

Potato + Cheese Pierogi

2c. Flour

1 egg

Pinch salt

1 $\frac{3}{4}$ lb. potatoes peeled

5oz. processed cheese (velveeta)

1. Bring Large pot of salted water to a boil. Add potatoes + cook until tender but still firm (about 15 min); drain.

2. Combine Flour, egg + salt. Mix in a little water at a time until dough is somewhat stiff.

3. Roll out on floured surface.

4. Use circle cutters.

5. Filling: Mix together potatoes, cheese, salt, pepper. Fill each with 1-2t.

Stuffed Sweet Potatoes with Pecan and Marshmallow Streusel

Recipe courtesy Tyler Florence

~~12~~ large sweet potatoes

3/4 cup (1 1/2 sticks) unsalted butter, at room temperature

3/4 cup light brown sugar

3/4 cup all-purpose flour

~~1/4~~ teaspoon ground cinnamon

1/4 teaspoon salt

1 cup toasted pecan pieces

1 cup miniature marshmallows

12 Servings

Preheat the oven to 400 degrees F.

Wash the sweet potatoes, scrubbing them well to remove any dirt. With a fork, prick the sweet potatoes in a couple of spots and place them on a sheet pan. Bake for about 45 minutes, or until a knife inserted in the center goes in easily.

In a large bowl, mix the butter, brown sugar, and flour together until it's crumbly-looking. Add the cinnamon, salt, pecans, and marshmallows; fold the streusel topping together to combine.

Slice the sweet potatoes lengthwise down the center and push the ends towards the middle so it opens up. Stuff the sweet potatoes generously with the streusel topping and return to the oven. Bake for another 20 minutes, or until the topping is bubbly and brown.

Cook lasagna noodles according to package directions; drain. ~~Meanwhile, in a medium bowl combine dried mushrooms and boiling water. Let stand for 20 minutes. Drain and squeeze mushrooms, reserving liquid. Remove and discard mushroom stems. Coarsely chop mushrooms. Set aside.~~

In a large skillet cook onion, green pepper, carrots, and garlic in hot margarine or butter till tender but not brown. Add broccoli and $\frac{1}{2}$ cup reserved mushroom liquid. Bring to a boil; reduce heat. Cover and simmer about 5 minutes or till broccoli is just crisp-tender. Stir in mushrooms.

In a medium bowl stir together ricotta cheese, mozzarella cheese, $\frac{1}{2}$ cup Parmesan or Romano cheese, eggs, parsley, thyme, marjoram, and pepper.

In a 3-quart rectangular baking dish evenly spread $\frac{1}{2}$ cup of the spaghetti sauce. Arrange 3 lasagna noodles over sauce. Layer with *half* of the cheese mixture, *half* of the vegetable mixture, and 1 cup of the spaghetti sauce. Repeat layers, ending with noodles. Spoon remaining spaghetti sauce over the top. Sprinkle with $\frac{1}{4}$ cup Parmesan or Romano cheese.

Cover and bake in a 375° oven for 20 minutes. Uncover and bake about 10 minutes more or till heated through. Makes 8 servings.

VEGETABLE LASAGNA

- 8 ounces lasagna noodles (9 noodles)
- $\frac{1}{2}$ cup ($\frac{1}{2}$ ounce) dried porcini or shiitake mushrooms
~~1 cup boiling water~~
- 1 large onion, chopped (1 cup)
- 1 large green pepper, chopped (1 cup)
- 2 medium carrots, chopped (1 cup)
- 4 cloves garlic, minced
- 2 tablespoons margarine or butter
- 4 cups chopped broccoli (flowerets and stems)
- 1 15-ounce container ricotta cheese
- 1 cup shredded mozzarella cheese (4 ounces)
- $\frac{1}{2}$ cup grated Parmesan or Romano cheese
- 2 eggs
- $\frac{1}{4}$ cup snipped parsley
- $\frac{1}{2}$ teaspoon dried thyme, crushed
- $\frac{1}{2}$ teaspoon dried marjoram, crushed
- $\frac{1}{4}$ teaspoon pepper
- 1 30 $\frac{1}{2}$ -ounce jar meatless spaghetti sauce
- $\frac{1}{4}$ cup grated Parmesan or Romano cheese

Eggplant Parmigiana

Prep: 25 minutes **Bake:** 10 minutes
Oven: 400°F **Makes:** 4 servings

- 1 small eggplant (12 ounces)
- 1 beaten egg
- ¼ cup all-purpose flour
- 2 tablespoons cooking oil
- ⅓ cup grated Parmesan cheese
- 1 cup meatless spaghetti sauce
- ¾ cup shredded mozzarella cheese (3 ounces)

1. Wash and peel eggplant; cut crosswise into ½-inch slices. Combine egg and 1 tablespoon water; dip eggplant slices into egg mixture, then into flour, turning to coat both sides. In a large

skillet cook eggplant, half at a time, in hot oil 4 to 6 minutes or until golden, turning once. (If necessary, add additional oil.) Drain on paper towels.

2. Place the eggplant slices in a single layer in a 2-quart rectangular baking dish.* (If necessary, cut slices to fit.) Sprinkle with Parmesan cheese. Top with the spaghetti sauce and the mozzarella cheese. Bake in a 400° oven for 10 to 12 minutes or until heated through.

***Note:** If desired, omit the baking step. Wipe the skillet with paper towels. Arrange the cooked eggplant slices in the skillet; sprinkle with the Parmesan cheese. Top with spaghetti sauce and mozzarella cheese. Cook, covered, over medium-low heat for 5 to 7 minutes or until heated through.

Lemony Turkey Rice Soup

While growing up in Texas, I spent a lot of time helping my grandma cook. Lemon and cilantro add a deliciously different twist to this favorite turkey soup.

*—Margarita Cuellar
East Chicago, Indiana*



Lemony Turkey Rice Soup

Prep/Total Time: 20 min.

- 6 cups chicken broth, divided
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 2 cups cooked rice
- 2 cups diced cooked turkey
- 1/4 teaspoon pepper
- 2 tablespoons cornstarch
- 1/4 to 1/3 cup lemon juice
- 1/4 to 1/2 cup minced fresh cilantro

In a large saucepan, combine 5-1/2 cups broth, soup, rice, turkey and pepper. Bring to a boil; boil for 3 minutes. In a small bowl, combine cornstarch and remaining broth until smooth. Gradually stir into hot soup. Cook and stir for 1-2 minutes or until thickened and heated through. Remove from the heat; stir in lemon juice and cilantro. **Yield:** 8 servings (about 2 quarts).

Vegetable Chicken Noodle Soup

Prep: 10 min. Cook: 30 min.

- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 garlic clove, minced
- 2 teaspoons olive oil
- 1/4 cup all-purpose flour
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon poultry seasoning
- 6 cups reduced-sodium chicken broth
- 4 cups cubed peeled potatoes
- 1 teaspoon salt
- 2 cups cubed cooked chicken breast
- 2 cups uncooked yolk-free wide noodles
- 1 cup fat-free evaporated milk

In a Dutch oven or soup kettle, saute onion, carrots, celery and garlic in oil for 5 minutes or until tender. Stir in the flour, oregano, thyme and poultry seasoning until blended; saute 1 minute longer. Gradually add broth, potatoes and salt; bring to a boil. Reduce heat; cover and simmer 15-20 minutes or until potatoes are tender.

Stir in the chicken and noodles; simmer for 10 minutes or until noodles are tender. Reduce heat. Stir in the milk; heat through (do not boil). **Yield:** 8 servings (about 2 quarts).

Vegetable Chicken Noodle Soup

When the weather turns chilly, I like to make this warmer-upper. There's old-fashioned goodness in every spoonful of this thick, hearty soup!

*—Julee Wallberg
Reno, Nevada*

2 ripe avocados
1/2 cup restaurant-style
chunky salsa
1/4 teaspoon hot pepper
sauce (optional)
1/2 seedless cucumber, sliced
into 1/8-inch-thick
rounds



Fast Guacamole and "Chips"

1. Cut avocados in half; remove and discard pits. Scoop flesh into medium bowl; mash with fork.
2. Add salsa and hot pepper sauce, if desired; mix well.
3. Transfer guacamole to serving bowl; surround with cucumber "chips."

Makes 8 servings



Filled & Skewered

Spinach-Artichoke Party Cups

Nonstick cooking spray
36 (3-inch) wonton wrappers
1 can (8½ ounces)
artichoke hearts,
drained and chopped
½ (10-ounce) package
frozen chopped
spinach, thawed and
squeezed dry
1 cup shredded Monterey
Jack cheese
½ cup grated Parmesan
cheese
½ cup mayonnaise
1 clove garlic, minced

1. Preheat oven to 300°F. Spray miniature muffin pan lightly with cooking spray. Press 1 wonton wrapper into each cup; spray lightly with cooking spray. Bake about 9 minutes or until light golden brown. Remove shells from muffin pan; set aside to cool. Repeat with remaining wonton wrappers.*

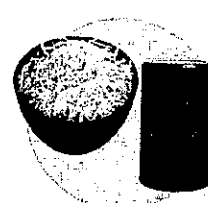
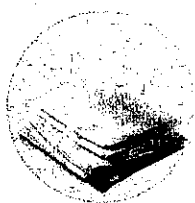
2. Meanwhile, combine artichoke hearts, spinach, cheeses, mayonnaise and garlic in medium bowl; mix well.

3. Fill each wonton cup with about 1½ teaspoons spinach-artichoke mixture. Place filled cups on baking sheet. Bake about 7 minutes or until heated through. Serve immediately.

Makes 36 appetizers

**Wonton cups may be prepared up to one week in advance. Cool completely and store in an airtight container.*

Tip: If you have leftover spinach-artichoke mixture after filling the wonton cups, place the mixture in a shallow ovenproof dish and bake it at 350°F until hot and bubbly. Serve it with bread or crackers.



ZIPPY POTATO SKINS

1 Preheat the oven to 400°.

2 Thoroughly scrub the potatoes with a brush under cold running water. Pat the potatoes dry and prick each potato with a fork. Bake in the 400° oven about 1 hour or until the potatoes are tender.

3 In a small bowl, stir together the melted butter or margarine and hot pepper sauce; set aside.



4 Cut *each* potato in half lengthwise. Using a spoon, scoop out the potato pulp leaving a ¼-inch-thick shell, reserving the potato pulp for another use.



5 Cut each potato shell lengthwise into 1-inch-wide strips. Place the potato skin strips on a baking sheet.

6 Broil the potato skin strips 3 to 4 inches from the heat source about 5 minutes or until the strips are crisp. (Or, bake the strips in a 450° oven for 12 to 15 minutes or until crisp.) Transfer the baking sheet to a heat-proof surface; do not turn off the broiler (or oven).

7 Brush the skins with the butter mixture. Sprinkle with the Monterey Jack cheese. Return the baking sheet to the broiler; broil about 1 minute more or until the cheese melts. (Or, return the baking sheet to the oven for 3 to 4 minutes or until the cheese melts.) If desired, sprinkle with the crumbled bacon.



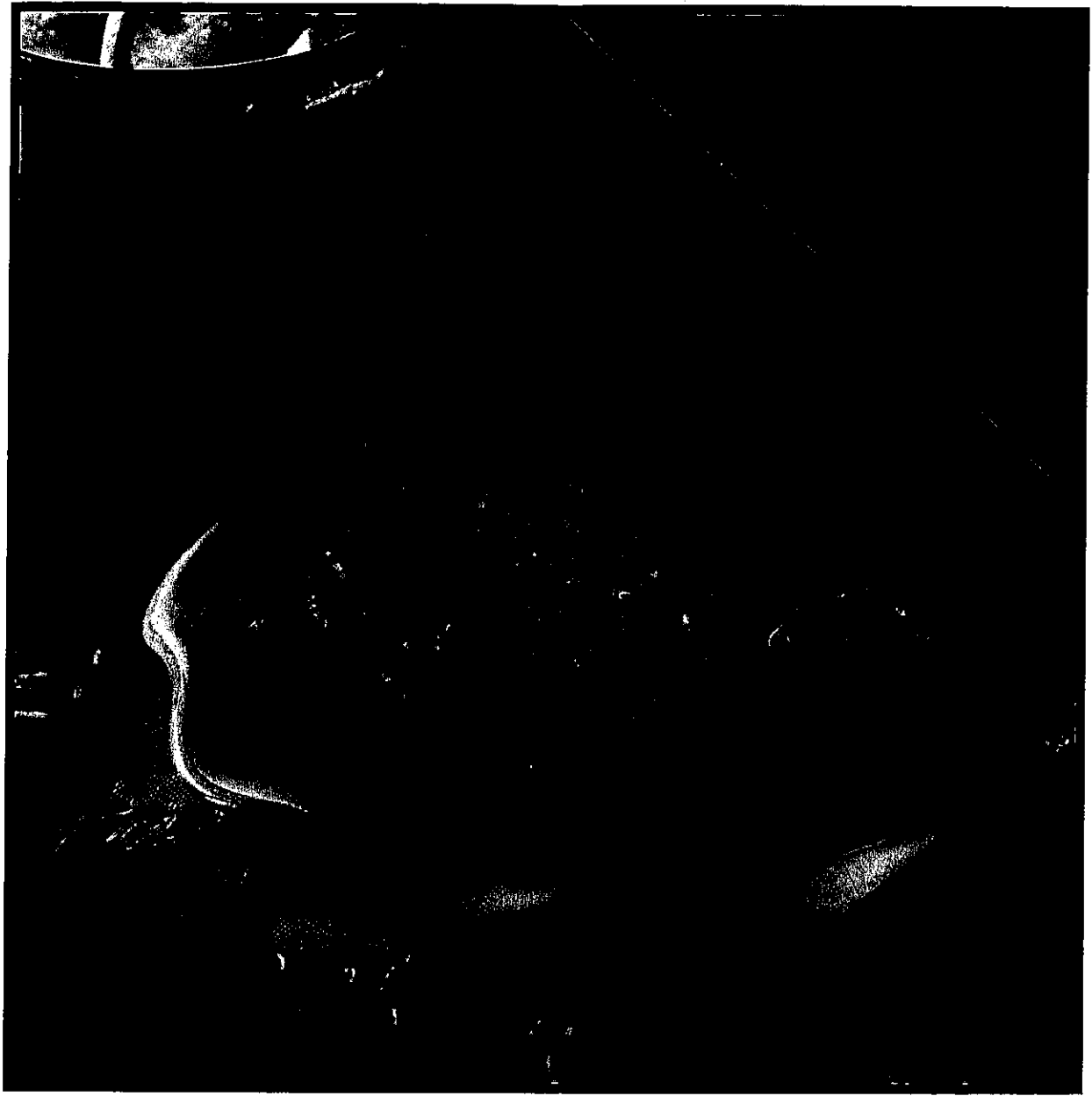
TIPS FROM OUR KITCHEN

Russet potatoes are often recommended for baking because of their thick skins. Long white potatoes can be baked too, even though they have thin skins. Regardless of the type of potato you choose, be sure to select potatoes that are free of green spots or "eyes."

For a change of taste, substitute a Mexican-flavored hot sauce for the regular hot pepper sauce in this recipe.

Add a little milk and butter or margarine to the reserved potato pulp to turn it into mashed potatoes. Or, use the potato pulp to make potato bread, potato pancakes or potato soup.

Nutrition Analysis (Per Serving): Calories: 58 / Cholesterol: 7 mg / Carbohydrates: 8 g / Protein: 1 g / Sodium: 36 mg / Fat: 3 g (Saturated Fat: 2 g) / Potassium: 137 mg.



ZIPPY POTATO SKINS

chicken & rice soup with dumplings

The soup is made with a variety of vegetables, including mushrooms, celery, carrot, peas, and rice. The dumplings are made with a simple flour and egg batter. This soup is a comforting and healthy meal that is easy to make.

27

Start to finish: 35 minutes Makes 4 or 5 servings (8 cups)

In a large saucepan cook mushrooms, celery, and carrot in 1 tablespoon hot margarine until tender. Carefully stir in chicken broth, chicken, peas, rice, thyme, and pepper. Bring to boiling.

Meanwhile, prepare dumplings. Drop dumpling batter from a small spoon to make 16 mounds on top of the boiling soup; reduce heat. Simmer, covered, about 10 minutes or until dumplings are cooked.

Dumplings: In a small bowl beat together 2 eggs, $\frac{1}{4}$ cup melted margarine or butter, and $\frac{1}{4}$ teaspoon salt. Stir in $\frac{2}{3}$ cup instant flour (Wondra) or all-purpose flour.

Nutrition facts per serving: 491 cal., 28 g total fat (1 g sat. fat), 183 mg chol., 1,222 mg sodium, 37 g carbo., 3 g fiber, 33 g pro. Daily values: 83% vit. A, 11% vit. C, 5% calcium, 27% iron

- 1 cup sliced fresh mushrooms
- 1 stalk celery, sliced
- 1 medium carrot, chopped
- 1 tablespoon margarine or butter
- 5 cups reduced-sodium chicken broth
- 2 cups chopped cooked chicken
- 1 cup frozen peas
- $\frac{1}{2}$ cup uncooked quick-cooking rice
- 2 teaspoons snipped fresh thyme or
1 teaspoon dried thyme, crushed
- $\frac{1}{4}$ teaspoon pepper
- 1 recipe Dumplings

HOMEMADE CRISPY SEASONED FRENCH FRIES

Ingredients

- 2 1/2 pounds russet potatoes, peeled
- 1 cup all-purpose flour
- 1 teaspoon garlic salt
- 1 teaspoon onion salt

- 1 teaspoon salt
- 1 teaspoon paprika
- 1/2 cup water, or as needed
- 1 cup vegetable oil for frying

Directions

1. Slice potatoes into French fries, and place into cold water so they won't turn brown while you prepare the oil.
2. Heat oil in a large skillet over medium-high heat. While the oil is heating, sift the flour, garlic salt, onion salt, (regular) salt, and paprika into a large bowl. Gradually stir in enough water so that the mixture can be drizzled from a spoon.
3. Dip potato slices into the batter one at a time, and place in the hot oil so they are not touching at first. The fries must be placed into the skillet one at a time, or they will clump together. Fry until golden brown and crispy. Remove and drain on paper towels.

CRISPY BAKED GARLIC MATCHSTICK FRIES

K 2
P 4

Ingredients

- 3-4 russet potatoes, scrubbed clean and dried
- 1/4 cup Olive or Canola Oil
- Sea salt + black pepper
- 1 tsp garlic powder
- 3 cloves garlic, minced
- Optional: 1-2 sprigs fresh rosemary, roughly chopped

Instructions

1. Preheat oven to 450 degrees.
2. Chop potatoes into matchsticks by halving, halving once more, then cutting into wedges, then strips.
3. Line two baking sheets with foil and generously spray with nonstick spray.
4. Add fries plus a generous drizzle of oil and sea salt, pepper and garlic powder. Toss to coat.
5. Arrange fries a single layer making sure they aren't touching too much. This will help them crisp up and cook evenly.
6. Bake for 25-35 minutes, tossing/flipping at least once to ensure even baking.
7. In the last 10 minutes of cooking, heat a small saucepan over medium heat and add 1-2 Tbsp olive oil and the minced garlic. Saute, stirring frequently, until just slightly brown to wake up the flavor.
8. Remove from heat and set aside.
9. When the fries are finished, remove from oven, sprinkle again with sea salt, and spoon the warm garlic on top. Toss to coat and serve immediately
10. You can also add more flavor by tossing the fries once more with the rosemary.

Nutrition Information

Serving size: 1/4 of the batch Calories: 243 Fat: 10g Saturated

fat: 1.6g Carbohydrates: 34g Sugar: 2.6g Sodium: 130mg Fiber: 5.2g Protein: 3.8g

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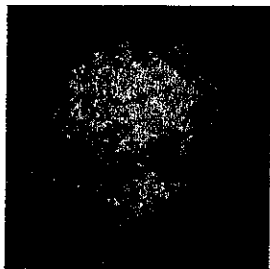
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Absolute Best Mashed Potatoes



Rated: ★★★★★

Submitted By: Susiq2

Photo By: Joey Joan

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 35 Minutes

Servings: 6

"By using a few clever cooking tips and top quality ingredients, anyone can make firm (not runny) really tasty mashed potatoes to die for!"

INGREDIENTS:

- 1 cup water
- 6 large firm russet potatoes, scrubbed
- 1 pint heavy cream at room temperature
- 1/2 cup unsalted butter at room temperature
- 2 tablespoons dry instant mashed potato flakes, or as needed (optional)
- salt and ground white pepper to taste

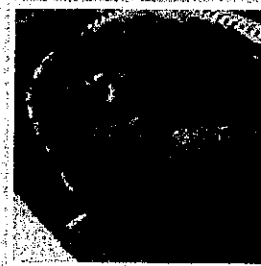
DIRECTIONS:

1. Pour water into a saucepan. Place a large steamer basket into the saucepan over (not touching) the water, and place the potatoes into the basket. Bring the water to a boil. Reduce heat to a simmer, cover the pan and basket with a lid, and steam potatoes until tender in the center, about 20 minutes. A skewer inserted into a potato should easily pierce the center. Using tongs to hold hot potatoes, peel them, and set aside. Reserve potato cooking water.
2. Place 1 cup of cream and the butter into the work bowl of a large stand mixer fitted with mixing paddle, and start the machine on low speed. Mix until the cream and butter are blended; add potatoes, and beat until thoroughly mixed. As potatoes mash, gradually pour in remaining cup of cream. If potatoes are too stiff, beat in reserved potato cooking water, 1 tablespoon at a time. If potatoes are too runny, beat in instant mashed potato flakes, 1 tablespoon at a time, until you reach desired consistency. Season to taste with salt and white pepper.

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Creamy Twice-Baked Potatoes

allrecipes



Prep	Cook	Ready In
10 m	1 h 10 m	1 h 30 m

Recipe By: tplbml

"These easy twice baked potatoes get their creamy texture from a rich cream cheese filling. Double the recipe if you're having guests over or want leftovers."

Ingredients

2 baking potatoes	1 (3 ounce) package cream cheese, cubed
2 tablespoons butter, softened	2 tablespoons sour cream
1 tablespoon milk	1 pinch paprika, or to taste
1/4 teaspoon salt	

Directions

- 1 Preheat oven to 450 degrees F (230 degrees C). Scrub and dry potatoes, then prick several times with a fork and place on a baking sheet.
- 2 Bake in preheated oven until potatoes are easily pierced with a fork, 50 minutes to 1 hour. Remove from oven and cool slightly.
- 3 Reduce oven to 350 degrees F (175 degrees C).
- 4 Cut a thin slice off the top of each potato; scoop out pulp and place in a small bowl. Beat potato flesh, butter, milk, and salt with an electric mixer in a large bowl until smooth and fluffy. Fold cream cheese and sour cream into potatoes; spoon mixture into potato shells. Sprinkle with paprika and place on a baking sheet.
- 5 Bake in preheated oven until heated through and tops are golden brown, 20 to 25 minutes.

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Oven "Fries"

Recipe courtesy of Ellie Krieger



Total Time:
45 min
Prep: 10 min
Cook: 35 min

Yield:
Serves 4
Level:
Easy

Oven "Fries"

Ingredients

- 3 large baking potatoes, cut into 1/4-inch-thick matchsticks
- 2 tablespoons canola oil
- Salt
- Cooking spray

Directions

Preheat the oven to 450 degrees. In a large bowl, toss the potatoes with the oil and 1/2 teaspoon salt. Coat a baking sheet with cooking spray and spread the potatoes in a single layer. Bake until golden and crisp, about 35 minutes. Remove the fries with a spatula and season with salt.

Per serving Calories: 280; Total Fat: 7 g; Sodium: 305 mg; Carbohydrate: 50 g; Fiber: 3.6 g; Protein: 6 g

Recipe courtesy of Ellie Krieger for Food Network Magazine

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Hash Browns

Recipe courtesy Cooking Live

Total Time:

30 min

Prep: 10 min

Cook: 20 min

Yield:

1 to 2 servings

Level:

Easy

Ingredients

2 tablespoons olive oil

1 medium onion, chopped

1 large baking potato, baked, peeled, and diced

Kosher salt and freshly cracked black pepper

Directions

In a heavy medium skillet, heat 1 tablespoon olive oil over medium heat. Add onions and saute until softened and caramelized. Remove onions from skillet. Add remaining tablespoon oil to skillet and heat. Add diced potatoes in an even layer in the skillet, season with salt and pepper and cook until the potatoes begin to brown on the bottom, 6 to 7 minutes, shaking the pan occasionally to prevent sticking. Add onions back to skillet, press into a pancake. Season with salt and pepper.

Recipe courtesy Cooking Live

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Vegetarian Lettuce Wraps

By: George M. Malavasic

Ingredients:

Hoi sin sauce
Rice Vinegar
Brown Sugar
Sambal Olek
Vegetable Oil
Minced Ginger
Bamboo Shoots
Mung Bean Sprouts
Diakon or Red Radish
Nappa Cabbage
Head Lettuce

U.S. Standard:

¼ cup
1 Tbsp
1 Tbsp
¼ tsp
2 Tbsp
1 tsp
½ cup
1 cup
1 cup
2 cups
1 head

Method of Preparation:

1. Gather all ingredients then wash and drain all vegetables. Core and halve the lettuce and set aside for final presentation
2. Mince the fresh ginger and set aside then julienne all other vegetables to resemble the size and shape of the mung bean sprouts. Keep each type of vegetable separate until ready to begin cooking.
3. Pre-heat a medium sized wok (5+ quart volume) over high heat for one minute.
4. Add oil by drizzling down the sides of the wok and wait for the first sign of smoke. As soon as the oil begins to smoke, reduce heat to medium-high and add ginger.
5. Sizzle ginger for only a few seconds then add radish and bamboo shoots. Move ingredients rapidly and constantly while in wok.
6. After one minute add other vegetables and continue to cook until tender but still brightly colored then turn heat down to low.
7. Push cooked vegetables to the sides of the wok to form a cleared bowl in the center of the wok. Add vinegar, sambal olek, sugar and hoi sin.
8. Stir sauce briskly with chopsticks or spoon until smooth sauce forms. Turn heat back to high and toss several times to evenly coat all vegetables.
9. Remove from heat and serve immediately. Place ¼ cup of filling in the center of a lettuce leaf and roll as you would an egg roll.

Notes:

If sambal olek is not available, any minced hot peppers or hot sauce may be substituted to your taste. If the ginger is burning too quickly when added in the beginning of the cooking process add it in the middle after there are other ingredients in the wok to absorb some of the heat.