



Senior Living Online Cookbook



IGOT COMMUNITIES ONLINE COOKBOOK

Nutrition points for aging?

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include water, vitamins, minerals, proteins, carbohydrates and fats. Healthy nutrition has always been important to our overall health, however, as we age nutrition becomes more important to weight control, energy, and preventing diseases that can steal the joys of growing older. Additionally, good nutrition can help prevent some diseases such as arthritis, osteoporosis, high blood pressure, heart disease, type 2 diabetes and some cancers. As our bodies change and our activity levels change, we may need fewer calories, while at the same time, we still need all of the nutrients and proteins.

Maintaining ongoing good nutrition habits, or developing them for the first time ever, has barriers as we age. We become empty nesters and find that it is harder to cook for just one or two. When health declines, you may not feel like cooking the way you once did. You may be taking medicine that changes your appetite or taste, and eating just doesn't have the same appeal as it once did. Our sense of taste and smell changes as we age. For other's income changes and buying fresh fruits and vegetables seem like a luxury. Finally, physical problems like chewing, swallowing and digesting changes our food choices.

So how can you eat healthy as you age?

Eat foods that give you lots of nutrients without so many calories. These include:

- Fruits and vegetables (choose different types with bright colors)
- Whole grains, like oatmeal, whole-wheat bread, and brown rice
- Fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium
- Seafood, lean meats, poultry, and eggs
- Beans, nuts, and seeds

Avoid empty calories such as chips, candy, baked goods, soda, and alcohol

Pick foods that are low in cholesterol and fat, especially fats that come from animals. Better choices may include olive oil, coconut oil, and sesame oil.

Drink enough liquids to keep you from getting dehydrated. Drink half your weight in water daily as a good measure.

Use wisdom and self-discipline in our portion sizes.

Finally, keep moving. When we stop moving we speed up to “The End” and let’s not do that. The world needs our stories and our wisdom. What would they ever do without us.

At this stage and age, when things are changing faster than we want them to, why this cookbook?

For one thing, this cookbook gives insight to who we are and from where we came. It brings back pleasant memories of learning to cook with our mothers and grandmothers. It reminds of friends and neighbors. Historically, we have long been connected socially by breaking bread with each other. This project is simply an effort to create a space of memory, gratitude, and community, and a chance to pass to the next generation some great recipes.

About the Participants in the IGOT Communities Online Cookbook

The recipes in this cookbook come from some of the most amazing senior adults across the United States. I met them at conferences, in our travel groups, playing bingo online with our organization, and through the many other platforms that IGOT Communities have used to connect senior adults. The cookbook is expandable and you are invited to send your favorite recipes to Debbie@igotcommunities.com and we will include them as well.

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Extra Special Recipes

Recipe for Happiness

1 cupful of sunshine with a pinch of rain
1 cup of human kindness—do not strain
Slowly beat in some forgiveness. Add goodwill for flavor, too.
Stir in 1 cup of laughter, blend the whole anew. Pour in a portion
Of love and add sweetness to suit. Frost the whole with a little prayer.
Use no substitute.

Kim Kelley

Recipe for Life

1 cup good thoughts	3 cups forgiveness
1 cup kind deeds	2 cups well-beaten faults
1 cup consideration for others	

Mix together and add tears of joy, sorrow and sympathy for others. Fold in many cups of prayer and faith to lighten the ingredients and raise the texture to great heights. After pouring this into your daily life, bake well with warmth and love. Serve with a smile.

Kim Kelley

COFFEE TEA PUNCH SMOOTHIES AND OTHER DRINKS



Fresh Lemonade

1 1/2 cups sugar
1/2 cup boiling water
2-3 tsp grated lemon rind
1 1/2 cups fresh lemon juice
5 cups cold water

Combine sugar and boiling water, stirring until sugar dissolves. Add rest of ingredients and mix well.
Chill. Serve over ice and enjoy.

Jeannie Zanet,

Spanish Coffee

1 Tbsp sugar
4 cups hot, roved coffee
3/4 cup Kahlua
Sweetened whipped cream

Stir sugar into hot coffee and add Kahlua. Pour into 4 serving cups. Add whipped cream and enjoy!

Jeannie Zanet,

Tropical Green Smoothie

1 cup milk
1 1/2 cups frozen spinach
1 cup frozen pineapple chunks
1 cup frozen ripe banana (freeze in slices)
1 cup strawberries
1 tsp vanilla extract
Sweeten to taste with honey, sugar substitute, or unsweetened jello pudding.

Start with liquid then add all but sweetener. Blend until smooth, gradually add sweetener as needed. You can freeze extra portions up to one month. I love adding the spinach, it makes it healthier and you don't even taste it, not to mention the color is great!

Donna Morris

Blueberry Smoothie

1 1/2 cups milk
1 cup frozen blueberries
1 1/2 cups frozen bananas (freeze in slices)
1/4 cup oats
1/4 cup plain or vanilla yogurt
1-2 tsp honey or maple syrup to taste (if not sweet enough)

Always start with liquid then add the rest in order. Blend until smooth. I also like to sweeten with unsweetened jello vanilla pudding mix- add a spoonful at a time, doesn't take much.

Donna Morris

Breakfast Smoothie

1 1/4 cup orange juice
1 banana
1 1/4 cup frozen berries
1/2 cup low-fat plain or vanilla yogurt
1 Tbsp Splenda or unsweetened jello pudding to taste

Start with liquid in blender, add other ingredients leaving sweetener to last (you may not need much). Blend until smooth then add sweetener to taste. Makes 2 servings.

Donna Morris,

Watermelon Slush

5 1/2 cups seeded watermelon
3 tbsp fresh lime juice
2 tbsp frozen lime aid concentrate, thawed
2 tsp fresh orange juice

Combine first 4 ingredients. Strain watermelon into pitcher; discard pulp. Cover and chill 2 hours or until ready to serve.

Jeannie Zanet

Fruity Protein Smoothie

1–2 scoops of your favorite Vanilla protein powder (I use Aldi brand)
8–10 oz Almond Milk (I use Low calorie vanilla)
1 cup frozen fruit of your choice (I use mixed fruit)
Optional: chia seeds, honey, coconut, granola, etc

Blend in mixer until smooth.
Drink and enjoy. Makes a great meal replacement.

Jeannie Zanet

Chocolate Protein Shake

1–2 scoops of your favorite chocolate protein powder (I use Aldi's)
8–10 oz Almond milk
2 tbsp nut butter (use your favorite)
1 banana
Add a cup of ice

Blend until smooth. Excellent source of protein.

Jeannie Zanet

Orange Smoothie

1–ripe banana
1–navel orange
2–cups orange juice
4 oz cool whip
1 1/2 cups ice

Cut bananas in wedges, cut orange into quarters. Put in blender for 30 seconds.
Serve in chilled glasses!

Jeannie Zanet

Pineapple Punch

6 Cups water
4 Cups sugar
Let it come to a boil. Then cool.

1 can Pineapple juice
1/4 cup lemon juice
6 ripe bananas
16 oz frozen orange juice (don't add water)
Mix all together. Freeze.

When ready to drink, let get slushy and add Sprite.

THE STORY

This recipe was shared with me from a friend from several years ago. Always a party favorite. My absolutely favorite punch recipe. Very refreshing and even makes a great treat on a hot summer day.

Jeannie Zanet

Iced Coffee Protein Shake

2 cups ice
3/4 cup Almond Milk
1 cup cold coffee
1 frozen banana
1 scoop protein powder

Put all ingredients in blender and blend well.

This is one of my favorite protein shakes. I use chocolate protein powder in mine, but you could use vanilla if you want.

Jeannie Zanet

APPETIZERS DIPS & SAUCES



Lava Pizza Dip

1 cup spaghetti sauce
1 cup Alfredo sauce
1 cup mozzarella shredded cheese
1/4 cup finely chopped pepperoni
1/2 cup diced red or orange bell pepper

In 2-quart saucepan, heat all ingredients, stirring occasionally. 10 minutes or until cheese is melted.

Pour into 1 1/2 -quart casserole dish or serving bowl and serve. Great with veggies.

Jeannie Zanet

Fruit Dip

8 oz cream cheese
Small jar Marshmallow Cream
1/2 tsp nutmeg
2 dashes cinnamon

Mix and chill.

Serve with sliced apples, pineapples, strawberries, cherries and bananas

Beverly Smith

Plum Good Smokies

2- 6 oz plum jam
2- 6 oz mustard (Dijon)
2- 16 oz little smokies sausage links

Combine all ingredients in a microwave safe dish. Cover with lid and microwave for 12-15 minutes. Stir once or twice during cooking.

Jeannie Zanet

Yummy Taco Dip

1 can refried beans (16 oz)
8 oz cream cheese, softened
1 cup sour cream
2 Tbsp taco seasoning mix
2 garlic cloves, finely minced
2 oz cheddar cheese

Topping:

1/2 cup black olives (optional)
1 medium tomato
1/4 cup sliced green onions and tops
2 Tbsp fresh cilantro

Spread refried beans into large serving platter. Mix cream cheese, sour cream, taco seasoning mix, garlic cloves, and cheddar cheese. Spread over refried beans. Bake @ 350 degrees for 15–18 minutes. Add toppings after baked and serve with chips.

Jeannie Zanet

Red-Eye Gravy (with country ham)

Copied from the Hulett Cookbook–2007 Lancaster KY

Fry untrained country ham slices over medium heat. Heat too high makes the ham tough. Turn a few times while cooking. Pour drippings into a pan and remove ham from skillet. Add 1/2 cup water and scrape residue from bottom of skillet. Pour this into drippings and stir.

Serve hot with ham and biscuits.

NOTE: This is country cookin' at it's best.

Phyllis May Hulett

Stuffed Mushrooms

1 pound whole mushrooms	1 tsp garlic
1 pound sausage	2 Tbsp parsley
1–1/2 cup shredded sharp cheddar cheese	

Brown sausage, drain. Chop mushroom stems. Add sausage, garlic, parsley, and chopped mushroom stems together. Stir in cheese. Then stuff mushroom caps. Bake at 350 degrees for 20 minutes.

Karen Moore

Pineapple Cheese Ball

16 oz cream cheese	1 tsp chopped green pepper
1 tsp chopped onion	1 cup chopped walnuts or chopped pecans
1 small can crushed pineapple, well drained	

Soften cream cheese; add remaining ingredients. Mix well. Refrigerate till firm. Form in balls; roll in nuts and serve with crackers.

Jeannie Zanet

Hot Pepper Jelly

3/4 finely ground green pepper	1 1/4 cup apple cider
vinegar	
1/4 cup finely ground hot red chili or jalapeño	6– oz bottle Certo
6 1/2 cup sugar	A few drops of green food coloring

Combine peppers, vinegar and sugar. Bring to a rolling boil. Add Certo and bring back to a boil for 3–4 minutes. Add food coloring. Take off stove and continue to stir for several minutes. Seal in jars.

THE STORY

This recipe was given to my mother, Dorothy Davis May in the 60's, when she was a nurse's aid at the Garrard County Hospital in Lancaster KY. She died at the age of 99 years, 11 months, and 24 days old.

Phyllis May Hulett

Pizza Toast

Bread slices

Pizza sauce

Mini Pepperoni

Mozzarella cheese

You can add any additional toppings you want.

Place bread on baking sheet. Toast bread slightly, for about 5 minutes to crisp it up a bit. Spoon on pizza sauce. Add cheese and pepperoni. Return to oven to melt cheese. Eat and enjoy.

THE STORY

You can make as many as you need. I love pizza but don't always have pizza crust on hand. This is a great substitution. A great snack for you and your grandchildren when they come for a visit.

Jeannie Zanet,

Chicken Pizza

1 large pizza crust mix, prepare as directed

Sauce:

Mix: 1/2 cup ranch dressing

1/2 cup Alfredo sauce

1 Tbsp Italian seasoning

1 tsp garlic

Toppings:

1 1/2 cups cooked chicken breast, shredded or cubed

1 cup chopped frozen or fresh spinach, drained good

1 cup crushed or diced pineapple

1- 16 oz package shredded mozzarella cheese

1/2 cup Parmesan cheese

Bake at 400 degrees about 15-20 minutes till crust browns and cheese melts.

I made this recipe up. It's my favorite!

Jan Banks,

Sausage Stuffed Jalapeño Peppers

1 pound pork sausage, cooked
 1 – 8 oz cream cheese, softened
 1 cup (4oz) shredded Parmesan cheese
 22 large jalapeño peppers, halved lengthwise and seeded (use gloves)
 Ranch dressing (optional)

Cook sausage over medium heat until no longer pink, drain. Combine cheeses in a small bowl, then fold in cooked sausage. Spoon about 1 Tbsp into each pepper half. Place in a 9 x 13 baking pan. Bake uncovered at 425 degrees 15–20 minutes or until lightly browned on top and bubbly. Serve with ranch dressing if desired.

Bobbie Lowe,

Hot Sausage Balls

1 pound hot sausage in small pieces
 1 cup Bisquick
 1/2 pound sharp cheddar cheese, grated

Mix together; form balls and bake in 350 degrees oven. Bake for 10–12 minutes.

Jeannie Zanet

Pancake Syrup

1 cup white sugar
 1 cup brown sugar
 2 Tbsp butter
 1/4 cup Bob White syrup
 Dash of salt
 1/2 cup water (more if needed)

Bring to a boil until it thickens a little (about 5 minutes). Then add 1/2 tsp vanilla.

THE STORY

Mother always made our pancake syrup when we were growing up, because I don't remember if you could buy it. We probably couldn't have afforded it anyway.

Carol Binder

Red French Dressing

2 tsp onions
 1 1/2 cup oil
 1/2 tsp dry mustard
 1 1/2 tsp salt
 2/3 cup apple cider vinegar
 1/2 tsp black pepper
 1 cup sugar
 1/4 tsp paprika
 1 cup ketchup

Mix dry ingredients together first then add liquid ingredients. Mix with mixer or blender.

THE STORY

This recipe was used at Jerry's Restaurant and at Colony School.

Carol Binder

Col. Sander's Special Dressing

2 ½ c. ketchup	4 Tbsp. onion juice
1 1/3 c. mayonnaise	1 tsp. red pepper
1 c. chili sauce	4 tsp. vinegar
1 1/3 c. salad oil	½ tsp. Tabasco sauce
3 Tbsp. prepared mustard	1 tsp. black pepper
1/3 c. Worcestershire sauce	garlic- 5 or 6 medium cloves, crushed or diced fine

Mix thoroughly.

Yield: 2 quarts

Keeps indefinitely.

THE STORY

This recipe is from the old "Sander's Court and Café" in Corbin, the original Colonel Sanders Café. As the story goes, Corbin was about halfway between Harlan and Lexington. During those days, the trip to Lexington was a long one. I-75 didn't exist and Highway 119 from Pineville to Harlan was a narrow, twisting road. To beat the heat of the day (remember cars weren't air-conditioned then), or to rest and eat, Harlan Countians and the college crowd, made Colonel Sanders Café their midway stopping place. Lots of good meals were enjoyed in that little restaurant.

Kim Kelley

Crustless Mini Quiches

Preheat oven to 350 degrees

Cooking spray (coat 12 standard-sized muffin pan)

2 cups shredded Swiss cheese

½ cup half-and-half

½ cup lite mayonnaise

2 eggs

2 tablespoons all-purpose flour

½ teaspoon seasoned salt

1/8 teaspoon pepper

1 cup diced cooked ham, cooked bacon, or shrimp

¼ cup diced button mushrooms

¼ cup finely chopped onion

In a large mixing bowl, combine cheese, half-and half, mayonnaise, eggs, flour, salt and pepper and mix until well blended. Fill each cup with about 1 ½ tablespoons of prepared meat, and 1 teaspoon each of onions and mushrooms. Pour equal amounts of egg mixture over each cup. Cups will be about half full. Bake 22 minutes, or until quiches are lightly golden and a knife inserted in the center comes out clean. The quiches will be puffy when removed from oven but deflate rapidly. Serves 6.

Sharon Kay House

Tortilla Pinwheels

8 oz sour cream

1 (8 oz) pkg cream cheese

1 (4oz) can diced green chilies

1 (4oz) can black olives

1 cup grated cheddar cheese

1/2 cup chopped green onion

Garlic powder to taste

Seasoned salt to taste

5 (10inch) flour tortillas

Salsa

Drain chilies and olives. Mix with sour cream, cream cheese, cheddar cheese, green onions and seasonings. Divide the mixture and spread evenly over the tortillas; roll up. Cover tightly with plastic wrap, twisting ends. Refrigerate for several hours. Unwrap and cut in slices 1/2 inch to 1/4 inch thick. Discard ends. Serve with salsa. Yields 50 pinwheels.

Bobbie Lowe

BREADS



Resurrection Rolls (Kids Version)

Ingredients:

- 1 bag of full-size marshmallows
- 1 stick butter or margarine, melted
- 1-2 cans of crescent rolls (depending on how many rolls you need)
- 1 Tbsp of cinnamon
- 1 cup of sugar

Now, to get started. Read Matthew 27:57-60

1. Combine the cinnamon and sugar in a bowl (large enough to get little hands in)
2. Give each child a marshmallow, which represents Jesus.
3. Have them first dip a marshmallow in the melted butter, which represents the oils used in embalming Jesus' body.
4. Next, have them roll the marshmallow in the cinnamon/ sugar mixture, which represents the spices used to anoint Jesus' body.
5. Then, help them wrap the coated marshmallow tightly in a crescent roll (but not the normal crescent roll shaped way- bring the sides up and seal the marshmallow tight inside,) which represents the wrapping of Jesus' body. A word of caution- the roll must be sealed completely around the marshmallow to prevent a cooking mess of Biblical proportions.
6. Place the sealed rolls on a baking sheet and bake in a 350 degree oven for 10-12 minutes. The oven represents the tomb where they placed Jesus' body.
7. Pretend it has been 3 days, open the oven (tomb), take out the rolls (burial cloth), after slightly cooling, let the children open the rolls (cloth) to discover that Jesus' body is no longer there. He is risen!

THE STORY

I found this recipe years ago. This recipe was submitted by Peggy Retherford in the Jackson Energy magazine that they put out each month. I am not sure that they still mail them out monthly. But they used to have lots of good recipes.

Jeannie Zanet

Resurrection Rolls

- 1 can refrigerated crescent roll dough
- 8 lg. marshmallows
- 1 stick melted butter
- ½ c. cinnamon
- ½ c. sugar

Separate rolls into triangles. This represents the tomb. The marshmallow represents the body of Christ. Dip the marshmallow in the butter and roll in cinnamon and sugar. This represents the oils and spices the body was anointed with upon burial. Place the marshmallow on the dough and carefully wrap it around the marshmallow. Be sure to close all the seams. Bake according to directions. Cool. Break open and the body of Christ is no longer there. Celebrate God's love.

Beverly Smith

Basic Muffin Recipe

2 cups self-rising flour
1 1/2 cups of milk
1 egg
3 Tbsp oil

Mix the dry ingredients together, add milk, egg, oil. Mix until smooth. Add in around one cup of your choice of fruit.

Bake at 450 degrees until center is done.

Jeannie Zanet

Banana Nut Bread

1/2 cup shortening
3 well ripened bananas
2 cup all-purpose flour
2 eggs
1 cup sugar
Dash of salt
1 Tbsp vanilla
1 tsp baking soda
1/2 cup chopped pecans or walnuts

Cream shortening and sugar; add mashed bananas and beaten eggs, one at a time, then add vanilla, dry ingredients and nuts. Line a loaf pan with wax paper; bake at 350 degrees for 45-50 minutes or until knife comes out clean.

Donna Morris

Quick Rolls

2 cups self-rising flour
4 heaping tablespoons mayonnaise
1 teaspoon sugar
1 cup milk

Mix all ingredients in a large mixing bowl. Beat 2 minutes with electric mixer. Pour into sprayed or greased muffin pan. Bake for 10 minutes at 450 degrees or until golden brown. Remove from oven, brush with butter while hot for shiny glaze.

Ollie Clark

Easy Fluffy Rolls

1/2 teaspoon of sugar
½ cup warm water (110 degrees or warm to touch)
½ shortening
1 egg
1/3 cup sugar
½ teaspoon salt
3 cups all-purpose flour
½ cup boiling water
1 pack dry yeast

Dissolve yeast in warm water. Add ½ teaspoon of sugar. Stir and set aside until ready to use. Cream shortening and 1/3 cup of sugar in large bowl. Add egg and mix well. Add salt and 1 cup of flour, mixing well. Next, add boiling water and 1 more cup of flour, mixing well. Add yeast mixture and remaining flour, mixing well. Place in refrigerator in a tightly covered bowl. Leave over-night. Remove from refrigerator, knead for a few seconds on a lightly floured surface. Shape as desired. I like to put three small balls in a greased cupcake pan to make cloverleaf rolls. Set in a warm place for two hours or until doubled in size. Bake at 400 degrees for 15 to 20 minutes. Brush with melted butter for a nice shine and great taste.

Ollie Clark

Joel Yaden's Hushpuppies

1 cup corn meal
 1 cup plain flour
 2 teaspoons baking powder
 ½ teaspoon salt
 ½ teaspoon black pepper
 ½ cup chopped onion
 1 egg
 ¾ cup buttermilk

Preheat oil in deep fryer to 375 degrees. Combine all ingredients and mix well. Drop by tablespoonful into hot oil. Fry until golden brown; drain on paper towels.

Ollie Mae Clark

Pumpkin Bread

3 cups of sugar
 1 cup oil
 4 eggs, well beaten
 1 16oz can of pumpkin
 3 ½ cups of plain flour
 2 teaspoons of baking soda
 1 teaspoon baking powder
 2 teaspoons salt
 1 teaspoon nutmeg
 1 teaspoon all spice
 1 teaspoon cinnamon
 1 teaspoon ginger
 ½ teaspoon cloves
 2/3 cup water
 ½ cup chopped walnuts

Cream sugar and oil together, add eggs and pumpkin, mix well. Sift together dry ingredients, add dry ingredients alternating with water. Stir in nuts and mix well. Pour into two 9 x 5 well-greased and floured loaf pans. Bake at 350 degrees for 1 ½ hours or until toothpick comes out clean. Let stand 10 minutes, remove from pan to cooling rack and let cool before slicing.

Debbie Gilbert

Breakfast Overnight Oats

In a small pint size jar, add the following in order:

1/2 cup regular oats

1 scoop Protein powder (I use vanilla)

1 Tbsp chia seeds

1/2 cup assorted fruit (frozen will work)

Add 1/2 cup almond milk

Add any additional nuts, dried fruit , etc. if desired

Cover with tight fitting lid. Shake. Refrigerate overnight.

This is a great breakfast on the go. Grab it and a spoon as you go out the door. It's really delicious.

Jeannie Zanet

Vidalia Onion Bread (I actually like this bread using any onions)

2 Vidalia onions

5 tablespoons of butter

2 boxes of Jiffy Cornbread Mix (mix as directed)

1 can creamed corn (I often use a pint of corn I have frozen from the garden

¼ cup chopped Jalapeno (remove seeds)

8 oz sharp Cheddar cheese shredded.

Slice onions into ¼ inch slices and try to keep them in slices. Melt butter in 9 to 10 inch iron skillet and lay slices in skillet without layering. Chop slices that do not fit and fill empty spaces, then save any extra to add to batter. Cook on low to medium heat for about 5 to 7 minutes. Do not stir or turn onions, just simmer. Cook low enough that the butter does not get overly brown. While onions are cooking mix Jiffy mix as directed on box, add corn, Jalapeno, any extra onion, and cheese. Mix well. Pour mixture over onions. Bake at 400 degrees for about 20 – 25 minutes or until done. Cool in skillet for about 10 to 15 minutes. Run a knife around the edge of the cornbread. Invert onto serving plate carefully. I try to use a plate that is larger than my skillet. Oven mitts are recommended. Serve warm. This is a great bread to serve with white northern beans cooked with smoked ham hocks.

Debbie Gilbert

World's Best Pancakes

1 egg
1 1/2 cup buttermilk
2 Tbsp oil
Mix ingredients above.
Then add:
1 1/2 Tbsp sugar
1 1/2 cup self-rising flour
1 tsp baking soda
Mix these together and add to the rest.
Heat griddle to #4. Or fry on medium heat.

Donna Morris

Ruth's Famous Cornbread

1 cup self-rising flour
1 1/2 cups self-rising meal
1 Tbsp sugar
1 egg
1 cup buttermilk. Add a little water.

Get oil hot in iron skillet. Bake at 450 degrees for 20-25 minutes.

Bobbie Lowe

Pina Colada Muffins

2 1/2 cups self-rising flour
3/4 cup sugar
1/2 cup sweetened coconut flakes
8 oz can crushed pineapple, untrained
4 oz cream cheese, softened
1/4 cup milk
1 tsp vanilla extract
2 Tbsp vegetable oil
2 Tbsp butter, melted
1 egg
1/2 cup sour cream

Icing:

2 oz cream cheese, softened
1 1/2 cups powdered sugar
1/2 tsp rum flavoring
1 stick butter, softened
1/4 cup milk
1/8 cup sweetened coconut flakes

For muffins:

Preheat oven 350 degrees. In large bowl combine flour, sugar, and coconut and mix. Add pineapple, including liquid, and stir to mix.

In separate bowl, cream cheese, milk, vanilla, oil, butter, egg, and sour cream with mixer on medium-high until smooth. Add wet mixture to flour mixture and fold with spatula until blended. Do not over mix.

Fill lined muffin cups 3/4 full. Bake for 40 minutes. Test with toothpick for doneness. Cool for approximately one hour before icing.

Icing:

Mix first 4 ingredients until blended. Add milk and mix until creamy and smooth. For thinner consistency add additional milk. For glaze, warm in microwave until desired consistency. Spoon on top of cooled muffins and top with shredded coconut.

THE STORY

This recipe came from the Kentucky Living website. Pina Colada screams summer to me. This will be great to freeze and reheat through the summer for a quick breakfast food or and after dinner desert.

Jeannie Zanet

SOUPS & SALADS



Fruit Salad

2 large can of peaches
 1-16 oz frozen strawberries
 3 bananas
 2 cans pineapple chunks
 1- 3oz pack of strawberry jello
 2 TBSP cornstarch
 3/4 cup sugar

Combine strawberries, pineapples and jello together in large bowl. Mix part of peach syrup with cornstarch. Put remainder of peach syrup and peaches in pan. Add sugar and cornstarch mixture. Bring to a boil. Boil for 2-3 minutes. Cool peaches. Then pour in large bowl together. Add bananas.

Carol Binder

Pretzel Salad

1 cup crushed pretzels
 1 stick margarine
 3 Tbsp sugar
 1 cup pecan chips
 8 oz cream cheese
 8 oz cool whip, thawed
 1 cup brown sugar
 1 (16 oz) package frozen strawberries

Make a crust from the first 4 ingredients in a 9 x 13 inch pan. Bake 8-10 minutes in a 350 degrees oven. Cool.

Make filling from cream cheese, cool whip, and brown sugar. Pour on crust. Top with strawberries. Refrigerate for 30 minutes.

Jean Mitchell,

Marinated Vegetable Salad

1 head broccoli	1 container of grape tomatoes
1 head cauliflower	2 cucumbers
1 can black olives (drained)	1 Zesty Italian salad dressing mix

Mix Italian dressing according to package. Add to vegetables and refrigerate 4 hours.

Carol Binder

Lettuce & Onion Salad

1- whole head of lettuce, tear into small pieces
 1- bunch of green onions, sliced into small pieces
 1-Pkg slivered almonds
 Mix above ingredients.
 Just before serving add:
 1- can chow mein noodles
 1- bottle poppyseed dressing.

THE STORY

Given to me by my friend, Freida

Phyllis May Hulett

Pasta Salad

1 pound pasta shells, cooked and drained
 1 large cucumber, NO seeds, chopped
 1 medium sweet onion, diced
 1 large green pepper, diced
 1 medium tomato, without seeds
 1/2 tsp salt
 1/8 tsp black pepper
 1 - 16 oz bottle of fat-free ranch dressing
 Optional: frozen peas or chopped celery

Mix, chill and serve!

THE STORY

A young man having dinner with us enjoyed 3 helpings of this! He said "I can't eat onions ". I said "Oops, I hope the pasta salad doesn't make you sick ".

Jan Banks

Tomato and Cucumber Summer Salad

2 Tbsp Basil, fresh leaves
2 cups cherry tomatoes
5 cucumbers
2 Tbsp onions
Salt and pepper
3 tsp olive oil
1 tsp red wine vinegar

Use large bowl and combine all ingredients. Mix together well. Cover and refrigerate overnight.

Nothing better than this on a hot summer day. Quick and easy to make.

Jeannie Zanet

Marinated Vegetable Salad

1 small bag frozen whole kernel shoe peg corn, thawed
1 small bag frozen tender sweet peas, thawed
1 can bean sprouts, drained
1 small jar pimentos, drained
1 medium sweet onion, chopped
1 large bell pepper, chopped
1 can water chestnuts, coarsely chopped
½ cup oil
½ cup sugar
¼ cup apple cider vinegar

Put all ingredients in large mixing bowl, toss well with large spoon, and marinate overnight before serving. Will keep in refrigerator of about 2 weeks.

THE STORY

I really can't remember where this recipe came from, and don't recognize the handwriting, but I have made it and really like the combination. It makes a refreshing side on a summer day cookout.

Debbie Gilbert

Layered Salad

2 Heads Romaine Lettuce	1 Cup mayonnaise
4 cups chopped tomatoes	1 Tbsp sugar
2 cups finely chopped red onion	2 tsp salt
One 16 oz bag frozen peas, thawed	2 Tbsp chopped fresh dill
	1 1/2 cups shredded cheddar cheese
	6 slices bacon, cooked and crumbled

Layer the lettuce, tomatoes, red onions, and peas in a large glass bowl. Mix the mayonnaise, sugar, salt, and dill in a small bowl. Spread the mayonnaise mixture evenly on top of the peas. Finish with layers of cheddar and bacon. Cover with plastic wrap and refrigerate for at least one hour.

Jean Mitchel

Peggy's Potato Salad

5 pounds potatoes
 1 large chopped onion
 4-5 hard boiled eggs
 6 heaping Tbsp sweet pickle relish
 1 cup cubed celery
 1 1/2 – 2 cups Kraft Salad dressing

Wash and boil potatoes with skins on them. Let cool, peel and dice. Mix all ingredients together. Season to taste, using plenty of salad dressing. Make 1/2 for a small family.

THE STORY

I can visualize my mom with the big yellow bowl in front of her, making a batch of potato salad. She has cooked the potatoes and peeled them, boiled the eggs and got them ready, chopped the onions, cubed the celery and put the pickle relish in. She puts all those ingredients together and adds the salad dressing to the mixture and works hard to get the potato salad just right. She has made the potato salad for many Church socials and still makes it every Thanksgiving. I read somewhere that potato salad was a summer food but Thanksgiving wouldn't be Thanksgiving without Mom's potato salad. Sometimes she just makes it to eat, which she had done today when I called her. She said the other day when I was asking for the recipe, she had a desire to make some. Hopefully she will save me a bowl. I love that stuff. Wears me out just thinking about making it.

Kim Kelley

Sour Cream Jello

2 small packages (1 large) jello
1 can fruit cocktail, drained
1 cup sour cream
Fruit juice and water to equal 2 cups, boiling.

Dissolve jello in hot liquid. Add sour cream. Stir until smooth. Let cool slightly. Add fruit cocktail. Chill.

Bobbie Lowe

Avocado Tomato Salad

4 cups diced medium avocados
2 cups of halved cherry or grape tomatoes
1 cup diced small red onion
4 Tbsp fresh chopped cilantro
2 tsp fresh minced garlic
2 Tbsp squeezed lime juice
1/4 cup olive oil

Prepare all ingredients except for avocados.
Mix olive oil and lime juice.
Prepare avocados and stir in the olive oil and lime juice.
Stir in the rest of the ingredients.
Cover and chill.

Bobbie Lowe

Broccoli Salad

6 cups broccoli in bite size pieces
2 cups red grapes sliced
1/2 pkg chopped almonds
1 small pkg of bacon bits
1 cup mayonnaise
1/3 cup sugar
2 T apple cider vinegar

Mix first 4 ingredients. Mix next 3 items and pour over broccoli mixture.
Best if chilled overnight.

Bobbie Lowe

Edamame Salad

2 T GP mustard
 1/4 cup white balsamic vinegar and olive oil
 2 t fresh ginger
 2 t sugar
 Salt and pepper
 1 bag- 2 cups edamame
 1 can oranges drained
 1/2 cup toasted almonds

Mix together.

Bobbie Lowe

Easy Orange Jello Dessert

1 can Mandarin oranges (drained)
 1 -16 oz can pineapple bits (drained)
 1 - 16oz carton fat free cottage
 1 - 8oz carton Cool Whip
 1 - 4 oz box sugar free orange jello

Add dry jello to drained oranges and pineapples. Mix well; add cottage cheese and cool whip. Chill.

Bobbie Lowe

Ole Bus Stop Diner Cornbread Salad

- * 9x13 - inch pan cornbread, prepared
- * 16-oz package bacon, regular slice
- * 1 medium yellow onion, diced
- * 2 medium tomatoes, diced
- * 8 oz package shredded cheddar cheese
- * 15 oz mayonnaise (add additional if you want it more moist)
- * 1 cup sugar

Prepare your favorite cornbread mix per directions; cool, then crumble in large bowl. Meanwhile, fry bacon until extra crispy; cool, then fully crumble and add to bowl. Add onion, tomatoes, cheese, mayonnaise, and sugar. Mix thoroughly. Refrigerate to preferred temperature before serving.
 Serves 12-16.

THE STORY

I found this recipe on the Kentucky Living website. It came from the Ole Bus Stop Diner in Booneville KY.

My sister-in-law used to make this for all of our family get-togethers. It was always my favorite part of the meal.

Jeannie Zanet

Mama's Cranberry Salad

1 large package cherry Jello
2 cups hot water
1 cup sugar
1 cup orange juice
1 - 20 oz can crushed pineapple- well drained
1 cup chopped cranberries
1/2 cup chopped celery
1/2 chopped pecans
1 tsp lemon juice

Dissolve Jello in the hot water. Add sugar, stir until well dissolved. Then add the remaining ingredients.

Pour into a pretty serving bowl and chill until firm.

THE STORY

This recipe has been a favorite Thanksgiving/ Christmas recipe in our family since I was a little girl. We all would go to my grandmother's house and celebrate together. This congealed cranberry salad was always on the table. I have to admit that I didn't like it then but now it is a yearly treat that I really enjoy making, serving, and eating!!

Paula Douglas

Howard's Chicken Noodle Soup

Sauté 1/2 onion, 1 stalk celery, and 1 Tbsp diced garlic until clear. Meanwhile par boil 2 boneless chicken breast in water. When chicken is done, shred 1 breast and dice the other one. Put chicken in with the onion mixture. May need another can of broth (Howard used 3 cans) add 1 can peas and carrots, drained. Cook (6oz) noodles and add to mix. Bring down to slow simmer and add 1 can cream of mushroom soup and 1 can cream of celery soup. Season to taste with salt, pepper, Italian seasoning, and parsley. Simmer 1 hour or more.

THE STORY

This recipe is from Charlotte's son Howard. He was a fantastic cook. We visited him often in Florida. He was always going out of his way to make special meals for us. We enjoyed staying with him and swimming in his pool. He moved back to Kentucky a few years ago. Wish we could have had more time with him. This is one of our favorite recipes.

Charlotte Morris,

Taco Soup

2 cans whole kernel corn
 2 cans chili ready tomatoes
 1 LARGE can crushed tomatoes
 1 can kidney beans
 1 can pinto beans
 1 package mild or medium taco seasoning
 1 package ranch dressing mix
 1 onion
 2 pounds hamburger (ground chuck)
 1 can Rotel (optional)

Brown hamburger and chop onion and all ingredients into stock pot and simmer or crock pot on low for 2-3 hours.

Beverly Smith,

Homemade Chicken Soup

5 cup chicken broth
 Chicken, shredded or chopped
 3 large carrots, chopped
 1 large celery bunch, chopped
 1 medium onion, chopped
 2 Tbsp butter
 Salt and pepper to taste

Sauté onions in butter in soup pot. Add broth, celery, carrots and chicken. Bring to a boil; let simmer for about an hour or until vegetables are tender. Add salt and pepper to taste.

Optional: You can also add 1–2 cups cooked pasta or white rice for a chunkier soup.

Jeannie Zanet,

Vegetable Beef Soup

1 large can tomato sauce
 1 can water
 3–4 cubed potatoes
 1/4 cup dried onions
 3 cubes beef bullion
 1 clove garlic chopped

Mix in large pot. Cook over medium heat until potatoes are tender.

1 pound hamburger
 1/4 tsp cayenne pepper
 1 large can mixed vegetables m drained

Brown hamburger and drain. Then add hamburger, pepper, and vegetables to pot. Bring to a boil. Cook until it begins to get thick.
 Serve with cornbread muffins.

Donna Morris,

Mom's Homemade Soup

1 1/2 pounds hamburger
4-5 medium potatoes (cubed)
Carrots (10 or 12 small)
2 medium onions
1 1/2 cups cabbage leaves
1 large can tomato juice
1 can beef broth
1 cup macaroni
Other vegetables can be added.

Make small meatballs out of hamburger. Put them in a pot and pour beef broth over them. Stew meatballs for 20 minutes on medium. Prepare the vegetables and add to meatballs. Add macaroni and cabbage leaves during last 15 minutes.

Kim Kelley

Mom's Chili

1 1/2 pounds hamburger
2 Tbsp minced onions or 1/2 cup chopped onions
1/2 tsp garlic salt
2 heaping Tbsp chili powder
1 – large can tomato sauce
1 can of water
2 – cups pinto beans or 1 can of beans

Brown meat, adding onion and garlic salt. Cook for 20 minutes on medium. Add tomato sauce, water, and chili powder into the meat mixture. Add beans. Cook on medium for 20 more minutes.

THE STORY

I love my mom's chili. I always enjoy going to her house when she is making it. She will make a big pot full. I am usually determined to eat one bowl and it never happens. It is addictive! I keep going back for more and then some more. It is great with crackers broken up in it.

Kim Kelley

MEATS



Meatloaf

1 pounds hamburger
 1/2 cup chopped or minced onions
 1 beaten egg
 Salt and pepper
 Sleeve of crushed saltine crackers
 Dash of Worcestershire sauce
 1/2 cup ketchup diluted with small amount of water

Mix all in and form a loaf. Add a small amount of ketchup on top. Bake at 350 degrees for 1 hour.
 (Optional: cover with silver foil for the first 45 minutes).

Recipe by Peggy Robinson
 Submitted by: Kim Kelley

Cheesy Chicken Quesadilla

Flour tortillas (# depending on how many you want to make)
 Cheddar cheese or a mixture of different cheeses
 Pre-cooked chicken

Turn stovetop on medium heat and heat up skillet. Spray one side of tortilla with olive oil and put oil side down in skillet. Add some cheese and cooked chicken. Add more cheese. Add second tortilla and spray side up with olive oil. Fry till brown on both sides and cheese is melted. Easiest way to cut is with a pizza cutter. Serve hot with salsa, or sour cream.

THE STORY

My granddaughters like cheese quesadillas. My 9 year old loves to make these by herself, with adult supervision of course. You can add anything else you like in between cheese layers. My 5 year old granddaughter likes pizza quesadillas. We use mozzarella cheese and one tbsp of pizza sauce. And sometimes she lets me sneak in some finely chopped veggies.

Jeannie Zanet

Possum

(Back by popular demand)

Catch a possum. Clean him up best as you can and boil him in a pot. When almost tender (about 45 minutes), place in a casserole dish, season with salt and pepper. A little ketchup on top tastes good too. Place as many sweet taters as you think you can eat around the possum. Bake until a fork goes all the way through the tater. Serve with hot sauce.

THE STORY

Note: this dish will make you smack your mammie! Joe Woods

Phyllis May Hulett

STEAK SAN MARCUS (by Gran DEE my Mom)

2 pounds chuck steak
1 envelope of onion soup mix
1 can (no. 1) can Italian tomatoes
1 t oregano
1/2 t. pepper
1/2 t. garlic salt
2 t. cooking oil
2 t. Wine vinegar

Cut steak in 1" serving pieces. Mix the rest of the stuff together and pour over steak in baking dish. Cover and bake at 350 degrees for 1 1/2 hours until tender. Really good.

THE STORY

After I was married, I went to visit my mom. She lived in Florida and I was in KY. She said have you ever had my Steak San Marcos. I said 'no' sure you have, 'no not me', so she made it. She said, 'this is great you can use a cheap cut piece of meat and it taste like big bucks'. (And it does and very easy)

Susan Downey

Cranberry Chicken

6 skinless, boneless chicken breast halves
 1 (15 oz) can whole cranberry sauce
 1 (8oz) bottle French dressing

Place chicken in a well-greased large shallow baking dish. Mix cranberry sauce and salad dressing together well and pour over chicken. Cover and bake at 350 degrees for 1 hour 10 minutes. During last 10 minutes, uncover chicken and place back in oven to brown.

Jean Mitchell

Chicken, Vegetables, Rice Stir-Fry

You will need 4 chicken breasts, cut into strips

Add:

3 Tbsp oil; stir-fry
 3/4 cup chicken broth
 1 cup rice
 1 package frozen mixed vegetables, slightly cooked

Cook all ingredients until done. Stir rice mix together with chicken.
 Serve!

Jeannie Zanet,

Orange Pork Chops

6-8 medium thick pork chops
 1/2 stick butter
 2 1/4 cups orange juice
 2 Tbsp orange marmalade

In hot skillet, brown both sides of pork chops in butter and add salt and pepper. Pour orange juice over chops. Cover and simmer for 1 hour or until done. (Time will vary w/ thickness of pork chops, and it may be necessary to add more orange juice.

During last few minutes of cooking, add 2 Tbsp orange marmalade.
 Makes great gravy to serve over rice.

Jean Mitchell,

Rosemary Pork Chops

1/2 cup plus 2 Tbsp Olive oil
 1/3 cup red wine vinegar
 4 Rosemary sprigs, plus 1 Tbsp minced fresh rosemary
 3 garlic cloves, smashed and roughly chopped
 1 Tbsp packed light brown sugar
 4 – 1/2" thick boneless pork chops
 Salt and pepper
 All – purpose flour for dredging

1. Combine 1/2 cup of the olive oil, the vinegar, rosemary sprigs, garlic, and brown sugar in a large zip top bag. Add the pork chops to the marinade and seal. Massage the chops in the bag to coat them well. Refrigerate at least for 2 hours.
2. Remove the pork chops from the marinade and pat them dry. (Discard remaining marinade). Let the pork chops come to room temperature for 15 minutes. Season with salt and pepper on both sides, then dredge them in flour.
3. Heat the remaining 2 Tbsp olive oil in a large skillet over medium heat. Add the pork and pan fry until cooked through, 4–6 minutes per side. Sprinkle the remaining rosemary on top of the chops at the very end for more flavor.

Jean Mitchell

Lamb Roast

Lamb sliced
 4 medium potatoes
 6 carrots
 1 onion
 1 can cream of mushroom soup
 Salt, pepper, garlic

Put lamb in pan. Add salt, pepper, garlic, potatoes, carrots, and onion. Add soup. Cover and cook 1 1/2 hours @ 350 degrees.

Jean Mitchell

Country Fried Steak and Milk Gravy

1/2 cup vegetable oil, plus more as needed
 1 1/2 cups all-purpose flour
 1 tsp salt, plus more to taste
 1/2 tsp black pepper, plus more to taste
 1 3/4 cup milk
 Six 4- oz cube steaks or tenderized beef round steaks
 1 1/2 cups evaporated milk

1. Heat the oil in cast iron skillet over medium heat. Combine 1 1/4 cups flour with salt and pepper in a shallow bowl. Pour half cup of the milk into another shallow bowl. Season both sides of the steak with salt and pepper. Dip the steak in the milk, dredge in the flour.
2. Add 2 or 3 steaks to the heated skillet and fry for 5–6 minutes on each side, until browned. Remove the steaks to a paper towel lined plate to drain, then season them with salt. Repeat with the remaining steaks, adding oil to the pan as needed.
3. Remove all but about 3 Tbsp oil from the skillet. Add the remaining 1/4 cup flour and stir with a wooden spoon, making sure to scrape the bits of crust from the bottom of the pan. Continue to stir until the flour is browned and bubbly. Slowly whisk in the evaporated milk. Whisk until there are no lumps and the gravy starts to thicken. Then add the remaining 1 1/4 cups of milk. Reduce the heat to low and cook, stirring occasionally, for 10 minutes, or until the gravy is thickened to your preference. Season with salt and pepper to taste.

Jean Mitchell

Low-Fat Chili

1 lb ground turkey
 1 lb lean ground beef
 1 medium chopped onion
 1 pkg Carroll Selby chili mix
 1 large can crushed tomatoes
 1 small can tomato purée

Brown meat with chopped onion, breaking up the meat as it browns. Pour off grease. Add chili mix. Add tomatoes and tomato purée. Simmer on low heat about one hour. You can add beans or serve over spaghetti.

Jean Mitchell

Taco Pie

1 pound ground beef
 1 package taco seasoning mix
 1 (4 oz) can green chilies
 1/2 cup onion, chopped
 1 cup milk
 1/2 cup bisquick baking mix
 3 eggs
 1 can petite diced tomatoes
 1 cup cheddar cheese
 3/4 cup crushed nacho Doritos (my husband's idea, it really peps it up)
 Sour cream
 Shredded lettuce

Cook beef and onion until beef is browned; drain. Stir in seasoning mix. Spread into greased casserole dish. Sprinkle with green chilies. Beat milk, Bisquick, and eggs until smooth. Pour on top of meat mixture. Bake 25 minutes in 400 degrees oven. Top with crushed Doritos. Drain tomatoes and spread on top, reserving about 1/4 cup for garnish. Sprinkle cheese over all. Bake about 10 minutes longer or until knife inserted comes out clean. Serve topped with sour cream in center surrounded by tomatoes and shredded lettuce.

Donna Morris

Best Ever Roast Beef

3 lbs beef eye of round roast
 1/2 teaspoon kosher salt
 1/2 teaspoon garlic powder
 1/2 teaspoon black powder, freshly ground

Preheat oven to 375 degrees. Tie roast in 3 inch intervals with cotton twine. Place roast in pan with at least 1 1/2 inch sides. Mix salt, garlic powder and pepper and sprinkle or rub evenly over roast. Roast in oven for 60 minutes, which is 20 minutes per pound. Do not cook longer than 20 minutes per pound. Remove from oven and cover with foil. Let roast rest for 20 minutes before removing cotton twine. Slice and serve.

Debbie Gilbert

Thelma Lee's Chili

2 lb. ground chuck or ground round
 1 large onion, chopped fine
 4 cloves of garlic, minced fine (or garlic powder)
 1 pint or 1 #2 can of tomatoes
 1 8 oz. can tomato sauce
 2 tablespoons chili powder
 2 to 3 red peppers, dried (or you can use powder)
 1 can drained kidney beans, optional
 Salt to taste

Combine meat, onion, and garlic and cook slowly until done. In a large pot, combine all ingredients and cook slowly for several hours. Water may be added if chili becomes too thick.

THE STORY

This was my mom's chili recipe and I still make it all of the time because it's my favorite. The truth is my mom always added a can of beer but she didn't want to write that ingredient down since she was putting this recipe in the church cookbook.

Sharon Kay House

Joyce Jones Hotdog Chili

1 pound ground beef, browned and drained
 3/4 cup chopped onions, sauté until clear
 1 clove garlic, minced
 2 Tbsp chili powder
 1 Tbsp flour
 1 tsp cumin
 1/2 tsp sugar
 1 - 8 oz can tomato sauce
 1 cup water

Simmer 30 minutes.

Carol Binder,

Simply Southern Fried Chicken

3/4 cup Kosher salt, plus more to taste
 One 3–5 pound whole chicken, cut into 8 pieces
 Freshly ground black pepper
 All– purpose flour, for dredging
 Coconut oil, for deep frying

1. In a large deep bowl, mix the 3/4 cup salt in 1 gallon water until the salt dissolves. Place the chicken pieces in the salted water. You can use a plate as a weight to submerge the chicken in the brine if needed. Cover with plastic wrap and refrigerate at least two hours or overnight.
2. Remove the chicken from the brine and dry it well with paper towels. (Discard the brine). Season the chicken with salt and pepper. Dredge the chicken pieces in the flour and let them rest for 10–15 minutes at room temperature.
3. In the meantime, heat coconut oil in a large cast iron skillet over medium heat to 350 degrees. When melted, the oil should reach halfway up the pan.
4. Working in batches so that the chicken has enough room to cook, carefully place the piece of chicken in the hot oil. Fry on both sides until browned, crispy, and cooked through: The wings and breasts should take 10–12 minutes, and the thighs and legs should take 15–20 minutes. The internal temperature of the chicken should always be around 180 degrees. Remove from the pan and drain on paper towels.

Jean Mitchell

Pork Tenderloin

2–3 pounds pork tenderloin roast
 1/2 cup Parmesan cheese
 2 Tbsp garlic powder
 1 Tbsp onion powder
 1 tsp salt
 1/2 tsp pepper

Mix dry ingredients real good. Coat the meat on all sides and place in a small shallow baking dish or pan. Do NOT cover.
 Roast in the oven at 350 degrees about 45 minutes to an hour or until meat is tender.

THE STORY

My daughter says this is as good as gourmet food!

Jan Banks,

Beef Barbecue

2–3 pounds beef (I usually get a roast and cut it up)
1 large onion
2 cloves garlic
1 1/2 cups water
1/2 tsp dried mustard
1 1/2 cups ketchup
1/2 cup Sweet Baby Rays barbecue sauce (or your favorite)
3 Tbsp brown sugar
1/4 tsp paprika
1 tsp Tabasco sauce
1/2 tsp pepper
2 tsp salt
1 1/2 tsp chili powder
a pinch of red pepper if you like it hotter

Cut beef into approximately one inch cubes. Put beef in pressure cooker or instant pot. Mix all other ingredients together and pour over beef. If using pressure cooker, start out at medium–high heat, turn down to medium once pressure is up and cook about 28 minutes. Then take off heat and remove lid once pressure is relieved. Mash with potato masher until beef is in tiny shreds. Serve on hamburger buns. If mixture is still watery you can cook it longer without lid or use slotted spoon to serve. Some also like it served with coleslaw on the bun.

THE STORY

This recipe is one I made up myself from tweaking mom's recipe and part of Internet recipes I liked. I make it every time we have a crowd visiting, it goes a long way. I also make it when our sons come home. It's one of their favorites. It also freezes well. I sometimes make it ahead and freeze it for the boys to take home with them.

Donna Morris

Aunt Ruth's Dumplings

2 cups all-purpose flour
 1 tsp salt
 2 eggs
 1/2 cup milk
 1/4 cup chicken broth

Mix flour and salt, adding eggs and milk. Add broth to other ingredients and roll as thin as possible.

Jean Mitchell

Italian Spaghetti and Meatballs

Mix together:

1 pkg onion soup mix
 1 1/4 cups water
 1 large can tomato sauce

Cover and cook on medium-low 10 minutes.

Mix together and add to above:

1 lb. hamburger
 1/2 tsp ground thyme
 1/2 tsp garlic salt
 1 Tbsp parsley flakes
 1/2 tsp oregano
 1/4 tsp pepper

(Note: I add wet bread crumbs for more tender meatballs, tear two pieces of bread without crust into small pieces, soak in a little milk, gently squeeze out excess milk and add to meatball mix).

Shape into balls. Cook in sauce for 25 minutes without lid. Pour over cooked spaghetti.

Serves 4-5.

THE STORY

This recipe is my mother's. She got it from a Hunts Tomato sauce when she was first married. She had not had much experience cooking yet. She was only 18 years old. Mom likes to tell the story about one night when she had just finished making this spaghetti and the electricity went out. My sister who was just 2 at the time cried for it until she started feeding it to her by candlelight. We had this at least once a week. It's enjoyed by everyone in the family.

Donna Morris,

Salisbury Steak

One pound ground beef
 1/2 cup bread crumbs
 1 egg
 2 tsp Italian spices
 1 tsp sage
 1/2 tsp pepper
 3 Tbsp Worcestershire sauce
 2 Tbsp butter
 1 can French onion soup
 2 Tbsp flour
 1/4 cup ketchup
 3/4 cup beef broth
 8 oz fresh mushrooms

Mix first 7 ingredients. Form into patties. Brown meat in skillet. Remove meat once browned and add butter and mushrooms to skillet. Cook 5–10 minutes until mushrooms are tender. Add soup, flour, ketchup and broth. Simmer 5–10 minutes or until thickened. Add meat patties and cook until heated through.

THE STORY

This is Charlotte's son, Howard Morris's recipe. It was one of our favorites. He loved cooking for the family and was always changing up recipes to make them better.

Charlotte Morris

Turkey Pot Pie

2 pie crusts, deep dish
 1 cup evaporated milk
 1 envelope turkey or chicken gravy mix
 2 cups cooked cubed turkey or chicken
 1– 10 oz package frozen mixed vegetables (or leftovers)
 1/2 cup shredded cheddar cheese
 A pinch of thyme

1. Mix milk, gravy mix, turkey, vegetables and thyme.
2. Pour this into one frozen crust.
3. Break remaining crust into small pieces, toss with cheese and sprinkle over top of pie.
4. Bake in preheated 400 degrees oven for 35–40 minutes.

Jan Banks

Chicken and Dumplings

1 (3 pound) fryer
2 quart water
1 tsp salt
1 tsp black pepper

Wash chicken thoroughly. Place chicken in a large pot and cover with about 2 quarts water. Add salt. Bring to a rolling boil. Reduce heat to medium-low and cook for about an hour or until fork tender. Remove chicken and cool. Debone cooked chicken; cut in bite size pieces with kitchen shears. Pour broth back into pot; add chicken and black pepper and heat.

For Dumplings:
2 cups all purpose flour
1/2 tsp salt
1 Tbsp baking powder
1/4 cup shortening
3/4 cup buttermilk
3/4 stick butter
1/2 tsp black pepper

Sift flour, salt, and baking powder in a large bowl. Cut in shortening with a fork until mixture resembles meal. Make a 'dip' in the mixture; add buttermilk and stir with a fork until blended.

Use hands to turn dough until covered with flour. Turn flour on a floured surface. Knead until well mixed. Shape ball into 3 balls about the size of baseballs. Pat each ball out to desired thickness, about 1/16 of an inch. Slice dough into 2" strips. Repeat with the other 2 dough balls to make 3 batches of strips.

Bring broth and chicken to a boil; add butter. Drop dough strips one at a time into boiling broth. Do not stir. Push strips down carefully into broth with a fork. Reduce heat to medium-low. Add more strips. Be sure to cook the last batch of dumplings for 10 minutes.

Jean Mitchell

Creamy Chicken Enchiladas

1 1/2 cups shredded cheese
1/4 cup chopped cilantro
12- 6" flour tortillas
1 1/2 cups salsa
2 1/2 cups chopped cooked chicken
1 - can (10-3/4 oz) Cream of chicken soup
1 cup sour cream, divided

Preheat oven to 350 degrees. Line a large baking pan with Reynolds's wrap 18" wide Heavy Duty Aluminum foil. Grease or spray foil to prevent sticking. Combine chicken and soup with half of sour cream, cheese and cilantro.

Spoon 1/4 cup chicken mixture down center of each tortilla; roll up. Place seam sides down in foil-lined pan. Top with salsa and remaining cheese. Cover with foil.

Bake 15 minutes; remove foil. Continue baking 10 minutes or until cheese is melted.

Top with cilantro and sour cream.

Serve.

Bobbie Lowe

VEGETABLES



Marsha's Veggie Mixture

5-6 potatoes
 1 medium onion
 1 green pepper
 1 yellow pepper
 2 cans diced tomatoes
 Cooking oil
 2 small zucchinis
 2 small squash
 1 eggplant

Add small amount of oil to a large skillet. Add 5-6 very thin potatoes to skillet. Let cook on low temperature till softened. Cut up and add medium onion and peppers. Then cut up zucchini, squash, and eggplant and add. Add 2 cans diced tomatoes, (not drained). Simmer till all is soft and serve.

Kim Kelley

Shucky Beans

Wash 3 cups of beans through 2 or 3 waters. Parboil for 10 minutes (fast); rinse.
 Add:
 1 tsp salt
 Small amount of hot dried pepper
 3 Tbsp Crisco Oil

Pressure for 20-25 minutes. You may need to continue to open kettle cooker after you bring pressure down. Don't use pressure cooker top for this. This is to reduce water or if they aren't tender.

Jean Mitchell,

Roasted Vegetables and Sausage on the Grill

Use a med-large piece heavy duty aluminum foil and fold up edges to make packet. Cut up potatoes, asparagus, zucchini, squash or any vegetables you like. Cut up smoked sausage into small pieces. Season with salt and pepper. Add a little butter on top. Fold up edges of aluminum foil to a closed pocket. Put on grill and rotate once during cooking. Cook until tender.

This is a great meal to cook while camping or just grilling out at home.

* You can use a large aluminum pan or foil packets.

Jeannie Zanet

Ron's Baked Beans

1/2 cup onion, chopped
1 pound bacon, fried and chopped
1/2 cup barbecue sauce (Montgomery Inn Sauce)
1- 20 oz can pork and beans
1/2 cup brown sugar
1/2 tsp dried mustard

Cook bacon, remove and chop. Pour off 1/2 bacon grease, cook onion in grease until tender. Pour beans in greased 13 x 9 pan. Add onion while hot, and all other ingredients. Mix well. Cover and bake in 350 degrees oven for 30 minutes. Then uncover and bake another 30 minutes.

Donna Morris

Stewed Summer Squash

2 Tbsp olive oil
1 medium onion, chopped
4 cups (1/2" thick) summer squash rounds
1/2 tsp sugar
Salt and freshly ground black pepper
2 Tbsp butter
2 Tbsp heavy whipping cream
1 Tbsp finely chopped fresh chives
1 Tbsp finely chopped fresh basil

Heat the olive oil in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes. Add the squash, sprinkle with the sugar, and season with salt and pepper to taste. Cook, stirring, until the squash is slightly tender, about 5 minutes. Add the butter, cover, and cook until the squash is tender, about 10 minutes. Add the cream, chives, and basil and cook until the squash is very tender but not mushy, about 5 minutes. Remove from the heat and let the squash rest, uncovered, for 5-7 minutes. The sauce will come together and coat the squash in velvety goodness.

Jean Mitchell

Mashed Potato Cakes

Mashed potatoes (leftovers work wonderful)

Salt and pepper

Chopped onions

1 egg

Flour

Mix first 4 ingredients together. Stir in flour, just enough to make potato mixture not sticky. Roll into balls and smash flat. Fry in hot grease until golden brown. Drain on paper towels.

THE STORY

This is a recipe that my mother-in-law used to make. It was one of my favorites. I got married when I was 18. I never was interested in learning to cook growing up. And I will admit it's still not something I love to do. But a few things has stuck with me over the years.

Jeannie Zanet

Chow-Chow

2/3 kettle of shredded cabbage

2 large or 2 1/2 hot pepper finely diced

2 medium or 1 large onion

Mix all this together. Then pack into quart jars. Add 2 tsp of canning salt to each and 2 tsp white vinegar. Add warm water until it stands on top of the cabbage. Put lids and bands on loosely and let work for 9 days. Check each day to see if you need more water. After 9 days seal up tight. Leave for a month or so. Great with beans and cornbread.

Donna Morris,

Broccoli and Cauliflower Salad

1/2 head cauliflower
 1 bunch broccoli
 1 small purple onion, chopped
 1/2 cup grated cheese
 1/4 cup sugar
 1 cup Miracle Whip
 Bacon bits to taste

Break cauliflower and broccoli into bite-size pieces. Mix with all other ingredients and chill.

Jean Mitchell,

Chuck Wagon Baked Beans

(3) 1 pound cans pork and beans
 1 pound hamburger, browned and drained
 1/2 cup ketchup
 1/3 cup molasses
 1 Tbsp prepared mustard
 1/2 med onion, chopped
 Few strips of bacon

Heat oven to 375 degrees. Mix all ingredients together in a mixing bowl; pour into an ovenproof container. Cover top with bacon strips. Bake for approximately 1 hour.

Jeannie Zanet

Romaine Roasted Corn

6 Tbsp butter or margarine, softened
 1 tsp dried rosemary, crushed
 1/2 tsp dried marjoram
 6 ears corn on the cob
 1 Bunch romaine
 Salt and pepper to taste

In mixing bowl, combine the butter, rosemary, and marjoram; spread over corn. Wrap each ear in 2-3 romaine leaves. Place in a 13 x 9 inch baking dish. Cover and bake at 450 for 30-35 minutes or until corn is tender. Discard romaine before serving. Sprinkle corn with salt and pepper.

Jean Mitchell,

Glazed Fresh Beets

9 medium beets
1/3 cup vinegar
3 Tbsp all-purpose flour
2 Tbsp sugar
1 tsp salt
Dash of pepper

Leave root and 1 inch of stem on beets; scrub well with vegetable brush. Place beets in a saucepan and add water to cover. Bring to a boil; cover and cook 35–40 minutes or until tender. Drain, reserving 1 cup juice; pour cold water over beets and drain. Let cool. Trim off beet stems and roots and rub off skins. Dice beets.

Combine vinegar and dry ingredients, stirring well. Add to beets, along with reserved juice. Cook over medium heat, stirring occasionally, until sauce is thickened and bubbly.

Jean Mitchell

Easy Freezer Pickles

7 cups sliced cucumbers
1 cup sliced white onions
1 cup sliced hot or green peppers
1/2 Tbsp salt
1/2 Tbsp celery seed

3 cups sugar
2 cups cider vinegar

Mix together the first 5 ingredients in a large bowl/container.

In a separate bowl, mix together the sugar and vinegar until sugar is well dissolved. Pour the vinegar mixture over the cucumbers, onions, etc. and let stand for 1 hour, stir occasionally.

Spoon into freezer appropriate containers and freeze at least overnight.

This recipe comes from a beautiful lady who lived next door to me for years in Harlan KY. She baked her own bread, canned and froze her own fruit and vegetables, made her own clothes, etc. - nothing like me!! She moved back to her home state of West Virginia but we remained friends over the years until she passed away a few years ago. I never made these pickles without thinking of her sweet smile and laughter.

Paula Douglas

CASSEROLES



Chicken & Spaghetti Casserole

1 whole chicken
 1 small can mushrooms
 1 bell pepper, chopped
 1 onion, chopped
 1 small jar pimentos
 1 can cream of mushroom soup
 1 can cream of chicken soup
 1 stick melted margarine
 3/4 cup of milk (I use more)
 1-16 oz box spaghetti, cooked
 1 jar of cheese-whiz

Simmer whole chicken in water until meat is tender and pulls away from bones. Remove meat from bones and chop. Reserve broth. Cook spaghetti in broth and drain. Mix all ingredients together in large mixing bowl, and allow to set for three hours or over night in refrigerator. Bake in large oblong pan at 350 degrees for 45 minutes to one hour. Serves 15-20. Great dish for family reunions or church suppers.

THE STORY

I found this recipe in the Jackson Energy magazine about 20 years ago. I cut it out, put it in my recipe stash and forgot about it. About 8-9 years ago I came across it and decided to try it. I took it to a church event and it was a big hit. It's a great recipe for a large group.

Carol Binder

Broccoli Cheese and Chicken Casserole

2 1/2 cups water
 1 pkg. Uncle Bens broccoli cheese and rice
 8 oz diced chicken, sautéed
 3 cups frozen broccoli, chopped
 1/4 cup grated Cheddar cheese
 1 Tbsp dry bread crumbs

In a 1 1/2-quart casserole dish, combine water, contents of seasoning packet and rice. Stir well. Stir in chicken and broccoli. Bake uncovered for 20 minutes at 425 degrees. Reduce heat to 400 degrees and continue baking for 25 more minutes. Sprinkle cheese and bread crumbs on top of casserole. Return to oven for 10 minutes.

Jean Mitchell

Mashed Sweet Potato Casserole

1 large can sweet potatoes
3/4 cup sugar
1 3/4 sticks butter
2 eggs
1 tsp vanilla
1 can evaporated milk
1 cup brown sugar
1/3 cup flour
1 cup pecans, chopped

Mash potatoes. Blend in one stick of butter, sugar, eggs, vanilla and evaporated milk. Pour in Casserole dish.

Blend together remaining butter, brown sugar, flour and pecans. Sprinkle on top of potato mixture and bake at 350 degrees for 30 minutes or until knife comes out clean.

THE STORY

My granddaughter loves this sweet potato recipe. She always requests this for Thanksgiving and Christmas at LaLa's House.

Jeannie Zanet

Eggplant Casserole

1 large eggplant
1 cup cracker crumbs
1 cup shredded cheddar cheese, divided
1 (10 oz) can tomatoes and green chilies

Peel and slice eggplant. Place eggplant in saucepan, cover with water and cook for 10 minutes or until tender. Drain eggplant well on paper towels and mash. Stir in crackers, 3/4 cup cheese and tomatoes and chilies and mix well. Spoon mixture into 1-quart buttered baking dish and sprinkle with remaining cheese. Bake at 350 degrees for 30 minutes.

This is really good. Easy to fix. Try it!

Jeannie Zanet

Best Lasagna

12 oz. lasagna noodles
1 cup (8 oz) sour cream
30 oz. jar spaghetti sauce
3-4 cups Mozzarella cheese
1LB ground beef
1/2 – 1 cup onion

Cook noodles and drain. Brown ground beef with onion, add salt, pepper, garlic, etc to taste. Drain .

Add into beef, sour cream and spaghetti sauce and stir well. Layer in 9 x 13 pan, noodles, sauce w. Top with mozzarella cheese. Bake at 400 degrees for 25-30 minutes.

THE STORY

This is one of my husband's favorite recipes. It's easy and fast to fix, and taste delicious!

Jeannie Zanet

Spaghetti Sauce and Spaghetti

1 1/2 pounds hamburger
2 Tbsp minced onions or 1/2 cup chopped onion
1/2 tsp garlic salt
2 small cans tomato paste
2 small cans water
3/4 box spaghetti

Brown meat, adding onion and garlic. Cook for 20 minutes. Put tomato paste and water in with meat, onion, and garlic. Cook on medium for 20 more minutes. Make spaghetti by box directions. Mix together with sauce or place on top of spaghetti.

Recipe by Peggy Robinson
Submitted by: Kim Kelley

Mixed Vegetable Casserole

2 boxes frozen mixed vegetables
 1 cup chopped onion
 1 cup chopped celery
 1 cup mayo (or substitute sour cream)
 1/2 cup grated sharp shredded cheese

Topping:

2 cups crushed Ritz crackers
 1 stick margarine or butter

Cook and drain vegetables. Add onions, celery and mayo. Spread in 13 x9 pan. Top with cheese. Melt butter for topping and mix with crackers and cheese. Sprinkle on topping. Bake 300 degrees for 35–45 minutes until golden brown.

Donna Morris,

Broccoli & Rice Casserole

1 c. Minute Rice, raw	Salt & pepper
1 (16 oz.) pkg. chopped broccoli	½ c. milk
2 T. butter	1 can cream of chicken soup
1 small onion or T. dried onions	1 (8 oz.) jar Cheez Whiz

Cook broccoli according to directions and drain. Mix all ingredients together. Bake uncovered, 35 minutes–45 minutes at 350 degrees.

Kim Kelley

Pineapple Casserole

2 – cans pineapple tidbits (one can drained)
 1 1/2 cup sugar
 3/4 cups flour
 2 cups shredded cheddar cheese
 1 package of Ritz crackers
 2 – sticks margarine

Preheat oven 350 degrees. Mix together and put in Pyrex dish. Crush crackers and put on top. Melt margarine and pour over crackers. Bake.

Recipe by Marsha Schiff. SUBMITTED by Kim Kelley

Chicken Casserole

Mix:

1 cup frozen peas and carrots
 1 cup chopped potatoes
 1/2 cup chopped onions
 1 cup chopped broccoli
 Cook until almost done.

Add:

12.5 oz can chicken
 1 cup cheese spread or 1 cup cheddar cheese
 1 can cream of chicken soup

Pour all ingredients into a large casserole dish. Top with Ritz cracker crumbs 1 1/2 sleeves, crushed fine. Cover crumbs with melted butter. Cover. Bake @ 400 degrees about an hour.

Jean Mitchell

Dorito Casserole

1 (14.5 oz) pkg. nacho cheese flavored Doritos, lightly crushed
 2 1/2 – 3 cups rotisserie chicken, shredded and cut into small pieces
 1 can black beans, rinsed and drained
 1 (15.25 oz) can corn, drained
 8 oz Colby jack cheese, shredded and divided
 1– 10 oz mild diced tomatoes and green chilies
 1 (10.75oz) can condensed cream of chicken soup
 8 oz sour cream
 1 Tbsp taco seasoning

–Preheat oven to 350 degrees. Lightly spray a 9x13 baking pan with cooking spray.

–Spread half the crushed chips into the bottom of the prepared pan.

–In a large bowl, stir together the chicken, black beans, corn, 1 cup of the cheese, green chilies, cream of chicken soup, sour cream and taco seasoning.

–Spread the mixture evenly over the chips in the baking pan.

–Bake for 20 minutes. Spread remaining chips evenly over the top, then sprinkle with the remaining cheese. Bake another 5–7 minutes or until the cheese is melted.

This is one of my favorite dishes. Easy to fix and delicious!

Jeannie Zanet

Broccoli Elegant

1 1/2 cups water
1/4 cup butter
1 - 16 oz Stove Top Stuffing
2 - (10 oz) packages frozen broccoli, thawed
2 T butter
2 T flour
1 t. Chicken bouillon granules
3/4 cup milk
1 - 3 oz cream cheese, softened
4 green onions, sliced
1/4 t salt
1 cup (4 oz) sharp cheddar cheese, grated

Make stuffing using water and butter, let stand 5 minutes. Spoon stuffing around inside edges of buttered 13 x 9 baking dish. Place broccoli in center of dish. Melt butter, add flour, stir until smooth. Cook one minute, stirring constantly. Stir in bouillon granules, gradually add milk, cook until thick and bubbly. Add cream cheese, salt, stir in onion. Spread over broccoli. Sprinkle with shredded cheddar cheese . Bake 35 minutes at 350 degrees. Cover with foil and bake an additional 10 minutes.

Bobbie Lowe

DESSERTS



Heath Bar Cake

3 large eggs
1 cup water
1/3 cup oil
1 package Heath chips
1 box Duncan Heinz yellow cake mix
1 small box instant vanilla pudding
1/2 cup chopped pecans

Mix eggs, water, and oil together. Combine cake mix and instant pudding with the eggs, water and oil, Heath chips. Mix until all lumps are gone. Add chopped pecans. Spray bundt cake pan with Baker's Joy. Sprinkle a few chopped pecans in pan. Bake 1 hour at 325 or 350 degrees oven. As soon as cake comes out, turn cake out of pan on to plate. Cover with a towel so it won't sweat.

Buttermilk Glaze

1 cup sugar
1/4 cup butter
1 Tbsp white syrup
1/2 cup buttermilk
1/2 tsp soda
1/2 tsp vanilla

Combine and cook to soft ball, stage. Beat until thick as desired. Pour over cake.

THE STORY

Opal Miracle was from Harlan KY. She was a member of Harlan Baptist Church for 55 years. She worked for Bell Telephone System as a telephone operator for 30 years and then several more in their business office. She showed her love for people by baking cakes and making candies for friends, neighbors, and anyone she became associated with. It was a passion she enjoyed until her death in May 2020. She was 96 years old.

Kim Kelley

Doty May's Christmas Cake

5 eggs 1 tsp cinnamon
4 cups flour 1 tsp cloves
1 cup butter 1 tsp nutmeg
1 cup buttermilk 2 packages dates
1 pound brown sugar 1 box raisins
1 cup sorghum 1 package figs
2 cups jam 1 jar mincemeat
1 cup grape juice 1 pound candied fruit
2 cups preserves 1 pound nuts
2 tsp soda
Extra flour to dredge nuts and fruits.

Cream butter and sugar. Add well beaten eggs and stir in sorghum. Add soda to batter mix. Add grape juice. Sift dry ingredients. Add jam and preserves. Add buttermilk and soda mixture alternately with dry ingredients. Fold in mincemeat. Stir in fruits and nuts that has been chopped and floured. Line pan with well greased brown paper. Pour in batter. Lift brown paper over pan and tie down. Steam for 3–4 hours. Remove paper from top of pan. Bake in 350 degrees oven for 30 minutes. Let cool overnight before applying icing. (The sorghum and mincemeat can be left out, if desired)

Note: this recipe will fill two regular tube pans.

THE STORY

This old fashioned fruit cake recipe comes from the May Family of Gunn's Chapel, Garrard County KY. Talton and Doty Agee May, my grandparents, were married around 1900 and were blessed with 11 children.

Phyllis May Hulett

Big – Batch Banana Pudding

Makes 10–12 servings

2 cups sugar
6 heaping Tbsp self-rising flour
1 – 12oz can evaporated milk
4 egg yolks plus 3 egg whites
4 cups hot water
2 pinches of salt
2 tsp vanilla extract
One 11oz box of vanilla wafers
3–4 bananas cut into slices
One 7 oz jar marshmallow cream

Preheat oven to 350 degrees.

Combine the sugar, flour, and 1/2 can of evaporated milk in a large saucepan. Mix well. Add remaining evaporated milk and egg yolks. Slowly stir in the hot water. Heat the mixture over low heat, stirring constantly, until it thickens.

Remove from the heat and add a pinch of salt and vanilla.

Line the bottom of a 9 x 13" pan with the vanilla wafers. Top with sliced bananas in an even layer. Pour the pudding over the wafers and bananas.

Using an electric mixer, beat the egg whites and a pinch of salt to soft peaks. Add the marshmallow cream and beat to stiff peaks.

Evenly spread the meringue over the pudding and bake until the meringue is golden brown, 15–20 minutes. Let the pudding cool and set for 15 minutes before serving.

THE STORY

On a hot day in the summer, Mommy would get all of us kids together and put us in the car. She had a big yellow Pyrex bowl full of banana pudding, she would set it up in the back window of the car. Daddy would drive us up in the mountains of Harlan to his brother's house. Every time he would go around a curve the pudding would go sliding, and everyone would yell, "Hold the pudding!". This has always been a memory for us kids.

Jean Mitchell

Peanut Butter Cup Brownies

1 box of your favorite brownie mix
 1/4 cup of peanut butter
 Semi-sweet chocolate chips
 Peanut butter morsel chips

Instructions:

Preheat oven to 350 degrees.
 Grease a 12 cup muffin tin.
 Prepare brownies as directed on box.
 Spoon brownie mix evenly into muffin tin.
 Bake as directed for about 20 minutes or until toothpick inserted comes out clean.
 Allow to cool for few minutes, then use spoon to make indentation in center.
 Melt peanut butter in microwave for 30 seconds and stir until smooth.
 Spoon small amount of peanut butter in each indentation.
 Top with both chocolate and peanut butter chips.
 Cool in pan and then remove to wire rack.
 Store in sealed container.

THE STORY

This recipe was given to me from my dear friend.

Jeannie Zanet

Buttermilk Pie

2 cups sugar
 2/3 cup buttermilk
 3 eggs
 1 stick of butter, melted
 1 teaspoon vanilla

Mix well with spoon (do not use mixer). Pour into an unbaked pie shell. Place in 425 degree oven for 10 minutes, then reduce heat to 350 degrees and back 35 minutes longer.

THE STORY

My sister Sarah (Sally) Larkey Johnson who lived on N. Mill St mastered this recipe and I loved it as did so many others.

Vera Larkey House Pedigo

Apple Crunch Cake

2/3 cup shortening
2 cups sugar
2 eggs
2 cups flour
½ teaspoon salt
2 teaspoons soda
1 teaspoon cinnamon
1 teaspoon nutmeg
3 cups fresh apples diced
2 tablespoons flour
½ cup brown sugar
½ cup pecans
2 tablespoons butter

In a large mixing bowl, combine 2/3 cup shortening, creamed with 2 cups sugar. Add 3 eggs, beating after each addition. Sift together 2 cups flour, ½ teaspoon salt, 2 teaspoons soda, 1 teaspoon cinnamon, and 1 teaspoon nutmeg. Dice 3 cups fresh apples and mix with the other ingredients. Spread in long pan and cover with mixture of 5 tablespoons flour, ½ cup brown sugar, ½ cup chopped pecans, and 1 tablespoon butter. Bake in slow oven at 325 degrees for about 1 hour.

THE STORY

My mom, Thelma Lee Fouts made this apple cake often and now today, I occasionally still make it. It is good served warm or cool. This a great cake to take to most any event because apples are so regionally loved.

Sharon Kay House

Mom's Lemon Bisque

1 – 3 ounce package of lemon jello
 1 1/3 cups boiling water
 Juice of ½ lemon
 1 small can of evaporated cream, chilled
 1 ½ cups crushed graham crackers

Dissolve jello in boiling water and refrigerate until thick but not set. Whip Cream with mixer until stiff. Add lemon juice and jello to cream. Fold with spoon until well mixed. Pour into a flat pie pan or 8 inch casserole dish that has been sprinkled with graham crackers (reserve about 2 tablespoons of the crumbs to garnish top.

THE STORY

This was my mother Mae Peavler Larkey's pride and joy. She served it always when the church missionary ladies came to her home for meetings. I loved it so much that I always made sure I got some before the ladies came.

Vera Larkey House Pedigo

Mama's Chocolate Cream Pie

2 tablespoons of Crisco
 6 tablespoons of flour
 1 ½ cups milk
 2 sq. unsweetened chocolate or 2 ½ tablespoons of cocoa
 ¾ cup sugar
 ¼ teaspoon salt
 2 egg yolks
 1 teaspoon vanilla

Melt Crisco. Add flour, milk, chocolate, sugar, salt and egg yolks. Bring slowly to boiling point. Stir constantly until thick and smooth. Remove from heat and add vanilla. Pour into a baked pie shell. Cover with meringue and bake until golden brown.

THE STORY

My mom always made this pie from memory and I kept begging her to write it down so I would always have it. It is my favorite chocolate pie ever.

Sharon Kay House

Yummy Pumpkin Cake

Grocery list:

Spice cake mix

Canned pumpkin

Small jar Caramel Sauce (for ice cream)

8 oz cream cheese

Powdered sugar

Cool Whip

Cake

1 box Spice Cake mix

1 cup Pumpkin

1 cup of water

3 eggs

1 1/2 cups vegetable oil

Mix together. Pour in 9 x 13 prepared pan and bake in preheated 350* oven.
Bake till toothpick comes out clean.

Poke holes in cake. I use the handle of round wooden spoon.

Pour 1/2 cup of caramel sauce (microwave till pourable) over Cake.

Icing

8 oz softened cream cheese

2 TBSP milk

1 cup powdered sugar

1 1/2 cup Cool Whip

Mix all together. Spread on top of cake. Drizzle remains caramel sauce on top.

Jeannie Zanet

Fried Apple Pies

1 can refrigerated biscuits
 Applesauce or canned apples
 1 tsp Cinnamon, or to taste

Roll out biscuits flat, one at a time.
 Mix applesauce or apples with cinnamon.
 Put a Tbsp of applesauce in each biscuit, fold and seal up the edges.

Fry in a skillet of hot oil. It won't take long to brown on each side. Drain on paper towel. Sprinkle with a little sugar and cinnamon. Enjoy!

THE STORY

This recipe was my mother-in-law's. She would make these with my boys when they were little. They loved going there for Granny's Apple Pies. She let them help her in the kitchen. They each got to roll out the biscuits and fill them and seal them up. She would fry them and the boys could hardly wait to eat them!

Jeannie Zanet

Chocolate Pie

2/3 c sugar
 2 1/2 cup milk
 5 TBSP flour
 3 TBSP chocolate
 1/2 tsp salt
 3 egg yolks
 1 tsp vanilla

Combine sugar, flour, and salt; gradually stir in milk. Cook and stir over medium heat til bubbly. Cook and stir 2 minutes.
 Stir small amount hot mixture into yolks; immediately return to hot mixture; cook 2 minutes, stirring constantly.
 Remove from heat. Add butter and vanilla. Pour into cooled baked pastry shell. Spread meringue on top of pie and bake at 350 degrees for 12-15 minutes. Cool.

THE STORY

In 1960 my sister Doris was in home economics class at London High School. Her teacher was Wilma Creech House. She taught Doris how to make it and Doris taught me.

Carol Binder



Ritz cracker cookies No Bake Candy coated!

Ingredients

80 Ritz crackers (1 whole box that contains 4 sleeves)
 3/4 cup creamy peanut butter
 3 (14 ounce) bags white chocolate candy melts (white chocolate candy melt wafer discs)
 1/3 cup miniature M&M's chocolate candies

Directions:

In Ritz cracker box there are 4 sleeves of crackers. Take 2 sleeves of crackers and top each cracker with enough peanut butter to coat gently – then top with remaining 2 sleeves of crackers which makes cracker sandwiches.

Microwave candy melts according to package directions. (I basically cook at 1/2 power and 30 second intervals until candies are melted stirring after each 30 second interval).

Drop cracker sandwich into melted chocolate, coat completely & remove with fork shaking off excess chocolate. Top immediately with mini M&M's or sprinkles, or colored sugar, etc. Cool completely before serving/storing.

THE STORY

I am not sure where this recipe originated, but each year I make these numerous times for all sorts of occasions. At Halloween they make great spiders. Just add confection eyes and pretzels for legs.

Debbie Gilbert

Key Lime Pound Cake

4 stick butter, unsalted, room temperature
3 c sugar
6 large eggs,
4 c all-purpose flour
1/2 c fresh key lime juice
1/4 c evaporated milk
4 tsp key lime zest, minced
1 tsp vanilla

In a large mixing bowl, cream butter sugar and eggs, then whip for about 1 minute on medium mixer speed. Slowly spoon in the flour at a reduced blender speed. Add key lime juice, evaporated milk, lime zest and vanilla, and continue to mix at medium speed for about 2 minutes. Pour into a bundt or tube pan that has been lightly greased and floured. Bake at 350 degrees for approximately 1 hr 15 min to 1 hr 30 min or until toothpick comes out clean when inserted. Cool in the pan for 10 to 15 minutes and then invert onto cooling rack.

KEY LIME CREAM CHEESE ICING

8 oz cream cheese, room temperature
3-4 Tbsp butter, room temperature
4 c confectioner's sugar
1/4 c freshly squeezed key lime juice
2-3 tsp key lime zest
1 tsp vanilla extract

In a large mixing bowl, cream together cream cheese, butter, key lime juice, zest and vanilla. Begin to slowly add powdered sugar. When cake is completely cooled, spread icing over cake. Garnish with a small amount of lime zest.

Debbie Gilbert

Cappuccino Brownies

1/2 cup butter
3-oz unsweetened chocolate, cut up
1 cup granulated sugar
2 eggs
1 tsp vanilla
2/3 cup all-purpose flour
1/4 tsp baking soda
1 tsp instant coffee crystals
1 Tbsp whipping cream
1 cup sifted powdered sugar
2 Tbsp butter, softened

Grease 8 x 8" pan; set aside. In a heavy medium saucepan cook and stir 1/2 cup butter and unsweetened chocolate over low heat until melted. Remove from heat; cool slightly. Stir in granulated sugar. Add eggs, one at a time, beating with a wooden spoon just until combined. Stir in vanilla.

Combine the flour and baking soda. Stir flour mixture into chocolate mixture just until combined. Spread in the prepared pan. Bake in a 350 degrees oven for 30 minutes.

For topping, dissolve coffee crystals in cream. In a small bowl beat together powdered sugar and the 2 tablespoons butter with an electric mixer on medium speed until combined. Add the whipping cream mixture and beat until creamy. If necessary, beat in enough additional whipping cream to make a mixture of spreading consistency. Spread the topping over warm brownies. Cover and chill about 1 hour or until topping is set.

Frost with chocolate frosting if desired.

Homemade Chocolate Frosting

1 cup semisweet chocolate pieces
1/3 whipping cream

In a small saucepan combine chocolate and whipping cream. Cook and stir over low heat until mixture begins to thicken.

Pour on top of cake hot or let cool and spread on.

Jeannie Zanet

Easy Cookies

1 package cake mix (any flavor)
1 egg
1 TBSP vegetable oil
1/4 cup water

Preheat oven 375 degrees. Stir ingredients together until well mixed. Lightly spray nonstick cooking spray onto cookie sheet. Drop cookie dough onto pan about 1" apart. Do not flatten. Bake 8-12 minutes.

THE STORY

Easy cookie recipe. I got this recipe at a county extension event several years ago. It's been one of favorite since.

Jeannie Zanet

Caramel-Pecan Pie

3 eggs
2/3 cup sugar
1 cup (12-oz jar) caramel topping
1/4 butter or margarine, melted
1 1/2 cups pecan halves
1- 9" unbaked pie shell

In mixing bowl, beat eggs slightly with fork. Add sugar; stir until dissolved. Stir in caramel topping and butter; mix well. Stir in pecan halves. Pour filling into pie shell.

Bake at 350 degrees for 45 minutes or until knife near center comes out clean. Cool thoroughly on rack before serving. Cover and store in refrigerator.

Jeannie Zanet

Ice Cream Delight

10–12 ice cream sandwiches

1 large bowl of cool whip, thawed enough to spread

About 24 of the miniature Butterfinger candy bars, crushed

Layer in a freezer safe 9 x 13 pan or plastic pan, the ice cream sandwiches. Spread cool whip over the sandwiches. Add crushed butterfinger candy bars. Put tight lid on top and put in freezer until ready to serve.

THE STORY

This is a family favorite. You will be surprised how good this easy to make 'cake' really is.

Jeannie Zanet

Easy Peach Cobbler

1/2 stick butter, melted

3/4 cup self-rising flour

1/2 cup sugar

1/2 cup milk

2 cups sliced peaches

Spread the butter in baking dish. Mix the flour, sugar, milk in a mixing bowl and pour into baking dish. Spoon peaches over flour mixture. Bake at 350 degrees for one hour.

THE STORY

I like this warm with a scoop of ice cream. Yummy!

Jeannie Zanet

Orange Cream Cake

1- (2-layer) pkg. with pudding orange cake mix
2- (14oz.) cans sweetened condensed milk
2/3 cup lemon juice
8- oz cool whip topping

Prepare and bake the cake mix according to directions for two 8" cake pans. Cool as directed. Mix half the condensed milk and half the lemon juice in a bowl. Spread between the cake layers. Mix the remaining condensed milk, remaining lemon juice, and the cool whip in a bowl. Spread over the top and side of cake. Chill until ready to serve.
This can also be used with lemon cake.

Jeannie Zanet

Apple Dapple

1 cup white sugar
2 tsp cinnamon
Put this into a ziplock bag and mix.

2 cans Pillsbury original Grands
Cut into 1/4 inch pieces and place in sugar mixture to coat each piece. Place each piece into a greased 9 x 13 pan.

Place 1 can of apple pie filling on top of biscuits. You can use a couple of Granny Smith Apples for extra or 2 cans of apple pie filling.

Melt 1 stick butter and add 1 1/2 cups of brown sugar and pour over apples.

Bake at 350 degrees for 40-50 minutes until golden brown around edges.

While hot, mix 1/2 stick butter, 6 ounces cream cheese, 1/2 tsp vanilla. Drizzle over and add pecans.

Enjoy!

Beverly Smith,

Aging Cake

Bake a devils food cake in two round cake pans.

Divide each cake after cooled in two pieces with thread or dental floss. You will have 4 round cake pieces.

Icing:

1- large container of Cool Whip

1 cup sugar

1 cup sour cream

Mix well and spread over cake. Keep refrigerated until ready to serve. Supposed to get more moist over several days.

Beverly Smith

Miniature Oreo Cheesecakes

24 Oreo cookies

24 ounces cream cheese, softened

3/4 cup sugar

3 eggs

1 cup chocolate syrup

Line 24 muffin cups with paper liners. Place one cookie in each.

Beat the cream cheese and sugar in a mixing bowl until blended and smooth.

Add the eggs and beat for two minutes. Spoon 1/3 cup of the mixture over each cookie. Bake at 350 degrees for 18 minutes. Chill thoroughly. Drizzle chocolate syrup over each cheesecake just before serving.

THE STORY

I got this recipe out of my 5 ingredients cookbook. This is a great desert to take for parties. Easy to travel with and delicious.

Jeannie Zanet

Three Ingredient Cookies

1 cup peanut butter
1 cup sugar
1 egg

Mix together. Spoon onto wax paper or greased baking sheet. Bake at 350 degrees until slightly brown on top. Be careful not to overcook.

THE STORY

This recipe was given to me by my aunt around 30 years ago. So long ago she doesn't remember giving it to me. These are my husband's favorite.

Jeannie Zanet

Caramel Corn

1 cup margarine
2 cup brown sugar
1 Tbsp molasses
1/2 cup white corn syrup
1/2 tsp salt
1/2 tsp soda
20 cups popped corn

Combine margarine, brown sugar, molasses, white corn syrup and salt; bring to a boil. Add soda; continue boiling 5 minutes, stirring constantly. Pour over popped corn. Bake 1 hour at 250 degrees, stirring every 15 minutes. You may add peanuts if desired. Pour out at once onto waxed paper. Store in airtight container when cooled.

Jean Mitchell,

Punch Bowl Cake

1 box yellow cake mix
 6 oz instant vanilla pudding, you can use sugar free or regular
 3 bananas sliced
 1-8 oz can crushed pineapple with syrup
 1 pkg frozen strawberries or 1 quart fresh
 12 oz tub Cool Walnuts and maraschino cherries optional

Bake cake according to directions. Cool. Cut into bite size pieces. Place in bottom of punch bowl. Prepare pudding according to directions. Layer over cake. Layer remaining ingredients in following order: bananas, pineapple, strawberries and whipped topping . Garnish with nuts and cherries. Enjoy!

THE STORY

This is my favorite cake to make and take. Easy and delicious! There's never any leftovers!

Jeannie Zanet

Creamsicle Cake

1 box orange cake mix
 Follow directions on box but use milk instead of water, also add 1/2 tsp orange flavoring. Line pan with parchment paper. Bake at 350 degrees for 40 minutes.

Filling:

1 pint sour cream
 2 cups powdered sugar
 1 large cool whip

After cake cools, turn out and cut in half with dental floss, so that now you have 2 thin 13 x 9 cakes, turning this into a two layer cake. Put half back in pan and top with 1/2 filling. Place second half on top of this half and top with rest of filling. Decorate with thinly sliced oranges.

Donna Morris

Mary Catherine's Chocolate "WET" Cake

2 c. sugar	1 c. water
2 c. flour	½ c. buttermilk
½ tsp. salt	1 tsp. soda
1 stick margarine	1 tsp. cinnamon
4 Tbsp. cocoa	1 tsp. vanilla
½ c. shortening	2 eggs

Combine sugar, flour, and salt in a bowl. In a saucepan, combine and boil margarine, cocoa, shortening and water. Cool. Pour over sugar mixture in the bowl. Add ½ cup buttermilk, soda, cinnamon, vanilla and eggs. Mix well. Batter will be thin. Pour into a greased and floured 9 x 13 inch pan. Bake 25 minutes at 400 degrees. Frost with Cocoa Frosting.

THE STORY

Mary Catherine Surgener lived to be 100 years old. She was in my Sunday School class at church, which is made up of the oldest woman in the church. Mary Catherine was a delightful person and a dedicated Christian. She was also a strong and intuitive woman, having been a school teacher by trade. When asked one time what she felt was important in working with students. She said, "I think one of the most important things a teacher can do is establish confidence in a child. When they feel successful, there are no limits to what they can do." When asked how to build confidence, she replied, "Instead of looking for perfection, look for something the child is doing well and compliment him on it. Tell him you are proud of him and you feel sure he can do it. If a mistake must be pointed out, be kind and never dwell on the mistake."

Kim Kelley

Coconut Cake

1 yellow cake mix
1 can Eagle Brand Milk
1 container Cool Whip
1 1/2 cups coconut

Bake cake as directed.

When cake is cool, poke holes all over the cake and pour the Eagle Brand milk into the holes.

Cover with cool whip and cover the cool whip with coconut. Refrigerate overnight and enjoy!

Beverly Smith

Banana Split Cake

2 cups graham cracker crumbs
 2 cups powdered sugar
 4-5 bananas
 1 carton Cool Whip
 Maraschino cherries
 1 stick melted butter
 2 sticks col margarine or butter
 2 eggs
 1 large can crushed pineapple, drained
 3/4 cup chopped pecans

Mix graham cracker crumbs and melted shortening. Press into long baking dish. Combine cold shortening, sugar and eggs. Beat 15 minutes. Spread over crumbs. Slice bananas on top of egg mixture. Cover with pineapple. Spread cool whip over this and garnish with cherries and nuts.

Donna Morris

Banana Pudding

Mix together in saucepan:

2 cups cream or milk
 1 3/4 cup sugar
 5 Tbsp cornstarch or flour
 2 beaten egg yolks

Mix eggs with small amount of above mixture until smooth. Cook over medium or low heat until thick, then add 1 tsp vanilla.

In a bowl place one layer of vanilla wafers, then one layer of sliced bananas, then a layer of pudding. Repeat all three layers until pudding is gone. Top with wafers or save egg whites and make meringue.

THE STORY

This is a family favorite it's at least 150 years old.

Donna Morris

Mom's Carrot Cake

Cake:

2 cups sugar

2 cups flour

3 cups grated carrots

2 tsp cinnamon

1 1/2 cups nuts

1-1/2 cups oil

4 eggs

Heat oven to 350 degrees. Beat eggs; add sugar and oil. Add dry ingredients to mixture. Add nuts and carrots. Bake one hour in a greased and floured pan.

ICING

1LB powdered sugar

1 (8 oz) cream cheese, softened

1 tsp vanilla

1 stick melted butter

Blend and spread on cake.

THE STORY

This has always been one of my favorite cakes my mom made. It is a recipe she got from her mom.

Jeannie Zanet

Cayleigh's Stuffed Apple

Take one apple and cut in half. Take a spoon and dig the seeds out of middle. Place 2 halves on microwave safe plate for 1 minute on high. Take out and put granola and drizzle with honey. Eat and enjoy.

THE STORY

This is my 9 year old granddaughter's recipe. She sure hopes you like it!

Jeannie Zanet

Summer Fruit Cake

1 Angel food cake
 1 can fruit cocktail, well drained
 1 cup mixed grapes for color
 1 cup pineapple, drained
 1 small can mandarin oranges, drained
 1 cup strawberries
 1 cup coconut
 1 cup miniature marshmallows
 1 cup nuts, your choice
 1 tub cool whip
 1 bag strawberry filling

Drain all fruit well. Tear cake into small pieces. Put cake in bottom of large bowl. Add all of the fruit, coconut, marshmallows, nuts, strawberry filling and cover with cool whip.

Refrigerate and serve.

THE STORY

My neighbor and friend Elsie is in her 80's. She made this recipe and I loved it. Very light and cool for summer. Easy to double for large crowds.

Jenny Scalf,

Easy Cherry Cake

1 box white cake mix
 1 large box cherry jello mix
 Cool whip
 Cherry pie filling

Bake cake according to directions. When cake cools, poke holes with a drinking straw. Mix jello with 1/2 water called for. Pour Jello over cake. Top with cool whip and cherry pie filling. Keep refrigerated.

Charlotte Morris

Cream Cheese Brownies

1 box Duncan Hines milk chocolate brownies.

Mix using cake like directions. Pour 2/3 mixture into 9 x 13 pan.

Cream Cheese mixture:

6 oz cream cheese	2 eggs
5 Tbsp butter	2 Tbsp flour
1/3 cup sugar	1 tsp vanilla

Melt cream cheese and butter in sauce pan and then blend in the other items and pour over the brownie mixture. Drizzle remaining brownie over the cream cheese and swirl with a knife. Bake for 35 minutes @ 350 degrees.

ICING:

1 box powder sugar	1 tsp vanilla
1 stick Parkay butter	2 Tbsp milk
2 Tbsp cocoa	

Beverly Smith

The Best Prune Cake Ever

1 cup oil	1 ½ cups sugar
3 eggs	1 tsp salt
1tsp soda	1 tsp nutmeg
2 cups all-purpose flour	1 cup chopped pecans
1 cup buttermilk	1 tsp cinnamon
1 cup buttermilk	1 tsp allspice
1cup chopped prunes	1 tsp vanilla

Flour the prunes so they don't clump together. Blend oil and sugar. Add eggs. Add dry ingredients alternately with buttermilk. Add vanilla and prunes. Pour into greased and floured tube pan. Bake 1 hour @ 350 degrees or until toothpick inserted comes out dry.

Topping:

1 cup sugar	1 Tbsp White Karo syrup
1 cup buttermilk	¼ cup butter
1 tsp soda	½ tsp vanilla
1/2 tsp vanilla	

Boil all ingredients until it forms a soft ball in cold water. Punch holes in cake. Pour on hot cake without beating.

Jean Mitchell

Granny's Old-Fashioned Stack Cake

$\frac{3}{4}$ cup oil
 1 cup sugar
 1 cup molasses
 3 eggs
 1 cup buttermilk
 4 cups plain flour
 1 $\frac{1}{2}$ teaspoons soda
 1 teaspoon salt
 1 teaspoon vanilla
 1 teaspoon cinnamon
 1 teaspoon ginger
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon nutmeg
 1 gallon dried apples

This recipe will make two 6 layer Dried Apple Stack Cakes

First, wash and cook the dried apples. Cook until very dry. This takes about 30 minutes or until tender. Stir occasionally, making sure they do not stick or burn. While still hot, mash with a potato masher (I usually put mine in a blender). When cooled sweeten to taste. Different varieties of apples require different amounts of sugar. Add about 2 teaspoons of cinnamon to the apple mixture. Set aside while baking cakes.

Grease and flour 8 or 9 inch cake pans and set to side.

In a large mixing bowl, add oil, sugar, molasses, and mix well. Add eggs one at a time. Next, sift together the flour, soda, and spices. Mix dry mixture alternately with buttermilk. Put $\frac{2}{3}$ cup of batter into each pan and bake at 375 degrees for 12 to 15 minutes. I place one of the layers on a cake serving plate and while warm, spread the apple mixture (about 3 heaping tablespoons or so) between each layer. Continue stacking and spreading layers until you have all six layers. Do not put apples on the top layer.

THE STORY

My granny passed away when I was in third grade, but all of my life my mom has made dozens of these stack cakes. Holidays, reunions, and church socials were always times that we enjoyed the cakes. Today she makes them for my son. Often times she will make one stack cake and about 20 fried apple pies that we all love so much.

Ollie Clark

Carmel Apple Upside Down Cake

$\frac{3}{4}$ cup light brown sugar (packed)
5 tablespoons butter
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
2 Granny Smith apples
2 cups plain flour
1 teaspoon baking powder
2 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
1 stick of butter (room temperature)
1 cup sugar
 $\frac{3}{4}$ cup brown sugar
2 eggs
1 teaspoon vanilla
 $\frac{3}{4}$ c milk plus 1 tablespoon

Preheat oven to 350 degrees. In a 9 to 10 inch iron skillet, add 5 tablespoons of butter, brown sugar, $\frac{1}{2}$ teaspoon of cinnamon, $\frac{1}{4}$ teaspoon salt and cook over medium heat for about two minutes stirring constantly. Next, layer the hot mixture with apples that have been peeled and sliced into $\frac{1}{2}$ inch slices. Remove from heat. In a large mixing bowl, add one stick of butter, sugars and beat with mixer (I use my Kitchen Aid). Next, add eggs and vanilla. Begin adding dry ingredients that have been sifted together, alternately with the milk. Pour over the caramelized apple mixture and place in the oven and bake for about 45 to 50 minutes or until the toothpick comes out clean when inserted. Let cake cool in skillet for about 15 to 20 minutes before inverting onto cake plate. Let cool to slightly warm before slicing, but this cake served warm is to die for.

Debbie Gilbert

Rum Cake

½ cup chopped pecans
1 box yellow butter cake mix
1 small box of vanilla instant pudding
½ cup rum
½ cup water
½ cup oil
4 eggs

Preheat oven to 325 degrees. Grease and flour bundt or tube pan. Spread nuts evenly on bottom of prepared pan. In a large mixing bowl, add cake mix and pudding. Add rum, water, and oil and mix well. Beat eggs, and add to cake mixture. Continue mixing well until there are no lumps in the batter. Pour into prepared pan and bake 45 minutes or until toothpick comes out clean when inserted into center of cake. While cake is baking, prepare sauce.

Sauce

1 cup sugar
1 stick of butter, unsalted
¼ cup rum
¼ cup water

Place all ingredients in a small saucepan and bring to boil. Boil for 2 to 3 minutes. When cake is removed from oven, pour sauce over cake while still in pan. Allow to rest for 30 minutes in pan. Invert to cake plate and serve slightly warm. This cake is also delicious refrigerated.

Debbie Gilbert

BEST Banana Pudding

2 bags vanilla wafers
6-8 bananas, sliced
2 cups milk
1 (5 oz) Box French vanilla pudding
1 (8 oz) pkg cream cheese
1 (14oz can sweetened condensed milk
1 (12 oz) container frozen whipped topping, thawed

Line the bottom of a 13 x 9 inch pan with layer of cookies and layer bananas on top.

In a bowl, combine milk and pudding mix and blend well with a electric mixer. Using another bowl, combine cream cheese and condensed milk together and mix until smooth. Fold whip topping into the cream cheese mixture. Spread over bananas. I like to add another layer of cookies and bananas and top with remaining creamy mixture. Add remaining cookies on top. Cover and refrigerate until ready to serve.

THE STORY

I make this pudding every holiday. It's my husband's favorite banana pudding. He even told me this is better than his mom's. This recipe is from Paula Dean. It's too good not to share!

Jeannie Zanet

Maple Pecan Cake

Preheat oven to 300 degrees and prepare tube pan by greasing and lining with parchment paper.

Cream together:

1 cup butter

2 cups sugar

Add 6 egg yolks, beating well after each.

Sift together:

3 cups plain flour

½ teaspoon of soda

Add alternately with:

1 cup sour cream

Blend in:

2 teaspoons of maple flavoring

1 cup chopped pecans

Fold in:

6 stiffly beaten egg whites

Spoon batter into prepared tube pan and bake 1 ½ hours at 300 degrees.

THE STORY

I can't remember who gave me this recipe, but I think it was my husband's Aunt Joyce. Honestly, this cake usually falls a little each time I bake it, but the flavor and texture are so wonderful that I don't mind. If you prefer a lighter cake, use only 2 cups of sugar.

Debbie Gilbert

Fresh Apple Cake

Preheat oven to 325 degrees

2 cups sugar
3 eggs
1 ½ cups oil
3 cups flour
1 teaspoon salt
1 ½ teaspoon soda
1 ½ teaspoon cinnamon
1 ½ teaspoon nutmeg
1 ½ teaspoon cloves
3 cups diced apples

In a large mixing bowl, mix with mixer sugar, eggs, and oil well. Begin to spoon in all dry ingredients until batter is free from lumps. Stir in apples until covered with batter. Pour into a 9x11 cake pan that has been greased and floured. Bake for 1 hour at 325.

While cake is baking, prepare glaze.

Glaze

1 cup sugar
¼ cup butter
1 tablespoon white syrup
½ cup buttermilk
1 teaspoon vanilla

Put all ingredients in small saucepan and cook over medium heat until bubbly. Cook 2 minutes. Let glaze cool. When cake comes out of oven, use for to prick holes. Pour glaze over cake. Cool and serve.

THE STORY

This was the recipe for the cake that my dad's first cousin Norma Clark always brought to family reunions. It is always so moist and very tasty. I often serve it warm because it is too good to wait for.

Debbie Gilbert

Malvery's Cream Pie

1/3 cup sifted flour or 1/4 cup cornstarch
 2/3 cup sugar
 2 cups milk, scalded
 2 Tbsp butter
 1/4 tsp salt
 3 egg yolks slightly beaten
 1/2 tsp vanilla extract
 1 1/2 cups coconut (if making coconut pie- ingredients change slightly for different variations)
 1 baked pie shell

Meringue:

3 stiffly beaten egg whites
 6 Tbsp sugar

Mix flour, sugar, and salt, gradually add milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Cook 2 minutes, remove from heat. Add small amount to egg yolks, stir into hot mixture, cook one minute stirring constantly. Remove from heat, add butter and vanilla. If you are making coconut pie add coconut here (see variations at bottom). Pour into baked pie shell.

For meringue, beat egg whites until stiff, gradually add sugar. Spread on pie as soon as possible. Bake at 425 until slightly browned.

Variations:

Banana Cream Pie –

slice 3 bananas in shell add filling * change sugar to 3/4 cup.

Butterscotch Pie –

substitute 1 cup brown sugar for white sugar, increase butter to 3 Tbsp

Chocolate Pie –

Increase sugar to one cup, melt 2 one ounce squares unsweetened chocolate in scalded milk

Coconut Pie –

Add one cup moist, shredded coconut to filling. Sprinkle 1/2 cup over meringue before browning.

TIP: Everyone does this a little different. I like to put meringue on hot filling and

brown quickly. Do not cover with plastic wrap (it makes it weep). Let come to room temperature and then refrigerate. After it cools you can store it in a plastic container. I like the large plastic cookie containers you find around Christmas.

THE STORY

My mother tells this story. My dad loved his aunt's coconut pie. When they asked her for the recipe she said she couldn't share it. Mom was disappointed. When she told her best friend, she was able to get this recipe from her best friend's grandmother. As it turns out he liked it even better. I made it for him for every Father's Day and birthday. I like the variations you can make with this recipe. I often make coconut and chocolate at the same time in different pots.

Donna Morris,

Stonewall Jackson's Favorite Peanut Butter Cookies

1/2 cup butter softened
 1/2 cup peanut butter
 1 cup sugar
 1 egg, well beaten
 1/2 tsp salt
 1 1/2 cup all-purpose flour
 1 tsp baking soda
 1/2 tsp vanilla extract

Cream together, peanut butter, shortening and sugar. Make sure it's smooth and fluffy. Add egg, then dry ingredients. Add vanilla. Mix well. Form into small balls and place on cookie sheet. Flatten with a fork dipped in flour. Bake at 350 degrees for 12 minutes.

THE STORY

This recipe is from my cousin Annetta, I love the story that goes with it. When Annetta was just a teenage bride, her husband took her all the way out to Arizona, where they were missionaries. She didn't know anyone there. She made friends with an older lady while working in the kitchen where they made huge meals for hungry children. The lady told her about how she had to raise her child on her own and had to carry her little daughter to work everyday in a cotton box. She worked in a textile mill. I can just imagine carrying the baby in a wooden box, trying to tend to her while working. This was about 50 years ago. I'm sure the sweet lady has passed by now. I like the idea that her story and recipe can live on. She gave this recipe to Anne.

Donna Morris

Chocolate Chip Bars

2/3 cup Crisco
 1/2 cup white sugar
 1/2 cup brown sugar
 2 egg yolks
 1/2 tsp soda
 1 tsp baking powder
 2 cups flour
 1/4 tsp salt
 1 pkg. chocolate chips (I use 1/2 semi & 1/2 milk chocolate)

Mix first 4 ingredients together. Mix dry ingredients together. Mix the two, alternating with about 1/4 cup water. Pat into a 9x13 pan and set aside. Beat 2 egg whites until they reach a peak, add one cup brown sugar, packed down. Spread mixture onto the dough in pan. Bake 350 degrees for 25–30 minutes.

THE STORY

My husband, Maurice and I got married in June of 1961. We went to visit Beverly and Gerald Binder who also got married in June of the same year. Beverly went to the kitchen and made these chocolate chip bars. I had never heard of them and Maurice had not either. They were so GOOD! Beverly gave the recipe and I've been making them ever since.

Carol Binder

Three Ingredient Hershey Pie

1 – Graham Cracker Crust
 1 – 8oz tub cool whip, thawed in fridge
 6 regular size Hershey chocolate bars (about 9 ounces)

Break apart chocolate bars and put in a microwave safe bowl. Heat for 30 seconds at a time until melted.

Add the cool whip to the melted chocolate and mix well.

Spoon the chocolate mixture into crust.

Use a cheese grater and grate extra chocolate over top.

Refrigerate and chill for at least 2 hours before slicing.

THE STORY

I like quick and easy recipes. Less ingredients the better. Most likely I have these ingredients always on hand. Easy to fix and freeze too.

Jeannie Zanet

The Ruby Slipper

1 package (2-layer size) yellow cake mix
Or pudding-included cake mix
1 cup (1/2 pt.) sour cream
¼ cup of water
2 eggs
1 package (3 oz.) JELL-O Brand Raspberry Flavor Gelatin

Combine cake mix, sour cream, water and eggs in a large mixing bowl.* Blend, then beat at medium speed 2 minutes until creamy. Spoon 1/3 of batter into well-greased and floured 10-inch fluted tube pan. Sprinkle with ½ of the gelatin. Repeat layers. Spread remaining batter over gelatin to cover. Bake at 350 degrees for 45–50 minutes until cake springs back when lightly pressed. Cool in pan 5 minutes. Remove from pan; cool on rack.

Sprinkle with confectioners sugar, if desired.

*High altitude areas: add ½ cup all-purpose flour and increase water to ½ cup; bake at 375 degrees for 45–50 minutes.

Kim Kelley

Grandmother's Fried Apple Pies

½ gallon dried apples
½ cup sugar (may need more sugar depending upon type of apples)
½ tsp allspice
1 tsp cinnamon
dash of salt

Dough for Fried Pies

1 cup self-rising flour
2 cups plain flour
½ cup Crisco
1 tsp salt
1 egg
Enough water to make dough

Fry in a cast iron skillet with Crisco until golden brown

THE STORY

My Grandmother, my mentor! He made She taught me so many things in life, cooking, making quilts, braiding hair, but most of all, love of family and friends. She was a faithful Christian with such compassion and the biggest heart. I always felt like I was special with her, but then again, she made everybody feel special. I was named after my Grandmother and was very proud of that. You all will love her fried apple pies!

Beverly Jane Smith

Mothers Banana Pudding

Mix in sauce pan:

$\frac{3}{4}$ cup sugar

3 Tbsp corn starch

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

1 $\frac{1}{2}$ tsp flour

Gradually stir in 3 cups of milk.

Cook over medium heat, stirring constantly, until the mixture thickens and boils. Boil 1 minute. Remove from heat. Gradually stir at least half of hot mixture into 3 egg yolks that have been slightly beaten. Then blend into hot mixture in sauce pan. Boil 1 minute more and remove from heat.

Meringue

3 egg whites

$\frac{1}{4}$ tsp cream of tarter

6 Tbsp sugar

$\frac{1}{2}$ tsp vanillae

Beat to form stiff peaks.

Layer pan with vanilla wafers, bananas, pudding. Top with meringue.

Bake at 400 degrees until golden brown meringue

Double this recipe if making a 9 x 13 pan.

THE STORY

My mother was always my biggest supporter. She was a great cook . She taught me to be a hard worker and always give 100% to every endeavor. She loved to laugh ad have a great time with family and friends. She was famous for her banana pudding and her kind heart. I sure miss her laughter.

Beverly Smith

Cheese Cake

5 – 8oz. Cream Cheese
1 ½ cups sugar
3 Tbsp flour
1 tsp vanilla
5 eggs – whole
2 egg – yolks
¼ cup cream

Soften cream cheese to room temperature. Add cream, sugar, flour and mix well. Add one egg at a time and beat with mixer. Then add egg yolks and vanilla and mix well. Pour into graham cracker crust.

Crust

1 cup graham cracker crumbs
2 tsp sugar
2 Tbsp melted butter

Mix well and press into bottom of springform pan.

Bake at 500 degrees for 10 minutes, reduce heat to 250 degrees for 50 minutes or until light brown on top.

Beverly Smith

Peanut Butter Cake

In a large sauce pan, bring to boil:

1 stick butter
½ cup peanut butter
1 cup water
½ cup oil

Remove from heat and add:

2 cups sugar
2 eggs slightly beaten
½ cup milk
2 cups plain flour
1 tsp vanilla
1 tsp soda

Stir until well blended and pour into large greased and floured cookie sheet. Bake at 400 degrees for 20 minutes. This can also be poured into at 9 x 13 pan and baked 350 degrees for 30 to 40 minutes.

Icing

Bring to boil:

1 stick of butter
1/3 cup milk,
½ cup peanut butter.

Take from heat and add 1 tsp vanilla.

Mix in 1 lb powdered sugar and beat well.

Frost cooled cake.

Beverly Smith

Banana Split Cake

2 cups graham cracker crumbs
1 stick of butter, melted

In a large mixing bowl, pour butter over graham cracker crumbs, Mix well.
bSpread and pat into the bottom of 11" pan.

2 cups sifted confectioner sugar
1 additional cup of butter or margarine
2 eggs
1 tsp vanilla
5 bananas, sliced
1 can crushed pineapple, drained
1 package whipped topping
1 cup chopped walnuts or pecans
½ jar maraschino cherries, drained

Combine sugar and remaining butter or margarine in a large mixing bowl and beat until light. Add eggs one at a time, beating well after each addition. Add vanilla. Beat until light and fluffy. Spread carefully over crumbs. Arrange banana slices over butter/sugar mixture. Top with pineapple. Cover with whipped topping. Sprinkle with nuts and garnish with cherry halves. Chill until ready to serve.

Beverly Smith

Buttermilk Pie

6 eggs
2 cups sugar
3 sticks butter
1 Tbsp vanilla
1 cup buttermilk

Mix eggs, sugar, margarine, then add vanilla and buttermilk.

Pour into 2 unbaked pie shells (makes 2 pies)

Bake at 350 degrees for 10 minutes, then reduce heat to 325 degrees and bake for 40 minutes or until firm in the middle.

Beverly Smith

Mini Cheese Cakes

Cupcake Liners

2 packages 8-oz cream cheese

$\frac{3}{4}$ cup sugar

2 eggs

1 tsp vanilla

Vanilla Wafers

1 can cherry or strawberry pie filling, optional. (I use strawberry glaze)

Beat cream cheese, sugar, eggs, and vanilla together. Place vanilla wafers in up cake liners and fill $\frac{2}{3}$ full with cheese mixture. Bake at 375 degrees for 12 to 15 minutes or until surface becomes dry and light brown. Cool and top with any flavor pie filling, or serve plain. Can be frozen if not topped with pie filling.

Beverly Smith

Blackberry Cobbler

3 cups self-rising flour

1 $\frac{1}{2}$ cups solid vegetable shortening

$\frac{1}{3}$ cup water

About 12 cups of blackberries

3 cups sugar

1 stick butter

Combine flour and shortening. Add water and toss until dough makes a ball. Divide dough in half with a little more dough in the half for the bottom layer. Roll out dough thinly for bottom layer, enough to cover bottom of 9 x 13 pan and up the sides.

Wash well and pick over blackberries. Drain on paper towels and place in bowl. Add sugar and spoon into unbaked crust. Dot top with butter. Roll out remaining dough for top crust. Place over berries and cut vents for steam to escape. Bake at 325 degrees for 1 hour or until golden.

The Story

My favorite cobbler is blackberry. This recipe is one of the most requested of Louise Durban.

Bobbie Lowe

Buttermilk Pie

Sift together : 3 3/4 cups sugar, 1/2 cup flour, 1 tsp salt

Melt 1 cup butter, add to above mixture with 6 beaten eggs. Beat slightly with mixer. Stir in 1 cup buttermilk with spoon add 1 tsp vanilla.

Pour into unbaked pie shell. Bake one hour @ 350 degrees.

Freezes well.

Bobbie Lowe

CANDIES



Peanut Butter & Chocolate Fudge

3/4 cup butter

3 cup sugar

2/3 cup cream

1- small jar marshmallow cream

1 tsp vanilla

3/4 small jar peanut butter

For chocolate fudge leave-out peanut butter and add 1 pkg. of semi-sweet chocolate chips

Mix butter, sugar, and milk.

Bring to a boil until candy thermometer comes to 234 degrees.

Remove from heat, add in remaining ingredients.

Butter 9 x 13" pan and pour into pan and let cool.

THE STORY

This was found by Granny Reid on the back of the marshmallow cream jar. Her original recipe was about the same but no marshmallow cream. She said this was the easiest one she she had ever made and always used it. But she never used a thermometer. She would drop a drop into cold water and she could tell by the soft or hardness of the ball if it was done or not. I messed up a lot of sugar trying to get the ball right. I never did. Thank goodness for thermometers.

Susan Downey

Divinity Peanut Butter Roll

4 ½ cups sugar
2/3 cup white corn syrup
2/3 cup water
4 egg whites
¼ teaspoon salt
1 teaspoon vanilla
Powdered Sugar – enough to roll basic divinity candy
Peanut Butter

Directions

In a medium sauce pan over low to low/medium heat, add sugar, corn syrup, water, and salt and bring to boil. Cook to 260 degrees or hard ball stage, stir constantly until sugar dissolves then stir occasionally. If I notice sugar crystals forming on the kettle, I take my pastry brush and wet it, and run around the sides of the kettle. When my thermometer gets to about 250 degrees, I turn my Kitchen Aid mixer on and beat egg whites until they reach stiff peaks. When syrup is 260 degrees, pour in a slow small steady stream into the egg white mixture, add vanilla and continue to mix until standing in peaks and can be handled like a soft dough. Sprinkle powdered sugar onto your table or counter top (I use a marble slab). Put about 1/3 of the mixture on the powdered sugar and knead with powdered sugar until it is not sticky. Roll out into a rectangular shape until the candy is about ¼ inch thick. Spread with peanut butter. This may take a little practice. Next, roll up like a jelly roll. Place on a cookie sheet and begin the same way with the next 1/3 part of the candy mixture. After the three rolls are done, let set for about 30 minutes. Slice in about ½” pieces with a thin sharp knife (I use my little paring knife.) No matter how your first batch turns out, don't give up until you master it. Sometimes, but rarely, my divinity has turned out a little grainy and I am not sure why. I do know that weather has little to do with how it turns out because I have made it when it has been raining cats and dogs, zero outside, or 95 degrees and it has turned out excellent.

THE STORY

My mom makes the best candy ever. I once had a candy store and she made this. People would come from everywhere to get it. More recently, the past 10 years she has made at least 150 pieces each week for her church Upward programs. She first got the recipe out of a little paper book shown here.

Ollie Mae Clark



I love the old recipes and how hard women worked to preserve their heritage. Many recipes were passed from generation to generation for life sustainability, others were closely calculated measures and ingredients producing county fair ribbons, and some were very much trial and error creations producing either cakes that would fall in the over or works of art gracing the fanciest of dining tables. This particular little cookbook was the original source of my mom's Divinity Peanut Butter Roll. Things I noticed about how it was put together was the hand-typed pages using carbon to make copies. The pages were not always even as they had been hand-cut with scissors. I never knew Evelyn Sinclair in person whose name is on the front cover, but I want to acknowledge and affirm the work she did to pass this collection on to others.

Not all recipes are on the pages of books. Often times recipes were hand written on old envelopes or scrap pieces of paper that became treasures that descendants would fuss over. They would be inserted in between pages of other cookbooks, stuffed in drawers or bread boxes, always in a place where the cook knew just where to find them. We dare not miss all of the recipes clipped from magazines in print, that sometimes we tried and sometimes we just never got around to trying. But they sure did sound good.

Today, we go to the web or spend hours watching chefs compete or beat the next cook on television. Food! Recipes! Health! Enjoyment! Gather! Eternal Bliss!

THE IGOT STORY

IGOT Communities – The Story It was a steamy summer day in August 2019. My husband and I were sitting at the breakfast table enjoying turkey bacon, scrambled eggs, toast with homemade strawberry freezer jam, and of course Folgers coffee. I reached over to the spot on the table where I often stacked the mail, and found eleven pieces of mail advertising Medicare plans. At this point we had begun tossing most of them in the trash, but today was different. My husband said, “I’ll be turning 65 in January, we probably need to get serious about understanding what we need to do about signing up for Medicare.” I began briefly scanning over all of the **Bold**, **Color** emphasized words, until I finally said, “Yeah, and what about the money we have paid into 401K’s and other retirement plans? I wonder how and when we get that money back?”

I have a bachelor’s degree in Art Education, a master’s degree in professional counseling, and am currently working on a doctorate in Counseling Education and Supervision. My husband is extremely brilliant in building and construction and has a wall full of certifications and education related to those certifications. Finance plaques and degrees, uh no, not us. So being college graduates, and feeling this confused about all the decisions regarding the last quarter of our lives, we came to the conclusion that if we didn’t have a clue about what to do next, there are probably millions of other baby boomers that don’t have a clue either. Additionally, we have both experienced health issues related to the aging process. My husband is on his fourth pace maker, and I have an ongoing rendezvous relationship with rheumatoid arthritis, Type 2 diabetes and hypertension. We handled these vices fairly well at first, but with age we can occasionally find ourselves gripped with anxiety and even sometimes depression.

As a counselor, I know the importance of individual and group work important to aging in a healthy way, and I also know that Medicare has a history of only paying for mental health care inpatient services. While reading a book on aging by Henri Nouwen, I ran across this quote, "Who will calm the fears of the aging?" I have literally slept with this thought and this thought sleeps with me most nights.

So my newest rendezvous relationship, "Who will care for the aging" has gone deeper. Who will travel with the aging, play with the aging, eat with the aging, laugh and fall in love with the aging. Who will be with us as we are ***Independently Growing Older Together (IGOT)*** as communities all across the world. So that's the story of IGOT Communities Resources Inc. It's how it all began. We are a non-profit dedicated to creating better, healthier, and happier environments where senior adults thrive. It's who we are! It's what we do! We are dedicated to calming the fears of the aging.

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Debbie with her mother, Ollie, and triplet granddaughters Alana, Savannah, and Kayleigh