

Vegetables and Side Dishes



Cory, London, Lannah and Grandma

What Grandma's House Means to Me – Top 10 List *By Cory Cooper*

- 1) Holidays with a Horany houseful and testing the limits of your inner ear.*
- 2) Summer breaks with the cousins – basketball games, trips to Wichita, and movie nights!*

- 3) *Watching Zac re-enact our Karate Kid Movie Night by doing the “Danny Larusso Crane Kick” on Jessica and Megan’s ribcage – I then had to regulate on Zac to save the day. (I would not attempt that now by the way!!). Nancy would then proceed to strain several muscles chasing Zac around the house with a wooden spoon, which would usually break as Zac laughed at her. And finally, Nancy would give the ultimate threat that Zac could not go with us to Wichita the next day (which never held up). Great times!!!!*
- 4) *Early mornings for “Grandma’s Breakfast” and never having to get your own drink or wash your plate (or maybe that was just me).*
- 5) *The ultimate diet killer – eating every hour on the hour until you were sick!*
- 6) *Seeing just how high you could stack one plate with food – and then doing it again for Round 2!!*
- 7) *Enough Christmas presents under one tree for a small country.*
- 8) *Papa locking himself in a room so he could hear the Big Game and not the kids.*
- 9) *26 bags of pecans hand-picked out of the yard and Grandma still thinking we missed some*
- 10) *A foundation of unconditional love that has shaped our entire family!!!!*

Vegetables and Side Dishes



Mark and Cory

Sesame Sugar Snaps

Stacy Lundy

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| 4 cups water | ¼ tsp. black pepper |
| 1 lb. sugar snap peas, trimmed | 1 Tbsp. red wine vinegar |
| 1 small clove garlic, pressed | 1 tsp. olive oil |
| 1 Tbsp. fresh lemon juice | 1 tsp. dark sesame oil |
| ¼ tsp. salt | 2 Tbsp. toasted sesame seeds |

Bring water to a boil in a medium saucepan; add peas, and cook 30 seconds. Drain and rinse under cold water. Drain.

While water comes to a boil, combine garlic and next 3 ingredients in a large bowl. Add vinegar and oils, stirring with a whisk. Add peas and sesame seeds to vinaigrette; toss. *Makes 4 servings (serving size: ¾ cup).*

Green Beans with Vinaigrette and Feta

Stacy Lundy

8 cups water	1 tsp. Dijon mustard
2 (12 oz.) pkgs. trimmed green beans	½ tsp. salt
1 Tbsp. olive oil	¼ cup (1 oz.) crumbled feta cheese with basil and sun-dried tomatoes
1 tsp. bottled minced garlic	
2 tsp. balsamic vinegar	

Bring 8 cups water to a boil in a Dutch oven. Add green beans, and cook 4 minutes or until crisp-tender.

While beans are cooking, heat oil in a small saucepan over medium heat. Add garlic; sauté 3 minutes or until lightly browned. Remove from heat; add vinegar, mustard, and salt, stirring well with a whisk.

Drain beans and return to Dutch oven. Pour vinaigrette over beans and add feta; toss gently to coat.

Sweet Green Beans

Patricia Cooper

3 cans cut or whole green beans, drained – except use about ½ can of juice from one of the cans	1 Tbsp. soy sauce
½ stick butter, melted	½ cup brown sugar
	1 tsp. garlic salt
	8 slices bacon, cooked crisp and crumbled

Mix melted butter, soy sauce, brown sugar, and garlic salt together. Microwave for 1 minute. Add green beans and mix thoroughly. Sprinkle bacon over the top of beans. Bake at 350° for 30 minutes.

For best results, make the day before and store in the refrigerator. Set out at room temperature for 30 minutes, then bake as directed.

Green Bean Bundles

Patricia Cooper

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| 1 ½ lbs. green beans, trimmed | 1 tsp. packed brown sugar |
| ½ cup butter | 1 clove garlic, minced |
| ½ tsp. dry mustard | ¼ tsp. salt |
| | 8 oz. bacon |

Fill large pan with water and bring to boil over high heat. Wash and trim beans and add to the boiling water. Blanch for 3 to 4 minutes, until beans are pliable but still crunchy. Drain beans and run under cold water. Pat dry with paper towel and place in shallow ovenproof casserole dish. In medium saucepan, melt butter. Stir in dry mustard, brown sugar, garlic, and salt. Pour butter mixture over green beans; cover with plastic wrap and refrigerate for at least 4 hours or overnight.

Preheat oven to 375°. Make a bundle of 8 to 9 beans. Wrap ½ bacon slice around the bundle and secure with a toothpick. Arrange in the same casserole dish and bake, uncovered, for 45 minutes. Bacon should be cooked, and beans will look wrinkled.

Lemony Green Beans

Stacy Lundy

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| 3-9 oz. frozen green beans | ½ tsp. salt |
| 3 Tbsp. olive oil | ½ tsp. pepper |
| 3 large shallots, leeks, or green onions | Garlic salt |
| 6 cloves garlic, minced | Lemon pepper |
| 1 Tbsp. lemon peel | Toasted almonds (optional) |
| | Feta cheese (optional) |

In 12-inch skillet, cook beans in lightly salted boiling water for 2 to 5 minutes. Drain and rinse in cold water. Set aside. In same skillet, heat oil over medium-high heat. Add shallots and garlic. Cook, stirring occasionally, until softened and brown. Add green beans. Toss for 1 to 2 minutes or until heated. Remove and stir in lemon peel, salt and pepper. Season with lemon juice, garlic salt, and lemon pepper. You can add toasted almonds and feta to beans, if desired.

Orange-Soy Glazed Green Beans

Traci Horany

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| 1 Tbsp. olive oil | 1 lb. fresh green beans,
trimmed |
| 1 large sweet onion, thinly
sliced | ¼ cup orange marmalade |
| 2 tsp. sugar | 1 Tbsp. soy sauce |

Heat oil in large nonstick skillet over medium heat. Add onions and sugar; cook, stirring often, 25 to 30 minutes or until onions are deep golden brown. Remove from heat and set aside.

Meanwhile, cook green beans in boiling water 4 to 5 minutes or just until crisp-tender; drain. Plunge into ice water; drain. Add cooked green beans to skillet with onions. Stir in marmalade and soy sauce; cook over medium-high heat 2 to 3 minutes or until marmalade melts and mixture is thoroughly heated.

Garden Frittata

Traci Horany

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| 1 tsp. margarine | ¼ tsp. salt |
| 1 cup chopped asparagus
spears | ½ tsp. freshly ground pepper |
| 1 cup chopped broccoli | 2 oz. shredded Cheddar
cheese |
| ¼ cup chopped sweet onion | 2 Roma tomatoes, thinly sliced |
| 2 egg whites | Chopped fresh basil (optional) |
| 1 egg | |

Coat ovenproof skillet with nonstick spray and heat margarine over medium heat. Add asparagus, broccoli, and onion; sauté 5 minutes or until vegetables are tender. In a small bowl, whisk together egg whites, eggs, salt and pepper. Pour over vegetables in skillet. Cover; cook until edges are set and bottom is lightly browned, about 2 minutes. Top with tomato slices and sprinkle with cheese. Broil frittata 2 minutes or until lightly browned. Cut into wedges. Serve sprinkled with fresh basil, if desired.

Roasted Asparagus with Feta Cheese

Patricia Cooper

¼ cup olive oil	Kosher salt, to taste
4 garlic cloves, minced	Fresh ground black pepper, to taste
1 tsp. lemon zest	
½ tsp. dried oregano	4 oz. crumbled Feta cheese
¼ tsp. red pepper flakes	2 Tbsp. chopped fresh parsley
2 lbs. fresh crisp asparagus	Juice of 1 to 2 lemons, to taste

Preheat oven to 400°. Heat olive oil, minced garlic, lemon zest, oregano, and red pepper flakes in a small pan over low heat until garlic becomes golden. Remove from heat and allow to cool.

Bend asparagus gently until it breaks at a natural point and discard ends. Toss asparagus pieces with olive oil mixture and place in a single layer on a baking sheet. Season with salt and pepper, then with crumbled Feta cheese. Roast at 400° for 12 minutes or until tender.

Sprinkle with chopped parsley and drizzle with lemon juice.

Stir-Fried Asparagus with Garlic

Stacy Lundy

2 lbs. asparagus	2 Tbsp. canola or olive oil
8 cloves garlic, minced	3 Tbsp. soy sauce

Snap off ends of asparagus. Sauté asparagus and garlic in hot oil in large skillet over medium-high heat for 3 to 5 minutes, or until crisp-tender. Add soy sauce and reduce heat to medium-low and cover. Cook for 5 minutes or until tender.

Asparagus with Orange Vinaigrette

Stephanie Collins
From Southern Living

3 lbs. fresh asparagus	2 large navel oranges,
2 shallots, chopped	sectioned
¼ cup white balsamic vinegar	⅛ tsp. salt
1 tsp. grated orange rind	⅛ tsp. pepper
	½ cup olive oil

Snap off tough ends of asparagus; arrange asparagus in a steamer basket over boiling water. Cover and steam 3 to 5 minutes or until crisp-tender. Plunge asparagus into ice water to stop the cooking process; drain.

Combine shallots, vinegar, and next 4 ingredients; gradually whisk in ½ cup olive oil, blending well. Drizzle over asparagus. Serve immediately. *Make 6 to 8 servings.*

If the asparagus are fat or you prefer them more tender, you can increase the cooking time.

Broccoli with Lemon Sauce and Almonds

Patricia Cooper

2 tsp. cornstarch	1 tsp. lemon rind
½ cup chicken broth	¼ tsp. pepper
¼ cup lemon juice	1 bunch broccoli
1 Tbsp. sugar	⅓ cup toasted almonds

Combine cornstarch, chicken broth, and lemon juice in small pan. Cook over medium heat, stirring until thickened. Stir in sugar, lemon rind, and pepper. Spoon over cooked broccoli. Sprinkle with toasted nuts.

Broccoli Rice Casserole

Patricia Cooper

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| 1 pkg. frozen chopped broccoli,
cooked (can cook in
microwave) | 1 (8 oz.) jar Cheez Whiz
1 ½ cups cooked rice (1 bag
Success rice) |
| 1 can mushroom soup | 1 small onion |

Sauté onion in butter. Then add remaining ingredients. Place in greased casserole dish and bake at 350° for about 30 minutes.

Roasted Cauliflower with Lemon Mustard

Dressing

Stephanie Collins

(Paleo friendly)

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| 1 head of cauliflower, cut into
small florets | 1 Tbsp. lemon juice |
| 3 Tbsp. oil, divided | 1 Tbsp. Dijon mustard |
| Salt | ⅓ cup coconut milk or half-
and-half |
| ⅓ cup walnuts, hazelnuts, or
pecans | ½ tsp. freshly ground pepper |

Preheat oven to 450°. In a sheet pan or shallow roasting pan, toss the cauliflower with 2 tablespoons of the oil and a little salt. Roast the cauliflower until tender and lightly browned, stirring once or twice for even roasting, 15 to 20 minutes.

Meanwhile, toast the nuts in a dry skillet for a few minutes over medium-high heat, stirring often to prevent burning. Remove from pan, as the nuts will continue to toast as they cool.

In a large bowl, whisk together the lemon juice, mustard, coconut milk (or half-and-half) and remaining 1 tablespoon of oil. Add the roasted hot cauliflower, scraping oil and browned bits off of pan into the bowl. Add the nuts, pepper, and salt (if desired); toss to coat and serve. *This sauce is also great on green beans or broccoli.*

Roasted Cauliflower

Traci Horany Bayer

1 head cauliflower	Kosher salt and pepper
¼ cup white wine	4 garlic cloves, thinly sliced
¼ cup chicken broth	⅓ cup dry bread crumbs
1 Tbsp. olive oil	2 Tbsp. minced parsley
½ tsp. dried oregano	⅓ cup grated Parmesan cheese

Preheat oven to 400°. Lightly grease a 9-inch square baking dish and set aside. Break apart the cauliflower into florets and cut off the thicker stems. Set the cauliflower pieces stem side down in baking dish. Pour the wine and chicken broth into the dish and drizzle the olive oil over the cauliflower. Sprinkle with the oregano, salt, and pepper. Scatter the garlic slices over everything. Cover the pan with foil and bake in preheated oven until cauliflower is tender, about 35 minutes.

Meanwhile, combine the bread crumbs, parsley, and Parmesan cheese in a small bowl. When the cauliflower is tender, sprinkle the bread crumb mixture over the florets and put the dish, uncovered, back in the oven until the topping is browned, about 15 to 20 minutes. Serve hot or at room temperature.

Honey Baked Beans

Patricia Cooper

4 (16 oz.) cans pork and beans, drained	½ tsp. salt
¾ lb. ground beef	2 dashes Tabasco
½ lb. hot sausage	1 ½ cup onions
1 tsp. cayenne pepper	½ tsp. bitters
¾ cup honey	1 tsp. liquid smoke
8-10 slices bacon	1 tsp. Worcestershire sauce
	1 cup honey barbecue sauce

Brown ground beef and sausage together and drain juice. Crumble cooked bacon in with meat. Add all other ingredients to meat, and mix together. Pour into 9x13-inch casserole dish and bake at 350° for 45 minutes.

Provencal Vegetable Gratin

Traci Horany Bayer

This is great in the summer time with fish! Very fresh!

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| 5 Tbsp. olive oil, divided | 2 medium zucchini, cut in ¼-inch rounds |
| 2 medium onions, thinly sliced | 2 medium yellow squash, cut in ¼-inch rounds |
| 4 garlic cloves, minced | Pepper |
| 2 tsp. kosher salt, divided | 3 or 4 tomatoes, cut in ½-inch slices |
| ¼ cup fresh basil leaves, cut into thin long strips | ½ cup finely grated Parmesan cheese |
| 2 tsp. minced fresh thyme | |

Preheat oven to 375°. Lightly grease a 7x11-inch baking dish and set aside. Heat 2 tablespoons of olive oil in a large skillet over medium-low heat. Add the onions and garlic and sprinkle with 1 teaspoon of the salt. Cook, stirring occasionally, until completely softened but not browned, about 5 to 10 minutes. Stir in the basil and thyme and spread the onion mixture evenly in the baking dish.

Evenly layer the slices of zucchini and squash in rows, overlapping each slice, in the baking dish to completely cover the onion. Brush or drizzle with olive oil and sprinkle with salt and pepper. Lay the tomato slices over the squash, brush slices with olive oil, and sprinkle each with salt and pepper.

Cover the dish with foil and bake in preheated oven until the vegetables are tender, about 30 to 40 minutes. Uncover the dish and evenly sprinkle with the Parmesan cheese. Return uncovered dish to oven and bake an additional 20 minutes or until cheese is melted and lightly browned. Serve hot or at room temperature.

Vegetable Casserole

Grandma's Recipe

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| 2 (16 oz.) pkgs. assorted
vegetables (broccoli,
cauliflower, carrots) | 8 oz. Swiss cheese, grated
$\frac{2}{3}$ cup sour cream
$\frac{1}{2}$ tsp. black pepper |
| 2 cans cream of mushroom
soup | 2 cans onion rings
Pimentos (optional) |

Save $\frac{1}{2}$ cheese and $\frac{1}{2}$ onion rings for top. Mix all ingredients in large bowl. Pour into 11x13-inch casserole and bake at 350°, covered, for 40 minutes. Then add remaining cheese and onion rings on top. Bake an additional 5 minutes, uncovered, until cheese and onion rings are done.

Red Onions Roasted with Balsamic and Honey

Stephanie Collins

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| 3 red onions, peeled and
halved lengthwise | $\frac{1}{3}$ cup honey
Sea salt and black pepper |
| 1 cup balsamic vinegar | $\frac{1}{2}$ stick unsalted butter |
| $\frac{1}{4}$ cup extra virgin olive oil | $\frac{1}{4}$ bunch fresh thyme |

Preheat oven to 325°. Put the onions on a sheet pan, cut side up, and drizzle with balsamic vinegar, olive oil, and honey. Season with salt and pepper, and then top each with a pat of butter and fresh thyme. Bake for 40 minutes, until the onions are soft and caramelized around the edges.

Parmesan Zucchini Sticks

Stacy Lundy

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| 3 large zucchini | ¼ cup Parmesan cheese |
| 1 cup dry breadcrumbs | ½ tsp. salt |
| ½ cup panko (Japanese
breadcrumbs) | ½ tsp. pepper |
| | ½ cup egg substitute |

Cut zucchini in half crosswise. Cut each half lengthwise into 8 wedges. Combine breadcrumbs, panko, cheese, salt and pepper in dish. Dip zucchini in egg and dredge in breadcrumbs. Place on cookie sheet coated with Pam. Bake at 400° for 25 minutes.

Favorite Mixed Roasted Vegetables

Natalie Horany

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| 1 cup sweet onion, cut into
chunks | ¼ tsp. ground black pepper |
| 2 Tbsp. olive oil | 4 cups assorted vegetables, cut
into approximately 1 ¼-inch
chunks (1 each sweet
potato, red pepper, green
pepper, zucchini, small
yellow squash, asparagus,
and mushrooms) |
| 1 Tbsp. maple syrup (or may
use either honey or sugar) | |
| ⅛ tsp. cayenne pepper | |
| ½ tsp. coarse salt | |

Preheat oven to 425°. Line a large shallow baking sheet with foil and grease with oil or cooking spray. In a large mixing bowl, combine all ingredients together, except vegetables. Toss in vegetables until coated.

Spread the vegetables (densely packed) on the prepared baking sheet. Roast, tossing occasionally, until the vegetables are lightly caramelized, about 25 minutes.



Stacy, Traci, Lindsey, Megan, Heather and Steph

Oven-Roasted Vegetables

Stacy Lundy

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| 1 ½ cups fresh cauliflower florets | 1 Tbsp. olive oil |
| 1 cup fresh broccoli florets | 2 cloves garlic, minced |
| 1 small red pepper, cut in 1-inch strips | 1 tsp. basil |
| 2 medium red potatoes, cut into 1-inch pieces | ¼ tsp. pepper |
| | 2 tsp. grated Parmesan cheese |

Combine veggies and 3 tablespoons water in large bowl. Toss to coat. Add remaining ingredients except Parmesan cheese. Toss to mix. Spread veggies in 15x10-inch jelly roll pan sprayed with Pam. Roast veggies 35 to 40 minutes at 375°, or until tender, stirring once or twice. Sprinkle with Parmesan cheese, mix lightly. Roast 5 to 10 minutes more until desired doneness.

Baked Parmesan Tomatoes

Traci Horany

3 tomatoes
½ tsp. salt
¼ tsp. pepper
½ cup grated Parmesan
cheese

3 Tbsp. seasoned breadcrumbs
1 Tbsp. minced fresh basil
1 Tbsp. minced fresh parsley
2 tsp. olive oil

Cut tomatoes in half; place cut side up on a baking dish. Sprinkle with salt and pepper. Combine remaining ingredients and sprinkle over tomatoes. Bake, uncovered, at 350° for 15 minutes, until tops are golden.

Grilled Stuffed Tomatoes

Stephanie Collins

Tomatoes
Feta cheese

Topping:

1 Tbsp. olive oil
1 tsp. cilantro
1 tsp. chopped green onion
½ tsp. fresh basil
1 tsp. minced garlic
2-3 Tbsp. breadcrumbs
1 Tbsp. or more Parmesan
cheese

Use nice size, ripe tomatoes. Cut off top and spoon a little of tomato out. Stuff with feta cheese. Combine topping ingredients and put on tomato. Place on grill and cook until blistered.

Tomato Pie

Traci Horany

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| 1 deep dish pie crust (partially baked for 10 minutes) | 1/3 cup green onions, chopped |
| 4 tomatoes, peeled and diced | 1 cup mozzarella cheese, grated |
| 10 basil leaves | 1 cup Cheddar cheese, grated |
| | 1 cup Hellmann's mayonnaise |

Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow to drain for 10 minutes. (If you don't do this, the pie will be watery.) Chop tomatoes and line bottom of pie crust. Season with salt and pepper. Sprinkle large chopped basil leaves on top. Sprinkle green onions on top. Mix together mayonnaise and cheeses. Spread on top and bake at 350° for 30 minutes.

Green Chile Corn

Nancy Hildebrandt

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| 2 cans white shoepeg corn | 1-2 Tbsp. milk |
| 1 can chopped green chiles | Grated cheese |
| 1 pkg. cream cheese | |

Mix corn, chiles, cream cheese, and milk. Top with grated cheese. Bake at 350° until bubbly.

Creamed Corn

Patricia Cooper

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| 10 ears fresh corn, cooked, cooled, and cut off cob | 1 tsp. pepper |
| 1 cup heavy whipping cream | 1/4 tsp. Accent |
| 1 cup whole milk | 1/2 tsp. thyme |
| 2 Tbsp. sugar | 1/2 tsp. garlic powder |
| 1 1/2 tsp. salt | 1 stick butter |
| | 2 Tbsp. flour |

Add all ingredients except butter and flour to corn, and bring to boil. Simmer 3 minutes. In small saucepan, melt butter and add flour. Bring to boil. Add to corn mixture and stir. Serve hot.

Carrots with Olives

Grandma's Recipe

8 carrots, sliced	2 tsp. sugar
1 medium onion	¾ cup sliced stuffed olives
3 Tbsp. butter	Salt to taste

Cook and drain carrots. Sauté onion in butter. Add sugar and olives. Mix lightly with carrots. Add salt to taste.

Diane's Shredded Potatoes

Traci Horany Bayer

This is one of my all time favorites! It's even great for breakfast the next morning. I use fat-free half-and-half and it still tastes wonderful!

6 to 8 large russet potatoes	Lawry's seasoned salt
Salt	Paprika
1 quart half-and-half	Pepper
Garlic salt	1 stick butter
Onion salt	

Wash potatoes and place in a large Dutch oven. Cover potatoes completely with cold water, salt liberally, and bring to a boil. Cook until potatoes are not quite done, about 20 minutes. Test with a toothpick, but potatoes will still be a little hard. Drain and cool potatoes completely. (This is very important; I usually put them in the refrigerator for an hour or so, or make the night before.)

Preheat oven to 325°. When potatoes are completely cool, peel and shred with a hand-held grater directly into a well-greased 9x13-inch glass casserole dish. Spread potatoes evenly in dish.

Pour half-and-half over potatoes. Evenly sprinkle with garlic salt, onion salt, Lawry's seasoned salt, paprika, and pepper. Dot with butter. Bake in preheated oven for 1 hour until bubbling and brown on top. Let sit 15 minutes before serving.

Mashed Potatoes with Roasted Garlic and Mascarpone Cheese

Stephanie Collins

3 lbs. Idaho potatoes, peeled and cut into large dice	6 cloves roasted garlic, puréed
Kosher salt	½ stick unsalted butter
1 ½ cups whole milk	8 oz. Mascarpone cheese
	Ground pepper

Place potatoes in a large saucepan; add cold water just to cover and 1 tablespoon salt. Bring to a boil over high heat. Cook until tender. Drain well and mash thoroughly.

While the potatoes are cooking, combine the milk, garlic purée and butter in a small saucepan and bring to a simmer over low heat. Stir the milk mixture into the potatoes until combined. Fold in the Mascarpone cheese and season well with salt and pepper. Keep warm until served.

To roast garlic: Preheat the oven to 400°. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off ¼ to a ½ inch of the top of cloves, exposing the individual cloves of garlic.

Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple of teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. Bake for 30 to 35 minutes, or until the cloves feel soft when pressed.

Allow the garlic to cool enough so you can touch it without burning yourself. Using a small knife, cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. Eat as is (*I love straight roasted garlic*) or mash with a fork and use for cooking. This can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

Garlic Roasted Potatoes

Stephanie Collins

1 ½ lbs. potatoes
1 tsp. salt
1 tsp. pepper
4-5 rosemary sprigs

2 tsp. balsamic vinegar
4 cloves garlic
2-3 Tbsp. olive oil

Preheat oven to 400°. Mix ingredients together in Ziploc bag and toss to coat. Wrap potatoes in parchment paper and bake for 1 hour.

Twice-Baked Potatoes

Patricia Cooper

8 large baking potatoes
¼ cup butter
1 cup sour cream
1 egg
1 tsp. salt

⅛ tsp. pepper
9 crisp bacon slices, crumbled
fine
Grated Cheddar cheese
Paprika

Scrub potatoes and dry. Rub with butter or oil and bake on oven rack at 400° for 1 hour or until fork tender. Cut potatoes in half lengthwise and scoop out potato into bowl, saving shells. Add butter, sour cream, egg, salt and pepper. Beat well with hand mixer; stir in crisp bacon. Pile back into shells. Sprinkle with paprika.

Allow to cool, then wrap each potato and freeze if desired, or can top with cheese and immediately place back in oven to cook about 5 minutes or until cheese melts. If cooking from frozen, it is unnecessary to thaw potatoes. Simply heat oven to 400°, unwrap potatoes, and bake for 45 minutes to 1 hour until heated. Top with cheese last 5 minutes.

Potato-Stuffed Grilled Peppers

Stephanie Collins

4 large potatoes	3 Tbsp. butter
4 large red bell peppers	3 Tbsp. fresh parsley
1 (16 oz.) container sour cream	$\frac{3}{4}$ tsp. salt
$\frac{1}{2}$ cup shredded Gouda cheese	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ cup sliced green onions	

Bake potatoes at 450° for 1 $\frac{1}{2}$ hours. Cool 15 minutes. Cut bell peppers in half lengthwise, keeping stems. Dry and set aside.

Scoop out potatoes into bowl. Add sour cream and next 6 ingredients to potatoes and blend. Spoon mixture into bell peppers. Grill peppers, covered, over medium-high heat until blistered and mixture bubbles at the edges.

Fried Okra and Potatoes

Patricia Cooper

3-4 potatoes	1 white onion
1-2 lbs. okra	Cornmeal

Slice okra and potatoes into bite-sized pieces. You want equal parts of both. Chop onion and place all together in bowl. Sprinkle with salt, and stir (you want okra to be slimy so cornmeal will stick).

Cover the okra and potatoes with cornmeal until well coated. Fry in skillet in shallow oil (about 1 inch of oil so that all okra is sitting in it but not submerged). Fry until golden and crunchy. Try not to stir too much, as this will cause the cornmeal to come off.

Mashed Potato Casserole
with Smoked Gouda and Bacon
Stephanie Collins

6 slices thick-cut smoked bacon (preferably apple wood-smoked)	$\frac{3}{4}$ cup sour cream $\frac{1}{3}$ cup whole milk $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
3 large green onions, finely chopped	2 cups coarsely grated smoked Gouda, divided
3 lbs. russet potatoes, peeled and cut into 1 $\frac{1}{2}$ -inch cubes	

Butter 13x9x2-inch baking dish. Cook bacon in large skillet until golden brown and crisp. Transfer to paper towel to drain. Chop bacon. Place in medium bowl. Add green onions; toss to distribute evenly.

Place potatoes in large pot and add enough cold water to cover. Sprinkle with salt. Cover and boil with lid slightly ajar until potatoes are tender, 15 to 20 minutes. Drain well.

Return potatoes to pot. Cook over low heat, stirring often, until potatoes are dry and light film forms on bottom of pot, about 2 minutes. Add next 3 ingredients. Using potato masher, mash until almost smooth. Stir in 1 $\frac{1}{2}$ cups smoked Gouda and 1 cup bacon mixture. Season with salt and pepper. Spread potato mixture in prepared baking dish. Sprinkle remaining $\frac{1}{2}$ cup Gouda over top.

Preheat oven to 375°. Bake potatoes until cheese melts and edges of potatoes are bubbling, about 30 minutes (40 minutes if chilled). Sprinkle reserved bacon mixture over and serve.

Cascade Potato Casserole

Stephanie Collins

2 lbs. cubed hash browns	1 tsp. salt
2 cans cream of celery soup	½ tsp. pepper
1 large pkg. cream cheese	2 Tbsp. butter
1 onion, chopped	2 jars Old English

Preheat oven to 350°. Sauté onions. Mix soup, cream cheese, salt and pepper together. Dump onions and hash browns in and mix. Put in greased casserole dish and bake at 350° for 1 ½ hours. Clump Old English on top the last 30 minutes of baking.

Oven-Fried Sweet Potatoes

Stacy Lundy

4 sweet potatoes	1 tsp. salt
4 Tbsp. vegetable oil	½ tsp. pepper
½ tsp. dried thyme	

Preheat oven to 450°. Peel sweet potatoes. Cut into ¼-inch slices. Place sweet potato slices in a large reusable plastic bag. Add oil, thyme, salt and pepper. Shake bag to coat slices with oil mixture. Spread potato slices evenly in a single layer on two baking sheets. Bake for 10 minutes. Turn; bake until crisp and tender, about 5 minutes longer. Remove potatoes from baking sheets. Serve immediately.

You can prepare sweet potatoes in plastic bag with oil and seasonings up to 2 hours ahead and store at room temperature. For a spicy variation, add ½ teaspoon curry powder to the recipe.

Sweet Potatoes with Pecans, Goat Cheese and Celery

Stephanie Collins

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| 4 Tbsp. olive oil, divided | 2 tiny or 1 small shallot |
| 1 ½ lbs. sweet potatoes,
scrubbed, unpeeled, and
cut in ¾- to 1-inch coins | 2 stalks celery |
| Salt and freshly ground black
pepper | 2 Tbsp. flat-leaf parsley |
| ¼ cup pecan halves, toasted
and cooled | 1 Tbsp. dried cranberries or
cherries (optional) |
| | 2 oz. firmish goat cheese (can
use Ricotta or blue cheese) |
| | 2 tsp. red wine vinegar |
| | ½ tsp. smooth Dijon mustard |

Preheat oven to 450°. Coat a large baking sheet generously with olive oil, about 1 to 2 tablespoons. Lay sweet potatoes in one layer on the oiled sheet. Sprinkle with salt and freshly ground black pepper. Roast, without disturbing, for 15 to 20 minutes. Carefully flip each piece: the undersides should be blistered, dark and a bit puffy and should release from the pan with no effort. If they're not, let it cook longer. Sprinkle them with additional salt and freshly ground black pepper and return the pan to the oven for another 10 minutes or so, until the undersides match the tops.

Meanwhile, prepare your salad. Chop your pecans well, mince your shallot, chop your celery and parsley, and mince cranberries if using them. Crumble your goat cheese. *If you, like me, got too soft of a goat cheese for mixing, set it aside and sprinkle it on top. If it's firmer, stir it into the mixture.*

In a small dish, whisk together 2 tablespoons olive oil, red wine vinegar and Dijon mustard. Pour half over salad.

When the sweet potatoes are done, lay them on a serving platter. Scoop a spoonful of the salad over each round. Pour the remaining salad dressing over top, to taste. Eat immediately.

Makes 2 ½ servings.

Sweet Potato Casserole

Stacy Lundy

6 medium sweet potatoes

$\frac{2}{3}$ cup sugar

2 eggs, beaten

1 tsp. vanilla

$\frac{1}{2}$ cup butter

1 tsp. cinnamon

$\frac{1}{3}$ cup Pet milk (optional)

Topping:

$\frac{1}{3}$ cup firmly packed brown
sugar

2 Tbsp. flour

2 Tbsp. butter

Pecans, chopped

Boil sweet potatoes 45 minutes to 1 hour. Cool. Mash. Combine with sugar, eggs, vanilla, and butter. Beat until smooth. Spoon into greased 8x12-inch baking dish. Combine topping ingredients and sprinkle over potatoes. Bake at 350° for 30 minutes.

Orange Glazed Sweet Potatoes

Grandma's Recipe

2 lbs. sweet potatoes (about
6 medium)

$\frac{2}{3}$ cup sugar

1 Tbsp. cornstarch

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

$\frac{1}{2}$ tsp. grated orange peel

1 cup orange juice

2 Tbsp. butter or oleo

Parboil potatoes about 20 minutes; let cool, and peel. Preheat oven to 400°. Arrange cut pared sweet potatoes in ungreased 1 $\frac{1}{2}$ -quart casserole dish. In small pan, combine all ingredients and cook, stirring constantly, until mixture thickens and boils. Boil 1 minute. Pour hot mixture over sweet potatoes. Cover. Bake 1 hour, basting occasionally.

Praline Yam Casserole

with Orange Sauce

Grandma's Recipe

4 medium yams
2 eggs
¼ cup brown sugar
2 Tbsp. melted butter
1 tsp. salt
Pecan halves
¼ cup brown sugar
¼ cup melted butter

Orange Sauce:

⅓ cup sugar
1 Tbsp. cornstarch
⅛ tsp. salt
1 tsp. orange peel
1 cup orange juice
1 Tbsp. lemon juice
2 Tbsp. butter
3 dashes orange bitters

Cook yams until tender. Mash in large bowl. Beat in eggs, sugar, butter, and salt. Pour into 1-quart casserole dish. Arrange pecan halves over top. Drizzle with brown sugar and melted butter. Bake, uncovered, at 350° for 30 minutes. Serve with orange sauce.

Orange Sauce: Mix sugar, cornstarch, and salt; add orange peel, orange juice, and lemon juice. Bring to boil and cook until thickened. Remove from fire. Stir in butter and orange bitters.

Oven-Roasted Butternut Squash

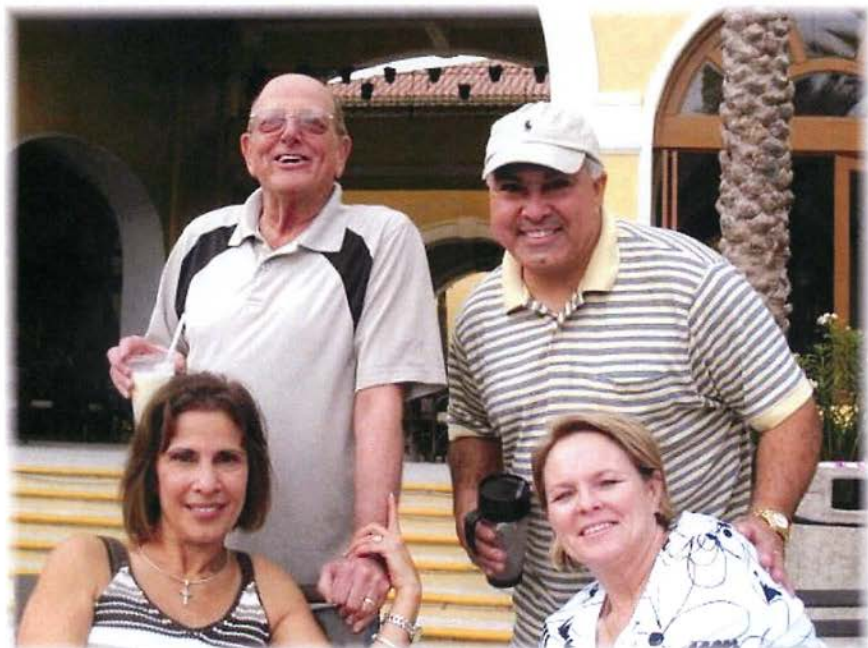
Stacy Lundy

This is fantastic! You will love it!

1 large butternut squash,
peeled and cubed
Olive oil

Tony Chachere's Creole
seasoning

Peel butternut squash with a potato peeler. Cut in half and core out seeds. Cut squash into cubes. Place cubes in bowl and drizzle liberally with olive oil; toss to coat. Spread cubes out on a foil-lined cookie sheet and sprinkle liberally with Tony Chachere's Cajun seasoning. Toss to coat. Preheat oven to 400° and cook for 30 minutes.



Jerry and Patricia with Mark and Connie

Squash Casserole

Patricia Cooper

5-6 squash
1 small onion
2 eggs, beaten
2 Tbsp. oleo

1 cup American cheese, grated
(can use Velveeta)
Salt and pepper to taste
1 Tbsp. sugar
Buttered breadcrumbs

Cook squash and onion until tender. Drain well. Mash and add butter, beaten eggs, cheese, salt, pepper, and sugar. Pour into greased baking dish. Sprinkle with buttered breadcrumbs. Bake at 350° for approximately 30 minutes or until bubbly and crumbs are browned.

Squash Corn Bake

Stacy Lundy

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|-----------------------------|-----------------------------|
| 4 yellow squash | 1 cup shredded Swiss cheese |
| 2 Tbsp. butter, divided | ½ tsp. salt |
| 1 small onion, chopped | ¼ cup Ritz cracker crumbs |
| 2 eggs, beaten | 2 Tbsp. Parmesan cheese |
| 2 cups frozen corn (1 pkg.) | |

Cut squash into 1-inch rounds and cook until tender. Drain and mash with fork. Sauté 1 tablespoon butter and chopped onion. Combine squash, onion, corn, Swiss cheese, salt, and eggs. Put in 1-quart greased casserole. Combine cracker crumbs, Parmesan, and 1 tablespoon melted butter, and sprinkle on top. Bake at 350° for 40 minutes.

Mashed Parsnips

Stephanie Collins

These are a great substitution for mashed potatoes with less carbs.

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|---|---------------------------|
| 2 lbs. parsnips, peeled and cut
into small chunks* | Bay leaf |
| 1 cup chicken broth | 1 sprig of fresh thyme |
| 1 ½ cups water | Butter, to taste |
| 1 garlic clove, minced | Salt and pepper, to taste |

In a deep pan, combine parsnips, chicken broth and water. Add minced garlic, bay leaf, and thyme. With a lid on, simmer until very tender (about 15 minutes). Drain off broth and reserve it to the side. Mash parsnips with a fork or potato masher. Add broth until desired consistency is reached. Add butter, salt and pepper.

**You can also use cauliflower in place of parsnips for this recipe.*

Bock Beer Marinated Portobello Mushrooms

Stephanie Collins

4 large mushroom caps or 8
small ones, stems removed
2 cans Shiner Bock Beer or a
bock beer from your area
½ cup brown sugar, packed
4 cloves garlic, minced
2 Tbsp. finely chopped red
onion
¼ cup Worcestershire sauce
6 shakes Tabasco sauce
¼ cup lime juice
2 Tbsp. whole grain mustard
1 tsp. salt
¼ cup olive oil

Goat Cheese Sauce:

1 cup Chardonnay
2 Tbsp. small diced red onion
4 cloves garlic, minced
2 cups heavy cream
1 tsp. each, dried basil,
oregano, tarragon, and
thyme
8 oz. goat cheese
1 cup Monterey Jack cheese,
shredded
¼ cup sour cream
1 tsp. salt

Combine beer, sugar, spices, garlic and onion and half the oil. Pour over mushrooms and marinate 24 hours or more before serving. *I like to use a large Ziploc bag.*

These are best grilled, but they can be sautéed as an alternative. Before sautéing, heat 2 tablespoons olive oil in a pan over medium-high heat. Pat the mushrooms dry and sauté gill side up for 2 minutes. This will caramelize the tops and add flavor. Turn the mushrooms after 2 minutes and cook an additional 1 to 2 minutes to heat through.

Remove from pan and slice at intervals with a serrated knife (similar to cutting a pie). Transfer to plate and top with goat cheese sauce.

Goat Cheese Sauce: Combine wine, red onion, and garlic, and reduce over medium-high heat until almost dry. Add heavy cream. Heat and reduce by 25 percent over medium heat. Reduce to low and whip in herbs, goat cheese, Jack cheese, sour cream, and salt. Serve over mushrooms. For variation, you can also top with lightly sautéed crabmeat.

Cornbread Dressing

Stacy Lundy

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|---|--|
| 1 lb. Jimmy Dean sausage
(light), cooked, drained, and
crumbled | 2 tsp. dried whole sage,
crushed |
| 1 ½ cups chopped onion | 1 tsp. dried whole rosemary,
crushed |
| 1 ½ cups chopped celery | 1 tsp. dried ground thyme |
| ⅓ cup margarine | ¼ tsp. pepper |
| 2 pkgs. cornbread mix, cooked
and crumbled (<i>I use Jiffy
Corn Bread</i>) | 2 eggs, beaten |
| 2-4 slices wheat bread | 2 cans chicken broth (garlic
roasted) |
| 2-3 cans sliced mushrooms
(Green Giant broiled in
butter) | |

Sauté onion and celery in ⅓ cup margarine until tender. Combine with sausage. Crumble the two recipes of cornbread mix and wheat bread that has been thoroughly dried. Add sausage, onions, celery, and sliced mushrooms. Add the seasonings. Add eggs and chicken broth. Check taste and add salt as needed. Bake about 1 hour at 325-350° until browned.

Macaroni & Cheese

Krystal Cooper

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|----------------------|--------------------------------|
| 1 bag shell macaroni | 3-4 cups milk |
| 5 Tbsp. stick butter | 1 (32 oz.) box Velveeta cheese |
| 3 Tbsp. flour | Salt and pepper to taste |

Boil macaroni and set aside. Heat butter; when bubbles, add flour and stir until thick. Add milk and stir until boiling. Add Velveeta cheese and salt and pepper to taste. Put cooked macaroni into dish and pour cheese sauce over; stir, making sure macaroni fills with cheese. Bake at 350° for 15 to 20 minutes.

Couscous with Feta

Traci Horany

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|---|---|
| 1 (5 $\frac{3}{4}$ oz.) pkg. couscous,
cooked according to
package directions | 1 small onion, chopped
4 Tbsp. feta cheese
2 Tbsp. sliced toasted almonds |
| 1 tsp. olive oil | |

Heat oil and onion to sauté. Add cooked couscous, feta, and almonds to onion; heat through. Serve warm.

Quinoa Pilaf

Patricia Cooper

Quinoa pilaf serves as a side dish with fish or chicken and is delicious. Vary this pilaf using your favorite vegetables.

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|---------------------------------------|--------------------------------------|
| 2 cups quinoa | $\frac{1}{4}$ cup red pepper, diced |
| 4 cups chicken broth | $\frac{1}{4}$ cup olive oil |
| $\frac{1}{2}$ cup carrots, diced | $\frac{1}{4}$ tsp. oregano |
| $\frac{1}{2}$ cup green onions, diced | 2 garlic cloves, crushed |
| $\frac{1}{4}$ cup celery, diced | Salt, to taste |
| $\frac{1}{4}$ cup green pepper, diced | 1 cup almonds, sliced and
roasted |

Place quinoa and broth in a 1 $\frac{1}{2}$ -quart saucepan and bring to boil. Reduce to simmer, cover, and cook until all of the water is absorbed, about 15 minutes.

Sauté diced vegetables in oil until clear, yet crisp; stir in oregano and garlic. Add sautéed vegetables to cooked, hot quinoa, mixing well. Add salt to taste. Add almonds; mix. *Makes 6 to 8 servings.*



4th of July 2007

Herbed Polenta

Stephanie Collins

6 cups chicken broth
2 tsp. salt
1 $\frac{3}{4}$ cups yellow cornmeal
 $\frac{3}{4}$ cup grated Parmesan
cheese*
 $\frac{3}{4}$ cup whole milk
6 Tbsp. unsalted butter

3 Tbsp. chopped fresh Italian
parsley
2 tsp. finely chopped fresh
rosemary
2 tsp. chopped fresh thyme
leaves
 $\frac{1}{2}$ tsp. ground pepper

Bring the chicken broth to a boil in a heavy large saucepan. Add salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook until the mixture and the cornmeal is tender, stirring often, about 15 minutes. Remove from the heat. Add the cheese, milk, butter, parsley, rosemary, thyme, and pepper; stir until the butter and cheese melt. Transfer the polenta to a bowl and serve.

**You can also substitute goat cheese for Parmesan cheese.*



Austen, Stephanie, Bobby, Avery and Kennedy

Green Chile Hominy

Lindsey Pilarczyk

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|-------------------------------|----------------------------------|
| 1 cup chopped onion, sautéed | 10 slices bacon, fried crisp and |
| 4 (15 oz.) cans white hominy, | chopped, drippings |
| drained and reserved | reserved |
| ½ cup hominy liquid | 1 cup chopped green chiles |
| 1 Tbsp. juice from pickled | 1-2 pickled jalapeños, seeded |
| jalapeños | and chopped (optional) |
| ½ lb. Cheddar cheese, grated | |

Sauté onions in a little of the bacon drippings and set aside. Heat the hominy in a separate sauté pan, stirring often. When heated thoroughly, add the hominy liquid and jalapeño juice, bringing back to high temperature. Add $\frac{3}{4}$ of the cheese.

When the cheese melts, add half the peppers and bacon, and all the onion. Put into 9x13-inch baking pan and sprinkle remaining cheese, bacon, and peppers on top. (At this point, it can be refrigerated or even frozen, if you want to make it in advance.) Bake at 325° until cheese on top melts, about 15 minutes.



*Heather's wedding
Chad, Jessica, Megan, Steph, Stacy, Jason, Heather and Cory*

Zucchini Crust Pizza

*Megan Hildenbrandt
Light and healthy – low carb.*

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|---|-------------------------|
| 4 cups grated zucchini | 1 medium onion, chopped |
| 2 cups grated mozzarella
cheese, divided | 2 cups spaghetti sauce |
| 2 eggs, slightly beaten | ½ lb. sliced mushrooms |
| 1 tsp. olive oil | ½ cup bell pepper |
| 1 clove garlic, minced | ⅓ cup Parmesan cheese |

Drain and squeeze zucchini until fairly dry. Mix with 1 cup mozzarella cheese and eggs. Press into pan sprayed with cooking spray. Bake at 400° for 10 minutes.

Sauté garlic and onion until translucent. Stir in pizza sauce and spoon over crust. Sprinkle with mushrooms and peppers. Add Parmesan and remaining mozzarella cheese. Bake at 400° for 30 minutes. *Makes 6 servings. Per Serving: 248 calories, 7 grams fat.*

Spanokopitta (Greek Pie)

Traci Horany

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|---|------------------------------|
| 3 (10 oz.) pkgs. frozen chopped spinach, thawed and drained | ¼ cup uncooked rice |
| 3 bunches green onions, chopped | ½ lb. feta chopped, crumbled |
| 1 ¼ cups olive oil, divided | 4 eggs |
| | Salt and pepper to taste |
| | 1 lb. phyllo dough |

Mix spinach and onion together in frying pan with ¼ cup olive oil; sauté. Add rice, stirring until softened. Set aside to cool.

Beat eggs in bowl and add cheese. Add this to spinach mixture and mix well. Grease a 9x10-inch glass baking dish; lay phyllo out, brushing each sheet with remaining olive oil. Layer 10 sheets, then a layer of half spinach/cheese/egg mixture, then 10 more oil-brushed phyllo sheets, half spinach, ending with 10 oil-brushed phyllo sheets. Bake at 350° until golden brown, about 45 minutes. Cut into squares and serve.

Scalloped Pineapple

Patricia Cooper

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|---|------------------------|
| 3 eggs, beaten | 4 slices bread, cubed |
| 2 cups sugar | 1 cup sliced margarine |
| 1 (20 oz.) can crushed pineapple, undrained | |

Combine all ingredients and mix well. Put into greased 9x13-inch pan. Bake. Great with ham or pork chops.



Emerson

Apple Cranberry Casserole

Heather Mooty

5 cups unpeeled, raw, chopped
apples (any baking type)

1 bag fresh cranberries,
washed and sorted

1 ½ cups sugar

Topping:

1 stick butter or margarine,
softened

2 cups old-fashioned oatmeal

½ cup flour

¾ cup brown sugar

Thoroughly blend apples, cranberries, and sugar. Place in 13x9x2-inch pan that has been lightly greased.

Thoroughly blend flour, oats, and brown sugar. Add softened margarine and blend until crumbly. Place topping over apple mixture. Bake at 350° for 1 hour until topping is crisp and brown.

Cranberry Relish

Traci Bayer

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|--------------------------------------|--|
| 1 large orange, quartered and zested | ½ cup apricot preserves |
| 1 lb. fresh cranberries | 1 can (8 oz.) crushed pineapple, drained |
| ½ cup water | 2 Tbsp. lemon juice |
| 1 ½ cups white sugar | |

Place orange and the zest of the orange in a food processor; finely chop. Combine cranberries, water (enough to keep from scorching), and sugar in a heavy saucepan. Cook and stir over medium heat until cranberries begin to pop (about 10 minutes). Transfer cranberries to a bowl. Add apricot preserves; mix until melted. Stir in chopped orange, drained crushed pineapple, and lemon juice. Cover and refrigerate until well chilled. This can be made well ahead of time. It will keep in refrigerator for up to 2 weeks.