

Recipe of the Week Easy Dressing

- 1 pkg. saltines, crumbled
- 1 can cream of mushroom soup
- 1 Tbsp. butter

Mix crackers and soup together. Fry in butter until browned. Serves 2.

Recipe of the Week Skillet Beans

- 2 cans pork 'n beans
- 1 C brown sugar
- 1 medium chopped onion
- 1/4 C mustard
- 1/4 C ketchup
- 1/2 lb. fried bacon crumbled

In skillet saute onion in bacon grease. Add beans and remaining ingredients. Bring to a boil and simmer 20 min.

Recipe of the Week Pan-Fried Squash

- 1 Tbsp. butter
- 2 C diced yellow squash
- 2 C diced zucchini
- 2 Tbsp. balsamic vinegar

Melt butter in large skillet over medium to medium-high heat. Add squash and zucchini; cook and stir until lightly browned and tender. Transfer to a bowl and toss with balsamic vinegar.

Recipe of the Week Zesty Zucchini & Squash

- 3 small yellow squash cubed
- 3 small zucchini, cubed
- 1 10oz. can diced tomatoes with green chile peppers
- 1/2 onion, chopped
- salt to taste
- garlic powder to taste

In a large saucepan, combine squash, zucchini, tomatoes, onion, salt and garlic powder. Bring to a boil over medium heat. Reduce heat and simmer until tender-crisp.

Recipe of the Week Sour Cream Potatoes

- 6 med. potatoes
- 1/2 onion, chopped
- 8 oz. sour cream
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 C. shredded cheddar cheese
- 1 sleeve Ritz crackers, crushed

Peel and grate potatoes. Mix with onions, sour cream, salt, pepper and cheese. Place in greased casserole. Cover with crackers. Bake at 325 degrees for 1 hour.

Recipe of the Week Corn Fritters

- 8 1/2 oz. can creamed corn
- 8 3/4 oz. can yellow corn
- 2 eggs (beaten)
- 1/2 tsp. hot sauce
- 1/2 tsp. baking powder
- 7 Tbsp. all-purpose flour

Combine all ingredients and mix well. Drop by tablespoon-fuls into hot vegetable oil. Heat until browned. Turn and brown other side. Serve with bean soup, chili, salad or as a snack. Serves 6. Thank you to Nancy Hawkins for this recipe!

Recipe of the Week Sweet Pumpkin Rice

- 4 C instant rice
- 4 C water
- 1 29 oz. can pumpkin puree
- 1 1/2 tsp. pumpkin pie spice

Prepare instant rice according to directions making sure all water is absorbed. Set aside. In saucepan, stir together pumpkin puree, pumpkin spice, brown sugar, butter and salt. Cook over medium-low heat until warm. Stir pumpkin mixture into rice.

Recipe of the Week Sweet Potato Crunch

- 4 sweet potatoes
- 1 1/2 C vanilla nonfat yogurt
- 1/2 tsp pumpkin pie spice
- 1 1/2 tps salt
- 2/3 C granola

Bake potatoes at 350 for 60 min. Let cool and remove skin. Place sweet potato pulp in mixing bowl. Add yogurt, pumpkin pie spice and salt. Whip on medium speed until well mixed. Pour into greased casserole dish. Sprinkle granola on top and coat with cooking spray. Bake uncovered at 350 for 40 min.

Recipe of the Week

Stir-Fry Broccoli with Orange Sauce

1 tsp. sesame oil
1 tsp. canola oil
1 1/2 C broccoli florets
1/2 C chopped water chestnuts,
drained

1/2 C orange juice
1 Tbsp. cornstarch
1 Tbsp. soy sauce

Add oils to a small skillet on medium-high heat. Add broccoli and water chestnuts; stir-fry 3 minutes. In a small bowl, combine remaining ingredients. Add to broccoli; lower heat and cook until sauce is thickened, 2 minutes.

Recipe of the Week

Spicy Sweet Potato Chips

2 Tbsp. olive oil
2 Tbsp. maple syrup
1/4 tsp. cayenne pepper

3 large sweet potatoes
peeled and cut into 1/4 in.
slices
salt and pepper

Line a baking sheet with aluminum foil. Stir together olive oil, maple syrup and cayenne pepper in a small bowl. Brush sweet potato slices with mixture and place onto baking sheet. Sprinkle with salt and pepper. Bake at 450 degrees for 8 minutes and then turn the potatoes over. Brush with remaining mixture and bake until tender and crispy, about 7 more minutes.

Recipe of the Week

Fried Okra

10 pods okra, bite size pieces
1 C milk
3/4 C flour
1/4 C cornmeal

1/4 tsp. salt
1/4 tsp. pepper
1/2 C vegetable oil

In a small bowl, soak okra in milk for 5-10 min. In another bowl, combine flour, cornmeal, salt and pepper. Heat oil in a large skillet. Dredge okra in flour mixture. Place okra in hot oil and stir continuously until golden brown. Drain on paper towels.

Recipe of the Week

Cheesy Cauliflower

1 16oz. bag frozen cauliflower, cooked and drained
1 can cream of chicken soup
1/4 C milk
1 C swiss cheese, shredded

Place cauliflower in baking dish. Combine soup, milk and cheese and spread over cauliflower. Bake for 10 minutes at 350 degrees.

Recipe of the Week

Cheesy Broccoli Casserole

1 16oz. jar Ragu Cheesy Double Cheddar Sauce
2 10oz. pkg. frozen broccoli
1/4 C regular or italian seasoned bread crumbs
1 Tbsp. butter

Combine cheese sauce and broccoli in greased 1 1/2 qt. casserole dish. Spread bread crumbs evenly on top and dot with butter. Bake at 350 degrees for 20 minutes until bread crumbs are golden and broccoli is tender. Serve as a side or on top of baked potatoes.

Recipe of the Week

Grilled Corn on the Cob

4 ears of corn on the cob
2 Tbsp. butter, softened
2 Tbsp. Dijon Mustard

1 clove garlic, minced
1/2 tsp. Italian seasoning

Preheat grill to medium heat. Pull back husks of corn, being careful to leave husks attached at bottom of each ear. Remove and discard corn silk. Rinse corn. Combine butter, mustard, garlic and Italian seasoning. Spread about 1 Tbsp. of the mustard mixture onto each ear of corn. Re-wrap husks around corn. Grill 15 to 20 min. or until corn is tender, turning frequently to prevent husks from burning. Serve warm.

Recipe of the Week

Zucchini and Walnuts

3 Tbsp. butter
1/2 C walnuts, coarsley chopped
4 C zucchini, cut into 1/2 inch slices
1/4 tsp. salt

Heat 1 Tbsp. butter in skillet. Add walnuts and stir until lightly brown. Remove walnuts from skillet. Heat remaining butter and zucchini in skillet until zucchini is soft. Combine walnuts with zucchini and add salt to taste.

Recipe of the Week

Speedy Veggie Wraps

2 C shredded monterey jack with jalapenos
3 C deli veggie salad or coleslaw
2 tomatoes, chopped
8 10in. flour tortillas (try the flavored kind)

Combine cheese, veggie salad and tomatoes. Divide among tortillas and roll up, folding in ends. Place seam side down on cookie sheet and bake at 350 degrees for 10-15 min. until cheese is melted. Serve with salsa or ranch dressing.

Recipe of the Week Hurry Up Potato Salad

3 Tbsp. oil
6 C frozen diced hash browns
3/4 C mayonnaise salad dressing

3 Tbsp. milk
1/4 tsp. salt
3 Tbsp. mustard

Heat oil in frying pan over medium heat and cook potatoes as directed. Mix remaining ingredients together in a large bowl. Fold in hot potatoes. Chill salad for 1 hour before serving.

Recipe of the Week Turkey Gravy

5 C turkey stock with pan drippings
1 can cream of chicken soup
1 tsp. poultry seasoning
1/2 tsp. black pepper

1 tsp. seasoned salt
1/4 tsp. garlic powder
1 C milk
1/3 C flour

Bring turkey stock to a boil in large saucepan. Stir in soup and all seasonings. Reduce heat to low and let simmer. Warm milk in the microwave and whisk in the flour until there are no lumps. Gradually pour milk mixture into gravy and stir constantly until thickened.

Recipe of the Week Bread and Celery Stuffing

1 (1lb) loaf sliced white bread
3/4 C butter
1 onion, chopped
4 stalks celery, chopped

2 tsp. poultry seasoning
salt and pepper to taste
1 C chicken broth

Let bread slices air dry for 1 to 2 hours, then cut into cubes. In a dutch oven, melt butter over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well. Bake in a buttered casserole dish at 350 degrees for 30 to 40 minutes.