

FOOD

Squash-Rice Casserole

Ingredients

- 8 cups sliced zucchini (about 2 1/2 pounds)
- 1 cup chopped onion
- 1/2 cup fat-free, less-sodium chicken broth
- 2 cups cooked rice
- 1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
- 1 cup fat-free sour cream
- 1/4 cup (1 ounce) grated fresh Parmesan cheese, divided
- 1/4 cup Italian-seasoned breadcrumbs
- 1 tsp. salt

Directions

1. Use dutch oven and preheat to 350°.
2. Combine first 3 ingredients in oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain; partially mash with a potato masher.
3. Combine zucchini mixture, rice, cheddar cheese, sour cream, 2 tablespoons Parmesan cheese, breadcrumbs, salt, pepper, and eggs in a bowl; stir gently. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 2 tablespoons Parmesan cheese. Bake at 350° for 30 minutes or until bubbly.
4. Preheat broiler. Broil 1 minute or until lightly browned.



This family favorite is easy to prepare and rich in flavor, this 5-star casserole pairs fabulously with pork chops, ham, or roasted chicken breasts. Calories: 197

- 1/4 tsp. black pepper
- 2 large eggs, lightly beaten
- Cooking spray



A baked treat for the whole family.

Absolutely Best Brownies

Ingredients:

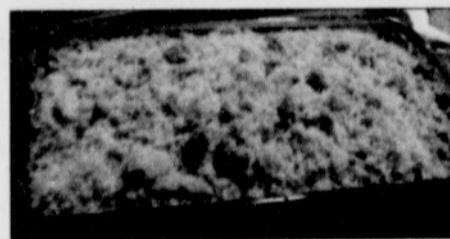
- 1/2 cup butter, melted
- 1 cup white sugar
- 2 eggs
- 1/2 cup self-rising flour
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x8 or 9x9 inch baking pan.
 2. In a medium bowl, beat together the butter and sugar. Add eggs, and mix well. Combine the flour, cocoa and salt; stir into the sugar mixture. Mix in the vanilla and stir in walnuts if desired. Spread evenly into the prepared pan.
 3. Bake for 25 to 30 minutes in the preheated oven, or until edges are firm. Cool before cutting into squares.
- For best results, use a Dutch processed cocoa. For less cake-like brownies, use all-purpose flour instead of self rising.

Country Apple Cobbler

This classic desert is the satisfying end to a meal or a delicious snack.



Directions:

1. In a large saucepan, combine 1 cup sugar, water, tapioca and cinnamon. Bring to a boil over medium heat, stirring occasionally. Remove from the heat; stir in the apples until coated. Pour into a greased 8-in. baking dish; set aside.
2. In a small bowl, combine the flour, baking powder, salt and remaining sugar. Stir in butter and milk just until moistened. Fold in cheese and walnuts. Sprinkle over apple mixture. Bake at 375 degrees F for 30-35 minutes or until filling is bubbly. Serve with whipped topping if desired.

Ingredients:

- 1 1/3 cups sugar, divided
- 1/4 cup water
- 2 tablespoons quick-cooking tapioca
- 1/4 teaspoon ground cinnamon
- 6 cups thinly sliced peeled tart apples
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup butter or margarine, melted
- 1/4 cup milk
- 1 1/2 cups shredded Cheddar cheese
- 1/2 cup chopped walnuts
- whipped topping



Oven Fried Chicken

These drumsticks are baked with a coating of Dijon mustard, mayonnaise, and crunchy corn flake crumbs. A delicious combination!

Ingredients

- 8 chicken drumsticks
- salt and pepper
- 1/4 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1/2 to 3/4 cup corn flake crumbs
- 4 tablespoons butter

Preparation

1. Heat oven to 375°.
2. Wash chicken and pat dry. Sprinkle all over with salt and pepper. Combine the mayonnaise and mustard. Coat chicken well with the mayonnaise and mustard mixture. Dip into corn flake crumbs, turning, until well crusted.
3. Place in a lightly greased baking dish and drizzle about 1 1/2 teaspoons of butter over each drumstick.
4. Bake for 40 to 45 minutes, until drumsticks are done. Serves 4 to 6.

Walnut Chicken

Skillet chicken with walnuts and green beans. Cook Time is 50 minutes.

Ingredients

- 3 to 4 pounds chicken pieces
- 1/4 cup vegetable oil
- 1 cup sliced fresh or frozen green beans
- 3/4 cup sliced celery, with some leaves
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 1/4 teaspoon pepper
- 1 cup chicken broth
- 1 tablespoon cornstarch



- 1 tablespoons soy sauce
- 1 cup fresh sliced mushrooms
- 1 can (5 ounces) sliced water chestnuts
- 1/2 cup walnuts

Preparation

1. In a large heavy skillet, heat oil. Add chicken and brown on all sides; reduce heat, cover, and let chicken cook slowly for 20 minutes.
 2. Add green beans, celery, seasonings, and broth. Cook 8 to 10 minutes. Combine cornstarch and soy sauce; stir into the chicken mixture with mushrooms, and cook until thickened.
 3. Add water chestnuts and walnuts; heat through. If desired, garnish with walnuts and serve on hot cooked rice.
- Serves 4 to 6.

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