

OUT OF THE GARDEN AND INTO THE KITCHEN

GREAT RECIPES
FROM THE MEMBERS
OF
GRAPEVINE GARDEN CLUB, INC.

View all Club recipe books on
www.grapevinegardenclub.org

May, 2018

Member of the National Garden Clubs, Inc.,
South Central Region of the National Council,
Texas Garden Clubs, Inc., District II,
Garden Club Council of Ft. Worth

INDEX--2018

APPETIZERS & BEVERAGES

KATHY'S MANHATTAN

SOUPS AND SALADS

TORTELLINI PASTA SALAD
GAZPACHO
BEST GRAPE SALAD
SOUTHWEST-STYLE SWEET POTATO SALAD
CHICKEN ARTICHOKE RICE SALAD
SPINACH SALAD
STRAWBERRY SPINACH SALAD
SUPER SALAD
7 LAYER SALAD
GREEK COUSCOUS SALAD
CABBAGE/APPLE COLESLAW
FRUIT SALAD
SMOKED POTATO SALAD

DESSERTS—BREADS, CAKES, COOKIES, PIES

CRANBERRY NUT BREAD
CRANBERRY ALMOND COFFEE CAKE
JOE'S NO-KNEAD CRUSTY WHITE BREAD
DATE AND ALMOND BARS WITH CHOCOLATE
CHIPS
CHOCOLATE ALMOND JOY CAKE
BLUEBERRY TART
NOT YOUR MAMA'S BANANA PUDDING
EVERYTHING OATMEAL COOKIES
CREAMY BANANA PUDDING
BUNNY'S CHOCOLATE CHIP BUNDT CAKE
PEACH AND RASPBERRY PARFAIT

EASY CASSEROLES, MEATS & SIDE DISHES

EASY BREAKFAST CASSEROLE
ZUCCHINI BAKE TART
"BAKE YOUR BACON" OR
FRY BACON WITHOUT THE MESS

APPETIZERS & BEVERAGES

For Happy Hour . . .

KATHY'S MANHATTAN

Chris Carroll

In a cocktail shaker filled about 1/2 to 3/4 full of ice add:

2 jiggers Marker's Mark Kentucky Straight Bourbon
Whisky

2 shakes of Agostina Bitters

1 jigger Dark Vermouth (Sweet)

Maraschino stemmed cherries and splash of Grenadine
syrup or cherry syrup

Shake well, strain and serve in cocktail glass. Cheers!

SOUPS AND SALADS

TORTELLINI PASTA SALAD

Barbara Atkins

9 oz. spinach tortellini*
15 1/2 oz. cheese tortellini
4 oz. Parmesan cheese, grated
1 15 1/2 oz. can artichoke hearts, drained and cut in fourths
1 6-oz. can pitted black olives, drained and cut in half
16 oz. bottle Robusto Italian dressing
1 pkg. dry Hidden Valley Ranch dressing
1 15 1/2 oz. can garbanzo beans, drained and rinsed
1 medium red pepper, chopped
1 medium red onion, chopped
1 head broccoli, broken into flowerettes and blanched
3 ripe avocados, chunked

Mix together the Robusto Italian dressing and the package of dry Ranch dressing and set aside.

Cook tortellini according to package instructions (al dente). Drain and rinse tortellini with warm water. Toss with a little olive oil (about 1 T) and cool. To cooled tortellini, add Parmesan cheese, artichoke hearts, olives, beans red pepper and red onion. Add dressing and mix well.

Refrigerate for several hours or overnight. Before serving, add avocados and blanched broccoli. Toss and enjoy. Serves 12.

*If unable to find spinach tortellini, use another package of cheese tortellini or any other flavored or colored tortellini.

GAZPACHO

Chris Carroll

Serves 6-8

1/4-1/2 cucumber, peeled
1/2 bell pepper, (yellow or orange)
1/4-1/2 onion
1/2 of can (16 oz.) Mexican Style stewed tomatoes
1/4 cup vinegar
1/4 cup vegetable, corn or canola oil
1/2 tsp. salt
1/4 tsp. pepper
Dash of Tabasco Sauce
1/2 T lemon juice

Place above ingredients in blender and blend until coarsely chopped.

Add:

12 ounces of tomato juice
Stir well. Chill and serve cold with a dollop of sour cream in small bowls or cups.

Provide additional Tabasco sauce for extra spice. For a big crowd double the recipe. Perfect for a Texas hot summer day.

BEST GRAPE SALAD

Angeline DePauw

Prep time—10 minutes

2 lbs. green seedless grapes
2 lbs. red seedless grapes
8 oz. sour cream
8 oz. cream cheese, softened
1/2 cup sugar
1 tsp. vanilla extract

Topping:

1 cup brown sugar, packed
1 cup crushed pecans

Wash and stem grapes. Set aside. Mix sour cream, cream cheese, white sugar and vanilla by hand until blended.

Stir grapes into mixture and pour into large serving bowl.

For topping, combine brown sugar and crushed pecans. Sprinkle over top of grapes to cover completely.

Chill overnight.

SOUTHWEST-STYLE SWEET POTATO SALAD

Kate Dohrer

2 medium sweet potatoes, peeled and diced
1 T olive oil
1/4 tsp. salt
1/4 tsp. pepper
1/2 cup canned black beans, rinsed and drained
1/2 cup thawed frozen corn kernels
1 bell pepper, diced (Or, poblano for extra spice and flavor)
1/2 jalapeño, minced
2 T cilantro, roughly chopped
2 cloves garlic, minced
Juice of 1 lime

Preheat oven to 375°F. Toss the sweet potatoes in olive oil, salt, and pepper. Place the potatoes in a single layer on a baking sheet lined with aluminum foil and roast, stirring occasionally, for 25-30 minutes or until tender.

Allow sweet potatoes to cool to room temperature. After the potatoes have cooled, toss them with the remaining ingredients in a large bowl. Serve cold or at room temperature.

CHICKEN ARTICHOKE RICE SALAD

Sherri Jones

1 pkg. chicken Rice-a-Roni, (or pilaf)
4-5 green onions, chopped
1/2 green pepper, chopped
1 (8 oz.) can water chestnuts, drained and chopped
12 green olives, sliced (optional)
2 (6 oz.) cans marinated artichokes; drain and reserve
marinade
2 lbs. chicken breasts, cooked and chopped
1/4 tsp. curry powder
1/2 cup mayonnaise

Cook Rice-a-Roni as directed on package. Let cool.

Add chopped onions, pepper, water chestnuts, and olives to rice; chop drained artichokes and add to mixture; mix in chopped chicken.

Combine reserved marinade, curry, and mayonnaise; pour over rice mixture and toss well.

Chill at least 3-4 hours.

SPINACH SALAD

Fran Mosbarger

1 lb. spinach, chopped
1 can bean sprouts, drained
1 can sliced water chestnuts. drained
3 hard boiled eggs
5 slices crisp bacon, crumbled
5 sliced onions

Dressing:

3/4 cup sugar
1/2 cup ketchup
2 T Worcestershire sauce
1 cup oil
1/2 cup vinegar
1/2 tsp. salt

Makes enough dressing for two salads.

STRAWBERRY SPINACH SALAD

Nancy Carlson

Yield: 10 servings

Dressing:

1 lemon
2 T white wine vinegar
1/3 cup Splenda
1 T olive oil
1 tsp. poppy seeds

1/2 cup sliced natural almonds, toasted
8 oz. (1 1/2 cups) strawberries, hulled and quartered
1/2 medium cucumber, sliced and cut in half
1/2 small red onion, sliced into thin wedges (1/4 cup)
1 package (6 oz.) baby spinach, washed/dried

Zest lemon to measure 1/2 tsp.; juice lemon to measure 2 T. Combine zest, juice, vinegar, Splenda, oil and poppy seeds in small bowl. Whisk until blended. Cover, refrigerate.

Preheat oven to 350°. For salad, spread almonds in single layer over bottom of small pan. Bake 10-12 minutes until lightly toasted. Remove from oven and cool.

Hull strawberries, cut into quarters. Score cucumber lengthwise, remove seeds, slice cucumber, cut slices in half. Slice onion into thin wedges.

Place spinach in large serving bowl; add strawberries, cucumber, onion. Whisk dressing and pour over salad, gently tossing to coat. Sprinkle with cooled almonds and serve immediately.

SUPER SALAD

Julie Garza

1/2 cup white sugar
1/2 cup white balsamic vinegar
1/2 tsp. salt
1/2 tsp. ground black pepper
1/4 cup extra-virgin olive oil
1 bunch kale, stems removed and leaves chopped
8 oz. frozen, shelled edamame (soybeans), steamed per label directions
1/4 red onion, sliced thinly
1 cup shredded carrot
2/3 cup fresh blueberries
1/2 cup sweetened dried cranberries (i.e., Ocean Spray Craisins)
1/2 cup cashew pieces
1/2 cup shelled, roasted sunflower seeds

Whisk sugar, vinegar, salt, pepper, and olive oil together in a bowl until sugar is dissolved; set aside.

Toss kale, edamame, red onion, carrot, blueberries, cranberries, cashews, and sunflower seeds together in a bowl. Pour about half of the dressing over the mixture and toss to coat. Cover bowl with plastic wrap and refrigerate 4-6 hours. (Overnight is better to allow the kale to soften). Reserve remaining dressing.

Before serving, toss again, taste, and add reserved dressing if additional sweetness is desired.

7 LAYER SALAD

Beverly Ryan

Serves 12

1 head lettuce, shredded with knife
Place half of it in a 9 x 13" pan

Add:

1 layer chopped celery

1 layer chopped red pepper

1 layer chopped green onion

1 package frozen green peas, cooked & cooled

Put the remaining lettuce on top

Dressing:

Spread 1 pint Hellman's Mayonnaise over the top.

Sprinkle 2 T sugar on top of Mayonnaise. Sprinkle 6 oz. (or less) Parmesan cheese over top. Crumble 8 pieces crisp bacon on top.

Cover with foil or plastic wrap and refrigerate overnight.

GREEK COUSCOUS SALAD

Joan Kowalski

Makes a lot of salad!

2 pkg. (4.7 oz. each) Pearled Couscous Mix (I use one made by Near East) Roasted Garlic & Olive Oil flavored

1 English (or hothouse) cucumber, coarsely chopped

3 bell peppers (1 each red, green, yellow) coarsely chopped

1/2 of 1 large red onion, chopped

1 cup cherry tomatoes, halved

1/2 cup flat leaf Italian parsley, finely chopped

2 cans (15 oz. each) chickpeas, drained/rinsed

Prepare couscous mix according to package instruction making sure to add in the seasoning mix. If you don't use couscous from a package, you'll want to add your favorite seasonings because a lot of the flavor in this salad comes from the seasoning.

Coarsely chop cucumber, peppers, red onion, and cherry tomatoes. Finely chop the parsley. To take the "bite" out of the red onion, soak it in cold water or freshly squeezed lemon juice for 10 minutes. Drain & rinse chickpeas.

Prepare dressing by adding all of the dressing ingredients to a mason jar. Seal the jar and shake until combined.

To serve the salad: Add prepared couscous to a large bowl and cool. Add all veggies and chickpeas. Add some Feta cheese, freshly squeezed lemon, salt/pepper to taste, and the dressing. Only dress what you will enjoy, as this salad does not sit well for a long time with the dressing on it.

CABBAGE/APPLE COLESLAW

Suzi Guckel

1 bag Tri-color coleslaw mix
2 large or 3 small Gala/Fuji apples, grated
2 T apple cider vinegar
1 tsp. maple syrup
1 tsp. sea salt
1/2 cup roasted/salted pistachio nuts

Grate apples and combine with Tri-color coleslaw mix

Dressing:

Combine vinegar, maple syrup and sea salt. Pour over coleslaw. Refrigerate to be sure it's nicely chilled. Add pistachio nuts and serve.

FRUIT SALAD

Edie Williams

1 package vanilla pudding
1 lb. fresh strawberries, cut into quarters
2 bananas, sliced
1 small can chunk pineapple, reserve juice
1 small can mandarin oranges, reserve juice

Mix pudding with the juice from mandarin oranges and pineapple chunks (1 cup of juice).

Cook on medium heat for about 5 minutes.
Pour pudding in bowl and let cool.

When pudding is cool add fruit.

SMOKED POTATO SALAD

Dinah Chancellor
(Cooking Light)
Yield: 8 servings

Ingredients:

2 cups mesquite wood chips
1/4 cup olive oil, divided
1/2 tsp. black pepper
1/4 tsp. kosher salt
1 1/2 lbs. small potatoes
1/3 cup sliced pitted kalamata olives
2 thinly sliced green onions
2 T chopped fresh flat-leaf parsley
1 T red wine vinegar
2 tsp. celery seed
1 tsp. Dijon mustard

Preparation:

Soak wood chips in water 1 hour; drain.

Remove the grill rack, and set aside. Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat. Maintain temperature at 400°.

Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife. Place pan on heat element on heated side of grill; add 1 cup wood chips to pan. Place grill rack on grill.

Combine 1 tablespoon oil, pepper, salt, and potatoes in a medium bowl; toss to coat. Arrange potatoes in a single layer in a disposable foil pan. Place pan over unheated side; close lid. Cook 30 minutes at 400° or until tender, and add remaining 1 cup wood chips after 15 minutes.

Remove potatoes from grill. Combine potatoes, olives, and onions in a medium bowl.

Combine the remaining oil, parsley, and remaining ingredients in a small bowl; stir with a whisk. Drizzle oil mixture over potato mixture; toss well.

NOTE: I steamed the potatoes first until they were just tender and then used a stove-top smoker I got years ago from William Sonoma. Both the grill and the stove-top smoker impart a nice smoky flavor to the potatoes.

Nutritional Information: Amount per serving 3/4 cup: Calories 162, Fat 8.8 g, (Saffat 1.2 g, Monofat 6.4 g, Polyfat 1 g), Protein 2.4 g, Carbohydrate 19.4 g, Fiber 2.2 g, Cholesterol 0.0 mg
Iron 1.4 mg, Sodium 194 mg, Calcium 29 mg

DESSERTS—BREADS, CAKES, COOKIES, PIES

CRANBERRY NUT BREAD

Chris Carroll

2 cups flour
1 cup Sugar
1 1/2 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
3/4 cup orange juice
2 T vegetable oil
1 T orange peel
1 egg beaten
1 1/2 cups fresh or frozen cranberries, coarsely chopped
1/2 cup chopped nuts

Preheat oven to 350°. Grease 9" x 5" loaf pan.
Mix dry ingredients in medium bowl. Stir in juice*, oil,
orange peel and egg. Mix well. Stir in chopped
cranberries and nuts.

Spread evenly in loaf pan. Bake 55 minutes or until
toothpick comes out clean. Cool on rack 15 minutes and
remove from pan and cool completely on rack. Makes 1
loaf. Optional orange glaze shown below:

For glaze, measure 1/2 to 3/4 cup powdered sugar and
place in small bowl. Add 1 T or more of orange juice and
whisk to get the desired consistency of a slightly
thickened glaze to spoon over cooled nut bread. May
add 1/4 to 1/2 tsp. vanilla extract, if desired.

NOTES: a medium-sized navel orange once zested will
give you about 1 T of orange peel. Then squeeze the
juice of the orange and add additional juice to make the
3/4 cup of orange juice. For the 1-1/2 cups of
cranberries, it is about one half of a bag of fresh
cranberries for this recipe. I used a blender to coarsely
chop the cranberries for this recipe.

If using smaller baking pans, reduce your baking time
and check frequently near the end of baking. After
glazing, I refrigerated bread for a few hours until the
glazed hardened before slicing. Enjoy.

CRANBERRY ALMOND COFFEE CAKE

Penny Hardy

Cream together:

1 stick softened butter
1 cup sugar

Beat into butter/sugar mixture:

2 eggs

Mix together and incorporate into butter mixture:

1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 cups flour

Add and mix into batter:

1/2 tsp. almond extract
1 cup sour cream

To assemble use a greased and floured Bundt pan (I used a spring form pan with parchment paper on the bottom) ***and add:***

1/2 of the batter into the pan; then, spread 1 can of **Whole Berry Cranberry Sauce** to within 1/2 inch of the edge; then spread the remaining batter on top to cover berry sauce.

For Topping, mix together and evenly spread on top of batter:

3/4 cup chopped almonds
4 tsp. sugar
1/2 tsp. cinnamon

Bake at 350° for approximately 45-55 minutes or until a toothpick comes out clean. Cool in pan 10 minutes then remove to rack until cool.
ENJOY !!

JOE'S NO-KNEAD CRUSTY WHITE BREAD

(modified by Joe to increase size and use Dutch oven)
Joe Krimm

7 1/4 cups White flour
2 tsp. Fine sea salt
2 tsp. Instant dry yeast
3 1/8 cups Water

Autolyse: Combine all ingredients into a 6-quart tub.

Mix: Stir with a dough whisk to combine all ingredients.

Proof: Cover tub and let the dough rise for 2 hours at room temperature and then refrigerate for at least 2 hours and up to 7 days. Flavor improves with age.

Divide: Moderately dust a work surface about 2 feet wide. Flour hands and sprinkle flour around the edges of the tub. Gently ease the dough out of the tub without pulling or tearing it. Dust the area in the middle of the dough and cut into 2 equal pieces.

Shape: Dust 2 proofing baskets. Shape each piece of dough into a medium-tight ball. Place each seam side down in its proofing basket. If only baking 1 loaf, place the other back in the tub, cover and place in the refrigerator. When baking, let the dough warm to room temperature 1 – 2 hours.

Preheat oven: At least 45 minutes prior to baking, place Dutch oven in the oven and heat to 450°. If baking 2 loaves, give the Dutch oven a 5-minute reheat before baking the second loaf.

Bake: 30 minutes

Cool: When done, turn the loaf out and let cool 20 minutes before slicing.

DATE AND ALMOND BARS WITH CHOCOLATE CHIPS

Karen Rice

From Feb. 2018 *BH&G*

2 cups crisp rice cereal
1 1/3 cups quick-cooking rolled oats
1 1/4 whole pitted dried dates, chopped
1 cup sliced almonds, toasted
3 oz. extra dark chocolate baking chips (63% cocoa about 1/2 cup)
1/8 tsp. salt
2/3 cup packed dark brown sugar
1/2 cup light-color corn syrup
1/3 cup almond butter (mine was unsalted and I added a pinch of salt to bring out the flavor)
1/2 tsp. vanilla bean paste (substitute 1/2 tsp. vanilla)

1. Line a 8 x 8 x 2 or 9 x 9 x 2 inch pan with parchment paper or foil (or use waxed paper)
2. In a large bowl combine first 6 ingredients (thru the salt)
3. In a small saucepan combine the rest and heat 3-5 min until mixture is smooth and warm. I did mine in the microwave. Heat and stir until smooth and easily stirable.
4. Add to dry ingredients. Mix well.
5. Transfer to prepared pan. Press firmly and evenly. Let cool. Cut into bars.

CHOCOLATE ALMOND JOY CAKE

Sue Eichelberger

1 15.25 oz. chocolate cake mix
1 15 oz. can Goya Cream of Coconut, divided into three (3) 1/2 cup portions
1 1/2 cups water
2 eggs
1/2 cup vegetable oil
1 8-oz. container, frozen whipped topping, thawed
1 cup sweetened flake coconut
1/2 cup sliced almonds
1/4 cup hot fudge ice cream topping

Preheat oven to 350°. Spray a 9 x 13" pan with non-stick spray. Set aside.
Mix cake mix, 1/2 cup of the cream of coconut, water, eggs, and oil. Mix until smooth. Pour batter into prepared pan and bake for 26-30 minutes until toothpick inserted in center of cake comes out clean and crumb-free.

Remove cake from oven; while still hot, poke holes into the hot cake (i.e., chopstick) and drizzle the second 1/2 cup portion of the cream of coconut over the cake. Let cake cool and come to room temperature.

Fold the remaining 1/2 cup portion of the cream of coconut into the thawed whipped topping. Spread over the top of the cooled cake. Sprinkle with coconut and almonds. Drizzle the hot fudge topping over the cake. Refrigerate for at least 1 hour before serving.

NOTE: Cream of coconut is found in liquor stores or where cocktail mixers are in the grocery store. It is NOT coconut milk!

BLUEBERRY TART

Chris Carroll

Prepare 9" pie crust.

Prebake pie crust 5 minutes. Remove from oven.

Cover bottom of pie crust with fresh blueberries, (rinsed, drained & cleaned)

In medium bowl mix:

1/2 tsp. salt

1 tsp vanilla extract

1/2 stick of butter, softened

1 cup buttermilk

1/2 cup sugar

3 large egg YOLKS

1 T lemon juice

Zest from one lemon

2 T flour

When well mixed, pour custard mixture over blueberries in pie crust.

Place pie pan on baking sheet and bake in oven.

Bake at 350° for 35 minutes or until custard is set and knife comes out clean.

If crust browns, cover with foil during baking. Cool, refrigerate until ready to serve.

Garnish with powdered sugar dusting or whipped cream.

NOT YOUR MAMA'S BANANA PUDDING

Kay Tergerson

2 bags Pepperidge Farms Chessmen Cookies

6-8 bananas, sliced

2 cups milk

1 5-oz. Box French vanilla instant pudding

1 8-oz. cream cheese, softened

1 14-oz. can sweetened condensed milk

1 12-oz. container Cool Whip, thawed

Line bottom of 9 x 13" pan with 1 bag of cookies.

Layer all of the sliced bananas on top.

In a bowl, combine milk and pudding mix. Blend well with hand mixer. In another bowl, combine cream cheese and condensed milk until smooth. Fold whipped topping into cream cheese mixture. Add cream cheese mixture into the pudding and blend well. Pour over the bananas. Cover with the remaining bag of cookies. Refrigerate until ready to serve.

EVERYTHING OATMEAL COOKIES

Ella Barber

Ingredients:

1/4 cup unsalted butter, softened
6 T canola oil
1 tsp. vanilla extract
1/2 cup granulated sugar
1/4 plus 2 T packed brown sugar
1 large egg
2 cups old fashion oats + 1/4 cup hot water
1 cup all-purpose flour
1 T ground cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1/3 cup of each: dried cranberries, chopped pecans,
mini chocolate chips, and flaked coconut

Instructions:

1. Preheat oven to 350°.
2. In a mixing bowl add butter, oil, and vanilla. Mix until combined. Add in sugars and stir to creamed. Stir in egg.
3. In a separate bowl, combine oats and hot water and let set for 5 minutes until oats are slightly softened. Add them to the wet mixture.
4. In a separate bowl, add flour, cinnamon, baking soda, and salt. Wisk until blended. Combine with wet mixture.
5. Stir in your "mix-ins".
6. Refrigerate dough for at least 10 minutes.
7. Measure out tablespoon-sized cookies and bake them on baking stones or parchment lined cookie sheet for 12 minutes, or until the bottoms are golden.
8. Let cookies cool fully before removing them from the baking sheet.

CREAMY BANANA PUDDING

Becky Boyd

Yield: 6-8 servings

1 14-oz. can sweetened condensed milk
1 1/2 cups cold water
1 3.4-oz. box (4-serving size) instant vanilla pudding
and pie mix
2 cups heavy cream, whipped to soft peaks **OR** 1 8-
oz. tub whipped topping (reserve 1/4 cup)
1 12-oz. box vanilla wafers, divided use
4 bananas, sliced and dipped in lemon juice,
divided use

In large bowl, stir together sweetened milk and water. Add pudding mix, beating well with a hand-held mixer on medium speed. Chill 5 minutes.

Reserve 1/4 cup whipped cream. Using a spatula, fold remaining whipped cream into chilled milk and water.

Crush enough wafers to make 1/3 cup crumbs and reserve.

Spoon 1 cup of pudding mixture into 1 1/2-quart glass serving bowl. Top with 1/3 each of wafers and bananas. Repeat layering twice, ending with pudding. Top with reserved whipped cream and wafer crumbs. Chill thoroughly.

BUNNY'S CHOCOLATE CHIP BUNDT CAKE

Kathe Randall

1 package chocolate devil's food cake mix
1 package chocolate instant pudding
1 package mini chocolate chips
1 3/4 cup milk
2 eggs

Mix all together for 2 minutes by hand.

Grease and flour bundt pan.

Bake at 350° oven for 50-55 minutes.

CHOCOLATE FUDGE FROSTING

1/2 cup butter
3 (1 oz.) squares unsweetened chocolate
1 pound confectioner's sugar
1/2 tsp. vanilla extract
3/4 cup milk

Melt chocolate and butter in microwave or in the top of a double boiler.

In a large bowl, combine confectioner's sugar, vanilla and 1/2 cup of the milk.

Blend in the melted chocolate mixture.

Add remaining milk, a little at a time, until desired consistency is achieved.

Let stand until spreadable (frosting will thicken as it cools).

PEACH AND RASPBERRY PARFAIT

2 peaches, cut into 2 1/2-inch pieces
1 1/2 cups raspberries
2 T sugar
1 T fresh lemon juice
1 pint vanilla ice cream

In a large bowl, combine the peaches, raspberries, sugar and lemon juice and let sit, tossing once, for 20 minutes.

Scoop the ice cream into bowls or glasses and top with the fruit mixture.

Makes 4 servings.

EASY CASSEROLES, MEATS & SIDE DISHES

EASY BREAKFAST CASSEROLE

Penny Hardy
Serves 5-6

Ingredients:

2 T fat of choice (coconut oil, butter or ghee, etc.), melted
1 large sweet potato or yam, diced
1/2 tsp. fine sea salt
1 1/2 pound breakfast sausage
1/2 yellow onion, diced
2 cups chopped spinach
10 eggs, whisked
1/2 tsp. salt
1/2 tsp. garlic powder

Instructions:

Preheat oven to 400°. Grease a 9 x12" baking dish.

Toss diced sweet potatoes in fat and sprinkle with salt. Place sweet potatoes on baking sheet and bake for 20-25 minutes, until soft.

While sweet potatoes are cooking, place a large sauté pan over medium heat. Add breakfast sausage and yellow onion. Cook until no pink remains in meat. (Drain excess fat).

Place meat mixture in baking dish, add sweet potatoes and spinach, then add eggs with salt and garlic powder and mix until well combined. Place in oven and bake for 25-30 minutes, until eggs are set in the middle.

ZUCCHINI BAKE TART

Chris Carroll

Slice fresh zucchini squash into thin rounds to make
3 cups sliced zucchini
1/2 - 1 large onion, chopped
1/2 cup grated parmesan cheese
1/2 cup shredded cheddar cheese
1/2 cup vegetable oil
1 cup Bisquick baking mix
4 eggs
3 T parsley
Salt & pepper to taste

Whisk eggs and blend in remaining ingredients.

Pour into greased 9 to10-inch pie pan and bake in a 350° oven for 40 minutes or until set and golden brown.

Let set 5-10 minutes before serving.

**“BAKE YOUR BACON” OR
FRY BACON WITHOUT THE MESS**

Barbara Atkins

It's SO much easier than frying and it comes out perfectly crisp. Try it!

Place single layers of bacon strips on a parchment paper-lined cookie sheet.

Heat oven to 400° F.

Bake for 15-16 minutes; turn off oven and let bacon sit in the oven for 3-5 minutes.

Remove from oven and let it cool; store in zip-lock bag and refrigerate until needed. Microwave to reheat for 30-40 seconds. Voila! BLT's in a minute!