Fall 2012

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Introduction

Best ever Blueberry Muffins



Ingredients

Instructions

Sugar Topping
1/3 cup (21/3 ounces) sugar
1½ teaspoons finely grated zest from 1 lemon

Streusel Topping
3 T white sugar
3 T brown sugar
1/3 cup flour
5 T melted butter
Muffins
2 cups (or less if you are me!) fresh blueberries, picked over
1 1/8 cups plus 1 teaspoon sugar
1 tablespoon water
2 1/2 cups unbleached all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon table salt
2 large eggs
4 tablespoons (½ stick) unsalted butter, melted and cooled slightly
¼ cup vegetable oil
1 cup buttermilk
2 teaspoons vanilla extract

If topping with lemon sugar, stir together sugar and lemon zest in small bowl until combined; set aside If topping the muffins with streusel, combine ingredients until it is the size of peas and set aside.

Betty's Caramel Apples



Ingredients

- 12 whole apples
- 1/4 cups butter
- 1 cup white syrup
- 14 ozs Fluid, eagle brand condensed milk
- 2 cups white granulated sugar
- 1 tsp vanilla extract

Instructions

Assemble all ingredients: wash and dry apples, insert sticks, and butter a cookie sheet and dinner plate before starting to cook.

Heat all ingredients except vanilla in a heavy 2-quart saucepan over medium/low heat. Stir constantly! (Unless you really like the look of scorched bits on your apples.)

When caramel reaches soft ball stage (235°F-240°F) remove from heat and add vanilla. Let cool a few minutes.

Using the stick inserted in the apples, dunk apples in the hot caramel and twirl slowly away from the heat for a couple of minutes. It's nice to have a helper or two at this point.

Place caramel-covered apples on a buttered cookie sheet. Optional: drizzle with melted chocolate or roll in chopped nuts.

Extra caramel from the bottom of the pan:
1. Can be scraped out with a spatula into a buttered plate or dish to be cut into individual pieces when cool.
2. Can be thinned in the pan with half-and-half and eaten warm, as a dip for apple wedges

Chicken alfredo roll ups



Ingredients

- 9 lasagna noodles
- 2 1/2 cups alfredo sauce
- 2 cups cooked shredded chicken
- oregano, and garlic salt
- 3 cups shredded mozzarella

Instructions

Spray an 8x8 pan with non-stick spray and pour ½ cup alfredo sauce, or just enough to cover the bottom of the pan. Boil 8-10 cups water in a large pan, cook lasagne noodles until al dente. (I usually cook 1 or 2 extra just because lasagna noodles always seem to break on me when I am stirring them.) Now this is the important part! Drain and rinse the noodles with cold water to prevent them from sticking to each other. Then, lay out each noodle individually and blot dry with a paper towel.

Spread about 2 Tbs. alfredo sauce over each noodle. (if there is too much sauce you will have a big mess on your hands!) Sprinkle oregano and garlic salt on top of sauce. Take 1/9 of the shredded chicken and spread it out evenly over each noodle. Add approx. 3 Tbs. cheese. To roll up, start at one end and roll the noodle over the toppings. You will need to lift the noodle a little to prevent squishing out the inside ingredients while rolling.

Place the roll-ups in the pan, one by one, seam-side down so they don't come undone. Once they are all in the pan, pour the remaining alfredo sauce over the top. Top with remaining cheese. Bake at 350 degrees for about 30 minutes, or until the cheese is completely melted on top.

Crab-filled crescent wontons



Ingredients

- 8 oz tube crescent roll dough
- 3 oz cream cheese, softened
- 1 cup mayonnaise
- 3/4 cup cooked crabmeat, chopped
- 2 green onions, chopped
- salt and pepper to taste

Instructions

Heat oven to 375°F. Spray cookie sheet with cooking spray. Unroll dough on work surface. Pinch seams to seal and roll with a rolling pin to create an even rectangle. Cut into 6 rows by 4 rows to make 24 squares.

In small bowl, mix cream cheese, mayo, crabmeat, onion, and red pepper. Salt and pepper to taste. Divide crab mixture evenly among the squares, dropping it by spoonfulls that are 1/2 inch from 1 corner of each square. Starting with same corner, fold dough over filling, and tuck end tightly underneath filling; continue rolling to within 1/2 inch of opposite corner. Roll opposite corner of dough over roll; press to seal. Place on cookie sheet. Brush with egg white, if desired.

Bake 10 to 15 minutes or until golden brown. Remove from cookie sheet. Serve warm.

Cream cheese chicken enchiladas

Ingredients

- 5 oz reduced fat cream cheese, softened
- 1/4 cup light sour cream
- 10 oz can of enchilada sauce
- 1 cup shredded cheddar cheese, divided
- 1 cup shredded monterey jack cheese, divided
- 2 cups cooked shredded chicken
- 1 cup frozen corn kernels, thawed (canned corn works just fine, but drain)
- 4 oz can diced green chiles
- 1/2 tsp chili powder
- 1/4 tsp cumin
- salt and pepper
- 4 Scallions
- 8 whole wheat tortillas (8 inch)

Instructions

Directions:

Preheat the oven to 325 degrees. Spray a 9×13 dish with cooking spray.
In the bowl of your mixer cream together the cream cheese, sour cream, and 1/2 of the enchilada sauce. Stir in 1/2 cup of each type of cheese.
In a second bowl toss together the chicken, corn, cumin, chili powder, salt and pepper, green chiles, and half of the scallions. Add the chicken mixture to the cheese mixture and combine well.
Spread about half of the remaining enchilada sauce in the bottom of the baking dish.
Spoon the filling into each tortilla, roll the tortilla up, and place in the baking dish with the seam down. Pour the remaining enchilada sauce over the top of the filled tortillas and sprinkle with the remaining cheese. Bake for 20-25 minutes or until hot and bubbly. Sprinkle with the remaining scallions and serve.

Double chocolate chip cookies



Ingredients

- 1 lb unsalted butter
- 1 3/4 cups granulated sugar
- 2 1/4 cups packed light brown sugar
- 4 large eggs
- 3 cups plus 2 tablespoons pastry flour
- 3 cups bread flour
- 1 tbsp salt
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tbsp pure vanilla extract
- 2 lb bittersweet chocolate, coarsely chopped

Instructions

Directions
- Preheat oven to 350 degrees. Line baking sheets with parchment paper or nonstick baking mats; set aside.
- In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugars.
- Add eggs, one at a time, mixing well after each addition.
- Reduce speed to low and add both flours, baking powder, baking soda, vanilla, and chocolate; mix until well combined.
- Using a 4-ounce scoop for larger cookies or a 1-ounce scoop for smaller cookies, scoop cookie dough onto prepared baking sheets, about 2 inches apart.
- Bake until lightly browned, but still soft, about 20 minutes for larger cookies and about 15 minutes for smaller cookies.
- Cool slightly on baking sheets before transferring to a wire rack to cool completely.

Easy spinach lasagna



Ingredients

- 15 oz container whole-milk ricotta cheese
- 20 oz boxes frozen spinach, thawed and excess liquid squeezed out
- 1 cup finely grated pramesan cheese 3 ounces
- 2 medium garlic cloves minced
- 1 large egg
- kosher salt
- 19 oz cans tomato sauce or jarred marinara sauce
- 8 oz box no-boil lasagna noodles 12 noodles
- 1 lb whole milk mozzarella cheese
- vegetable or olive oil

Instructions

NSTRUCTIONS
Heat the oven to 350°F and arrange a rack in the middle.
Place the ricotta, spinach, half of the Parmesan, the garlic, and the egg in a large bowl and season with salt and pepper. Mix until combined.
Spread 3/4 cup of the tomato sauce in a thin layer over the bottom of a 13-by-9-inch baking dish.
Construct the lasagna by layering 3 of the noodles over the sauce. Top with another 3/4 cup of the tomato sauce and spread it evenly to the edges of the dish. Using a small spoon, dollop a third of the ricotta mixture (about 1 cup) evenly over the sauce and flatten the dollops with the back of the spoon (the ricotta mixture will spread out more when it heats up). Evenly lay a quarter of the mozzarella slices over the ricotta.
Make 2 more layers of noodles, sauce, ricotta mixture, and mozzarella. Top with the remaining noodles, sauce, and mozzarella. Evenly sprinkle with the remaining Parmesan. Coat 1 side of a large piece of aluminum foil with vegetable or olive oil and cover the dish tightly with the foil, oil-side down.
Bake until the sauce is starting to bubble around the edges, about 40 minutes. Remove the foil and continue baking until the top is browned, about 20 minutes more. Remove the pan to a wire rack and let cool for 15 minutes before slicing.

Mini pizzas



Ingredients

Instructions

Makes 18-20 mini pizzas

Ingredients
1 ball refrigerated pizza dough, store bought or homemade (see recipe below)
1 cup pizza sauce or jarred pasta sauce
Your desired toppings (see below for ideas)

Topping Ideas
· Cheese: Mozzarella, Mexican cheese, Asiago, Parmesan, Romano, bleu cheese, feta, provolone
· Meat: Chicken, Italian sausage, bacon, ham, beef, chorizo, pepperoni, prosciutto, shrimp
· Vegetables: Tomatoes, artichokes, roasted red peppers, onions, green peppers, jalapenos, spinach, cherry tomatoes, olives, mushrooms, banana peppers, squash, sweet corn, peas, avocado
· Other: Pineapple chunks, black beans, fresh basil, garlic, sprouts, capers

To assemble:
Preheat oven to 400° F.

Line a large baking sheet with parchment paper or nonstick aluminum foil. Place pizza dough on a well-floured surface, press dough firmly with your fingers to shape, and stretch gently into a 12" x 8" rectangle.

With a round cutter, cut dough into 18-20 rounds; place rounds 1 inch apart on baking sheet. Top each with pizza sauce, cheese, and your desired toppings.

Bake mini pizzas for 8-10 minutes, or until cheese is melted. Serve immediately.