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Cooking
Measurement Equivalents

1 tablespoon (tbsp.) = 3 teaspoons (tsp.)
1/16 cup = 1 tbsp.
1/8 cup = 2 tbsp.
1/6 cup = 2 tbsp. + 2 tsp.
1/4 cup = 4 tbsp.
1/3 cup = 5 tbsp. + 1 tsp.
3/8 cup = 6 tbsp.
1/2 cup = 8 tbsp.
2/3 cup = 10 tbsp. + 2 tsps.
3/4 cup = 12 tbsp.

1 cup = 48 tsps.
1 cup = 16 tbsp.
8 fluid ounces (fl oz.) = 1 cup
1 pint (pt.) = 2 cups
1 quart (qt.) = 2 pints
4 cups = 1 quart
1 gallon (gal.) = 4 quarts
16 ounces (oz.) = 1 pound (lb.)
1 milliliter (ml) = 1 cubic centimeter (cc)
1 inch (in.) = 2.54 centimeters (cm)
Burgundy Beef Tenderloin

This is a special occasion kind of entree and is perfectly complimented with flavored mashed potatoes and roasted asparagus.

5 pound beef tenderloin (it is worth it to buy a trimmed piece of meat, or ask your butcher to trim it for you)
½ cup dry red wine
4 Tbs. balsamic vinegar
2 tsp. dried rosemary
1½ tsp. black pepper
2 tsp. salt
¼ cup olive oil
1½ pounds sliced mushrooms
1 Tbs. butter

Make marinade by whisking red wine, vinegar, rosemary, salt, pepper and olive oil.
Place beef in tight fitting pan. Prick meat all over with a fork and pour on marinade. Turn to coat.
Cover with foil. Refrigerate for 2 to 24 hours. Preheat oven to 425°F. Roast meat 25-45 minutes to your preferred doneness. Use an instant read thermometer for temperature reading.
• 120 degrees for rare
• 125 to 130 for medium rare
• 135 to 140 for medium

Remember the temperature will rise 5-10 degrees after you remove it from the oven. Transfer to a platter and let sit 10-20 minutes before carving.
Sauce: Sauté mushrooms with garlic and butter in a sauce pan about 3-4 minutes. Then add juices from the meat pan. Cook 15-20 minutes on low heat. Slice beef into 1/2 inch thick slices and arrange on a rimmed platter. Pour sauce over beef just before serving. Makes 10-12 servings.

Plum Coffee Cake

1 cup (1 stick) butter, room temperature
2/3 cup sugar
4 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon ground cinnamon
1 1/2 cups diced fresh plums (about 8 oz.), divided

Heat oven to 375°F. Beat butter and sugar in mixer bowl on medium speed until light and fluffy. Add eggs and vanilla; beat until well-blended.
Mix flour, baking powder and cinnamon in medium bowl. Add to egg mixture; beat on low speed until smooth. Fold in ¾ cup of the plums. Spread batter in greased 9-inch round baking pan. Top with remaining plums. Bake at 375°F until top is lightly browned and center springs back when lightly tapped with finger, 30-35 minutes. Cool on wire rack.

Bacon and Egg Grilled Cheese Breakfast Sandwiches

2 eggs
2 tablespoons milk or water
Salt and pepper
3 teaspoons butter, room temperature, divided
4 slices whole wheat or white bread
2 slices Colby-Jack cheese
4 slices fully-cooked bacon

Beat eggs, milk, salt and pepper in bowl until blended.
Heat 1 teaspoon butter in large nonstick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. Do not stir constantly. Remove from pan. Clean skillet.
Spread remaining 2 teaspoons butter evenly on one side of each bread slice. Place two slices in skillet, buttered side down. Top evenly with scrambled eggs, cheese and bacon. Cover with remaining bread, buttered side up.
Grill sandwiches over medium heat, turning once, until bread is toasted and cheese is melted, 2-4 minutes.
Quick Egg & Cheese Omelet

1 egg, beaten
1 tablespoon milk
2 tablespoons fully-cooked breakfast sausage crumbles
or 1 fully-cooked breakfast sausage link or patty, chopped
2 tablespoons shredded Cheddar cheese
1 6” flatbread, toasted

Beat egg and milk in 2-cup microwaveable bowl until blended. Add sausage.
Microwave on high 30 seconds; push cooked edges toward center.
Continue microwaving until egg is almost set, about 15-45 seconds longer.
Sprinkle with 1 tablespoon cheese. Fold omelet in half; slide onto plate.
Top with remaining cheese. Serve immediately with toasted flatbread.

Mini Muffin Tin Stratas

Cooking spray
1 tablespoon butter
1 1/2 cups small broccoli florets
1 cup chopped red bell pepper
1/2 cup chopped onion
5 cups French or Italian bread pieces (¼-inch)
1 cup (4 oz.) shredded Italian cheese blend
5 eggs
1 cup half-and-half
1/2 teaspoon salt
1/4 teaspoon pepper

Generously spray 12 muffin cups with cooking spray.
Heat butter in large nonstick skillet over medium heat until hot. Add broccoli, red pepper and onion, cook 3-4 minutes, stirring occasionally. Remove to medium bowl. Add bread and cheese; toss to mix.
Beat eggs, half-and-half, salt and pepper in small bowl until blended. Pour over bread mixture; toss gently to coat. Place about 1/2 cup bread mixture into each muffin cup. Cover and refrigerate 1 hour or overnight.
Heat oven to 350°F. Bake for 20-25 minutes or until puffed, golden and knife inserted near center comes out clean. Loosen stratas from sides of pans with thin knife.

White Grass Bruschetta

Tomato Mixture
2 medium ripe tomatoes, chopped
1 ripe yellow tomato, chopped
1/2 cup sweet onion, finely chopped
1/2 cup red bell pepper, finely chopped
1/2 cup green bell pepper, finely chopped
1 Tbs. olive oil
1 Tbs. fresh basil, chopped
Salt and fresh ground black to taste

Mix all ingredients together in a bowl. Best if used right away.

To serve cold: Just before serving, spread each toast with about one teaspoon of the olive tapenade and a spoonful of tomato mixture.
To serve warm: Spread toast with tapenade and tomato mixture then sprinkle with parmesan cheese and heat at 425 until cheese melts. Serve immediately.

Canaan Valley Fog

2 cups coffee liquor
1/4 cup vodka
5 cups strong black coffee, cooled
3 pints soft coffee ice cream

The fog in Canaan Valley is as thick as this delicious desert drink. Mix all ingredients in a punch bowl and serve immediately.

Top with canned whipped cream if you desire.
Serves 12
**Chocolate Peppermint Cake**

This cake is very moist and very easy. It can be made a day ahead and makes 12 to 18 servings - so it's a perfect party cake.

**Cake:**
- 4 eggs
- 1 cup sugar
- 1 16-ounce can chocolate syrup
- 1 stick butter, melted
- 1 cup all-purpose flour
- 1½ tsp. baking powder
- 1 tsp. vanilla extract
- ½ tsp. salt

**Icing:**
- 1 stick butter
- 1 cup sugar
- ½ cup milk
- 1 cup chocolate chips (5 oz.)
- 1 tsp. vanilla
- 1 tsp. peppermint extract.

Preheat oven to 350°F.

1. Mix eggs, sugar, syrup and butter in a mixing bowl. Add flour, salt, powder and vanilla, blend well. Pour into a 9 x 13 inch greased baking pan. Bake for 25 to 30 minutes. While cake is baking, make icing.
2. In a saucepan, heat butter and sugar over medium heat. Bring to a low boil and stir for 2 minutes - don’t over cook!
3. Remove from heat and add chocolate chips, vanilla and mint. Stir until melted. Pour over cake while both are still hot. Store at room temperature.

**Layered Mediterranean Dip**

This is a twist on the well known Seven Layer Mexican Dip. Make it easy on yourself by using quality store bought hummus. Serve with warm pita or crusty bread.

- 8 ounces prepared hummus
- 8 ounces chopped calamata olives, or olive tapenade (see Bruschetta recipe)
- 4 ounces feta cheese, crumbled

- 1 cup fresh tomatoes, chopped
- ¼ cup red onion, chopped
- ½ cup fresh parsley, chopped
- 1 cucumber, sliced

Using a small round or square deep glass dish, start by layering the bottom with hummus.

Continue to layer with olives, then feta, tomato with a mixture of onion and parsley. Place sliced cucumber around the edge of the dish for garnish.

Vary this recipe by using chopped artichoke hearts, pesto, goat cheese, roasted red peppers, chopped scallions, chopped pepperoncini (pickled Italian green peppers).

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**One Dish Cheesy Chicken Pasta**

1 (12 oz.) package farfalle (bowtie) pasta
5 tablespoons butter, divided
1 medium onion, chopped
1 medium red bell pepper, chopped
1 (8 oz.) package fresh mushrooms, quartered
½ cup all-purpose flour
3 cups chicken broth

2 cups milk
3 cups chopped cooked chicken
1 cup (4 oz.) shredded Parmesan cheese
1 teaspoon pepper
½ teaspoon salt

**Toppings:** toasted sliced almonds, chopped fresh flatleaf parsley, shredded Parmesan cheese

Preheat oven to 350°F.

1. Prepare pasta according to package directions. Meanwhile, melt 2 tablespoons butter in a Dutch oven over medium heat. Add onion and bell pepper; sauté 5 minutes or until tender. Add mushrooms; sauté 4 minutes. Remove from Dutch oven.
2. Melt remaining 3 tablespoons butter in Dutch oven over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in chicken broth and milk; cook over medium heat, whisking constantly, 5 to 7 minutes or until thickened and bubbly.
3. Stir chicken, sautéed vegetables, and hot cooked pasta into sauce. Add cheese, pepper, and salt. Serve with desired toppings.

**Roast Beef and Cucumber Sandwiches**

½ cucumber, peeled and grated
1 (8 oz.) package cream cheese, softened
3 tablespoons chopped fresh dill
Salt and ground black pepper to taste

10 slices bread of your choice
½ cucumber, peeled and thinly sliced
1 pound deli roast beef, thinly sliced

Wrap grated cucumber in a clean kitchen towel; squeeze to release liquid from cucumber. Transfer grated cucumber to a bowl.

Mix cream cheese, dill, salt, and black pepper into grated cucumber.

Spread cream cheese mixture over bread slices.

Divide roast beef and cucumber slices on 5 slices bread and place another slice of bread spread-side down on top to make 5 sandwiches.
Cheesy Broccoli Quinoa

2 cups chopped broccoli
1 ¾ cups vegetable broth
1 cup quinoa
1 cup shredded Cheddar cheese
Salt and ground black pepper to taste

Combine broccoli, broth, and quinoa in a saucepan; bring to a boil. Reduce heat to medium-low, place a cover on the saucepan, and cook at a simmer until the broth has been absorbed and the quinoa is tender, 15 to 20 minutes. Stir Cheddar cheese into the quinoa, replace the lid, and set aside until the cheese melts, 2 to 3 minutes; season with salt and pepper.

Creamy Overnight Blueberry-Pecan Oatmeal

½ cup old-fashioned rolled oats
½ cup water
Pinch of salt
¾ cup blueberries, fresh or frozen, thawed
2 tablespoons nonfat plain Greek yogurt
1 tablespoon toasted chopped pecans
2 teaspoons pure maple syrup

Combine oats, water and salt in a jar or bowl. Cover and refrigerate overnight. In the morning, heat if desired, and top with blueberries, yogurt, pecans and syrup.

Cranberry Sauce with Pear and Ginger

3 cups fresh cranberries
2 ripe pears, preferably Bosc, peeled and finely diced
1 ½ tablespoons fresh grated ginger
¾ cup water
1 cup brown sugar
1 cinnamon stick
2 strips of lemon zest
¼ cup honey

Combine cranberries, pear, ginger, water, brown sugar, cinnamon stick, and lemon zest in a heavy bottomed saucepan. Bring to a boil and reduce heat. Simmer sauce, stirring occasionally, for 5 minutes. Add the honey and cook for 5 minutes longer, until berries have collapsed and pear is tender. Remove from heat and allow to cool. Sauce will keep for up to a week in the refrigerator and also freezes well. Serve at room temperature or slightly warmed. Try it on pancakes!

Florida Citrus Salad

6 fresh red grapefruit, rinsed and dried
6 fresh navel oranges, rinsed and dried

Trim the tops and bottoms off of the grapefruit and oranges, using a very sharp knife.
Set the fruits on end, and carefully cut the skin from the flesh, beginning at the top and following the curves down. Rotate each fruit as you go, removing all of the peel with a bit of fruit clinging to it.
Cut out each section of the fruit by inserting the blade of the knife between the flesh and the membranes on both sides.* The wedges should come out easily, leaving only the membrane intact. As you cut, put all the fruit sections into a large bowl.
Squeeze the juice out of all the fruit membranes and peels (by hand)
Combine the fruit sections and their juice in a large bowl. Cover and refrigerate until ready to serve.
Serve in small dishes.

*It is best to carefully cut the fruit over a bowl that will catch all the juice. If you prefer to safely cut on a cutting board, place the cutting board inside a shallow pan that will catch the juice—transfer the juice periodically to the bowl.
Sweet-Sour-and-Spicy Sweet Potato Salad
4 large sweet potatoes, peeled, halved lengthwise, and sliced ¼-inch thick
1 medium onion, finely chopped
2 tablespoons olive oil
1 teaspoon coarse salt
3 tablespoons fresh lime juice, divided use
1 jalapeno pepper, finely chopped
2 tablespoons fresh chopped cilantro
2 green onions, thinly sliced

Cook sweet potato slices in a pot of boiling water until just tender, about 8 minutes, then drain. While potatoes are cooking, cook onion in olive oil in a large skillet over medium heat. Sprinkle with salt and pepper to taste, stirring occasionally. Add 2 tablespoons lime juice and stir to combine. Add cooked sweet potato, jalapeno, and cilantro and gently toss together to blend flavors, adding additional tablespoon lime juice if desired. Toss in the green onions and serve warm. Makes 8 servings.

Tiny Pumpkin Tarts
8 ounces light cream cheese, softened
¼ cup brown sugar
1 (15 ounce) can pumpkin – NOT pumpkin pie filling
½ teaspoon cinnamon, plus extra for garnish
¼ teaspoon ground ginger
½ teaspoon nutmeg
Pinch of salt
Tiny phyllo tart cups

Combine cream cheese and brown sugar in a mixing bowl and blend (a hand mixer works well) until smooth. Add the pumpkin, cinnamon, ginger, nutmeg, and salt and beat until well blended. Chill until ready to serve, up to 3 days. Pipe the chilled mixture into the cups and sprinkle with a little cinnamon, then serve.

Brussels Sprouts Saute
2 tablespoons unsalted butter
1½ pounds Brussels sprouts, trimmed, halved lengthwise and thinly sliced crosswise
Salt and pepper to taste
Zest and juice of ¼ lemon

Melt butter in a large skillet over medium-high heat. Add sprouts, salt, and pepper and cook, stirring occasionally, until sprouts begin to brown and wilt, 6-8 minutes. Remove from heat and stir in lemon zest and juice. Serve immediately.

Baked Tator Tots
2 medium Russet potatoes
2 tablespoons unsalted butter
½-⅔ cup 0% Greek yogurt, warm
1½ tablespoon grated Parmesan cheese
½ teaspoon fine sea salt, plus extra to taste
1 teaspoon freshly ground black pepper
1½ cups unseasoned panko breadcrumbs
1 teaspoon Italian seasoning

Preheat oven to 400°F. Line a baking sheet with parchment paper. Scrub potatoes with a brush under running water; dry them off. Pierce each potato with a fork to prevent exploding. Bake the potatoes about 1 hour, or until they are cooked through. When cool enough to handle but still hot, cut the potatoes in half and scoop the pulp out of the skins. Run the potatoes through a ricer or food mill into a medium bowl. With a wooden spoon or spatula, stir in yogurt and 1 tablespoon of the cheese. Add ¼ teaspoon salt and ½ teaspoon pepper and stir just until blended. Place breadcrumbs in a shallow bowl or pie tin. Stir in remaining ½ tablespoon cheese, ½ teaspoon salt, ½ teaspoon pepper, and Italian seasoning.

Using a small scoop, form potato mixture into rounds that resemble a large marble or gumball. Roll in breadcrumbs, shaping the potato into a tot as you roll. Place each tot on baking sheet 1 inch apart. Bake 20 minutes, flipping over halfway through baking. Check after 20 minutes and continue to bake until browned and crisp. Serve hot.

Peanut Butter Pound Cake
Make a buttery pound cake even more moist and special by adding peanut butter. You can serve it with whipped cream or ice cream: vanilla, chocolate or peanut butter!

1¼ cups butter
2 cups granulated sugar
6 eggs
½ cup creamy peanut butter
2 cups all-purpose flour
¼ cup finely-chopped roasted peanuts

Preheat oven to 350°F. Cream butter and sugar together; then beat until light and fluffy. Add the eggs one at a time, beating well after each addition. Blend in peanut butter, then the flour. Pour the batter into two lightly greased 9x5” loaf pans and place into oven. After about 15 minutes of baking, sprinkle the chopped peanuts onto the batter to create a crunchy topping. Bake for a total of 50-60 minutes, or until the centers test done with a toothpick or cake tester. Makes 36 servings.
Pulled Pork Quesadillas

In large, deep skillet, heat vegetable oil. Add the bell peppers and cook over moderately high heat, stirring, until softened, about 10 minutes. Add onion and garlic, cover and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Add the pork, maple and vinegar, and cook for 3 minutes more. Spoon the pork and bell pepper mixture into tortillas and fold in half. Brush the tortillas with oil. Heat 2 large skillets. Working in batches, cook the tortillas over moderate heat, turning once, until crisp, about 7 minutes. Cut in eighths and serve.

Spinach-Stuffed Pork Roast

A perfect recipe for St. Patrick’s Day

Pumpkin Cornbread

Preheat oven to 450°F. Combine soda and buttermilk in a mixing bowl. Add remaining ingredients, using more buttermilk, if needed, to make the batter thin enough to spread in a large iron skillet which and been greased and sprinkled with cornmeal. Bake for 40 minutes or until done.

Pumpkin Cookies

Preheat oven to 350°F. Combine ingredients in order given. Drop by teaspoon onto ungreased baking sheet. Bake for 12 minutes. Simple and good!

WV Apple Pumpkin Pie

Preheat oven to 400°F. In a bowl, toss apples with lemon juice, 1/3 cup sugar, and flour. Arrange apple sliced in overlapping circles in pie shell. Cover loosely with foil. Bake 20 minutes.

Meanwhile, prepare custard mixture. In a medium bowl, combine eggs, pumpkin, remaining 1/3 cup sugar, evaporated milk, butter and pumpkin pie spice. Mix well. Remove foil from pie shell. Carefully pour custard mixture over apples. Continue baking 10 minutes. Sprinkle with cinnamon sugar. Continue to bake 15 to 20 minutes or until custard is set. Cool before slicing.
**Slow Cooker Pumpkin Puree**

**One small pie pumpkin.** Wash the pumpkin and cut the pumpkin in half. Scoop out the seeds, saving them to roast later. Cut the pumpkin into manageable-sized pieces.

Put enough water in the slow cooker to cover the bottom and place the pumpkin pieces on top.

Cook the pumpkin on low for 5 to 6 hours or until skin is soft and can be easily pierced with a fork.

Remove the pumpkin pieces and cool. Scoop the pumpkin from the peel. (If the pulp seems watery, allow it to drain in a sieve.)

Puree pumpkin in a food processor until smooth. The puree can be refrigerated, but should be used within three days. It can also be frozen for later use.

**Steamed Pumpkin Pudding**

6 tablespoons butter ½ teaspoon baking soda
⅓ cup firmly packed brown sugar ½ teaspoon cinnamon
⅝ cup granulated sugar ½ teaspoon ginger
2 eggs ¼ teaspoon nutmeg
1½ cups flour ¼ cup pumpkin puree
½ teaspoon salt ½ cup buttermilk
½ cup chopped walnuts

Preheat oven to 350°F.


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**Kale Pie**

Adapted from The Gardeners Community Cookbook

1 10" tart crust, pre-baked (can use a large pie dish)
2 small onions, finely chopped
3 garlic cloves, minced
4 cups coarsely chopped kale leaves, the tough rib removed (about 8 ounces)
2 large eggs
1 cup crumbled feta cheese
½ cup half and half (or plain soy creamer works well too)
½ teaspoon salt
½ teaspoon salt

Prepare & bake the crust and set aside.
Preheat the oven to 375°F.

Bring a large pot of water to a boil. Add the kale, stir to submerge the leaves, and cook over high heat until wilted and somewhat tender but still bright green, about three minutes. Set aside to drip dry. (If you have some that you froze, this step is done already and you simply have to thaw the kale.)

Heat the oil in a medium sauté pan. Add onions and garlic and sauté over medium heat, stirring frequently until beginning to turn golden, about six minutes. Remove from heat and set aside.

Break the eggs into a large bowl and lightly beat. Add the feta, half and half, kale, onion mixture, and salt. Stir to mix and pour into the prebaked crust. Bake until the center of the pie is firm and lightly golden across the top, 40 to 45 minutes. Remove and allow to cool ten to fifteen minutes (we never can wait that long!). Serve while still warm or let cool longer and serve at room temperature.
Sweet Glazed Chicken Thighs  
(Crock Pot Style)

2 pounds skinless, boneless chicken thighs  
½ teaspoon freshly ground black pepper  
¼ teaspoon salt  
1 teaspoon olive oil  
Cooking spray  
1 cup pineapple juice  
2 tablespoons light brown sugar  
2 tablespoons lower-sodium soy sauce  
3 tablespoons water  
2 tablespoons cornstarch  
3 cups hot cooked rice  
3 tablespoons sliced green onions

Sprinkle chicken with pepper and salt. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken to pan. Cook 2 to 3 minutes on each side or until browned. Transfer chicken to a 4-quart electric slow cooker coated with cooking spray. Stir pineapple juice into drippings, scraping pan to loosen browned bits. Remove from heat; stir in brown sugar and soy sauce. Pour liquid over chicken. Cover and cook on low for 2½ hours.

Transfer chicken to a serving platter with a slotted spoon. Increase heat to HIGH. Combine 3 tablespoons water and cornstarch in a small bowl; add to sauce in slow cooker, stirring with a whisk. Cook 2 minutes or until sauce thickens, stirring constantly with whisk.

Place rice on each of 6 plates. Top with chicken thighs and sauce. Sprinkle each serving with green onions.

Ginny Sue’s Egg Salad

6 hard-cooked eggs, peeled  
½ cup chopped celery  
¼ cup chopped sweet pickles (optional)  
1 tablespoon prepared yellow mustard  
¼ cup mayonnaise  
¼ teaspoon salt  
¼ teaspoon black pepper

In a medium-sized bowl, chop or mash eggs to desired consistency with a fork. Mix in remaining ingredients and stir until well combined.

Grape Pie

3 cups Concord-type grapes, skins removed and saved  
1 cup sugar  
3 tablespoons flour  
1 tablespoon lemon juice  
1 9-inch unbaked pie crust  
Topping:  
1 cup flour  
½ cup sugar  
2 tablespoons butter, softened  
2 tablespoons oil

In saucepan, simmer pulp for 5 minutes. Press through a sieve to remove the seeds. Combine the pulp and the reserved skins. Add sugar, flour and lemon juice to grapes. Pour into crust.

Topping: Combine and sprinkle over grape mixture. Bake in preheated oven at 425F for 10 minutes. Reduce heat to 350°F and bake for another 30 minutes.

Tomato Sauce

1 onion, chopped  
2 cloves garlic, minced  
2 carrots, shredded  
½ green pepper, chopped  
2 bay leaves  
¼ cup fresh parsley, chopped  
2 tablespoons fresh basil, chopped or 2 teaspoons, dried  
1 tablespoon fresh oregano, chopped, or 1 teaspoon dried  
1 tablespoon fresh thyme, chopped or 1 teaspoon, dried  
6 cups plum tomatoes, peeled and chopped  
6 ounces tomato paste  
1 tablespoon honey (optional)  
Salt and pepper to taste

Saute onion and garlic in 2 tablespoons olive oil until soft. Add carrots, green pepper, bay leaves, parsley, basil, oregano and thyme. Stir well. Add tomatoes, tomato paste, honey and salt and pepper to taste. Simmer 15 minutes. Remove bay leaf and serve or freeze. To can, ladle into hot, sterilized pint jars to within ½ inch of top. Add 1 tablespoon lemon juice or vinegar per pint jar to assure acidity. Seal with sterilized lids and process full jars in boiling water bath for 35 minutes.
Chicken Cacciatore

- 1 3-pound whole chicken, skinned and cut into pieces
- 4 cups tomatoes, chopped
- 1 green, yellow, orange, or red sweet pepper, cut in strips
- 2 onions, thinly sliced
- 2 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon salt
- 1 tablespoon fresh oregano, chopped; or 1 teaspoon dried
- 1 tablespoon fresh basil, chopped; or ½ teaspoon dried
- ¼ teaspoon pepper
- ¼ cup white wine (optional)
- 1 cup mushrooms, chopped (optional)

Combine in slow cooker and cook on low for 8 hours. Serve over pasta or noodles.

Roasted Peppers

Peppers, sweet or hot, any color

Roast whole peppers under broiler or over a gas flame. Turn frequently, until the skin blackens. Remove from heat and put in a bag or covered pot to allow the pepper to steam and cool. Then rub or wash off the blackened skin. Remove the stem and seeds. Use in any recipe calling for roasted peppers.

My Favorite Pineapple Upside Down Cake

- 2½ cups sifted flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 6 tablespoons butter
- 1 cup brown sugar, packed
- 2 cups crushed pineapple
- 10 maraschino cherries (optional)
- ¾ cup soft margarine
- 1 cup granulated sugar
- 2 eggs unbeaten
- 2 teaspoons vanilla extract
- 1 cup juice from crushed pineapple

Heat oven to 350°F. Mix flour, baking powder and salt. Melt butter in cake pan, sprinkle with brown sugar. Drain pineapple (save juice). Put pineapple over brown sugar. Arrange cherries in pineapple brown sugar mixture evenly or make your favorite design.

In large bowl cream shortening with sugar, then egg and vanilla until very light and fluffy. Beat at low speed until smooth. While beating, add in flour mixture in thirds and pineapple juice in halves. Spread evenly over pineapples.

Bake for 1 hour. Cool on rack 10 minutes, then loosen cake from sides with spatula. Invert serving plate onto cake pan and turn both over until cake transfers to serving plate. Replace any topping that remains in cake pan.

Chicken Thighs and Roasted Asparagus

- 1 tablespoon olive oil
- 8 bone-in chicken thighs (2½ pounds)
- 1 bunch asparagus, trimmed
- Koshi salt and black pepper
- 1 pint grape tomatoes
- 1 tablespoon fresh thyme, plus more for serving

Heat oven to 400°F. Heat the oil in a large ovenproof skillet over medium-high heat. Season the chicken with ½ teaspoon salt and ¼ teaspoon pepper. In batches, cook the chicken, skin-side down, until browned and crisp, 8 to 10 minutes. Transfer to a plate.

To the skillet, add the asparagus, tomatoes, and thyme. Top with the chicken and roast until cooked through, 20-25 minutes. Serve sprinkled with thyme.
**Grilled Veggie Pizza**

1 tablespoon butter  
½ pound sliced mushrooms  
1 large pepper, green or yellow, cut in strips  
4 cups fresh baby spinach  
¼ teaspoon salt  

Preheat grill. Rub steak with salt, pepper and cumin. Brush pepper halves and onions with 1 tablespoon olive oil. Grill steak over medium heat for 6 minutes on each side. Grill pepper halves and onions until tender-crisp. Turning as needed. Melt butter in a skillet and add corn kernels. Heat until kernels are starting to soften.

Cook pasta according to package directions. Chops tomatoes, peppers and onions and place in a medium bowl. In a small bowl, whisk lime juice, oil, salt, and pepper until blended. Stir in cilantro.

Drain pasta, add to vegetable mixture. Drizzle with dressing and toss to coat. Cut steak into pieces on the diagonal and add to salad.

In a skillet, melt butter. Add mushrooms and pepper and cook for approximately 5 minutes. Stir frequently. Add spinach, salt and pepper; and cook for another 2-3 minutes. Stirring frequently until spinach is wilted.

Brush both sides of chosen breads (crusts) with olive oil. Grill covered over medium heat until bottoms are lightly browned. Remove from grill and spread breads with pesto; top with vegetable mixture, tomatoes and shredded cheese.

Return to grill and cook covered for 2-3 minutes or until cheese is melted.

**KB’s Steak Salad**

1 pound beef sirloin steak  
¼ teaspoon salt  
¼ teaspoon ground cumin  
½ teaspoon pepper  
1 large green pepper, seeded and cut in half  
2 cups fresh corn  
1 large onion, cut into rings  
1 tablespoons olive oil  
1 tablespoons butter  

In a skillet, melt butter. Add mushrooms and pepper and cook for approximately 5 minutes. Stir frequently. Add spinach, salt and pepper; and cook for another 2-3 minutes. Stirring frequently until spinach is wilted.

Brush both sides of chosen breads (crusts) with olive oil. Grill covered over medium heat until bottoms are lightly browned. Remove from grill and spread breads with pesto; top with vegetable mixture, tomatoes and shredded cheese.

Return to grill and cook covered for 2-3 minutes or until cheese is melted.

**Herbed Corn Recipe**

½ cup butter, softened  
2 tablespoons minced fresh parsley  
2 tablespoons minced fresh chives  
1 teaspoon dried thyme  
½ teaspoon salt  
½ teaspoon cayenne pepper  
8 ears sweet corn, husked  

In a small bowl, beat the first six ingredients until blended. Spread 1 tablespoon mixture over each ear of corn. Wrap corn individually in heavy-duty foil.

Grill corn, covered, over medium heat 10-15 minutes or until tender, turning occasionally. Open foil carefully to allow steam to escape. Yield: 8 servings.

**Blackberry Cobbler**

3 cups fresh or frozen blackberries  
1 cup sugar  
¼ teaspoon ground cinnamon  
3 tablespoons cornstarch  
1 tablespoon butter  

Dressing:

¼ cup lime juice  
1 tablespoon olive oil  
¼ teaspoon salt  
½ teaspoon freshly ground black pepper  
½ cup chopped cilantro  

In a large saucepan, combine the blackberries, sugar and cinnamon. Cook and stir until mixture comes to a boil. Combine cornstarch and water until smooth; stir into fruit mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour into a greased 8-in. square baking dish. Dot with butter.

For topping, in a small bowl, combine the flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Stir in milk just until moistened. Drop by tablespoonfuls onto hot berry mixture.

Bake, uncovered, at 350° for 30-35 minutes or until filling is bubbly and topping is golden brown. Serve warm, with whipped topping or ice cream if desired. Yield: 9 servings.
**Corn & Tomato Pasta Salad**

1½ cups dried bow-tie pasta  
2 fresh ears of corn or 1 cup whole kernel frozen corn  
1 cup shredded, cooked chicken  
1 large tomato, seeded and chopped (about ¾ cup)  
¼ cup olive oil  
3 tablespoons vinegar  
2-3 tablespoons purchased basil pesto  
1 tablespoon chicken broth or water  
¼ teaspoon salt  
¼ teaspoon ground black pepper  
2 tablespoons finely shredded Parmesan cheese  
Snipped fresh basil

In a Dutch oven, cook pasta according to package directions. Add corn during the last 7 minutes of cooking pasta. Return to boil and continue cooking. When pasta is cooked and corn is crisp-tender, drain pasta and corn in a colander. If using fresh ears, it may be easier to remove the ears with tongs, and then drain the pasta. Rinse pasta and corn with cold water to stop cooking, and drain well again. If using fresh corn, cut the kernels off the cobs.

In a large bowl combine pasta, corn, chicken, and tomato.

For dressing: In a screw-top jar, combine the olive oil, vinegar, pesto, chicken broth, salt and pepper. Cover and shake well.

Pour dressing over pasta mixture; toss gently to coat. Chill, covered, for at least 2 hours or up to 24 hours. Sprinkle with Parmesan cheese and basil before serving.

**Shrimp & Corn Chowder**

3 cups low-sodium chicken broth  
3 cups diced red potatoes  
1 (16-ounce) package frozen white shoepeg corn, thawed  
1 bunch chopped scallions  
½ pound thawed shrimp, peeled, deveined, and cut into ½-inch pieces  
¼ cup heavy cream or sour cream  
1 tablespoon fresh lemon juice

In a medium saucepan, boil broth and potatoes 5 minutes. Add corn and white portion of scallion; simmer 8 minutes. Remove 2 cups; puree in a blender. Return to pot; stir in shrimp. Cook until bright pink; stir in cream, lemon juice, and scallion greens. Season with salt and freshly ground black pepper.

**Tangy Asparagus with Cheese**

1 pound fresh asparagus, trimmed  
4 green onions, thinly sliced diagonally  
½ cup olive oil  
2 tablespoons vinegar

Bring 6 cups of water to a boil in large saucepan. Add asparagus and cook for approximately 3-5 minutes or until spears are tender crisp. Remove asparagus from boiling water and plunge in ice water to cool. Drain and pat asparagus dry.

In a large resealable plastic bag or container with a lid, combine the green onions, oil, vinegar, garlic, salt and pepper. Add asparagus and turn or mix well to coat asparagus very well. Seal container and refrigerate for 2 hours.

Drain asparagus and discard marinade. Place asparagus in a serving dish or platter and top with crumbled cheese.

**Strawberry Rhubarb Cobbler**

1 pound strawberries, cleaned, hulled and sliced  
1 pound rhubarb, cleaned, ends cut and red outsides removed  
1 cup sugar  
Zest from one orange  
1 cup flour  
2 teaspoons baking powder  
½ teaspoon salt  
¼ cup milk  
½ cup (4 ounces) butter, melted

Mix strawberries, rhubarb, sugar and orange zest in medium bowl. Butter a 8 or 9-inch square pan. Mix prepared strawberries, rhubarb and sugar together. Let sit while making batter.

Preheat oven to 375°F. In a medium bowl, with a wire whisk combine flour, baking powder and salt. While continuing to stir, slowly pour in milk. Mix as smooth as possible. Next drizzle the butter into the bowl. Continue to hand mix until combined.

Pour batter into bottom of prepared pan.

Spoon fruit mixture evenly over top. Bake at 375°F for 40-45 minutes. Serve warm with whipped cream, if desired.

**Slow Cooker Salsa**

12 medium tomatoes  
1 medium onion, chopped  
4 jalapeno pepper, (seeds removed) finely chopped  
2½ cups packed brown sugar  
¼ cups fresh cilantro, minced  
4 cans chopped fresh peaches (peeled)  
6 ounces tomato paste

In a slow cooker, combine tomatoes, onion, peppers, brown sugar, cilantro, garlic and salt. Stir in 2 cups chopped peaches. Cook on low, 3-4 hours or until onion is tender. Stir in tomato paste and remaining chopped peaches. Transfer salsa to sealable containers. Can be refrigerated for up to 1 week and stored in freezer for up to 12 months.
Oatmeal Crusted Breakfast Pizza

2 cups rolled oats (ground into 1½ cups oat flour)  
1 cup + ¼ cup whole wheat flour (or white flour)  
½ teaspoon sea salt  
1 teaspoon dried basil  
3 tablespoons extra virgin olive oil  
¼ cup water (adjust amount as needed to reach described texture)

**Topping options:**  
4 slices of turkey bacon  
½ beefsteak tomato, chopped

Using a food processor grind the oats into a fine flour (measure 1½ cups of flour). Mix dry ingredients (minus ¼ cup of the white whole wheat flour) in a bowl. Add olive oil and mix to combine. Slowly add water and continue mixing until dough is fully mixed. The dough will be sticky and wet at this point. Add in the last ¼ cup of whole wheat flour and incorporate it into the dough using your hands.

Spread dough 1/8 of an inch thick using a rolling pin on a pizza stone or on a parchment paper lined baking sheet.

Preheat oven to 400°F and prebake pizza crust for 12 minutes.

In a bowl, whisk eggs and set aside. In a skillet cook bacon according to cooking directions. Once done, place on a paper towel and set aside. In the pan that the bacon was cooked in, add onion and pepper and sauté for about 3 minutes. Add tomatoes, spinach, salt and pepper and sauté until spinach is wilted.

Reduce the heat to low and pour eggs over the veggie mixture. Cook for about 30-45 seconds just until the eggs barely begin to set.

Pour egg mixture over crust, top with crumbled bacon and then sprinkle on cheese.

Bake for 15 minutes.

Remove from oven, sprinkle with chopped fresh basil, slice and serve. One pizza makes 8 slices.

My Favorite Sugar Cookies

1 cup butter, softened  
1 cup vegetable oil  
1 cup granulated sugar  
1 cup confectioner’s sugar  
2 eggs

1 teaspoon vanilla extract  
4½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon cream of tartar

Salt and pepper to taste

Vegetable oil for the grill

6 ears corn, shucks removed  
1 tablespoon butter, cut into pieces  
2 green onions, sliced thinly

Soak 20 wooden skewers in warm water (soaking prevents them from burning). Heat grill to medium-high.

In small bowl, combine ketchup, honey and Worcestershire sauce. Mix well; set aside. Slice chicken lengthwise into 20, ½-inch strips. Thread chicken strips onto skewers. Season each skewer with salt and pepper to taste.

Lightly oil the grill. Cook chicken strips, turning as needed, to prevent burning and until thoroughly cooked, approximately 6 minutes. Baste chicken strips with ketchup-honey mixture; cook for an additional 2-3 minutes.

During the last 4 minutes of the chicken cooking time, place ears of shucked corn on the grill. Turn corn frequently to prevent burning, but do let grill marks form. Total cooking time for the corn should be 5 minutes.

Cut corn kernels off of cob and place in bowl. Add thinly sliced green onions and butter. Toss and lightly and season with salt and pepper.

Serve with chicken skewers!
**Spicy Salsa with Peaches and Watermelon**

In a small bowl, whisk together pepper jelly, lime zest and lime juice. Stir in watermelon, peaches, basil and chives. Season heirloom tomatoes with salt and pepper and place in decorative short glasses or small bowls. Top with watermelon, peach salsa. Garnish with basil sprigs.

**Sallie’s Succotash**

Bring first 4 ingredients and 2 cups water (or enough to cover vegetables) to a boil. Reduce heat and simmer, stirring occasionally for approximately 20 minutes or until beans are tender. Drain beans, reserving ¾ cup of the cooking liquid. Discard the onion, thyme and garlic clove.

Cooked bacon in a large skillet over medium heat until crisp. Remove bacon from skillet, drain on paper towels and crumble. Keep 2 tablespoons of bacon drippings. Add chopped sweet onion and corn kernels. Saute’ until corn is tender (about 5 minutes). Add tomatoes, cooked lima beans and reserved cooking liquid. Stir occasionally and cook for another 5 minutes. Stir in butter, vinegar, dill and chives. Place in a serving dish and top with crumbled bacon.

**Russian Stroganoff**

In a large stew pot, cook flank steak in oil over medium-high heat for 3 to 5 minutes; remove from pot and reserve.

Add mushrooms and onion, cook over medium-high heat for 3 to 5 minutes or until onions begin to soften; return beef to pot.

Add milk and water, bring to a boil over medium-high heat; add gravy mix, stirring until incorporated.

Reduce heat to medium-low and simmer, uncovered, for 20 to 30 minutes or until beef is tender and sauce is thickened; add peas.

Remove from heat; stir in yogurt.

Serve ½ cup of stroganoff over ½ cup of egg noodles topped with two tablespoons Cheddar cheese.

Tip: If preparing stroganoff in advance, do not add yogurt or peas until reheating.

**Creamy Vegetable Chowder**

Melt butter in large saucepan. Add onion and cook until tender, about 5 minutes. Stir in chicken broth and vegetables and bring mixture to a boil. Reduce heat and simmer covered 5 minutes.

Puree 2½ cups of vegetable and broth mixture in blender until smooth and return to saucepan. Stir in milk, cheese and seasonings and simmer 10 minutes. Serve with additional shredded cheese, if desired.

Yield: 1 cup per serving
Colby Cobb Salad

**Dressing:**
- 2 cups fat-free plain yogurt, divided
- 4 large basil leaves
- ¼ cup parsley, stems removed
- 1 tablespoon lemon juice
- 1 teaspoon honey
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons fat-free mayonnaise
- ½ teaspoon salt (optional)
- ¼ teaspoon additional pepper (optional)

**Salad:**
- 8 cups chopped romaine lettuce (1 small head)
- ½ cup halved cherry or grape tomatoes
- ¼ cup thinly sliced red onion
- 1 cup diced cucumber
- 2 tablespoons bacon bits
- 1 egg, hard boiled and chopped
- 1½ cups shredded Colby or Colby Jack cheese

**Dressing:**
Place 1 cup of yogurt, basil, parsley, chives, lemon juice, honey and pepper in a blender or food processor. Cover and pulse until smooth (dressing will be green in color). Pour yogurt mixture into a medium bowl; stir in remaining yogurt and mayonnaise until just blended; refrigerate until ready to serve.

**Salad:**
Place lettuce at the bottom of a bowl and sprinkle the tomatoes, onion, cucumber, turkey, bacon bits, egg and Colby cheese on top. Just before serving, pour dressing over salad and toss lightly.

Strawberry Rhubarb Custard Meringue Pie

**Filling:**
- 1¼ cups sugar
- ½ cup all-purpose flour
- 5 egg yolks, well beaten
- ¾ cup half-and-half
- 1 teaspoon vanilla
- 2 cups sliced fresh or frozen rhubarb
- 1 cup sliced strawberries
- 1 basic unbaked pie crust

**Meringue:**
- 1 tablespoon cornstarch
- ½ cup cold water
- 5 egg whites, room temperature
- ¼ teaspoon cream of tartar
- ½ cup sugar
- ½ teaspoon vanilla

Heat oven to 425°F.

**Filling:** Mix sugar and flour in medium bowl. Whisk in egg yolks, half-and-half and vanilla; beat until blended. Gently fold in rhubarb and strawberries. POUR into crust.

Place pie on rack in center of 425°F oven and bake for 15 minutes. Reduce heat to 350°F and continue baking until almost set, 25-30 minutes; center will jiggle slightly. Cool on wire rack 5-10 minutes.

**Meringue** (make immediately): Dissolve cornstarch in cold water in one cup glass measure. Microwave on high 30 seconds; stir. Microwave until mixture boils, 15 to 30 seconds longer. Remove; cover. Beat egg whites and cream of tartar in mixer bowl with whisk attachment on high speed until foamy. Beating constantly, add sugar, 1 tablespoon at a time, beating after each addition until sugar is dissolved before adding the next. Continue beating until whites are glossy and stand in soft peaks. Beating constantly, add cornstarch paste, 1 to 2 tablespoons at a time. Beat in vanilla.

Quickly spread meringue evenly over filling, starting at edge and sealing to crust all around; swirl with back of spoon. Bake in upper third of 350°F oven until lightly browned, 15-17 minutes. Cool on wire rack 1 hour, then refrigerate 3-4 hours before serving.