



Creamy Chicken & Wild Rice Soup

Denise Harris

- 2/3 C. Uncooked wild rice
- 2/3 C. Chopped Onion
- 2/3 C. Chopped Carrot
- 2 T. butter
- 6 C. Chicken broth
- 2 Medium potatoes, peeled & cubed
- 1/2 t. Salt
- 1/2 t. Pepper
- 1 C. Chopped broccoli
- 3 C. Cubed, cooked Chicken breast
- 1/2 C. Flour
- 1 C. Milk



-Cook rice according to pkg. directions. Meanwhile, in a large saucepan, coated with cooking spray, cook onion & carrot in butter for 2 min. Stir in broth, potatoes, salt & pepper. Bring to a boil. Reduce heat; cover & simmer 10 min. Add broccoli; cook 3-7 min. longer or until potatoes are tender.
 -Drain rice if necessary; fluff with a fork. Stir chicken & rice into potato mixture; heat through. In a small bowl, combine flour & milk until smooth. Gradually stir into soup. Bring to a boil; cook & stir for 2 min. or until thickened.

*1 1/4 Cups equals 251 calories.

Special Hamburger

Marcia Toomey

- 1/3 C. Evaporated Milk
- 2 T. Dried minced Onion (or less)
- 1 t. Salt
- 1/4 t. Pepper
- 1/8 t. Nutmeg
- 1/4 t. Garlic Powder
- 1 lb. Hamburger



Combine all ingredients except beef in a bowl. Let sit for 5 min. to rehydrate the onions. Add beef & mix well with your hands. Shape into 3-6 patties. Make a hole in each patty (like a donut). Oven-broil at 500° for about 5 minutes. Mix piquant sauce and spread on hamburger.

Piquant Sauce

- 3 T. Brown Sugar
- 1/4 C. Catsup

- 1/4 t. Nutmeg
- 1 t. Dry Mustard

Put sauce on hamburgers and bake at 450° for 10 min.

Spinach Salad

Barbara Bean

Spinach
3 Gala Apples
¼ C. slivered/diced purple onion
1-2 C. candied pecans (broken into smaller pieces)
1 C. Dried Cranberries

Toss together & Serve with Poppy Seed Dressing.

Poppy Seed Dressing

½ C. Mayonnaise
½ C. Sugar
2 T. Apple cider vinegar or white vinegar
2 T. Poppy seeds
¼ C. Milk



Combine & mix until smooth. Refrigerate until needed.

Candied Pecans

Preheat oven to 300° F
Slightly butter a cookie sheet

1 Egg White	1 t. Salt
1 t. Water	1 T. Cinnamon
1 C. Sugar	4 C. Pecans

In a bowl, beat egg white and 1 tsp. water until frothy. In a separate bowl, mix sugar, salt & cinnamon. Add 4 cups pecans to egg white mixture and coat well. Add sugar mixture to pecans & coat. Spread the pecans evenly over the baking sheet. Bake at 300° for 40-60 minutes (depending on your oven) turning every 15 minutes. They are done when the nuts are dry when you turn them. Cool on a sheet of foil.

Fruit Salad

Bonnie Jones

12 oz. Cool whip
1 Can Sweetened condensed milk
2 11 oz. Cans Mandarin orange, drained
1 20 oz. Can pineapple tidbits, drained
1 C. Coconut
½ C. Chopped pecans
2 Bananas
You may substitute any other fruit you like.



Combine Sweetened Condensed milk with Cool whip. Toss with fruit. Chill and serve.

Fruit Pudding Cobbler

Dorothea Larson

1 C. flour
¾ C. Sugar
1 t. Baking powder
½ t. Salt
1 Egg
Butter



Mix and sprinkle over any fruit. Pour melted butter over the top. You can also sprinkle cinnamon on top of fruit or mix in the topping if desired.
Bake at 350° for 35-40 minutes.

No Bake Chocolate Oat Bars

Shelley Pederson

1 C. Butter
½ C. Brown Sugar
1 t. Vanilla
3 C. Quick Oats
1 C. Semi-sweet Chocolate chips
½ C. Peanut butter



Grease a 9X9 pan. Melt butter in large sauce pan. Stir in brown sugar and vanilla. Mix in the oats and cook over low heat for 2-3 minutes. Press ½ mixture into the bottom of the pan. Melt chocolate chips and peanut butter in a small pan. Mix until smooth. Pour over crust and spread. Crumble remaining oat mixture over chocolate layer, pressing in gently. Cover and chill 2-3 hours before serving.

Lemon Pudding Dessert

Julie Garner

1 Stick softened butter or margarine
1 C. flour
1 C. Pecans
8 oz. Cream cheese, softened
1 C. Cool whip
1 t. Vanilla
1 C. Powdered sugar
6 oz. Lemon instant pudding
¾ C. Lemon juice
2 C. milk
Cool whip for top.



Mix first 3 ingredients until crumbly and spread in a 9X13" pan. Bake at 350° until light brown; cool. Mix next 4 ingredients and spread carefully on the cooked crust. Mix next 3 ingredients and spread on top of the cream cheese layer. Top with cool whip. Refrigerate for 4-6 hours before serving.
*For other flavors, use 3 cups of milk and eliminate the lemon juice.

Strawberry Pie with Cream Cheese Filling

Rebecca Harris

Sauce

- 1 C. Sugar
- ¼ C. Mashed Strawberries
- ¼ C. Cornstarch
- 1 C. Cool Water
- Red food coloring, a few drops (opt.)

Cream Cheese Layer

- 4-8 oz. Cream Cheese
- ½ C. Whipped Topping

Fresh Strawberries



- Prepare pie crust as directed below and let cool while preparing the filling.
- Combine ingredients for the sauce in a medium sauce pan. Bring to a boil. When it starts to steam, you will need to stir it constantly. (The bubbles will be rather thick and explosive, so be careful not to let it burn you.) Once it starts to boil, turn the heat down slightly and continue cooking & stirring for about 5 minutes. (This step is important if you don't want the sauce to turn runny in the pie).
- Combine the Cream cheese and whipped topping. Spread this mixture over the bottom of baked pie shell. Put in a layer of sliced strawberries on top of cream cheese layer. Pour ½ of the sauce over strawberries. Add another layer of strawberries and then the rest of the sauce. Decorate the top with strawberry halves.
- Serve with whipped cream or ice-cream
- *Adding the food coloring just enhances the color, but if you don't care about the pretty red, you can leave it out.

Perfect Pie Dough

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| 4 C. flour | 1 Egg |
| 2 t. salt | 1 t. Vinegar |
| 1 ¾ C. Shortening | ½ C. Cold Water |
| 1 t. Sugar | |

Mix flour, sugar & salt. Cut in Shortening. Beat water egg & vinegar. Combine lightly with flour mix. (Don't over mix) Let sit ½ hour (covered) before rolling out.

