



Turkey Fruit Salad

Rebecca Harris

- 1/2 cup mayonnaise
- 2 tablespoons honey
- 1/8 teaspoon ground ginger
- 1 (11-ounce) can Mandarin orange sections
- 2 cups turkey, chopped
- 1 apple, chopped
- 1 cup seedless grapes
- 8 ounces pineapple chunks
- 1/2 cup raisins (dried cranberries)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup pecans, roasted



1. In a bowl combine mayonnaise, honey, and ginger; mix well. Add mandarin orange sections (drained), cooked, chopped turkey, chopped apple, halved seedless grapes, and pineapple chunks (drained). Season with salt and pepper. Chill.
2. Stir in roasted pecans just before serving.

Makes 6 servings.

Cookie Fruit Salad

Cindy Tolman

- 1 Sm box instant vanilla pudding
- 1 C. buttermilk
- 8 oz Cool Whip
- 2 cans drained Mandarin Oranges
- 1 Sm can drained Pineapple tidbits
- 1 pkg fudge stripped cookies



Put cookies in freezer until needed (freezer makes them crumble easier). Mix pudding and buttermilk with wire whisk. Fold in Cool Whip. Add fruit. Just before eating, add broken up pieces of cookies.

Cherry Pie Cobbler

Venetta Larson

Pie Filling:

4 C. Pitted Pie Cherry's
1 1/3 C. Sugar
3 T. Tapioca
1/4 t. Almond extract



Mix together and pour in pie shell or casserole pan (Recipe will have to be doubled or tripled for a 9X13 pan).

Cobbler top

1/2 C. Oats
1/2 C. Brown Sugar
1/4 C. Flour
1/4 t. cinnamon
1/4 C. Melted margarine or butter

Mix together and spread over pie filling. Bake 45 min. to 1 hour at 350°.

Chicken Manicotti

Deanna Hignens

1 T. Garlic powder
1 1/2 lb boneless skinless chicken breast
16 uncooked manicotti shells
2 Jars Spaghetti Sauce
4 C. Mozzarella cheese
2/3 C. Water



Rub garlic over chicken; cut into 1 inch strips. Stuff chicken into manicotti shells

Make spaghetti sauce or use 2 jars prepared

Spread 1 cup spaghetti sauce in each of two greased 9X13 baking dishes. Place eight stuffed manicotti shells in each dish. Pour remaining sauce over the top. Sprinkle with 2 cups shredded mozzarella cheese each pan (4 cups all together)

Drizzle 1/3 cup of water around the edge of each dish. Cover & bake at 375° for 65-70 minutes.

*Tip: You can cover & freeze the 2nd casserole for up to 1 month. To cook frozen casserole, Thaw in refrigerator. Let stand at room temp for 30 minutes. Bake as directed above.

Chicken Enchiladas

Tanya Anderson

- ½ Large onion – chopped
- ¼ C. Water
- 4 oz. Cream Cheese (Reduced fat works very well)
- 1 T. Milk
- 1 tsp Ground cumin
- 4-6 (Depending on size) boneless, skinless chicken breast
- 10 Flour tortillas (8 inch)
- 1 Can Cream of Chicken soup
- 1 C. Nonfat plain yogurt
- ½ - 1 C. Milk
- 4-5 Nacho Slices of jalapeno pepper
- 1 C. Shredded cheddar and/or Monterey Jack cheese (4 oz)



Cook chicken in a large, non-stick frying pan over medium-high heat. When it is cooked, chop into small pieces (or if you're really tricky, you can chop it with your spatula while it cooks!) Add Onion, water, and cumin. Stir and cook till the onion is tender. Reduce heat to medium.

Add the creamed cheese and 1 Tbsp milk to the chicken mixture and mix in to the chicken, stirring constantly. When the cheese is smooth and coats all the chicken, it is ready.

Combine soup, yogurt, milk, and the jalapenos. (Use less milk for thicker sauce, more for thinner sauce.) Blend the mixture well. (Use a blender – one of the handheld ones are excellent but a conventional one will do well also.) Pour enough sauce mixture in the bottom of a 9X13 inch baking pan to cover the bottom.

Spoon about ¼ C. chicken mixture onto each tortilla near one edge; roll up. Place filled tortillas, seam side down, in the baking pan. Top tortillas with remaining sauce and run a spoon down between them to make sure they are surrounded with sauce. Top with shredded cheese. If you like things hot, place a few jalapeno slices on the top of the cheese for some extra kick.

Bake in 350° F oven for about 45 minutes or until heated through. The sauce will be boiling hot (bubbling) and the cheese melted on the top.

Serves a family of six (2 adults, 4 young children) – top them with Salsa, shredded lettuce and diced, fresh tomatoes! (Feed more people by combining with side dishes.)

