



### Cranberry Jell-O Salad

Julie Garner

- 2 sm pkg strawberry Jell-O
- 1 C. Boiling water
- 1 Can (303) Whole cranberry sauce
- 1 sm. Can Crushed pineapple
- 2 C. Bananas
- 1 Pint Sour Cream



Make up ½ recipe of Jell-O/fruit mixture. Pour into 9X13 pan. Let set up. Spread with 1 pint sour cream – let set again. Make up the other half of Jell-O as pkg directs. Pour on top and set.

### Crunchy Meat & Vegetable Deli Wraps

Rebecca Harris

- 6-8 Flour Tortillas
- 1 – 8 oz pkg. Cream Cheese
- 2 T. Brown mustard
- 1 T. Honey
- Thinly sliced beef, turkey, or ham
- ¾ C. Chopped carrots
- ¾ C. Chopped celery
- Shredded cheese
- Crumbled Bacon
- Leafy lettuce



Spread tortilla with Cream Cheese mixture. Layer sliced meat & cheese on top of cream cheese mixture. Sprinkle chopped carrots, celery, bacon, and leafy lettuce on top of meat and cheese. Roll tightly. Cut into four pieces (hold them together with toothpicks. (For better uniformity, cut both ends off before dividing into the four pieces.)

### Couscous with Orange

Chris Rowley

- 1 pkg couscous
- Chicken broth (use in place of water to cook couscous)
- Chopped green onion
- 1 Can mandarin oranges, drained
- Chopped, pre-cooked chicken
- Season to taste



Cook couscous according to pkg directions using broth in place of water. Add fresh green chopped onions during standing time. Add mandarin oranges and chopped, pre-cook chicken. Season to taste.

## Creamy Cucumber Dill Sauce

Jeanette Warren

Combine:

- 1 C. Sour Cream
- ¾ C. Finely chopped cucumber
- 1 T. Vinegar
- ¼ t. Dill weed

Season to taste and add

- 1 – 1½ lbs. salmon or halibut.
- Refridgerate at least 1 hour before serving.



## Spicy Shredded Chicken Café Rio Style

Bonnie Jones

- 7 boneless, skinless chicken breasts (thawed or frozen)
- 2 Cans Ro-Tel brand diced tomatoes & green chilis
- 1 t. Pepper
- 1 t. Salt
- 1 t. Chili powder
- 1 t. Garlic salt
- 1 t. Cayenne pepper
- Lime juice to taste...bottled or fresh



Place all ingredients (except lime juice) into crock pot. Cook all day on low. Shred chicken with forks and squeeze lime juice over meat and serve in burritoes or salad.

## Banana Bread

Cindy Tolman

- 2 C. Flour
- 1 t. Baking Soda
- 1 t. Salt
- ½ C. Shortening
- 1 C. Sugar
- 2 Eggs
- 1 C. Ripe Bananas, mashed
- 1 T. Vinegar, plus milk to make ½ C. liquid
- 1 C. Nuts, optional



Beat first 6 ingredients unti fluffy. Add bananas and liquid alternately. Add nuts if desired. Bake in loaf pan 60 – 70 minutes at 350°

## Pina Colada Salad

Marcia Toomey

- Romaine Lettuce
- Pineapple Chunks
- Mandarin Oranges
- Shredded Cocoanut
- Macadamia Nuts
- Poppy Seed Dressing



## Taco Soup

Dorothea Larson

- 1 lg. Can chili beans
- 1 lb. Ground beef, browned
- 1 Onion, diced
- 8 oz. Tomato sauce
- 1 pkg. Taco seasoning
- 8 oz. Water
- 1 Can whole tomatoes
- 1 Can kidney beans
- 1 sm. Can chopped green chilies
- 1 Can whole kernel corn (don't drain)



Put in crockpot; cook on low 4 – 6 hours.

## Creamy Crab & Red Pepper Spread

Denise Harris

- 2 Green onions, thinly sliced, divided
- 1 tub (8 oz.) 1/3 less fat Cream Cheese
- 1 Can (6 oz) lump crab meat, drained
- ½ C. Shredded cheddar cheese
- ½ C. Finely chopped red pepper
- 1 T. Grey Poupon Dijon Mustard



Reserve 2 Tablespoons onions. Mix remaining onions with all remaining ingredients except crackers; cover. Refrigerate at least 1 hour. Sprinkle with reserved chopped onions. Serve with crackers

## Cheesy Spinach & Artichoke Dip

Denise Harris

- 1 Can (14 oz) artichoke hearts, drained, finely chopped
- 1 pkg. (10 oz) Frozen chopped spinach, thawed, drained
- ¾ C. Grated Parmesan Cheese
- ¾ C. Mayonnaise (light-reduced fat)
- ½ C. Shredded Mozzarella Cheese
- ½ t. Garlic powder



Heat oven to 350°. Mix all ingredients, spoon into 9 inch quiche dish or pie plate. Bake 20 min. or until heated through. Serve with crackers and assorted fresh vegetables.

