

OVEN ROASTED VEGGIES

- 1 small eggplant, cut into $\frac{3}{4}$ inch pieces
- 2 small red potatoes, unpeeled, cut into $\frac{3}{4}$ inch pieces*
- 2 medium carrots thickly sliced diagonally
- 2 leeks, cut into $\frac{3}{4}$ inch rings
- 1 cup mushrooms, quartered
- 8 large garlic cloves, peeled, crushed
- $\frac{1}{2}$ tsp dried thyme, crumbled
- $\frac{1}{2}$ tsp dried rosemary, crumbled
- 2 Tbsp olive oil
- 2 cups broccoli florets



Preheat oven to 400°. Combine first 8 ingredients in large roasting pan. Add olive oil and toss to coat well. Bake until vegetables are tender and beginning to brown, stirring occasionally, about 45 minutes. Add broccoli to roasting pan and bake until broccoli is crisp-tender, about 10 minutes. (or you could use asparagus spears).

Serve over couscous or brown rice. Both sweet potatoes and regular potatoes are great roasted—but if you use these, you might want to skip the couscous or brown rice.

VEGETABLE SOUP

- 1 Tbsp olive oil
- 1 or 2 leeks, chopped fine
- 2 celery stalks, thinly sliced, plus chopped leaves
- $\frac{1}{2}$ cup sliced carrots
- 2 medium potatoes, peeled and diced
- 10 oz frozen chopped spinach, thawed
- 15 oz can of Contadina diced tomatoes
- 2 cups of water-add more if too thick
- 15 oz can small white beans and/or $\frac{1}{2}$ cup cooked acini de pepe
- salt and pepper to taste

Heat the oil in 3 quart soup pot. Add leeks, celery, carrots and potatoes. Cook over medium heat. Add $\frac{1}{2}$ of the water to vegetables and cook 10 minutes with the lid on to steam. Once the vegetables are soft, add the salt, pepper and spinach. Add the diced tomatoes and the rest of the water. Add the beans and heat to boiling. Serve hot.

CHICKEN BROTH

Canned broth contains monosodium glutamate and usually onion. Since many recipes require a cup or two of broth, it is a good idea to have homemade broth on hand. For convenience, make this broth once or twice and then freeze it in 2-cup portions.

Ingredients:

- 1 chicken fryer
- 5 1/2 quarts of water
- 1 Tbsp. salt
- 1/2 Tbsp. black pepper
- 1 leek, coarsely chopped
- 2 celery ribs plus leaves, coarsely chopped
- 3 carrots cleaned and coarsely chopped
- 2 garlic cloves, peeled and crushed
- 2 bay leaves
- 2 tsp. parsley
- 1/2 Tbsp. thyme

Clean chicken and place in 10 quart boiling pot. Add water and bring to a boil. A foam will develop as the chicken comes to a boil. Use a spoon to remove the foam. Check for this foam a few times. Then add all the other ingredients. Boil for 2 1/2 to 3 hours adding some water if necessary. You want to end up with about 4 quarts of broth.

To clarify the broth, place a moist cheese cloth inside a strainer. Place the strainer over a large pot or container. When the broth cools slightly, remove as much of the chicken as possible and then pour the broth through the strainer. Refrigerate the broth overnight. The next day, use a spoon to remove the congealed fat from the broth, and then divide the broth into 1 or 2 cup portions and freeze. The chicken can be cut up and used in a recipe or as chicken salad. The vegetables and chicken bones that remain in the strainer should be discarded.

CREAMY SWEET POTATO SOUP

- 1 shallot, chopped
- 1/4 cup butter
- 3 medium zucchini, chopped
- 2 quarts homemade chicken broth
- 10 oz frozen chopped broccoli, thawed
- 2 medium potatoes peeled and shredded
- 1 tsp celery seed
- 1 tsp ground cumin
- 1 tsp pepper
- 2 cups light cream
- 1 large can vacuum packed sweet potatoes, cut to bite size

In a large soup pot, sauté shallots and zucchini in butter until crisp and tender (low heat for about 5 minutes). Stir in broth and bring to a simmer. Add frozen broccoli and cook until soup returns to a boil. Add shredded potato and seasonings; cook another 10 minutes or until vegetables are tender. Stir in the sweet potatoes and cream and heat through.

Serves 12-16.

SPAGHETTI SAUCE

- One pound chuck roast
- ½ lb. hot sausage—no nitrites or onion
- ¼ cup chopped leeks or shallots
- 2 cloves of minced garlic
- 1 green pepper, cut into small pieces
- Salt and pepper to taste
- 2 Tbsp. olive oil
- 4 (28 oz) cans Contadina crushed tomatoes
- 2 (12 oz) cans Contadina tomato paste
- 1 cup of water
- 4 oz. can sliced mushrooms

Optional: If tomato sauce tastes bitter, add up to ¼ cup brown sugar.

Heat the oil in a 5 quart sauce pot. Brown the chuck roast and sausage. Add the leeks, garlic and green pepper. Cook until soft. Season with salt and pepper. Add the 4 cans of crushed tomatoes and the 8 oz of water. When the tomatoes start to boil, add the paste. Cook on low about 1½ to 2 hours. Stir frequently. Ten minutes before done, add the mushrooms to the sauce and add brown sugar as needed. If sauce is thin, continue cooking until it reaches desired thickness.

PASTA WITH BELL PEPPER AND HOT SAUCE

- 12 oz dried vermicelli or angel hair pasta
- ½ cup olive oil
- 3 oz butter
- 2 cloves minced garlic
- ¼ tsp ground (cayenne) hot pepper
- 1 red pepper, 1 green pepper sliced into thin strips

Heat water to boiling for pasta. Clean and slice peppers. To make sauce: add olive oil, butter, garlic and hot pepper to a saucepan. Continue cooking until soft but not mushy. Add pasta to boiling water. When cooked, drain pasta and pour sauce over top.

CRAB CAKES

- 1 egg
- 1/3 cup mayonnaise
- 1 Tbsp Dijon mustard or ½ Tbsp regular mustard. (use regular if your migraines are not controlled)
- 1/8 cup parsley
- A pinch of ground red hot pepper
- ¼ tsp salt
- 1 lb. canned crabmeat, drained—use real crabmeat and check ingredients to avoid sulfites and nitrites
- ¼ cup Kellogg's Cornflake Crumbs plus some to coat patties

Combine first 6 ingredients. Add crabmeat and ¼ cup of crumbs. Make 8 patties, about 3 inches each. Coat patties with extra crumbs. Broil on oiled cookie sheet about 4 minutes on a side and then fry them in oil.

SHRIMP WITH APRICOT-CURRY GLAZE

- 3 Tbsp olive oil
- 3 Tbsp apricot preservatives
- 1½ Tbsp white vinegar
- 2¼ tsp mustard
- 2¼ tsp curry powder
- 1¼ tsp minced garlic
- 1½ lbs uncooked large shrimp, peeled, deveined.

Whisk together first 6 ingredients in a large bowl. Add shrimp and toss to coat. Cover and refrigerate at least 2 hours. Preheat broiler. Broil Shrimp about 6 inches from heat just until cooked through, about 3 minutes per side.

SALMON WITH CRANBERRY SAUCE

- 1 cup whole-berry cranberry sauce
- ¼ cup honey
- 2 garlic cloves, minced
- ¼ tsp pepper
- 4 skinless salmon fillets—about 1½ lbs.

Preheat oven to 350°. Coat a 10x13 inch baking pan with non-stick cooking spray. Place salmon in the dish. Combine the other ingredients in a bowl. Spoon this mixture over the fillets. Bake 20 minutes or until salmon flakes easily. Serves 4

BEEF STROGANOFF

- 1 1/2 lbs beef for stew, cut into bite-size pieces
- 2 Tbsp butter
- 1 1/2 cups homemade broth, (beef broth is best, but chicken or vegetable broth works fine. Use whatever you have as long as it is homemade.)
- 2 Tbsp ketchup
- 1 clove garlic, minced
- 1 tsp salt
- 8 oz sliced mushrooms
- 1/4 cup shallots, chopped
- 3 Tbsp flour
- 4 cups cooked egg noodles

Use a 10-inch skillet to brown the beef in the butter. Set aside 1/3 cup of broth for later use. Add remaining broth, ketchup, garlic and salt to skillet. Once this boils, reduce heat and cover. Simmer beef for about 1 1/2 hours. Add water to skillet if needed to prevent scorching.

Add mushrooms and shallots to beef. Continue cooking in covered skill about 5 minutes. Add flour and reserved broth to a container that won't leak. Shake until smooth, and then add this to the beef mixture. Boil and stir for one minute. Serve over cooked noodles.

STEAK MARINADE

- 3 cloves minced garlic
- 1 Tbsp chopped shallot
- 1/2 cup olive oil
- 1/2 Tbsp fresh rosemary
- 1/2 Tbsp fresh thyme
- 1/2 tsp black pepper

Combine ingredients. Coat steaks. Cover and refrigerate one hour.

SLOPPY JOES

- 1 lb hamburger
- 1 shallot, chopped
- 1 clove garlic, chopped
- Salt and pepper to taste
- 1/2 cup ketchup
- 1 Tbsp mustard
- 2 Tbsp brown sugar
- 1 Tbsp white vinegar
- 8 hamburger rolls

Brown the hamburger and drain the grease. Add the rest of the ingredients and simmer. You can add a little water or more ketchup if needed. Fill the rolls with meat and serve. Serves 8.

CREAMY SALAD DRESSING

- ½ cup olive oil
- 1/8 cup rice vinegar
- 2-3 heaping tablespoons fat-free Ricotta cheese or mayo or use some of both
- Italian seasoning—as much as you like
- Salt and pepper to taste—you may need more than you think
- Milk—enough to get to desired thinness. (I used 2%)

Use a blender to combine first five ingredients until uniform. Taste dressing and adjust seasoning. Then add milk—1/8 cup at a time until it looks like bought ranch dressing.

FAT FREE VERSION

Skip all of the oil. Double the vinegar and ricotta. Use more milk. Store homemade dressing in the refrigerator.

STRAWBERRY DRESSING

- 6 Tbsp vinegar
- 1 ½ Tbsp mustard
- 1 ½ tsp sugar
- ¾ tsp salt
- ¾ pepper
- ¾ cup olive oil

Add strawberry syrup from the juice of sweetened strawberries, to taste.

SALSA

- 2 bunches spring onions
- 2 cloves garlic
- 4 oz chopped green chilies
- 2 Tbsp jalapeno pepper rings, chopped. The rings come in a jar. Can use more or less depending on how hot you like it.
- 15 oz diced Contadina tomatoes
- salt and pepper

Clean finely chopped garlic and the white part of the spring onions. Put in a microwavable bowl. Add a tablespoon of water, cover and microwave until soft: 2-3 minutes. Add the green chilies and jalapeno peppers to the spring onions. Drain the tomatoes and add the juice to the onions and peppers. Put the diced tomatoes on a cutting board and cut the pieces smaller so chip dipping will be easier. Add them to the rest of the ingredients along with salt and pepper. Stir it all together and refrigerate for a day for best flavor.

DEEP DISH PIZZA

- 1 lb hamburger
- 1 small shallot, minced
- 16 oz Contadina diced tomatoes, drained
- 1 tsp diced oregano leaves
- 1 tsp salt
- ½ tsp pepper
- 1/8 tsp garlic powder
- 1 small green pepper cut into thin strips
- 4 oz can sliced mushrooms, drained
- 1 cup shredded American cheese with jalapenos or plain American cheese
- Pillsbury Classic Pizza Dough (refrigerator section of grocery store)

Cook hamburger and shallots. Drain grease. Add tomatoes, oregano, salt, pepper and garlic powder to hamburger. Lightly grease a 13x9x2 inch glass dish. Press dough into bottom of dish and halfway up the sides. Fill dough with meat and tomato mixture. Top with mushrooms, green pepper and cheese. Cook for 20 minutes in a 425° oven.

CHEESE PIZZA

- 1 Tbsp olive oil
- 1 garlic clove, minced
- 1 leek, finely chopped
- 8 oz Furmano's tomato puree
- 1 Tbsp oregano
- 6 oz American jalapeño pepper cheese, shredded
- Optional: 4 oz canned mushrooms, drained
- 1 red or green pepper, thinly sliced
- 1 tube of Pillsbury Classic Pizza Crust from the refrigerated section of the grocery store—this product contains no yeast

To prepare the sauce: Cook the garlic and the leek in the olive oil. Once soft, add the tomato puree and oregano. Stir and cook until bubbly.

Crust: Unroll the pizza dough into a lightly greased 13x9 cookie sheet or baking dish. Bake the crust at 400° for 8 minutes. Remove from the oven and brush with olive oil. Then spread the sauce over the crust and top with mushrooms and pepper if desired. Bake for 6 minutes. Remove the pizza from the oven and shut the oven off. Now top the pizza with shredded cheese and put it back in the oven until the cheese is melted.

Bake at 350° for 10-12 minutes. Cool. Yield; 24 cookies.

CHICKEN PARMESAN

- 4 boneless chicken breasts, 4 oz each
- 3/4 cup Kellogg's Cornflake Crumbs
- 1 egg
- Oil for frying
- 6 oz Contadina tomato paste
- 1½ cup water
- 1 shallot, chopped
- 1 tsp butter
- American cheese, 2 slices

Preheat oven to 350°.

To coat chicken: break the egg yolk and scramble the egg on a plate. Put the Cornflake Crumbs on a second plate. Dip the chicken, one piece at a time, in the egg and then in the crumbs. Heat the oil in a fry pan and brown the chicken. Set chicken aside.

Make the sauce. In a small pot, melt the butter and sauté the shallots until soft. Add the tomato paste and water to the shallots. Stir and heat.

To assemble: Use a 9x9 inch baking dish. Cover the bottom of the dish with ¼ cup sauce. Position the 4 pieces of chicken in the dish. Top each piece with ½ slice of American cheese. Pour the rest of the sauce over the chicken. Cover with foil and bake for ½-hour or until bubbly. Serves 4.

CHICKEN CATTITORE

- 4 skinless chicken thighs
- 4 chicken legs
- Oil to fry
- 2 shallots, chopped
- 1 green pepper, cut into medium pieces
- 15 oz Furmano's crushed tomatoes

Heat oil. Fry chicken pieces on medium heat. Add the shallots and green pepper to the chicken. Lower the heat. Cover the pan and cook until green pepper is soft. Pour the sauce on top and heat through. This dish is good served over rice. Serves 4-6.

CHICKEN POT PIE

- 1/3 cup butter
- 1/3 cup flour
- 1/3 cup chopped leeks or shallots
- 1/2 tsp salt
- 1/4 tsp pepper
- 1³/₄ cups of homemade chicken broth
- 2/3 cup milk
- 2 cups cut up cooked chicken
- 10 oz frozen peas and carrots
- 4 oz canned mushrooms, drained
- Refrigerated pie crusts or homemade crusts

Melt butter in pan. Add flour, onion, salt and pepper. Cook and stir until bubbly and smooth. Add broth and milk. Heat to boiling, stirring occasionally. Stir in chicken, vegetables and mushrooms. Reserve.

Unfold crust into an 8 inch pie plate. Pour in the chicken filling. Unfold second crust over the top of the filling. Seal the edges together and flute. Cut slits in the center so steam can escape. Bake at 350° for 25 minutes. (If you want a shiny crust, remove from oven and brush milk over crust.) Continue cooking another 20 minutes. Remove from oven and cool 15 minutes before serving.

FRUIT DIP

- 8 oz cream cheese
- 8 oz marshmallow crème

Combine and enjoy. Serve with acceptable fruits such as honeydew, strawberries, grapes and cantaloupe.

OATMEAL COOKIES

- 6 Tbsp butter, softened
- $\frac{3}{4}$ cup light brown sugar
- 1 egg
- 1 tsp vanilla
- 1 cup flour
- 1 cup quick cooking oats
- $\frac{1}{2}$ tsp baking soda

Combine first 4 ingredients until smooth. In separate bowl, combine flour, oats and baking soda. Add flour mixture to butter mixture.

Coat baking pan with nonstick cooking spray. Drop spoonful's of dough about 1-1/2 inches apart.

CHEESECAKE

Crust:

- 4 Tbsp butter (softened) 1 egg $\frac{1}{2}$ tsp baking powder
- 4 Tbsp sugar 1 cup flour

Combine butter and sugar. Add egg, flour and baking powder. Press crust into a 9x9 glass baking dish.

Filling:

- 2 eggs, separated 2 Tbsp flour cinnamon
- $\frac{1}{2}$ cup sugar 16 oz cream cheese
- 1 tsp vanilla $1\frac{1}{4}$ cup milk

Beat yolks, sugar and vanilla. Add flour, cream cheese and milk. Use the electric mixer to beat. In a separate bowl, beat egg whites. Fold into mixture. Pour into crust. Sprinkle top with cinnamon. Bake at 325° for about 1 hour.