

# *Soups, Salads and Sandwiches*



*Avery, Stephanie and Grandma*

*When I reflect back on my life and all of the blessings that I have been given, the one that stands out the most is my family. The foundation and strength of that family starts with one person, my Grandma. I have so many great memories from my childhood and many of those are from my days spent at Grandma's house. I grew up anticipating the summers and my week-long trip to Olney. I knew that my Grandma would have lots of fun things for us to do. The most anticipated was all the amazing food she would have stockpiled for us. We would start our day off with a "Grandma Breakfast," which would be everything from donuts, sweet bread,*

*coffeecake, eggs, bacon, sausage, homemade jelly, laban, and the delicious orange juice that always tasted best at her house! As I entered adulthood and become a mom, I knew the one thing I*

*wanted for my kids was the amazing **family gatherings** that always revolved around food – The Horany Love Language! I will always remember and cherish those days and can only hope that my grandkids will remember me the way all of us who know and love our Grandma do!*

*I love you.  
Stephanie*

# Soups, Salads, and Sandwiches



## *Hearty Tomato Soup*

*Heather Mooty*

- |  |                          |
|--|--------------------------|
| 2 large or 4 small cans diced tomatoes (any variety or combination – roasted, Italian, etc.) | 1 medium onion, diced    |
| 1 lb. hamburger meat ( <i>I add 2 links of Italian sausage</i> )                             | Italian seasoning        |
| 1/2 stick butter   | Basil – fresh or dried   |
| 1 lb. sliced fresh mushrooms   | 1 Tbsp. chili powder     |
|  | Dash of Tabasco          |
|  | 16 oz. half-and-half     |
|  | Salt and pepper to taste |

Place tomatoes in large kettle and turn on medium heat to begin cooking.

Brown and drain hamburger meat and sausage. Add to tomatoes. Melt butter and sauté onion and mushrooms until tender. Add to soup. Add spices and simmer for at least 2 hours. Just before serving, stir in half-and-half. *Enjoy!*

## *Lentil Soup*

*Grandma's Recipe*

- |  |                                 |
|--|---------------------------------|
| 2 medium onions, chopped               | 2 tsp. lemon pepper             |
| 2 cloves garlic, minced                | 8 cups water                    |
| 2 Tbsp. oil                            | 8 tsp. chicken or beef bouillon |
| 2 medium carrots, chopped              | 2 tsp. crushed oregano          |
| 2 stalks celery, chopped               | 1/2 tsp. thyme                  |
| 1 1/3 cups lentils                     | Dash hot sauce                  |
| 1 (10 oz.) pkg. frozen chopped spinach | 1 (16 oz.) can stewed tomatoes  |
|  | 1 cup elbow pasta               |

Sauté onion and garlic in oil. Add carrots and celery, and sauté 5 minutes. Add remaining ingredients except tomatoes and pasta. Bring to boil. Cover and simmer 15 minutes. Then add tomatoes and pasta, and simmer 10 to 15 minutes or until lentils are done. May need to halve the recipe.

## *Butternut Squash Soup with Sage and Parmesan Croutons*

*Megan Hildebrant*

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|--|--|
| 3 lbs. butternut squash, peeled,<br>seeded, and cut in cubes | 3 stalks celery, chopped (1 ½<br>cups) |
| 3 Tbsp. olive oil  | 1 Tbsp. fresh sage, chopped            |
| 3 tsp. salt and a pinch of<br>pepper                         | 6 cups chicken broth                   |
| 1 Tbsp. butter   | ½ cup fresh Parmesan                   |
| 1 large onion, diced (1 ½ cups)                              |  |

Preheat oven to 400°. Toss squash with 2 tablespoons olive oil and 2 teaspoons salt. Roast until caramelized, 20 to 30 minutes.

In large pot, heat butter and 1 tablespoon olive oil over medium heat. Add onion and celery, and sauté for 10 minutes.

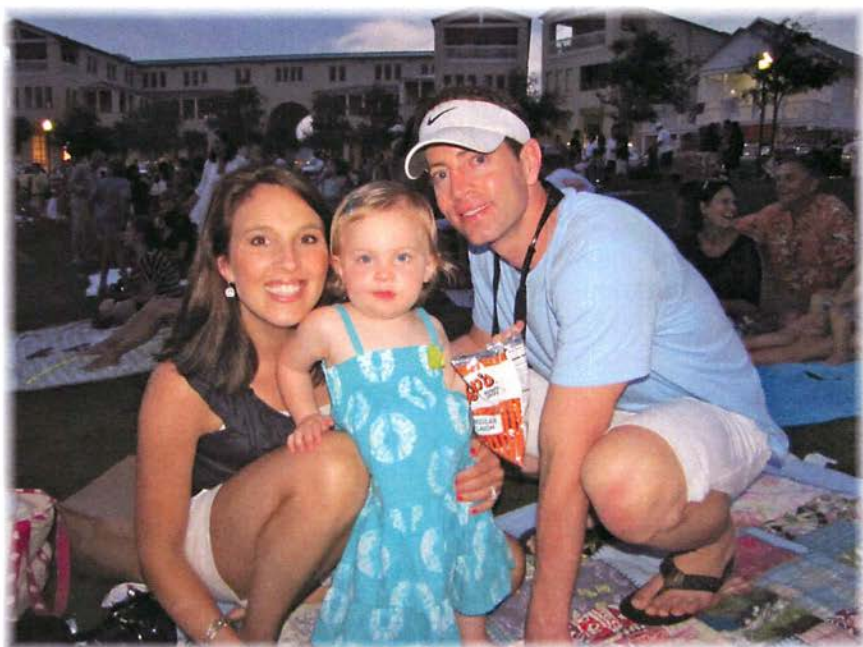
Add squash and broth and remaining ingredients; simmer for 30 minutes. Remove from heat. Using blender, blend in small batches until smooth. Top with croutons and grated Parmesan cheese. *Makes 6 to 8 servings.*

## *Sage and Parmesan Croutons*

*Megan Hildebrandt*

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|---|-----------------------------------|
| 3 oz. rustic white bread, torn in<br>pieces | 3 Tbsp. olive oil                 |
| 1 large clove garlic, minced                | ½ tsp. salt                       |
| 1 Tbsp. chopped fresh sage                  | 2 Tbsp. grated Parmesan<br>cheese |

Toss all ingredients to coat. Bake at 350° for 10 to 12 minutes or until golden brown.



*Heather, Emerson and Clark*

## *Baked Potato Soup*

*Traci Horany*

1 ½ cups country-style gravy  
mix  
7 cups water  
1 lb. shredded hash brown  
potatoes

8 slices bacon  
½ cup green onion, sautéed  
½ cup Cheddar cheese  
Sour cream

Combine gravy mix with 1 cup warm water. Mix with wire whisk until blended; set aside. In large pan, combine 6 cups water and potatoes. Boil for 5 minutes. Add gravy and stir continuously until thickens, 1 minute. Reduce heat and stir in onion, crumbled bacon, and cheese. Garnish with sour cream and cheese.

## *Cream of Broccoli Soup*

*Patricia Cooper*

- |                                 |                             |
|---------------------------------|-----------------------------|
| 2 cans (or fresh) chicken broth | 2 pkgs. frozen broccoli and |
| 1 can Ro-Tel tomatoes           | cauliflower                 |
|                                 | 1 (6 oz.) pkg. Velveeta     |

Cook until veggies are soft. Add Velveeta and cook until melted.

## *Italian Soup and Sausage*

*Heather Mooty*

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|---|--|
| 1 pkg. hot Italian sausage,<br>casing removed | 1 (15 oz.) can tomato sauce                                  |
| 2 carrots, sliced                             | 2 medium zucchini, cut in half<br>lengthwise and then sliced |
| 1 onion, chopped                              | 1 tsp. dried crushed rosemary                                |
| 1 green bell pepper, chopped                  | 1 (20 oz.) pkg. refrigerated<br>3-cheese tortellini          |
| 3 cloves garlic, minced                       | Fresh parsley, for garnish<br>(optional)                     |
| 32 oz. low-sodium chicken<br>broth            |  |

In large Dutch oven, combine sausage, carrots, onion, bell pepper, and garlic. Cook over medium heat until sausage is browned and crumbles. Drain well. Stir in chicken broth and tomato sauce, and bring to a boil. Reduce heat and simmer for 5 minutes. Add zucchini and rosemary and simmer for 20 minutes. Add tortellini and simmer 5 minutes or until tender. Serve immediately. Garnish with fresh parsley if desired.





*Back: Adam, Traci, Mark, Connie, Chris, Lindsey  
Front: Papa, Grandma, Heather, Clark*

## *Cowboy Beef & Bean Soup*

*Bobby Collins*

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|--|---|
| 2 lbs. beef sirloin or round tip<br>roast, cut into ½-inch cubes | 7-10 oz. bottled roasted red bell<br>peppers, drained, rinsed,<br>and chopped |
| ½ tsp. pepper  | 2 Tbsp. chili powder  |
| 3 cups chopped onion   | 2 (15 oz.) cans beef broth  |
| 64 oz. canned chopped<br>tomatoes with juice                     | 2 Tbsp. ground cumin  |
| 3 cloves garlic, minced  | ¼ cup molasses  |
| 48 oz. canned pinto beans,<br>drained                            | 1 tsp. salt   |
| 2 Tbsp. vegetable oil  | 1 Tbsp. Tabasco (optional)  |

Brown beef, onion, and garlic in oil in Dutch oven over medium heat until beef is no longer pink. Transfer to crockpot if desired. Stir in chili powder, cumin, salt and pepper. Add tomatoes, beans, peppers, broth, molasses, and Tabasco, if desired. Simmer over low heat for 1 ½ hours, partially covered, stirring occasionally.

# TGF Friday's Black Bean Soup

Nancy Hildebrandt

*I got this off of Top Secret Recipes. I love Friday's Black Bean Soup because of its spiciness, and I was so happy to find this! This is so easy to prepare! You can make this soup on the stovetop or in the crockpot. I brought this soup to a boil on the stove and then put it in the crockpot and let it simmer on low for 2-3 hours. If you like black bean soup, you're gonna love this! Really good!*

2 Tbsp. vegetable oil	2 tsp. chili powder
¾ cup diced white onions	½ tsp. cayenne pepper
¾ cup diced celery	½ tsp. cumin
½ cup diced carrots	½ tsp. salt
¼ cup diced green bell peppers	¼ tsp. hickory liquid smoke
2 Tbsp. minced garlic	<b>Garnish:</b> Shredded Monterey
4 (15 oz.) cans black beans	Jack and Cheddar cheese
4 cups chicken stock	blend, chopped green
2 Tbsp. apple cider vinegar	onions, sour cream

Heat 2 tablespoons oil in a large saucepan over medium/low heat. Add onion, celery, carrot, bell pepper, and garlic to the oil and simmer slowly (or "sweat" as it's called) for 15 minutes or until the onions are practically clear. Keep the heat low enough so that the veggies don't brown and be careful not to burn the garlic or it will be bitter.

While you cook the veggies, pour the canned beans into a strainer and rinse them under cold water. Measure 3 cups of the drained and strained beans into a food processor with 1 cup of chicken stock. Purée on high speed until smooth.

When the veggies are ready, pour the puréed beans, the whole beans, the rest of the chicken stock, and every other ingredient in the list (down to liquid smoke), into the pot. Bring mixture to a boil, then reduce heat and simmer, uncovered, for 50 to 60 minutes or until soup has thickened and all the ingredients are tender. *Makes 6 servings. Cook time, 1 hour 15 minutes; prep time: 15 minutes. Really good!*



## *Tortilla Soup*

*Stephanie Collins*

32 oz. low-sodium chicken broth	1 (16 oz.) bag frozen sweet corn
2 lbs. chicken breast, sliced	1 Tbsp. olive oil
1-2 cups water	$\frac{3}{4}$ tsp. sea salt
1 (14.5 oz.) Glen Muir fire-roasted tomatoes with green chiles	$\frac{1}{2}$ cup chopped cilantro
1 large red onion, diced	Juice of 3 limes
5 fresh tomatillos, diced	10 El Milagro tostada shells, crushed (or any other tortilla chips)
3 Poblano peppers, sliced in $\frac{1}{2}$ -inch strips	6 oz. Chihuahua cheese (or whatever you like)
2 yellow bell peppers, sliced in $\frac{1}{2}$ -inch strips	Avocado, diced

Preheat oven to 500°. In large stockpot, combine chicken broth, sliced chicken breast, 1 cup water, and Muir Glen fire-roasted tomatoes. Bring to a boil; reduce heat and simmer. While chicken is simmering, place red onion, tomatillos, poblanos, bell peppers, and corn in a large shallow baking dish. Drizzle with olive oil. Place baking dish with vegetables on top rack of oven and roast for 20 minutes. You should stir once for even browning.

Add roasted vegetables, salt, cilantro, and lime juice to the stockpot (add 1 additional cup of water if needed for desired consistency). Simmer 20 to 30 minutes more to develop flavors. Serve with tortilla chips, cheese, avocado, and lime slices.

## *The Best Tortilla Soup*

Nancy Hildebrant

*Tortilla soup as it should be... trust me, everyone loves this, and it's from the Houston Jr. League "St. Smell the Rosemary." Really good!*

6 Tbsp. canola oil	½ tsp. cayenne pepper
8 corn tortillas, chopped	4 large cooked chicken breast halves, shredded
6 cloves garlic, minced	
½ cup chopped cilantro	
(optional – I don't add)	
1 medium onion, chopped	<b>Garnish:</b>
1 (28 oz.) can diced tomatoes	Shredded Monterey Jack cheese
2 Tbsp. ground cumin	Diced avocados
1 Tbsp. chili powder	Sour cream (optional)
3 bay leaves	2 corn tortillas, sliced and fried crisp (optional)
6 cups chicken stock	
1 tsp. salt	

In Dutch oven, heat the oil over medium heat. Add the tortillas, garlic, cilantro, and onion, cooking for 2 to 3 minutes. Add the tomatoes, bringing to a boil. Add cumin, chili powder, and bay leaves. Add chicken stock and return to a boil. Reduce heat. Add salt and cayenne, and simmer for an additional 30 minutes. Remove bay leaves and stir in shredded chicken. Garnish with Monterey Jack cheese, avocado, sour cream, and fried tortillas if desired. *Makes 6 to 8 servings; cook time, 55 minutes; prep time, 15 minutes.*

## *Chicken Taco Soup*

*Stacy Lundy*

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|-------------------------------------|----------------------------|
| 3 skinless boneless chicken breasts | 1 cup salsa                |
| 1 Tbsp. olive oil                   | 2 tsp. chili powder        |
| 1 cup chopped onion                 | 1 ½ tsp. cumin             |
| 2-3 cloves garlic, minced           | 4 cans chicken broth       |
| 1 Tbsp. lime juice                  | 1 can black beans, drained |
|                                     | 2 cups fresh corn          |

Cut chicken into cubes. Heat oil in stockpot. Add chicken, onions, garlic, and spices, and stir until chicken is done and onions are translucent. Add broth, salsa, corn, and beans, and cook gently 8 to 10 minutes. Serve over crushed chips and garnish with cheese and cilantro.

## *Vegetarian Chili*

*Heather Mooty*

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|---|--|
| 2 Tbsp. vegetable oil                       | 1 can corn, undrained                    |
| 1 onion, chopped                            | 1 (6 oz.) can tomato paste               |
| 2 carrots, sliced                           | 1 (4 oz.) can chopped green chiles       |
| 1 green bell pepper, chopped                | 6 Tbsp. chili powder                     |
| 2 small zucchini, chopped                   | 1 Tbsp. cumin                            |
| 2 small yellow squash, chopped              | 2 Tbsp. sugar                            |
| 1 can crushed tomatoes                      | 1-2 tsp. salt                            |
| 2 cans red kidney beans, drained and rinsed | ½ tsp. pepper                            |
|   | Grated cheese and sour cream for garnish |

Sauté onion, carrots, and bell pepper in oil for 8 minutes. Add both squash. Cook 8 minutes. Add rest of ingredients and bring to a boil. Reduce heat and simmer for 1 hour.

## *Best Chili Ever*

*Stephanie Collins*

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|----------------------------------|---|
| 2 tsp. oil                       | 1 tsp. oregano  |
| 2 onions, chopped                | 1 tsp. cayenne pepper                                   |
| 3 garlic cloves, minced          | 1 tsp. coriander  |
| 1 lb. ground beef                | 1 tsp. salt   |
| 1 lb. beef sirloin, cubed        | 1 tsp. chili powder                                     |
| 1 can (14 ½ oz.) diced tomatoes  | 4 cans (15 oz. each) red kidney beans, divided          |
| 1 can dark beer                  | 4 chile peppers, chopped ( <i>I actually use canned</i> |
| 1 cup brewed strong coffee       | <i>chipotle peppers in adobe</i>                        |
| 2 cans (6 oz. each) tomato paste | <i>sauce and purée it; I use 2</i>                      |
| 1 can beef broth                 | <i>Tbsp., but you can use</i>                           |
| ½ cup brown sugar                | <i>more, depending on how</i>                           |
| 3 ½ Tbsp. chili sauce            | <i>spicy you want it)</i>                               |
| 1 Tbsp. cumin                    | Fritos  |
| 1 Tbsp. cocoa                    | Cheese of choice, any amount                            |

Heat oil. Cook onions, garlic, and meat until brown. Add tomatoes, beer, coffee, tomato paste, and beef broth. Add brown sugar and all spices. Stir in 2 cans of kidney beans and peppers. Reduce heat and simmer for 1 ½ hours. Add remaining 2 cans of kidney beans and simmer for another 30 minutes. Top each serving with Fritos and cheese.



*Connie and Traci at Traci's wedding*

## *White Chili*

*Connie Horany*

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|---------------------------------|--------------------------------|
| 2 Tbsp. olive oil               | ½ tsp. oregano                 |
| 1 medium onion, minced          | ½ tsp. cumin                   |
| 3 cloves garlic, minced         | ¼ cup chopped cilantro         |
| 2 (10 oz.) cans Ro-Tel          | 2 (10 oz.) cans Great Northern |
| 6 tomatillos, chopped           | beans (white)                  |
| 2 cups chicken broth (1 more if | 1 Tbsp. fresh lime juice       |
| want soupy)                     | Salt and pepper to taste       |
| 1 (7 oz.) can chopped green     | Sour cream                     |
| chiles                          | Shredded Monterey Jack         |
| 2 cups chopped cooked           | cheese                         |
| chicken                         | Tortilla chips                 |

Heat olive oil in large pot over medium heat. Add onions and sauté 3 to 5 minutes until soft. Add garlic and cook 1 to 2 minutes. Do not brown. Add Ro-Tel and tomatillos, and cook until tender. Add broth, green chiles, chicken, oregano, and cumin. Add rest of ingredients. Cook until heated completely. Top with sour cream, cheese, and tortilla chips.

## *Chicken Chili with Black Beans*

*Stephanie Collins*

2 cans black beans, drained	8 cups chicken broth
¼ cup olive oil	1 (14 oz.) can diced tomatoes
½ yellow onion, chopped	12 oz. dark beer
1 red or green bell pepper, chopped	¼ cup Worcestershire sauce
1 jalapeño, seeded and diced	4 cups cooked and diced chicken
4 cloves garlic, minced	¼ cup cornmeal
1 ½ tsp. chili powder	Salt and pepper
2 tsp. cumin	Monterey Jack cheese for garnish
2 tsp. basil	

In large saucepan, sauté onions in olive oil over medium-high heat for about 10 minutes. Add garlic and peppers, and stir 1 more minute. Add chili powder, cumin, and basil; stir 3 to 4 minutes. Add broth, tomatoes, beer, and Worcestershire sauce. Increase heat slightly and bring to a boil. Add cornmeal, salt and pepper. Stir in chicken and beans. Simmer until ready to eat. Pour into bowls and sprinkle with Monterey Jack cheese.

## *Mexican Chicken Chowder*

*Nancy Hildebrandt*

2 ½ cups cooked chicken, cut in bite-sized pieces	2 Tbsp. chopped cilantro
2 cans whole kernel corn, drained	3 cans chicken broth
2 cans cream of potato soup	8 oz. sour cream
1 can diced green chiles	8 oz. Mexican Velveeta cheese, cubed
1 envelope taco seasoning mix	Avocado and tortilla chips for garnish

Mix first 6 ingredients together in a large soup pot, and then add chicken broth. Bring to a simmer, and then add sour cream and Velveeta cheese. Heat until melted and fully incorporated, stirring constantly. Garnish with avocado and tortilla chips. *Enjoy!*



## *Chicken and Dumplings*

*Patricia Cooper*

Whole chicken or 4-6 breasts

Bay leaf

Salt and pepper

### ***Dumplings:***

2 cups flour

1 tsp. baking soda

½ tsp. salt

⅓ cup shortening

1 cup buttermilk

Boil with bay leaf and season breast or chicken with salt and pepper. Cook for 1 hour or until chicken is done, 30 to 40 minutes for chicken breasts. Remove chicken and leave broth. Add more water to fill ¾ of the way full. Season to taste.

***Dumplings:*** Cut shortening into dry ingredients. Add buttermilk and mix. Roll out thin and cut into strips. Add to boiling chicken broth. Cook, uncovered, 10 minutes. Cover and cook 10 more minutes. Fold in chicken pieces gently and serve.

## *Black-Eyed Pea Stew*

*Patricia Cooper*

8 cans black-eyed peas,  
undrained

2 cans stewed or diced  
tomatoes, undrained

1 (16 oz.) pkg. frozen cut okra

1 (16 oz.) jar hot sauce

1 pkg. green onions or 1 onion,  
diced

1 bell pepper, diced

1 pkg. celery, diced

1-2 pkgs. polish sausage, cut  
into bite-sized pieces

Sauté onions, celery, and bell pepper to soften. Then add remaining ingredients. Add salt and pepper to taste and simmer for 30 minutes.

## *Beef Stew*

*Patricia Cooper*

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|-----------------------------|--------------------------|
| 2 pkgs. stew meat           | 2 bay leaves             |
| 2 tsp. Worcestershire sauce | 2 Tbsp. salt             |
| 2 cloves garlic, minced     | 2 tsp. sugar             |
| 1 large onion, chopped      | 1 tsp. pepper            |
| 2 shakes allspice           | 6-8 carrots, sliced      |
| 3-4 potatoes                | 1 can corn               |
| 1 can green beans           | 1 small can tomato sauce |
|                             | 6-8 cups hot water       |

Season meat and trim fat. Lightly flour and brown meat in a little oil. Add all seasonings including garlic and onion. Add water and tomato sauce. Let come to boil. Turn down heat and simmer for 1 hour. Add carrots and cook 30 more minutes. Add potatoes and cook 30 minutes or until potatoes and carrots are tender. Add green beans and corn, and heat through.

## *Taco Stew*

*Patricia Cooper*

- |                                     |  |
|-------------------------------------|--|
| 1 ½ lbs. hamburger                  | 1 can pinto beans, undrained           |
| 1 pkg. taco seasoning               | 1 can whole corn, undrained            |
| 1 pkg. Hidden Valley Ranch dressing | 1 can whole hominy, undrained          |
| 2 cans Ranch-style beans, undrained | 1 large can stewed or crushed tomatoes |

Brown meat and drain; add seasoning. Add remaining ingredients. Simmer. Serve in bowls over Doritos or Fritos and with grated cheese on top.

## Caesar Salad

Bobby Collins

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 large head romaine lettuce     | 1 egg, coddled               |
| 1 tsp. Worcestershire sauce      | Tabasco sauce, to taste      |
| ½ tsp. salt                      | ¾ cup extra virgin olive oil |
| 2 garlic cloves, crushed         | ½ cup shaved Parmesan cheese |
| 1 can (2 oz.) anchovies, drained | Black pepper, to taste       |
| 1 lemon, halved and juiced       |                              |

Wash lettuce; separate leaves. In a food processor, combine Worcestershire sauce, salt, garlic, anchovies, lemon juice, egg and Tabasco; process until smooth. With motor running, add oil in a slow and steady stream to emulsify.

Tear lettuce leaves. Toss with dressing, Parmesan cheese and freshly ground black pepper.

*~If you prefer a thinner dressing, reduce the amount of olive oil.*

*~Determine the amount of anchovies you would like. Often ½ can is sufficient.*

*~Coddle an egg by placing cracked egg in a microwave-safe bowl. Microwave 4 seconds.*

## Spinach Salad

Nancy Hildebrandt

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|---------------------------------|-----------------------------|
| Spinach                         | <b>Dressing:</b>            |
| Mushrooms                       | ¾ cup safflower oil         |
| Bacon, fried crisp and crumbled | ¼ cup Dijon mustard         |
| Oranges                         | ¼ cup red wine vinegar      |
| Red onion                       | ¼ cup honey                 |
|                                 | ¼ cup sesame seeds, toasted |
|                                 | 2 cloves garlic, minced     |

Combine dressing ingredients and shake it up. Mix with salad ingredients.

## *Fresh Spinach and Pea Salad*

*Patricia Cooper*

1 small pkg. frozen peas,  
thawed

Green onions

Fresh spinach

Fried bacon, crumbled

Water chestnuts

### ***Dressing:***

1 ½ cups real mayonnaise

1 cup sour cream

½ tsp. oregano

½ tsp. basil

2 Tbsp. lemon juice

Cheddar cheese

Layer spinach, peas, water chestnuts, green onions, and bacon. Mix dressing ingredients together and spread over top. Sprinkle with Cheddar cheese.

## *Special Strawberry Spinach Salad*

*Nancy Hildebrandt*

9 cups torn fresh spinach

1 pint fresh strawberries,  
halved

½ cup slivered almonds,  
toasted

### ***Dressing:***

¼ cup vegetable oil

2 Tbsp. sugar

2 Tbsp. cider vinegar

1 Tbsp. chopped onion

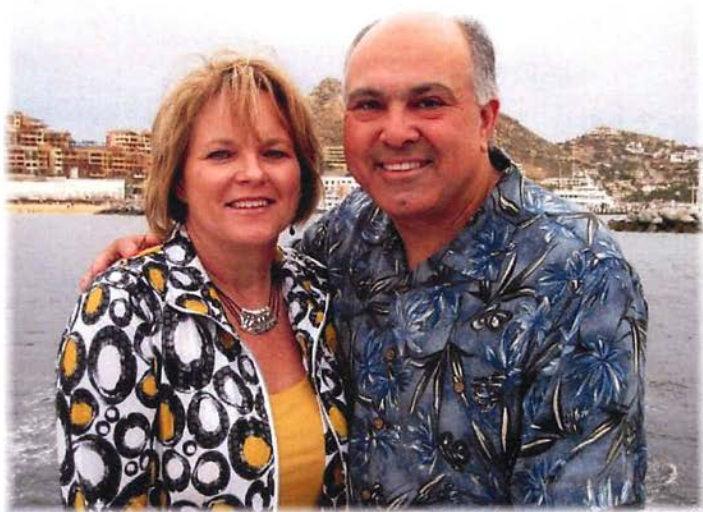
1 tsp. poppy seeds

1 tsp. sesame seeds

¼ tsp. paprika

⅛ tsp. Worcestershire sauce

In a large bowl, combine spinach, strawberries, and almonds. Place dressing ingredients in food processor; process until combined. Pour over salad and toss to coat. Serve immediately.  
*Makes 6 to 8 servings.*



*Mark and Connie at Traci's wedding in Cabo*

## *Green Bean Salad with Bacon*

*Traci Horany*

- |   |                                       |
|---|---------------------------------------|
| 2 lbs. fresh green beans,<br>trimmed          | 1 Tbsp. honey                         |
| 3 bacon slices                                | 1 Tbsp. Dijon mustard                 |
| 2 Tbsp. finely chopped shallots<br>(or onion) | ¼ tsp. freshly ground black<br>pepper |
| ¼ cup red wine vinegar                        | ¼ tsp. salt                           |

Cook beans in boiling water 5 minutes. Drain and plunge into ice water; drain. Place beans in large bowl. Cook bacon in large nonstick skillet over medium heat until crisp. Remove bacon, reserving 1 teaspoon drippings in pan. Crumble bacon and set aside.

Add shallots to drippings in pan and cook 1 ½ minutes, stirring frequently. Add vinegar; cook 30 seconds, scraping pan to loosen browned bits. Drizzle mixture over beans.

Combine honey, mustard, pepper, and salt, stirring with a whisk. Pour over bean mixture; toss to coat. Sprinkle with crumbled bacon.

## *Three Bean Salad*

*Grandma's recipe*

1 can cut green beans, drained	<b>Dressing:</b>
1 can yellow wax beans, drained	½ cup sugar
1 can ranch-style beans, washed, or red kidney beans, drained	½ cup red wine vinegar
Onion	½ cup oil
Green bell pepper	1 tsp. salt
	½ tsp. dry mustard
	½ tsp. dry basil

Mix together dressing ingredients and pour over bean mixture. Marinate for several hours, stirring occasionally.

## *Broccoli Bacon Salad*

*Stacy Lundy*

1 bunch broccoli, broken into small florets (about 3 cups)	½ cup shelled sunflower seeds <i>(I used pecans)</i>
1 bunch cauliflower, broken into small florets (about 3 cups)	<b>Dressing:</b>
½ red onion, chopped	½-1 cup mayonnaise*
10 bacon slices, cooked and crumbled	¼-½ cup sugar*
1 cup raisins	1-2 Tbsp. red wine vinegar*
	<i>*I used the maximum amounts</i>

Combine broccoli, cauliflower, raisins, and onions in a large bowl. Mix gently. (Hold nuts and bacon until just before serving.) Whisk together dressing ingredients and refrigerate until serving time.

To serve, toss bacon and nuts with salad mixture. Pour dressing over. Toss.



## *Broccoli Slaw Salad*

*Connie Horany*

1 pkg. broccoli slaw  
1 pkg. cabbage slaw  
½ cup slivered almonds,  
toasted  
6 oz. chow mein noodles  
2 bunches chopped green  
onions

### ***Dressing:***

½ cup sugar  
1 tsp. pepper  
⅓ cup rice wine vinegar  
2 tsp. salt  
1 cup oil

Combine dressing ingredients and shake until sugar is dissolved. Pour over salad, toss, and serve immediately.

## *Coleslaw*

*Patricia Cooper*

2 pkgs. cabbage (12-16 oz.  
total)  
1 onion diced  
1 tsp. celery salt

1 tsp. mustard seed  
1 tsp. salt  
1 cup sugar  
1 cup white vinegar  
⅔-1 cup oil

In pot blend celery salt, mustard seed, salt, sugar, vinegar, and oil. Bring to a boil on stove for about 5 minutes. Pour over onion and cabbage, and chill.

This will accommodate up to 24 ounces of cabbage. If you use a total of 24 ounces of cabbage, increase the spices. Add ¼ cup more sugar and vinegar, but no more oil.

## *Marinated Cole Slaw*

*Grandma's recipe*

1/3 cup oil	1 tsp. celery seeds
1/3 cup vinegar	Cabbage, chopped
1/4 cup sugar	Green bell pepper, chopped
1 tsp. salt	Onion, chopped
1/2 tsp. dry mustard	Pimentos, optional

Mix the first 6 ingredients together and pour over the remaining ingredients. Stir and let marinate several hours or overnight, stirring occasionally.

## *Mexican Salad*

*Patricia Cooper*

1 large head lettuce	3 tomatoes, chopped
1 lb. Cheddar cheese	1/2 onion, chopped
1 (15 oz.) can Ranch-style beans	1 bottle Kraft Catalina dressing
	2 cups Fritos, crumbled

Chop lettuce; add tomatoes, onion, cheese, and beans. Stir in dressing and toss lightly. Chill for 30 minutes and add Fritos just before serving.

## *Corn, Mango, Edamame Salad*

*Stephanie Collins*

2 cups frozen shelled edamame	2 Tbsp. cilantro
1 1/2 cups fresh corn (2 ears), uncooked, cut off the cob	1 Tbsp. olive oil
1 mango, cubed	Juice of 2 limes
1 cup tomatoes	3/4 tsp. salt
1/2 cup chopped red onion	1/4 tsp. pepper
	Chopped Jalapeño

Prepare edamame. Drain and rinse under cold water. Stir in rest of ingredients and chill.

## *Stacked Salad*

*Stephanie Collins*

*Here's a smart secret for the busy host. These individual stacked salads are made a day ahead of time in rocks glasses, the short wide glasses used from mixed drinks.*

Shredded organic beets  
Chopped mushrooms  
Radish micro-greens  
Dried cranberries  
Crumbled blue cheese  
Bacon crumbles

Shredded carrots  
Chopped tomatoes  
Balsamic vinaigrette  
Cheese  
Grilled chicken, shrimp, or crab

Using 12-ounce rocks glasses, start with 1 ounce of dressing in the bottom, then add other ingredients – uniform bits of chopped vegetables, cheese, and a protein such as grilled chicken, shrimp, or crab – in layers. (Can use arugula or spinach in place of micro-greens.) Choose ingredients according to flavor and color. Layer them in, pressing slightly to compress the salad to it hold together. Cover and refrigerate overnight.

To serve, place a 7-inch or larger plate over the glass and slowly turn it over. The glass will be upside down on the plate. Slowly remove the glass by lifting straight up, leaving the salad mounded on the plate. The dressing will filter down through the layers, making a salad that's beautiful but not at all soggy. Press down lightly on the center of the salad to knock it over, then begin eating. For a smaller salad, use 8- or 10-ounce glasses.

## *Yummy Salad from The Cheesecake Factory*

*Lindsey Pilarczyk*

Romaine lettuce	1 cucumber, chopped
1 small can corn	6 bacon strips, cooked and crumbled
1 avocado, chopped	Feta cheese
2 medium tomatoes, chopped	Brianna's Home-Style Blush
4 green onions, chopped	Wine Vinaigrette dressing

Combine all salad ingredients. Mix with dressing (as much as desired) and serve. *I usually use about half of the bottle.*

## *Marinated Tomatoes*

*Connie Horany*

4-5 tomatoes, peeled and quartered	1 tsp. salt
2 Tbsp. apple cider vinegar	$\frac{1}{8}$ tsp. pepper
2 Tbsp. sugar	$\frac{1}{2}$ tsp. dried basil
2 Tbsp. oil	2 Tbsp. parsley, chopped
	1 clove garlic, minced

Peel and quarter tomatoes into large bowl. Mix dressing ingredients together and pour over tomatoes. Gently mix. Cover and marinate in refrigerator 3 to 4 hours or overnight. Serve chilled.

## *Potato Salad*

*Stacy Lundy*

4 medium potatoes  
1 medium green bell pepper  
2 large stalks celery  
1 medium onion, chopped  
1 jar pimento, sliced  
2-3 hard-boiled eggs  
4-5 sweet pickles  
½ cup sweet pickle juice

### ***Dressing:***

1 cup mayonnaise  
2 Tbsp. prepared mustard  
1 tsp. celery seed or salt  
1 tsp. garlic salt  
1 Tbsp. sugar (optional)  
Salt and pepper to taste

Boil unpeeled potatoes until done and remove from water to cool. When cool, peel and dice into fairly large pieces. Chop remaining ingredients. Add pickle juice. Add dressing and toss to coat evenly. Really good when prepared a day in advance.

## *Sweet Potato Jalapeño Salad*

*Stephanie Collins*

3 lbs. sweet potatoes, peeled  
and chopped  
½ head radicchio, chopped  
¼ cup cilantro, chopped  
¾ cup walnuts, chopped and  
toasted

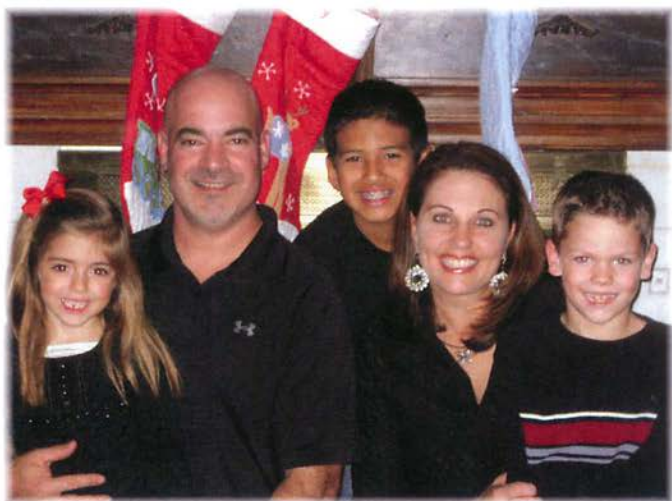
### ***Dressing:***

½ cup orange juice  
2 Tbsp. canola oil  
2 Tbsp. honey  
½ of a jalapeño pepper, minced  
1 ½ tsp. salt  
½ tsp. pepper  
Juice of 1 lemon

Boil water in pot. Add peeled and chopped sweet potatoes and cook until tender (Don't overcook.) While sweet potatoes are cooking, prepare dressing.

***Dressing:*** In a small bowl, whisk together all ingredients.

In a large bowl, combine cooked sweet potatoes with chopped radicchio, cilantro, and roasted walnuts. Toss with dressing and serve immediately.



Jessie, Scott, Dylan, Stacy and Joey Lundy

## *Wild Rice and Barley Salad*

Patricia Cooper

- |  |  |
|--|--|
| 1 $\frac{3}{4}$ cups fat-free, less-sodium chicken broth               | $\frac{1}{4}$ cup sliced green onions          |
| $\frac{1}{2}$ cup uncooked brown and wild rice mix                     | 2 Tbsp. red wine vinegar                       |
| $\frac{1}{2}$ cup uncooked pearl barley                                | 1 $\frac{1}{2}$ tsp. extra-virgin olive oil    |
| $\frac{3}{4}$ cup rinsed and drained canned chickpeas (garbanzo beans) | 1 tsp. Dijon mustard                           |
| $\frac{1}{3}$ cup golden raisins                                       | $\frac{1}{4}$ tsp. salt                        |
|  | $\frac{1}{4}$ tsp. freshly ground black pepper |
|  | 2 Tbsp. chopped fresh basil                    |
|  | 2 Tbsp. slivered almonds, toasted              |

Combine first 3 ingredients in medium saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until liquid is absorbed. Remove from heat and let stand, covered, 5 minutes. Spoon rice mixture into a medium bowl. Add chickpeas, raisins, and green onions.

Combine vinegar and next 4 ingredients (through pepper) in a small bowl; stir with a whisk. Pour over barley mixture; toss well. Cover; chill 2 hours. Stir in basil and almonds. *Makes 8 servings (serving size: about  $\frac{2}{3}$  cup).*



## *Quinoa Salad with Asparagus, Dates, and Oranges*

*Stephanie Collins*

1 tsp. olive oil  
½ cup chopped white onion  
1 cup uncooked quinoa  
2 cups water  
½ tsp. salt  
1 cup orange sections  
¼ cup toasted chopped pecans  
2 Tbsp. minced red onion  
5 dates, chopped  
½ lb. sliced (2 inches)  
    asparagus, steamed and  
    chilled  
½ jalapeño, diced

### ***Dressing:***

2 Tbsp. fresh lemon juice  
1 Tbsp. olive oil  
¼ tsp. salt  
¼ tsp. pepper  
1 clove garlic, minced  
2 Tbsp. fresh mint

Heat 1 teaspoon oil in skillet and sauté white onion for 2 minutes. Add quinoa and sauté for 5 minutes. Add 2 cups water and ½ teaspoon salt and bring to boil. Cover, reduce heat, and simmer for 15 minutes. Remove from heat and let stand 15 minutes. Transfer quinoa to bowl. Add oranges and next 5 ingredients. Toss gently.

Combine all dressing ingredients with whisk. Toss in salad.

## *Asparagus Orzo Salad*

*Traci Bayer*

*This is a great side dish, but can be used as a salad supper by adding sliced grilled chicken or salmon.*

- |  |                                   |
|--|-----------------------------------|
| 1 cup uncooked orzo pasta  | 1 bottle (8 oz.) Ken's light      |
| 8 oz. asparagus spears, cut<br>into 2 inch lengths<br>(about 1 ½ cups) | Raspberry Vinaigrette<br>dressing |
| ½ cup dried cranberries  | 1 ½ tsp. Dijon mustard            |
| ½ cup sliced green onions  | ½ tsp. salt                       |
| 1 Tbsp. chopped fresh mint   | ⅛ tsp. black pepper               |

Cook orzo according to package directions. Drain and cool. Either roast in oven or boil asparagus until cooked. Place cooled orzo, cooked asparagus, cranberries, onions, and mint in a serving bowl. In a small bowl, combine the dressing with mustard, salt and pepper. Toss this dressing with the salad, mixing well. Serve at room temperature or cold.

## *Chicken Salad*

*Connie Horany*

- |  |                             |
|--|-----------------------------|
| 6 chicken breasts, boiled and<br>cubed | 1 tsp. minced onion         |
| 1 small jar pimentos, drained          | Salt and pepper to taste    |
| 1 cup red grapes, quartered            | 1 (8 oz.) pkg. cream cheese |
| ½ cup chopped celery                   | 1 cup real mayonnaise       |

Boil chicken and cut into cubes. Add pimentos, grapes, celery, minced onion, and salt and pepper to chicken. Combine cream cheese and mayonnaise together. Add to mixture. Delicious served with croissant rolls.

## *Sonoma Chicken Salad*

*Stacy Lundy*

### ***Dressing:***

1 cup mayonnaise  
4 tsp. apple cider  
vinegar  
5 tsp. honey  
2 tsp. poppy seeds  
Salt and freshly ground pepper,  
to taste

### ***Salad:***

2 lbs. boneless, skinless  
chicken breasts  
 $\frac{3}{4}$  cup pecan pieces, toasted  
2 cups red seedless grapes  
3 stalks celery, thinly sliced

***Dressing:*** In a bowl, combine mayonnaise, vinegar, honey, poppy seeds, salt and pepper. Refrigerate until ready to dress the salad. This can be prepared up to 2 days ahead.

Preheat oven to 375°. Place the chicken breasts in one layer in a baking dish with  $\frac{1}{2}$  cup water. Cover with foil and bake 25 minutes until completely cooked through.

Remove cooked chicken breasts from pan, cool at room temperature for 10 minutes, then cover and refrigerate. When the chicken is cold, dice into bite-size chunks and transfer to a large bowl. Stir in pecans, grapes, celery and dressing.

## *Best Chicken Salad*

*Natalie Horany*

$\frac{3}{4}$ cup mayonnaise	$\frac{1}{3}$ cup green onions with green ends
$\frac{1}{3}$ cup (or less) pineapple juice	
3 cups cubed chicken	$\frac{3}{4}$ cup pecans chopped
1 $\frac{1}{2}$ cups red seedless grapes, sliced	$\frac{1}{2}$ tsp. curry
1 cup celery, cut small	$\frac{1}{2}$ tsp. Nature's Seasoning

Mix mayonnaise with enough pineapple juice to loosen it, then mix all ingredients together.

## *Vermicelli Salad*

*Patricia Cooper*

10 oz. vermicelli	4-5 lemons
$\frac{3}{4}$ cup chopped bell pepper	3-4 Tbsp. real mayonnaise
$\frac{3}{4}$ cup olives (black and green)	2 Tbsp. oil
$\frac{3}{4}$ cup celery	Accent seasoning
$\frac{3}{4}$ cup green onion	

Break vermicelli in half. Cook at a boil, uncovered, for 5 minutes. Drain and let cool. Sprinkle generously with Accent. Add 2 tablespoons oil and juice of 3 lemons. Cover and refrigerate overnight.

Next day, mix rest of ingredients, adding mayonnaise and lemon to taste. Add salt and pepper.

## *Artichoke Chicken Salad*

*Patricia Cooper*

4 chicken breasts	2 jars marinated artichoke
2 cups sliced black olives	hearts, undrained
1 box chicken Rice-A-Roni	4 green onions
	1 to 2 cups real mayonnaise

Boil chicken; cook rice as directed. When rice cools, combine all ingredients and refrigerate.

## *Asian Salad with Macadamia Chicken*

*Stephanie Collins*

3-4 chicken breasts  
Tony Chachere's to taste  
Macadamia nuts, finely  
    chopped  
1 small head of cabbage  
6 green onions  
1 cup toasted slivered almonds  
2 bags chicken ramen noodles  
    (break noodles apart and  
    toast)  
4 Tbsp. toasted sesame seeds

### ***Dressing:***

5 Tbsp. sugar  
½ cup oil  
1 packet ramen chicken  
    seasoning  
2 Tbsp. soy sauce  
½ cup red wine vinegar

Shred cabbage in processor; chop in green onion and put dressing on to soak.

***Chicken:*** Pound flat and season with Chachere's. Dredge in flour, dip in milk and egg wash, then press in chopped macadamia nuts. Fry on stovetop in shallow oil.

Add sesame seeds, almonds, ramen noodles, and chopped chicken to cabbage and serve.

## *Greek Salad*

*Patricia Cooper*

4 cans chicken or 3 breasts, boiled	1 cup mayonnaise
½ cup yogurt	1 cup feta cheese
1 cucumber, diced and peeled	1 Tbsp. oregano
3 cloves garlic, minced	Salt, pepper, and mint to taste

Chop chicken and mix with remaining ingredients.



Back: Traci, Jessica, Stephanie  
Front: Lindsey, Megan, Stacy, Heather

## *Greek Salad with Avocado, Shrimp, and Caper Vinaigrette*

*Stephanie Collins*

### **Vinaigrette:**

- 1 cup olive oil
- 1 (4 oz.) jar capers, undrained
- ½ cup red wine vinegar
- 3 hard-boiled eggs, white part only, minced
- 2 Tbsp. minced roasted red peppers from jar
- 1 Tbsp. minced fresh parsley
- 1 ½ tsp. Dijon mustard

### **Salad:**

- 10 plum tomatoes, cut into wedges
- 3 avocados, halved, pitted, peeled, and diced
- 2 Maui onions, chopped (about 3 cups)
- 3 cups shredded hearts or romaine lettuce
- 1 ½ cups feta cheese
- 1 ½ cups cooked bay shrimp

**Vinaigrette:** Whisk all ingredients in medium bowl to blend. Cover and refrigerate overnight.

**Salad:** Combine all ingredients in large bowl. Add vinaigrette to salad and toss to coat. Season to taste with salt and pepper to serve.



## *Tuna Bean Salad*

*Stephanie Collins*

- |                                      |  |
|--------------------------------------|--|
| 2 cans albacore tuna                 | ¼ cup red wine vinegar                     |
| 1 can garbanzo beans                 | Juice of 2 lemons                          |
| 1 can cannellini beans (white beans) | Garlic pepper, salt, lemon pepper to taste |
| 1 can artichoke hearts               |  |

Mix together and chill for 30 minutes.

## *Tuna Fish*

*Lindsey Pilarczyk*

- |  |                             |
|--|-----------------------------|
| 1 can (7 oz.) white tuna, drained and flaked | 2 Tbsp. sweet pickle relish |
| 4 Tbsp. mayonnaise                           | ¼ tsp. curry powder         |
| 1 Tbsp. Parmesan cheese                      | 1 Tbsp. dried parsley       |
| ⅛ tsp. dried minced onion flakes             | 1 tsp. dried dill weed      |
|  | 1 pinch garlic powder       |

In a medium bowl, stir together the tuna, mayonnaise, sweet pickle relish, Parmesan cheese, and onion flakes. Season with curry powder, parsley, dill, and garlic powder. Mix well and serve with crackers or on a sandwich.

## *Grape Salad*

*Traci Horany*

*More like a dessert!*

- |   |                      |
|---|----------------------|
| 8 cups grapes (4 cups green and 4 cups red) | ½ cup powdered sugar |
| 1 (8 oz.) container sour cream              | 1 cup chopped pecans |
| 1 (8 oz.) pkg. cream cheese                 | 1 cup brown sugar    |

Mix first 4 ingredients together and put in 9x13-inch Pyrex dish. Then mix pecans and brown sugar. Spread sugar and nut mixture over grapes. Cover and refrigerate overnight.

## *Blueberry Salad*

*Patricia Cooper*

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 (6 oz.) box cherry Jell-O    | 1 cup sour cream                 |
| 1 can blueberries              | ½ cup sugar                      |
| 1 medium can crushed pineapple | 1 tsp. vanilla                   |
| 1 (8 oz.) pkg. cream cheese    | 1 cup chopped nuts (for topping) |

Dilute Jell-O with 1 cup hot water. Add 1 cup cold water. Mix in fruits, using all the juices. Pour into 9x13-inch dish and chill.

Soften cream cheese and whip with sour cream, sugar, and vanilla. Spread mixture over chilled Jell-O and top with chopped nuts.

## *Pretzel Salad*

*Stephanie Collins*

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 2 cups crushed pretzels     | 1 (6 oz.) pkg. strawberry Jell-O     |
| 1 ¼ cups sugar, divided     | 1 large can crushed pineapple        |
| 1 ½ sticks butter, melted   | 2 (10 oz.) boxes frozen strawberries |
| 1 (8 oz.) pkg. cream cheese | Sour cream                           |
| 1 ½ cups Cool Whip          | Cool Whip                            |

Mix pretzels, ¼ cup sugar, and butter together. Press into 9x13-inch pan and bake at 350° for 12 minutes. Let cool.

In small bowl, mix cream cheese, 1 cup sugar, and 1 ½ cups Cool Whip. Spread over crust. Dissolve Jell-O in 2 cups liquid from thawed strawberries and pineapple (should be boiling before adding Jell-O and can use some water if you need more liquid to equal 2 cups). Add fruit to Jell-O and cool slightly. Pour over rest of ingredients.

Keep refrigerated until ready to serve. Top with mixture of equal parts sour cream and Cool Whip. Spread smooth.

## *Watergate Salad*

*Patricia Cooper*

- |  |                          |
|--|--------------------------|
| 1 pkg. instant pistachio pudding                   | 1 cup mini marshmallows  |
| 1 cup orange juice                                 | 1 small carton Cool Whip |
| 1 (8 ¼ oz.) small can crushed pineapple, undrained | Nuts                     |

Mix pudding with orange juice. Add pineapple and marshmallows. Fold in Cool Whip and chill. Top with nuts.

## *Warm Chicken Sandwiches with Mushrooms, Spinach, and Cheese*

*Stephanie Collins*

- |   |                               |
|---|-------------------------------|
| 4 ciabatta rolls, halved horizontally               | 12 oz. sliced white mushrooms |
| 3 Tbsp. olive oil, divided, plus more for drizzling | 2 Tbsp. chopped shallots      |
| 8 oz. Fontina cheese, shredded and divided          | 3 cloves garlic, minced       |
|   | 2 cups shredded roast chicken |
|   | 1 (5 oz.) bag baby spinach    |

Preheat oven to 400°. Pull some bread from ciabatta rolls to form slightly hollow centers. Drizzle ciabatta rolls with olive oil. Spread roll bottoms with whole grain mustard. Sprinkle roll bottoms with half of Fontina cheese.

Heat 2 tablespoons oil in large skillet over medium-high heat. Add mushrooms; sauté 4 minutes. Add chopped shallots and garlic; sauté 3 minutes. Add chicken; sauté 2 minutes to heat through. Transfer to a plate.

Add 1 tablespoon oil to skillet. Add spinach; sauté 2 minutes. Season to taste with salt and pepper. Drain. Spoon chicken mixture, then spinach over roll bottoms. Top with remaining cheese. Cover with roll tops. Wrap each sandwich tightly in foil. Bake at 400° for 20 minutes or until cheese melts.

# *Spanish Grilled Cheese Sandwiches* *with Manchego and Jamon Serrano*

*Stephanie Collins*

3 Tbsp. butter, room temperature	4 oz. Jamon Serrano or Prosciutto, thinly sliced (Specialty hams)
4 slices firm sandwich bread	
6 oz. Manchego cheese, thinly sliced	4 Medjool dates, pitted and chopped

Line baking sheet with waxed paper. Spread butter on bread slices, dividing equally. Place two bread slices on prepared baking sheet, buttered side down. Top bread slices with half of sliced cheese (1 ½ ounces); top cheese with ham, dividing equally. Sprinkle dates over. Top with remaining cheese, then remaining two bread slices, buttered side up. Refrigerate 30 minutes or up to 8 hours, covered.

Heat Panini press and cook sandwiches according to machine's instructions. You can also use large skillet heated over medium-high heat. Reduce heat to medium low. Place sandwiches in skillet. Place another skillet atop sandwiches; place weight such as a large can of tomatoes atop skillet. Cook sandwiches until golden brown and cheese melts.