl except tortillas & mix well.**
- **Tear 3 tortillas into pieces & place in bottom of casserole dish.**
- **Top with ½ of the chicken mixture.**
- **Layer the remaining 3 torn tortilla pieces on top of chicken mixture.**
- **Cover with the remaining chicken mixture & bake in 350 oven for 30 minutes.**

This is a quick & easy meal if you mainly have canned ingredients on hand. Boiled & shredded chicken can be substituted for canned chicken, but then you lose the convenience factor! Sour cream and/or salsa can be used as garnish. My mother made this recipe for me growing up & it was one of my favorites. I find that once kids get passed the “what is this?” face & actually taste it, they finish their plate! This can be made the night before & then tossed in the oven to bake. (Serves 6-8)

BAKED STUFFED SHELLS

½ (12 ounce size) package jumbo pasta shells or manicotti shells
1 lb. carton small curd cottage cheese
1 – 3 oz. package cream cheese, softened
1 – 8 oz. package shredded mozzarella cheese
1 large egg
2 cloves garlic, minced
¼ cup Italian bread crumbs
¼ cup fresh or dried chopped parsley
½ tsp. garlic salt
1 – 32 oz. jar of your favorite spaghetti sauce

- **In a large pot, cook shells as package directs. Rinse & drain.**
- **In a bowl combine cottage cheese, cream cheese, ½ the mozzarella, egg, garlic, bread crumbs, parsley & salt.**
- **Spoon 1 cup spaghetti sauce into a 13x9 baking pan.**
- **Stuff cheese mixture into shells. Place stuffed shells, filling side up, in baking pan.**
- **Spoon remaining sauce over shells & sprinkle with remaining cheese.**
- **Bake at 375 for 25 minutes or until hot & bubbly.**

I serve this with garlic bread & a green salad. I have often given this meal to people in meal's ministry. It's a meal that every member of the family tends to like. (Serves 6)

CRUNCHY BAKED CHICKEN TENDERS

- 1 (2.5 lb.) bag of frozen chicken tenders, thawed**
- 1 cup sour cream**
- 2 tablespoons fresh lemon juice**
- 2 teaspoons soy sauce**
- 1 dash pepper**
- 1 (6 oz.) package herb-seasoned stuffing mix, crushed into crumbs**
- 1/2 cup butter, melted**

- **Preheat oven to 350. Lightly grease a glass 13x9 baking dish.**
- **In a medium bowl stir together the sour cream, lemon juice, soy sauce & pepper.**
- **Dip each chicken tender in the sour cream mix, then roll in the stuffing crumbs to coat.**
- **Arrange chicken in the prepared baking dish.**
- **Pour melted butter over chicken and bake for 25-30 minutes.**

This is a new recipe I found and I am really enjoying it. It is easy to put together and cooks up fast. I served this with steamed broccoli and a green salad and it was a hit with the family!

(Serves 4-6)



WAIKIKI MEATBALLS

(Meatballs)

1 ½ pounds lean ground beef
2/3 cup bread crumbs
1/3 cup minced onion
1 egg
1 ½ teaspoon garlic salt
¼ teaspoon ginger
¼ cup milk

(Sauce)

2 tblsp. cornstarch
½ cup brown sugar
1 can (20 oz) crushed pineapple (reserve drippings)
1/3 cup vinegar
1 tblsp. soy sauce
1/3 cup chopped green pepper
½ cup chopped red or white onion

- **Mix thoroughly the beef, crumbs, onion, egg, salt, ginger & milk.**
- **Shape mixture into round balls. Brown & cook meatballs in electric skillet or large skillet on stove.**
- **Remove meatballs from pan, keep warm & pour out fat.**
- **In separate bowl mix cornstarch & sugar. Stir in pineapple syrup, vinegar & soy sauce until smooth.**
- **Pour into skillet & cook over medium heat, stirring constantly, until mixture thickens & boils.**
- **Boil & stir 1 minute.**
- **Add meatballs, pineapple, green pepper & onion.**
- **Heat through and serve. (Serves 6)**

CHRISTINE'S FAMOUS FRIED CHICKEN

1 - 4 lb. package frozen or thawed party wings

3 eggs, beaten

Splash of milk or buttermilk

Enough flour to fill 1/3 of a plastic gallon storage bag

1 1/2 cups Italian bread crumbs (approx.)

Garlic salt & Seasoning Salt

Pepper

Enough cooking oil to cover 1/2 of large electric skillet

- **Heat oil on highest setting in electric skillet.**
- **Thaw chicken, rinse & pat dry.**
- **Beat eggs with splash of milk or buttermilk.**
- **Prepare storage bag with 1/3 of flour, bread crumbs, garlic & seasoning salts & pepper.**
- **Dredge chicken pieces into egg mixture, shaking off excess & place into storage bag, no more than 6 pieces at a time.**
- **Seal bag & shake to coat chicken. Remove coated chicken pieces to a plate. Repeat until all chicken has been coated.**
- **If desired, add more eggs & milk & do a second coat to all chicken pieces. (You will have to add fresh flour to your mixture if you do a second coat.)**
- **Place enough chicken to fill skillet & fry until golden brown. Place chicken in baking dish lined with paper towels, place in warm oven & cover with foil.**
- **Continue frying chicken until all pieces are done, adding to the baking dish in oven. Serve warm.**

This is my own recipe & I never measure out any ingredients. I do it by looks, so I had to guess on the amount of flour & bread crumbs. No matter what, every batch turns out fabulous! I serve this with my Potato Salad & a Ceasar Salad. I still haven't decided if I like it better hot or cold the next day!

DESSERTS



GRAHAM CRACKER CRUNCH

2 packages (not boxes) of Honey Graham Crackers

2 sticks of real butter

½ cup of sugar

½ cup to 1 cup of chopped walnuts or pecans

- **Pre-heat oven to 350 degrees. On a large cookie sheet, arrange whole graham crackers, covering entire cookie sheet as best as you can. (You might have to break some large pieces into smaller pieces to cover the cookie sheet.)**
- **In microwave, melt the 2 sticks of butter in microwavable bowl. Stir in sugar once butter is melted and mix thoroughly.**
- **Pour the butter/sugar mixture over the graham crackers, using a rubber spatula to evenly spread the butter mixture over the graham crackers.**
- **Arrange nuts over the graham crackers & bake in the pre-heated oven for 15 minutes. DO NOT OVER COOK!**
- **Remove pan from oven and let sit at least for 30 minutes. After sitting, use spatula to get underneath graham crackers and break into pieces like brittle.**

This recipe was given to me from a Title Representative and it's almost sinful how easy and delicious it is! Not only does it make your kitchen smell incredibly good while it's cooking, the finished product tastes like you slaved over the kitchen. This has only 4 ingredients and only takes 15 minutes to bake.

EASY NO BAKE CHEESECAKE

1 – 8 oz. package cream cheese, softened

1/3 cup sugar

1 cup (1/2 pint) sour cream

2 tsp. vanilla

1 – 8 oz. container Cool Whip

1 can blueberry pie filling, chilled

1 pre-made graham cracker crust

- **Beat cream cheese until smooth.**
- **Gradually add the sugar.**
- **Blend in the sour cream and the vanilla.**
- **Fold in Cool Whip.**
- **Pour into graham cracker crust and chill for at least 4 hours.**
- **Spread chilled can of blueberry pie filling & chill for 30 minutes more.**

This cheesecake is light and fluffy and very easy to make. You can garnish with any fruit topping of your choice. One of my clients said this was the best cheesecake she ever tasted and asked me for the recipe. I was embarrassed to give it to her and let her see how easy it was! Perfect summer dessert when you don't want to heat up the kitchen.

CHOCOLATE YUM-YUM

1 stick butter (melted)
1 tblsp. sugar
1 cup chopped nuts (I prefer walnuts or pecans)
1 cup flour
1 ½ tsp. baking powder
½ tsp. salt
1 cup confectioners sugar
1 (8 oz) package softened cream cheese
1 (8 oz) container frozen Cool Whip (thawed)
3 cups cold milk
2 (3.4 oz) packages of instant chocolate pudding

- **LAYER 1:** Combine 1 stick melted butter, 1 tblsp. sugar, ½ cup chopped nuts, 1 cup flour, 1 ½ tsp. baking powder, & ½ teaspoon salt. Press into a 9x13 glass baking dish & bake at 350 for 15 minutes. Cool.
- **LAYER 2:** Combine 1 cup confectioners sugar, 1 (8 oz) package cream cheese & 1 cup thawed Cool Whip. Spread over Layer 1 after Layer 1 has cooled to room temperature.
- **LAYER 3:** Combine 3 cups cold milk & both packages of chocolate pudding. Whip/beat until pudding consistency. Place over Layer 2.
- **LAYER 4:** Top with remaining Cool Whip and ½ cup chopped nuts.

By far, this is the recipe I get asked about the most. It's easy to make, but a little time consuming. It's always a crowd pleasure. Who doesn't like chocolate???

LEMON CRÈME PIE

Baked 9 inch pie shell

1 cup sugar

3 tblsp. corn starch

½ stick butter, melted

¼ cup fresh squeezed lemon juice

1 tblsp. lemon rind

3 egg yolks (discard whites)

1 cup milk

1 cup sour cream

- **Combine sugar & corn starch in saucepan.**
- **Add butter, rind, juice & yolks. Turn on heat to medium.**
- **Mix well & add milk. Beat over medium heat until thick.**
- **Let cool. Fold in sour cream.**
- **Spoon into baked pie shell, cover & chill for at least 2 hours.**

This is my favorite lemon pie. You can garnish with whipped cream, but it doesn't need it. I use Pillsbury roll out pie crusts. They are fool proof!



CHOCOLATE COVERED STRAWBERRIES

½ cup semi-sweet chocolate chips

1 tblsp. corn syrup

5 tblsp. butter or margarine

36 strawberries

- **Place chips, syrup & butter in saucepan. Melt over low heat & stir until smooth.**
- **Remove from heat; place pan in bowl of cool water.**
- **Dip berries into chocolate; place on waxed paper.**
- **Chill in refrigerator before serving.**

You might have to heat up chocolate mixture a few times before all strawberries are coated. I like this recipe better than the package you can buy in the store that melts in the microwave. Just be sure and not burn the chocolate. Once chilled, arrange these on a pretty glass plate. People think you slaved over them, but they are so easy!!

