

SALADS & SIDEDISHES

*BAKE AHEAD STUFFED POTATOES

8 med baking potatoes	1 egg
½ - ¾ cup warm milk	2 green onions, finely sliced (optional)
4 tbsp butter	1 tsp salt
1 cup shredded cheddar cheese	¼ tsp white pepper

1. Prepare potatoes for baking: Scrub potatoes and pat dry. Prick skin of each with a fork. Bake in 400 F oven for 1 hour or until soft and skins are firm.
 2. Cut a slice from the top of each, long ways.
 3. Carefully, using a spoon, scoop out the pulp, leaving enough for a ¼ inch thick shell.
 4. Put potato pulp in a bowl and mash, beat in enough milk to make smooth and fluffy.
 5. Add butter.
 6. Stir in cheese, egg, onions, salt and pepper.
 7. Spoon back into shells, mounding slightly.
 8. To serve immediately, place in 350 F oven to just heat through (about 10 minutes).
 9. To serve later in the day, cover and refrigerate until 30 minutes before serving time. Heat 20-30 minutes at 350 F.
 10. To freeze, place on baking sheet and freeze one hour until firm. Remove and wrap individually. Return to freezer and heat 45-60 minutes at 350 F.
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*BROCCOLI SALAD

Sheila Crockett

1 lg broccoli (cut up)	1 cup sunflower seeds
8 green onions (cut up)	10 slices bacon, cooked and crumbled
1 cup raisins	

Dressing:

1 cup mayo	2 tbsp vinegar	¼ cup sugar
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1. Mix together, toss with salad and marinate 3-4 hours
2. Add seeds and bacon just before serving.
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***BUTTERY BABY CARROTS**

16 baby carrots, scraped or frozen 1 tsp. soy or safflower butter
1/8 tsp. freshly grated nutmeg or dash of ground nutmeg

Steam the baby carrots in a saucepan with 1/4 inch of water until crisp-tender, about 4 minutes. Drain and toss with the butter and nutmeg. May also be prepared in the microwave. Serves 3-4.

***EASY GRILLED VEGETABLES**

1 lb tomatoes, large dice or whole cherry	
1 yellow or white onion, cut into 8ths	
1 med zucchini, quartered into 1/2" pieces	4 tbsp olive oil (divided)
1 medium yellow squash, quartered into 1/2" pieces	3 tbsp balsamic vinegar
8 oz fresh mushrooms, cleaned and halved	1 tbsp mixed fresh herbs (basil, oregano, parsley, rosemary)
1 garlic bulb	

1. Toss the vegetables in 2 tbsp of olive oil
2. Sprinkle on black pepper and sea salt
3. Grill until veggies are tender.
4. Mix dressing ingredients toss over veggies.

***LAYERED SALAD**

12 oz package frozen peas	1 3/4 cup mayonnaise
small head of lettuce	1 tsp sugar
large pepper, finely chopped	1 cup cheddar cheese - grated
medium red onion, finely chopped	3 slices bacon - crumbled
3 stalks celery, sliced diagonally	

Garnish with cherry tomatoes, mushrooms, olives, egg slices, etc.

Layer: lettuce, pepper, onion, celery, peas, mushrooms

Spread may over top layer, sprinkle with cheese and sugar Refrigerate at least 8 hours. Sprinkle with bacon and other garnishes.

***POTATO SALAD**

Mashed potatoes	Celery
Eggs	Cucumber
Green Onions	Dressing: Mustard and Mayo mixed
Radishes	

1. Mix all ingredients together and store in the fridge. Toss after 2 days if not eaten.
 2. May be freezer packed, without the dressing, and put in the fridge, but not frozen.
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***QUINOA WITH VEGGIES -**

from All recipes and Kara Hattrick

1 cup quinoa	3 tablespoons olive oil	1/2 teaspoon cumin
3 cups water	3 cloves garlic, minced	1 teaspoon dried oregano
1 pinch salt	1 red bell pepper, chopped	salt and pepper to taste
	1/2 cup corn kernels	2 green onions, chopped

1. Bring the quinoa, water, and 1 pinch of salt to a boil in a saucepan.
2. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 20 minutes.
3. Once done, drain with a mesh strainer, and set aside.
4. Meanwhile, heat the olive oil in a saucepan over medium heat.
5. Stir in the garlic, and cook until the garlic softens and the aroma mellows, about 2 minutes.
6. Add the red pepper, and corn; continue cooking until the pepper softens, about 5 minutes.
7. Season with cumin, oregano, salt, and pepper, and cook for 1 minute more, then stir in the cooked quinoa and green onions.

Serve hot or cold

***RICE**

1 cup of rice	2 cups of water	1/4 tsp salt
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1. Bring rice, water and salt to a boil
 2. Cover, reduce heat to low and simmer for 15 minutes
 3. Remove from heat without lifting the lid and let stand for 5 minutes before serving
 4. Fluff with a fork
 5. Serves 4
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***SWEET AND SOUR SALAD**

4-cooked chicken breasts	3 green onions
1 package Ichiban noodles	1/4 cup sesame seed
1 head of red lettuce	1small package almonds

Toast the sesame seeds and almonds for 10 minutes at 350

Dressing

1/2 cup vegetable oil	3 tsp Mrs. Dash
4-tbsp vinegar	2 tsp salt
4 tbsp sugar	1/8 tsp pepper

Toss salad and refrigerate for 1 hour.

*THANKSGIVING DAY SALAD

Children's Cookbook

2 cups water
1 6oz package raspberry flavored gelatin
2 10oz packages frozen sliced strawberries, thawed
1 16oz can whole cranberry sauce
½ cup pecan pieces
lettuce leaves

1. Bring water to a boil in a saucepan over high heat.
2. Pour over the gelatin in the mixing bowl. Stir to dissolve the gelatin.
3. Add the strawberries and cranberry sauce, stirring to break up the sauce. Stir in the nuts.
4. Pour into a pretty 2 quart ring mold.
5. Refrigerate overnight.
6. Before serving, unmold the salad on a large platter. (To help unmold the salad, run a knife around the edge of the mold. Dip the mold into warm water for a few seconds, being careful not to get water on the salad. Place serving platter over the top and turn over, holding both together.)
7. Surround with lettuce leaves. Refrigerate.

BROCCOLI BAKE

2 packs frozen chopped broccoli	3 eggs
1 can cream of mushroom soup	1 med onion, chopped
¾ cups mayonnaise only	½ pack cornbread stuffing (crumbly)
1 cup shredded cheddar cheese	½ stick of butter

1. Cook broccoli as directed on box
 2. Drain thoroughly
 3. In a bowl, mix together all ingredients except cornbread stuffing and butter
 4. Pour into a greased round casserole dish
 5. Top with cornbread stuffing mix
 6. Top with ½ stick of butter sliced thin
 7. Bake at 350 for 45 minutes (30 at home and 15 elsewhere if you are taking it out)
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CEASAR SALAD

Linda Jackson

¼ cup olive oil	dash of mustard powder
2 cloves of garlic	2 drops of Worcestershire sauce
salt and pepper	5-6 croutons
1-2 eggs	

1. Mix until nice and creamy
2. Toss with romaine lettuce, parmesan cheese and croutons

CHINESE FRIED RICE

6 slices bacon	¾ cups chopped onion
2 ½ cups cooked cold rice	½ cup chopped green peppers
2 tbsp Soya sauce	½ cup chopped celery
2 slightly beaten eggs	½ cup small shrimp, cooked

1. In a skillet, cook bacon, brown but not overly crisp.
 2. Remove bacon, pour off all but 4 tbsp of fat.
 3. Sauté onions, peppers and celery until limp.
 4. Add cooked rice and sauté until it is brown.
 5. Add eggs, Soya sauce and shrimp. Sauté for 5 minutes more.
 6. Add more Soya sauce to taste
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COMMITTEE SALAD

Kari Clark

Dressing:	Salad:
1/2 Cup Vegetable Oil	2 Tbsp. Butter
3 Tbsp. Red Wine Vinegar	1/2 Cup Sunflower Seeds, Shelled
1 Tbsp. Lemon Juice	1/2 Cup Slivered Almonds
2 Tsp. Sugar	1 Head Leaf Lettuce
1/2 Tsp. Salt	10 oz. Can Mandarin Oranges, drained
1/2 Tsp. Dry Mustard	1 Ripe Avocado, Peeled & Sliced
1 Garlic Clove, crushed	

1. Combine all dressing ingredients in a jar.
 2. Shake to blend.
 3. Heat butter in frying pan and sauté sunflower seeds and almonds until golden brown.
 4. Prepare remaining ingredients.
 5. Add cooled seeds and almonds.
 6. Toss with dressing just before serving. Enjoy.
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ORIENTAL CABBAGE SALAD

1 16 ounce package coleslaw -- (cabbage & carrots)	1/2 cup oil -- (scant)
1 cup toasted slivered almonds	1 package oriental ramen noodles -- (regular flavor)
2 green onions -- (to taste)	1 teaspoon sugar

Brown slivered almonds in ungreased frying pan on low heat (do not burn!) Mix cabbage, almonds and green onions Mix oil, sugar and seasoning packet from noodles, pour over cabbage mixture Immediately before serving, crunch up noodles and add to cabbage (noodles will get soggy if added to early)

PASTA AND CRAB SALAD

4 c pasta, cooked and chilled
1/2 pk crabmeat
1 1/2 c mayo
1 garlic, salt, and pepper
1 onion, diced

~~~~optional ingredients~~~~  
broccoli and peas  
cauliflower and carrots  
celery

Toss together and serve.

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## PITA BREAD SALAD WITH CUKES

*Shannon Williams*

2 regular pita breads, cut into 1 inch squares  
3 tbsp white wine vinegar  
1/4 cup extra virgin olive oil  
Coarse salt  
3 stalks celery, cut into 1/2 inch dice

1 bunch fresh mint, trimmed and leaves thinly sliced  
1/2 bunch watercress trimmed  
6 oz feta cheese, crumbled (about 1 1/2 cups)  
Freshly ground pepper

1. Preheat oven to 350F.
  2. Spread pita squares in a single layer on a rimmed baking sheet, and bake until they are nicely crisp, about 20 minutes.
  3. Remove from oven.
  4. In a small bowl, whisk together vinegar and olive oil, and season with salt.
  5. In a medium salad bowl, combine toasted pita bread, celery, and cucumber; add vinegar mixture, and toss well to combine.
  6. Just before serving, add mint and watercress; gently toss again.
  7. Sprinkle feta cheese over the top, and season with pepper.
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## QUINOA PEACH SALAD

3 cups cooked quinoa (1 cup)  
1 tbsp chopped parsley  
2 peaches chunked  
1/c cup dried blueberries  
1/2 cup spicy pecans  
1/2 cup diced carrots

1/2 cup diced celery  
1/2 cup diced cucumbers  
1/2 cup diced red pepper  
1/4 cup scallions chopped  
1/4 cup diced red onion

Dressing:

1/4 cup chopped parsley,  
1/4 cup lime juice,

1 tsp honey, 1 tsp salt,  
1/2 cup olive oil

## ROAST VEGETABLES

Brussels Sprouts  
Potatoes  
Sweet Potatoes

Carrots  
Onions  
Broth

Bake at 350 for 1 hour and serve

## SKINNY BROCCOLI SALAD

Two stalks uncooked broccoli, chopped  
One head uncooked cauliflower, chopped  
½ cup sweet red peppers, chopped  
½ cup green peppers, chopped

One large fresh tomato, chopped  
½ large uncooked red onion, chopped  
One item large canned ripe black olives, 1 cup chopped  
½ cups fat free ranch dressing

1. Blanch the broccoli and cauliflower and then chop.
  2. Add everything in a large bowl, add the dressing and toss
  3. Place in the fridge for four hours, then serve
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## SPAGHETTI SQUASH

1 spaghetti squash  
extra-virgin olive oil (light drizzle)  
sea salt and freshly ground black pepper

1. Preheat the oven to 400°F.
  2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
  3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.
  4. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
  5. Mix in Spaghetti sauce, top with cheese and broil until cheese is melted
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## STEAK AND SPINACH SALAD

Barbecued steak cut into strips  
Hard boiled eggs  
Red onion slices

Mushrooms  
Ranch Dressing  
Baby Spinach

Company's Coming

Toss and Serve

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## STRAWBERRY SPINACH SALAD

Strawberries  
Mandarin Oranges  
Red Onion slices

Almonds  
Baby Spinach  
Raspberry Vinaigrette Dressing

Toss and Serve

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## SWEET POTATO FRIES

Medium sweet potato 7" x 3"  
1 tbsp canola or olive oil  
Salt and pepper

1. Heat oven to 350F
2. Peel sweet potato
3. Cut into finger size pieces
4. Put potato pieces in plastic bag
5. Add oil
6. Close Bag
7. Shake / rub potato pieces inside bag
8. Spread potato pieces onto a cookie sheet
9. Put in oven
10. Bake for 15 minutes, turn over, bake for 15 minutes more.
11. Remove from oven.
12. Add seasoning. Serve hot.

## THAI LETTUCE WRAPS, CLEANED UP

*THE CHEESECAKE FACTORY*

6 medium to large butter lettuce leaves (also known as Boston bib or just bib lettuce)  
8 ounces cooked skinless chicken breast, cut into thick strips (optional)  
1 large carrot, julienned  
1/2 cup bean sprouts  
1/2 cup brown rice noodles  
1/2 cup cucumber, sliced and quartered  
1/4 cup red onion, thinly sliced  
1/4 cup rice vinegar  
1 tsp raw honey or coconut nectar  
pinch of sea salt  
2 tbsp Savory Peanut Dipping Sauce

1. In a small bowl mix together rice vinegar, honey and a pinch of sea salt. Add cucumber and red onion. Place in refrigerator for 1 hour.
2. Fill a medium sauce pan about halfway with water. Bring to a boil and add brown rice noodles. Remove from heat and let the noodles sit for about 2 – 4 minutes or until they are tender. Drain water and place rice noodles in a small bowl.
3. Remove the hard stems from the butter lettuce and place on a large platter. Place carrots and bean sprouts in small dishes and add to platter. Remove cucumber mixture from refrigerator and position on platter. Next add both the chicken and noodles to the platter.
4. If you made your peanut sauce beforehand and it's refrigerated you'll want to warm it up a little. Place in the microwave for about 10-15 seconds. Add sauce dish to the platter.
5. To serve your lettuce wraps, use one lettuce leaf and fill with carrots, bean sprouts, cucumber mixture, noodles, chicken and top with peanut sauce