

Volume 14, Number 2



Most Requested  
**RECIPES™**

# ONE-DISH meals

**PHOTO OF EVERY RECIPE!**

**70+**  
Recipes  
inside

**BEST-EVER**  
Chicken and Vegetable  
Pot Pies, p. 61



**30-Minute Meals**  
**Slow Cooker Recipes**  
**Cozy Desserts**

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# letter from the editor

One-dish meals are a wonderful way to make the most of your time in the kitchen. Not only do you get an entire meal in one dish, but clean-up is kept short as well. The 70 recipes that follow meet those criteria and each one is downright delicious.



The recipes in our first chapter require a skillet or saucepan and little else in terms of equipment.

From the kid-friendly Pepperoni-Ravioli Supper, p. 15, to the more exotic Thai Peanut Chicken and Noodles, p. 18, there's a flavor for just about everyone.

Our Easy Oven Meals chapter puts your oven to work and includes recipes such as Provençal Roast Chicken, p. 44, Oven-Braised Beef Short Ribs, p. 50 and Bagel 'n Brie Brunch Strata, p. 55.

One of our all-time favorite kitchen items, the slow cooker, is the focus of our third chapter. Southwestern Chicken Chili, p. 66, Winter Pork Roast Dinner, p. 70, and Seafood Stew, p. 76, are just three great fix-and-forget options.

We've also included a chapter on dessert. Orange-Mocha-Chocolate Cake, p. 88 and Almond Crumble Cherry Pie, p. 87 are two wonderful reasons to slow down and enjoy.

*Diane M. Carlson*



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### Look for these symbols

- Easy** 6 ingredients or less OR ready to cook in 20 minutes or less OR ready to eat in 30 minutes or less.
- Low Fat** 10 grams of fat or less (main dishes) or 3 grams of fat or less (all other recipes).



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Treat your taste buds to these yummy sweets



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# Casserole Know-How



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## ONE SIZE DOES NOT FIT ALL

Strictly speaking, “casserole” usually refers to a dish that is deep, round, ovenproof and has a lid. A “baking dish,” is also ovenproof, but is usually shallow and can be topped with foil when a covering is needed. Most recipes in this magazine call for one of these standard-size dishes:

|                  |         |
|------------------|---------|
| 8X8-INCH SQUARE  | 2-QUART |
| 12X8-INCH OBLONG | 2-QUART |
| 13X9-INCH OBLONG | 3-QUART |

The capacity is sometimes stamped or printed on the bottom of the dish. If you’re not sure, measure how much water it takes to fill the casserole to the brim.

You’ll have the best results with the size specified in the recipe. If you must substitute, choose a dish slightly larger than the one specified. The cooking time may change slightly.

## » Freeze It!

In addition to being convenient, many one-dish dinners have another bonus: You can make them ahead of time and freeze to eat later. For the best results, follow these general rules:

- Casseroles made with a low-fat sauce, condensed soup or tomato base usually freeze well; dishes that contain potatoes should not be frozen.
- Add toppings like nuts, bread crumbs and crackers after the dish is thawed so they stay crunchy or crisp.
- For recipes with sour cream, add it after thawing and reheating the dish to prevent curdling.
- You can freeze casseroles baked or unbaked.
- Cook meats, vegetables and grains just until tender to avoid overcooking during reheating.
- Cool foods before packaging or freezing.
- Label packages with the date, name of the dish and reheating instructions.
- Use airtight containers that are suitable for the microwave or oven reheating.
- Frozen dishes will need additional baking time. Check your dish during baking and adjust the time accordingly.
- Store frozen meals at 0°F or colder for up to three months.





## SLOW COOKER TIPS

### generally speaking:

- Read the manual that comes with your slow cooker.
- For easy clean-up, spray the inside of the slow cooker with cooking spray.
- Thaw frozen vegetables or rinse with warm water before placing them in the slow cooker.

### safety first:

- If you're preparing perishable ingredients ahead (i.e. meat and vegetables), refrigerate them in separate containers to avoid cross-contamination.
- Defrost meat or poultry before adding it to the slow cooker.
- Always cook raw ground beef thoroughly before placing it in the slow cooker.
- Don't slow cook whole chickens or meat loaf because they cook too slowly and remain in the harmful bacteria zone too long.
- Refrigerate any leftovers in covered shallow containers within two hour after cooking is complete.

- Heat or microwave leftovers until thoroughly heated before placing in a preheated slow cooker to keep hot.

### location, location, location:

- Food placed on the bottom of the slow cooker will often be extremely moist from being in the cooking liquid so follow recipe directions carefully and layer foods as directed.
- Root vegetables such as carrots and potatoes take longer to cook, so cut them into smaller pieces and place in the bottom of the slow cooker for best results.

### all about timing:

- To shorten cooking time, turn the slow cooker to High for 1 hour, which counts as 2 hours on Low.
- Cooked food may be held for up to 1 hour without overcooking.
- Removing the cover of the slow cooker may lengthen cooking time as much as 15 to 20 minutes. To check on the food while it cooks, try spinning the cover until vapors fall off so you can see inside. When you need to stir, lift the lid slightly just so you can get the spoon in.

# speedy stove top meals

Short on time? Try one of these tasty meals

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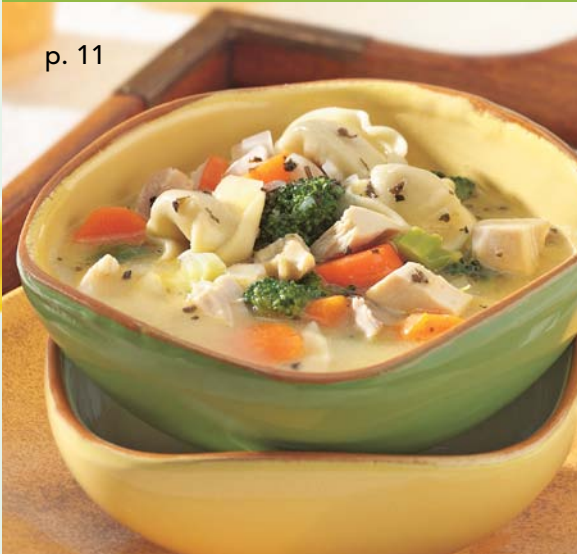






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## Black Beans, Chicken and Rice

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 4 (1½ cups each)

- 2 teaspoons oil
- 1 cup uncooked regular long-grain white rice
- 1½ teaspoons ground cumin
- 1 teaspoon chili powder
- 2 cups cubed cooked chicken
- 2 cups frozen bell pepper and onion stir-fry, coarsely chopped
- 1 can (15 oz) black beans, drained, rinsed
- 1 can (14 oz) chicken broth
- 2 tablespoons water
- ½ cup shredded Cheddar cheese (2 oz)

**1.** In 12-inch skillet, heat oil over medium-high heat. Cook and stir rice, cumin and chili powder in oil 1 minute. Stir in all remaining ingredients except cheese. Heat to boiling. Reduce heat; cover and simmer 15 to 18 minutes or until liquid is absorbed and rice is tender, stirring occasionally.

**2.** Remove skillet from heat. Uncover; fluff mixture with fork. Sprinkle with cheese. Cover; let stand 1 to 2 minutes or until cheese is melted before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 550 (Calories from Fat 125); Total Fat 14g (Saturated Fat 5g); Cholesterol 75mg; Sodium 1010mg; Total Carbohydrate 75g (Dietary Fiber 8g; Sugars 5g); Protein 39g

### Cook's Notes »

Use fresh red, yellow and green bell pepper strips, and ¼ cup of chopped onion, in place of the frozen stir-fry mixture.

Garnish this Southwestern skillet with a tomato wedge and fresh cilantro sprigs.

Serve a refreshing salad of mixed greens, grapefruit and orange sections tossed with a lemon-herb vinaigrette with this flavorful chicken recipe.





## Chicken-Tortellini Soup

**Prep Time:** 20 Minutes **Start to Finish:** 1 Hour

**Servings:** 10 (1½ cups each)

- 1 box (9 oz) Green Giant® frozen cut broccoli
- 6 cups water
- ½ cup dry vermouth or water
- 3 cans (10½ oz each) condensed chicken broth
- 1 can (10¾ oz) condensed cream of chicken soup
- 2 cups cubed cooked chicken
- 1 cup chopped onions (2 medium)
- 1 cup sliced carrots (2 medium)
- ½ teaspoon dried basil leaves
- ½ teaspoon dried oregano leaves
- 2 cloves garlic, minced
- 1 package (7 oz) dry cheese tortellini
- ¼ cup grated Parmesan cheese, if desired

**1.** Let broccoli stand at room temperature to thaw. In 5-quart saucepan or Dutch oven, heat all remaining ingredients except tortellini and cheese to boiling. Stir in tortellini. Reduce heat; simmer uncovered 30 minutes, stirring occasionally.

**2.** Stir in thawed broccoli; simmer 5 to 10 minutes longer or until broccoli is crisp-tender. Sprinkle individual servings with cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 165 (Calories from Fat 65); Total Fat 7g (Saturated Fat 2g); Cholesterol 45mg; Sodium 890mg; Total Carbohydrate 11g (Dietary Fiber 1g; Sugars 2g); Protein 15g

### Cook's Notes »

Leftover roast chicken or turkey is ideal for this recipe. Prepackaged frozen diced cooked chicken can also be used. Or simply purchase a deli-roasted chicken and remove the meat from the bones.





## Southwestern Pork and Vegetable Stew

**Prep Time:** 30 Minutes **Start to Finish:** 50 Minutes

**Servings:** 5 (1½ cups each)

- 1 tablespoon oil
- 1 lb boneless pork shoulder roast, cut into ¾-inch pieces
- 1 medium onion, coarsely chopped (½ cup)
- 1 clove garlic, minced
- ½ lb small red potatoes, cut into ½-inch pieces (1½ cups)
- 1 cup Green Giant® Niblets® frozen corn
- ½ medium green bell pepper, coarsely chopped
- ½ medium red bell pepper, coarsely chopped
- 1 can (14.5 oz) white hominy, drained, rinsed
- 1 can (14 oz) chicken broth
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 1 tablespoon chili powder
- 1 teaspoon dried oregano leaves
- 1 teaspoon ground cumin

**1.** In large saucepan or Dutch oven, heat oil over medium-high heat. Cook pork in oil 3 to 4 minutes or until browned, stirring frequently. Add onion and garlic; cook and stir 1 to 2 minutes or until onion is crisp-tender.

**2.** Add all remaining ingredients; mix well. Heat to boiling. Reduce heat; cover and simmer 18 to 20 minutes or until potatoes are tender and pork is no longer pink in center, stirring occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 365 (Calories from Fat 135); Total Fat 15g (Saturated Fat 5g); Cholesterol 60mg; Sodium 690mg; Total Carbohydrate 33g (Dietary Fiber 5g; Sugars 5g); Protein 29g

### Cook's Notes »

Two types of corn kernels flavor this stew—yellow sweet corn, and white hominy. Hominy is one of the first foods to which European settlers were introduced by native Americans; it is corn kernels which have had their hull and germ removed. Hominy is popular in soups and stews, and ground hominy is used for grits.

This stew comes together quickly once prep is complete. For fast weeknight cooking, cut, chop and mince the ingredients in advance; refrigerate them separately until you are ready to assemble the stew.





## Pepperoni-Ravioli Supper

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 5 (1½ cups each)

- 2 packages (9 oz each) refrigerated cheese-filled ravioli
- 1 jar (28 oz) spaghetti sauce
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 package (3.5 oz) sliced pepperoni, halved (about 1 cup)
- 1 cup shredded mozzarella cheese (4 oz)

1. Cook and drain ravioli as directed on package; cover to keep warm.
2. Meanwhile, in large saucepan, heat spaghetti sauce, mushrooms and pepperoni to boiling. Reduce heat; simmer 8 to 10 minutes or until sauce is slightly thickened, stirring occasionally.
3. Carefully stir cooked ravioli into sauce mixture. Spoon onto serving platter. Sprinkle with cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 590 (Calories from Fat 240); Total Fat 27g (Saturated Fat 12g); Cholesterol 115mg; Sodium 1630mg; Total Carbohydrate 57g (Dietary Fiber 6g; Sugars 3g); Protein 29g

### Cook's Notes »

You can substitute 1 cup fresh mushrooms for the jar of mushrooms if you like.

Serve this family-favorite casserole with breadsticks and a tossed green salad.



## Chicken and Vegetable Gravy over Biscuits

**Prep Time:** 25 Minutes **Start to Finish:** 25 Minutes  
**Servings:** 4 (1 cup chicken mixture and 1 biscuit each)

- 1 tablespoon vegetable oil
- 1 lb boneless skinless chicken thighs, cut into quarters
- 1 jar (12 oz) chicken gravy
- 1 tablespoon Worcestershire sauce
- ½ teaspoon onion salt
- 2 cups Green Giant® frozen mixed vegetables (from 1-lb bag)
- 4 Pillsbury® Microwave frozen buttermilk biscuits (from 1-lb bag)

**1.** In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 minutes, stirring occasionally, until browned on all sides. Reduce heat to low; cover and cook 5 minutes or until juice

of chicken is clear when center of thickest part is cut (180°F).

**2.** Stir in remaining ingredients except biscuits. Cover; heat to boiling over high heat. Reduce heat; cover and cook 5 to 7 minutes, stirring occasionally, until vegetables are tender.

**3.** Meanwhile, microwave biscuits as directed on bag. Serve chicken mixture over split warm biscuits.

**Nutrition information per serving:**

**1 SERVING:** Calories 530 (Calories from Fat 250); Total Fat 27g (Saturated Fat 7g); Cholesterol 70mg; Sodium 1440mg; Total Carbohydrate 41g (Dietary Fiber 4g; Sugars 7g); Protein 32g

### Cook's Note »

If you prefer, this yummy, creamy chicken can be served over mashed potatoes.



## Spicy Herbed Chicken and Orzo

**Prep Time:** 10 Minutes **Start to Finish:** 35 Minutes

**Servings:** 5 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- 1 lb uncooked chicken breast strips for stir-fry
- 1 cup uncooked orzo or rosamarina pasta (7 oz)
- 2 cans (14.5 oz each) stewed tomatoes, undrained, cut up
- 1 box (9 oz) frozen baby lima beans, thawed
- 1 teaspoon garlic salt
- 1 teaspoon dried basil leaves
- ½ teaspoon hot pepper sauce

1. In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil 3 minutes, stirring frequently.

2. Stir in all remaining ingredients. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until liquid is absorbed and orzo is tender, stirring occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 370 (Calories from Fat 65); Total Fat 7g (Saturated Fat 1g); Cholesterol 55mg; Sodium 740mg; Total Carbohydrate 53g (Dietary Fiber 6g; Sugars 13g); Protein 30g

### Cook's Note »

Chicken strips for stir-fry conveniently save prep and cleanup time. Look for packages of chicken strips in the grocery store's poultry section.





## Thai Peanut Chicken and Noodles

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 5 (1½ cups each)

- 2¾ cups uncooked fine egg noodles (6 oz)
- ¼ cup creamy peanut butter
- ½ teaspoon finely chopped gingerroot
- ¼ teaspoon crushed red pepper flakes
- ¼ cup soy sauce
- ¼ cup water
- 1 tablespoon oil
- 2 cups small fresh broccoli florets
- 1½ cups sliced fresh mushrooms (about 4 oz)
- 1 cup ready-to-eat baby-cut carrots, quartered lengthwise
- 1 medium red bell pepper, cut into thin bite-size strips
- 1 package (9 oz) frozen diced cooked chicken, thawed
- ¼ cup coarsely chopped dry-roasted peanuts
- Chopped fresh cilantro, if desired

**1.** Cook and drain noodles as directed on package; cover to keep warm.

**2.** Meanwhile, in small bowl, beat peanut butter, gingerroot, pepper flakes and 2 tablespoons of the soy sauce with wire whisk until blended. Gradually beat in remaining soy sauce and water until smooth. Set aside.

**3.** In 12-inch nonstick skillet, heat oil over medium-high heat. Cook broccoli, mushrooms, carrots and bell pepper in oil 4 to 6 minutes or until vegetables are crisp-tender, stirring occasionally. Add chicken; cook and stir until thoroughly heated.

**4.** Reduce heat to medium. Stir peanut butter mixture; stir into mixture in skillet. Stir in cooked noodles until coated. Cook and stir until thoroughly heated. Sprinkle with peanuts and cilantro.

**Nutrition information per serving:**

**1 SERVING:** Calories 380 (Calories from Fat 155); Total Fat 17g (Saturated Fat 3g); Cholesterol 75mg; Sodium 1220mg; Total Carbohydrate 34g (Dietary Fiber 5g; Sugars 5g); Protein 28g



## Southwestern Pork and Black Bean Stir-Fry

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 4 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- ¾ lb pork tenderloin, cut into 2x½x¼-inch strips
- 1 medium onion, cut into thin wedges
- 1 small red bell pepper, cut into thin bite-size strips
- 2 cloves garlic, minced
- 2 cups Green Giant® Niblets® frozen corn, thawed\*
- 1 can (15 oz) black beans, drained, rinsed
- 1 small zucchini, chopped (about 1 cup)
- ½ cup Old El Paso® Thick 'n Chunky salsa

**1.** In 10-inch nonstick skillet, heat oil over medium-high heat. Cook pork, onion, bell pepper and garlic in oil 6 to 8 minutes, stirring frequently, until pork is no longer pink in center and vegetables are crisp-tender.

**2.** Stir in all remaining ingredients. Reduce heat to medium; cover and simmer 5 to 7 minutes, stirring occasionally, until zucchini is crisp-tender and flavors are blended. If desired, season to taste with salt and pepper.

**Note:** \*To quickly thaw corn, place in colander or strainer; rinse with warm water until thawed. Drain well.

**Nutrition information per serving:**

**1 SERVING:** Calories 370 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g); Cholesterol 55mg; Sodium 590mg; Total Carbohydrate 50g (Dietary Fiber 10g; Sugars 8g); Protein 32g

### Cook's Note »

Black beans are an excellent source of protein and are high in fiber. This recipe also includes red bell pepper, which is rich in vitamins A and C.





## Pork Diane Skillet Supper

**Prep Time:** 30 Minutes **Start to Finish:** 50 Minutes  
**Servings:** 4 (1½ cups each)

- 2 tablespoons butter or margarine
- 1 lb pork tenderloins, cut crosswise into ¼-inch slices
- 1 can (14 oz) chicken broth
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 8 small red potatoes, quartered
- ½ cup sliced green onions (8 medium)
- 1 cup sliced fresh mushrooms
- 2 tablespoons all-purpose flour

**1.** In 12-inch skillet or Dutch oven, melt butter over medium-high heat. Cook pork in butter 3 to 5 minutes or until browned on both sides. Remove pork from skillet; set aside.

**2.** In 1-cup measuring cup or small bowl, reserve ¼ cup of the broth. Add remaining broth, Worcestershire sauce, salt, pepper and potatoes to skillet. Heat to boiling. Reduce heat; cover and simmer 13 to 17 minutes or until potatoes are tender.

**3.** Reserve 2 tablespoons onions for garnish. Stir remaining onions, mushrooms and pork slices into potatoes. Cover; simmer 5 minutes longer or until pork is no longer pink in center.

**4.** Add flour to reserved broth in measuring cup; blend until smooth. Gradually stir into pork mixture. Cook over medium-high heat 2 to 3 minutes or until mixture is bubbly and thickened, stirring constantly. Sprinkle with reserved onions.

**Nutrition information per serving:**

**1 SERVING:** Calories 425 (Calories from Fat 100); Total Fat 11g (Saturated Fat 5g); Cholesterol 85mg; Sodium 730mg; Total Carbohydrate 49g (Dietary Fiber 4g; Sugars 3g); Protein 33g



## Sweet 'n Sour Pork Skillet

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 4 (1½ cups each)

- 2½ cups uncooked dumpling egg noodles (4 oz)
- 3 boneless pork loin chops (about 1 lb), cut into ¼-inch-thick strips
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 green onions, cut diagonally into ½-inch slices
- 1 package (1 lb 5 oz) Green Giant® Create a Meal!® frozen sweet & sour stir fry meal starter
- 1 cup chow mein noodles

**1.** In Dutch oven or large saucepan, cook and drain noodles as directed on package. Return to Dutch oven; cover to keep warm.

**2.** Meanwhile, spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Sprinkle pork strips with salt and pepper. Add pork and onions to skillet; cook 5 to 7 minutes or until pork is browned, stirring frequently.

**3.** Add frozen vegetables, contents of pineapple pouch and frozen sauce from packet; mix well. Cover; cook 7 to 10 minutes longer or until vegetables are crisp-tender, stirring frequently.

**4.** Add cooked noodles; toss gently to coat. Cook and stir 2 to 3 minutes or until thoroughly heated. Serve topped with chow mein noodles.

**Nutrition information per serving:**

**1 SERVING:** Calories 470 (Calories from Fat 115); Total Fat 13g (Saturated Fat 4g); Cholesterol 95mg; Sodium 930mg; Total Carbohydrate 58g (Dietary Fiber 3g; Sugars 24g); Protein 30g

### Cook's Note »

Use 1 pound of sliced chicken breast or turkey breast tenders in place of the pork.

To make Teriyaki Pork Skillet, use Green Giant® Create a Meal!® frozen teriyaki stir fry meal starter. Follow cooking time as directed on package.





## Penne with Vegetables and Kielbasa

**Prep Time:** 25 Minutes **Start to Finish:** 25 Minutes  
**Servings:** 4 (1½ cups each)

- 2 cups uncooked penne pasta
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 small onion, cut into thin wedges
- 1 box (9 oz) Green Giant® frozen sugar snap peas
- ½ lb smoked turkey kielbasa, sliced
- ½ cup milk
- 8 oz prepared cheese product (from 16-oz loaf), cubed

1. Cook and drain penne as directed on package; cover to keep warm.
2. Meanwhile, heat 12-inch nonstick skillet or Dutch oven over medium-high heat. Cook bell pepper, onion and sugar snap peas in skillet 4 to 5 minutes or until vegetables are crisp-tender, stirring frequently. Drain, if necessary.

3. Reduce heat to medium. Add kielbasa, milk and cheese to vegetables. Cook over medium heat 3 to 4 minutes or until cheese is melted and sauce is smooth, stirring constantly.

4. Add cooked penne; stir gently to coat. Cook 1 to 2 minutes or until thoroughly heated, stirring occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 470 (Calories from Fat 170); Total Fat 19g (Saturated Fat 10g); Cholesterol 75mg; Sodium 1600mg; Total Carbohydrate 48g (Dietary Fiber 4g; Sugars 13g); Protein 27g

### Cook's Note »

Kielbasa, also called Polish sausage, is smoked pork sausage. The ring or links are about 1½ inches in diameter. This recipe calls for turkey kielbasa, smoked turkey sausage which contains about ⅔ less fat than regular smoked sausage.



## Mom's Skillet Goulash

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 6 (1½ cups each)

- 2⅔ cups uncooked rotini pasta (8 oz)
- 1 lb lean (at least 80%) ground beef
- 1½ cups chopped celery (about 3 stalks)
- 1 cup chopped onions (2 medium)
- 2 cans (14.5 oz each) diced tomatoes, undrained
- 1 can (10¾ oz) condensed tomato soup
- 1 teaspoon dried basil leaves
- ½ teaspoon salt
- ¼ teaspoon pepper

1. Cook and drain pasta as directed on package.
2. Meanwhile, in 12-inch nonstick skillet or Dutch oven, cook ground beef, celery and onions over

medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.

3. Stir in cooked pasta and all remaining ingredients. Heat to boiling. Reduce heat to low; simmer uncovered 10 minutes, stirring occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 350 (Calories from Fat 90); Total Fat 10g (Saturated Fat 3.5g); Cholesterol 45mg; Sodium 910mg; Total Carbohydrate 46g (Dietary Fiber 5g; Sugars 8g); Protein 21g

### Cook's Note »

For extra-quick prep, use 1 cup frozen chopped onions. Look for 12-ounce packages near the frozen potatoes and other vegetables.





## Mediterranean Meatball Supper Skillet

**Prep Time:** 45 Minutes **Start to Finish:** 45 Minutes  
**Servings:** 4 (1¾ cups each)

- 2 teaspoons olive oil
- 1 small onion, cut into thin wedges
- ¾ cup uncooked regular long-grain white rice
- 1 medium green bell pepper, cut into ½-inch pieces
- 20 frozen cooked Italian meatballs (about 10 oz)
- 1 can (2¼ oz) sliced ripe olives, drained
- 1½ cups water
- 1 medium zucchini, halved lengthwise, sliced
- 1 can (14.5 oz) diced tomatoes with Italian herbs, undrained
- ½ cup crumbled feta cheese (2 oz)

**1.** In large skillet, heat oil over medium-high heat. Cook onion in oil 3 to 4 minutes or until crisp-tender, stirring frequently.

**2.** Stir in rice, bell pepper, meatballs, olives and water. Heat to boiling. Reduce heat; cover and simmer 20 minutes, stirring occasionally.

**3.** Stir in zucchini and tomatoes. Cover; cook 8 to 10 minutes longer or until zucchini is tender and liquid is absorbed, stirring occasionally. Sprinkle with cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 460 (Calories from Fat 180); Total Fat 20g (Saturated Fat 8g); Cholesterol 90mg; Sodium 870mg; Total Carbohydrate 49g (Dietary Fiber 3g; Sugars 6g); Protein 21g

### Cook's Note »

Look for frozen meatballs in the grocery store's freezer case; use plain or Italian-seasoned meatballs. Cut large meatballs in half or in quarters before use.



## Fiesta Spaghetti

**Prep Time:** 30 Minutes **Start to Finish:** 30 Minutes

**Servings:** 8

- 1 package (16 oz) spaghetti
- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 medium red bell pepper, chopped
- 1 lb lean (at least 80%) ground beef
- ⅓ cup sugar
- 1 package (1.25 oz) Old El Paso® taco seasoning mix
- 1 can (28 oz) crushed tomatoes, undrained
- 1 can (8 oz) tomato sauce
- 1 can (11 oz) Green Giant® Mexicorn® whole kernel corn, red and green peppers, drained
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- Grated Parmesan cheese, if desired

**1.** Cook and drain spaghetti as directed on package; cover to keep warm.

**2.** Meanwhile, in 12-inch skillet, heat oil over medium heat. Cook onion and bell pepper in oil 3 to 4 minutes or until tender, stirring occasionally. Remove from skillet. Add ground beef to same skillet; cook 8 to 10 minutes, stirring frequently, until thoroughly cooked; drain.

**3.** Add onion and bell pepper to ground beef; mix well. Stir in sugar, taco seasoning mix, tomatoes, tomato sauce, corn and mushrooms. Heat to boiling. Reduce heat to low; simmer 5 minutes, stirring occasionally. Serve over spaghetti. Sprinkle with cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 490 (Calories from Fat 120); Total Fat 13g (Saturated Fat 4g); Cholesterol 35mg; Sodium 1050mg; Total Carbohydrate 72g (Dietary Fiber 4g; Sugars 17g); Protein 22g





## Old-Fashioned Beef-Vegetable Soup

**Prep Time:** 45 Minutes **Start to Finish:** 4 Hours

**Servings:** 14 (1½ cups each)

- 3 lb meaty cross-cut beef shank bones, cut into 3-inch pieces
- 10 cups water
- 3 tablespoons beef-flavor instant bouillon
- 1½ teaspoons salt
- ½ teaspoon pepper
- ½ teaspoon dried thyme leaves
- 2 dried bay leaves
- 4 cups vegetable juice
- 3 cups cubed potatoes (3 medium)
- 3 cups coarsely chopped cabbage
- 2 cups frozen small whole onions (from 16-oz bag)
- 2 cups cubed peeled rutabaga (1½ medium)
- 2 cups Green Giant® frozen cut green beans (from 1-lb bag)
- 4 medium carrots, sliced (2 cups)
- 3 medium stalks celery, sliced (1½ cups)

**1.** In 8-quart stockpot or Dutch oven, place beef bones and water. Heat to boiling. Reduce heat; cover and simmer 30 minutes. Skim off and discard any residue that rises to surface.

**2.** Stir in bouillon, salt, pepper, thyme and bay leaves. Return to boiling. Reduce heat; cover and simmer 2 hours to 2 hours 30 minutes longer or until meat is tender.

**3.** Remove beef bones and bay leaves from broth. Skim and discard fat from broth. When bones are cool enough to handle, remove meat from bones; cut into bite-size pieces.

**4.** Return meat to broth. Stir in all remaining ingredients. Heat to boiling. Reduce heat; cover and simmer 30 minutes or until vegetables are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 160 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g); Cholesterol 30mg; Sodium 850mg; Total Carbohydrate 18g (Dietary Fiber 4g; Sugars 7g); Protein 15g



## Steak and Potato Soup

**Prep Time:** 45 Minutes **Start to Finish:** 45 Minutes

**Servings:** 10 (1 cup each)

- 2 lb boneless beef sirloin steak, 1 inch thick
- 1 tablespoon oil
- 1½ cups coarsely chopped onions (3 medium)
- 3 cloves garlic, minced
- 2 lb small red potatoes, cut into ¾-inch pieces (about 6 cups)
- 3 cups ready-to eat baby-cut carrots, halved lengthwise
- 1 bag (1 lb) Green Giant® frozen cut green beans
- 2 tablespoons chopped fresh or 2 teaspoons dried basil leaves
- ½ teaspoon pepper
- 6 cans (14 oz each) beef broth
- 3 tablespoons steak sauce

1. Cut beef into ¼-inch-thick strips; cut each strip into 1-inch pieces.
2. In 8-quart stockpot or Dutch oven, heat oil over medium-high heat. Cook beef in oil 4 to 5 minutes or until browned, stirring occasionally. Add onions and garlic; cook and stir 2 minutes.
3. Stir in all remaining ingredients. Heat to boiling. Reduce heat; cover and simmer 12 to 15 minutes or until vegetables are crisp-tender, stirring occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 255 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 50mg; Sodium 1210mg; Total Carbohydrate 28g (Dietary Fiber 4g; Sugars 6g); Protein 24g

### Cook's Note »

Kansas City is famous for its wonderful beef restaurants and its steak soup. Our version of this regional favorite incorporates steakhouse staples, garlic, potatoes, green beans, onions and steak sauce.

## Cheesy Chicken-Vegetable Chowder

**Prep Time:** 20 Minutes **Start to Finish:** 30 Minutes

**Servings:** 4 (1½ cups each)

- 1 tablespoon butter or margarine
- 1 medium onion, chopped (½ cup)
- 2 cups Green Giant® frozen mixed vegetables
- 2 cups frozen southern-style hash-brown potatoes (from 32-oz package)
- 2 cups cubed cooked chicken
- 1 can (14 oz) chicken broth
- 6 oz Mexican prepared cheese product with jalapeño peppers (from 16-oz loaf), cubed (1¼ cups)

1. In large saucepan, melt butter over medium heat. Cook onion in butter 2 to 3 minutes or until crisp-tender, stirring frequently.
2. Add all remaining ingredients except cheese. Heat to boiling. Reduce heat; cover and simmer 8 to 10 minutes or until potatoes and vegetables are tender.
3. Add cheese; cook over medium-low heat until cheese is melted and smooth, and soup is thoroughly heated, stirring occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 425 (Calories from Fat 160); Total Fat 18g (Saturated Fat 9g); Cholesterol 100mg; Sodium 1220mg; Total Carbohydrate 39g (Dietary Fiber 6g; Sugars 10g); Protein 33g





## Sesame-Ginger Shrimp and Vegetable Stir-Fry

**Prep Time:** 20 Minutes **Start to Finish:** 20 Minutes  
**Servings:** 4

- 2 cups uncooked instant rice
- 2 cups water
- 1 tablespoon oil
- 1 package (16 oz) fresh stir-fry vegetables (4 cups), cut into bite-size pieces
- 12 oz uncooked deveined peeled medium shrimp, tail shells removed
- ½ cup purchased sesame-ginger stir-fry seasoning sauce (from 12-oz bottle)

1. Cook rice in water as directed on package.
2. Meanwhile, in 12-inch nonstick skillet or wok, heat oil over medium-high heat. Cook and stir vegetables in oil 3 minutes. Add shrimp; cook and stir 3 to 4 minutes longer or until shrimp turn pink and vegetables are crisp-tender.

3. Add seasoning sauce to shrimp and vegetables; cook and stir 1 to 2 minutes or until thoroughly heated. Serve over rice.

### Nutrition information per serving:

**1 SERVING:** Calories 375 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 120mg; Sodium 2430mg; Total Carbohydrate 60g (Dietary Fiber 3g; Sugars 6g); Protein 22g

### Cook's Note »

Look for sesame-ginger stir-fry seasoning sauce in the grocery store's Asian foods or sauces and marinades section. Brands vary by sweetness and spice level.

Look for stir-fry vegetables with precut vegetables in the grocery store's produce department.



## Salmon with Vegetable Pilaf

**Prep Time:** 20 Minutes **Start to Finish:** 20 Minutes

**Servings:** 2

### Salmon

- 1 small carrot, thinly sliced (about ⅓ cup)
- 1½ teaspoons chicken-flavor instant bouillon
- 1 teaspoon dried dill weed
- 1½ cups water
- 1 cup uncooked instant brown rice
- 1 cup frozen French-style green beans
- 1 salmon fillet, ½ to ¾ inch thick (8 oz)
- ¼ teaspoon lemon-pepper seasoning

### Sauce

- 2 tablespoons light sour cream
- 1 tablespoon mayonnaise or salad dressing
- ½ teaspoon Dijon mustard
- ¼ teaspoon dried dill weed
- Fresh dill, if desired

**1.** In large nonstick skillet, place carrot, bouillon, 1 teaspoon dill weed and the water. Heat to boiling. Reduce heat; cover and simmer 2 minutes.

**2.** Uncover skillet; stir in rice and green beans. Cut salmon fillet into 2 serving pieces. Place salmon

over rice and green beans, skin side down. Sprinkle salmon only with lemon-pepper seasoning. Return to a boil. Reduce heat to medium-low; cover and cook 8 to 10 minutes or until liquid is absorbed and thickest part of fish flakes easily with fork.

**3.** Meanwhile, in small bowl, mix all sauce ingredients until well blended.

**4.** To serve, remove salmon from skillet; place on serving platter. Fluff rice mixture with fork before serving. Serve sauce with salmon. Garnish with fresh dill.

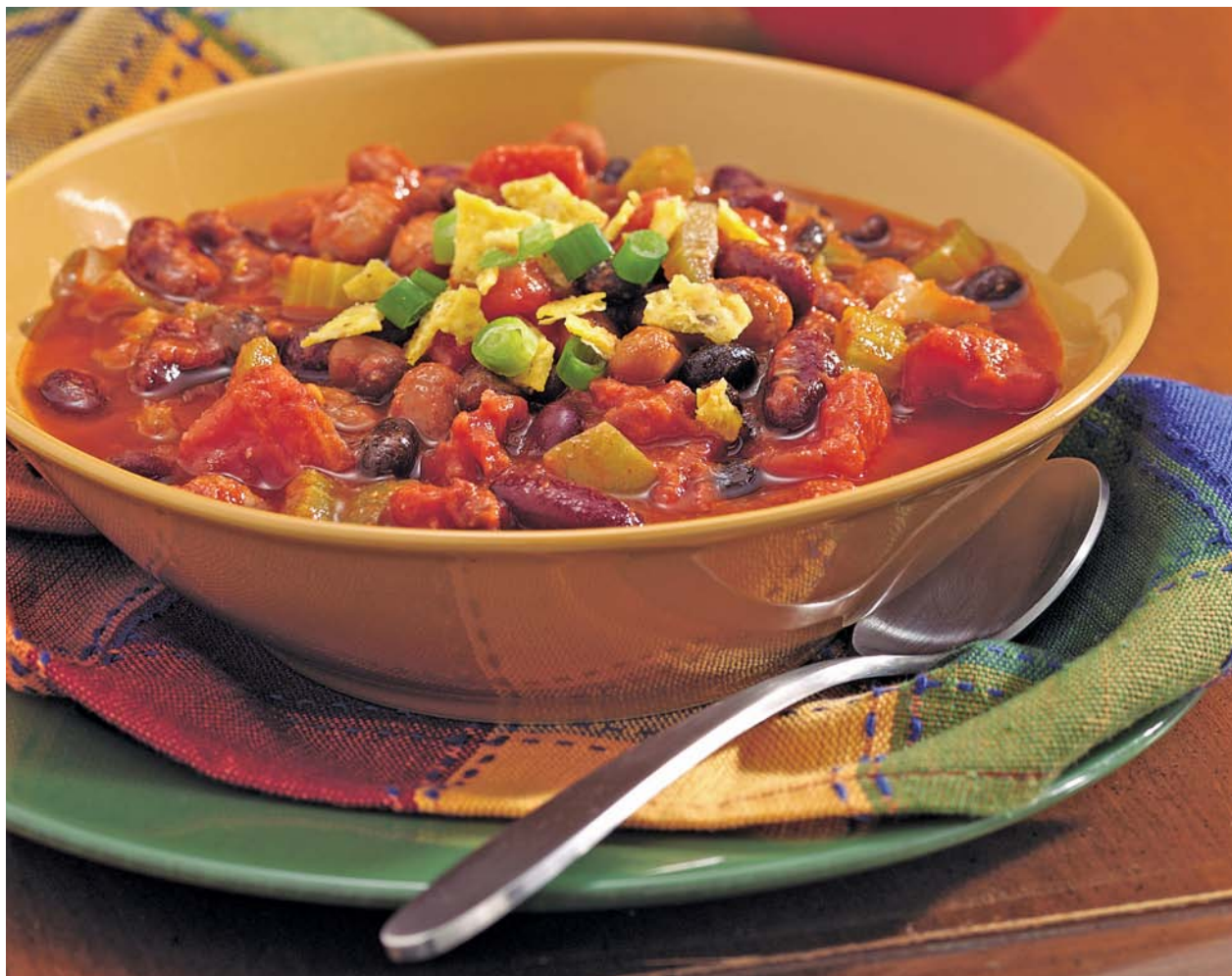
### Nutrition information per serving:

**1 SERVING:** Calories 575 (Calories from Fat 145); Total Fat 16g (Saturated Fat 4g); Cholesterol 85mg; Sodium 1180mg; Total Carbohydrate 81g (Dietary Fiber 8g; Sugars 6g); Protein 35g

### Cook's Note »

Salmon is a good source of Omega-3 oils which benefit the heart and brain; these oils are found almost exclusively in seafood.





## Smoky Three-Bean Chili

**Prep Time:** 10 Minutes **Start to Finish:** 50 Minutes  
**Servings:** 6 (1½ cups each)

- 1 tablespoon oil
- 2 medium stalks celery, chopped (1 cup)
- 1 medium green bell pepper, chopped (1 cup)
- 1 medium onion, chopped (½ cup)
- 2 cloves garlic, minced
- 1 can (28 oz) diced tomatoes, undrained
- 1 can (15 oz) spicy chili beans, undrained
- 1 can (15 oz) kidney beans, drained, rinsed
- 1 can (15 oz) black beans, drained, rinsed
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon finely chopped chipotle chile in adobo sauce (from 7 or 11-oz can)
- ½ teaspoon adobo sauce (from can of chipotle chiles)

**1.** In large saucepan or Dutch oven, heat oil over medium-high heat. Cook celery, bell pepper, onion and garlic in oil 3 minutes.

**2.** Stir in all remaining ingredients. Heat to boiling. Reduce heat; cover and simmer 30 to 40 minutes or until vegetables are tender and flavors are blended, stirring occasionally. If desired, top individual servings with crushed tortilla chips and sliced green onions.

**Nutrition information per serving:**

**1 SERVING:** Calories 275 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1g); Cholesterol 0mg; Sodium 1180mg; Total Carbohydrate 56g (Dietary Fiber 14g; Sugars 9g); Protein 18g



## Lentil-Barley-Vegetable Skillet

**Prep Time:** 15 Minutes **Start to Finish:** 55 Minutes

**Servings:** 6 (1½ cups each)

- 1 tablespoon oil
- 1 cup dried lentils, sorted, rinsed
- 1 medium carrot, sliced (½ cup)
- 1 small onion, coarsely chopped (about ⅓ cup)
- ¾ cup uncooked quick-cooking barley
- 1 teaspoon dried basil leaves
- ¼ teaspoon pepper
- 2 cans (14 oz each) vegetable or chicken broth
- 1 medium green bell pepper, cut into thin bite-size strips
- 1 medium stalk celery, sliced (½ cup)
- 1 cup Green Giant® Niblets® frozen whole kernel corn
- 1 can (14.5 oz) diced tomatoes with Italian herbs, undrained

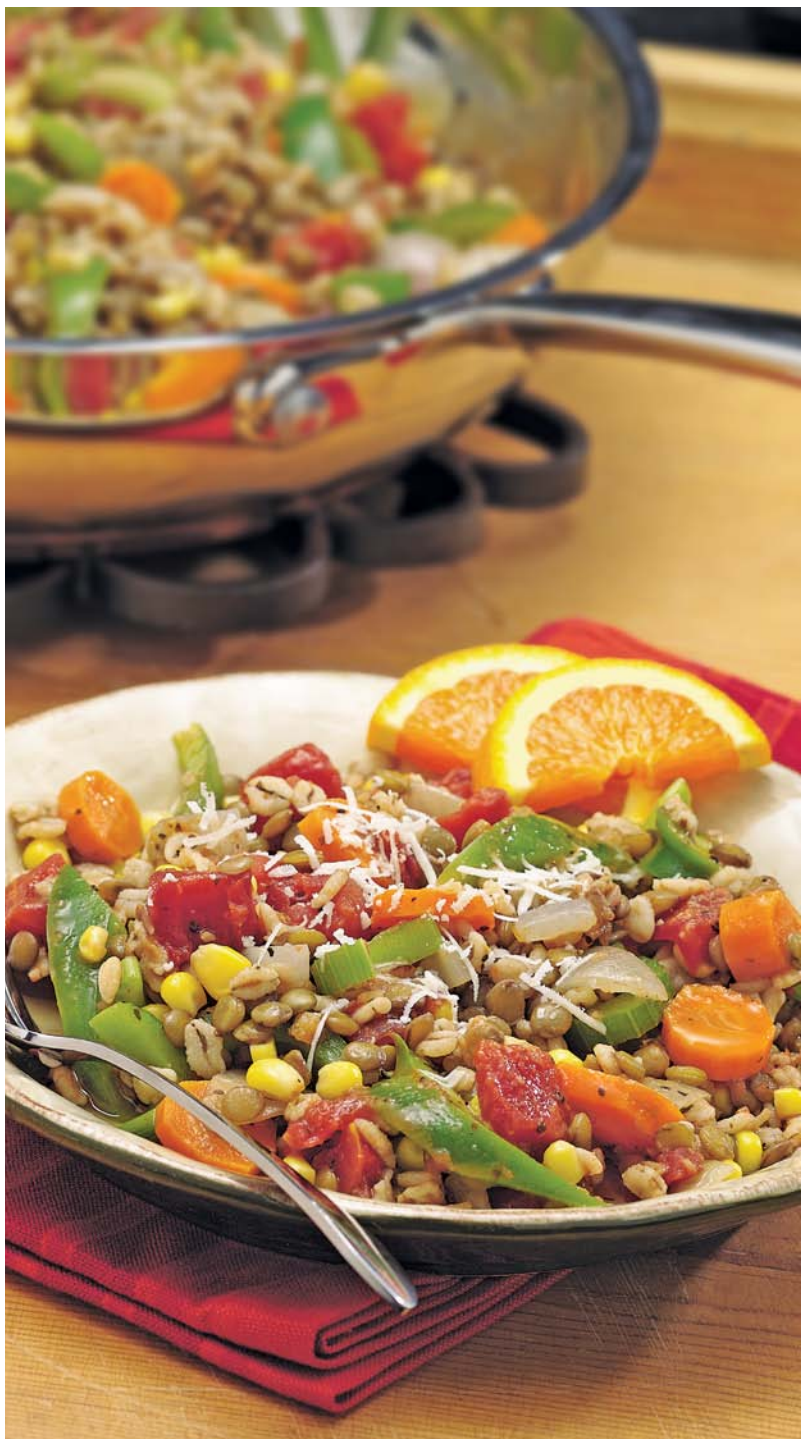
**1.** In 12-inch skillet, heat oil over medium heat. Cook lentils, carrot and onion in oil 3 minutes, stirring frequently.

**2.** Stir in barley, basil, pepper and broth. Heat to boiling. Reduce heat to medium-low; cover and simmer 20 minutes or until lentils are tender but still firm.

**3.** Stir in all remaining ingredients. Increase heat to medium; cover and simmer 10 to 15 minutes longer or until lentils and vegetables are tender and liquid is almost absorbed, stirring occasionally. If desired, sprinkle individual servings with shredded fresh Parmesan cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 225 (Calories from Fat 25); Total Fat 3g (Saturated Fat 0g); Cholesterol 0mg; Sodium 700mg; Total Carbohydrate 51g (Dietary Fiber 13g; Sugars 6g); Protein 12g





# easy oven meals

Dinner in a dish never tasted so good

Meatball Sandwich  
Casserole, p. 53







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## Italian Pasta and Beef Bake

**Prep Time:** 25 Minutes **Start to Finish:** 50 Minutes

**Servings:** 4 (1¾ cups each)

- 1½ cups uncooked mostaccioli  
or penne pasta (6 oz)
- ½ lb lean (at least 80%) ground beef
- 1 can (15 oz) Italian-style tomato sauce
- 1 can (14.5 oz) diced tomatoes with basil,  
garlic and oregano, undrained
- 1 jar (4.5 oz) Green Giant® sliced  
mushrooms, drained
- ½ cup shredded mozzarella cheese (2 oz)

**1.** Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package.

**2.** Meanwhile, in 12-inch nonstick skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in tomato sauce, tomatoes and mushrooms. Heat to boiling. Remove from heat; pour into baking dish.

**3.** Add cooked pasta; stir gently to mix. Spray sheet of foil with cooking spray; place sprayed side down on baking dish and seal tightly.

**4.** Bake 15 minutes. Uncover; sprinkle with cheese. Bake uncovered 5 to 10 minutes longer or until casserole is bubbly and cheese is melted.

**Nutrition information per serving:**

**1 SERVING:** Calories 375 (Calories from Fat 90); Total Fat 10g (Saturated Fat 4g); Cholesterol 40mg; Sodium 1200mg; Total Carbohydrate 47g (Dietary Fiber 4g; Sugars 8g); Protein 24g

### Cook's Notes »

Prepare this baked pasta and beef recipe with your favorite pasta shape. Rotini or radiatore can be used in place of the mostaccioli or penne.

Italian blend salad greens tossed with low-fat Caesar dressing can be served with this Italian-inspired dish. Add warm rolls or garlic toast to complete the menu. For dessert, serve biscotti and espresso.





# Maple Roast Chicken and Squash

**Prep Time:** 10 Minutes **Start to Finish:** 2 Hours 5 Minutes

**Servings:** 4

- 1 whole chicken (3 to 5 lb)
- ½ teaspoon seasoned salt
- ½ teaspoon dried marjoram leaves
- ¼ teaspoon pepper
- 1 medium acorn squash, quartered, seeds removed
- 1 can (8 oz) crushed pineapple in unsweetened juice, undrained
- ½ cup real maple syrup
- 2 tablespoons soy sauce
- 2 tablespoons Dijon mustard

**1.** Heat oven to 375°F. Remove and discard giblets from chicken. Rinse chicken inside and out with cold water; drain. Pat dry with paper towels. Rub chicken with seasoned salt, marjoram and pepper. In shallow roasting pan, place chicken. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone. Bake 45 minutes.

**2.** Arrange squash, cut side up, around chicken. Bake 30 minutes longer.

**3.** In small bowl, mix pineapple with juice, maple syrup, soy sauce and mustard until well blended. Spoon about 1 cup pineapple mixture over chicken and squash. Bake 15 to 30 minutes longer or until thermometer reads 180°F and legs move easily when lifted or twisted, and squash is tender, basting chicken and squash with pan juices once.

**4.** Remove chicken and squash from pan; cover to keep warm. Pour drippings from pan into medium saucepan. Add remaining pineapple mixture; mix well. Cook over medium heat 5 to 10 minutes or until mixture is reduced slightly, stirring occasionally. Serve pineapple mixture with chicken and squash.

**Nutrition information per serving:**

**1 SERVING:** Calories 570 (Calories from Fat 190); Total Fat 21g (Saturated Fat 6g); Cholesterol 130mg; Sodium 940mg; Total Carbohydrate 53g (Dietary Fiber 2g; Sugars 34g); Protein 42g

## Cook's Notes »

Don't have real maple syrup on hand? Maple-flavored syrup can be used instead.

To make the squash easier to cut, use a knife to pierce 2 to 4 holes in the skin so steam can escape. Microwave the squash on High for 2 to 3 minutes or just until it's soft enough to cut.





## Portabella and Beef Burgundy Stew

**Prep Time:** 15 Minutes **Start to Finish:** 2 Hours 15 Minutes

**Servings:** 5 (1½ cups each)

- 1 lb beef top round steak, cut into 1-inch pieces
- 2 tablespoons all-purpose flour
- 1 tablespoon oil
- 6 oz portabella mushroom caps, gills and stems removed, cut into 1-inch pieces
- 2 medium onions, cut into thin wedges
- 2 cups ready-to-eat baby-cut carrots
- 1 can (14 oz) beef broth
- 1 can (14.5 oz) diced tomatoes with Italian herbs, undrained
- 1 cup Burgundy or Pinot Noir wine, or nonalcoholic red wine
- ¼ teaspoon pepper
- 3 tablespoons water
- ¼ cup all-purpose flour

**1.** Heat oven to 325°F. In large bowl, mix beef and 2 tablespoons flour; toss to coat evenly. In Dutch oven, heat oil over medium-high heat. Cook and stir beef in oil until browned. Stir in all remaining ingredients except water and ¼ cup flour. Cover.

**2.** Bake 1 hour 15 minutes to 1 hour 30 minutes or until beef is fork-tender. Meanwhile, in small bowl, blend water and ¼ cup flour with wire whisk until smooth.

**3.** Stir flour mixture; gradually add to stew, stirring gently to blend. Cover. Bake 30 minutes longer or until sauce has thickened.

**Nutrition information per serving:**

**1 SERVING:** Calories 225 (Calories from Fat 55); Total Fat 6g (Saturated Fat 1g); Cholesterol 45mg; Sodium 540mg; Total Carbohydrate 22g (Dietary Fiber 3g; Sugars 7g); Protein 21g

### Cook's Notes »

Our version of Beef Burgundy has the meaty texture and hearty flavor of contemporary portabella mushrooms.

Portabella mushrooms are fully-grown large, dark mushrooms that have rich flavor and a dense, meaty texture.

To remove the gills from portabella mushrooms, use the tip of a spoon to scrape the underside. If gills from mushrooms are not removed, expect the color of the food to be quite dark.





## Pizza Lasagna

**Prep Time:** 45 Minutes **Start to Finish:** 1 Hour 30 Minutes

**Servings:** 8

- 9 uncooked lasagna noodles
- 1 can (15 oz) pizza sauce
- 1 can (14.5 oz) diced tomatoes with green pepper and onion, undrained
- 1 container (15 oz) ricotta cheese
- 1 teaspoon Italian seasoning
- 2 cups shredded mozzarella cheese (8 oz)
- 2 packages (3½ oz each) pepperoni slices
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 can (2¼ oz) sliced ripe olives, drained
- ½ cup chopped green bell pepper (½ medium)
- 2 tablespoons grated Parmesan cheese

**1.** Heat oven to 350°F. Cook and drain lasagna noodles as directed on package.

**2.** Spray 12x8-inch (2-quart) glass baking dish with cooking spray. In 2-quart saucepan, mix pizza sauce and tomatoes. Cook over medium heat, stirring frequently, until thoroughly heated. In medium bowl, mix ricotta cheese and Italian seasoning.

**3.** Spread ¼ cup pizza sauce mixture in bottom of baking dish. Arrange 3 cooked noodles over sauce. Spoon and spread half of ricotta mixture over noodles. Top with ½ cup of the mozzarella cheese, 1 cup sauce mixture, ⅓ each of the pepperoni slices, mushrooms, olives and bell pepper. Repeat layers once.

**4.** Top with remaining noodles, sauce mixture, mozzarella cheese, pepperoni slices, mushrooms, olives and bell pepper. Sprinkle Parmesan cheese over top.

**5.** Bake uncovered 30 to 35 minutes or until bubbly. Let stand 15 minutes before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 430 (Calories from Fat 200); Total Fat 23g (Saturated Fat 11g); Cholesterol 55mg; Sodium 1340mg; Total Carbohydrate 32g (Dietary Fiber 3g; Sugars 8g); Protein 24g

### Cook's Notes >>

Serve this tasty lasagna with Texas toast and a tossed green salad.



## Overnight Chicken Enchilada Bake

**Prep Time:** 30 Minutes **Start to Finish:** 9 Hours 40 Minutes  
**Servings:** 8

- 1 lb boneless skinless chicken breasts, cut into thin bite-size pieces
- 1 can (10¾ oz) condensed cream of chicken soup
- 1 container (8 oz) sour cream
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 2 cans (10 oz each) Old El Paso® enchilada sauce
- 12 corn tortillas (6 inch), quartered
- 2 cups shredded Cheddar cheese (8 oz)
- ¼ cup sliced green onions (4 medium)

**1.** Spray 13x9-inch (3-quart) glass baking dish and 16x12-inch sheet of foil with cooking spray. Heat large nonstick skillet over medium-high heat. Cook chicken in skillet 3 to 4 minutes or until chicken is no longer pink in center, stirring frequently. Remove from heat. Stir in soup, sour cream and chiles.

**2.** In baking dish, spread ¼ cup of the enchilada sauce. Arrange half of tortilla pieces over sauce,

overlapping as necessary. Spoon and spread 1 cup enchilada sauce evenly over tortillas. Spread half of chicken mixture over sauce. Top with 1 cup of the cheese. Repeat layers, starting with tortilla pieces. Cover tightly with foil. Refrigerate at least 8 hours or overnight.

**3.** Heat oven to 375°F. Bake covered 30 minutes. Uncover baking dish; bake 20 to 25 minutes longer or until sauce is bubbly and cheese begins to brown. Let stand 15 minutes before serving. Sprinkle with onions.

**Nutrition information per serving:**

**1 SERVING:** Calories 390 (Calories from Fat 180); Total Fat 20g (Saturated Fat 11g); Cholesterol 85mg; Sodium 930mg; Total Carbohydrate 28g (Dietary Fiber 3g; Sugars 5g); Protein 25g

### Cook's Note »»

Serve this flavorful Mexican-style casserole with greens tossed with orange slices, diced avocado, jicama sticks and citrus vinaigrette. Serve fruit sherbet and sugar cookies for dessert.



## Orange-Glazed Roast Chicken Breasts with Sweet Potatoes

**Prep Time:** 15 Minutes **Start to Finish:** 1 Hour

**Servings:** 4

### Basting Sauce

- ¼ cup orange marmalade
- 2 tablespoons orange juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried thyme leaves
- ¼ teaspoon salt
- ⅛ teaspoon pepper

### Chicken and Vegetables

- 4 bone-in skinless chicken breasts
- 2 medium dark-orange sweet potatoes, peeled, cut into 1-inch cubes
- 1 medium onion, cut into 8 wedges
- 1 teaspoon olive oil
- ⅓ cup sweetened dried cranberries
- ¼ cup orange juice

1. Heat oven to 375°F. In small saucepan, cook all basting sauce ingredients over low heat 3 to 4 minutes or until marmalade is melted, stirring occasionally.

2. In 15x10x1-inch pan, place chicken breasts. Brush with half of basting sauce. In medium bowl, toss potatoes and onion with oil; place around chicken. Bake 25 minutes.

3. Meanwhile, in small bowl, soak cranberries in ¼ cup orange juice.

4. Brush chicken again with remaining basting sauce. Stir gently to coat vegetables with pan juices. With slotted spoon, sprinkle cranberries over vegetables; drizzle with juice. Bake 20 minutes longer or until juice of chicken is clear when thickest part is cut to bone (170°F), and vegetables are tender.

### Nutrition information per serving:

**1 SERVING:** Calories 340 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 75mg; Sodium 220mg; Total Carbohydrate 46g (Dietary Fiber 3g; Sugars 26g); Protein 28g

### Cook's Note »

Sweet potatoes are an excellent source of vitamin A and a good source of vitamin C.



## Provençal Roast Chicken

**Prep Time:** 20 Minutes **Start to Finish:** 1 Hour 50 Minutes  
**Servings:** 6

- 1 whole chicken (3 to 3½ lb)
- 1 lemon
- 1 teaspoon olive oil
- 1 tablespoon herbes de Provence or dried rosemary leaves, crushed
- ¼ teaspoon freshly ground black pepper
- 1½ lb small red potatoes (about 10 to 12), cut into fourths
- 2 medium zucchini, cut into 1½-inch pieces
- ½ cup chopped pitted kalamata olives
- 1 can (14.5 oz) diced tomatoes with basil, garlic and oregano, drained



**1.** Heat oven to 400°F. Remove and discard giblets from chicken. Rinse chicken inside and out with cold water; drain. Pat dry with paper towels. In shallow roasting pan, place chicken, breast side up. Grate peel from lemon. Cut lemon in half; squeeze and reserve juice from lemon. Reserve lemon halves. In small bowl, mix lemon peel, lemon juice and oil until well blended.

**2.** Drizzle half of lemon mixture over chicken. Sprinkle and pat herbes de Provence and pepper over skin of chicken. Place squeezed lemon halves inside chicken. Using string, tie legs and tail together. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone.

**3.** In large bowl, mix potatoes, zucchini, olives, tomatoes and remaining lemon juice mixture. Arrange vegetables around chicken in pan.

**4.** Bake 1 hour to 1 hour 30 minutes or until thermometer reads 180°F and legs move easily when lifted or twisted, and vegetables are tender. Remove and discard lemon halves. If desired, add salt and pepper to taste.

**Nutrition information per serving:**

**1 SERVING:** Calories 510 (Calories from Fat 160); Total Fat 18g (Saturated Fat 4g); Cholesterol 90mg; Sodium 430mg; Total Carbohydrate 53g (Dietary Fiber 7g; Sugars 5g); Protein 34g

### Cook's Note »

Provençal refers to dishes that are prepared in the style of Provence, in southern France.

Herbes de Provence is an herb blend that typically includes basil, fennel, marjoram, rosemary, sage, and thyme. It is often used in French cooking.

Garnish the dish with fresh herbs such as rosemary or thyme.





## Southern Turkey-Stuffing Bake

**Prep Time:** 15 Minutes **Start to Finish:** 1 Hour 30 Minutes  
**Servings:** 6

- 1 cup chopped onions (2 medium)
- 4 slices bacon, cut into small pieces
- 4 cups seasoned cornbread stuffing mix
- 1½ cups water
- 2 cups Green Giant® frozen cut broccoli
- ½ teaspoon dried thyme leaves
- ½ teaspoon seasoned salt
- ½ teaspoon garlic powder
- ⅛ teaspoon ground red pepper (cayenne)
- 2 turkey breast tenderloins (¾ lb each)

**1.** Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In Dutch oven, cook onions and bacon over medium-high heat 4 to 5 minutes or until bacon is browned and onions are tender, stirring occasionally. Remove

from heat. Add cornbread mix and water; mix well. Stir in broccoli. Spread in baking dish.

**2.** In small bowl, mix thyme, seasoned salt, garlic powder and ground red pepper. Rub on turkey tenderloins. Arrange over stuffing mixture; press into stuffing slightly. Cover with foil.

**3.** Bake 1 hour. Uncover baking dish; bake 10 to 15 minutes longer or until turkey is no longer pink in center. To serve, cut turkey into crosswise slices.

**Nutrition information per serving:**

**1 SERVING:** Calories 355 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 80mg; Sodium 1000mg; Total Carbohydrate 42g (Dietary Fiber 3g; Sugars 4g); Protein 35g

### Cook's Note »

Don't feel like chopping onions? Look for bags of chopped onions near the other frozen vegetables.



## Baked Pork Chop Dinner

**Prep Time:** 15 Minutes **Start to Finish:** 1 Hour 5 Minutes  
**Servings:** 4

- 4 boneless pork loin chops (¾ inch thick)
- ½ teaspoon seasoned salt
- ¼ teaspoon pepper
- 2 cups Green Giant® frozen broccoli cuts
- 1 cup uncooked instant white or brown rice
- 1 cup ready-to-eat baby-cut carrots, cut in half lengthwise
- 1 can (10¾ oz) condensed cream of mushroom soup
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1¼ cups water

**1.** Heat oven to 350°F. Spray large nonstick skillet with cooking spray. Heat over medium-high heat. Sprinkle both sides of pork chops with seasoned salt and ¼ teaspoon of the pepper. Cook pork chops in skillet 5 to 7 minutes or until browned on both sides. Remove chops from skillet; set aside.

**2.** Meanwhile, spray 11x7-inch (2-quart) glass baking dish with cooking spray. In baking dish, mix broccoli, rice, carrots, soup, mushrooms, water and remaining ¼ teaspoon pepper until well blended. Arrange pork chops over mixture. Cover tightly with foil.

**3.** Bake 45 to 50 minutes or until pork chops are fork-tender and no longer pink in center.

**Nutrition information per serving:**

**1 SERVING:** Calories 380 (Calories from Fat 115); Total Fat 13g (Saturated Fat 4g); Cholesterol 70mg; Sodium 900mg; Total Carbohydrate 37g (Dietary Fiber 4g; Sugars 4g); Protein 29g

### Cook's Note »

Instant brown rice has more fiber and protein than white rice, and it cooks in a flash. Even if there's white rice in your pantry, purchase brown rice and treat yourself and your family to this nutritious whole grain.



## Oven-Roasted Pork 'n Vegetables

**Prep Time:** 20 Minutes **Start to Finish:** 1 Hour

**Servings:** 3

- 1 pork tenderloin (¾ lb)
- 8 to 10 small red potatoes (about 1 lb), cut in half
- 3 to 4 medium carrots (about ½ lb), cut into 2-inch pieces
- 1 small onion, cut into wedges
- 2 teaspoons olive oil
- 1 teaspoon dried rosemary leaves, crushed
- ½ teaspoon dried sage leaves, crushed
- ⅛ teaspoon pepper

**1.** Heat oven to 450°F. Generously spray 15x10x1-inch pan or shallow roasting pan with cooking spray. Place pork tenderloin in pan. Place potatoes,

carrots and onion around tenderloin. Drizzle oil evenly over tenderloin and vegetables. Sprinkle with rosemary, sage and pepper.

**2.** Bake 30 to 40 minutes or until pork has slight blush of pink in center, meat thermometer inserted in center reads 160°F and vegetables are tender, stirring vegetables occasionally.

**Nutrition information per serving:**

**1 SERVING:** Calories 560 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g); Cholesterol 65mg; Sodium 105mg; Total Carbohydrate 89g (Dietary Fiber 11g; Sugars 10g); Protein 32g

### Cook's Note »

If you don't have a meat thermometer, use an instant-read thermometer to check the tenderloin for doneness.







## Lemon-Garlic Roasted Pork and Vegetables

**Prep Time:** 10 Minutes **Start to Finish:** 50 Minutes

**Servings:** 6

### Pork

- 2 to 3 pork tenderloins (about 1½ lb)
- 1 clove garlic, minced
- 1 teaspoon lemon-pepper seasoning

### Vegetables

- 1 bag (19 oz) Green Giant® frozen roasted potatoes with garlic & herbs, thawed
- 3 cups Green Giant Select® frozen broccoli, carrots and cauliflower (from 1-lb bag), thawed
- 2 teaspoons lemon juice

**1.** Heat oven to 450°F. Spray 13x9-inch pan with cooking spray. Place pork tenderloins in pan. In small bowl, mix garlic and lemon-pepper seasoning; rub over pork.

**2.** In ungreased 2-quart casserole, mix all vegetable ingredients except lemon juice; cover.

**3.** Bake pork and vegetables 30 to 40 minutes or until pork has slight blush of pink in center, meat thermometer inserted in center of pork reads 160°F and vegetables are tender. (If vegetables are tender before pork is done, remove casserole from oven.) Stir lemon juice into vegetables before serving.

### Nutrition information per serving:

**1 SERVING:** Calories 250 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2g); Cholesterol 70mg; Sodium 320mg; Total Carbohydrate 14g (Dietary Fiber 2g; Sugars 1g); Protein 28g

## Cook's Notes »

To thaw the box of frozen potatoes and bag of frozen vegetables, refrigerate at least 8 hours or overnight.

Did you know that frozen vegetables are just as nutritious as fresh vegetables? Freezing vegetables at the peak of ripeness helps preserve their nutrients.



## Chicago Deep-Dish Sausage Pizza

**Prep Time:** 25 Minutes **Start to Finish:** 45 Minutes

**Servings:** 6

- 1 lb bulk Italian pork sausage
- ½ cup chopped green bell pepper
- 1 cup sliced fresh mushrooms
- 1 can (8 oz) pizza sauce
- 1 can (10 oz) Pillsbury® refrigerated pizza crust
- 1½ cups shredded mozzarella cheese (6 oz)
- 2 medium plum (Roma) tomatoes, chopped
- ¼ cup sliced ripe olives, if desired
- 2 tablespoons chopped green onions (2 medium)

**1.** Heat oven to 400°F. Spray 9-inch glass pie plate and large nonstick skillet with cooking spray. Heat skillet over medium-high heat. Cook sausage and bell pepper in skillet 7 to 9 minutes or until sausage is no longer pink, stirring frequently. Stir in mushrooms and pizza sauce. Keep warm over low heat.

**2.** Unroll dough into pie plate. Press in bottom and up side of plate, folding edge under to form crust. Sprinkle ½ cup of the cheese evenly in bottom of

crust. Spoon hot sausage mixture over cheese. Top with remaining 1 cup cheese, the tomatoes and olives.

**3.** Bake 15 to 20 minutes or until crust is golden brown. Sprinkle with onions. Let stand 5 minutes. To serve, cut pizza into wedges with serrated knife.

**Nutrition information per serving:**

**1 SERVING:** Calories 410 (Calories from Fat 200); Total Fat 22g (Saturated Fat 8g); Cholesterol 60mg; Sodium 1170mg; Total Carbohydrate 29g (Dietary Fiber 1g; Sugars 6g); Protein 24g

### Cook's Notes »

Chicago's celebrated thick-crust pizza demands a plate, knife and fork. Chicago-style pizza traditionally layers the cheese first; tomatoes are the final topping.

Check the grocery store meat department or an Italian deli for bulk sausage labeled sweet (mild) or hot; choose according to your family's preference.





## Oven-Braised Beef Short Ribs

**Prep Time:** 20 Minutes **Start to Finish:** 2 Hours 50 Minutes  
**Servings:** 6

- 3½ to 4 lb beef short ribs, trimmed of fat
- 1 can (14.5 oz) diced tomatoes, undrained
- ½ cup beef broth
- ½ cup Zinfandel wine or cranberry juice
- ¼ cup all-purpose flour
- ¼ cup chili sauce
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried marjoram leaves
- ½ teaspoon salt
- ½ teaspoon garlic-pepper blend
- 2 cups ready-to-eat baby-cut carrots
- 1 medium onion, halved, thinly sliced

**1.** Heat oven to 325°F. Spray 12-inch nonstick skillet with cooking spray. Heat over medium-high heat. Cook short ribs in skillet 6 to 8 minutes or until browned on all sides.

**2.** In ungreased 13x9-inch (3-quart) glass baking dish, mix tomatoes, broth, wine, flour, chili sauce, thyme, marjoram, salt and garlic-pepper blend until well blended. Add browned ribs, carrots and onion; stir gently to mix. (Baking dish will be full.) Cover with foil. Bake 2 hours.

**3.** Uncover baking dish, bake 20 to 30 minutes longer or until ribs are tender and liquid is slightly thickened.

**Nutrition information per serving:**

**1 SERVING:** Calories 285 (Calories from Fat 135); Total Fat 15g (Saturated Fat 6g); Cholesterol 60mg; Sodium 580mg; Total Carbohydrate 16g (Dietary Fiber 2g; Sugars 8g); Protein 22g



## Southwest Lasagna

**Prep Time:** 40 Minutes **Start to Finish:** 1 Hour 40 Minutes  
**Servings:** 12

- 9 uncooked lasagna noodles
- 1 lb extra-lean (at least 90%) ground beef
- 1 package (1.25 oz) Old El Paso® 40% less sodium taco seasoning mix
- $\frac{3}{4}$  cup water
- 1 jar (26 to 28 oz) tomato pasta sauce
- 1 can (15 oz) black beans, drained, rinsed
- 1 box (9 oz) Green Giant® Niblets® frozen corn, thawed
- 2 teaspoons ground cumin
- 1 container (15 oz) ricotta cheese
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 2 eggs
- 3 cups shredded Monterey Jack cheese (12 oz)

**1.** Place cookie sheet or foil in oven on rack below middle oven rack; heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Cook and drain lasagna noodles as directed on package. Rinse with cold water to cool; drain well.

**2.** Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat; simmer 5 minutes or until thickened. Stir in pasta sauce, beans, corn and cumin. Cook about 5 minutes, stirring occasionally, until thoroughly heated.

**3.** In small bowl, mix ricotta cheese, chiles and eggs.

**4.** To assemble lasagna, arrange 3 cooked noodles in bottom of baking dish. Spoon and spread  $\frac{1}{3}$  of ricotta mixture over noodles; top with  $\frac{1}{3}$  each of beef mixture and Monterey Jack cheese. Repeat layers 2 more times, reserving last  $\frac{1}{3}$  of Monterey Jack cheese.

**5.** Place baking dish on middle oven rack; bake 25 minutes. Sprinkle with reserved cheese; bake 15 to 25 minutes longer or until lasagna is bubbly and cheese is melted. Let stand 10 minutes before serving. Cut into squares.

**Nutrition information per serving:**

**1 SERVING:** Calories 430 (Calories from Fat 160); Total Fat 18g (Saturated Fat 9g); Cholesterol 95mg; Sodium 910mg; Total Carbohydrate 40g (Dietary Fiber 5g; Sugars 9g); Protein 25g





## Potato-Topped Oven Swiss Steak

**Prep Time:** 20 Minutes **Start to Finish:** 2 Hours 35 Minutes  
**Servings:** 8

### Swiss Steak

- 1½ lb boneless beef round steak (½ inch thick), cut into pieces
- 3 medium carrots, sliced (1½ cups)
- 1 large onion, cut into thin wedges (2 cups)
- 1 can (14.5 oz) diced tomatoes with Italian herbs, undrained
- 1 jar (12 oz) beef gravy

### Topping

- 1 box (7.2 oz) mashed potatoes seasoned with butter and parsley (2 pouches)
- 2½ cups water
- 1⅓ cups milk
- ¼ cup butter or margarine
- 1 egg, beaten

**1.** Heat oven to 325°F. In ungreased 13x9-inch (3-quart) glass baking dish, arrange beef in single layer. Top with carrots and onion.

**2.** In medium bowl, mix tomatoes and gravy; spoon over beef and vegetables. Cover with foil; bake 2 hours.

**3.** In 3-quart saucepan, make both pouches of potatoes as directed on box using water, milk and butter. Stir in egg until well blended.

**4.** Remove baking dish from oven. Uncover; spoon or pipe potato mixture over hot mixture. Return to oven; bake uncovered 15 to 20 minutes longer or until potatoes are set and light golden brown.

### Nutrition information per serving:

**1 SERVING:** Calories 350 (Calories from Fat 120); Total Fat 13g (Saturated Fat 4g); Cholesterol 80mg; Sodium 710mg; Total Carbohydrate 34g (Dietary Fiber 4g; Sugars 6g); Protein 23g

## Cook's Note »

Enjoy this casserole with a crisp salad. Toss purchased salad greens, sliced fresh strawberries and slivered almonds with a balsamic vinaigrette.



## Meatball Sandwich Casserole

**Prep Time:** 25 Minutes **Start to Finish:** 1 Hour 5 Minutes  
**Servings:** 6

- 18 to 24 slices (¼ inch thick) baguette French bread
- ¼ cup olive or vegetable oil
- 1 package (1 lb) frozen cooked Italian-style or regular meatballs (32), thawed
- 1 bag (1 lb) frozen bell pepper and onion stir-fry, thawed, drained
- 1½ cups tomato pasta sauce
- 1 cup shredded mozzarella cheese (4 oz)

**1.** Heat oven to 350°F. Brush 1 side of each bread slice with oil. In ungreased 9½-inch deep-dish pie plate, line bottom and side with bread, oil side up and slightly overlapping slices. Bake 5 to 10 minutes or until edges are light golden brown.

**2.** Meanwhile, in large bowl, gently mix meatballs, bell pepper and onion stir-fry, and pasta sauce to coat.

**3.** Spoon meatball mixture into crust; bake uncovered 25 to 30 minutes or until thoroughly heated in center. Sprinkle with cheese; bake 5 to 10 minutes longer or until cheese is melted.

**Nutrition information per serving:**

**1 SERVING:** Calories 550 (Calories from Fat 240); Total Fat 27g (Saturated Fat 8g); Cholesterol 90mg; Sodium 1130mg; Total Carbohydrate 50g (Dietary Fiber 4g; Sugars 9g); Protein 26g

### Cook's Note »

If the meatballs that you're using are large, just cut each one in half before mixing with the sauce.



## Macaroni and Cheese Italian

**Prep Time:** 30 Minutes **Start to Finish:** 55 Minutes

**Servings:** 4 (1½ cups each)

- 2¼ cups uncooked ziti pasta (8 oz)
- 2 cups Green Giant Select® frozen broccoli florets
- 2 cups milk
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon hot pepper sauce
- 1 clove garlic, minced
- 1½ cups shredded provolone cheese (6 oz)
- ½ cup roasted red bell peppers (from a jar), drained, chopped
- 2 tablespoons Progresso® Italian style bread crumbs
- 2 teaspoons butter or margarine, melted

**1.** In large saucepan, cook ziti as directed on package, adding broccoli during last minute of cooking time. Drain; return to saucepan and cover to keep warm.

**2.** Meanwhile, heat oven to 350°F. Spray 2-quart casserole with cooking spray. In medium saucepan,

stir ½ cup of the milk, the flour, salt, hot pepper sauce and garlic with wire whisk until smooth. Stir in remaining 1½ cups milk. Cook over medium heat until mixture boils and thickens, stirring constantly. Remove from heat. Stir in cheese until melted.

**3.** Add cheese sauce to cooked ziti and broccoli; mix well. Stir in roasted peppers. Spoon into casserole. In small bowl, mix bread crumbs and butter. Sprinkle over top.

**4.** Bake 20 to 25 minutes or until casserole is bubbly and crumbs are golden brown.

**Nutrition information per serving:**

**1 SERVING:** Calories 505 (Calories from Fat 155); Total Fat 17g (Saturated Fat 10g); Cholesterol 45mg; Sodium 800mg; Total Carbohydrate 66g (Dietary Fiber 5g; Sugars 12g); Protein 27g

### Cook's Notes >>

This grown-up version of macaroni and cheese has all the good stuff kids love, plus broccoli and roasted red peppers. The provolone cheese sauce is spiked with garlic and hot pepper sauce.







## Bagel 'n Brie Brunch Strata

**Prep Time:** 10 Minutes **Start to Finish:** 9 Hours 5 Minutes  
**Servings:** 8

- 6 eggs
- 1¼ cups milk
- 3 plain bagels, split, cut into ½-inch pieces
- 1 round (8 oz) Brie cheese, rind removed, cut into ½-inch pieces
- 1 bag (16 oz) frozen bell pepper and onion stir-fry, thawed, patted dry with paper towels
- 1 teaspoon dried basil leaves
- ½ teaspoon salt
- ¼ teaspoon pepper

**1.** Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, beat eggs and milk. Beat in all remaining ingredients until well blended. Pour into baking dish. Cover; refrigerate 8 hours or overnight.

**2.** Heat oven to 350°F. Uncover dish; bake 50 to 55 minutes or until golden brown and center is set.

**Nutrition information per serving:**

**1 SERVING:** Calories 260 (Calories from Fat 120); Total Fat 13g (Saturated Fat 7g); Cholesterol 190mg; Sodium 530mg; Total Carbohydrate 20g (Dietary Fiber 2g; Sugars 5g); Protein 15g

### Cook's Notes »»

This strata was developed using standard bagels, which tend to be rather large. When preparing the recipe with small bagels, add an extra half-bagel.

Prepare this strata recipe the next time you have overnight guests -- the recipe goes together quickly the night before. The next morning, pop the strata in the oven. While it bakes, there's plenty of time to cut up fruit and set the table.



## Ham and Veggie Strata

**Prep Time:** 30 Minutes **Start to Finish:** 7 Hours 30 Minutes  
**Servings:** 10

- 2 tablespoons olive oil
- 3 medium onions, chopped (about 1½ cups)
- 1 medium green bell pepper, chopped (1 cup)
- 1 tablespoon minced garlic
- 1 package (8 oz) sliced cooked ham, cut into small pieces
- 3 medium tomatoes, seeded, chopped
- 12 slices day-old English muffin or sourdough bread (about 1½ lb), torn into pieces
- 8 eggs
- 3 cups milk
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 cup shredded Cheddar cheese (4 oz)

1. In 12-inch nonstick skillet, heat oil over medium heat. Cook onions, bell pepper and garlic in skillet 6 to 8 minutes, stirring frequently, until tender. Stir in ham and tomatoes. Cook 2 minutes longer.
2. Meanwhile, spray 13x9-inch (3-quart) glass baking dish with cooking spray. Place torn bread in baking dish. In large bowl, beat eggs, milk, salt and pepper until well blended.
3. Spoon ham mixture over bread. Pour egg mixture over top. Cover; refrigerate at least 6 hours or overnight.
4. When ready to bake, heat oven to 350°F. Uncover baking dish; bake 30 minutes. Sprinkle with cheese; bake 30 minutes longer or until knife inserted in center comes out clean. Cut into squares.

**Nutrition information per serving:**

**1 SERVING:** Calories 370 (Calories from Fat 130); Total Fat 14g (Saturated Fat 5g); Cholesterol 200mg; Sodium 1120mg; Total Carbohydrate 40g (Dietary Fiber 3g; Sugars 15g); Protein 21g

### Cook's Note >>

This make-the-day-before casserole can be toted in a cooler and baked at the home of the gathering. Be sure to ask the hostess if her oven is available.



## Roast Salmon Provençal

**Prep Time:** 20 Minutes **Start to Finish:** 40 Minutes

**Servings:** 4

- 4 salmon fillets or steaks, ½ inch thick (1 to 1½ lb)
- 3 cups refrigerated unpeeled potato wedges (from 1 lb 4-oz bag)
- 1½ cups small whole fresh mushrooms
- ½ medium red bell pepper, cut into 1-inch pieces
- 1 medium zucchini, cut into ½-inch pieces
- ½ cup Italian dressing
- ½ teaspoon dried basil leaves
- ½ cup large pitted kalamata or ripe olives

**1.** Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In pan, place salmon, potatoes, mushrooms, bell pepper and zucchini. Brush with

half of the dressing; sprinkle with basil. Bake 20 minutes.

**2.** Add olives to pan and stir vegetables slightly. Drizzle remaining dressing over salmon and vegetables. Bake 5 to 10 minutes longer or until fish flakes easily with fork and potatoes are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 410 (Calories from Fat 190); Total Fat 21g (Saturated Fat 3g); Cholesterol 80mg; Sodium 510mg; Total Carbohydrate 27g (Dietary Fiber 4g; Sugars 6g); Protein 29g

### Cook's Note »

A green bell pepper and a medium yellow summer squash can be used instead of the red pepper and zucchini.



# slow cooker favorites

Slow and steady recipes well worth the wait



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Chicken Chili, p. 66





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## Chicken and Vegetable Pot Pies

**Prep Time:** 40 Minutes **Start to Finish:** 5 Hours 40 Minutes

**Servings:** 4

- 1¼ lb boneless skinless chicken thighs, cut into 1-inch pieces
- 1 package (.87 oz) roasted chicken gravy mix
- 1 cup ready-to-eat baby-cut carrots, cut in half lengthwise
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 cup chicken broth
- ¼ cup dry white wine or water
- 2 cups frozen southern-style cubed hash-brown potatoes (from 32-oz package), thawed
- 1 cup Green Giant® frozen sweet peas, thawed
- ⅛ teaspoon pepper
- 4 Pillsbury® Oven Baked frozen buttermilk biscuits (from 25-oz package)
- 2 teaspoons milk
- ½ teaspoon dried thyme leaves

**1.** In 3½- to 4-quart slow cooker, place chicken. Sprinkle with gravy mix; mix lightly to coat. Top with carrots and mushrooms. Pour broth and wine over top.

**2.** Cover; cook on Low heat setting 5 to 7 hours.

**3.** About 30 minutes before serving, add potatoes, peas and pepper to chicken mixture; stir gently to mix. Increase heat setting to High; cover and cook 25 to 30 minutes longer or until peas are tender.

**4.** Meanwhile, heat oven to 375°F. Place frozen biscuits on ungreased cookie sheet. Brush tops with milk; sprinkle with thyme. Bake as directed on package.

**5.** To serve, spoon chicken mixture into individual serving bowls. Top each with biscuit. Sprinkle with extra pepper if desired.

**Nutrition information per serving:**

**1 SERVING:** Calories 560 (Calories from Fat 200); Total Fat 22g (Saturated Fat 6g); Cholesterol 90mg; Sodium 1480mg; Total Carbohydrate 56g (Dietary Fiber 6g; Sugars 8g); Protein 40g

### Cook's Notes »

For a nice flavor change, try dill weed instead of the thyme.

To easily thaw the potatoes and peas, combine them in a 4-cup microwavable glass measuring cup. Cover with vented plastic wrap; microwave on High 4 to 5 minutes or until thawed, stirring once.

Immediately after removing the frozen biscuits, press out the excess air from the bag, reseal it and return it to the freezer.





## Slow-Cooked Hamburger and Noodle Soup

**Prep Time:** 10 Minutes **Start to Finish:** 6 Hours 10 Minutes

**Servings:** 6 (1½ cups each)

- 1 lb lean (at least 80%) or extra-lean (at least 90%) ground beef
- 1 medium onion, coarsely chopped
- 1 stalk celery, cut into ¼-inch slices
- 1 package (1.15 oz) dry beefy mushroom recipe soup mix
- 1 can (14.5 oz) diced tomatoes, undrained
- 3 cups water
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups Green Giant® frozen mixed vegetables, thawed, drained
- 1 cup uncooked fine egg noodles (2 oz)

**1.** In large skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain.

**2.** In 4- to 6-quart slow cooker, mix cooked ground beef and all remaining ingredients except mixed vegetables and noodles.

**3.** Cover; cook on Low heat setting 6 to 8 hours.

**4.** About 20 minutes before serving, stir in thawed vegetables and egg noodles. Increase heat setting to High; cover and cook 15 to 20 minutes longer or until vegetables are crisp-tender and noodles are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 260 (Calories from Fat 100); Total Fat 11g (Saturated Fat 4g); Cholesterol 55mg; Sodium 720mg; Total Carbohydrate 22g (Dietary Fiber 3g; Sugars 4g); Protein 17g

### Cook's Note »

Always cook ground beef thoroughly before adding to the slow cooker because the low cooking temperatures used in the slow cooker are not sufficient to cook the beef.

Set the slow cooker on "High" for the last-minute heating of the vegetables and noodles. Add these ingredients quickly and replace the slow cooker's lid right away to minimize heat loss.

Serve this soup with piping hot Pillsbury® refrigerated Parmesan breadsticks and sliced pears.





## Pizza Joes

**Prep Time:** 25 Minutes **Start to Finish:** 4 Hours 25 Minutes

**Servings:** 18 sandwiches

- 2 lb lean (at least 80%) ground beef
- 2 medium onions, chopped (about 1 cup)
- ½ cup chopped green bell pepper (½ medium)
- 2 jars (14 oz each) pizza sauce
- 1 package (3.5 oz) sliced pepperoni, chopped (about ¾ cup)
- 1 teaspoon dried basil leaves
- ½ teaspoon dried oregano leaves
- 18 sandwich buns, split
- 2 cups shredded mozzarella cheese (2 oz)

**1.** In 12-inch skillet, cook ground beef and onions over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.

**2.** Spray 3½- to 4-quart slow cooker with cooking spray. Spoon beef mixture into slow cooker. Stir in bell pepper, pizza sauce, pepperoni, basil and oregano.

**3.** Cover; cook on Low heat setting 4 to 6 hours.

**4.** To assemble sandwiches, spoon about ⅓ cup beef mixture onto bottom half of each bun. Top each with scant 2 tablespoons cheese. Cover with top halves of buns.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 320 (Calories from Fat 145); Total Fat 16g (Saturated Fat 6g); Cholesterol 40mg; Sodium 630mg; Total Carbohydrate 26g (Dietary Fiber 2g; Sugars 7g); Protein 18g

### Cook's Note »

For mini sandwiches that are more appropriate for appetizers, serve the meat mixture and cheese on dollar buns.



## Southwestern Chicken Chili

**Prep Time:** 20 Minutes **Start to Finish:** 6 Hours 20 Minutes

**Servings:** 6 (1⅓ cups each)

- 1 cup chopped onions (2 medium)
- 1 medium green bell pepper, chopped (1 cup)
- 3 cloves garlic, minced
- 3 tablespoons cornmeal
- 2 tablespoons chili powder
- 3 teaspoons dried oregano leaves
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1¼ lb boneless skinless chicken thighs, cut into 1-inch pieces
- 1 jar (16 oz) medium picante sauce
- 1 can (15 to 16 oz) pinto beans, undrained
- 1 can (14.5 oz) diced tomatoes, undrained
- Sliced green onions, if desired

**1.** In 3- to 4-quart slow cooker, mix onions, bell pepper and garlic.

**2.** In large bowl, mix cornmeal, chili powder, oregano, cumin and salt. Add chicken; toss to coat. Add chicken and any remaining seasoning mixture to vegetables in slow cooker. Gently stir in picante sauce, beans and tomatoes.

**3.** Cover; cook on Low heat setting 6 to 8 hours. Sprinkle with green onions.

**Nutrition information per serving:**

**1 SERVING:** Calories 340 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2.5g); Cholesterol 60mg; Sodium 820mg; Total Carbohydrate 35g (Dietary Fiber 10g; Sugars 6g); Protein 29g

### Cook's Notes »

Chicken thighs, with their higher fat content, are better cooked in the slow cooker than lower fat chicken breasts. Breasts, which become tough and dry with long, slow cooking, are best used in recipes with minimal cooking time.



## Slow-Cooked Chicken Cacciatore

**Prep Time:** 35 Minutes **Start to Finish:** 6 Hours 35 Minutes

**Servings:** 4

- 4 bone-in chicken thighs, skin removed
- 4 chicken drumsticks, skin removed
- 1 can (15 oz) Italian-style tomato sauce
- 1 jar (4.5 oz) Green Giant® whole mushrooms, drained
- 1 teaspoon dried oregano leaves
- 1 small onion, sliced
- 1 small green bell pepper, cut into 1-inch pieces
- 2 cloves garlic, minced
- ¼ cup water
- 2 tablespoons all-purpose flour

1. In 3½- to 4-quart slow cooker, stir all ingredients except water and flour until mixed.
2. Cover; cook on Low heat setting 6 to 8 hours.
3. About 15 minutes before serving, with slotted spoon, remove chicken and vegetables from slow

cooker; place in serving bowl. Cover to keep warm.

4. In small bowl, blend water and flour until smooth. Stir into liquid in slow cooker. Increase heat setting to High; cover and cook 5 to 10 minutes longer or until thickened. Stir well; spoon mixture over chicken and vegetables. If desired, serve with hot cooked pasta or rice.

**Nutrition information per serving:**

**1 SERVING:** Calories 250 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g); Cholesterol 90mg; Sodium 850mg; Total Carbohydrate 15g (Dietary Fiber 3g; Sugars 6g); Protein 30g

### Cook's Notes »

Use one 15-ounce can of tomato sauce plus 1 teaspoon of Italian seasoning in place of the Italian-style tomato sauce.

As soon as dinner's over, remove the leftovers from the slow cooker, cover and refrigerate them.



## Slow-Cooked Paella

**Prep Time:** 15 Minutes **Start to Finish:** 5 Hours 45 Minutes  
**Servings:** 6

- 1½ cups uncooked converted long-grain white rice
- 1 tablespoon olive oil
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (14 oz) chicken broth
- ½ cup quartered sliced pepperoni (about 3 oz)
- ½ cup water
- ½ teaspoon salt
- ¼ teaspoon crushed saffron or ⅛ teaspoon turmeric
- 1 clove garlic, minced
- 6 boneless skinless chicken thighs (about 1¼ lb)
- ¼ teaspoon paprika
- 1 cup Green Giant® frozen sweet peas (from 1-lb bag), thawed
- 6 oz cooked deveined peeled medium shrimp, tail shells removed

**1.** In 4- to 5-quart slow cooker, mix rice and oil. Stir in tomatoes, broth, pepperoni, water, salt, saffron

and garlic. Arrange chicken thighs in single layer over rice mixture. Sprinkle paprika over top.

**2.** Cover; cook on Low heat setting 5 to 6 hours.

**3.** About 35 minutes before serving, sprinkle thawed peas over chicken mixture. Arrange shrimp over top.

**4.** Increase heat setting to High; cover and cook 20 to 30 minutes longer or until shrimp are thoroughly heated.

### Nutrition information per serving:

**1 SERVING:** Calories 520 (Calories from Fat 160); Total Fat 17g (Saturated Fat 5g); Cholesterol 125mg; Sodium 1020mg; Total Carbohydrate 53g (Dietary Fiber 2g; Sugars 3g); Protein 36g

### Cook's Notes »

To quickly thaw frozen peas, place in a colander or strainer; rinse with warm water until thawed. Drain well.

Be sure to purchase converted rice, not long-grain white rice for this recipe. Converted rice holds up better in the slow cooker than other varieties of rice.







## Turkey Barbecue Sandwiches

**Prep Time:** 25 Minutes **Start to Finish:** 7 Hours 25 Minutes

**Servings:** 16 sandwiches

- 3 lb turkey breast tenderloins, cut crosswise into ¼-inch-thick slices
- 2 cups chopped onions (4 medium)
- 2 cups chopped green bell peppers (2 medium)
- ⅓ cup packed brown sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1½ teaspoons dry ground mustard
- 4 teaspoons chili powder
- ¼ cup vinegar
- 1 tablespoon Worcestershire sauce
- 1 can (6 oz) tomato paste
- 16 sandwich buns, split

1. In 4- to 5-quart slow cooker, mix all ingredients except buns.
2. Cover; cook on Low heat setting 7 to 9 hours.
3. Break turkey into pieces with spoon; serve in buns.

### Nutrition information per serving:

**1 SANDWICH:** Calories 260 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1g); Cholesterol 55mg; Sodium 530mg; Total Carbohydrate 33g (Dietary Fiber 2g; Sugars 8g); Protein 24g

### Cook's Notes »

For easier slicing, freeze turkey slightly.

For a thicker sauce that clings to the turkey, uncover the slow cooker and cook on High setting during last 45 minutes of cooking time.

Easy



## Barbecue Turkey and Vegetables

**Prep Time:** 20 Minutes **Start to Finish:** 8 Hours 20 Minutes  
**Servings:** 4

- 1 cup barbecue sauce
- ½ cup hot water
- 3 turkey thighs (2½ to 3 lb), skin removed
- 3 medium potatoes, unpeeled, cut into 8 pieces each
- 6 medium carrots, cut into 2½x1½x½-inch sticks

1. In medium bowl, mix barbecue sauce and water. Layer turkey, potatoes and carrots in 4- to 6-quart slow cooker. Pour sauce mixture over top.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. With slotted spoon, remove turkey and vegetables from slow cooker; place on serving platter. Remove and discard bones; cut turkey into serving pieces. Drizzle cooking juices over turkey and vegetables.

**Nutrition information per serving:**

**1 SERVING:** Calories 460 (Calories from Fat 110); Total Fat 12g (Saturated Fat 4g); Cholesterol 125mg; Sodium 670mg; Total Carbohydrate 42g (Dietary Fiber 6g; Sugars 8g); Protein 47g

Easy



## Winter Pork Roast Dinner

**Prep Time:** 20 Minutes **Start to Finish:** 6 Hours 20 Minutes  
**Servings:** 6

- 1 rolled pork loin roast (1¾ to 2 lb)
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 large dark-orange sweet potatoes, peeled, thinly sliced
- 1 medium onion, sliced, separated into rings
- 1½ teaspoons dried thyme leaves
- 1 quart (4 cups) apple juice

1. Sprinkle pork roast with ½ teaspoon of the salt and the pepper; place in 4- to 5-quart slow cooker. Place sweet potatoes around and on top of roast. Top with onion; sprinkle with thyme and remaining ½ teaspoon salt. Pour apple juice over onion.
2. Cover; cook on Low heat setting 6 to 8 hours.
3. With slotted spoon, remove vegetables from slow cooker; place on serving platter. Remove roast from slow cooker; place on cutting board. Cut roast into slices; place on platter. If desired, drizzle some of cooking liquid from slow cooker over vegetables and roast.

**Nutrition information per serving:**

**1 SERVING:** Calories 390 (Calories from Fat 100); Total Fat 11g (Saturated Fat 3.5g); Cholesterol 85mg; Sodium 460mg; Total Carbohydrate 43g (Dietary Fiber 3g; Sugars 30g); Protein 31g



## Easy Italian Sausage-Vegetable Soup

**Prep Time:** 15 Minutes **Start to Finish:** 7 Hours 45 Minutes

**Servings:** 7 (1½ cups each)

- ½ lb bulk Italian pork sausage
- 1 cup sliced fresh carrots
- 1 large baking potato, peeled, cut into ½-inch cubes
- 1 clove garlic, minced
- 2 cans (14 oz each) beef broth
- 1 can (15 oz) garbanzo beans or chickpeas, drained
- 1 can (14.5 oz) pasta-style chunky tomatoes, undrained
- 1½ cups water
- ½ teaspoon dried Italian seasoning
- 1 bay leaf
- 1 cup julienne-cut (2x½x½-inch) zucchini
- ¼ cup shredded Parmesan cheese, if desired

**1.** In large skillet, cook sausage over medium-high heat, stirring frequently, until thoroughly cooked; drain. In 3½- to 4-quart slow cooker, stir cooked

sausage and all remaining ingredients except zucchini and cheese until mixed.

**2.** Cover; cook on Low heat setting 7 to 9 hours.

**3.** About 30 minutes before serving, remove and discard bay leaf from soup. Gently stir in zucchini. Cover; cook 30 minutes longer or until zucchini is tender.

**4.** To serve, ladle soup into individual bowls. Sprinkle with cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 220 (Calories from Fat 80); Total Fat 9g (Saturated Fat 3g); Cholesterol 20mg; Sodium 1000mg; Total Carbohydrate 27g (Dietary Fiber 6g; Sugars 4g); Protein 14g

### Cook's Note »

Baking potatoes have low moisture and high starch content. Known as russets or Idaho potatoes, they are characterized by their long, slightly rounded shape and rough brown skin.





## Slow-Cooked Chili

**Prep Time:** 20 Minutes **Start to Finish:** 7 Hours 20 Minutes  
**Servings:** 6 (1½ cups each)

- 1 lb lean (at least 80%) ground beef
- ½ lb bulk Italian pork sausage
- 1 medium onion, chopped (about ½ cup)
- 1 can (28 oz) whole tomatoes, undrained, cut up
- 1 can (15 oz) tomato sauce
- 2 teaspoons chili powder
- 1 to 1½ teaspoons ground cumin
- 1 teaspoon sugar
- 1 teaspoon dried oregano leaves
- 1 can (15 oz) spicy chili beans, undrained
- 1 can (15 oz) garbanzo beans or chickpeas, drained, rinsed
- Sour cream, if desired
- Sliced green onions, if desired

- 1.** In 10-inch skillet, cook ground beef, sausage and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef and sausage are thoroughly cooked; drain.
- 2.** In 3½- to 4-quart slow cooker, mix beef mixture with all remaining ingredients except sour cream and green onions.
- 3.** Cover; cook on Low heat setting 7 to 8 hours. Top individual servings with sour cream and green onions.

**Nutrition information per serving:**

**1 SERVING:** Calories 450 (Calories from Fat 190); Total Fat 21g (Saturated Fat 7g); Cholesterol 65mg; Sodium 1540mg; Total Carbohydrate 44g (Dietary Fiber 11g; Sugars 10g); Protein 32g

### Cook's Note »»

Use kitchen scissors to cut the tomatoes. Cut them just after adding them to the slow cooker while they're still on top and easy to reach.



## Family-Favorite Beef Stew

**Prep Time:** 15 Minutes **Start to Finish:** 8 Hours 15 Minutes  
**Servings:** 6 (1 $\frac{2}{3}$  cups each)

- 1 $\frac{1}{2}$  lb beef stew meat, cut into  $\frac{3}{4}$ -inch cubes
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 tablespoon oil
- 1 lb small (2 $\frac{1}{2}$  to 3-inch) red potatoes, quartered
- 1 $\frac{1}{2}$  cups frozen pearl onions (from 16-oz package)
- 1 bag (16 oz) ready-to-eat baby-cut carrots
- 1 jar (12 oz) beef gravy
- 1 can (14.5 oz) diced tomatoes, undrained
- 3 tablespoons all-purpose flour
- $\frac{1}{4}$  cup cold water

1. On waxed paper, sprinkle beef with 2 tablespoons flour, salt and pepper; toss to coat. In large skillet, heat oil over medium-high heat. Cook coated beef in oil 4 to 6 minutes or until browned, stirring occasionally.

2. In 4- to 6-quart slow cooker, layer potatoes, onions and carrots. Add browned beef; sprinkle with any remaining flour mixture. Top with gravy and tomatoes.

3. Cover; cook on Low heat setting 8 to 10 hours.

4. Before serving, blend 3 tablespoons flour with water. Stir into stew. Cover and cook on High heat setting 10 minutes or until thickened.

**Nutrition information per serving:**

**1 SERVING:** Calories 380 (Calories from Fat 90); Total Fat 10g (Saturated Fat 3g); Cholesterol 80mg; Sodium 910mg; Total Carbohydrate 41g (Dietary Fiber 6g; Sugars 10g); Protein 31g

### Cook's Note »

Two medium onions, peeled and cut into thin wedges, can be used in place of the frozen pearl onions.

A serving of this stew is an excellent source of vitamins A and C, antioxidant nutrients which may reduce the risk of chronic diseases.





## Hot Roast Beef Sandwiches Au Jus

**Prep Time:** 20 Minutes **Start to Finish:** 8 Hours 20 Minutes

**Servings:** 10 sandwiches

- 1 beef eye of round roast (2½ lb), trimmed of fat
- 6 cloves garlic, peeled
- 2 teaspoons coarsely ground black pepper
- 1 large onion, thinly sliced
- ½ cup condensed beef broth (from 10½-oz can)
- 10 kaiser rolls, split, toasted
- 2 large tomatoes, each cut into 5 slices

1. With sharp knife, make 6 evenly spaced slits deep

into beef roast. Insert garlic into slits. Sprinkle pepper evenly over entire roast; rub pepper into roast.

2. Spray 3- to 4-quart slow cooker with cooking spray. Place onion slices in slow cooker; pour broth over onion. Place roast over onion and broth.

3. Cover; cook on Low heat setting 6 to 8 hours.

4. Remove roast from slow cooker; place on cutting board. Cut roast across grain into thin slices; return slices to slow cooker to moisten. Fill each toasted roll with beef, onion and 1 tomato slice. If desired, spoon small amount of broth from slow cooker over beef.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 280 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g); Cholesterol 55mg; Sodium 380mg; Total Carbohydrate 30g (Dietary Fiber 2g; Sugars 2g); Protein 27g



## Slow-Cooked Beef Burgundy

**Prep Time:** 25 Minutes **Start to Finish:** 10 Hours 55 Minutes

**Servings:** 5 (1 $\frac{2}{3}$  cups each)

- 1 $\frac{1}{2}$  cups ready-to-eat baby-cut carrots, cut in half crosswise
- 2 lb cubed beef stew meat
- 1 cup frozen small whole onions (from 16-oz bag)
- 1 package (8 oz) fresh small whole mushrooms
- 1 clove garlic, minced
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 1 dried bay leaf
- $\frac{1}{2}$  cup Burgundy wine or nonalcoholic red wine
- 1 can (10 $\frac{1}{2}$  oz) condensed beef consommé
- 2 tablespoons all-purpose flour
- 2 tablespoons water

1. In 4- to 5-quart slow cooker, layer all ingredients except flour and water in order listed.
2. Cover; cook on Low heat setting 10 to 12 hours.
3. About 35 minutes before serving, remove and discard bay leaf. In small bowl, blend flour and water until smooth. Gradually stir flour mixture into beef mixture.
4. Cover; cook on High heat setting 15 to 30 minutes longer or until slightly thickened.

**Nutrition information per serving:**

**1 SERVING:** Calories 400 (Calories from Fat 190); Total Fat 21g (Saturated Fat 8g); Cholesterol 110mg; Sodium 890mg; Total Carbohydrate 11g (Dietary Fiber 2g; Sugars 4g); Protein 42g



### Cook's Note »»

When cleaning fresh mushrooms, dampen them slightly and clean with a stiff brush or damp towel. Avoid soaking fresh mushrooms in water as they are sponge-like and will absorb water, resulting in a final dish with too much liquid.

## Seafood Stew

**Prep Time:** 20 Minutes **Start to Finish:** 5 Hours 5 Minutes  
**Servings:** 8 (1 1/3 cups each)

- 2 cups chopped onions
- 2 medium stalks celery, finely chopped (1 cup)
- 5 cloves garlic, minced
- 1 can (28 oz) diced tomatoes, undrained
- 1 bottle (8 oz) clam juice
- 1 can (6 oz) tomato paste
- 1/2 cup dry white wine or water
- 1 tablespoon red wine vinegar
- 1 tablespoon olive or vegetable oil
- 2 1/2 teaspoons dried Italian seasoning
- 1/4 teaspoon sugar
- 1/4 teaspoon crushed red pepper flakes
- 1 bay leaf
- 1 lb firm-fleshed white fish, cut into 1-inch pieces
- 3/4 lb uncooked deveined peeled medium shrimp, tail shells removed
- 1 can (6 1/2 oz) chopped clams with juice, undrained
- 1 can (6 oz) crabmeat, drained
- 1/4 cup chopped fresh parsley

**1.** In 5- to 6-quart slow cooker, mix onions, celery, garlic, tomatoes, clam juice, tomato paste, wine, vinegar, oil, Italian seasoning, sugar, pepper flakes and bay leaf.

**2.** Cover; cook on High heat setting 4 hours.

**3.** Stir fish, shrimp, clams with juice and crabmeat into stew. Reduce heat setting to Low; cover and cook 30 to 45 minutes longer or until fish flakes easily with fork.

**4.** Just before serving, remove and discard bay leaf. Stir in parsley.

**Nutrition information per serving:**

**1 SERVING:** Calories 215 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1g); Cholesterol 125mg; Sodium 610mg; Total Carbohydrate 15g (Dietary Fiber 3g; Sugars 5g); Protein 30g

### Cook's Note »

When purchasing a dry white wine for this recipe, select a Sauvignon Blanc, also called Fumé Blanc, a Pinot Gris or Pinot Grigio, or a Chardonnay.





## Vegetable Soup with Barley

**Prep Time:** 25 Minutes **Start to Finish:** 6 Hours 25 Minutes

**Servings:** 10 (1½ cups each)

- 1 cup uncooked regular pearl barley
- 1 dried bay leaf
- ½ teaspoon fennel seed
- 1½ cups ready-to-eat baby-cut carrots, halved crosswise
- 1 cup sliced celery (2 medium stalks)
- 1 medium onion, chopped (about ½ cup)
- ½ cup chopped green bell pepper (½ medium)
- 2 cloves garlic, minced
- 1 large dark-orange sweet potato, peeled, cubed
- 1½ cups Green Giant® Niblets® frozen corn (from 1-lb bag)
- 1½ cups Green Giant® frozen cut green beans (from 1-lb bag)
- 1¼ teaspoons salt
- ¼ teaspoon pepper
- 2 cans (14 oz each) vegetable broth
- 6 cups water
- 1 can (14.5 oz) diced tomatoes with basil, garlic and oregano, undrained

**1.** In 5- to 6-quart slow cooker, layer all ingredients except tomatoes; do not stir.

**2.** Cover; cook on Low heat setting 6 to 8 hours.

**3.** About 10 minutes before serving, stir tomatoes into soup. Cover; cook on Low heat setting 10 minutes longer or until tomatoes are thoroughly heated. Remove bay leaf before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 135 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g); Cholesterol 0mg; Sodium 780mg; Total Carbohydrate 33g (Dietary Fiber 6g; Sugars 8g); Protein 4g



### Cook's Note »

Prepare the soup, let it cool and transfer it to single-serving, airtight freezer containers. Freeze them for toting to lunch, or for super-quick dinners. Microwave each covered serving for 4 to 5 minutes, or until hot, stirring once or twice.

# cozy desserts

Treat your taste buds to these yummy sweets







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## Cranberry-Apple Pie Squares

**Prep Time:** 40 Minutes **Start to Finish:** 2 Hours 40 Minutes

**Servings:** 12

### Crust

- 1½ cups all-purpose flour
- 1 tablespoon granulated sugar
- ¼ teaspoon salt
- ½ cup butter or margarine
- 1 egg yolk
- ¼ cup milk

### Filling

- 8½ cups thinly sliced peeled baking apples (3 lb; about 9 medium)
- 1 cup granulated sugar
- ¼ cup all-purpose flour
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 1 cup chopped fresh or frozen (thawed) cranberries

### Topping

- 1 cup all-purpose flour
- ½ cup packed brown sugar
- ½ cup butter or margarine, softened
- 1 cup caramel topping, heated
- Vanilla or cinnamon ice cream, if desired

- 1.** Heat oven to 375°F. In large bowl, mix 1½ cups flour, 1 tablespoon granulated sugar and ¼ teaspoon salt. With pastry blender or fork, cut in ½ cup butter until mixture resembles coarse crumbs. In small bowl, beat egg yolk and milk with fork until well blended. Add to flour mixture; stir just until dry ingredients are moistened.
- 2.** On lightly floured work surface, roll dough with rolling pin into 15x11-inch rectangle; place in ungreased 13x9-inch pan. Press in bottom and 1 inch up sides of pan.
- 3.** In large microwavable bowl, microwave apples on High 6 to 8 minutes, stirring every 2 minutes, until apples are fork-tender. Stir in remaining filling ingredients except cranberries until well mixed. Spoon apple mixture over crust. Sprinkle with cranberries.
- 4.** In medium bowl, mix 1 cup flour, the brown sugar and ½ cup butter until crumbly; sprinkle over fruit.
- 5.** Bake 45 to 60 minutes or until topping is deep golden brown, apples are tender and filling is bubbly. Cool 1 hour before serving. Serve topped with caramel topping and ice cream.

### Nutrition information per serving:

**1 SERVING:** Calories 500 (Calories from Fat 150); Total Fat 17g (Saturated Fat 8g); Cholesterol 60mg; Sodium 350mg; Total Carbohydrate 83g (Dietary Fiber 4g; Sugars 52g); Protein 4g

## Cook's Notes »

Firm textured, tart apples such as Braeburn, Cortland, Granny Smith, Haralson or Jonagold are perfect to use in this recipe.

When cranberries are readily available, pop an extra bag in the freezer to have on hand for recipes like this.





# Double Chocolate-Caramel-Fudge Brownies

**Prep Time:** 30 Minutes **Start to Finish:** 3 Hours

**Servings:** 24 brownies

## Filling

- 1 package (14 oz) caramels, unwrapped
- ½ cup evaporated milk

## Brownies

- 1 cup butter
- 2 cups sugar
- 2 teaspoons vanilla
- 4 eggs, slightly beaten
- 1¼ cups all-purpose flour
- ¾ cup unsweetened baking cocoa
- ¼ teaspoon salt
- 1 package (11.5 or 12 oz) semisweet chocolate chunks (2 cups)
- 1½ cups chopped pecans
- 1 teaspoon oil

**1.** Heat oven to 350°F. Grease 13x9-inch pan. In small saucepan, cook caramels and milk over low heat until caramels are melted and smooth, stirring frequently.

**2.** In medium saucepan, melt butter over low heat. Remove from heat. Stir in sugar, vanilla and eggs. Stir in flour, cocoa and salt until well blended. Stir in 1½ cups of the chocolate chunks and 1 cup of the pecans. Spoon and spread batter in pan.

**3.** Gently and evenly drizzle caramel filling over batter to prevent large pockets of caramel and to prevent caramel from reaching bottom of bars. (Caramel can cover entire surface of batter.)

**4.** Bake 35 to 40 minutes or until set.

**5.** In small saucepan, melt remaining ½ cup chocolate chunks with oil over low heat, stirring until smooth. Drizzle over warm brownies. Sprinkle with remaining ½ cup pecans; press in lightly. Cool 20 minutes. Refrigerate 1 hour 30 minutes or until chocolate is set. Cut into squares. If refrigerated longer, let stand at room temperature for 20 minutes before serving.

### Nutrition information per serving:

**1 BROWNIE:** Calories 395 (Calories from Fat 190); Total Fat 21g (Saturated Fat 10g); Cholesterol 60mg; Sodium 130mg; Total Carbohydrate 47g (Dietary Fiber 3g; Sugars 33g); Protein 5g

## Cook's Notes »

These brownies are incredibly decadent. The recipe is inspired by all the indulgent brownies for sale at bakeries, cafes, and gourmet shops.

Stir ½ cup each of semi-sweet, milk and white chocolate chunks into brownie batter.

Try cashews, walnuts or almonds in these brownies.

Cut brownies into squares. Arrange on a pretty doily-lined platter and garnish with fresh strawberries.



## Country Apple-Pear Tart

**Prep Time:** 30 Minutes **Start to Finish:** 1 Hour 30 Minutes

**Servings:** 6

### Crust

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box

### Filling

- 2 cups thinly sliced peeled apples
- 2 cups thinly sliced peeled pears
- $\frac{3}{4}$  cup fresh cranberries
- $\frac{1}{3}$  cup granulated sugar
- 2 tablespoons all-purpose flour
- $\frac{1}{4}$  teaspoon nutmeg

### Topping

- $\frac{1}{4}$  cup all-purpose flour
- $\frac{1}{4}$  cup packed brown sugar
- 2 tablespoons butter
- 1 teaspoon milk
- 1 tablespoon granulated sugar
- 2 tablespoons sliced almonds

1. Heat oven to 425°F. Line cookie sheet with parchment paper. Remove crust from pouch; place on cookie sheet.

2. In large bowl, mix all filling ingredients until fruit is coated. Spoon filling evenly onto crust, spreading to within 2 inches of edges.

3. In small bowl, mix  $\frac{1}{4}$  cup flour, the brown sugar and butter until crumbly. Sprinkle mixture over filling. Fold edge of crust over filling, pleating crust to fit and leaving about 5 to 6 inches in center uncovered. Brush crust with milk; sprinkle with 1 tablespoon granulated sugar.

4. Bake 10 minutes. Reduce oven temperature to 350°F. Sprinkle almonds over filling. Bake 20 to 30 minutes longer or until edges are deep golden brown and fruit is tender.

5. Immediately loosen tart by running pancake turner under crust; place on cooling rack. Cool 30 minutes. Serve warm or cool.

### Nutrition information per serving:

**1 SERVING:** Calories 390 (Calories from Fat 135); Total Fat 15g (Saturated Fat 7g); Cholesterol 15mg; Sodium 180mg; Total Carbohydrate 61g (Dietary Fiber 2g; Sugars 34g); Protein 3g

## Cook's Note »

Instead of combining apples and pears, try this recipe prepared with either all apples or all pears.



## Apple-Cranberry Crisp with Eggnog Sauce

**Prep Time:** 25 Minutes **Start to Finish:** 1 Hour 5 Minutes

**Servings:** 10

### Sauce

- 2 containers (3.5 to 4 oz each) refrigerated vanilla pudding
- 1 cup eggnog

### Fruit Mixture

- 5 cups sliced peeled apples (5 medium)
- 2 cups fresh or frozen cranberries
- $\frac{3}{4}$  cup granulated sugar
- 2 tablespoons all-purpose flour

### Topping and Garnish

- $\frac{2}{3}$  cup all-purpose flour
- 1 cup quick-cooking oats
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup butter or margarine, cut into pieces

1. Place pudding in medium bowl. Gradually stir eggnog into pudding until blended. Cover; refrigerate.
2. Heat oven to 375°F. In large bowl, mix all fruit mixture ingredients. Spread evenly in ungreased 12x8-inch (2-quart) glass baking dish.
3. In another medium bowl, mix  $\frac{2}{3}$  cup flour, the oats, brown sugar and cinnamon. With pastry blender or fork, cut in butter until mixture resembles fine crumbs. Spoon over fruit mixture.
4. Bake 35 to 40 minutes or until deep golden brown and bubbly. Serve warm with chilled sauce. Store sauce in refrigerator.

### Nutrition information per serving:

**1 SERVING:** Calories 370 (Calories from Fat 110); Total Fat 13g (Saturated Fat 7g); Cholesterol 40mg; Sodium 110mg; Total Carbohydrate 62g (Dietary Fiber 3g; Sugars 45g); Protein 4g



### Cook's Note »»

Prepare the crisp and sauce a day ahead and store separately in the refrigerator. To warm the crisp, place it in a 325°F oven for about 15 minutes.



## White Chocolate-Cranberry-Pecan Tart

**Prep Time:** 25 Minutes **Start to Finish:** 3 Hours 15 Minutes  
**Servings:** 12

### Crust

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box

### Filling

- 1 cup fresh or frozen cranberries
- 1 cup pecan halves
- 1 cup white vanilla baking chips
- 3 eggs
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{3}{4}$  cup light corn syrup
- 2 tablespoons all-purpose flour
- 1 teaspoon grated orange peel

**1.** Place cookie sheet in oven on middle oven rack; heat oven to 400°F. Spray sheet of foil (large enough to cover pie) with cooking spray. Place pie crust in 10-inch tart pan with removable bottom as directed on box for one-crust filled pie.

**2.** Layer cranberries, pecans and vanilla chips in crust-lined pan. In large bowl, beat eggs with wire whisk. Beat in brown sugar, corn syrup, flour and orange peel until well blended. Pour over cranberry mixture.

**3.** Place tart on cookie sheet in oven; bake 35 to 45 minutes or until crust is golden brown and filling is set in center. After 25 minutes of baking, cover pie with foil, sprayed side down, to prevent excessive browning. Cool completely, about 2 hours. If desired, serve pie with whipped cream. Store in refrigerator.

### Nutrition information per serving:

**1 SERVING:** Calories 370 (Calories from Fat 150); Total Fat 17g (Saturated Fat 6g); Cholesterol 60mg; Sodium 125mg; Total Carbohydrate 50g (Dietary Fiber 1g; Sugars 31g); Protein 4g

### Cook's Note »

Placing the tart pan on a cookie sheet helps to brown the bottom crust. The cookie sheet also makes it easy to remove the tart pan from the oven and prevents leaks onto the oven floor.



## Almond Crumble Cherry Pie

**Prep Time:** 15 Minutes **Start to Finish:** 55 Minutes

**Servings:** 8

### Crust

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box

### Topping

- 4 oz marzipan (about  $\frac{1}{3}$  cup)
- 3 tablespoons butter or margarine, softened
- $\frac{1}{2}$  cup old-fashioned oats
- 2 tablespoons all-purpose flour

### Filling

- 2 cans (21 oz each) cherry pie filling
- $\frac{1}{4}$  teaspoon almond extract

**1.** Heat oven to 375°F. Make pie crust as directed on box for one-crust baked shell using 9-inch glass pie plate. Bake 8 to 10 minutes or just until set but not brown.

**2.** Meanwhile, in small bowl, mix marzipan and butter with pastry blender or fork until well blended. Stir in oats and flour until crumbly. In large bowl, mix filling ingredients.

**3.** Pour filling into shell. Crumble topping over filling. Bake 30 to 40 minutes longer or until topping is golden brown and filling is bubbly around edges. If necessary, after 15 minutes of baking, cover edge of crust with strips of foil to prevent excessive browning.

### Nutrition information per serving:

**1 SERVING:** Calories 430 (Calories from Fat 140); Total Fat 16g (Saturated Fat 6g); Cholesterol 20mg; Sodium 160mg; Total Carbohydrate 68g (Dietary Fiber 2g; Sugars 43g); Protein 4g

### Cook's Note »

Marzipan, a confection made of almond paste, sugar and egg whites, is found in the baking aisle of the supermarket.



## Orange-Mocha-Chocolate Cake

**Prep Time:** 25 Minutes **Start to Finish:** 4 Hours 15 Minutes

**Servings:** 8

### Cake

- 1 box (18.25 oz) chocolate fudge cake mix with pudding
- 1 teaspoon instant espresso coffee granules or instant coffee granules or crystals
- 1½ cups water
- ½ cup oil
- 3 eggs

### Filling and Topping

- 2 cups whipping cream
- ¼ cup sugar
- 2 tablespoons butter
- ½ teaspoon instant espresso coffee granules or instant coffee granules or crystals
- 1 package (12 oz) semisweet chocolate chips (2 cups)
- 2 tablespoons orange-flavored liqueur or orange juice
- ½ cup orange marmalade

1. Heat oven to 350°F (325°F for dark or nonstick pans). Grease bottoms only of two 8-inch square pans. In large bowl, beat cake mix, 1 teaspoon espresso coffee, water, oil and eggs with electric mixer at low speed 30 seconds, scraping bowl constantly. Beat at medium speed 2 minutes, scraping bowl occasionally. Pour into pans.

2. Bake 30 to 35 minutes (32 to 37 minutes for dark or nonstick pans) or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife around sides of pans to loosen cakes. Remove cakes from pans; place on cooling racks. Cool completely, about 1 hour.

3. In medium saucepan, cook ½ cup of the whipping cream, the sugar, butter and ½ teaspoon espresso coffee over medium heat until sugar is dissolved and mixture comes to a boil, stirring frequently. Remove from heat. Stir in chocolate chips until melted. Stir in liqueur. Cool completely, about 30 minutes.

4. In medium bowl, beat remaining 1½ cups whipping cream just until stiff peaks form. Fold whipped cream into cooled chocolate mixture. Cover; refrigerate 30 minutes.

5. Place 1 cake layer, top side down, on serving plate. Spread orange marmalade and 1 cup of the chocolate whipped cream over top. Top with second cake layer, top side up. Reserve about ½ cup chocolate whipped cream for garnish. Frost sides and top of cake with remaining chocolate whipped cream.

6. Pipe reserved chocolate whipped cream around top edge of cake. Refrigerate at least 1 hour before serving. Just before serving, garnish as desired.

### Nutrition information per serving:

**1 SERVING:** Calories 600 (Calories from Fat 305); Total Fat 34g (Saturated Fat 16g); Cholesterol 100mg; Sodium 430mg; Total Carbohydrate 67g (Dietary Fiber 3g; Sugars 50g); Protein 6g



### Cook's Note »»

Mocha is a port in Yemen from which very fine Arabian coffee has been shipped since the 16th century. The word has come to designate a coffee and chocolate flavor combination very popular for beverages, desserts and candies.





## Mocha Cappuccino Pudding Cake

**Prep Time:** 10 Minutes **Start to Finish:** 55 Minutes  
**Servings:** 9

### Cake

- 1¼ cups all-purpose flour
- ¾ cup sugar
- 2 tablespoons unsweetened baking cocoa
- 1 tablespoon instant espresso coffee granules
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup fat-free (skim) milk
- 2 tablespoons butter or margarine, melted
- 1 teaspoon vanilla

### Pudding

- 1 cup sugar
- 2 tablespoons unsweetened baking cocoa
- 1 teaspoon instant espresso coffee granules
- 1½ cups very warm fat-free (skim) milk (120°F to 130°F)
- Fat-free frozen yogurt, if desired
- Fresh or frozen raspberries, if desired

**1.** Heat oven to 350°F. In medium bowl, mix flour, ¾ cup sugar, 2 tablespoons cocoa, 1 tablespoon espresso coffee, the baking powder and salt. Stir in all remaining cake ingredients until well blended; spread in ungreased 9-inch square pan.

**2.** In small bowl, mix all pudding ingredients except milk; sprinkle evenly over cake batter. Pour very warm milk over sugar mixture.

**3.** Bake 35 to 45 minutes or until center is set and firm to the touch. If desired, place foil or cookie sheet on lower oven rack under cake to catch any spills. To serve, spoon warm cake into dessert dishes. If desired, top with frozen yogurt and/or raspberries.

### Nutrition information per serving:

**1 SERVING:** Calories 270 (Calories from Fat 30); Total Fat 3g (Saturated Fat 2g); Cholesterol 10mg; Sodium 260mg; Total Carbohydrate 57g (Dietary Fiber 1g; Sugars 42g); Protein 4g

### Cook's Note »

Pudding cake is a magical dessert. It bakes like a cake, while creating its own pudding-like topping!



## Pineapple Upside-Down Gingerbread

**Prep Time:** 25 Minutes **Start to Finish:** 1 Hour  
**Servings:** 8

### Gingerbread

- ½ cup butter, melted
- ⅓ cup packed brown sugar
- 1 can (8 oz) pineapple slices in juice, drained, ¼ cup juice reserved
- 1¼ cups all-purpose flour
- ½ cup granulated sugar
- 1 teaspoon ground ginger
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¼ cup molasses
- ¼ cup milk
- 2 eggs

### Topping

- ½ cup whipping cream, whipped
- 8 maraschino cherries with stems

**1.** Heat oven to 350°F. In 9-inch round cake pan, mix 2 tablespoons of the melted butter and the brown sugar; spread evenly to cover bottom of

pan. Cut pineapple slices in half; arrange 4 halves over brown sugar mixture in center of pan. Cut remaining halves in half again; arrange pieces around edge of pan.

**2.** In large bowl, mix flour, granulated sugar, ginger, baking soda, cinnamon, nutmeg and salt. With spoon or wire whisk, beat in remaining 6 tablespoons melted butter, ¼ cup reserved pineapple juice and all remaining gingerbread ingredients until smooth. Spoon batter carefully over pineapple; spread to cover.

**3.** Bake 30 to 35 minutes or until toothpick inserted in center comes out clean.

**4.** Run knife around side of pan to loosen gingerbread. Place heatproof serving plate, upside down, over pan. Turn plate and pan over; remove pan. Cut into wedges. Serve with whipped cream and cherries.

### Nutrition information per serving:

**1 SERVING:** Calories 350 (Calories from Fat 140); Total Fat 15g (Saturated Fat 9g); Cholesterol 90mg; Sodium 260mg; Total Carbohydrate 49g (Dietary Fiber 0g; Sugars 32g); Protein 4g

### Cook's Note »

Spoon the batter carefully over the arranged pineapple pieces so they stay in place.



## Two-Berry Crisp with Pecan Streusel Topping

**Prep Time:** 15 Minutes **Start to Finish:** 55 Minutes

**Servings:** 6 (1 cup each)

### Topping

- ¾ cup quick-cooking oats
- ½ cup all-purpose flour
- ½ cup packed brown sugar
- ½ cup butter or margarine, cut into pieces
- ¼ cup chopped pecans

### Filling

- 1 can (21 oz) blueberry pie filling
- 2 cups fresh or frozen unsweetened raspberries
- 3 tablespoons granulated sugar
- 1 tablespoon all-purpose flour

**1.** Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, mix topping ingredients except butter and pecans.

Cut in butter with pastry blender (or pulling 2 knives through ingredients in opposite directions) until crumbly. Stir in pecans.

**2.** In another large bowl, mix all filling ingredients. Pour into baking dish. Sprinkle topping over filling.

**3.** Bake 30 to 40 minutes or until mixture is bubbly and topping is golden brown.

### Nutrition information per serving:

**1 SERVING:** Calories 460 (Calories from Fat 180); Total Fat 20g (Saturated Fat 8g); Cholesterol 40mg; Sodium 110mg; Total Carbohydrate 74g (Dietary Fiber 9g; Sugars 52g); Protein 4g

### Cook's Note »

Use two cups of any frozen berries, such as blackberries, blueberries or strawberries, in place of the raspberries. Try the recipe with a combination of different berries.





## Mint Cheesecake Squares

**Prep Time:** 30 Minutes **Start to Finish:** 4 Hours  
**Servings:** 20

### Crust

- 1 package (9 oz) thin chocolate wafer cookies, crushed (1 $\frac{3}{4}$  cups)
- $\frac{1}{2}$  cup butter or margarine, melted

### Filling

- 2 packages (8 oz each) cream cheese, softened
- $\frac{1}{2}$  cup sour cream
- 4 eggs
- $\frac{2}{3}$  cup sugar
- $\frac{1}{2}$  cup crème de menthe syrup
- $\frac{1}{4}$  teaspoon mint extract

### Topping

- 4 oz semisweet baking chocolate, chopped
- $\frac{1}{2}$  cup sour cream

1. Heat oven to 350°F. In medium bowl, mix crust ingredients. Press in bottom of ungreased 13x9-inch pan. Freeze crust while preparing filling.

2. In large bowl, beat all filling ingredients with electric mixer on low speed until smooth. Pour into crust-lined pan.

3. Bake 30 to 35 minutes or until knife inserted in center comes out clean. Cool on cooling rack.

4. Meanwhile, in 1-quart saucepan, melt chocolate over low heat, stirring constantly. Cool 5 minutes; beat in  $\frac{1}{2}$  cup sour cream with spoon. Spread over warm cheesecake. Refrigerate 3 hours or until firm. Cut into squares. Store in refrigerator.

#### Nutrition information per serving:

**1 SERVING:** Calories 300 (Calories from Fat 190); Total Fat 21g (Saturated Fat 10g); Cholesterol 75mg; Sodium 220mg; Total Carbohydrate 25g (Dietary Fiber 1g; Sugars 14g); Protein 5g

### Cook's Note »»

These bars can be made up to two days before serving; store in refrigerator.





## Hot Fudge Pudding Cake

**Prep Time:** 15 Minutes **Start to Finish:** 1 Hour 5 Minutes  
**Servings:** 8

### Cake

- 1¼ cups all-purpose flour
- ¾ cup sugar
- ¼ cup unsweetened baking cocoa
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup milk
- 2 tablespoons butter or margarine, melted
- 1 teaspoon vanilla

### Pudding Mixture

- 1 cup sugar
- ¼ cup unsweetened baking cocoa
- Dash salt
- 1½ cups boiling water

- 1.** Heat oven to 350°F. In medium bowl, mix flour, ¾ cup sugar, ¼ cup cocoa, the baking powder and ½ teaspoon salt. Stir in milk, butter and vanilla until well blended. Spread batter in ungreased 8-inch square or 9-inch round cake pan.
- 2.** In small bowl, mix 1 cup sugar, ¼ cup cocoa and dash salt. Sprinkle evenly over batter. Pour boiling water over sugar mixture.
- 3.** Bake 40 to 50 minutes or until center is set and firm to the touch. Serve warm. If desired, serve with ice cream. Store in refrigerator.

### Nutrition information per serving:

**1 SERVING:** Calories 300 (Calories from Fat 35); Total Fat 4g (Saturated Fat 2g); Cholesterol 10mg; Sodium 290mg; Total Carbohydrate 63g (Dietary Fiber 2g; Sugars 45g); Protein 4g



## Gingered Pear Pie

**Prep Time:** 25 Minutes **Start to Finish:** 1 Hour 10 Minutes  
**Servings:** 8

### Crust

- 1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box

### Filling

- ¾ cup sugar
- 2 tablespoons cornstarch
- 3 tablespoons chopped crystallized ginger
- 6 cups (about 6 medium) thinly sliced pears

### Topping

- 1 tablespoon water
- 4 teaspoons sugar

- 1.** Prepare pie crust as directed on box for two-crust pie using 9-inch glass pie plate.
- 2.** Heat oven to 425°F. In large bowl, mix ¾ cup sugar and the cornstarch. Add ginger; toss to coat. Add pears; mix well. Spoon into crust-lined pie plate. Top with second crust; seal edges and flute. Cut slits or shapes in several places in top crust. Brush crust with water; sprinkle with 4 teaspoons sugar.
- 3.** Bake 40 to 45 minutes or until pears are tender and crust is golden brown. Cover edge of crust with strips of foil after first 15 to 20 minutes of baking to prevent excessive browning.

### Nutrition information per serving:

**1 SERVING:** Calories 410 (Calories from Fat 130); Total Fat 14g (Saturated Fat 6g); Cholesterol 15mg; Sodium 210mg; Total Carbohydrate 70g (Dietary Fiber 3g; Sugars 38g); Protein 2g

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### NUTRITION INFORMATION

At the end of each recipe, you'll find nutrition information, based on current information from the U.S. Department of Agriculture and food manufacturers' labels.

| WHAT YOU NEED DAILY | WOMEN<br>AGE 25-50 | WOMEN<br>OVER 50 | MEN<br>25-50 |
|---------------------|--------------------|------------------|--------------|
| Calories            | 2200               | 1900             | 2900         |
| Total Fat           | 73 g or less       | 63               | 97           |
| Saturated Fat       | 25 g or less       | 21               | 32           |
| Cholesterol         | 300 mg or less     | 300              | 300          |
| Sodium              | 2400 mg            | 2400             | 2400         |
| Calcium             | 800 mg             | 800              | 800          |
| Iron                | 15 mg              | 10               | 10           |

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

### GUIDELINES FOR CALCULATING NUTRITION INFORMATION

- The first ingredient is used whenever a choice is given (such as 1 cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).

### OUR EXPERTS BEHIND THE SCENES

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information.



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- **Easy** 6 ingredients or less OR ready to cook in 20 minutes or less OR ready to eat in 30 minutes or less.
- **Low Fat** 10 grams of fat or less (main dishes) or 3 grams of fat or less (all other recipes).

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### Grands!® Biscuit Pizzas



1. PRESS each biscuit to 6" round and place on greased cookie sheets.
2. TOP with pizza sauce, cheese and pepperoni.
3. BAKE in 375°F oven, 10–15 minutes.

8 Pizzas

### Grands!® Biscuit Sandwiches



1. BAKE refrigerated biscuits as directed on can.
2. MAKE scrambled eggs.
3. FILL biscuits with American cheese, eggs and cooked bacon.

8 Sandwiches





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