

Sautéed Spinach w/Olive oil and garlic

3 bags of spinach (amt. of bag)

2 Tbs. Chopped garlic

Olive Oil

1 Freshly Sliced Lemon

Preheat large skillet with olive oil. When skillet is hot, add spinach and slightly stir over medium high to high heat. Continue to add spinach until fully coated in oil. Add 2 tbs. of garlic. When spinach is wilted and garlic has been added, stir, turn oven off. Squeeze ½ of lemon over spinach and stir. (Serves _

Lemony Green Beans

4 lbs Green Beans

2 tbs of Garlic

Olive Oil

Lemon Pepper

¼ cup of slivered almonds (optional)

Rinse and Snap off ends of beans. Clean thoroughly. Preheat large skillet over medium high – high heat. Add green beans and 2 tbs. of garlic. (Optional: add 1/4 cup of slivered almonds) Sprinkle with lemon pepper. Sauté until beans are bright green and crunchy. Turn off heat, cover with a glass lid or foil to steam for 5 minutes. Serves 8

Honey-Cinnamon Glazed Carrots

2 lbs of baby carrots

Cut carrots lengthwise. Rinse well and drain thoroughly. Steam carrots with water in microwave or steamer for a few minutes (so that they are still crunchy)

**Steam Carrots:* Place carrots in a glass microwave dish with a small amount of water, place in microwave, cover and cook for a couple minutes.

GLAZE

½ cup of honey

½ stick of butter

¾ cup brown sugar

1 tsp of cinnamon

1/8 tsp of nutmeg

1 tsp of vanilla

Heat in sauce pan in large sauce pan until melted. Do not boil. Add steamed carrots while hot, turn oven off and toss in glaze mixture.

Sweet Potato Soufflé

9 x 13 glass dish

1 stick of butter

Orange flavoring (to taste)

Lemon flavoring or 2 tsp. of fresh lemon juice

1 tsp vanilla extract

1 egg

1 cup of brown sugar ** You made need additional sugar

2 tsp of cinnamon

½ tsp of nutmeg (or to taste)

Rinse and gently scrub sweet potatoes. Coat w/a thin layer of canola oil. Place on a cookie sheet. Bake in 375 degree oven for 1 hour or until you can insert knife into potato and it yields a soft potato. When potatoes are fully cooked, remove from oven and let rest for 1 hour. After potatoes have rested for 1 hour, peel and discard all outer skin. Place sweet potatoes in a large bowl. Add dry and wet ingredients and whip with a mixer until light and fluffy. Pour into greased 9 x 13 glass dish and place in 350 degree oven for 1 hour. Serves 6-8

**You may for an extra special treat add enough mini marshmallows to cover the cooked sweet potatoes. Place back into oven until the top is lightly toasted.

Turkey & Cornbread Casserole

Use Sweet and Savory Cornbread dressing recipe

6-8 boneless skinless turkey breasts

Tenderize turkey breasts w/ meat tenderizer, Rub in olive oil and season both sides w/ salt and pepper. Lay over raw cornbread casserole. Cover casserole dish and bake at 350 degrees for 40-45 minutes.

Sweet and Savory Cornbread dressing

9 x 13 dish

2 recipes of your favorite sweet cornbread or use corn bread mix

2 tsp of minced garlic

1 egg

2 – 32 oz. cartons of organic chicken broth

Olive oil

1 cup raw chopped celery

1 cup raw chopped onion

2/3 cup of chopped green bell pepper

Thyme, sage, poultry seasoning, celery salt

Salt to taste

In an extra large bowl crumble both of your cooked corn bread recipes and set aside. In a large skillet sauté celery and onions until lightly cooked. Add vegetable mixture to cornbread. Fold in seasonings, garlic, bell pepper and egg. Add a touch of olive oil and begin to add chicken broth until mixture begins to bind. Depending on how moist you want it, you may need to add more chicken broth. Remember, some of the broth will evaporate – so make sure you add enough. Mixture should not be soupy, but it should be very wet. Place in a greased 9 x 13 glass dish and cover with foil. Bake in a 350 degree oven for 1 hour. Serves 6-8

Buttermilk Pie

½ cup Butter

2 cups Sugar

3 Tbs Flour

3 Eggs

1 cut Buttermilk

1 Tsp Vanilla

1 Deep Pie Crust

Bake at 400 degrees for 5 minutes and 350 degrees for 45 minutes

Cherry Crisp

1 bag of Frozen Cherries

Cinnamon (to taste)

1 cup Brown Sugar

1 ½ cups White Sugar

1 ½

In a large bowl place cherries, enough flour to coat each cherry– start with ½ cup of mixture at a time – continuing to mix until all cherries are covered with flour. Add 1 cup of brown sugar and 1 ½ cup of sugar. Mix into cherries until coated. Place in 9 X 13 baking dish and top with butter sugar topping below.

Topping:

2 sticks Butter

1 cup Brown Sugar

2 cups Flour

Mix ingredients until it resembles cornmeal. Place butter sugar topping on top of cherries, prior to placing in oven at 350 for 1 hour.

(Serves 12 people)

Texas Cake

2 cups flour

2 cups sugar

1 tsp baking soda

1 cup water

½ cup buttermilk

¼ cup cocoa

2 eggs

1 tsp vanilla

Combine Flour and Sugar into a mixing bowl, put in pot and bring to a boil. Add to sticks of butter and stir until melted. While hot, pour into dry mixture and beat. Add 2 eggs, 1 tsp baking soda, 1 tsp vanilla and mix thoroughly. Pour onto cookie sheet. Bake in oven for 18 minutes at 400 degrees.

Frosting

1 stick of butter

¼ cup cocoa

6 tbs evaporated milk

Powdered sugar

Combine butter, cocoa and evaporated milk on stovetop, mix until it becomes thick. Once mixture is thick, add powdered sugar. Combine and spread on cake while it is hot.

Sweet Rolls

3-3 ½ cups flour

1 package of active dry yeast

2/3 cup milk

8 tbs butter (2 melted)

1/3 cup sugar

1 tsp salt

2 eggs

½ tsp ground cinnamon

½ cup chopped blanched almonds

½ cup mixed candied fruits and peels

½ cup sifted powdered sugar

¼ tsp vanilla

Milk

2 tbs of finely chopped almonds

In large mixer, combine 1 ½ cups of flour and yeast. Heat milk, 2 tbs butter, 1/3 cup sugar and salt till warm. Stirring constantly, add to dry mixture in bowl; add eggs. Beat at low speed for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand stir in enough of the remaining 2 cups of flour to make a moderately soft dough.

Knead dough on lightly floured surface for 8 – 10 minutes or till smooth and elastic. Place in a greased bowl; turn once to grease surface. Cover; let dough rise in warm place 1 – 1 ½ hours or till double. Punch down; turn out on lightly floured surface. Roll dough to a 20x12" rectangle.

Brush with the 2 tbs melted butter

Combine the 2 tbs sugar and the cinnamon; toss with the ½ cup chopped almonds and mixed fruit and peels. Sprinkle over dough. Roll as for jelly roll, beginning at long side; seal edge. Bring ends together to form a ring and place, seam side down, on greased baking sheet. Pinch ends together to seal ring. Flatten slightly. Make slashes at intervals around edge. Cover; let rise in warm place 30-45 minutes or till almost double. Bake in 375 degree oven for 25-30 minutes. Cool Slightly.

Icing

Combine powdered sugar, vanilla and enough milk to achieve spreading consistency; spread over ring. Sprinkle with 2 tsp almonds; decorate with candied cherries and orange peel.

Egg Rolls

1 package Egg Roll Wraps (6" square)

8 cups of Shredded Cabbage

3 bags of Alfalfa Sprouts

1 cup of Shredded Carrots

2 Tsp of Grated Ginger

Canola Oil

Sauté all ingredients in a pan coated with canola oil until vegetables are withered down. Set aside and drain in colander. Take egg roll wrapper and place 3 tablespoons in the center of egg roll. Roll once, fold the left side in then the right side in – continue to roll until closed.

Once all egg rolls have been rolled – Place in a deep pot with 3" of canola oil (or a deep fryer) Fry for 3 – 4 minutes on each side until lightly golden. Remove egg rolls and place on paper towel to dry.

(Makes 15 servings)

White Tea / Green Tea / Breakfast Tea / Peach Tea

Follow directions on box for brewing tea.

Sweeten with your choice of raw or white sugar.

Variations of the sweet tea mix

Mint Tea –

2 to 3 stalks of fresh washed mint, lightly bruised. (You can *bruise* the mint by pressing it between your fingertips and rolling it back and forth to release the oils.)

Place in picture with warm tea and let steep for ½ hour

Peach Tea –

Add 1 cup of Peach Nectar to chilled tea. (If you want to try something new, add 1 cup of peach nectar to white tea for a different flavor)

Citrus Tea –

Add lemon and limes to taste – (you may want to add more sugar)

Flour Tortillas

2 Cups all purpose flour

1 teaspoon of sea salt

1 teaspoon baking powder

1 tablespoon shortening

½ 2 ¾ cup of water

In a mixing bowl stir together flour, salt and baking powder. Cut in shortening until mixture resembles cornmeal. Add ½ cup of warm water and mix till dough can be gathered into a ball (if needed, add more water, 1 tablespoon at a time) Let dough rest 15 minutes. Divide dough into 12 portions; shape into balls. On a lightly floured surface, roll each ball into a 7" round. Trim uneven edges to make round tortillas. Cook in ungreased skillet over medium heat about 1 ½ minutes per side or till lightly browned. (Makes 12 servings)

Pomegranate Lemonade

Utensils you will need: 1 pitcher, long mixing spoon

Ingredients:

- Spring Water
- Lemons
- 100% Pomegranate Juice
- Sugar

Blueberry Cobbler

Utensils you will need: mixing spoons, bowl, measuring cups, 8 x 8 glass square baking dish

Ingredients:

- 4 cups of frozen blueberries
- 2 tsp vanilla extract
- 1 stick of butter (cut up)
- 2 tbs flour
- 1 1/2 c brown sugar
- Topping:
- 1 c flour
- 1/2 c brown sugar
- 1/2 c softened butter

Delicately mix the blueberries with flour, brown sugar and vanilla. Pour into a greased 8 x 8 baking dish. Cut the stick of butter into pieces and place on top of the mixture. Prepare the topping by mixing 1 c of flour, 1/2 c of butter and 1/2 c of brown sugar. Mix with a fork until crumbly and place on top of the blueberry mixture. Put in a 350 degree oven and cook for 40 minutes or until bubbly along the edges and golden on top.

Southern Sweet Cream Biscuits

Utensils you will need: rolling pin, bowl, measuring cups, wooden spoon, greased cookie sheet, biscuit cutter or medium sized plastic cup or glass

Ingredients

- 2 c. Self rising flour
- 1 ½ c heavy cream
- 1 tbs. sugar

Mix cream and sugar and place in a bowl. Add flour and mix until all liquid is absorbed. Empty onto a floured counter and lightly knead. Roll out dough to ¼ inch thickness and cut biscuits with the biscuit cutters or with the mouth of a plastic cup or glass. Place biscuits 1 inch apart on the cookie sheet. Bake at 450 for 15-20 minutes. Enjoy!

Roast

1 roast

2 packets of onion soup mix (or mushroom onion)

Seasoning Salt

Minced Garlic

Olive Oil

Rub roast lightly with olive oil. With one heaping tablespoon of minced garlic, rub into roast. Empty one packet of onion mix, rub onto roast then season lightly with seasoning salt. Turn roast over and repeat above steps. Cover with aluminum foil and cook at 350 degrees for 3 ½ hours. (serves 4-5)

Confetti Brown Rice

1 package brown rice

¼ cup chopped red bell pepper

¼ cup chopped yellow bell pepper

¼ cup chopped orange bell pepper

¼ cup chopped green bell pepper

¼ cup red onion

Olive oil

Cook rice according to package directions. Preheat large skillet over medium high – high heat. Heat olive oil and add all vegetables to skillet. Lightly stir-fry until vegetables are heated and remain crunchy. Add lightly sautéed vegetables to cooked rice, stir and serve.

Sautéed Cabbage

1 head of cabbage

Olive oil

1 red onion

2 cups broccoli

¼ cup sliced red bell pepper

¼ cup sliced yellow bell pepper

¼ cup sliced orange bell pepper

¼ cup sliced green bell pepper

1 cup carrots

1 cup snow peas

½ cup red onion

Garlic

Lemon pepper seasoning

Preheat large skillet over medium high – high heat. Heat olive oil, add broccoli, snow peas, all peppers, carrots and garlic. Lightly stir fry until heated but still crunchy. Add lemon pepper seasoning before serving. Turn off heat, cover with a glass lid or foil to steam for 5 minutes. Serves

8

Gravy

Broth from roast

½ cup flour

¼ cup water

Take beef broth from cooked roast, pour into a large sauce pan. In a separate bowl add ½ flour and ¼ water (stir until it becomes the same consistency of cake batter). Begin to heat broth mixture on stove, skim off any fat. Once broth is hot, with a wire whisk, slowly whisk in water and flour mixture over med-high heat. Stir until thickened. Taste for seasonings and add additional seasonings if necessary.

**If you need to make it thicker, make an additional flour and water mixture and continue process until you have the consistency you desire.

Chicken Parmesan w/Penne Pasta

Boneless skinless chicken breast

1 slice of provolone cheese per chicken breast

Italian bread crumbs

Penne pasta

Seasoning salt

Onion Powder

Garlic Powder

Flour

Tomato paste

Tomato sauce

2 Eggs

Water

Milk

Olive Oil

Recipe Prep:

- Preheat oven to 300 degrees
- Cook pasta according to directions on box
- Tenderize all chicken breasts with a meat tenderizer
- Cover cookie sheet with aluminum foil and set aside

Cooking Directions:

In a small bowl, whisk 2 eggs and about ½ c milk until well blended and set aside.

In a medium bowl pour Italian bread crumbs, seasoning salt, onion powder, garlic powder and a small amount of flour – mix seasonings thoroughly.

Take tenderized chicken breast and dip into egg mixture, lightly shake and dip into dry mixture, pressing each side of chicken into mixture – repeat 2 – 3 times each side.

Place chicken breasts into large skillet on medium– high heat with olive oil. Cook until both breasts are golden brown. Transfer onto foiled cookie sheet. Place cookie sheet in 300 degree oven to complete cooking until juices run clear.

Once completely cooked, remove chicken and ladle 1 scoop of pasta sauce and then 1 slice of provolone cheese onto each breast. Place back into oven and cook until cheese is melted. Remove and serve. (Makes as many servings as chicken breasts that you have)

Dr.C's Chicken Pot Pie

1 bag of boneless skinless chicken breast

1 bag of frozen mixed vegetables

2- 32 oz. containers of chicken broth

1 bunch celery (chopped finely)

1-2 tbs butter

Minced garlic

Olive oil

Flour

Seasoning salt

Ground Pepper

Ground Sage

Ground Thyme

Ground Oregano

Recipe Prep:

- Preheat oven to 350 degrees

Directions: Tenderize chicken breasts, cut into small chunk size pieces and set aside. Boil chicken broth and some salt in a large pot or stock pot. When the broth comes to a boil, add all of the raw chicken. Cook chicken in broth until thoroughly cooked. Once completely cooked, remove chicken and place in a bowl and cover with plastic wrap. DO NOT THROW AWAY Broth. Take a small portion of the broth and place in a separate dish; add flour, seasoning salt, pepper and whisk mixture until it has the consistency of a smooth paste. Add mixture to the hot broth and continue to stir until stock is thickened. It should look thicker than gravy. (If the gravy is not thick enough, repeat the process again: add water

or broth, flour and seasonings to a medium bowl, whisk into a smooth paste and pour into broth)

Sauté 1 large bag of frozen vegetables in olive oil until heated thoroughly. Remove excess liquid and discard. Stir sautéed vegetables into gravy. Season with salt, pepper, sage, thyme and oregano (to taste).

In a medium skillet with olive oil on med-high heat, sauté onions, celery and minced garlic until thoroughly cooked. Stir sautéed mixture into gravy.

Last, add chicken to mixture. Now it should be the consistency of stew. Pour into a large pan and set aside.

Homemade biscuit dough

Spicy Asparagus

Asparagus

White asparagus

Olive oil

Honey

Brown Sugar

Garlic

Molasses

Soy Sauce

Cayenne pepper.

Butter to smooth make sauce smooth

Corn Starch to thicken

Steam cleaned asparagus. In a small sauce pan add olive oil,

Add ingredients together and measure to taste.

Homemade Mashed Potatoes

1 bag of Yukon gold potatoes

1 stick of butter

Garlic to taste

Milk to taste

Salt to taste

Parsley to taste

Optional: Cheese to taste

Directions: Peel potatoes and cut into about 8 pieces. Boil potatoes until tender when pierced with a fork. Drain water. Put potatoes into a medium bowl; begin to mix with butter, milk and salt. Serves 8-10

Red Velvet Cake

2 cups sugar

1-3/4 cup flour

¾ cup Hershey's cocoa

1-1/2 tsp baking powder

1-1/2 tsp baking soda

2 tsp vanilla

2 eggs

1 cup milk

½ cup oil

Directions: Heat oven to 350 degrees. Grease and flour two 9-inch round baking pans. Combine ingredients in large bowl. Add egg, milk, oil and vanilla; beat on med. speed for 2 min. Stir in **boiling water** (batter will be thin.) pour into pans.

Bake 30-35 min. or until wooden pick inserted in centers comes out clean. Cool 10 min; remove from pans to wire racks. Cool completely. Frost w/ butter cream icing

Broccoli, Cauliflower w/ Lemon

1 head of broccoli cut into small pieces (include parts of the stem)

1 head of cauliflower cut into small pieces

1 Lemon

Olive oil

Directions: In a large skillet, sauté vegetables in a little olive oil over a medium-high heat. When almost done cooking add 1-2 TBS of butter,

continue sautéing until partly crunchy. Squeeze the juice of 1 lemon over vegetables and remove from heat.

Optional: Sprinkle with sesame seeds

Strawberry Cake

Box of white cake mix

Directions: cook cake according to box.

Butter Frosting

3 cups powdered sugar

1 tsp vanilla

3-4 tsp milk

1/3 cup butter

In a medium bowl, place powdered sugar, 1 tsp vanilla and 3 tsp milk. In a 1 quart size saucepan, heat 1/3 cup butter over medium heat, stirring constantly, just until light brown

Pour browned butter over powdered sugar mixture. Beat on low speed about 1 minute or until smooth. Gradually add just enough of the remaining 1 tablespoon milk to make frosting creamy and spread able.

Lemonade Surprise

Black Tea

Pink Lemonade

Raw Sugar

Directions: Mix to taste

Baked Chicken Wings

Chicken wings (can be frozen or thawed)

Lemon Pepper

Chili powder

Seasoned Salt

Directions: Toss wings with equal parts of each seasoning. Place covered wings on foil lined cooking sheets and bake at 375 for 1 hour if frozen, bake 45 minutes to 1 hour if thawed.

Dr. C's Carrot Cake

2 cups sugar

1 cup oil

4 eggs

1 tsp baking soda

3 cups Flour

2 tsp baking powder

1 ½ tsp cinnamon

2 tsp vanilla

3 cups carrots

½ cup pineapple

½ tsp nutmeg

Optional 1 tsp salt

Directions:

Bake at 325 until done.

Dr. C's Cream Cheese Frosting

¼ - ½ stick of butter

4-8 ounces of cream cheese

Evaporated milk

Powdered sugar

Jerk Turkey

½ cup chopped cilantro

½ cup green onions

2 tsp grated fresh ginger

1 ½ sp ground cinnamon

1 Tbs olive oil

3 jalapenos, seeded and coarsely chopped

1 tsp freshly ground pepper

½ tsp salt

Pinch of red pepper flakes

4-6 cloves of garlic

4-6 tsp firmly packed brown sugar

1 tsp cider vinegar

1 tsp orange juice

3 tsp Worcestershire sauce

4 boneless skinless turkey thighs

6 boneless skinless turkey drumsticks

In a food processor, combine the green onions, ginger, allspice, cinnamon, oil, jalapenos, black pepper, salt, red pepper flakes, and garlic and process until very finely chopped, almost smooth. Stir in the brown sugar, vinegar, orange juice and Worcestershire to form a paste.

Wash the turkey and pat dry. Rub mixture all over the turkey legs and thighs. Set aside for 15 minutes or refrigerate, covered for 2 – 3 hours. Coat the slow cooker with nonstick cooking spray. Put the turkey in the cooker. Cover and cook on high until the turkey is tender, 3-3 ½ hours.

Serves 6-8

Collard Greens with Kale

2 bunches of Greens

2 bunches of Kale

6 tsp Olive oil

8 cloves of garlic chopped

2 cups of chicken broth

1 canned chipotle pepper in adobo sauce or small dried hot pepper (optional)

2 lemons, juiced

2 tsp cider vinegar

Your favorite cornbread, prepared

Rinse the greens well in the sink. Drain and trim off the rough stems. Cut the leaves crosswise into ½ inch wide strips, you will have about 12-14 cups. In a deep saucepan, heat the olive oil over medium heat. Add the garlic and cook, stirring, just 30 seconds to 1 minute. Add the greens in handfuls and toss to coat with the oil. With each addition, cover for a minute until wilted, then add some more. Transfer to the slow cooker once they've all been wilted and add the broth. If using the chipotle pepper, nestle it down in the center of the grains. Cover and cook on low until tender 4-6 hours. Season with salt and pepper and stir in the lemon juice and vinegar. Serve nice and hot with a pat of butter and some cornbread.

Jambalaya with Sausage

2 whole cut up chickens

1 ½ pound sausage or cubed beef

6 Tbs. flour

2 large onions chopped

2 bunches of green onions, chopped

4 Tbs parsley, chopped

4 - 6 cloves of garlic, minced

4 cups of brown rice

6 cups water

1 ½ tsp red pepper

3 tsp salt

Boil chicken and remove meat from the bone. Sauté sausage with no oil if possible. Set meat aside. Take stock pot and brown flour to a dark roux. Add onion, parsley and garlic. Cook until soft, then add water and rice, salt and pepper, and browned meat. When it comes to a boil, lower heat to lowest point and cook for about 1 hour covered tightly. When rice is done, remove lid and let cook for a few minutes until rice drains a little.

Serves 6-8

Bread Pudding

1 cup white sugar

1 box dark brown sugar

1/3 gallon 2% milk

6 eggs

½ quart half and half

1 ½ tsp – 1 Tbs cinnamon

1 ½ tsp – 2 Tbs nutmeg

½ oz. Imitation Rum flavor

¼ cup Pecans or Walnuts

2 loaves of bread

1 stick of butter

Glass baking dish if possible with a glass top

2" high pan – place glass pan inside to steam

Break bread up into small pieces, set aside.

Earthquake Cake

- 1 pkg of German Chocolate cake mix
- 1 cup flaked coconut
- 1 cut chopped walnuts
- 4 cups confectioners' sugar
- 2 Tbs unsweetened cocoa powder
- 6 Tbs cola-flavored carbonated beverage
- 1 cup butter
- 1 8oz. package cream cheese

Prepare cake mix as directed on package. Lightly grease the bottom and sides of one 9 x 13 inch baking pan. Sprinkle coconut and nuts over bottom of pan. Pour cake batter over top. Combine 1/2 cup melted butter or margarine, cream cheese and 2 cups confectioners' sugar. Beat until smooth. Pour (spoon) over cake batter. Bake at 350 degrees F (175 degrees C) for 45 minutes or until a toothpick comes out clean. Let cake cool before frosting. To Make Frosting: Combine cocoa, cola and 1/2 cup margarine in a saucepan. Cook over medium heat until mixture boils, stirring constantly. Remove from heat. Pour mixture over remaining confectioners' sugar. Beat until smooth. Spread icing over cake. (If you like a thicker icing add more confectioners' sugar.)

Amina's Spanish Rice

3 Tbsp Olive Oil

2 Cups rice

½ medium onion diced

2 tbs minced garlic

¼ green pepper diced

1 jalapeño

2 tsp cumin powder

3 ½ cup water

1 pkg sazón

4 tsp Chicken broth

¼ can of whole tomatoes chopped

½ cup tomato sauce

In a skillet put oil in hot pan then rice with onion and garlic. Stir mixture, add cumin and coat with oil. Continue to cook till rice becomes white and onions translucent. Then put water in with package of sazón and chicken broth.

Mexican Hot Chocolate

1 oz. Unsweetened Cocoa

½ cup boiling water

2/3 cup brown sugar

8 cups milk

Dash of salt

½ tsp Vanilla

1/8 tsp ground cinnamon

Melt chocolate then blend in boiling water. Add sugar and dissolve thoroughly. Add salt and milk, bring to a slow boil. Reduce heat and stir in vanilla and cinnamon. Serve in mugs, topped with whipped cream if desired.

Serves 6 - 8

Crab Cakes

2 tablespoons olive oil
2 stalks celery stalks, very finely chopped
1/3 finely chopped onion
1/3 chopped red pepper
1 pound lump crab-meat (picked over - no shells)
2 2/3 cups bread crumbs dry white bread crumbs
1/4 cup chopped fresh chives
2 tablespoons chopped fresh parsley
6 tablespoons all-purpose flour
3 large eggs

Heat 2 tbsp olive oil in heavy large skillet over medium heat. Add celery and onion; sauté until tender, about 5 minutes. Transfer to large bowl. Stir in crab-meat, 2/3 cup bread crumbs, chopped chives, parsley and reserved 1/2 cup of mayonnaise. Season mixture to taste with salt and pepper. Mix very gently so not to crush all the crab meat - you want nice & chunky.

Using scant 1/3 cup mixture for each cake, form into twelve 2 1/2 inch diameter cakes. Arrange cakes on baking sheet. Chill for at least one good hour.

Place flour in small bowl. Whisk eggs to blend in another small bowl. Place remaining 2 cups bread crumbs in medium bowl. Coat each crab cake with flour. Dip into beaten egg, then into bread crumbs, coating completely.

Heat 1 tablespoon vegetable oil in large skillet over medium heat.

Cooks Note: Be sure the oil and skillet are hot when you add the crab cakes or food may stick. Avoid the temptation to flip too soon, before they have a chance to set somewhat and obtain some structure.

Add crab cakes in batches: cook until golden brown and heated through, adding more oil as necessary, about 5 minutes per side. Serve on a green apple and carrot slaw with a simple tomato vinegarette.

Carolyn Carmichael' s SWEET POTATO POUND CAKE

For Cake:	1 medium sweet potato (1 ½ cup boiled)
3 sticks of butter (room temperature)	3 cups of sugar
6 eggs (brown eggs)	3 cups of flower (cake flower)
2 tbs of vanilla	For Glaze:
One cup of brown sugar	½ stick of butter
1 tsp of vanilla	

To make cake:

Eggs, butter, sweet potato has to be at room temp.

Mix sweet potato and butter well. Add sugar one cup at a time.

Add eggs one at a time and mix well

Add flower one cup at a time.

Add vanilla and mix for 2 minutes.

Bake at 325 for about 1 hour and 10 minutes.

Poke with a toothpick to see if done

To make Glaze:

Melt butter and brown sugar together and spread over cooled cake.

Judy Rathburn's CHOCOLATE CAKE or CUPCAKES

2 cup sugar
1 $\frac{3}{4}$ cup all-purpose flour
 $\frac{3}{4}$ cup unsweetened cocoa
1 $\frac{1}{2}$ tsp baking powder
1 $\frac{1}{2}$ tsp baking soda
1 tsp salt
2 eggs
1 cup coconut milk (I use the refrigerated kind)
 $\frac{1}{2}$ cup vegetable or canola oil
2 tsp vanilla extract
1 cup boiling coffee

- 1) Heat oven to 350 degrees. Grease two 9-inch baking pans for cake. Or will make about 25 to 30 small cupcakes.
- 2) Combine dry ingredients in large bowl. Add eggs coconut milk, oil and vanilla and beat on medium speed for about 2 minutes. Stir in the boiling coffee. Pour into baking pans or fill cupcake liners $\frac{3}{4}$ full.
- 3) Bake at 350 degrees. Bake cake 30-35 minutes. Bake cupcakes 25-30 minutes.

BROWN SUGAR FROSTING

$\frac{2}{3}$ cups packed dark-brown sugar
 $\frac{1}{3}$ cup pineapple juice
 $\frac{1}{2}$ cup butter – cut in pieces
2 cup powdered sugar (May need to add more to achieve desired consistency.)
* Add more powdered sugar as needed during mixing

- 1) Boil pineapple juice and brown sugar to soft boil. Add butter, stir until smooth. Add powdered sugar and beat until well blended. Cover with plastic wrap. When frosting is cool, frost cake or cupcakes.

Carmel Pecan Brownies

Ingredients

1 1/2 cups coarsely chopped pecans
1 (4-oz.) unsweetened chocolate baking bar, chopped
3/4 cup butter
2 cups sugar
4 large eggs
1 cup all-purpose flour
1 cup firmly packed dark brown sugar
1/2 cup milk
2 tablespoons butter
1/4 teaspoon salt
1 1/2 cups powdered sugar
1/2 teaspoon vanilla extract

Directions

Preheat oven to 350°. Optional: bake pecans in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant.

Microwave chocolate and 3/4 cup butter in a large microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals. Add four to mixing bowl, add chocolate, add butter and mix well. Slowly whisk in sugar and eggs until well blended (doughy consistency). Spread batter into a greased 13- x 9-inch pan.

Bake at 350° for 20 to 25 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Let cool 1 hour on a wire rack.

Topping:

Combine brown sugar, milk, 2 Tbsp. butter, and salt in a large saucepan; bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium-low, and simmer, stirring occasionally, 5 minutes or until slightly thickened. Remove from heat. Let stand 5 minutes. Mix in powdered sugar and vanilla until smooth. Pour over brownies, spreading to edges; sprinkle with toasted pecans. Let cool 30-40 minutes. Cut into squares.

Dr C's Teriyaki Chicken

Ingredients:

2-3 boxes Pasta
3 lb Boneless skinless organic chicken breast and thigh
1 medium/large onion
1 medium/large green pepper
4 small bunches of organic broccoli
2 cups dark brown sugar
¼ cup Worcestershire sauce (possibly more, to taste)
1/3 cup organic Tamari (possibly more, to taste)

1/3 cup Kikkoman's all purpose soy sauce (possibly more, to taste)
¼ cup honey (possibly more, to taste)
3 oz organic minced ginger
¼ cup organic orange juice (possibly more, to taste)
¼ cup organic grape juice (possibly more, to taste)
½ cup olive oil
Optional: 1 Bunch of organic carrots, sliced diagonally and steamed for about 10 minutes.
Salt and Pepper to taste

Directions:

Prepare pasta according to directions. Chop onions, pepper, cut up broccoli

Steam broccoli, set aside

Sauté chicken in olive oil with salt and pepper and 3 Tbs of minced ginger, drain chicken set aside.

In a separate bowl, mix: brown sugar, soy sauce, grape juice, orange juice, olive oil, ginger, tamari sauce, Worcester sauce and honey. Whisk together. (Add additional to taste) In another bowl, Add corn starch and ½ cup liquid mix together in a separate bowl, add to larger liquid mix, Once mixture is smooth and has no lumps, set aside.

Using the same pan that you used to cook chicken, sauté cut up onions and peppers in a small amount of olive oil. Once cooked (approximately 7-10 minutes) on medium-high heat, add chicken to onion and pepper mixture.

Add teriyaki mix in the skillet and coat meat and vegetables evenly. Add broccoli last to each plate/bowl along with pasta or rice

Donuts dipped in Chocolate or Maple Glaze

Ingredients:

4 ½ cups unbleached flour
1 cup sugar
3 tsp baking powder
1 tsp baking soda
1 tsp salt
1 ¼ tsp nutmeg

1 cup buttermilk
¼ cup melted butter
1 tsp vanilla
1 tsp cinnamon
2 eggs, slightly beaten
Canola oil
Paper towel

Directions:

In a large bowl, combine flour, sugar, baking powder, soda, salt, cinnamon and nutmeg.

Stir in remaining ingredients just until dry ingredients are moistened. (If desired, chill dough overnight for easier handling)

In large sauce pan, skillet or fryer heat 2-3 inches of shortening or oil to 375*. On well floured surface, toss dough lightly until it's no longer sticky.

Roll with flowered rolling pin half at a time to a 3/8" thickness. Cut with floured doughnut cutter. Slip doughnuts into hot oil, using pancake turner.

Fry about 1 – 1 ½ minutes on each side or until deep golden brown. Drain on paper towels. Dip in chocolate

Chocolate Glaze

3/4 cup semisweet chocolate morsels
3 tablespoons whipping cream

Directions

Combine chocolate morsels and cream in a microwave-safe glass measuring cup. Microwave on HIGH for 30 seconds. Whisk until smooth. Cool 20 minutes, and stir well; cool 8 more minutes.

Maple Glaze

5 cups confectioners' sugar	½ tsp milk
¼ tsp maple extract	3 Tbs butter

In a small bowl combine confectioners' sugar, maple extract, butter and milk. Stir well. Add additional milk if needed, to reach desired consistency. Add maple extract to taste. Drizzle over donuts.

Cheryl's Quiche recipe

Ingredients:

Large pie shell

1 Small package of frozen spinach thawed (squeeze off any liquid) or use fresh, lightly steamed

1 Small package of frozen broccoli thawed (squeeze off any liquid) or use fresh, lightly steamed

1 Small package (2 cups) of shredded cheddar cheese

1/2 tsp. salt

1/2 tsp. pepper

6-8 eggs or one 1 cup Egg Beaters Original (8 oz.) - Bake off pie shell lightly browned-

Directions:

Combine all ingredients in a bowl (reserve some of the cheese to put on top) and pour into pie shell.

Bake for 40-45 minutes at 375F or until knife inserted into center comes out clean. Let stand 10 minutes before cutting

Sweet Potato Pie

Ingredients:

9 medium sweet potatoes/ jewel yams
1 cup softened butter
½ cup sugar
1 cup firmly packed brown sugar
½ tsp salt (optional)
2 tsp nutmeg
3 eggs, beaten well
2 cups milk
2 Tbs vanilla
4 unbaked 9 in deep crust

Directions:

Bake sweet potatoes until tender. Peel and mash. Heat oven to 350*

Lightly beat sweet potatoes, then combine butter, sugar, brown sugar, salt, vanilla and nutmeg in a large bowl. Beat at medium speed until creamy. Beat in eggs. Beat in milk slowly. Spoon into 4 unbaked pie shells, using about 4 cups of mixture per shell.

Bake at 350* for 50 – 60 minutes or until set. Cool to room temperature before serving. Store in refrigerator. (Toothpick check to make sure fully cooked, it should come out clean)

Randa's Tabouli

Ingredients:

2 bushels of parsley (minced)
1/2 cup fine bulgur
3 tablespoons of fresh mint leaves (minced)
2-3 tomatoes (diced small pieces)
4 scallions (finely chopped)
2 cucumbers (optional, seeded and finely chopped)
2-3 tablespoons oil (or to taste)
2-3 fresh squeezed lemons (or to taste)
1 tsp salt (or to taste)

Directions:

Clean parsley well (3-4 times) drain and set aside.

In large bowl, wash and drain bulgur 2-3 times then soak in water for at least 20 minutes or until it is tender (water will be absorbed) then drain.

Add all chopped vegetables and herbs with bulgur and toss.

Then add lemon, oil, and salt and mix. Refrigerate to chill, then serve.

Chorizo Hash Browns

Ingredients

8 russet potatoes, peeled
1/2 cup all-purpose flour
2 eggs
6 ounces raw beef or pork chorizo (remove casings)
1/2 small white onion, chopped
Green onions, optional
Salt and freshly ground black pepper
1 cup oil or as needed, for frying

Directions:

Using a box grater or shredding blade of a food processor, shred the potatoes. Rinse until the water is clear. Drain. Dump the shredded potatoes onto a clean kitchen towel. Squeeze to remove all excess water. Add the shredded potato into a large mixing bowl along with the flour and eggs. Mix well.

Cook the chorizo in a large nonstick skillet over medium heat, breaking any lumps, until it begins to crumble and is cooked through. Add the onions and sauté until translucent, about 3 minutes. Season with salt and pepper. Drain oil from Chorizo. Add the chorizo-onion mixture to the shredded potatoes. Mix to combine.

Heat about 1/4 inch of oil in a large, heavy skillet over medium-high heat. When the oil is sizzling hot, place the mixture in separate piles like pancakes. Cook until nicely browned on the bottom, then flip over and brown on the other side. It should take 3 to 5 minutes per side. Transfer hash browns to a paper-lined plate and drain. Season with 1/2 teaspoon pepper and serve immediately.

Dr C's Vegetable Lasagna Rolls

4 medium cartons of white mushrooms
4 bags of frozen thawed spinach
2 – 16 oz. ricotta cheese or small curd cottage cheese
1 container 5 oz. shredded Romano cheese
3 bags of Italian blend cheese (2 cups)
3 Eggs
2 boxes of lasagna pasta (1lb)

¼ tsp nutmeg
Worcester sauce (to taste)
Sauce Ingredients: (optional, may use your favorite prepared sauce)
4 cans of 28 oz. tomato sauce,
¼ cup parsley
¼ cup basil
¼ cup oregano
¼ cup sugar

Boil lasagna noodles according to directions. Set aside and add 2 tsp of oil and mix together (so noodles will not stick together)

Rinse, drain and finely chop up all mushrooms, Set aside.

Mix tomato sauce, parsley, basil, oregano and sugar well. Set a side. (disregard if using your favorite sauce)

In a large skillet, with 2 tbs olive oil, heat on medium-high, add mushrooms, and sprinkle all over with Worcester sauce and salt and pepper. Cook mushrooms down until hot all the way thru. Drain and set aside.

Mix ricotta cheese, squeezed spinach, ½ parmesan and ½ romano cheeses. Mix together well. Add eggs, mix well. Add salt, pepper and nutmeg, mix well.

Take lasagna noodle, add mushroom mixture to the center of noodle (lengthwise) and top with mushrooms. Roll up lasagna noodle to make a roll. Put in greased baking dish.

Sprinkle with Italian blend cheese, cover with sauce and repeat with additional noodles until mixture is gone (make sure sauce is going in between rolls). Cover with foil, bake at 350* for 40-45 min. When removing from oven, add additional Italian cheese. Place back in oven until cheese is melted. Remove and serve.

Ms Curry's Fresh Greens

Ingredients:

1 ½ Smoked Turkey Wings
6 Bunches Fresh Greens
2 bunches of Mustards
2 bunches of Turnips
2 bunches of Kale
2 pkgs of Onion Soup Mix
Baking Soda (Ms. Curry uses in Collards only)
1 tsp of Sugar
1 Tbs of Ham base
2 Tbs of Worcestershire Sauce

Directions:

Cut of stems of greens, tare larger leaves, put a small amount of detergent in luke warm water, wash 2 times, rinse afterwards (approximately 5 times) to ensure greens are cleaned properly.

In a 6-8 qt. size pot place 1 ½ turkey wings, enough water to cover wings, 2 -pkgs of onion soup mix, 1Tbs of ham base, a tsp of sugar, 2 Tbs of Worcestershire sauce, and. Stir together and cover with a lid

Boil on medium-high until wings are tender (approx.25-30 min)

When the turkey is tender remove from pot. Allow to turkey cool, remove skin from turkey.

Take cleaned greens once all water has drained off, and place turkey & greens back into pot with a lid and cook on medium high with a consistent boil stirring occasionally. Cook greens until they are done to your taste, approximately 25-30 minutes.

Shortbread Thumbelinas

Ingredients

2 ½ cups all purpose flour
1 cup finely chopped toasted almonds, divided
1/4 teaspoon salt
1 1/4 cups butter, softened
1 cup powdered sugar, sifted
1 teaspoon vanilla extract

Directions

Combine flour, 1/2 cup almonds, and salt; set aside.

Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar, beating until light and fluffy.

Add flour mixture to butter mixture gradually, beating just until blended. Stir in vanilla.

Cover dough, and chill 1 hour.

Shape dough into 1-inch balls; roll balls in remaining 1/2 cup almonds. Place about 1 inch apart on lightly greased baking sheets; gently press an indentation into center of each cookie with thumb. Bake at 350° for 14 minutes or until set; remove from pans to wire racks to cool completely. Spoon or pipe about 1/2 teaspoon Chocolate Filling into indentation of each cooled cookie.

Chocolate Filling Ingredients

3/4 cup semisweet chocolate morsels
3 tablespoons whipping cream

Directions

Combine chocolate morsels and cream in a microwave-safe glass measuring cup. Microwave on HIGH 30 seconds. Whisk until smooth. Cool 20 minutes, and stir well; cool 8 more minutes.

Snowflake Shortbread
Ingredients

1 cup butter, softened
1 cup powdered sugar

2 cups all-purpose flour
¼ teaspoon salt
Parchment paper

Directions

Preheat oven to 325°. Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add powdered sugar, beating well.

Combine flour and salt; gradually add to butter mixture, beating until blended.

Roll dough to 1/8-inch thickness on a lightly floured surface. Cut with a 2-inch snowflake-shaped cutter, and place 1 inch apart on parchment paper-lined baking sheets.

Bake at 325° for 11 to 13 minutes or until edges are lightly browned. Cool on baking sheets 5 minutes. Transfer to wire racks, and cool completely (about 40 minutes). Decorate with Royal Icing, and sprinkle with sparkling sugar.

Royal Icing
Ingredients

3 cups powdered sugar
2 tablespoons meringue powder
1/4 cup cold water

Directions

Beat all ingredients at high speed with a heavy-duty electric stand mixer, using whisk attachment, until glossy, stiff peaks form. Tint icing with desired amount of food coloring paste, and beat until blended. Place a damp cloth directly on surface of icing (to prevent a crust from forming) while icing cookies.