

Overview:

Enjoy a light scare with the valuable lessons of Casper, the Friendly Ghost, with a scarily good meal!

French Onion Chicken

Ingredients:

Olive oil
4 tablespoons of butter
4 chicken breasts
3 onions
3 cloves of minced garlic
3 tablespoons of onion powder
3 teaspoons of pepper
3 tablespoons of garlic powder
Salt to taste
2 bay leaves
2 teaspoons of thyme or rosemary
½ cup of flour
½ cup of chicken broth
½ of sour cream
½ cup parmesan
4 slices of swiss cheese

Instructions:

- 1) Slice your onions lengthwise in even strips.
- 2) Over medium-low heat, begin caramelizing your onions in a cast iron skillet.
- 3) Place the onions in a bowl.
- 4) After caramelizing your onions, begin to season your chicken breasts. In the same skillet where the onions were cooked, heat some olive oil and sear the chicken on all sides.
- 5) Remove the chicken breasts after searing them, and return the onions to the skillet. Add in the butter and allow it to melt over medium heat.
- 6) Add the flour in and stir until it completely dissolves.
- 7) Slowly add in the chicken broth and add in sour cream.
- 8) Once your sauce has thickened, add in parmesan cheese. Return the chicken to the skillet and allow it to simmer in the sauce for at least 10 minutes. Add the bay leaves in while the sauce simmers.
- 9) If a thinner sauce is desired, add more chicken broth.
- 10) Once the chicken is thoroughly cooked, add a slice of swiss cheese to each chicken breast.

Ghoulish Potatoes

Ingredients:

2.5 lbs of Yukon Gold potatoes
¼ cup of olive oil
Seasonings of choice

Instructions:

- 1) Preheat your oven to 400°F.
- 2) Wash and dry your potatoes thoroughly.
- 3) Begin to cut out eye-shaped circles and a ghoulish mouth on each potato. Using the larger side of a piping tip can be helpful.
- 4) Rub each potato with olive oil and season to your preference.
- 5) Roast in the oven until fork tender and serve alongside the potatoes.

The Ghostly Trio's Donuts

Ingredients:

Canola oil
1 can of biscuit dough
1/2 cup of sugar
4 tablespoons of cinnamon
Icing
~3 tablespoons of flour

Instructions:

- 1) In a deep, heavy bottom pot, pour ~ 2 cups of canola oil. Heat it over medium-high heat.
- 2) Lightly flour a surface and a rolling pin. Gently roll out your biscuits, so they are slightly flat.
- 3) Poke 2 holes for the eyes and 1 hole for the mouth.
- 4) Gently place 2-3 donuts in the oil. After 2-3 minutes per side, flip them.
- 5) Once the donuts come out of the grease, lay them on paper towels for 3 minutes.
- 6) Combine the cinnamon and sugar in a large bowl.
- 7) Toss half of your donuts in the mixture, ensuring they are evenly coated.
- 8) Ice the other donuts.
- 9) Enjoy!

Ectoplasm Juices

Ingredients:

8 oz of lime sherbert per glass

8 oz of tonic water per glass

4 oz of limeade per glass

Instructions:

- 1) Fill each glass with the sherbert.
- 2) Pour the limeade over the sherbert, and top with tonic water.