

FOOD



"Trick or treat!" That's the phrase shouted with glee by many a youngster across the country every Halloween night. We have included some of our family's favorite recipes that will make feeding your little ghost and goblins a lot less scary!

One-Pan Chicken and Potato Bake



"Serve this family favorite with a green salad and garlic toast."

- Ingredients**
- 4 bone-in chicken pieces (1-1/2 lb.)
 - 1-1/2 lb. potatoes (about 3 med. potatoes), cut into thin wedges
 - 1/4 cup zesty Italian dressing
 - 1/4 cup grated Parmesan cheese
 - 1 tsp. Italian seasoning

Directions

1. Preheat oven to 400°F. Place chicken and potatoes in 13x9-inch baking dish.
2. Top with dressing; sprinkle with cheese and Italian seasoning. Cover with foil.
3. Bake 1 hour or until chicken is cooked through (180°F), removing foil after 30 min. Sprinkle with chopped fresh parsley, if desired.

Apple Bobber's Cheese Spread

- Ingredients**
- 2 Tbs. butter or margarine, softened
 - 2 cups shredded sharp cheddar cheese
 - 1/2 cup applesauce
 - 2 Tbs. Sesame seed, toasted

Directions

Beat all ingredients with electric mixer on medium speed until well blended; cover. Refrigerate at least 1 hour.



"Try this awesome spread with fresh apple or pear slices, or crackers."



Pumpkin Dessert Dip

- Ingredients**
- 1 pkg. (8 oz.) cream cheese, softened
 - 1 jar (7 oz.) marshmallow cream
 - 1/2 cup canned pumpkin
 - 1/4 tsp. ground cinnamon
 - 1/4 tsp. ground nutmeg

Directions

Mix all ingredients until well blended; cover. Refrigerate several hours or until chilled.

Beefy One-Pot Dinner

- Ingredients**
- *1 lb. lean ground beef
 - *1 cup chopped onions
 - *1 cup thinly sliced carrots
 - *1 cup finely chopped potatoes
 - *1 cup water
 - *1 can (14 oz.) baked beans
 - *1/2 cup Barbecue Sauce
 - *1 cup shredded Cheddar cheese

Directions

1. Brown the meat in large nonstick skillet on medium-high heat; drain. Add vegetables; cook 5 min., stirring occasionally.
2. Stir in water. Reduce heat to medium-low; cover and simmer 10 min. or until vegetables are tender.
3. Add beans and barbecue sauce; stir. Cook 5 min. or until heated through. Sprinkle with cheese.



"This delicious and hearty dish is very easy to prepare!"



Quick & Easy Pork Chop Skillet

- Ingredients**
- 4 bone-in pork chops (1-1/2 lb.), 3/4 inch thick
 - 1 tsp. oil
 - 1 small onion, sliced
 - 1 clove garlic, minced
 - 1 tsp. dried rosemary leaves, crushed
 - 1/4 cup Light Balsamic Vinaigrette Dressing, divided
 - 1 can (15-1/4 oz.) pear halves in juice, undrained

Directions

1. Cook chops in oil in large nonstick skillet on medium-high heat 3 min. on each side or until browned on both sides. Remove chops from skillet; set aside.
2. Add onions, garlic, rosemary and 2 Tbsp. of the dressing; stir. Cook 3 min., stirring occasionally. Return chops to skillet. Add pears and remaining 2 Tbsp. dressing. Reduce heat to medium; simmer 10 min. or until chops are cooked through (160°F).
3. Serve chops topped with the sauce.

Ode to the busy Mom

It's the same old story
Same old tune
I'm up to my eyeballs
With things to do
No end in sight
No simple solution
My mind is full
Of all this pollution
Always changing gears
No time to slow
I want to cry
But I can't let it show
One step forward



Then two steps back
"Working too hard can give you a heart attack"
Then something reminds me
To find simple pleasure
In quiet times
Moments to treasure
This too shall pass
Or so they say
Things won't always be this way
One day I'll catch up
I'll have less to do
And likely by that time
I'll have more money too

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October/November
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Prices in this ad good through November 4th.

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