

"BEST COOKS OF BLUFF COUNTRY"

2021 TASTY TEMPTATIONS



THE BEST COOKS OF BLUFF COUNTRY

102 tried and tested reader recipes that will bring people together for the holidays

Now in its 12th year, the Tasty Temptations Cookbook has become a delightful expectation of *Fillmore County Journal* readers near and far.

Since we published our first cookbook in 2010, we have accumulated over 770 recipes from readers, and this year we are adding 102 more recipes to the tasty archives. Thanks to readers from Canton, Chatfield, Fountain, Grand Meadow, Harmony, Houston, Lanesboro, Mabel, Preston, Rushford, Stewartville, Utica and Wykoff, we are proud to publish another holiday keepsake.

Let's face it, everyone loves food. And, the holidays present an opportunity to bring something new to the table. Isn't it great how food brings people together!

This cookbook is full of recipes shared by your neighbors, friends and maybe even family. So, when you see these cooking superstars noted in this cookbook, please thank them for sharing their recipes. And, hopefully, you'll consider sharing one of your favorite dishes in next year's Tasty Temptations Cookbook.

In this year's Tasty Temptations Cookbook, you'll see drawing winners who received gift cards to use at Harmony Foods, Preston Foods, or Rushford Foods. We conducted a drawing from each of the nine categories, with recipients receiving a combined total of \$225 in gift cards.

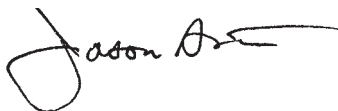
Over the past 11 years, the Hoiness family, store owners of Harmony Foods, Preston Foods, and Rushford Foods, has generously donated over \$5,280 in gift cards to be shared with winners of the Tasty Temptations Cookbook recipe contest. We thank them again for their generosity!

I am grateful to all of the cooks who shared their recipes in this year's publication, provided to over 42,376 readers in Fillmore County, Houston County, and Mower County. And, this entire publication would also not be possible without the support of the advertisers in this cookbook, so please show your appreciation by shopping with these local businesses. After all, these businesses are important to our local economy. Lastly, I want to thank all of our readers. You are the reason we feel compelled to bring people together and share all these great recipes.

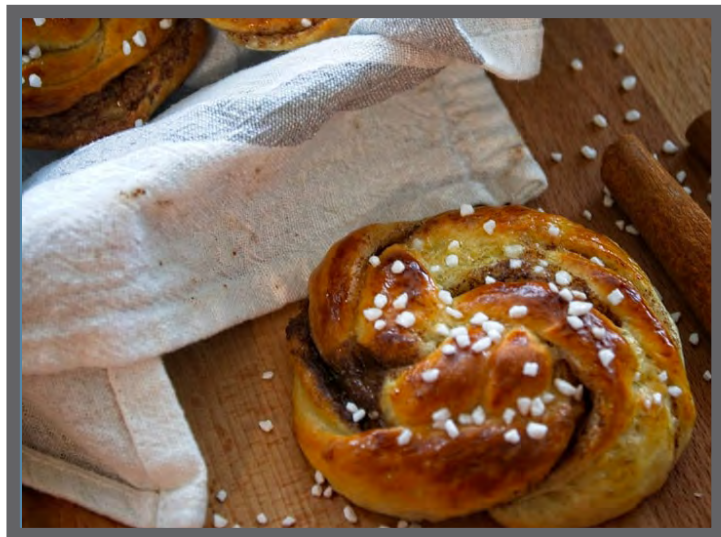
Cheers, and warm regards as you delight yourself in so many delicious adventures over the holidays. So much food, so little time.



Jason Sethre



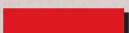
Publisher
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"BEST COOKS OF BLUFF COUNTRY"

2021 TASTY TEMPTATIONS

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FILLMORE COUNTY JOURNAL

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APPETIZERS AND BEVERAGES

TURKEY ROLL-UPS

Terry Stokes, Chatfield, MN

- 1 tortilla
- 1 Tbsp. cream cheese
- 12 baby spinach leaves
- 2 oz. turkey breast, sliced

Spread thin layer of cream cheese over tortilla. Lay ingredients down the middle of tortilla. Roll tightly. Wrap in plastic wrap. Refrigerate for at least one hour or overnight. To slice, cut each roll up to 8 even slices.

BBQ HAM SLIDER SANDWICHES

Denise Pagel, Chatfield, MN

- 16 oz. Sweet Baby Ray's BBQ sauce
- 2.5 lb. shaved deli ham
- Slider buns

Add BBQ sauce to crock pot (do not add any water). Add ham and gently stir until combined. Heat mixture on low 6 hours or until warmed through. Serve on slider buns.

Send your recipes for the next cookbook for a chance to win a great prize!

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APPETIZERS AND BEVERAGES



BAKING MEASUREMENT CONVERSIONS

Pinch or Dash = 1/16 teaspoon
 1/2 tablespoon = 1 1/2 teaspoons
 1 tablespoon = 3 teaspoons
 1/4 cup = 4 tablespoons
 1/3 cup = 5 tablespoons plus 1 teaspoon
 1/2 cup = 8 tablespoons
 3/4 cup = 12 tablespoons
 1 cup = 16 tablespoons
 1 pound = 2 cups
 1 quart = 4 cups
 1 stick butter/margarine = 1/4 lb or 1/2 cup
 2 large eggs = 3 small eggs

SPINACH FILLED MUSHROOMS

Bonnie Heidtke, Fountain, MN

- 1 1/2 c. hot water
- 1 pkg. (6 oz.) Stove Top Savory Herbs stuffing mix
- 40 fresh mushrooms (2 lbs.)
- 2 Tbsp. butter
- 2 cloves garlic, minced
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and well drained
- 1 c. Kraft shredded, low-moisture, part-skim mozzarella cheese
- 1 c. Kraft grated Parmesan cheese

Heat oven to 400°. Add hot water to stuffing mix in large bowl; stir just until moistened. Set aside. Remove stems from mushrooms; chop stems.

Melt butter in skillet on medium

heat. Add chopped stems and garlic. Cook and stir five minutes or until tender. Add stuffing with spinach and cheeses. Mix well. Spoon into mushroom caps. Place, filled sides up, in shallow pan. Bake 20 minutes or until mushrooms are tender and filling is heated through. Best to serve warm.



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1 C	16 Tbsp	48 tsp	8 oz
3/4 C	12 Tbsp	36 tsp	6 oz
2/3 C	11 Tbsp	32 tsp	5 oz
1/2 C	8 Tbsp	24 tsp	4 oz
1/3 C	5 Tbsp	16 tsp	3 oz
1/4 C	4 Tbsp	12 tsp	2 oz
1/8 C	2 Tbsp	6 tsp	1 oz
1/16 C	1 Tbsp	3 tsp	.5 oz

APPETIZERS AND BEVERAGES

HAM TORTILLA ROLL-UPS

Lori Hoff, Mabel, MN

- 1 - 8 oz. pkg. cream cheese
- 1 c. sour cream
- 10 slices thin sliced ham
- ¼ c. or less chopped onion
- 2 c. grated cheddar cheese
- 10 medium or large tortilla shells

Mix everything, except ham and tortilla shells. Spread mixture onto shells and place ham on top. Roll tortilla shell up tight, then wrap each roll individually in Saran Wrap, storing in refrigerator, seam-side down, overnight. Just before serving, remove Saran Wrap, cut off ends of tortilla shells and discard, then cut remaining tortilla shells. Note: other meats can be used.



HUSH PUPPIES FROM OLD SOUTH

Barb Yetter, Fountain, MN

- 1 ¼ c. corn meal
- 2 c. flour
- 3 tsp. baking powder
- 1 tsp. salt
- ½ tsp. black pepper
- ½ lb. onions, chopped finely or ground
- ½ c. buttermilk
- ½ c. catsup
- 1 c. canned tomatoes
- 1 egg

Mix onions with catsup, chopped tomatoes, egg, and buttermilk. Mix corn meal, flour, baking powder, salt and pepper. Mix with liquid ingredients. Mixture may be kept in refrigerator for several days. When ready to use, drop tablespoons of mix carefully into deep fat and fry until golden brown. Serve with honey.



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APPETIZERS AND BEVERAGES

PIGS IN A BLANKET

Ron Vierling, Preston, MN

- 1 (7.5 oz.) 10 pack biscuits
- 1 package hot dogs or little smokies or brats
- 2-3 slices cheese

Preheat oven to 400°. Lightly grease pan or cookie sheet.

Roll one biscuit at a time flat about 3" wide. Cut in half. Lay down small piece of cheese. Add smokie and roll it up. Put on pan. Repeat till biscuits gone (approx. 20). Bake according to directions on biscuit can. Using hot dogs and brats, use 1 biscuit per hotdog and roll out a little bigger.

PUPPY CHOW

Anna Syverson, Harmony, MN

- 9 c. Chex cereal
- 1 c. chocolate chips
- ½ c. peanut butter
- ¼ c. butter
- 1 tsp. vanilla
- 1 ½ powdered sugar

Measure cereal into bowl and set aside. Microwave chocolate chips, peanut butter, and butter, uncovered on high for one minute. Stir. Microwave 30 seconds longer or until mixture can be stirred smooth. Add vanilla. Pour over cereal, stirring until evenly coated. Pour into 2-gallon resealable plastic bag. Add powdered sugar, seal bag and shake until well coated.

OLD FASHIONED COCOA

Beverly Sandberg, Stewartville, MN

- ¼ c. cocoa
- ¼ c. sugar
- Pinch of salt
- 1 c. water
- ¼ tsp. vanilla
- 3 c. milk

Mix cocoa, sugar and salt together in a saucepan. Add water to form paste. Boil for 1 minute. Add vanilla and milk and heat, but do not boil. Serve in cups topped with whipped cream or marshmallows if desired. Makes 4 servings.

NEW YEAR'S PUNCH

Promise Syverson, Harmony, MN

- 1 can (46 oz.) pineapple juice
- 4 c. brewed tea
- 3 c. apple juice
- ½ c. lemon juice
- 2 c. ginger ale

In a gallon container, combine pineapple juice, tea, apple juice and lemon juice; mix well. Store in the refrigerator. Add the ginger ale just before serving. Yields about 30 servings.



APPETIZERS AND BEVERAGES

FRUITY SHERBET PUNCH

Jen Arndt, Chatfield, MN

- 4 c. apple juice, chilled
- 4 c. pineapple juice, chilled
- 4 c. orange juice, chilled
- 2 L. ginger ale or 7-Up, chilled
- 1-2 qt. orange or pineapple sherbet

Combine juices in punch bowl. Stir in ginger ale or 7-Up. Top with scoops of sherbet. Serve immediately. Serves 15-20.

MEXICAN FIESTA PUNCH

Janet Scrabeck, Harmony, MN

- 2 pkgs. cherry Kool Aid
- 3 qts. water
- 2 c. sugar
- 1 lg. can pineapple or grapefruit juice
- 1 lg. can Hawaiian punch
- 1 lg. bottle ginger ale

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SOUPS, SALADS, AND VEGETABLES

BROCCOLI CHEDDAR SOUP

Angie Burmester, Mabel, MN

- ¼ c. butter
- ½ c. diced onion
- 1 c. shredded carrots
- 3 c. broccoli florets, chopped
- 1 ½ c. chicken broth
- 1 c. milk
- 1 c. heavy whipping cream
- ¼ c. flour
- 1 ½ tsp. salt
- ½ tsp. pepper
- 2 c. shredded cheddar cheese

In a large pot over medium high heat, melt butter. Add in onions, carrots and broccoli. Cook to soften about 5 minutes (may be more or less depending on the size vegetables you cut). Slowly add in broth, milk and cream. Sprinkle with flour and add salt and pepper. Continue stirring and heating over medium heat until thickened. This will take about 10-15 minutes. Once thick, add cheese and stir until melted and smooth.

POTATO SOUP

Faith Halverson, Wykoff, MN

- 8 c. potatoes, diced
- 3 cans (14.5 oz each) chicken broth
- 1 can cream of chicken soup
- ⅓ c. onion, chopped
- ¼ tsp. ground black pepper
- 8 oz. cream cheese
- ½ lb. cooked bacon in bits (or 2 cups cubed ham)

Combine potatoes, broth, cream of chicken soup, onion and pepper in a 5 quart slow cooker.

Cook for 8-10 hours on low, or 4-5 hours on high. If using ham instead of bacon, add the ham in the middle or towards the end of the cooking time. When the potatoes are almost done, stir in the cream cheese until smooth. Garnish with bacon.

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SOUPS, SALADS, AND VEGETABLES

CABBAGE BEAN SOUP

Terry Stokes, Chatfield, MN

- 1 ½ c. diced onion
- 2 c. water
- 6 oz. pre-cooked ham, diced
- 2 c. shredded cabbage
- 2 c. canned tomato, with juice
- 1 tsp. chili powder
- ¼ tsp. black pepper
- 1 (16 oz.) can Great Northern Beans, drained
- 1-2 Tbsp. cooking oil

In large saucepan, sauté onion in cooking oil until tender. Add water, ham, cabbage, tomatoes and seasoning. Bring mixture to a boil, lower heat. Cover and simmer 15 minutes. Add beans. Continue simmering for 20 minutes or until cabbage is tender. Serves 8-10.

BEER CHEESE SOUP

Janet Scrabeck, Harmony, MN

- 2 cans Campbell's cream of potato soup
- 1 can Campbell's cream of celery soup
- ½ c. milk
- ½ c. beer
- Onion and green peppers to your taste
- ½ lb. grated sharp cheddar cheese

Cook soups, milk, beer, onions and peppers slowly over low heat. Add grated cheese to mixture before serving. Serves 2-3.



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FRESH FRUIT 1 year	PASTA 2 years	EGGS 3-5 weeks



SOUPS, SALADS, AND VEGETABLES



BROCCOLI CHEESE SOUP

Sally Wilson, Houston, MN

- 4 c. broccoli florets
- 2 c. sliced carrots
- 1 c. sliced celery
- 1 ½ c. onions
- ½ c. butter
- ¾ c. flour
- 2 c. chicken broth
- 3 c. milk
- 8 oz. Velveeta cheese, cubed
- 2 tsp. garlic salt
- 1 tsp. black pepper



Use vegetable kettle to cook veggies in 2 quarts of boiling water 5 minutes. Drain. Cook onions in butter for a few minutes. Add flour to butter and onions to make rue. Add chicken broth and milk. Cook until starting to thicken. Add veggies. Add Velveeta cheese. Cook until cheese is melted. Add garlic salt and black pepper. Makes 8-10 servings.

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CELERY AND APPLE SALAD WITH WALNUTS

Bonnie Heidtke, Fountain, MN

- 3 Tbsp. olive oil
- 2 Tbsp. fresh lemon juice
- 2 tsp. honey
- 1 ½ tsp. chopped fresh thyme
- Salt and black pepper
- 3 celery stalks with leaves (thinly biased sliced, 1 ½ c.)
- 1 medium red apple, cored, thinly sliced, leave skins on
- ½ c. thinly sliced red onion
- ¼ c. coarsely chopped walnuts, toasted (To toast, preheat oven to 350°, lay walnuts out on rimmed baking sheet, toast until fragrant, 6-7 minutes. Let cool, then chop)

In a medium bowl, whisk together olive oil, lemon juice, honey, and thyme. Add salt and pepper to taste. Add celery, apple, onion and walnuts. Toss to coat. Serves four.

SOUPS, SALADS, AND VEGETABLES

HVR SALAD

Jen Arndt, Chatfield, MN

- 1 head cauliflower
- 1 head broccoli
- 1 carrot, sliced
- 1 (8 oz.) can water chestnuts, drained and chopped
- 1 pkg. Hidden Valley ranch with buttermilk and mayo, dry
- 1 c. sour cream
- 1 c. mayo

Cut up short, tender stems of cauliflower and broccoli. Break apart florets into bite size pieces. Add carrot and water chestnuts. Mix dry dressing with sour cream and mayo, eliminating buttermilk. Stir until well coated. Refrigerate.

TAPIOCA SALAD

Lori Hoff, Mabel, MN

- 3 c. water
- 2 (3 oz) pkg. tapioca pudding
- 1 (3 oz) pkg. Jello (strawberry or orange)
- 1 c. Cool Whip

Boil 3 cups of water. Add 2 packages of tapioca pudding. Boil until clear color. Remove from stove. Add 1 (3 oz.) package of Jello. Cool. Add 1 cup Cool Whip. Put in refrigerator to cool.

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THINGS TO CONSIDER WHEN HOSTING FOR THE HOLIDAYS

Holiday hosts have a lot on their plates. The work of holiday hosting does not begin when the first guest arrives. It starts weeks before, when homeowners begin preparing their homes for overnight guests.

Because the holiday season can be so busy, it's easy for hosts to overlook certain things as the day their first guests are set to arrive draws nearer. But the following are a few things hosts should consider in the weeks before their guests show up.

ACCOMMODATIONS

It's hard to overlook accommodations when hosting for the holidays, but it's best to inspect linens and other items that might go largely unused throughout much of the year. Check foldout couches or air mattresses a few weeks before your guests are slated to arrive. This gives you ample time to address any issues and also allows you to comparison shop and find great deals on any items you need to replace. Hosts who are parents to young children may want to discuss sleeping arrangements before guests arrive if kids will be asked to sleep in different beds. Kids might embrace the change, while others might be less enthusiastic. If younger cousins will be staying over, let kids choose their new roommates, which might make them more excited about sharing rooms with their guests. Explaining the situation in advance gives youngsters time to ready themselves for their temporary move.

DIETS

Ask guests before they arrive if they have any particular food allergies or items they need to avoid because of any medica-

tions they might be taking. This is especially important for youngsters, who may forget to avoid homemade cookies with nuts despite having nut allergies. By asking in advance if your guests have any food allergies or foods and ingredients they must avoid, you will know to avoid serving particular dishes so no one accidentally eats foods that might make them sick and you can prepare alternative dishes for people who must avoid certain foods.

ACTIVITIES

If guests will be staying for several nights, explore a few local activities so everyone can get out of the house for a night or two. Time spent with family is one of the best parts of the holiday season, but spending all of that time inside in cramped quarters can grow uncomfortable over time. Plan a family night or two out that everyone can enjoy.

PETS

When hosting for the holidays, let your guests know if you have any pets. Some people have dog and cat allergies, and those allergies may make it difficult for them to enjoy their stay. Others' allergies might be so severe that they have to find alternative lodging. Let guests know about your pets when you invite them to stay at your house so no one is surprised at the last minute. In addition, let guests know if they can bring their own pets along to your house.

Hosting for the holidays is a great way to welcome loved ones into your home. Considering and discussing a few factors before your guests arrive can ensure everyone enjoys their stay.

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SOUPS, SALADS, AND VEGETABLES

ITALIAN PASTA SALAD

Denise Pagel, Chatfield, MN

- 16 oz. tri-color rotini pasta
- 16 oz. bottle Italian dressing
- 1/3 c. mayonnaise
- Black pepper to taste
- 1 bunch green onions, chopped
- 1 sm. can sliced black olives, drained and rinsed
- 1/2 bell pepper, diced
- 3.5 oz. pkg. pepperoni slices, stack and cut in quarters
- 6 oz. pepper jack cheese, cut into small cubes

Cook pasta according to package directions; rinse and drain. Whisk dressing and mayonnaise together in large bowl; add some black pepper. Stir the pasta into the dressing mixture. Add the remaining ingredients and stir well. Chill several hours or overnight for best flavor.

CRANBERRY GELATIN SALAD

Beverly Sandberg, Stewartville, MN

- 1 (6 oz.) package cherry gelatin
- 1 1/2 c boiling water
- 1 (20 oz.) can pineapple, undrained
- 1 1/2 c. red grapes, halved
- 1 can whole berry cranberry sauce
- 1/4 c. chopped pecans

In large bowl, dissolve gelatin in water. Stir in pineapple and cranberry sauce. Refrigerate for 30 minutes. Stir in grapes and pecans. Pour into a 2 quart serving bowl. Refrigerate until firm. Yields 8-10 servings.

CRANBERRY RELISH SALAD

Barb Yetter, Fountain, MN

- 2 pkgs. (3 oz. each) raspberry gelatin
- 1/4 c. sugar
- 1 1/2 c. boiling water
- 1 can (12 oz.) lemon-lime soda
- 1 can (8 oz.) crushed pineapple, undrained
- 2 pkgs. (10 oz. each) frozen cranberry-orange sauce

In a large bowl, dissolve the gelatin and sugar in boiling water. Add the soda, pineapple and cranberry-orange sauce. Chill until partially set. Pour into individual dishes or an 11" x 7" x 2" dish. Refrigerate overnight or until firm. Yield: 12 servings.

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SOUPS, SALADS, AND VEGETABLES

BUFFALO MASHED POTATO PANCAKES

Anna Syverson, Harmony, MN

3 c. mashed potatoes
1 egg, beaten
½ c. cheddar cheese
¼ c. bleu cheese, crumbled
1 c. flour, split
2 green onions, chopped
3 Tbsp. buffalo sauce
Vegetable oil for cooking
Bleu cheese dressing for dipping

Combine ingredients with only ½ c. flour. Form pancakes using 2 Tbsp. of mixture, making them ¼" thick. Dredge in ½ c. flour; coat both sides. Cook in oil coated pan for 4-5 minutes or until golden crust is formed on outside. Flip. Cook 3-4 minutes. Garnish with extra green onions.

SWEET POTATO BAKE

Dianna Pulley, Chatfield, MN

3 c. cooked, mashed sweet potatoes (or squash)
1 c. sugar
3 large eggs
½ c. milk
¼ c. butter (softened)
1 tsp. salt
1 tsp. vanilla

Topping
½ c. packed brown sugar
½ c. pecans
¼ c. flour
2 Tbsp. cold butter

Mix first 7 ingredients in a bowl then transfer into a 2-quart baking dish. Mix topping ingredients in a small bowl then sprinkle on top of the sweet potato mixture. Bake uncovered in 325° oven for 40-50 minutes or until done. I insert a knife into the middle. When the knife comes out clean, it is done.

WHIPPED SQUASH

Promise Syverson, Harmony, MN

1 butternut squash, about 2 ½ lbs., peeled, seeded, cubed
3 c. water
¾ tsp. salt, optional, divided
2 Tbsp. butter or margarine
1 Tbsp. brown sugar
⅛ to ¼ tsp. ground nutmeg

In a saucepan over medium heat, bring squash, water and ½ tsp. salt, if desired, to a boil. Reduce heat; cover and simmer for 20 minutes or until squash is tender. Drain. Transfer to a mixing bowl. Add butter, brown sugar, nutmeg and remaining salt, if desired. Beat until smooth. Yields 6 servings.

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MAIN DISHES AND CASSEROLES

OVEN BAKED MEATBALL SUBS

Angie Burmester, Mabel, MN

Sandwich rolls cut with one side intact
Cooked meatballs – your favorite recipe or frozen pre-made
Pasta sauce – homemade or jarred
Shredded mozzarella cheese

Spray a baking sheet with cooking spray. Preheat oven to 400°. Place meatballs in a large pot. Cover with your pasta sauce. Gently fold the meatballs with the sauce; heat the meatballs and sauce on low-medium stirring occasionally, until the meatballs are heated thoroughly. Fill a roll with as many meatballs as you can fit (usually 4-5 depending on size of meatballs and size of roll.) Top with more pasta sauce from your pot. Place filled sandwich rolls close together on baking sheet. Top each sandwich with mozzarella cheese. Bake until cheese is melted, hot, and bubbly.

CROCKPOT MEAL

Terry Stokes, Chatfield, MN

1 head cabbage cut in small wedges
2 large kielbasa, peeled and cut into thin slides
2 large apples, cored and sliced thin
2 large potatoes, peeled and sliced
1 c. water
1 tsp. sugar
½ tsp. olive oil
Salt and pepper to taste

In a slow cooker, lay first 4 ingredients as listed. Whisk together water, sugar, oil, salt and pepper. Pour over ingredients in slow cooker. Cover and cook on low 8 hours.



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MAIN DISHES AND CASSEROLES

WILD RICE-CHICKEN CASSEROLE

Beverly Sandberg, Stewartville, MN

- 1 (6 oz.) package long grain and wild rice mixture
- ½ c. chopped onion
- ½ c. chopped celery
- 2 Tbsp. margarine
- ½ tsp. curry powder
- 1 (10 ¾ oz.) can cream of mushroom soup
- ⅓ c. dry white wine
- 2 c. cooked, cubed chicken
- ½ c. sour cream

Prepare rice mix per directions. Meanwhile, cook onion and celery in margarine until tender. Stir in soup, sour cream, wine (optional) and curry. Stir in chicken and cooked rice. Put in baking dish. Bake, uncovered, at 350° for 35-40 minutes.

STUFFED PEPPERS

Anna May, Houston, MN

- 4 bell peppers
- 2 Tbsp. extra virgin olive oil
- 1 lb. ground beef
- ½ tsp. salt
- ¼ tsp. pepper
- 2 cloves garlic
- ½ c. finely chopped onion
- ½ tsp. oregano
- 1 (8 oz.) can tomatoes w/peppers,
- 1 tsp. cumin & chili powder
- 2 Tbsp. tomato paste
- ½ c. chopped green olives
- 2 cups riced cauliflower, broccoli or kohlrabi or any combination
- ½ cup mozzarella

Set aside halved and seeded peppers. Brown meat with olive oil, add seasonings, onions, tomatoes, paste. Add riced vegetables and cook for about 10 minutes on medium heat or until all is completely cooked through. Place peppers cut side up in a 9" x 13" baking dish sprayed with no stick spray. Spoon beef mixture into each pepper and cover with foil. Bake at 375° degrees until peppers are tender, about 35 minutes. Uncover and add mozzarella to top of each pepper and bake until cheese is bubbly. Serve immediately.

RICE HOTDISH

Jen Arndt, Chatfield, MN

- 3 c. Minute Rice
- 3 c. boiling water
- 2 c. diced celery
- 1 c. chopped onion
- 1 lb. hamburger
- 10.5 oz. can chicken noodle soup
- 10.5 oz. can cream of mushroom soup
- 3 oz. soy sauce

Pour boiling water over rice and set aside. Brown burger with onions and celery. Fluff rice with a fork. Add burger mix, soups and soy sauce. Heat through.

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MAIN DISHES AND CASSEROLES

TANNER'S SUPER SUPPER

Tanner Davis, Queen Creek, AZ

- 2 lb. browned ground beef (less/low fat is best)
- 4 medium potatoes, sliced thin, $\frac{1}{8}$ "- $\frac{1}{4}$ "
- 16 oz. of kernel corn
- 16 oz. of peas
- 2 cans of cream of mushroom soup, 10.5 oz. each
- 2 cans of cream of chicken soup, 10.5 oz. each
- 16 oz. shredded cheese
- 40 oz. of frozen tater tots
- *Optional toppings: Arizona Gunslinger or Ketchup

In separate pan, brown hamburger, salt/pepper to taste, and set aside. Grease a 11" x 15" (5 qt.) glass casserole dish (place grease on inside only). Layer the sliced potatoes in first, and evenly spread across entire bottom of dish. Spread the hamburger evenly over potatoes. Mix the peas and corn together, and spread evenly over hamburger. Spread $\frac{1}{2}$ of the cheese over peas and corn. In separate bowl, mix cream of chicken and mushroom soups together, mixing clockwise (if you go counter-clockwise don't worry, just go back and start again). Spread soup mixture evenly over top of cheese layer. Very carefully and in very neat rows individually set/press each tater tot over the top to completely cover the dish. If the rows get out of line, start entire process over again (awwww). Sprinkle the remainder $\frac{1}{2}$ of shredded cheese over the tater tots. Bake in oven pre-heated to 350° for about 1 hour or until bubbling. Carefully cut each serving with a spatula to preserve layers and keep tater tops on top to stay pretty, and, as an option, top with hot sauce or ketchup, and repeat until belly is full. (Tanner Davis – Soon-to-be 6 years old.)



EASY BAKE BRUNCH

Mary Mueller, Utica, MN

- 4 eggs
- 2 $\frac{1}{2}$ c. milk
- $\frac{3}{4}$ tsp. dry mustard
- 1 lb. sausage or bacon
- 2 $\frac{1}{2}$ c. seasoned croutons
- 2 c. shredded cheddar cheese
- 1 can cream of mushroom soup
- $\frac{1}{2}$ c. milk

Mix eggs, milk, and dry mustard. Brown and drain the meat. Grease a 9" x 13" pan. Layer the croutons on the bottom, then add the cheese, meat and egg mixture. Cover and refrigerate overnight. In the morning, mix cream of mushroom soup and milk. Pour over the top and bake uncovered at 300° for 1 $\frac{1}{2}$ hours.

GROUND BEEF HOTDISH

Janet Scrabeck, Harmony, MN

- 1 lb. ground beef
- 1 c. diced celery
- $\frac{1}{2}$ c. diced onion
- 1 c. chicken noodle soup
- 1 c. chicken and rice soup
- 1 c. mushroom stems and pieces
- 1 c. mushroom soup
- 1 can peas
- $\frac{3}{4}$ c. uncooked rice
- 1 $\frac{1}{2}$ c. water
- 3 Tbsp. soy sauce

Brown meat, celery and onions in butter, then add to other ingredients. Bake 1 $\frac{1}{2}$ hours at 350° in large casserole.

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MAIN DISHES AND CASSEROLES

SIMPLY SENSATIONAL LASAGNA (INSTA POT)

Lori Hoff, Mabel, MN

- 1 jar (24 oz.) pasta sauce with Italian sausage, peppers & onions, divided
- ¼ c. water
- 1 large egg
- 2 ½ c. shredded Italian cheese blend, divided
- 1 c. ricotta cheese
- 6 oz. oven-ready (no boil) lasagna noodles

6" springform pan (about 3 inches deep), sprayed with nonstick cooking spray. Steam rack.

Add ½ inch sauce to prepared baking pan. Transfer remaining sauce to a bowl and stir in water. In a large bowl, whisk egg. Stir in 1 ¾ cups Italian cheese blend and ricotta.

Layer one-quarter of the noodles on top of sauce in pan, breaking noodles as needed to evenly cover sauce. Top with ⅓ of the cheese mixture, then ¼ of the sauce.

Continue with two more layers each of noodles, cheese mixture and sauce, gently press down on the noodles between each layer. Finish with a layer of noodles and a layer of sauce (the pan will be very full). Add 1 ½ cups water and the steam rack to the pot. Place the baking pan on the rack. Close and lock the lid and turn the steam release handle to Sealing. Set your instant pot to pressure cook on high for 14 minutes. When the cooking time is done, press cancel and turn the steam release handle to Venting. When the float valve drops down, remove the lid. Sprinkle with the remaining Italian cheese blend. Close and lock the lid and let stand for 10 minutes or until cheese is melted. Using the handles on the rack, carefully remove the rack and pan. Let lasagna stand for 10 minutes to make it easier to cut. Cut into wedges.

BROCCOLI CHEDDAR CASSEROLE

Promise Syverson, Harmony, MN

- 8 c. chopped fresh broccoli
- 1 c. finely chopped onion
- ¾ c. butter or margarine
- 12 eggs
- 2 c. whipping cream
- 2 c. (8 oz.) shredded cheddar cheese, divided
- 2 tsp. salt
- 1 tsp. pepper

In a skillet over medium heat, sauté broccoli and onion in butter until crisp-tender, about 5 minutes; set aside. In a bowl, beat eggs. Add cream and 1 ¾ c. of cheese; mix well. Stir in broccoli mixture, salt and pepper. Pour into a greased 3-quart baking dish; set in a larger pan filled with 1" of hot water. Bake, uncovered, at 350° for 45-50 minutes or until a knife inserted near the center comes out clean. Sprinkle with remaining cheese. Let stand 10 minutes before serving. Yields 12-16 servings.



To include your recipes in the 2022 cookbook, watch for the submission form in the Fillmore County Journal in fall 2022!

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MAIN DISHES AND CASSEROLES

RITZY CHICKEN

Denise Pagel, Chatfield, MN

- 2 sleeves Ritz crackers
- ½ c. butter, melted
- 2 cans cream of mushroom soup
- 1 c. sour cream
- 1 c. instant rice
- 16 oz. pkg. California blend vegetables
- 1 c. water or milk
- 2 heaping cups chicken, cooked and cubed

Crush the Ritz crackers into crumbs and mix with melted butter. Put half of the mixture in a greased 9" x 13" pan. Mix together the soup, sour cream and rice. Slowly add the liquid. Stir in vegetables and chicken. Pour the mixture on top of the crumb layer. Top with remaining cracker crumbs. Bake, uncovered at 350° for one hour.

CHICKEN CHOW MEIN CASSEROLE

Barb Yetter, Fountain, MN

- 1 (10.75 oz.) can cream of chicken soup
- 1 (10.75 oz.) can chicken with rice soup
- 3 c. chopped cooked chicken
- 6 oz. chow mein noodles
- 1 soup can of milk

Preheat oven to 350°. Mix all ingredients in a 4 quart casserole dish. Bake uncovered for one hour.

BBQ PORK LOAF

Jim Neppl, Preston, MN

- 1 lb. ground pork
- 2/3 c. Sweet Baby Ray's hickory and brown sugar BBQ sauce
- 2 eggs
- 10-12 saltine crackers, crushed

Mix all ingredients together in a bowl. Transfer to loaf pan. Bake at 350° for 35-45 minutes. Remove from oven, slice and serve.

WORLD'S BEST LASAGNA

Anna Syverson, Harmony, MN

- 1 lb. Italian sausage
- ¾ lb. ground beef
- ½ c. minced onion
- 2 cloves garlic, crushed
- 1 can (28 oz.) crushed tomatoes
- 2 cans (6 oz.) tomato paste
- 2 cans (6.5 oz.) tomato sauce
- ½ c. water
- 2 Tbsp. white sugar
- 1 ½ tsp. dried basil
- ½ tsp fennel seeds
- 1 tsp. Italian seasoning
- 1 ½ tsp. salt
- ¼ tsp. ground black pepper
- 4 Tbsp. chopped parsley
- 12 lasagna noodles
- 16 oz. ricotta cheese
- 1 egg
- ¾ lb. mozzarella cheese, sliced
- ¾ c. grated Parmesan cheese

Cook sausage, ground beef, onion, and garlic until well done and browned. Drain fat. Stir in crushed tomatoes, tomato paste, sauce and water. Season with sugar, basil, fennel seeds, Italian seasoning, salt, pepper and 2 Tbsp. parsley. Simmer for 1 ½ hours, stirring occasionally. Bring a large pot of lightly salted water to a boil and cook noodles 8-10 minutes. Drain noodles and rinse with cold water. In mixing bowl combine ricotta cheese with egg, remaining parsley and ½ tsp. salt. Spread 1 ½ c. meat sauce in the bottom of a 9" x 13" baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread ½ ricotta cheese mixture. Top with a third of the mozzarella cheese slices. Spoon 1 ½ c. meat sauce over mozzarella and sprinkle with ¼ c. Parmesan cheese. Repeat layers and top with remaining mozzarella and Parmesan cheese. Cover with foil. Bake 25 minutes at 375°. Remove foil and bake 25 more minutes.



MEAT, POULTRY AND SEAFOOD

CHICKEN ENCHILADAS

Jen Arndt, Chatfield, MN

- 2 (12.5 oz.) cans chicken breast, in water, drained
- 1 c. salsa
- 4 oz. can chopped green chiles
- 2 ½ c. heavy whipping cream
- 2 c. shredded Monterey Jack cheese
- 10 - 8" flour tortillas

Combine salsa, chiles and chicken. Divide between tortillas and roll. Place seam side down in a 9" x 13" pan. Pour whipping cream over top. Bake for 45 minutes at 350°. Sprinkle with cheese during last 10 minutes of baking.

CHICKEN PARMESAN

Denise Pagel, Chatfield, MN

- ¼ c. fine Italian bread crumbs
- 3 Tbsp. grated parmesan cheese, divided
- ⅛ tsp. black pepper
- ½ tsp. crushed oregano leaves
- ½ tsp. garlic powder
- 2.5 lb. chicken parts (I prefer boneless, skinless breasts)
- 1 can cream of mushroom soup
- ½ c. milk

Place crumbs in zip lock bag along with 2 Tbsp. Parmesan cheese, black pepper, oregano and garlic powder. Shake to mix. Spray a 9" x 13" pan with non-stick cooking spray. Place 2-3 pieces of chicken in zip lock bag with crumbs. Shake to coat. Place in greased baking dish. Continue with rest of chicken pieces. Bake at 400° for 20 minutes. Remove from oven and turn chicken pieces; cook 20 minutes more. Combine soup and milk together in small bowl. Remove chicken from oven and pour soup mixture over chicken. Sprinkle on remaining 1 Tbsp. Parmesan cheese. Cook additional 20 minutes.



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MEAT, POULTRY AND SEAFOOD

APRICOT PINEAPPLE HAM

Promise Syverson, Harmony, MN

- ½ fully cooked bone-in ham (5-7 lb.)
- 1 can (6 oz.) pineapple juice
- 1 jar (10 oz.) pineapple preserves
- 1 jar (10 oz.) apricot preserves
- 2 cans (8 oz. ea.) sliced pineapple, drained
- 1 jar (6 oz.) maraschino cherries with stems

Place ham on a rack in roasting pan. Score the surface, making diamond shapes ½" deep. Pour pineapple juice over ham. Cover and bake at 325° for 1 ¼ hours. Uncover, brush ham with preserves. Arrange pineapple slices and cherries on ham, securing with wooden toothpicks. Bake, uncovered 25-30 minutes longer until meat thermometer reads 140° and the ham is heated through. Discard toothpicks. Yields 10-14 servings.

SWISS STEAK

Janet Scrabeck, Harmony, MN

- 1 lg. round steak
- 2 (16 oz.) cans stewed tomatoes
- 2 grated carrots
- ¼ c. green pepper, grated
- ¼ c. chopped celery
- 1 tsp. salt (or onion salt)
- Pepper to taste

Cut up and pound round steak into serving size. Dip into flour. Fry until browned. Mix remaining ingredients and pour over layers of meat. Bake at 350° for 1 ½ hours or until tender.

BARBEQUED PORK CHOPS

Barb Yetter, Fountain, MN

- 1 can cream of mushroom soup
- ½ c. barbeque sauce
- ½ c. chopped onion
- ½ c. ketchup
- 1 Tbsp. Worcestershire sauce

Mix all ingredients together. Place six pork chops in 9" x 13" pan single layer. Pour barbeque sauce mix over pork chops. Bake 1 ½-2 hours in 350° - 375° oven.



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MEAT, POULTRY, AND SEAFOOD

CHICKEN HOT DISH

Terry Stokes, Chatfield, MN

- 1 package (26 oz.) frozen shredded hash brown potato, thawed
- 1 package (24 oz.) frozen California blend vegetables
- 3 c. cubed cooked chicken
- 1 can (10 ¾ oz.) condensed cream of chicken soup, undiluted
- 1 can (10 ¾ oz.) cream of mushroom soup, undiluted
- 1 c. chicken broth
- ¾ c. French fried onions

In greased 9"x13"x2" baking pan layer the potatoes, vegetables and chicken. In a bowl combine the soups and broth, pour over the chicken. Cover and bake at 375° for 1 hour. Uncover, sprinkle with onions and bake 10 minutes longer. Serves 6.

BAKED LUTEFISK

Lori Hoff, Mabel, MN

- 2-3 lbs. lutefisk
- 2 t. salt
- ½ c. melted butter

Defrost lutefisk, if frozen. Cut into serving pieces, rinse and drain well. Place on large piece of aluminum foil skin side down, sprinkle with salt (you can put some melted butter on the fish also) and completely wrap fish. Place wrapped fish seam side up in a large shallow baking pan. Bake at 325° for 35-50 minutes or until fish flakes easily. Time depends on thickness of the fish. Serve with melted butter.





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MEAT, POULTRY AND SEAFOOD

CHICKEN NUGGETS

Beverly Sandberg, Stewartville, MN

- 1 lb. boneless, skinless chicken cut into 1"-2" chunks
- 1 egg and 2 Tbsp. water, beaten together
- 1/3 c. flour
- 1/2 c. crushed corn flakes

Preheat oven to 400°. Coat baking pan with nonstick cooking spray. Put flour in plastic Ziploc bag; add chicken. Shake. Shake off excess flour. One by one dip chicken chunks into egg mixture, then corn flakes. Put chunks in one layer in coated pan. Bake for 10-12 minutes, or until cooked through.

CROCKPOT RIBS

Angie Burmester, Mabel, MN

- 2 slabs baby back pork ribs
- 1 - 12 oz. Diet Coke or Pepsi
- Pepper
- Salt
- BBQ sauce

Put ribs in crockpot. Salt and pepper the ribs. Add a 12 oz. bottle of Diet Coke or Pepsi and turn on low for 7-8 hours. Drain ribs. Smother ribs with BBQ sauce and cook for an additional hour.

BEEF ROAST

Letitia Kopperud, Rushford, MN

- 1 beef roast
- 1 stick of butter
- 1 pkg. ranch dry dressing
- 1 pkg. au jus gravy (dry)
- 1 jar pepperoncini-like peppers, include juice

Put all in a crock pot and cook 8-10 hours. Shred roast; serve with rice, potatoes or whatever.





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PIES, PASTRIES, AND DESSERTS

RASPBERRY-BLUEBERRY CHEESECAKE PIE

Promise Syverson, Harmony, MN

- 1 c. part-skim ricotta
- 1 large egg
- 1 egg white
- ¼ c. sugar
- 1 tsp. vanilla extract
- ¼ tsp. ground nutmeg
- 1 (5 oz.) 9" frozen pie crust
- 1 c. fresh blueberries
- 1 c. fresh raspberries

Preheat oven to 350°. Puree the cheese in a food processor until smooth and creamy. Add egg, egg white, sugar, vanilla and nutmeg; pulse just until blended. Spoon the ricotta mixture into the pie crust. Place the pie on a baking sheet and bake until filling is set, 45-50 minutes. Let cool completely on a rack. Sprinkle blueberries and raspberries on top of the filling. Refrigerate until ready to serve.

KENTUCKY DERBY PIE

Denise Pagel, Chatfield, MN

- ½ c. butter, softened
- 1 c. sugar
- 2 eggs, beaten
- 1 tsp. vanilla
- ½ c. flour
- ¾ c. chocolate chips
- 1 c. chopped walnuts or pecans
- 1 9" unbaked pie shell

Preheat oven to 350°. Cream butter and sugar together; add the beaten eggs and vanilla until combined. Add the flour and mix well. Stir in the chocolate chips and nuts. Pour into pie shell. Bake 30-35 minutes or until top is golden brown. Serve warm with ice cream.



RHUBARB PIE

Terry Stokes, Chatfield, MN

- 3 c. cut up rhubarb
- 1 c. sugar
- 2 egg yolks
- 2 Tbsp. flour

Line pie tin with crust and put in above mixture and bake at 350° for 45 minutes. Make a meringue with 2 egg whites. Beat egg whites and when stiff, add some sugar and cream of tartar. Put on top of baked pie until meringue is light brown.

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PIES, PASTRIES, AND DESSERTS

RHUBARB CUSTARD PIE

Beverly Sandberg, Stewartville, MN

- 1 unbaked pie crust
- 4 c. rhubarb (cut in small pieces)
- 2 eggs
- 1 Tbsp. milk
- 1 Tbsp. butter
- $\frac{1}{3}$ c. flour
- 1 $\frac{1}{2}$ c. sugar

Place rhubarb in unbaked crust. Mix together eggs, flour, sugar and milk. Blend well and pour over rhubarb. Dot with butter. Use pastry strips for the top crust. Seal edges. Bake in hot oven, 425° for 40-45 minutes. Yields 6 servings.

FALL FRUIT SKILLET PIE

Bonnie Heidtke, Fountain, MN

- Your favorite pie crust dough, chilled
- 2 Tbsp. unsalted butter
- 4 c. peeled, cored and sliced ripe pears
- 3 c. peeled, cored and sliced baking apples
- 2 tsp. lemon juice
- $\frac{1}{3}$ c. sugar
- 2 Tbsp. cornstarch
- $\frac{1}{4}$ tsp. cinnamon
- Milk and sugar, for glaze

Preheat oven to 350°.

Melt the butter in a 10" cast iron or other ovenproof skillet over low heat. (If you do not have an ovenproof skillet, melt the butter separately and pour into a 10" deep dish pie plate or round casserole. Add the fruit and lemon juice and stir.) Add the fruit and lemon juice and cook for one minute, stirring. Remove from heat. In a small bowl, mix the sugar, cornstarch and cinnamon. Add to the fruit, stir, and smooth the top. On a sheet of floured wax paper, roll the chilled dough into a 12" circle. Invert the pastry over the fruit and inside of the skillet. Lightly brush the pastry with milk and sprinkle with a few pinches of sugar. Poke two or three steam vents in the dough. Bake on the center oven rack for 45 minutes or until the fruit is bubbling around the edges and the crust is golden. Transfer to a cooling rack for at least 10 minutes. Serve with a spoon. Makes 8 servings.

PEANUT BUTTER PIE

Lori Hoff, Mabel, MN

- 8 oz. cream cheese, softened
- 1 $\frac{1}{2}$ c. powdered sugar
- 1 c. creamy peanut butter
- 1 c. chilled whipping cream
- $\frac{1}{2}$ tsp. vanilla extract
- 1 ready-made graham cracker crust

Combine all ingredients (except pie crust) in mixing bowl. Mix all together. Fill crust with mixture. Place pie in freezer for a minimum of 2 hours. Serves 10.

LUCK O' THE IRISH MINT PIE

Anna Syverson, Harmony, MN

- 3 $\frac{3}{4}$ C. heavy whipped cream, divided
- 8 oz. cream cheese, softened
- 1 $\frac{1}{4}$ c. + 2 Tbsp. powdered sugar, divided
- 5 drops green food coloring
- 1 $\frac{1}{4}$ tsp. vanilla extract, divided
- $\frac{1}{4}$ tsp. mint extract
- 1 bag chocolate candies, chopped, or mini chocolate chips, divided
- 2 chocolate cookie crusts (9" pie plates)
- 1 bag mint chocolate candies

In a bowl, mix 2 $\frac{1}{2}$ c. heavy whipping cream until stiff peaks form. Next, beat cream cheese on high 2 minutes. Gradually add 1 $\frac{1}{4}$ c. powdered sugar and food coloring; mix until smooth. Add $\frac{1}{4}$ tsp. vanilla and mint extract; mix well. Fold prepared whipping cream into cream cheese mixture. Fold chocolate candies/chocolate chips into filling.

For frosting, whisk remaining heavy cream and powdered sugar, add vanilla extract and mix until soft peaks form.

Pour filling into crust; smooth top. Fill decorator's bag with frosting and pipe thick bands. Scatter 1 c. mint candies in middle of pie. Refrigerate 5-6 hours.

PIES, PASTRIES, AND DESSERTS

APPLESCOTCH CRISP

Dianna Pulley, Chatfield, MN

- 6 cups peeled, sliced apples
- ½ cup brown sugar
- 1 Tbsp. flour
- ½ cup water
- ¼ cup milk
- ½ cup quick oatmeal
- 1 pkg. (3 ½ oz.) cook & serve butterscotch pudding mix
- ¼ cup sugar
- ⅔ cup flour
- 1 t. ground cinnamon
- ½ tsp. salt
- ½ cup cold butter or margarine
- ½ cup nuts (optional)

Place apples in an ungreased 11" x 17" x 2" baking dish. In a bowl whisk brown sugar, 1 Tbsp. flour, water, and milk. Pour over apples. In another bowl combine ⅔ c. flour, sugar, pudding mix, oatmeal, cinnamon, salt, nuts and butter until mixture resembles coarse crumbs. Sprinkle over apples. Bake at 350° for 40-50 minutes or until topping is golden brown and fruit is tender. This is delicious served with ice cream.

CHERRY COBBLER

Barb Yetter, Fountain, MN

- ½ c. (1 stick) butter
- ¾ c. sugar
- 2 eggs
- ¼ tsp. salt
- 1 tsp. vanilla
- ¾ tsp. baking powder
- 1 ½ c. flour
- 1 can (21 oz.) cherry pie filling or other pie filling

Preheat oven to 350°. Cream butter. Gradually add sugar, salt and eggs. To creamed mixture add vanilla, baking powder and flour; beat well. Reserve ½ c. batter. Spread remaining batter in buttered 8" x 8" x 2" baking pan. Spread pie filling over batter. Drop reserved batter by teaspoons around outside edge of pan over filling. Bake 45-55 minutes. Serve warm or cold, topped with vanilla ice cream. 9 servings.



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PIES, PASTRIES, AND DESSERTS

NO BAKE CHEESECAKE

Jen Arndt, Chatfield, MN

- 2 ¼ c. graham cracker crumbs
- 4 ½ Tbsp. sugar
- 8 Tbsp. butter, melted
- 2 pkgs. lemon Jello (4 servings each)
- 1 ⅓ c. boiling water
- 2 c. cottage cheese
- 2 (8 oz.) cream cheese
- 4 c. Cool Whip, thawed
- 2 cans pie filling of choice

Mix together graham crackers, sugar and butter. Press in jelly roll pan and bake at 350° for 10 minutes. Set aside to cool. Dissolve Jello in boiling water. Pour into blender. Add cottage cheese and cream cheese. Cover and blend at medium speed for 2 minutes until smooth. Be sure to scrape down sides. Pour into a large bowl. Gently stir in Cool Whip. Pour over graham cracker crust. Smooth out the top. Chill 4 hours and top with pie filling.

This can also be made in a 9" x 13" pan if you like thicker cheesecake. I've also had this made with lime and and orange Jello with no pie filling on top. I like to use two different flavors of pie filling to give options.

RASPBERRY DESSERT

Janet Scrabeck, Harmony, MN

- 2 small pkgs. raspberry Jello
- 2 c. very hot water
- 2 pkgs. frozen raspberries
- 1 pt. whipped cream
- 1 angel food cake

Dissolve Jello very well in hot water, then add the berries. When starting to gel, stir in one pint of whipped cream. Pour over a 9" x 13" pan full of torn angel food cake pieces.

CRESCENT APPLE CHEESECAKE

Angie Burmester, Mabel, MN

- 2 cans crescent rolls
- 3 (8 oz.) blocks cream cheese
- 2 c. sugar, divided
- 1 ½ tsp. vanilla
- 1 can apple pie filling
- 1 stick butter, melted
- 1 tsp. cinnamon

Preheat oven to 350°. In a mixing bowl, beat cream cheese with 1 ½ c. sugar. Add vanilla and continue beating until smooth. Spray a 9"x13" pan with cooking spray. Carefully unroll crescent roll dough. Lay into the bottom of pan. Starting in center and working outward, press to seal seams and spread to edges. Pour cream cheese filling onto crescent roll dough and spread to edges. Pour apple pie filling onto a plate and slice apples into chunks. Spread apples evenly over cheesecake filling. Carefully unroll second can of crescent rolls and place on top of filling/apples. Press to seal seams the best you can and gently stretch dough to edges. Pour melted butter onto top of dough. Mix cinnamon and ½ c. of sugar together. Sprinkle all over the top of the butter. Bake for 27-30 minutes or until golden brown. Let cool and refrigerate. Slice when chilled. Serve chilled.

To include your recipes in the 2022 cookbook, watch for the submission form in the Fillmore County Journal in fall 2022!

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BARS, CAKES, COOKIES, AND CANDY



LEMON BARS

Promise Syverson, Harmony, MN

- 1 $\frac{1}{3}$ c. all-purpose flour
- $\frac{1}{3}$ c. packed light brown sugar
- 8 Tbsp. cold, unsalted butter, cut into pieces
- 4 large eggs
- 1 $\frac{1}{2}$ c. confectioners' sugar
- 2 tsp. grated lemon zest
- $\frac{3}{4}$ c. lemon juice
- $\frac{1}{2}$ tsp. vanilla extract

Preheat oven to 350°. Line a 9" x 13" pan with foil, allowing foil to extend over the rim of pan by 2". Spray foil with nonstick spray.

To make the crust, put the flour and brown sugar in a food processor; pulse until combined. Evenly distribute the butter on top of flour mixture; pulse until mixture is crumbly. Transfer the dough to the pan; press evenly into the bottom. Bake until crust is golden brown, about 20 minutes.

Meanwhile, whisk together the eggs and $\frac{3}{4}$ c. of confectioners' sugar in a medium bowl until smooth. Add remaining $\frac{3}{4}$ c. confectioners' sugar, lemon zest, lemon juice and vanilla, whisking until well blended.

Reduce oven temperature to 300°. Pour lemon mixture over hot crust. Bake until filling is set, about 30 minutes. Let cool completely in the pan on a rack. Lift from the pan using the foil as handles. Cut into 24 bars.

PUMPKIN BUNDT CAKE

Terry Stokes, Chatfield, MN

- 2 layer spice cake mix
- 1 small package instant butterscotch pudding mix
- 4 eggs
- $\frac{1}{4}$ c. water
- $\frac{1}{4}$ c. cooking oil
- 1 (15 oz.) can pumpkin
- 1 tsp. pumpkin pie spice
- Caramel ice cream topping

Combine cake mix, pudding mix, eggs, water, oil, pumpkin and spice. Beat for 2 minutes. Pour into greased and floured bundt pan. Bake at 350° for 1 hour or tests done. Cool in pan 10 minutes before removing. Cool completely and drizzle with caramel when ready to serve. Makes 12 servings.



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BARS, CAKES, COOKIES, AND CANDY

LEMON CRÈME CAKE

Barb Yetter, Fountain, MN

- 1 box white cake mix, plus ingredients called for on box
- 1 can lemon pie filling

Preheat oven to 350°. Grease and flour 9" x 13" pan; set aside. Mix batter according to package instructions and pour into pan. Spoon pie filling on top of cake batter in evenly spaced dollops. Bake according to package instructions.

Frosting

- 1 (12 oz.) tub prepared sour cream icing
- 1 915 oz.) tub nondairy whipped topping

As cake bakes, make frosting. Mix the frosting and whipped topping together. Allow cake to cool before frosting.

SNICKERDOODLES

Denise Vierling, Preston, MN

- 3 Tbsp. sugar
- 1 tsp. ground cinnamon
- 1 package (16.5 oz.) yellow cake mix
- 2 large eggs
- ¼ c. vegetable oil

Preheat oven to 375°. Combine sugar and cinnamon in small bowl, set aside. Combine cake mix, eggs and oil in large bowl. Stir until well blended. Shape dough into 1" balls, roll in cinnamon-sugar mixture. Place balls 2" apart on cookie sheets. Flatten balls with bottom of a glass. Bake at 375° for 8-9 minutes. Cool one minute on cookie sheets. Remove to cooling rack to cool completely. Makes about 3 dozen cookies.

JAM THUMBPRINT COOKIES

Denise Pagel, Chatfield, MN

- 1 c. butter, softened
- ⅔ c. sugar
- ¼ tsp. almond extract
- 2 c. flour
- Jam/preserves, your flavor choice (I like raspberry)

Glaze

- 1 c. powdered sugar
- 1 ½ tsp. almond extract
- 1 Tbsp. milk or water

Combine butter, sugar and extract in bowl. Blend until creamy. Slowly add in the flour until thoroughly mixed; hand kneading may be necessary. Roll into 1" balls and place on cookie sheet. (I like parchment paper when baking.) Make a thumbprint size indent ¾ the way down in center of cookie ball. Chill in refrigerator for about an hour. Fill each cookie with jam or preserves; no more than ½ tsp. Bake at 350° for 14-18 minutes until edges are slightly brown. Place on parchment paper or wire rack to cool. Combine the glaze ingredients until smooth consistency. Drizzle cookies with glaze. Yields 3 dozen.

TAFFY

Anna Syverson, Harmony, Mn

- 2 c. cream
- 2 c. sugar
- 2 c. light Karo syrup
- 2 Tbsp. unflavored gelatin paraffin
- 1 tsp. vanilla
- Food coloring

Soften gelatin in ¼ c. cold water. Cook all together except vanilla until thermometer reads hard ball stage. Add vanilla. Pour onto buttered pan. When cold enough to handle, pull taffy until light colored. Cut into pieces and wrap in waxed paper.

Send your recipes for the next cookbook for a chance to win a great prize!

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BARS, CAKES, COOKIES, AND CANDY

PEANUT BUTTER HONEY NUT CHEERIO CLUSTERS

Angie Burmester, Mabel, MN

- 1 c. peanut butter
- 1 c. honey
- 3-4 c. Honey Nut Cheerios

Melt peanut butter and honey in large glass bowl for 2 minutes in microwave, stirring every 30 seconds. Stir in Cheerios. Drop by heaping spoonful on cookie sheets and cool in refrigerator for a few hours until set.

NO BAKE PEANUT BUTTER COOKIES

Jen Arndt, Chatfield, MN

- ½ c. white corn syrup
- ½ c. sugar
- 1 c. peanut butter
- 1 c. chow mein noodles

Put syrup and sugar in saucepan and bring to a boil. Remove from heat and add peanut butter and chow mein noodles, mix well. Drop by teaspoon on waxed paper and cool.

CASHEW BRITTLE

Janet Scrabeck, Harmony, MN

- 1 c. sugar
- 1 c. butter (no substitutes)
- 1 Tbsp. corn syrup
- 1 ½ c. salted cashew pieces

In a two quart saucepan combine sugar, butter and corn syrup. Cook over low heat, stirring often, until candy thermometer reaches 290°. This will take 25-30 minutes. Remove from heat and stir in cashews. Spread the mixture ¼" thick in a waxed paper lined baking pan. Let cool completely, then break into pieces.

PEANUT BARS

Beverly Sandberg, Stewartville, MN

- 1 can sweetened condensed milk
- 1 stick butter
- 16 oz. jar salted peanuts (dry roasted)
- 1 (10 oz.) package Reese's peanut butter chips
- 2 c. miniature marshmallows

Sprinkle ½ jar peanuts into 9"x13" pan. Melt the butter, chips and condensed milk in a pan. When melted, fold in marshmallows. Spread over peanuts, then sprinkle the other ½ jar of peanuts over top. Chill and cut into squares.

O'HENRY BARS

Lori Hoff, Mabel, MN

- ½ c. butter
- 1 c. sugar
- 1 c. corn syrup
- 1 c. peanut butter
- 5 c. Rice Krispies
- ½ c. chocolate chips
- ½ c. butterscotch chips

Stir together the first three ingredients. Bring to a boil. Boil 1 minute. Remove from heat. Stir in 1 cup peanut butter then 5 cups Rice Krispies. Pat into buttered 9x13 pan. Microwave ½ c. chocolate chips and ½ c. butterscotch chips at 50% power for 1 minute. Drizzle over bars.



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DIPS, SAUCES AND SPREADS

BLT DIP WITH POPPY SEED TORTILLA CHIPS

Promise Syverson, Harmony, MN

- 4 - 6" flour tortillas
- 1 egg white, lightly beaten
- 1 ½ tsp. poppy seeds
- 4 slices turkey bacon
- ¾ c. fat-free sour cream
- ¼ c. fat-free mayonnaise
- 3 Tbsp. finely chopped sweet onion
- 1 tsp. apple cider vinegar or white vinegar
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¾ c. plus 1 Tbsp. diced tomatoes
- ½ c. plus 1 Tbsp. thinly sliced arugula

To prepare the chips, preheat oven to 400°. Line a large baking sheet with foil. Brush one side of each tortilla with egg white and sprinkle evenly with the poppy seeds. Cut each tortilla into 8 wedges. Arrange the wedges in a single layer on the baking sheet. Bake until crunchy and brown, 8-10 minutes. Transfer to a rack and cool completely.

Meanwhile, to make the dip, cook the bacon in a nonstick skillet until crisp. Drain on paper towels and chop finely. Set aside 1 Tbsp. of the bacon. Place the remaining bacon, sour cream, mayonnaise, onion, vinegar, salt and pepper in a medium bowl. Add ¾ c. tomatoes and ½ c. arugula, stirring until well blended.

Transfer the bacon mixture to serving bowl and refrigerate at least 15 minutes. When ready to serve, top with remaining 1 Tbsp. bacon, 1 Tbsp. tomatoes and 1 Tbsp. arugula. Serve with the chips.

SEAFOOD LAYER DIP

Angie Burmester, Mabel, MN

- 2 (8 oz.) packages cream cheese, softened
- 1 c. ranch salad dressing
- 1 c. seafood cocktail sauce
- 1 ½ c. shredded cheddar cheese
- 1 c. imitation crabmeat, roughly chopped
- 1 c. shrimp, small, peeled
- 1 green pepper, diced small
- 1 tomato, seeded, chopped small
- 4-5 green onions, finely chopped

Combine the softened cream cheese and ranch dressing together. Spread cheese mixture over the bottom of a 9"x13" dish. Pour seafood cocktail sauce over the cheese layer and spread thinly. Sprinkle the shredded cheddar cheese over the top of the cocktail sauce layer. Sprinkle the remaining toppings (imitation crab, shrimp, green pepper, tomato and green onions) over the layers. Cover with foil and refrigerate for an hour before serving.

CHIPPED BEEF DIP

Bonnie Heidtke, Fountain, MN

- 2 (8 oz.) pkgs. cream cheese
- 1 pt. sour cream
- 1 medium onion, chopped fine
- 1 (4 oz.) pkg. dried beef, shredded

Mix cheese and sour cream. Add onion and dried beef. Refrigerate one hour before serving with crackers or potato chips. Note: This is an old recipe. I have since added ¼ teaspoon Worcestershire sauce and one tablespoon prepared mustard to the original recipe.



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DIPS, SAUCES, AND SPREADS

SMOKED SALMON SPREAD

Denise Pagel, Chatfield, MN

Smoked, fresh salmon, flake and measure into cup

Cream cheese, softened

Original Top the Tater

Measure out equal parts of all three ingredients. For example, 1 cup of each ingredient. I prefer salmon fresh from the butcher. Chill several hours or overnight. Serve with crackers or fresh vegetables (celery, cucumber).

CREAM CHEESE AVOCADO DIP

Janet Scrabeck, Harmony, MN

1 (3 oz.) pkg. cream cheese

$\frac{1}{3}$ c. mashed avocado

1 Tbsp. lemon juice

$\frac{1}{4}$ tsp. salt

Dash of Worcestershire sauce

Combine and mix thoroughly.

APPLE BUTTER

Anna May, Houston, MN

$\frac{3}{4}$ c. unsweetened apple juice/cider

$\frac{2}{3}$ c. white sugar

$\frac{1}{2}$ c. brown sugar

2 tsp. cinnamon

$\frac{1}{4}$ tsp. cloves

6 medium apples (3 lb.) – variety of apples, but two Granny Smith for sure, peeled and sliced

Place juice, sugars, cinnamon and cloves in sauce pan. Add apple slices and stir to combine. Bring to a boil, stirring occasionally. Reduce heat, cover and cook over low heat for two hours. Uncover and cook until thickened, 1-1 $\frac{1}{2}$ hours. Use emulsion blender to smooth out. Store in airtight container in fridge. Makes 1 $\frac{1}{2}$ pints.

CHEESECAKE DIP

Jen Arndt, Chatfield, MN

4 oz. cream cheese, soft

$\frac{1}{3}$ c. sour cream

3 Tbsp. powdered sugar

1 Tbsp. milk

$\frac{1}{4}$ tsp. almond extract

1 pint fresh strawberries

$\frac{1}{4}$ c. graham cracker crumbs

Beat cream cheese until smooth. Add sour cream, sugar, milk and almond extract; mix until smooth. Transfer to serving bowl. Place strawberries and graham cracker crumbs in separate serving bowls. Dip strawberries in cheesecake dip and then graham crackers. Makes 1 cup.



BEER BATTER

Lori Hoff, Mabel, MN

1 egg

1 c. beer (at room temperature)

1 c. flour

$\frac{1}{2}$ tsp. sugar

1 tsp. baking powder

1 tsp. salt

Mix all together. Dip onion rings or fish into batter. Fry in deep fat until brown.

ORANGE SAUCE FOR ANGEL FOOD CAKE

Barb Yetter, Fountain, MN

2 c. water

$\frac{3}{4}$ c. orange juice concentrate

1 pkg. (3.4 oz.) instant vanilla pudding mix

1 c. whipped topping

In a mixing bowl combine water, orange juice concentrate and pudding. Beat on low until mixed. Beat on high for 2 minutes. Whisk in whipped topping. Spoon over cake slices. Store leftovers in the refrigerator. Yield: 4 cups sauce.

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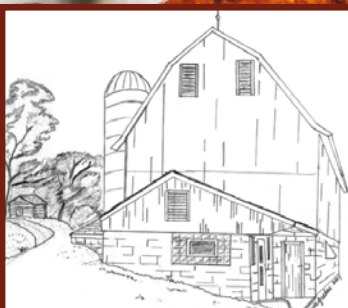
A little of this, A little of that.

By Kathy Little



FRESH OFF THE FARM

By Liz Gerdes



A GOODLY HERITAGE

By Wenda Grabau

The Plant Lady

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DIPS, SAUCES, AND SPREADS

BANANA PUDDING DIP

Terry Stokes, Chatfield, MN

- 1 (3.4 oz.) package each instant banana and vanilla pudding
- 3 c. half and half
- 1 tsp. vanilla extract
- 1 (8 oz.) softened cream cheese
- 4 medium bananas
- 3 c. mini marshmallows
- 2/3 of 8 oz. tub frozen Cool-Whip
- ½ c. crushed vanilla wafers

With a hand mixer, beat together both packages of pudding, half and half, and extract until thick but still pourable. Add cream cheese and beat until smooth. Stir in bananas, marshmallows, frozen topping and vanilla wafer crumbs (reserve 1 Tbsp. to sprinkle on top). Pour into serving dish and put crumbs on top. Refrigerate covered for 2-4 hours. Serve with whole wafers for dipping. Serves 12.

PENUCHE FROSTING


Anna Syverson, Harmony, MN

- ½ c. butter
- 1 c. brown sugar
- ¼ c. milk or cream
- 2 c. powdered sugar
- 1 tsp. vanilla

Brown butter, add brown sugar; cook two minutes, stirring. Add milk, bring to a boil. Remove from heat and cool till lukewarm. Beat in powdered sugar and vanilla. Spread on cakes, graham crackers, or cupcakes.


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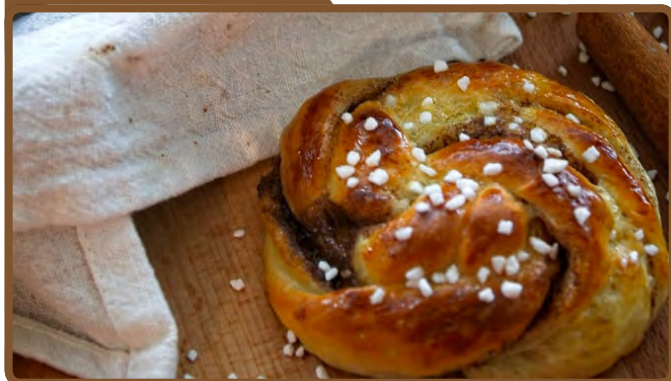
Don't keep bananas, potatoes, onions and garlic in the fridge.

Food Storage Temperatures

	°C
DRY GOODS	10/15° C
FRUIT/VEG	3/7° C
DAIRY	2/4° C
MEAT	0/2° C
FISH	-1/1° C
FREEZER	-18° C

	MTHS
Meat	
Steaks	6-12
Chops	4-6
Joints	9-12
Mince	3-4
Bacon	1
Sausages	1-2
Soups	4
Stock	4-6
Stews	4-6
Poultry	
Whole	1
Part	6-9
Eggs (not in shell)	9
Fish	
Lean	6
Oily	2-3
Breaded	4-6
Cooked	4-6
Smoked	2
Seafood	2
Dairy	
Butter	9
Margarine	12
Ice Cream	2
Cheese	6
Yoghurt	1-2
Basics	
Rice	6
Flour	12
Bread	3
Cakes	2-3
Pastries	4-6
Pizza	1-2
Herbs	12+
Spices	12+
Nuts	9-12
Tofu	5
Juice carton	8-12
Fruit	12
Vegetables	8

BREADS AND ROLLS



SOFT DOUGH PRETZELS

Faith Halverson, Wykoff, MN

- 1 c. warm water
- 1 pkg yeast
- ¼ c. sugar
- 1 tsp. salt
- 2 Tbsp. butter, softened
- 1 egg
- 4-6 c. flour

Dissolve yeast in water. Add the sugar, salt, butter, and egg and mix in (butter will still be lumpy). Add flour (1 cup at a time) until the dough isn't very sticky anymore. Cover in greased bowl and refrigerate overnight. In the morning, cut the dough into 16 pieces. Roll each piece into a rope and tie into a knot. Put on greased pan and bake at 350° for 15 minutes, or until they start to turn golden brown.

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BREADS AND ROLLS

SUPER FAST CORN BREAD

Terry Stokes, Chatfield, MN

- 1 ¼ c. biscuit mix
- 1 ¼ c. yellow cornmeal
- 2 eggs
- 1 ½ c. milk

Combine biscuit mix and cornmeal in large bowl. Whisk eggs and milk; stir into dry ingredients. Transfer to a greased 9" oven proof skillet. Bake at 400° for 15-12 minutes or until toothpick inserted near the center comes out clean. Cut in wedges and serve warm. Serves 8.

LEFSE

Lori Hoff, Mabel, MN

- 8 c. riced potatoes (I use Idaho Russet potatoes)
- ½ c. whipping cream
- 4 Tbsp. butter
- 2 tsp. sugar
- 2 tsp. salt

Mix together. Refrigerate overnight. Add 2 cups flour. Mix and roll into tennis size balls. Roll with lefse pin, using as little flour as needed and bake on a lefse grill. Cool between towels.

POPOVERS

Anna Syverson, Harmony, MN

- 2 c. lukewarm milk
- 2 c. flour
- ½ tsp. salt
- 6 eggs
- 2 Tbsp. melted butter

Preheat oven to 450°. Grease muffin pans. Mix ingredients until smooth, 2 minutes. Fill muffin cups almost to the top. Bake 15-20 minutes. Reduce heat to 350° and bake an additional 30 minutes.



SPICED APPLE TWISTS

Barb Yetter, Fountain, MN

- ¼ c. orange juice (water can be substituted)
- 1 can crescent rolls
- 2 large tart, firm apples, peeled and cored
- 2 Tbsp. butter, melted
- ½ tsp. cinnamon
- ⅓ c. sugar

Pour orange juice in bottom of buttered 9" square baking pan. Unroll crescent roll dough; separate into eight triangles. Cut each lengthwise to make 16 triangles. Cut each apple into eight pieces. Place an apple slice at wide end of each strip. Roll up. Arrange in pan. Drizzle butter over tops. Then sprinkle with combined cinnamon and sugar mixture. Bake at 400° for 30-35 minutes until golden in color. Serve warm or cold. Yield: 16 twists.

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BREADS AND ROLLS

CINNAMON SWIRL ORANGE BREAD

Promise Syverson, Harmony, MN

- 1 pkg. (¼oz.) active dry yeast
- ¼ c. warm water (110° to 115°)
- 1 c. warm milk (110° to 115°)
- ¾ c. orange juice
- ½ c. sugar
- ¼ c. shortening
- 1 Tbsp. grated orange peel
- 1 ½ tsp. salt
- 6 ¼ to 6 ¾ c. flour
- 1 egg, slightly beaten

Filling

- ½ c. sugar
- 2-3 tsp. ground cinnamon
- 2 tsp. water

Glaze

- 1 ½ c. confectioners' sugar
- 4 tsp. orange juice
- 1 tsp. grated orange peel

Dissolve yeast in water. In a mixing bowl, combine milk, orange juice, sugar, shortening, peel and salt. Add 2 c. flour, yeast mixture and egg; mix well. Add remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 8-10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 ¼ hours. Punch dough down and divide in half. Cover and let rest for 10 minutes. Roll each half into a 15" x 7" rectangle.

For filling, combine sugar and cinnamon; sprinkle over rectangle. Sprinkle each with 1 tsp. water. Roll up, jelly-roll style, starting with a short end. Seal edges. Place with sealed edge down in two greased 8" x 4" x 2" loaf pans. Cover and let rise until doubled, about one hour. Bake at 350° for 30-35 minutes or until golden brown. Remove from pan and cool on wire racks. Combine glaze ingredients; spread over loaves. Yields two loaves.

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BREADS AND ROLLS

BANANA BREAD

Jen Arndt, Chatfield, MN

- 1 ¼ c. mashed bananas
- 2 c. flour
- ½ c. plus 3 Tbsp. milk
- 2 tsp. baking soda
- 2 tsp. vanilla
- 1 c. sugar
- 2 eggs
- ¼ tsp. salt
- ½ c. plus 2 Tbsp oil

Mix bananas and sugar together. Add flour and beat. Beat in eggs, one at a time. Add milk, salt and soda, mix well. Add oil and vanilla, mix well. Pour into 1 large and 1 small greased pans (or five small). Bake 1 hour at 300° – smaller pans will take less time.

SILVER DOLLAR CHEESE BISCUITS

Bonnie Heidtke, Fountain, MN

- 2 c. all-purpose flour
- 1 Tbsp. sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ¾ c. buttermilk
- 5 Tbsp. cold, unsalted butter, cut into ¼" pieces
- 1 ½ c. shredded sharp cheddar cheese, divided

Combine the flour, sugar, baking powder, baking soda, and salt in a large bowl and whisk to blend. Add the butter and cut it into the dry ingredients with a pastry blender or rub it with your fingers until the mixture resembles a coarse meal. Refrigerate for 10 minutes. Remove from the refrigerator. Add 1 cup of the cheese to the flour mixture and toss lightly to combine. Make a well and add the buttermilk, using a large fork or wooden spoon. Stir until it sticks together and pulls from the side of the bowl. Let rest for one minute. Put dough onto lightly floured surface. Using floured hands, knead the dough 2-3 times. Pat or roll to 2/3" thick. Press 1- 1 ¼" (or similar) biscuit cutter into the dough. Place the rounds on the baking sheet, evenly spaced and close together. Gather, shape and cut the scraps. Sprinkle with the remaining ½ cup cheese. Bake for 15 minutes or until golden brown and crusty. Serve. To reheat, wrap in aluminum foil and place in a warm oven for 10 minutes. Makes 18-20 biscuits.

CRANBERRY BREAD

Janet Scrabeck, Harmony, MN

- 2 c. flour
- 1 c. sugar
- ½ tsp. baking powder
- ½ tsp. salt
- Juice of 1 orange
- ¾ c. boiling water
- 1 beaten egg
- 1 c. chopped cranberries

May add nuts. Bake one hour at 325°.

PANCAKES

Denise Pagel, Chatfield, MN

- 1 egg
- ¾ c. milk plus 1 Tbsp.
- 1 c. flour
- 2 Tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 Tbsp. butter, melted
- 2 Tbsp. vinegar

In large bowl, beat egg. Whisk in the milk. Combine the flour, sugar, baking powder, baking soda and salt in a small bowl. Add to the above wet ingredients. Whisk in the melted butter and then the vinegar. Spray griddle or fry pan with non-stick cooking spray before each batch. Yields 7 pancakes.

BUTTERMILK PANCAKES

Letitia Kopperud, Rushford, MN

- 1 c. flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 egg
- 1 ⅛ c. buttermilk
- 2 Tbsp. butter, melted

Mix flour, salt and baking soda. Add egg, melted butter and buttermilk. Keep it lumpy – may look thick.

SPECIAL DIET

PUMPKIN COOKIES

Terry Stokes, Chatfield, MN

- ½ c. shortening
- 1 c. sugar (part brown)
- 1 c. Festal pumpkin
- 1 c. chopped dates
- 1 c. chopped nutmeats
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. soda
- 1 tsp. baking powder
- 2 c. flour (less 2 Tbsp.)

Drop mixed dough by spoon on cookie sheet. Bake at 375° about 13 minutes.

Frosting

- ¼ c. butter
- 2 c. powdered sugar
- 2-3 Tbsp. boiling water
- 1 tsp. vanilla

Mix together and put on cookies while they are a little warm. This recipe has NO eggs.

SPECIAL K BARS

(GLUTEN AND DAIRY FREE)

Promise Syverson, Harmony, MN

- 6 c. corn flakes
- 1 c. peanut butter
- 1 c. sugar
- 1 c. corn syrup
- 1 pkg. almond bark, melted

Put corn flakes into a large bowl. Combine sugar and corn syrup into a saucepan and put on medium heat. Stir occasionally. Bring to a boil. Remove immediately from burner. Stir in peanut butter. Pour into cornflakes and mix well. Pour into greased 9" x 13" pan. Cover with almond bark.



PUMPKIN PIE

(LOW CALORIE AND REDUCED FAT)

Barb Yetter, Fountain, MN

- 1 egg
- 2 egg whites
- 1 can (15 oz.) solid-pack pumpkin
- Sugar substitute equivalent to ¾ c. sugar
- ½ c. reduced-fat biscuit/baking mix
- 1 tsp. ground cinnamon
- 1 tsp. vanilla
- ¼ tsp. ground cloves
- ½ tsp. ground ginger
- 1 can (12 oz.) fat free evaporated milk
- 1 c. reduced fat whipped topping

In a large bowl, combine the egg, egg whites, pumpkin, sugar substitute, biscuit mix, vanilla and spices until smooth. Gradually stir in fat-free evaporated milk. Pour into a 9" pie plate coated with cooking spray. Bake at 350° for 35-40 minutes or until knife inserted near the center comes out clean. Cool on a wire rack. Serve with the reduced fat whipped topping on the side. Refrigerate leftovers. Yield: 8 servings. One serving piece wedge = 124 calories, 2 g. fat (1 g. saturated fat), 28 mg. cholesterol, 19 g. carbohydrates, 160 mg. sodium.

DIABETIC COOKIES

Mary Mueller, Utica, MN

- ½ c. butter or margarine, melted
- 1 egg, beaten
- 1 c. applesauce
- 1 c. bran flakes
- ½ c. raisins
- ½ c. chopped dates
- 1 tsp. soda
- ½ tsp. cinnamon
- ½ tsp. cloves
- 2 Tbsp. Equal zero calorie sweetener
- 1 ¾ c. flour
- Nuts – optional

Combine first 4 ingredients. Add raisins and dates. Mix well. Add all dry ingredients. Bake spoonfuls of dough 20 minutes at 350°.

SPECIAL DIET

EGGLESS BANANA CAKE

Denise Pagel, Chatfield, MN

- 3 c. all-purpose flour
- 3 tsp. baking powder
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 tsp. ground cinnamon
- 1 c. whole milk
- 1 Tbsp. apple cider vinegar
- ¾ c. canola oil
- 1 c. granulated sugar
- ½ c. brown sugar
- 3 ripe bananas, mashed (about 1 ½ c.)
- ½ c. plain yogurt
- 2 tsp. pure vanilla extract

Cream cheese frosting

- 4 oz. cream cheese, softened
- ¼ c. butter, softened
- 1 tsp. pure vanilla extract
- 1 ¾ c. powdered sugar

Preheat oven to 350° (or 325° for non-stick pan). Grease the bottom of a 9" x 13" cake pan using a baking spray. In a large bowl, mix together flour, baking powder, baking soda, salt and cinnamon. Set aside. In a glass measuring cup, combine milk and vinegar. Let the mixture stand at room temperature for 5 minutes. Reserve the liquid. In a large bowl, beat sugars, oil and bananas at medium speed until creamy and fluffy, about 2 minutes. Add yogurt and vanilla; continue beating to combine. Reduce speed to low and add half of flour mixture, scraping down the bowl to incorporate all. Slowly add the reserved milk while on low speed followed by the remaining flour mixture; beat until just combined. Don't over mix the batter. Pour cake mixture into prepared pan. Bake 35-40 minutes. Cool before frosting the cake.

For frosting: Beat the cream cheese and butter on high speed until smooth and creamy, about 2 minutes. Reduce speed to low and gradually add powdered sugar and vanilla. Increase speed to high and beat 2 minutes.

GLUTEN-FREE ZUCCHINI MUFFINS

Sally Wilson, Houston, MN

- 3 eggs, beaten
- ⅔ c. oil
- ½ c. vanilla yogurt
- 2 c. grated zucchini
- ⅛ tsp. black pepper
- 1 ⅓ c. sugar
- ⅓ c. brown sugar
- 1 c. old fashioned oatmeal
- 2 ¼ c. gluten free flour (King Arthur or Bob's Red Mill)
- 1 tsp. soda
- 1 tsp. salt
- ¼ tsp. baking powder
- 3 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. cloves
- ¼ tsp. nutmeg
- 1 c. mini chocolate chips

Mix dry ingredients. Add wet. Mix. Add mini chocolate chips. Bake at 325° for 25 minutes. Makes 24. Line trays with paper liners.

COMMON BAKING SUBSTITUTIONS

MILK

- 1 cup whole milk = ½ cup evaporated milk + ½ cup water
- 1 cup whole milk = 1 cup skim milk + 2 tablespoons melted butter or margarine

VEGETABLE SHORTENING

- 1 cup vegetable shortening = 1 cup butter
- 1 cup vegetable shortening = 1 cup margarine

SOUR CREAM

- 1 cup sour cream = 1 cup plain yogurt

VEGETABLE OIL

- 1 cup vegetable oil = 1 cup applesauce = 1 cup fruit puree

SPECIAL DIET

HEALTHY DIET SOUP

Janet Scrabeck, Harmony, MN

- 2 c. fat-free chicken or vegetable broth
- 1 pt. stewed tomatoes
- 1 c. coarsely grated carrots
- ½ c. grated or chopped onions
- Any frozen or fresh vegetable you have on hand
- ¼ tsp. basil
- ¼ tsp. marjoram
- ¼ tsp. oregano

Saute carrots and onions and add to broth and tomatoes. Simmer 15-20 minutes.

WATERMELON STRAWBERRY SMOOTHIE

(DAIRY FREE)

Anna Syverson, Harmony, MN

- 1 c. coconut or almond milk
- 6 c. cubed watermelon, deseeded
- ½ c. strawberries (6-8 medium)
- 1 tsp. cinnamon

Combine all ingredients in blender. Puree until smooth. Enjoy. Optional: Add sprigs of mint.

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SPAM® Cookies

- 1 cup butter (room temperature)
- 1 cup granulated sugar
- 1 cup light brown sugar
- 2 eggs
- 3 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 can of SPAM®, cut in small cubes
- 1/2 cup butterscotch chips
- 1/2 tsp vanilla extract

Directions:

- Pre-heat oven to 350 degrees F.
- Cream together the butter and both sugars until light and fluffy.
- Add eggs one at a time and beat until they are incorporated into the butter and sugar mixture.
- Add the rest of the ingredients and mix until just blended - do not overmix!
- Chunk out cookie dough onto lightly greased baking sheets, bake for 5 minutes, rotate pan in the oven and finish off for another 5 minutes.

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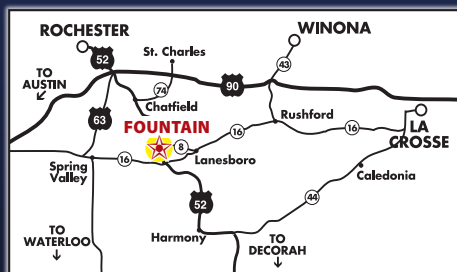
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