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# THE BEST COOKS OF BLUFF COUNTRY

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

Now in its 14th 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 a total of 877 recipes from readers, with 56 more recipes added to the tasty archives this year. Thanks to readers from Canton, Chatfield, Fountain, Harmony, Houston, Preston, Rushford and Spring Valley, we are proud to publish another keepsake.

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 winners who received gift cards to use at Harmony Foods, Preston Foods, or Rushford Foods. We held an in-person cooking contest on Saturday, October 14, 2023, at Rushford Foods.

Over the past 14 years, the Hoiness family, store owners of Harmony Foods, Preston Foods, and Rushford Foods, has generously donated over \$6,610 in gift cards to be shared with winners of the *Tasty Temptations Cookbook* recipe contest. We thank them again for their generosity!

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.

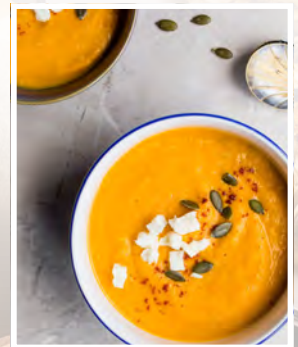
Jason Sethre



*Jason Sethre*  
Publisher  
Fillmore County Journal

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# APPETIZERS

## CRANBERRY BRIE

Bonnie Heidtke, Fountain MN

- 1 package crescent rolls
- Brie cheese
- Can of whole berry cranberry sauce, not jellied
- 1 c. pecans, chopped
- Sprigs of fresh rosemary



Preheat oven to 375°. Spray mini muffin tin with cooking spray.

Put a little flour on board for ease in spreading out crescent roll. Place seams together to make one sheet. Cut into 24 equal squares.

Hint: Place brie into freezer for easier handling, as it is a soft cheese. You do not need to remove rind before using.

Cut brie into small pieces and place inside crescent dough squares. Top each with a generous spoonful of cranberry sauce. Finally, top each with pecans and a sprig of rosemary.

Bake until crescent dough is a light golden brown, about 15 minutes.

## VEGETABLE TORTILLA ROLLUPS

Denise Pagel, Chatfield MN

- 8 oz. package cream cheese at room temperature
- ¾ c. mayonnaise
- 1 packet ranch salad dressing mix, dry
- 1 tsp. dried dill weed
- Finely chopped vegetables (totaling 2 c.), such as broccoli, cauliflower, red or green pepper, purple onion, black olives, shredded carrots
- 1 c. shredded cheddar cheese
- 5-6 thin burrito size tortillas



In mixing bowl, combine cream cheese, mayonnaise, dry ranch seasoning packet and dill weed. Fold in the 2 c. chopped vegetables. Working with 1 tortilla at a time, spread vegetable mixture evenly over the tortilla (I microwave each tortilla for about 10 seconds first for easier rolling). Sprinkle on some shredded cheddar cheese. Roll each tortilla tightly and wrap in plastic wrap or wax paper (can wrap 2 or 3 together). Then place in Ziploc bags. Continue with remaining tortillas until all have been assembled and wrapped. Refrigerate for at least 2 hours or overnight (I put mine in the freezer for about 20 minutes for easier slicing). To serve, trim any unfilled ends away. Cut remaining tortillas into slices. Serve with salsa if desired.

An advertisement for 52's LIQUOR. It features a central image of a bulldog's head. To the left, the text reads "Get into the holiday spirits" in a festive font. To the right, "52's LIQUOR" is written in a large, stylized red font. Below the bulldog, it says "Spring Valley, MN" and "507-346-1979". At the bottom, it says "Next to Sunshine Foods" and "Great selection of Minnesota microbrews and craft beers!". The background shows hands holding various colorful drinks.

An advertisement for "CHRISTMAS IN WYKOFF AT COMMUNITY CENTER". The text is set against a background of snow and holiday decorations. It lists two dates: "Saturday, December 2" and "Sunday, December 3". For Saturday, it lists "Vendors and Trees..... 9am - 2pm" and "Santa visits..... 9:30am - 1:30pm". For Sunday, it lists "Historical Society lunch..... 11am - 1pm" and "Concert..... 7:00pm". The location is "St Johns Lutheran Church, Wykoff". At the bottom, it says "Freewill Donations to Lunch &amp; Concert" and "(Thrivent Financial assistance to WAHS and Wykoff LIONS)".

# APPETIZERS

## CARMELIZED VIDALIA ONION CHEESECAKE

Joellen Bingaman, Rushford MN



- 1 T. oil & ½ c. water
- 3 c. chopped Vidalia onion  
(or other sweet onion)
- 2 T. sugar – caramelize  
over low heat in skillet, set  
aside
- 1 c. plain panko bread  
crumbs
- 3 T. melted butter

Pour panko into pie dish – drizzle melted butter over crumbs. Press to form “pie crust.”  
Bake 8-10 minutes at 350°.

- 2 - 8 oz. packages cream cheese at room  
temperature
- 1 package soft goat cheese
- 2 eggs
- ½ c. heavy cream
- ¼ c. chopped fresh dill or 6 T. dried dill
- ¼ c. parsley
- ½ t. salt
- ½ t. pepper

Combine all in bowl, mixing well. Pour all into pie plate over panko crust.  
Bake 30-40 minutes until middle jiggles slightly. Cool on rack. Serve over assorted crackers.

\* Winners received Gift Cards to Preston, Harmony or Rushford Foods

## CATALINA SHRIMP DIP

Terri Morin, Canton MN

- 1 - 8 oz. package cream cheese
- ½ c. Catalina French dressing (Kraft)
- Pinch of onion salt and garlic salt
- 1 can shrimp

Soften cream cheese and beat together with onion and garlic salts. Add French dressing and continue to beat with mixer. Drain shrimp and add to cheese mixture. Beat only briefly so shrimp doesn’t get too ground up. Chill for a while before serving with potato chips.

Merry  
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## APPETIZERS

### BBQ SAUCE FOR MEATBALLS OR WIENERS

*Terri Stokes, Chatfield MN*

- 16 oz. barbecue sauce
- 10 oz. grape jelly
- Dry onion
- 2 T. brown sugar

Simmer 10 minutes; add cocktail wieners or meatballs and simmer 10 minutes longer. I usually serve right from crockpot so they are heated for more than 10 minutes.

### PRETZEL DIP

*Gloria Keene, Preston MN*

- 3 ounces cream cheese, softened
- 1/3 cup heavy whipping cream
- 1/3 cup mayonnaise
- 1 tsp Worcestershire sauce
- 1 tsp hot sauce
- 1/2 tsp horseradish
- 1/2 tsp garlic, minced
- 3 bacon slices, cooked and crumbled
- 1 1/2 cups extra-sharp cheddar cheese, shredded
- 1/3 cup green onions, chopped

In a medium sized bowl, add the cream cheese, heavy whipping cream, mayonnaise, Worcestershire sauce, hot cause, horseradish and garlic. Stir to combine.

Add bacon, cheese and green onions. Stir to combine. Refrigerate several hours or overnight before serving with your favorite pretzel shape and size. Can add crumbled bacon on top as well if you choose.



### KATHY WHALEN'S PARTY DIP

*Vicki Christianson, Harmony MN*

- 8 oz. cream cheese
- 1 pint sour cream
- 1 small jar Hellman's mayo
- Large pkg. shredded cheddar cheese.

Beat all of the above together till smooth.

Add the following:

- 6 oz. jar bacon bits
- 1 T. dill weed
- 1 tsp. dry red pepper (cayenne)
- 1/2 tsp. garlic salt
- 1/3 cup chopped fine green pepper
- 1/3 cup chopped fine green onion

Using electric mixer, beat all of the above together. Refrigerate. Serve with cracker or veggies or whatever!

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# APPETIZERS

## SCOTCH EGGS

*Anna May, Houston MN*

- 5 large, hard cooked eggs
- 1 lb. seasoned, ground sausage (we like it hot)
- Non-stick cooking spray

Cook 5 large eggs in an air fryer at 250° for 18 minutes. Removed promptly and place eggs in ice water. When cold, peel eggs and wipe excess moisture off eggs with a paper towel. When dry, wrap a flattened piece of uncooked sausage completely around the egg. There should be enough sausage to wrap all 5 eggs. When done wrapping, spray bottom of air fryer with non-stick cooking spray and place 3 eggs in bottom of fryer. Set to 350° for 10-12 minutes, remove eggs from fryer and place on paper towel to cool. Cook remaining eggs, remove from fryer to cool on paper towel.

These are really tasty with your favorite mustard.

## CORNERED BEEF DIP

*Marilyn Schreier, Preston MN*

- 2 c. mayo
- 2 packages corned beef
- 8 oz. sour cream
- 2 tsp. dill weed
- ½ tsp. seasoning salt
- Dash of onion salt.

Mix all ingredients together. Dip with cut up bread or bagels or use on crackers.

## CREAMSICLE DIP (for vanilla wafers or fruit)

*Lori Turner, Harmony MN*

- 2 - 8 oz. packages cream cheese, softened
- 2 - 8 oz. jars marshmallow creme
- 4 T. orange juice concentrate
- 1 tsp. vanilla

Beat softened cream cheese for 1 to 2 minutes, until fluffy. Add marshmallow cream and beat until combined. The mix in orange juice and vanilla. Serve with vanilla wafers or use as a fruit dip.

## FIESTA CHEESE DIP

*Ann Bartelson, Rushford MN*

- 8 oz. cream cheese
- ½ c. sour cream
- 8 oz. shredded pepper Jack cheese
- 1 - 4 oz. can diced green chiles
- 1 - 2 oz. jar diced pimientos

Let cream cheese come to room temperature. When soft, mix with sour cream. The add cheese, chiles and drained pimientos.

Pour into greased casserole and bake at 350° for 30 minutes. Or put in small crockpot and set on low for 90 minutes.



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# APPETIZERS

## ZUCCHINI HORS D'OEUVRES

*Letitia Kopperud, Rushford MN*

- 1 medium to large zucchini, cut into ¼" thick slices
- Salt and pepper
- Garlic powder
- Italian spices
- Tomato slices
- Shredded cheese

Brush zucchini with oil and put on cookie sheet  
Sprinkle with salt, pepper, garlic powder and Italian spices.

Top off each slice with thin slice of tomato and shredded cheese (your choice of cheese).

Bake until cheese is brown.

## BEEF SALAMI WEDGES

*Barb Yetter, Fountain MN*

- 12 slices beef hard salami
- 1 – 3 oz. package cream cheese
- 1 T. sour cream
- 1 tsp. prepared horseradish
- ½ tsp. chopped parsley
- 1 T. grated onion

Mix cream cheese, sour cream, horseradish, parsley and onion. Spread 5 slices of salami with half of the cream mixture, stacking them on top of each other to form a cylinder. Top with the sixth slice of salami. Repeat for second cylinder. Wrap in plastic wrap and chill until firm. When ready to serve, cut each cylinder into desired number of wedges.

Note: I measured out 1 T. dry minced onion and added 2 T. water. Before adding to the cream mixture, squeeze out the water.

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## PARTY PRETZELS

*Angela Gensmer, Spring Valley MN*

- 2 bags of thin or mini pretzels
- Vegetable oil
- 1 pkg of dry ranch
- Lemon pepper

Use approximately 2 bags of thin or mini pretzels to fill up ice cream bucket. Mix together ¾ cup of oil, 1 package of dry ranch mix and 1 T. lemon pepper (or less if desired). Pour mixture over pretzels in bucket, shake until well coated; shake every hour until fully coated. When coated to your preference lay flat on wax paper until dry. Store in ice cream bucket to keep fresh.

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# SIDE DISHES

## CARAMEL APPLE PRETZEL SALAD

Carol Rasmussen, Rushford MN

Crush pretzels in a bag (not finely) - you will need 1 cup crushed pretzels.

Add ½ c. chopped pecans, ¾ c. brown sugar, ¾ c. melted butter. Mix in a bowl and spread out on parchment-lined jelly roll pan. Bake at 450° for 7 minutes. Cool on pan and stir around while cooling, so they don't stick together.

When pretzel mixture is cool (you can put it in a freezer), break up into small pieces.

In a bowl, cream:

1 – 8 oz. package cream cheese

Add ½ c. of caramel ice cream topping and 8 oz. Cool Whip. Chop 2 apples and add to cream cheese mixture. Stir in cooled pretzels. Garnish with caramel.



## DILLY RANCH CHICKEN PASTA SALAD

Bonnie Heidtke, Fountain MN

8 oz. uncooked rotini or pasta of your choice  
 1 T. olive oil  
 1 med. cucumber  
 1 - 8 oz. grilled chicken breast  
 ¼ c. diced red onion  
 Salt and pepper to taste.

Dressing:

1 c. mayonnaise  
 2 T. finely chopped dill  
 1 T. dry ranch dressing mix  
 2-3 T. milk

Cook pasta according to package directions for al dente. Drain and transfer to a large bowl. Drizzle with olive oil and toss; set aside.

Slice cucumber in 1/2" slices and then quarter. Slice chicken breast about 1/8" thick. Add cucumber, chicken and onion to pasta and toss. Add salt and pepper, to taste.

Dressing:

Mix all ingredients. Start with 2 T. milk and add another T. if you want a thinner dressing. Stir well and add to the pasta mixture. Toss gently, coating all ingredients with dressing. Chill for about an hour before serving. Garnish with extra dill, if desired.

Makes 4-6 servings.



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To include your recipes in the 2024 cookbook, watch for the submission form in the Fillmore County Journal in fall 2024!

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# SIDE DISHES

## COLORFUL VEGGIE BAKE

Barb Yetter, Fountain MN

- 2 – 16 oz. packages frozen California blend vegetables
- 8 oz. package Velveeta, cubed
- 6 T. butter, divided
- ½ c. crushed butter flavored crackers



Prepare vegetables according to package directions; drain. Place half in an ungreased 11x7x2-inch baking dish. In a small saucepan, combine cheese and 4 T. butter; cook and stir over low heat until melted. Pour half over vegetables. Repeat layers. Melt the remaining butter; toss with the cracker crumbs. Sprinkle over the top. Bake, uncovered, at 325° for 20-25 minutes or until golden brown. Yield: 8-10 servings.

## EASY FRUIT SALAD

Michele Schwalbe, Harmony MN

- 1 regular size pkg. of instant pudding (cheesecake flavor or vanilla or lemon)
- 1 regular size can of fruit cocktail, drained (save juice)
- 1 regular size can of pineapple tidbits, drained (save juice)
- 1 can mandarin oranges, drained (save juice)

Mini marshmallows, optional

Dump instant pudding in large bowl; add 1 cup of the saved juices. Mix well.

Dump in rest of ingredients and mix well. Refrigerate.

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# SIDE DISHES

## FREEZER CORN

*Marilyn Schreier, Preston MN*

- 9 c. corn
- ½ c. sugar
- 2 c. water
- 2 tsp. canning salt

Boil 3 minutes and put in freezer bags.

## ALMOST SCALLOPS

*Letitia Kopperud, Rushford MN*

- 2 bags Simply Potatoes (shredded kind)
- Salt & pepper
- Shredded Swiss or Gruyere cheese or cheese of choice
- 1 pint heavy cream

Spray oil on bottom of 9x13-inch pan. Put in one bag potatoes – to cover bottom of pan. Sprinkle cheese on top – save some for topping. Spread the other bag of potatoes on top of cheese. Add remainder of cheese on top, plus a few pats of butter. Pour the pint of cream over top and bake at 350° for one hour.

## CHEESY CORN

*Ann Bartleson, Rushford MN*

- 1 can cream style corn
- 1 - 16 oz. package frozen corn
- 4 oz. cream cheese
- 1 ½ c. shredded Swiss cheese

Soften cream cheese. When at room temperature, mix with cream style corn.

Thaw frozen corn and mix into cheese and corn. Pour into casserole that has been sprayed with cooking spray. Bake at 350° for 30-40 minutes.

## OPEN-FACE SHRIMP SANDWICHES

*Terri Morin, Canton MN*

- ⅓ c. chopped green pepper
- ⅓ c. chopped celery
- 1 can shrimp
- 1 c. American cheese, cubed small
- 1 heaping Tbsp. salad dressing (like Miracle Whip)
- Hamburger buns

Mix pepper, celery, shrimp, cheese and salad dressing together. Heap on halves of hamburger buns. Place on cookie sheet and bake for 15 minutes at 400°. Makes 8 open face sandwiches.

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## SIDE DISHES

### LINGUINI SALAD

Denise Pagel, Chatfield MN

- 1 lb. linguini, break in half
- 1 small cucumber, peeled, seeded and chopped
- 1 small onion, chopped
- 1 large tomato, seeded and chopped
- 16 oz. bottle Italian dressing, divided
- 3.34 oz. McCormick Perfect Pinch Salad Supreme Seasoning (use only ½ jar)

Cook pasta according to package directions. Rinse with cold water and drain. In a large bowl, combine ¾ of the bottle of Italian dressing and the McCormick Seasoning. Stir well. Add the cooked and cooled pasta to the dressing mixture. Mix in the cucumber, onion and tomato. Cover and refrigerate for 4 hours or overnight before serving. You may want to add an addition ounce or two of Italian dressing before serving, as it absorbs.

### TROPICAL CRAB SALAD

Gloria Keene, Preston MN

- 1 package (8 oz) Louis Kemp Crab Delights
- ¼ cup lime juice
- ¼ cup orange marmalade
- 2 dashes Tabasco sauce (optional)
- 4 cups packed spinach leaves, washed (1/2 bag) or can use lettuce
- 1 cup shredded red cabbage
- 1 small can mandarin oranges, drained (or 1 mango or papaya, diced)
- ¼ cup cashews or almonds, chopped

In a large bowl, whisk together lime juice, marmalade and Tabasco until smooth. Add remaining ingredients, except nuts, and toss together until salad is well coated with dressing. Sprinkle nuts on top just before serving.

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# SIDE DISHES

## COPPER CARROTS

Terri Stokes, Chatfield MN

- 2 c. sliced, cooked carrots
- 1 med. onion, chopped
- 1 small green pepper, chopped
- 1 can tomato soup
- Scant 1/3 c. vegetable oil
- 1 c. sugar
- 3/4 c. cider vinegar
- 1 tsp. prepared dry mustard
- 1 tsp. Worcestershire sauce

Cook carrots separately. Drain and put in serving bowl with pepper and onion. Heat rest of ingredients to almost a boil and pour over carrots, green pepper and onion.

I serve these cold as a salad or side dish.

## CHICKEN CASHEW SALAD

Lori Turner, Harmony MN

- 1 - 16 oz. package rotini pasta
- 4 c. cubed chicken
- 1 c. seedless green grapes, halved
- 1 c. seedless red grapes, halved
- 3/4 c. dried cranberries
- 1 c. ranch salad dressing
- 3/4 c. mayo
- 2 c. salted cashews

Cook pasta according to directions. Drain and rinse in cold water. In a large bowl, combine the chicken, grapes and cranberries. Add the cold, drained pasta. Set aside. In a small bowl, whisk the ranch dressing and mayo together. Pour over salad, toss to coat. Cover and refrigerate for at least an hour.

Just before serving, add cashews.



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# MAIN DISHES

## CHICKEN AND GREEN CHILE CASSEROLE

Anne Doering, Harmony MN



- 1 can condensed cream of chicken soup
- 1 soup can of milk
- ½ c. sour cream
- 1 small onion, diced
- 1 – 4 oz. can diced green chiles
- 1 c. whole kernel corn
- 1 tsp. salt (or to taste)
- ½ tsp. pepper (or to taste)
- 10 corn tortillas, torn in pieces
- 3 c. cooked chicken, cut into bite size pieces
- 2 c. grated cheddar or co-Jack cheese

Preheat oven to 375°. Lightly spray a 2-quart baking dish with vegetable oil. Heat soup, milk, sour cream, onion, green chiles, corn, chicken, salt and pepper in large saucepan until hot and bubbly. Add torn corn tortillas and stir until tortilla pieces are well coated.

Place half the mixture in prepared baking dish and cover with half the cheese. Repeat with remaining half of chicken mixture and top with remaining cheese. Bake 20-25 minutes until bubbly.

Optional: Garnish with sour cream, diced green chiles, tomatoes, cilantro, or as desired. Serves 6.

### 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

## EGG ROLL IN A BOWL

Angela Gensmer, Spring Valley MN



- 1 lb. ground pork
- 1 T. sesame oil
- 1 small red onion
- 1 T. minced garlic
- 1 T. ginger
- 2 tsp. siracha sauce
- 1 bag coleslaw mix
- 1 bell pepper
- 3 T. of soy sauce
- 1 T. rice wine vinegar

Heat skillet and add onion, garlic and ginger approximately 1 minute.

Add ground pork and siracha; cook until pork is well done, approximately 10 minutes. Add coleslaw, peppers, soy sauce, sesame oil and rice wine vinegar until well combined. Cook until cabbage is tender.

I like to put over rice or Thai noodles.

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# MAIN DISHES

## CHICKEN ALFREDO LASAGNA

Denise Pagel, Chatfield MN



- 9 oz. lasagna noodles
- 2 ½ c. cooked and shredded chicken (rotisserie is best)
- 2 jars Alfredo sauce (15 oz. size)
- ¼ c. water
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. Italian seasoning
- Black pepper, to taste
- 2 c. fresh spinach, chopped fine
- 1 ½ c. shredded mozzarella cheese
- ¼ c. Parmesan cheese (in the can)

Cook the lasagna noodles according to package directions. In large mixing bowl, combine the shredded chicken, Alfredo sauce (use the water to rinse out jar and add to mixture), garlic powder, onion powder, Italian seasoning and black pepper. Mix well. Spray a 9x13-inch baking dish with cooking spray and then spread a thin layer of the chicken Alfredo mixture on bottom. Layer lasagna noodles on top of the mixture, then sprinkle on some chopped spinach. Spread some chicken Alfredo mixture on top of the spinach. Sprinkle on some mozzarella cheese. Repeat this layering process until you run out of ingredients, making sure to end with a layer of the Alfredo mixture, mozzarella cheese and Parmesan cheese. Bake at 375° covered with foil for 25 minutes. Remove the foil and bake an additional 25 minutes or until the cheese is golden brown and bubbly. Let the lasagna cool 10 minutes before serving and slicing.

\* Winners received Gift Cards to Preston, Harmony or Rushford Foods

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## OVERNIGHT CHICKEN CASSEROLE

Vicki Christianson, Harmony MN

- 2 c. cooked chicken or turkey
- 1 can cream of chicken soup
- 1 can cream of mushroom or cream of celery soup
- 2 c. milk
- 1 grated onion
- 2 c. uncooked macaroni
- 16 oz. of Velveeta, cheddar or American cheese
- Salt & pepper

Mix the soups & milk together in large bowl. Add rest of ingredients and mix well. Refrigerate overnight or for 6 hours. Place mixture in greased 9x13 pan, cover with foil, bake at 350° for 60-75 minutes.

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# MAIN DISHES

## CHEESE QUICHE

*Char Carlson, Spring Valley MN*

Put 1 can green chiles, drained (save juice) into bottom of pie pan.

Mix ½ lb. of shredded Monterey Jack cheese and ½ lb. shredded cheddar with 1 egg, chili juice and 3 T. milk.

Add chopped jalapeños per taste.

Bake ½ hour at 350°. Serve with chips.

## CHOP SUEY

*Terri Morin, Canton MN*

- 2 lb. cubed beef and pork
- 1 small bottle soy sauce
- 1 T. molasses
- 1 large onion, diced
- 2 c. diced celery (may use more if you want)
- 1 can bean sprouts
- 1 can mushrooms
- 1 can water chestnuts, optional
- 1 can bamboo shoots, optional

Brown meat in a 4 qt. Dutch oven in small amount of oil. When browned so no bloodiness comes from meat, cover meat with water. Add soy sauce and molasses. Mix well and add onion and celery and simmer in Dutch oven until meat is tender. Add sprouts, mushrooms and optional items. Mix in well. Thicken with mixture of flour water as for gravy. Serve over rice.

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# MAIN DISHES

## YANKEE CHICKEN CORDON BLEU

Bonnie Heidtke, Fountain MN

- 4 boneless, skinless chicken breast halves
- 8 oz. (1 package) cream cheese
- 4 slices bacon

Preheat oven to 350°. Lightly coat bottom of a 9x13-inch baking dish with nonstick spray.

Pound chicken into uniform thickness.

Cut cream cheese into four pieces. Place one on each breast, then roll up chicken, keeping cream cheese inside. Wrap a slice of bacon around each breast. Secure with toothpicks, if desired. (Remove toothpick before serving.)

Place wrapped breasts in prepared baking dish. Bake for 45 minutes, or until chicken is firm, juicy and no longer pink.

Make 4 servings. (I serve with Stove Top dressing.)

## HOT CHICKEN OR TURKEY SANDWICHES

Gloria Keene, Preston MN

- 6 c. chopped turkey or chicken
- 1 c. chopped celery
- 1 medium chopped onion
- 1 c. Miracle Whip
- 1 can cream of mushroom soup
- 1 ½ to 2 c. shredded cheddar cheese (or Velveeta)

Mix all ingredients (except for cheese) and cook in crockpot on low for 6-8 hours. One hour before serving, add cheese. Serve on buns. (I prefer Velveeta for melting quality).



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## MAIN DISHES

### BACON CHEESEBURGER MEATLOAF

Ann Bartelson, Rushford MN

- 1 lb. hamburger
- 2 eggs, beaten
- 8 oz. shredded cheddar cheese
- ¼ c. breadcrumbs
- 1 - 3 oz. package bacon bits
- 2 T. Worcestershire sauce
- 2 T. ketchup
- 1 T. mustard
- 1/4 c. mayo

Mix all ingredients together and form into a loaf on top of 2 slices of bread that have been placed end to end on a sheet pan.

Mix 2 T. ketchup and 1 T. mustard and spread on top of loaf. Bake at 350° for one hour.

Discard bread; this keeps the cheese from burning.

### CHICKEN POT PIE CASSEROLE

Lori Turner, Harmony, MN

- 2 c. cooked shredded chicken
- 1 can cream of chicken soup
- 1 c. sour cream
- 1 c. shredded cheddar cheese
- 1 ½ c. mixed frozen vegetables
- ½ tsp. garlic powder
- ½ tsp. salt
- 2 cans refrigerated biscuits

In a medium bowl, combine the chicken, sour cream, cheddar cheese, vegetables, garlic powder and salt. Cut each biscuit into fourths and toss pieces into chicken mixture. Spray a 9x13-inch pan with nonstick spray and spread biscuit mixture evenly.

Place in a preheated 375° oven for 45-50 minutes.

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## MAIN DISHES

### MEXICAN LASAGNA (OVEN OR CROCKPOT)

*Michele Ekern, Rushford MN*

- 8 oz. dry wide egg noodles
- 1 lb. ground beef
- ½ c. water
- 1 oz. packet taco seasoning
- 16 oz. can refried beans
- 14 oz. can black beans, drained (optional)
- 16 oz. jar salsa or diced tomatoes
- 14 oz. jar Alfredo sauce (or queso sauce)
- 24 oz. jar spaghetti sauce
- 2 c. Mexican blend shredded cheese

**Ground Beef:** In a large skillet over medium heat, brown ground beef. Drain excess grease. Place back into the skillet. Over medium heat, add water and taco seasoning and stir. Then stir in refried beans. Mixture will be very thick. Once refried beans have softened and mixture is combined, turn off heat.

**Noodles:** Cook noodles per package directions.

Layer in 9x13 deep baking dish or 6 quart crockpot:

1. 1/3 jar salsa or 1/3 can diced tomatoes.
2. Single layer of noodles top of salsa/tomatoes
3. Half the ground beef mixture on top of the noodles.
4. Spread 1/2 can black beans on ground beef mix.
5. Then evenly spread 1/2 jar Alfredo sauce on top of black beans
6. Spread 1/3 jar salsa or 1/3 can diced tomatoes over Alfredo sauce.
7. Spread 1/2 jar spaghetti sauce over salsa/tomatoes.
8. Sprinkle 1 c. of shredded cheese as last layer.

Repeat steps 2-8. Continue these steps one more time (lasagna noodles, ground beef mixture, black beans, Alfredo sauce, salsa/tomatoes, spaghetti sauce, and cheese).

If using oven, preheat to 350° F. Cover with aluminum foil and bake for 30 minutes with foil; 15 more minutes without foil.

If using 6 quart crockpot, cook on LOW 6-8 hours or HIGH 3-4 hours.

### 3 BEAN CASSEROLE

*Terri Stokes, Chatfield MN*

- 1 lb ground beef
- ½ c. bacon bits
- 1 c. chopped onion
- 1 c. catsup
- ½ c. brown sugar
- 1 ½ T. vinegar
- 1 tsp. mustard
- 1 can pork and beans
- 1 can butter beans
- 1 can kidney beans

Brown lightly the ground beef and onion. Mix in rest of ingredients in order given. Bake in slow oven, 325° for 1 ½ hours. Serves many.

Note: I sometimes keep these hot in a crockpot when serving a group.

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## MAIN DISHES

### CHICKEN POT PIE

*Marilyn Schreier, Preston MN*

- 2 c. diced potatoes
- 1 ¾ c. sliced carrots
- 1 c. butter, cubed
- ⅔ c. onion, cut up small
- 1 c. flour
- 1 ¾ tsp. salt
- 2 packages refrigerated pie pastry
- 1 tsp. thyme
- ¾ tsp. pepper
- 3 c. chicken broth
- 1 ½ c. milk
- 4 c. cubed chicken
- 1 c. frozen peas

Place potatoes and carrots in large saucepan. Add water to cover. Bring to boil, reduce heat and cook 8-10 minutes.

In a large skillet, heat butter over medium heat. Add onion and cook until tender. Stir in flour and seasonings.

Gradually stir in broth, bring to a boil. Cook 2 minutes. Stir in chicken and veggies. Remove from heat. Unroll pastry sheet into each of two 9" pie plates. Trim crusts. Add chicken mixture. Unroll remaining pastry over filling. Trim, seal and cut edges.

Bake at 425° 35-40 minutes until lightly browned.

### MEATLOAF

*Barb Yetter, Fountain MN*

- 1 box Stove Top stuffing mix
- 2 eggs, beaten
- 1 envelope Lipton onion soup mix
- 1 c. water
- 1 ½ to 2 lb hamburger

Add stuffing mix and seasoning packet to hamburger. Pour water over stuffing and meat mixture. Add eggs and onion soup mix. Mix thoroughly. Put mixture into loaf baking pan. Bake at 350° for one hour.

### HASH BROWN CASSEROLE

*Jim Neppi, Preston MN*

- 2 lb. hamburger, browned
- 1 can cream of chicken soup
- 1 can cream of onion soup
- 1 soup can milk
- 8-16 oz. frozen corn or other vegetable
- 1 - 30-32 oz. bag shredded hash browns

Place soups and milk in large mixing bowl and mix well. Place browned hamburger and corn in 9x13 pan. Mix together. Top with frozen hash browns. Pour soup/milk mixture on top of hash browns. Gently fold and all ingredients together.

Bake at 350° for 45 minutes to one hour or until done. Let cool 5 minutes before serving. Serve and enjoy!

## MEASUREMENT CONVERSIONS

- Pinch or Dash = 1/16 teaspoon
- ½ tablespoon = 1 ½ teaspoons
- 1 tablespoon = 3 teaspoons
- ¼ cup = 4 tablespoons
- ⅓ cup = 5 tablespoons plus 1 teaspoon
- ½ cup = 8 tablespoons
- ¾ cup = 12 tablespoons
- 1 cup = 16 tablespoons
- 1 pound = 2 cups
- 1 quart = 4 cups
- 1 stick butter/margarine = ¼lb or ½ cup
- 2 large eggs = 3 small eggs

To include your recipes in the 2024 cookbook, watch for the submission form in the Fillmore County Journal in fall 2024!

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# DESSERTS

## NEW YORK CHEESECAKE

Letitia Kopperud, Rushford MN



5 eggs at room temperature  
2 c. (1 pint) sour cream at room temperature

4 – 8 oz. cream cheese  
8 T. (one stick) butter at room temperature

1 ½ c. sugar  
2 T. cornstarch  
1 ½ tsp. vanilla  
1 ½ tsp. fresh lemon juice  
1 tsp. lemon zest

Generously butter inside of 10” springform pan. Wrap double layer of heavy-duty aluminum foil tightly around outside of pan and also bottom and sides. Make foil conform to pan. Place baking rack in center of oven, set to 300°.

In large bowl mix with mixer – beat eggs with sour cream until blended.

In medium bowl beat cream cheese with butter until smooth and creamy. Add this to the egg mixture and beat until smooth. Add sugar, cornstarch, vanilla, lemon juice and zest. Beat well 2 minutes.

Pour into springform pan, place pan in a roasting pan with hot water up sides of springform about halfway. Sides should not touch roasting pan.

Bake 2 hours and 15 minutes until cake is light colored and a knife inserted in center comes out clean. Remove from oven and let stand at room temperature until cool – 4 hours. Refrigerated covered until well chilled, or overnight.

\* Winners received Gift Cards to Preston, Harmony or Rushford Foods

## PEANUT BUTTER PIE

Angela Gensmer, Spring Valley MN



8 oz. cream cheese (softened)  
1 jar creamy peanut butter  
1 c. powdered sugar  
½ c. milk  
Tub of Cool Whip  
Chocolate graham cracker pie crust (premade)

Fold together cream cheese, peanut butter and sugar until fluffy and light. Slowly add in milk while mixing.

Pour into pie crust and level with spoon. Top with Cool Whip. Refrigerate for at least 1 hour before serving to set.

Drizzle chocolate on top of pie and crushed peanut butter cups if desired.

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# DESSERTS

## WASHINGTON APPLE CAKE

Denise Pagel, Chatfield MN



- 3 eggs
- 2 c. sugar
- 1 c. cooking oil
- 2 c. flour
- 2 tsp. cinnamon
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. vanilla
- 1 c. walnuts, chopped
- 4 c. apples, thinly sliced and peeled

### Frosting:

- 6 oz. cream cheese
- ¼ c. melted butter
- 2 c. powdered sugar
- 1 tsp. lemon juice

**Cake:** Beat eggs until thick and light. Combine the sugar and oil and pour into the eggs and mix. Combine the flour, cinnamon, soda and salt. Gradually add to the egg mixture. Add vanilla and beat to mix. Stir in walnuts. Place apples in greased and floured 9x13 pan. Pour batter over it (it will be thick). Bake 55-60 minutes at 350°. Cool.

**Frosting:** Soften cream cheese and beat until creamy. Beat in butter; add powdered sugar and lemon juice. Spread on cooled cake.



## CHOCOLATE KAHLUA PIE

Char Carlson, Spring Valley MN

- 4 oz. Hershey's milk chocolate bar
- ¼ c. milk
- 3 oz. softened cream cheese
- 2 T. sugar
- 8 oz. Cool Whip
- 1 graham cracker crust
- 4 T. Kahlua

Melt chocolate and 2 T. milk in saucepan. Combine cream cheese and sugar, beat until smooth. Add melted chocolate and rest of milk to cheese and beat. Add Kahlua; fold chocolate into Cool Whip. Pour into pie crust. Freeze 4 hours.

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## DESSERTS

### FRUIT SALAD

*Terri Morin, Canton MN*

- 1 - 15 oz. can fruit cocktail and juice
- 1 - 15 oz. pineapple tidbits and juice
- 1 package instant lemon pudding mix

Stir above ingredients together and let stand awhile.

- Add: 1 can mandarin oranges, drained  
 3 c. miniature white marshmallows  
 2 c. of other fresh fruits that you desire:  
 grapes, strawberries, bananas, etc.

Note: You can add an extra pudding mix if you want it much thicker. Don't add bananas until ready to use, as they get brown.

### HOMEMADE PEACH CRISP (FROM SCRATCH)

*Davian Koren, Lanesboro MN*

#### Topping:

- 2 c. all-purpose flour
- 1 c. oats
- ¾ c. brown sugar
- 2 sticks butter (add more if needed)

#### Filling:

- 3 c. fresh peaches, halved and peeled
- 1 T. granulated sugar
- 1 tsp. cinnamon
- ½ tsp. nutmeg

Preheat your oven to 350° F.

Combine all ingredients for the topping in a medium bowl, adding more butter if needed until it becomes a mixture of large crumbles.

In 9x9 baking dish, arrange the peach halves, cut side down in a way that covers the bottom of your dish. Sprinkle the granulated sugar and spices on top of them evenly.

After you've finished with the filling, place the crumble mixture on top of the peaches, spreading evenly.

Bake on the top rack for 15-20 minutes or until golden brown.

Serve warm with whipped cream sprinkled with cinnamon.

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# DESSERTS

## MAKES OWN CRUST BLENDER PIE

*Vicki Christianson, Harmony MN*

- 4 eggs
- 2 tsp. vanilla
- 2 c. milk
- 1 stick softened butter
- 1 c. white sugar
- Pinch of salt
- ½ c. flour

Blend all ingredients in blender for a few minutes. Pour into a greased pie plate or a square 9x9 pan. Bake at 325° for 40 minutes.

## MINT DESSERT

*Terri Stokes, Chatfield MN*

- 1 ½ c. graham cracker crumbs
- ¼ c. melted margarine
- 10 oz. bag mini marshmallows
- 9 oz. Cool Whip
- Small bag pastel mints

Mix graham cracker crumbs and melted butter and press in bottom of a 9-inch square pan. Mix together last three ingredients and put over crumbs. If you saved some cracker crumbs, they can be sprinkled over top of dessert. Refrigerate at least overnight.

Note: This was a dessert I put together to use up pastel mints left after a graduation party. The family enjoyed it, so it became a quick dessert.



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## DESSERTS

### PUMPKIN BREAD PUDDING

Bonnie Heidtke, Fountain MN

- 1 c. packed brown sugar
  - 3 c. milk
  - 1 tsp. ground cinnamon
  - 1 tsp. vanilla
  - ½ tsp. ground nutmeg
  - 3 eggs
  - 1 can (16 oz.) pumpkin
  - 6 c. soft bread crumbs (about 8 slices bread)
  - ½ c. currants
  - ½ c. chopped pecans
  - 16 pecan halves
- Serve with whipping cream or ice cream, if desired

Heat oven to 350°. Grease springform pan, 9x3 inches. Mix brown sugar, milk, cinnamon, vanilla, nutmeg, eggs and pumpkin in a large bowl until well blended. Stir in bread crumbs, currants and chopped pecans. Let mixture stand 10 minutes; spoon into pan. Arrange pecan halves on top of pudding.

Bake 50-60 minutes or until knife inserted in center comes out clean. Let stand 10 minutes. Run metal spatula along inside of pan. Best if served warm. 8 servings.

### SOFT PUMPKIN COOKIES

Lori Turner, Harmony MN

- 2 ½ c. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 ½ tsp. cinnamon
- 1 tsp. nutmeg
- ½ tsp. salt
- 1 c. butter, softened to room temperature
- ½ c. sugar
- ½ c. brown sugar
- 1 can pumpkin puree
- 1 large egg
- 1 tsp. vanilla

#### Cream Cheese Frosting:

- 6 oz. cream cheese, softened to room temperature
- ½ c. butter, softened to room temperature
- 1 tsp. vanilla
- 3 c. powdered sugar
- ½ tsp. cinnamon

Preheat oven to 350°. In a small mixing bowl combine flour, baking soda, baking powder, spices and salt. Set aside. In a large mixing bowl, combine softened butter, and both the granulated and brown sugars. Mix until smooth and creamy. Add pumpkin puree, egg and vanilla and mix well. Gradually add the flour mixture to the pumpkin mixture. Mix until fully incorporated. (Dough will be sticky.)

Using a cookie scoop, scoop onto cookie sheet. Bake at 350° for 12-14 minutes. Transfer cookies to cooling rack and prepare the cream cheese frosting. Frost the cooled cookies and sprinkle with cinnamon.

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## DESSERTS

### **HOLIDAY PIE**

*Barb Yetter, Fountain MN*

Unbaked 10-inch pie shell  
2 c. prepared mincemeat  
2 apples, pared, cored and diced  
1 package dessert topping mix (Dream Whip),  
½ c. milk and  
1 tsp. vanilla  
1 tsp. rum extract  
1 package vanilla instant pudding  
1 ¼ c. milk  
Nutmeg

Combine mincemeat and apples. Spoon into prepared pastry shell. Bake in hot oven (350°) 20 minutes or longer, until crust is golden and apples are tender; cool completely.

Prepare dessert topping mix with ½ c. milk and vanilla. In larger mixing bowl, put 1 ¼ c. milk and rum extract; add instant pudding. Beat with whisk until well blended.

Combine topping mix and pudding. Blend together. Pour over cooled mincemeat. Sprinkle nutmeg over top. Chill until serving time. Serves 8-10.

### **HERSHEY'S BROWNIES**

*Gloria Keene, Preston MN*

1 can (16 oz.) Hershey's syrup  
1 c. sugar  
1 c. flour  
1 stick butter  
4 eggs  
Nuts are optional

Mix ingredients together and put in a 9x11-inch pan (grease and flour edges).

Bake at 350° for 30 minutes.

### **ROSETTES**

*Marilyn Schreier, Preston MN*

1 c. whole milk  
½ c. water  
1 ½ c. flour  
½ tsp. salt  
1 tsp. vanilla  
2 tsp. sugar

Beat the ingredients together. Then add 2 eggs and beat until well blended – if not thick enough to stay on rosette iron, add a little more flour. Heat Crisco oil in electric frying pan at 350°. Put rosette irons in oil to heat up, then dip into batter lightly. Return to oil for a few minutes. When they are lightly golden brown, they are finished. Place each rosette on paper towels. When they are cool, put in bowl of granulated sugar and place on another cookie sheet.

### **APPLE CRANBERRY CRUMBLE**

*Ann Bartelson, Rushford MN*

5 Granny Smith apples  
1 can whole berry cranberry sauce  
½ c. sugar

Peel and core apples. Cut into small pieces. Add remaining ingredients; mix together and put in a 9x9-inch baking dish.

#### Topping:

1 c. oats  
¾ c. brown sugar  
⅓ c. flour  
½ c. butter  
½ tsp. cinnamon

Mix together and sprinkle over the apple cranberry mixture. Bake at 350° for 40 minutes. Can be served with whipped cream or ice cream.

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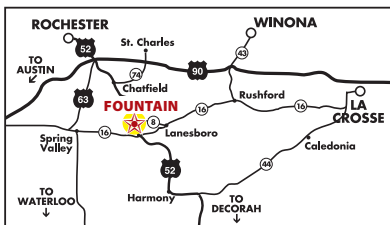
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