



FAVORITE FAMILY RECIPES

*The American Family Insurance
Back to the Family Dinner Table Cookbook*



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Back to the Family Dinner Table Cookbook*

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Contents

FOREWORD	4
APPETIZERS & SIDES	5
PASTA DISHES	12
SUNDAY SUPPERS	22
CASSEROLES & SLOW COOKER DISHES	35
SEAFOOD	46
SOUPS & SALADS	50
BREAKFAST & BRUNCH	56
DESSERTS	61
THANK YOU	69

FOREWORD

*I am a firm believer that there is nothing more important
than time spent around the family table.*

*It is not only where our family is nurtured, it is where
dreams are born.*



As a mother of four, I have always known this to be true, but I don't think I truly understood the impact our family meals had on my family until the day my oldest left for college. When asked what she would miss most about home, she responded, "The time we spend together in the kitchen. I can't imagine not being home on Sunday for dinner." Her words had such a profound effect on me. At that moment I realized that time around the family table meant as much to my children as it did to me.

We love shopping together at the farmer's market and coming up with new recipes around seasonal ingredients. In fact, it is our favorite thing to do on a Saturday morning. Shopping, planning recipes, cooking together and ultimately conversing around our kitchen table has become a tradition that our family looks forward to. Witnessing how our meals have shaped my own family, inspired the Sunday Supper Movement. Our mission is to bring back Sunday Supper around the family table in every home. It starts off as one day a week, but soon becomes a way of life.

It is such an honor to partner with American Family Insurance and work on this cookbook that brings together favorite recipes from employees, policyholders, and bloggers across the United States. American Family Insurance believes that building the next generation of dreamers starts at the family dinner table. That's the inspiration behind the **Back to the Family Dinner Table Cookbook**. We hope to inspire you to spend time around the family table. May you enjoy great food, meaningful conversations and dream big!

Isabel Laessig

Editor at Family Foodie

Founder of Sunday Supper Movement

Host of The Food And Wine Conference



APPETIZERS & SIDES



Set the stage for family memories with inviting finger foods and heartwarming side dishes! Perfect for passing at family gatherings or around the weeknight dinner table, these recipes feature quick and simple cuisine sure to spread plenty of smiles.

Green Bean and Bacon Bundles

Submitted by: Lisa O.

Glam up your vegetables! Wrapping beans in bacon makes this dish irresistible - even to the pickiest eaters in your family.



Ingredients:

- Green beans (may cook first for about 4 minutes, then cool in ice water)
- Bacon (may par-cook)
- Onion powder
- Garlic powder (or salt)
- Olive oil
- Grated Parmesan cheese

Directions:

Preheat oven to 350°. Clean and snip ends of green beans. Bundle beans in bunches of 5-7 and wrap with 1/2 of a bacon slice. Place all on a pan so they are not touching. Drizzle olive oil over each bundle, and then season with onion and garlic powder. Sprinkle a little Parmesan on each bundle as well.

Bake for a half hour. Put oven on broil setting and broil for another 10 to 15 minutes. Note: if you precooked the beans and bacon, cook for 15 minutes, then sprinkle with Parmesan and bake for another 5 minutes.

Crab Dip

Submitted by: Alana Sue D.

Love crab? This seafood-inspired dip is a flavorful favorite at any family celebration.



Ingredients:

- 1 C. ranch salad dressing
- 1- 7 oz. canned crab, drained
- 1 tsp lemon juice
- 1/8 tsp hot pepper sauce

Directions:

In a bowl combine the four ingredients. Cover, refrigerate. Serve with vegetables.

Stuffed Mushrooms

Submitted by: Amy H.

Ready in just 30 minutes, these savory mushrooms are the perfect go-to recipe for family fun.



Ingredients:

1 container pre-packed mushrooms
1 package Jimmy Dean® sausage
1 package of cream cheese

Directions:

I buy the pre-packed mushrooms, wash them, and take out the stems. Fry one package of Jimmy Dean® sausage. Once it is fully cooked, mix in a package of cream cheese until melted. Fill the mushrooms with the mixture. Put in a baking dish and cook for about 20 minutes at 350°. Let cool for 5 minutes and serve.

Portuguese Rice

Submitted by: Isabel Laessig of familyfoodie.com

Rice is a Portuguese staple - and for good reason. This simple, savory side dish goes with countless dinners!



Ingredients:

2 C. uncooked long grain rice
4 C. of water
1 small onion, whole
2 chicken bouillon
1 tsp salt
4 tsp butter

Directions:

Bring the water to a boil and add the onion, chicken bouillon and salt. Reduce heat to low and add the rice. Cover and do not touch for approximately 30 minutes or until the rice is cooked and tender. Remove the onion and discard. Stir in the butter and serve.

Fried Green Tomatoes

Submitted by: Georgia S.

Bumper crop of green tomatoes? This creative recipe offers a wonderful way to enjoy your more... well, reluctant tomatoes.



Ingredients:

- Green tomatoes
- Margarine or butter
- Flour
- Salt and pepper, as desired

Directions:

Slice green tomatoes into thin slices and flour on both sides. Melt a stick of margarine in a stainless steel pan and place slices in pan. Fry tomato slices until crispy brown on both sides. Salt as needed. Remove to plate using a spatula.

Delicious AuGraten Potatoes

Submitted by: Patricia W.

This warm, comforting dish is the perfect complement to any family dinner.



Ingredients:

- 1 bag Ore-Ida® hash browns (frozen)
- 1 can cream of chicken soup
- 1 C. sour cream
- 1 C. shredded cheddar cheese
- 1 onion, chopped
- Cornflakes
- 1/2 stick butter

Directions:

Combine first 5 ingredients together in a 11x7 Pyrex® dish. Top with crushed cornflakes and 1/2 stick butter. Bake one hour at 350°.

Pierogies

Submitted by: Cindy Kerschner of cindysrecipesandwritings.com

*There's an art to making homemade pasta. My Gram used to say,
"You need to know how to make 'em with your eyes shut!"*



Ingredients:

3 C. all-purpose flour,
plus 1 C. reserved
2 large eggs
1/2 C. water
4 C. potatoes, peeled, cubed
1 medium onion, sliced
2 C. (8 oz.) shredded cheddar or
American cheese
Salt, and pepper to taste

Directions:

Filling:

To make filling, cover potatoes with water and boil for 10 minutes, add onions and continue boiling until potatoes are fork tender. Drain. Return to pot, add cheese and mash. Season with salt and pepper to taste. Set aside to cool.

Dough:

In a large bowl, add 3 cups flour, make a depression or "well" in the center and add the eggs. Slowly add water a little at a time, working into the dough as needed. Knead dough until soft and slightly sticky.

Cover bowl with damp towel and let dough rest 15 minutes. Sprinkle some of the reserve flour over the work surface and lightly coat hands and rolling pin. Divide dough into thirds and roll out until about 1/8-inch thickness. Sprinkle reserve flour as needed to keep from sticking. Use sparingly or excess flour will toughen dough. Dip a 3-inch diameter drinking glass, donut cutter or biscuit cutter into reserve flour. Cut out dough circles.

To Assemble:

Scoop about 1 teaspoon of filling onto the center of the dough circle. Lightly wet the outside edge of the dough with water. Fold the dough over the filling. Wet the edge of the outer rim of the dough. Start at one end and begin pinching the edge of the pocket shut. Be careful to keep filling off the seam. Seam should be about 1/4-inch wide. You can seal the seam with a fork if desired. Lay closed pierogie on lightly floured waxed paper. Cover with damp cloth. Repeat above steps with remaining ingredients. Bring 4 quarts of lightly salted water to a rapid boil. Carefully drop pierogies into boiling water. Nudge pierogies from bottom with a slotted spoon. Reduce heat and gently boil until pierogies float (approximately 5 minutes). Test one for doneness. Dough should be cooked through but not soggy. Remove pierogies with slotted spoon to a colander. Rinse with cold water to prevent sticking. Drain. Move to waxed paper to thoroughly cool.

You can then eat them as is, deep fry them, sauté in butter with onions, or freeze them for later!

Fast Corn on Cob

Submitted by: Steven S.

This simple microwave recipe can have you enjoying steaming corn on the cob in no time.



Ingredients:

- Ear of corn
- Butter, if desired

Directions:

Remove the husk from an ear of corn and wrap the ear in a wet paper towel. Place corn in the microwave, cook for 3 minutes = done! You just cooked the ear of corn! Careful it's hot. Remove paper towel, butter the corn, and serve.

Rice Casserole

Submitted by: Janice B.

Need a quick side the whole family will love? Bring them to the table with this cheesy dish.



Ingredients:

- 1 1/2 C. cooked long grain rice
- 1/3 lb. cheddar cheese, cut and grated
- 1/3 lb. Monterey Jack cheese, cut and grated
- 1 C. sour cream
- 1- 4oz. can chopped Ortega® chilis
- 1/2 C. sliced olives, if desired

Directions:

Combine cooked rice and all other ingredients - mix well. Put in a 7x10 casserole pan. Bake, covered for 30 minutes at 350°.

Buffalo Chicken Pizza

Submitted by: Heather King of hezzi-dsbooksandcooks.com

This recipe bakes up in less than 20 minutes, so it's a great idea for nights when families don't have a lot of time to eat together. Plus - the kids can help put on the toppings!



Ingredients:

1 Tbsp butter
1/3 C. red onion, thinly sliced
4 garlic cloves, chopped
1 1/2 C. cooked chicken breast, shredded
1/4 C. Frank's Red Hot® hot sauce
1 C. pizza sauce
1 12" pizza crust shell
1 1/2 C. mozzarella cheese
1/4 C. ranch dressing
1 Tbsp green onions, chopped

Directions:

Preheat the oven to 425°. Melt the butter in a medium skillet over medium heat. Once it is melted add the red onion and sauté for 4-5 minutes. Add in the garlic and sauté for an additional minute. Add the chicken and hot sauce to the skillet and sauté for 3-4 minutes. Spread the pizza sauce over top of pizza crust. Sprinkle with the mozzarella cheese then top with the buffalo chicken mixture. Drizzle with ranch dressing. Bake for 10-15 minutes or until the crust is browned. Remove from the oven and sprinkle with green onions.

Note: If you don't like spicy foods it's easy to make this a BBQ chicken pizza. Simply substitute BBQ sauce for the ranch dressing and toss the chicken with BBQ sauce instead of hot sauce. Cook as directed.





PASTA DISHES



From fork-twirling classics to creative creations like ‘Straw and Hay’ noodles, your whole family will love trying these pas-tacular dishes! Championing simple techniques and seasonal ingredients, each recipe offers plenty of opportunities for young and old alike to enjoy cooking together.

Linguine with Fresh Tomatoes and Basil

Submitted by: Beate Weiss-Krull of notsocheesykitchen.com

This is an easy dish for a satisfying dinner - even on a weeknight. Fresh tomatoes truly shine with the pasta.



Ingredients:

1 box linguine
1 lb. ripe tomatoes (I used heirlooms)
1 medium onion (a fresh onion with some greens attached is perfect)
3 garlic cloves minced
1/4 C. olive oil
Salt and pepper to taste
Pinch of sugar
1/2 C. or more fresh minced basil
Optional - 1/2 C. grated
Parmesiano Reggiano cheese

Directions:

Cut tomatoes into chunks without seeding them. Cut onion into fine slices setting aside - if using - the sliced greens. Heat olive oil in a large pan and when warm, add onions and sauté them at medium heat until they have softened. Add tomatoes together with garlic as well as a pinch of salt and sugar. Combine well and leave at medium heat. Stir occasionally. In the meantime prepare pasta according to directions, cooking until it is just about al dente. Drain pasta and set aside for a minute. Remove tomatoes from the heat. Adjust salt and pepper, and add fresh basil. Add the drained pasta to the pan with the tomatoes and basil. Toss everything well then transfer immediately to a serving dish. Top with Parmesiano Reggiano, if desired.



Speedy Ziti with Zesty Chicken

Submitted by: Carol C.

A healthy, quick, and delicious meal in no time!



Ingredients:

1 lb. whole wheat ziti, or other medium shape, uncooked pasta
12 oz. cooked chicken, chopped
2 tsp butter
1 medium onion, chopped
1 Tbsp Dijon mustard
2 Tbsp whole-wheat flour
2 C. reduced sodium chicken broth
1/4 C. lemon juice
1 package frozen peas (10 oz.), defrosted and drained
1/4 C. fresh parsley, chopped
Salt and black pepper, to taste

Directions:

Prepare pasta according to package directions. While pasta is cooking, warm the butter over medium heat in a large skillet. Add the onion and cook for 3 minutes. Stir in the Dijon mustard and flour. Very gradually whisk in the chicken broth. Bring the broth to a boil and stir in the lemon juice, peas, and parsley. When pasta is done, drain it well. Toss pasta and cooked chicken with sauce, season with salt and pepper and serve.

Parmesan Noodles

Submitted by: Susan C.

This beloved classic can be further customized with your family's favorite meat or veggies.



Ingredients:

1/4 C. butter
1/4 C. Parmesan cheese
Penne pasta

Directions:

Boil penne pasta, drain. Add butter and Parmesan cheese, stir.

Classic Spaghetti and Meatballs with Homemade Tomato Sauce

Submitted by: Courtney Rowland of neighborfoodblog.com

From simmering homemade tomato sauce to rolling meatballs, this is a meal that gets the whole family involved.

For the Sauce:

3 Tbsp olive oil
1 1/2 C. chopped onions
1 1/2 C. chopped carrots
4 Tbsp chopped fresh parsley
3 cloves garlic, minced
2 - 28 oz. can crushed or whole tomatoes, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped
4 Tbsp chopped fresh basil
2 tsp tomato paste
1 Tbsp sugar
Salt and freshly ground black pepper to taste

For the meatballs:

1 C. milk
4-5 slices bread, crusts removed
2 lbs. ground beef
1 lb. Italian sausage
1/3 C. ricotta cheese
1/3 C. Parmesan cheese
3 eggs
3 tsp Kosher salt
1 1/2 Tbsp chopped fresh parsley
3 tsp black pepper
1 1/2 tsp dried oregano
4 garlic cloves, minced
About 1 C. flour
1/4 C. olive, grape, or vegetable oil, for frying

For the pasta:

1 16 oz. box spaghetti noodles

Directions:

The easiest way to manage this recipe is to make sure everything is prepped in advance. This allows you to multi-task so that while the sauce is simmering, you can work on the meatballs, and so forth. Start by prepping all of your sauce ingredients - chop your carrots, onions, and parsley and mince your garlic and basil. Open your canned tomato and paste jars. This will make it much easier to handle the sauce while you're working on the meatballs. Heat a large skillet over medium heat, add oil, and add carrots, onions, and parsley. Toss to coat the veggies with the oil, then reduce heat to low, cover, and cook for 15-20 minutes or until veggies are softened. *At this point you can get started on the meatballs by mixing the bread crumbs and milk together – full directions are below.

Once the veggies are soft, remove the cover, add the garlic, and increase the heat to medium high. Cook the garlic until fragrant (about 1 minute) then add canned tomatoes, paste, and basil. Sprinkle generously with salt and pepper. Bring the mixture to a gentle boil then reduce heat to low and allow to simmer uncovered for 30-45 minutes while you work on the meatballs. Give the sauce a quick whirl in the blender or food processor for a smooth texture then return to the skillet.

Heat the milk in a small saucepan until steaming. Tear the bread into small pieces and add it to the milk. Stir until coated. The texture should be like a thick, wet paste. If mixture is too loose, add a few more bread pieces.

In a large mixing bowl, whisk together the ricotta, Parmesan, eggs, salt, parsley, pepper, oregano, and garlic. Add the bread mixture and the meat then use your hands to stir together until a cohesive mixture forms. It doesn't have to look fully combined, it just needs to stick together. Form the mixture into the size balls of your choice and place on a parchment lined baking sheet. At this point, you can either place the baking sheet in the freezer, flash freeze for a few hours, then remove and place the meatballs in a freezer safe ziplock bag OR you can prepare to cook them.

To cook the meatballs, fill a bowl with flour. Dredge each meatball in a little bit of flour then place back on the baking sheet.

Continued on next page

Heat olive oil in a skillet over medium high heat. Carefully add the flour dredged meatballs to the pot and allow to cook until browned, flipping so both sides brown, usually 2-3 minutes per side.

Add the meatballs to the tomato sauce (which should be gently simmer over medium low to medium heat) and allow them to finish cooking in the sauce, usually 15-20 minutes depending on the size of your meatball. To check for doneness, remove one meatball and slice open. Make sure no pink remains in the middle.

While the meatballs finish cooking, boil your pasta water with a few tablespoons of salt and cook your pasta to al dente. Drain and cover to keep warm or serve immediately.

Serve while everything is hot and steamy with a big green salad and garlic bread.



Simple Spaghetti

Submitted by: Katherine D.

Katherine says, “This recipe is special to us because we love chili, but didn’t have all the ingredients one day. We made this up instead, and my whole family loved it.”



Ingredients:

- 1 lb. lean ground beef
- 1-14.5 oz. Italian-style stewed tomatoes
- 1-6 oz. can tomato sauce
- 1 medium onion, diced
- 2 cloves garlic, chopped
- Parmesan cheese
- Salt and pepper
- 1 tsp basil
- 1 tsp oregano
- 3/4 C. water
- 1 tsp olive oil

Directions:

Sauté onion and garlic in olive oil about 1 minute. Add ground beef. Simmer until beef browns. Drain excess oil. Add stewed tomatoes, tomato sauce and water. Add salt and pepper to taste, plus 1 tsp each of basil and oregano. Cover and simmer about 45 minutes. While cooking, boil 1 lb. pasta (any kind). Pour pasta in a serving bowl and top with ground beef mixture. Top with Parmesan cheese and fresh chopped parsley, if desired. Serve with garlic bread.

TABLE TALK

Between “pass the ketchup” and “finish your peas”, it comes as no surprise that actual conversation makes up only ten minutes of each meal! What favorite food dish gets your family talking?

SOURCE: www.splendidtable.org

Pasta with Italian Meatballs

Submitted by: Jim B.

Jim says, "These moist meatballs have unbelievable flavor!"



Ingredients:

2 brown eggs
1 C. 2% milk
1/2 C. bread crumbs
1 tsp fresh parsley
1 tsp fresh oregano
1 Tbsp fresh minced garlic
2 lb. ground sirloin beef
1 lb. fresh, sweet Italian sausage
Angel hair pasta
Pasta sauce

Directions:

Mix first eight ingredients and let stand for 30 minutes at room temperature before rolling into balls. Bake meatballs for 20 minutes at 350°. Add to angel hair pasta and pasta sauce and simmer for 15 minutes before serving.



Veggie Mac and Cheese

Submitted by: Alice Choi of HipFoodieMom.com

Even though this mac and cheese is packed with vegetables, it is still cheesy, creamy, flavorful and delicious!



Ingredients:

1/2 lb. dry elbow macaroni pasta
2 Tbsp olive oil
2-3 C. cauliflower, diced
2-3 C. cremini mushrooms, diced
2-3 C. kale, diced
Kosher salt and pepper to taste
1/4 tsp ground nutmeg
1/2 C. sour cream
1/2 C. heavy cream + more if too dry
(but 1/2 cup should be fine)
3-4 heaping C. shredded sharp white
cheddar cheese (or blend of cheddar
+ Gruyère)

Directions:

Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions - but cook 1 minute less than what the package calls for. Drain, rinse and set aside. Using the same pot you just cooked your pasta in, add the olive oil and heat over medium-high heat. After a minute, add all of your diced vegetables and cook until softened and fragrant – about 4-5 minutes. Season with salt and pepper. Add the nutmeg in and stir. After a minute or so, add in the pasta, sour cream, heavy cream and cheese. Mix until well combined and heated through – about 3-4 minutes. Serve immediately.



Gluten-Free Pasta Dish

Submitted by: Dawn T.

Pasta doesn't have to be boring - especially with a fresh, flavorful, and vibrantly-garnished dish such as this!



Ingredients:

1 lb. gluten-free spiral pasta
1 large, cooked and chopped,
skinless chicken breast (or 1 can
of whole breast canned
chicken, drained)
1 C. carrots
1 C. chopped tomatoes
1/4 C. extra virgin olive oil
1/4 C. grated Parmesan cheese
1/4 C. dried cranberries or
dried currents
1/3 C. grated Romano cheese
1/4 C. sliced, seedless black or
green olives
1 Tbsp chives

Directions:

Cook pasta according to package directions. Drain well. Place in large bowl. Add cooked chicken (whole breast canned chicken can be a real time-saver!) Then add cooked carrots, raw if preferred. Add chopped tomatoes. Drizzle with 1/4 cup extra virgin olive oil, and sprinkle in grated Parmesan cheese and dried cranberries or dried currents. Gently fold all ingredients together. Top with grated Romano cheese, olives, and chives. Serve with a side of fresh fruit of your family's choosing.

LITTLE HELPERS

Kids that help out in the kitchen eat more fruits and vegetables. How do you get your little ones involved in meal preparation? We like make-your-own pizza night!

SOURCE: www.superkidsnutrition.com

Straw and Hay Pasta

Submitted by: Liz Berg of thatskinnychickcanbake.com

This pasta dish is quick and flavorful! Pasta is always an easy option for a busy weeknight dinner.



Ingredients:

- 1 Tbsp olive oil
- 1 Tbsp butter
- 1/2 C. finely minced onion
- 2 cloves garlic, minced
- 4 oz. prosciutto, julienne
- 1 C. heavy cream
- Salt
- Freshly ground black pepper
- 1 C. frozen peas, defrosted
- 6 oz. fettuccine
- 6 oz. spinach fettuccine
- 1/2 C. grated Parmesan

Directions:

Heat the butter and oil in a large sauté pan, then add the onions and cook until translucent. Then add garlic and prosciutto and cook about a minute more while stirring. Add the cream and bring to a simmer and cook until slightly thickened. Season to taste with pepper and salt only if needed, as the prosciutto adds saltiness. Add the peas and remove from the heat. Cook pasta in well-salted water according to package directions. Return the sauce to the heat. Add the drained pasta and toss until well combined. Add the Parmesan, toss and serve.





SUNDAY SUPPERS



Rediscover the joy of family mealtime with this soothing collection of homestyle recipes. Inspired by family traditions, childhood memories, and flavorful spins on old classics, each Sunday Supper dish makes the perfect centerpiece to gather your loved ones together.

Hungarian Goulash

Submitted by: Constance Smith of thefoodiearmywife.com

*Tender beef in a mildly sweet and tangy sauce served over noodles for a comforting meal.
A family favorite passed down to me from my mother.*



Ingredients:

1 lb. stew meat or round steak cut up
1 onion, finely chopped
3 cloves garlic, minced
2 Tbsp olive oil
3 C. water
1 C. ketchup
2 Tbsp brown sugar
1/2 tsp salt
1/2 tsp pepper
1 1/2 tsp paprika
1/2 tsp dry mustard
1/2 tsp Tabasco® sauce
2 Tbsp corn starch
1/3 C. water
Egg noodles

Directions:

In a large saucepan or Dutch oven, heat the olive oil and add the onion and garlic. Sauté them a bit until just tender. Scoop them out into a dish and set aside for a moment. Add in the beef and cook it until it is browned. Add the onion and garlic back in, along with the water, ketchup, salt, pepper, paprika, brown sugar, mustard powder and Tabasco® sauce. Bring it to a boil, cover and reduce heat. Crack the lid just a bit, and simmer on low for 2 - 2 1/2 hours. The longer you simmer it, the more tender the meat will be. When it is done, thicken the sauce by bringing the sauce to a boil, whisking the corn starch and remaining water together and adding in to the sauce. Let it cook for just a minute. Serve on cooked noodles.

PASS THE FAMILY PRIDE

Kids who eat five or more family meals a week are more likely to think their parents are proud of them – and have more confidence to pursue their dreams.

SOURCE: National Center on Addiction & Substance Abuse at Columbia University (CASA)

Best Ever Meatloaf

Submitted by: Meta H.

Meta’s recipe is quick, easy, and as she says - “Very flavorful!”



Ingredients:

- 1/4 C. Italian dressing
- Desired meat of choice
- 1/4 C. ketchup
- 1 egg, beaten
- 1 box of stuffing mix (any flavor)

Directions:

Brown onion with Italian dressing. Add to desired meat along with ketchup, egg, and box of stuffing mix (any flavor). Mix and press into a pan and top with ketchup as desired. Bake at 350° for 45 minutes.

Ground Beef Bar-b-que

Submitted by: Sue C.

Perfect for a quick weeknight supper, this comforting dish is a family favorite.



Ingredients:

- 1 lb. ground beef
- 3 Tbsp apple cider vinegar
- 3 Tbsp brown sugar
- 1 tsp marjoram
- 1 C. ketchup

Directions:

Stir all ingredients until well mixed. Simmer for 1/2 hour, or until beef is cooked through, and serve on hamburger buns.

Coca-Cola® Chicken with Twice-Baked Potatoes

Submitted by: Melanie M.

Melanie says, "This meal is my son's favorite!"



Ingredients:

Boneless, skinless chicken breasts
Equal parts Kraft Original BBQ
Sauce® & Coca-Cola® (not diet)
Potatoes
Sour cream
Salt and pepper
Bacon bits
Milk
Butter
Shredded cheddar cheese

Directions:

Brown chicken in a little oil in an electric frying pan. Cover browned chicken with BBQ/Coca-Cola® mixture. Set oven to 275°, and cover and cook the chicken for about 20 minutes. Take lid off to thicken sauce to your liking. Bake potatoes until tender. Slice hot potatoes lengthwise and scoop out the potato and place in a bowl. Add sour cream, salt and pepper, bacon bits, a little milk and butter. Mix together until smooth. Refill the potato skins with potato mixture, sprinkle tops with cheddar cheese and reheat until cheese is melted and lightly golden brown. Serve with a green vegetable - I always make green bean casserole!



Herb-Crusted Roast Beef

Submitted by: "DB" The Foodie Stuntman of crazyfoodiestunts.blogspot.com

I served this roast to my family last Christmas and it was very well received all around!



Ingredients:

1 beef cross rib roast, approximately,
5 to 6 lbs.
2 to 3 sprigs fresh sage
2 to 3 sprigs fresh thyme
2 to 3 sprigs fresh rosemary
1/2 bunch fresh flat-leaf
Italian parsley
1 C. Kosher salt
1 Tbsp cracked black peppercorns
3 Tbsp extra-virgin olive oil

Directions:

Arrange your oven so your roasting pan will be in the lower one-third of the oven. Preheat the oven to 375°.

Complete the mise en place: Combine the sage, thyme, rosemary, parsley, salt, pepper and olive oil in a food processor and pulse until it forms a coarse paste. Place the roast on a rack in a large deep roasting pan. Cook the roast: Slather the herb rub onto the top and sides of the roast and place in the oven until the internal temperature in the center reaches 125°, approximately 2 hours. Once completed, transfer the beef from the pan to a cutting board. Tent the roast with aluminum foil and let it rest for 20 minutes. To serve, thinly slice the roast across the grain and place on a platter. *I reduced the salt in the herb paste by half, but the roast was still well seasoned.



Spicy Turkey Meatloaf

Submitted by: Rachel Wright of runnerstales.com

This recipe creates a delicious meal, plenty of leftovers, and is fun for the whole family.



For the Meatloaf:

- 2 lbs. ground turkey breast
- 1 small onion, finely chopped
- 1/2 red bell pepper, finely chopped
- 2 cloves garlic, pressed or minced
- 2 tsp Worcestershire sauce
- 2 eggs, beaten
- 3 oz. tomato paste
- 1/2 tsp paprika
- 1/2 tsp cayenne pepper
- 1/2 tsp chili powder

For the Spicy Tomato Sauce:

- 1 C. chicken stock
- 3 oz. tomato paste
- 1 small onion, roughly chopped
- 1/2 red bell pepper, roughly chopped
- 1 clove garlic
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp chili powder
- 1-14 oz. can diced tomatoes

Directions:

Preheat the oven to 350° with an oven rack in the center position. In a large bowl, combine the ground turkey, onion, bell pepper, garlic, Worcestershire sauce, eggs, tomato paste, paprika, cayenne pepper and chili powder. Mix together until everything is combined and evenly distributed. Transfer the turkey mixture to a 9 x 13-inch baking dish and shape into a loaf in the center of the dish. The loaf should be about 5 to 6 inches wide and 2 to 3 inches high. Pour the Spicy Tomato Sauce (see recipe below) evenly over the meatloaf. Bake the meatloaf for 1 hour or until the internal temperature is 160°. Remove the meatloaf from the oven and allow it to rest for 10 to 15 minutes.

For the Spicy Tomato Sauce:

Pour the chicken stock, tomato paste, onion, bell pepper, garlic, paprika, cayenne pepper, and chili powder into a blender. Puree until smooth. Drain the diced tomatoes and add to the tomato sauce. Mix together until the diced tomatoes are evenly distributed.

SERVING UP SMART DECISIONS

They may act indifferent, but teens who have more than three family meals per week are TWICE less likely to use tobacco and alcohol. How do you coax your teens to the table?

SOURCE: National Center on Addiction & Substance Abuse at Columbia University (CASA)

Grilled BBQ Cheesy Chicken

Submitted by: Sarah S.

Sarah says, "This recipe is easy-peasy and scrumptious for young and old. We never have any leftovers - it's great for family dinners or get-togethers!"



Ingredients:

Chicken breasts or thighs
Your favorite BBQ sauce
2 C. cheese
1 C. chopped green onions
Crumbled slices of bacon

Directions:

Cut chicken in thin slices (~1/4 inch thick) and place in a gallon-sized freezer bag with your favorite BBQ sauce. Let marinate at least 1 hour - or overnight. Grill chicken as desired. Place grilled chicken in a 9x13-inch dish and top with cheese (Monterey Jack is a good choice), chopped green onions, and crumbled slices of bacon. Bake at 350° until cheese melts, and serve.

Chicken Oscar

Submitted by: Steven H.

Steven says, "This recipe is delicious! Grilling is what makes it special. I make it all year round."



Ingredients:

2 boneless chicken breasts
Asparagus
Mozzarella cheese

Directions:

Pound out two boneless chicken breasts. Lay 3-4 fresh asparagus spears and 1 slice of mozzarella cheese on top and roll it up securing with two toothpicks. Fire up your grill and cook to a golden brown. Serve with a ladle of hollandaise sauce on top.

Chicken Crescent Squares

Submitted by: Heather King of hezzi-dsbooksandcooks.com

This is a great recipe to make with your child because they can do the mixing or patting the crumb mixture onto the squares.



Ingredients:

5 oz. cream cheese
2 C. cooked chicken, cubed
2 Tbsp onion, chopped
2 Tbsp green pepper, chopped
1 Tbsp chives, chopped
1/2 tsp sea salt
1 tsp black pepper
1/4 tsp cayenne pepper.
1 Tbsp milk
1 can Pillsbury® refrigerated crescent rolls
1 Tbsp butter, melted
1 C. Shake' N Bake®

Directions:

Preheat the oven to 375°. In a medium bowl combine the cream cheese, chicken, onion, green pepper, chives, salt, pepper, cayenne pepper, and milk. Mix well to combine. Separate the dough into 4 rectangles, pressing on the seam to seal. Spoon 1/2 cup of the chicken mixture in the middle of each rectangle. Pull the four corners of the dough to the center and pinch together. Press firmly to seal the seams. Brush the tops and bottoms of the crescent square with butter and then press into the Shake' N Bake® covering the entire crescent square. Place on a greased baking sheet. Bake for 25-30 minutes or until golden brown.



Chicken Cacciatore

Submitted by: Cindy Kerschner of cindysrecipesandwritings.com

Cindy says, "This is a meal my Mom made to stretch the food dollar and give us the most wholesome food possible on a limited budget. Leftovers turned into meals like fajitas or chicken Sloppy Joe's."



Ingredients:

1 C. all-purpose flour for coating
1/4 tsp salt
1/4 tsp ground black pepper
1/2 tsp dried basil
1 (4 lb.) chicken, cut into pieces
2 Tbsp olive oil
1 onion, chopped
2 cloves garlic, minced
1 green bell pepper, chopped
1 red bell pepper, chopped
2 (14.5 oz.) cans plum tomatoes
1/2 tsp oregano
1/2 C. white wine
2 C. fresh mushrooms, sliced
Salt and pepper to taste

Directions:

Mix flour, salt, pepper and basil together on a plate. Heat olive oil in a large skillet over medium heat. While oil heats, dip chicken parts into flour mixture and lightly shake off excess flour. Fry chicken on both sides until golden brown. Remove browned chicken to a plate. Keep warm. Add peppers, onions, and garlic to the pan. Fry until softened but not mushy. Scrape pepper mix from the skillet into a Dutch oven. Add chicken back to pot. Add tomatoes, wine, mushrooms and oregano.

Cook for approximately 30 minutes until chicken is thoroughly cooked. Serve over rice or noodles.

PICKY PALATES

Variety might be the spice of life – but it's also the key to healthy eating! After all, it takes at least 5-7 attempts for a child to try a new food.

SOURCE: United Way Study: Healthy Food for All Children Mobilization Plan

Chicken Lettuce Wraps

Submitted by: Kelly G.

Kelly says, "This is a quick, easy, and healthy meal. My kids love it!"



Ingredients:

2 or 3 chicken breasts, diced
Olive oil
Yellow squash
1 C. shredded carrots
1 C. baby portabella mushrooms
2-3 Tbsp Teriyaki sauce, to taste
Butter lettuce

Directions:

In a skillet, heat diced chicken breast in olive oil over medium heat. Once cooked completely, reduce to low and move the chicken mixture to one side of the skillet and add one diced yellow squash, one cup shredded carrots and one cup sliced baby portabella mushrooms. Cook on low heat and stir often, adding a teaspoon of olive oil to the pan as needed. After a couple minutes of cooking, add any type of teriyaki sauce to the chicken/veggie mixture - about two to three tablespoons (or more as you desire). Put the lid over the mixture to let it steam for a couple minutes. Turn off heat and set aside. Prep some fresh butter lettuce by individually rinsing 7-10 leaves. Pour chicken mixture into the pieces of butter lettuce and serve.



Coffee-Rubbed Ham

Submitted by: Sarah Ozimek of curiouscuisiniere.com

In this unique spin on a baked ham, a coffee rub adds a deep, smoke-cured flavor. Roasting a whole ham over the weekend is a great way to stock up on tasty, leftover meat for quick meals that can bring the family together during the week.



Ingredients:

4 Tbsp sugar
3 Tbsp ground coffee
3 tsp garlic powder
1 tsp red pepper flakes (omit if you have spice-sensitive family members)
1 tsp paprika
1 tsp black pepper
3 Tbsp yellow mustard
1 Tbsp molasses
1 fully cooked, bone-in ham (9 – 12 lbs.)

Directions:

In a small bowl, prepare the rub by mixing together sugar, ground coffee, garlic, red pepper flakes, paprika, and black pepper. In a separate bowl, whisk together mustard and molasses. Place the ham in a 9x13" baking dish (or roasting pan if it is too large). Score the ham deeply (up to 1") by making diagonal cuts with a sharp knife. (This will allow the flavors of the rub to penetrate down into the meat.) Spread the mustard mixture all over the ham, getting as much into the cuts as possible.

Rub the seasoning mixture all over the ham, getting as much into the crevices you have cut as possible. Let the ham set overnight or up to 24 hours, refrigerated. When you are ready to cook the ham, preheat the oven to 325°. Cover the ham loosely with aluminum foil. Bake for 20 minutes per pound of your ham. (Our 9 lb. ham baked for 3 hours.) Remove the foil after the first hour of cooking, which will create a nice crisp outer layer.

HOME-COOKED GOODNESS

Today, one in three children in the US is overweight. However, kids who eat regular dinners with their families at home are 15% less likely to be overweight – and have better eating habits for the rest of their lives.

SOURCE: www.heart.org

Pork Steak Dinner

Submitted by: Dorothy A.

Dorothy says, "This recipe is easy, and you only need one pan."



Ingredients:

Pork steak
Carrots
Celery
Potatoes
Onions
Squares of butter
Seasonings of choice

Directions:

Lay out pork steak on aluminum foil and cover with carrots, celery, potatoes, onions, squares of butter, and whatever seasonings you enjoy. Double wrap in foil, place in loaf pan, and bake in oven for about 1 to 1 1/2 hours, at 350°. Unwrap and serve.

Fall-Off-The-Bone Baby Back Ribs

Submitted by: Sam B.

Sam says, "These ribs will fall off the bone. Don't forget plenty of napkins!"



Ingredients:

Rack of baby back ribs
Sea salt
Pepper
Garlic
Brown sugar (optional)
BBQ sauce

Directions:

Wash the rack of baby back ribs well. Place ribs on a double layer of foil and sprinkle with sea salt, pepper, garlic and a little brown sugar (optional). Wrap tightly in foil so no juice escapes. Place on baking sheet in the oven for 6 hours at 200°. Remove and open tinfoil carefully. Use your favorite BBQ sauce to cover the ribs on one side. I use Sweet Baby Rays Brown Sugar®. Either broil the BBQ-covered ribs in the oven or on the grill until the sauce is caramelized. CAREFULLY flip them over and coat the other side and repeat the caramelization process.

Gluten-Free Peppered Steak

Submitted by: T.R. Crumbley of tcrumbley.blogspot.com

T.R. says, "My mom would make peppered steak because it was affordable and an easy way of sneaking in some vegetables. Whenever I see the recipe I think of her and all the love she provided us through the food she prepared."



Ingredients:

1 C. uncooked rice
1 onion
3 cloves garlic
1 bell pepper
1/3 C. gluten-free soy sauce
2 Tbsp brown sugar
2 Tbsp red wine
1/2 tsp gluten-free corn starch
1 1/2 lbs. thinly sliced steak,
preferably top round

Directions:

Rinse the uncooked rice under cold water. Fill a small pot with water, and bring to a boil over high heat. Once the water is boiling, add the uncooked rice, cover the pot, and reduce the heat to low. Cook for 20 minutes.

To start, chop the onion and mince the garlic. Add a tablespoon of olive oil to a pan and cook the onion and garlic over medium heat until the onions become translucent. Add the red wine, soy sauce and sugar to the pan. Stir to combine. Slice the bell pepper and steak into strips. Stir the corn starch into the sauce, and add the pepper and steak to the pan. Stir occasionally until the steak is tender and cooked through, about 10 minutes.

Remove the steak and sauce from the pan and serve with rice.





CASSEROLES & SLOW COOKER DISHES



Pinched for time? Plan ahead for a hectic week with comforting casseroles and prep-and-go dinners made in your slow cooker or crock pot. Designed to yield larger portions and plenty of leftovers, these recipes can help keep you one step ahead of your busy (and hungry!) family.

Asian Short Rib Tacos with Pineapple and Crunchy Slaw

Submitted by: Lori Yates of foxeslovelemons.com

Lori says, "Growing up, my parents had homemade tacos for dinner every Saturday night, a tradition my husband and I carry on today. These tacos are a twist on that classic recipe."



Ingredients:

1 Tbsp canola oil
3 lbs. bone-in short ribs
3 cloves garlic, minced
1 can (14.5 ounces) beef broth
1/2 C. gochujang (Korean chili paste)
1/4 C. rice vinegar, divided
2 Tbsp ketchup
1 Tbsp honey
2 tsp grated fresh ginger
1-1/2 C. shredded carrots
1/4 C. cilantro leaves
12 small flour tortillas, warmed
1 C. chopped fresh pineapple
Sesame seeds, for garnish

Directions:

In a large skillet, heat oil over medium-high heat. Add short ribs and cook 8 minutes or until very brown, turning every 2 minutes to brown all sides. Meanwhile, in a slow cooker bowl, whisk together garlic, broth, gochujang, 2 tablespoons rice vinegar, ketchup, honey and ginger. Add short ribs, turning to coat. Cover and cook on low 8 hours or on high 4 hours. In medium bowl, toss carrots, cilantro and remaining 2 tablespoons rice vinegar until combined. When short ribs are finished cooking, remove from slow cooker. Remove bones and any visible un-rendered fat. Coarsely shred meat. *The meat should be very moist and can be eaten as is. However, if desired, separate the drippings from the fat remaining in the slow cooker bowl. I use a gravy separator for this. Alternatively, you can pour all liquid remaining in the slow cooker bowl into a large measuring cup and refrigerate 20 minutes. The fat should come to the top, and you can easily skim it off and discard. Use a few tablespoons of the meat drippings to stir into the meat. Build tacos using tortillas, pineapple, meat and carrot slaw. Serve garnished with sesame seeds.

DRIVE-THROUGH DAYS

19% of meals in the US are eaten on-the-go in cars. How do you get a healthy meal on the table when life gets busy?

SOURCE: <http://eartheasy.com/blog>

Slow-Cooked Baby Back Ribs

Submitted by: David L.

David says, "Finish these up with a nice baked potato covered in your favorite topping."



Ingredients:

Loin pork spareribs
1 tsp olive oil
3 Tbsp ketchup
1 Tbsp & 1 1/2 tsp brown sugar
1 Tbsp & 1 1/2 tsp lemon juice
2 1/4 tsp vinegar
2 1/4 tsp Worcestershire sauce
2 1/4 tsp soy sauce
1/8 tsp crushed red pepper flakes
1 tsp seafood seasoning
1 Tbsp & 1 1/2 tsp dried minced onion
1/8 tsp ground nutmeg
Salt and pepper to taste

Directions:

Use loin pork spareribs for this recipe. Boil the ribs in water for 45 minutes. Then sear with 1 tsp of olive oil, 10 minutes on each side. Next, simmer the ribs for 3 hours in a covered pan with the following ingredients: ketchup, brown sugar, lemon juice, vinegar, Worcestershire sauce, soy sauce, crushed red pepper flakes, seafood seasoning, dried minced onion, ground nutmeg, and salt and pepper to taste. When finished, the ribs come out falling off the bone with a mouth-watering taste. Finish these up with a baked potato with your favorite topping.



Crockpot Chuck Roast

Submitted by: Bill G.

Nothing says autumn like this juicy roast drizzled in gravy. Your family will be begging for more!



Ingredients:

- 2-3 lb. chuck roast
- 1 can of cream of mushroom soup
- 1 packet of French onion soup mix

Directions:

Place 2-3 lb. chuck roast in a crockpot. Add one can of mushroom soup and one packet of French onion soup mix. Set crockpot on low, cook for 6-8 hours. Yields a tender, juicy roast with an onion/mushroom gravy. Serve with mashed potatoes and your favorite vegetable.

Crockpot Chicken Breasts

Submitted by: Linda E. G.

Linda says, “This dish needs no extra seasonings. It is so easy and tasty - I guarantee you will make it often!”



Ingredients:

- Uncooked chicken breasts
- 1 can cream of mushroom soup
- Small container sour cream
- 1/2 to 3/4 C. cooking sherry or white wine of your choice

Directions:

Note: Use enough chicken breasts for the number of people you want to feed.
Place the uncooked chicken in the crockpot; mix one can of cream of mushroom soup, one small container of sour cream, and the wine of your choice, and pour over the top of chicken. Cover and cook on low for 4-5 hours. Check for doneness - chicken should be completely cooked through and very tender. The remaining liquid/creamy sauce can be used as gravy over a side of rice or mashed potatoes.

Apple Cider Braised Pork Roast

Submitted by: Renee Dobbs of magnoliadays.com

Pork and apple flavors combine to make a wonderful meal. Leftovers are great for sandwiches and so much more. This is one dish your family will continue to enjoy time and time again!



Ingredients:

3 to 3 1/2 lb. boneless pork roast
(loin end)
2 Tbsp canola oil
2 1/2 C. apple cider
1 C. chopped onion
1 tsp salt
3 medium cooking apples
(Granny Smith recommended)
6 oz. dried apricot pieces
1 tsp ground cardamom
1/2 tsp ground cinnamon

Directions:

Heat oil in a 6- to 8-quart Dutch oven until almost smoking. Brown pork on all sides in the hot oil. Transfer browned pork to a plate and discard fat. Add apple cider, onion, salt, and pork to the Dutch oven. Bring to a boil then reduce heat to simmer. Add meat from plate, cover and simmer until meat is tender, about 2 to 2 1/2 hours. Remove pork and place on a cutting board. Let rest for 10 to 15 minutes. Slice and place on a serving platter. Cover with foil to keep warm.

Core apples and cut into wedges. Cut dried apricots in half (if not already in pieces). Add apples, apricots, cardamom, and cinnamon to the Dutch oven. Bring to a boil then reduce heat to simmer. Cover and simmer until fruit is tender, about 5 minutes.

Use a slotted spoon to transfer apples and apricots to the serving platter. Re-cover with foil to keep warm until serving. Bring the juices in the Dutch oven to a gentle boil and cook until reduced to 1 cup, about 7 to 10 minutes. Spoon cider sauce over meat and fruit or serve on the side.

BRAIN FOOD

Besides fueling up for the school day, family meals can keep the good report cards rolling in too. Kids who have frequent family dinners are 40% more likely to get mostly A's and B's than those who don't.

SOURCE: <http://www.onlineclasses.org>

Smothered Pork

Submitted by: Stephanie S.

Stephanie says, "This recipe is ready to eat on your favorite bun!"



Ingredients:

Boneless pork roast
Salt and pepper
Garlic
Jar of salsa

Directions:

Place a boneless pork roast in the crockpot. Cover with salt, pepper, garlic, and a jar of your favorite salsa. Cook until the roast is tender and falls apart easily. Serve on buns.

Cheeseburger Pie

Submitted by: Betty L.

This recipe is easy. Kids love it as well as adults, and it's a quick meal for a weekday night.



Ingredients:

1 lb. lean (at least 80%) ground beef
1 large onion, chopped (1 cup)
1/2 tsp salt
1 C. shredded cheddar cheese (4 oz.)
1/2 C. Original Bisquick® mix
1 C. milk
2 eggs

Directions:

Heat oven to 400°. Spray 9-inch glass pie plate with cooking spray. In a 10-inch skillet, cook beef and onion over medium heat 8-10 minutes, stirring occasionally, until beef is brown; drain. Stir in salt. Spread in pie plate. Sprinkle with cheese. In small bowl, stir remaining ingredients with a fork or wire whisk until blended. Pour into pie plate. Bake about 25 minutes or until knife inserted in center comes out clean.

Tater Tot Casserole

Submitted by: Dale H.

Dale needs only one word to describe this favorite recipe: "Yummy!"



Ingredients:

1 large can Campbell's® cream of chicken soup
1 can evaporated milk
~1 C. 2% milk
2 lbs. hamburger
Small onion, chopped
1 small can of peas
1 package tater tots
1 package sharp shredded cheese
12 Ritz® crackers
12 Ranch Doritos®

Directions:

Pour Campbell's® cream of chicken soup, evaporated milk, and 2% milk into a 9 X 11 baking dish, and mix thoroughly until it has a smooth texture. Set aside. Fry hamburger and chopped onion until done. Drain fat from hamburger and then combine meat with the soup/milk mixture in the baking dish. Stir thoroughly and add one can of peas. Arrange one package of tater tots on the top of the mixture, and press them down. Sprinkle one package of sharp shredded cheese on top, and garnish with 12 crumbled Ritz® crackers and 12 crumbled Ranch Doritos®. Bake for 1 hour at 350° and serve. Hint: Mixing ingredients well and having enough moisture from the milk and soup is key. This casserole is better runny than dry.



Slow-Cooker BBQ-Rubbed Turkey Breast

Submitted by: *Brianne Izzo of cupcakesandkalechips.com*

This recipe is a simple way to make a flavorful dinner with plenty of leftovers that you can reinvent into other lunches or dinners during the week!



For the turkey breast:

1- 4 to 7 lb. turkey breast, thawed and giblets (if any) and excess fat removed

About 1/2 C. of your favorite store-bought or homemade barbecue rub (recipe I used is below)

One large onion, cut into chunks

Gravy, creamy maple Dijon dressing, or barbecue sauce for serving

For the all-purpose red rub:

1/2 C. paprika

1/2 C. kosher salt

1/2 C. light brown sugar

1/2 C. granulated garlic

6 Tbsp granulated onion

1/4 C. chili powder

1 Tbsp ground cumin

1/2 tsp cayenne pepper

Directions:

For the turkey breast:

Coat the turkey breast thoroughly with the barbecue rub, inside and out, pressing it to stick it to the meat and pushing some under the skin. Place the onion chunks inside the cavity and place the turkey skin side up in your slow cooker. Cook on low for 5-7 hours, or until it reaches 165° internal temperature. Serve with gravy, creamy maple Dijon dressing, or barbecue sauce.

For the all-purpose red rub:

Combine all of the ingredients and mix thoroughly in a large bowl, plastic storage bag, or storage container. Can be stored in a cool, dark place for months.

HEALTHY HABITS

Good nutrition is not only critical to the development of a child’s brain, it also encourages a lifetime of healthy choices. What healthy habits do you hope to pass on to your family?

SOURCE: United Way Study: Healthy Food for All Children Mobilization Plan

Chicken and Wild Rice Casserole

Submitted by: Sue Van T.

Sue says, "We could eat it every day and never get tired of it! Always a favorite."



Ingredients:

1 (6.2 oz.) box fast cooking long grain and wild rice (Uncle Ben's®)
1/4 C. butter
1 C. chopped onion
1 8 oz. package sliced baby bella mushrooms
1/2 C. chopped celery
3 Tbsp all-purpose flour
3/4 C. milk
1 can cream of mushroom soup
2 C. chopped cooked chicken
1/2 C. chopped roasted red pepper
1/4 tsp salt
1/4 tsp ground black pepper
1 C. shredded sharp cheddar cheese

Directions:

Cook rice according to package directions; set aside, and keep warm.

Preheat oven to 350°. Lightly grease a 2 1/2-quart casserole dish, or 6 individual serving dishes.

In a large skillet, melt butter over medium-high heat. Add onion, mushrooms, and celery; cook 5 to 7 minutes, stirring occasionally, or until tender. Add flour; cook 2 minutes, stirring constantly. Add milk, and cook, stirring frequently, until thickened, about 2 minutes. Remove from heat.

Stir in soup, chicken, red pepper, salt, pepper, and rice. Spoon into prepared baking dish; sprinkle evenly with cheese, and bake 30 minutes.



Barbara's Chicken and Dressing

Submitted by: Barbara M.

Barbara says, "This has become a family favorite. We like it layered because it keeps the chicken tender - always moist and never dried out. Wonderful flavors!"



Ingredients:

1 can cream of mushroom soup
1 can of cream of celery soup
(or cream of chicken)
1 16 oz. bag of Pepperidge Farm®
stuffing mix - (White & Wheat - not
the Cornbread)
1 boiled chicken - save broth -
(cut/tear chicken into small pieces -
do not put into the stuffing mixture)
1 stick of margarine, melted
1 medium to large onion, diced
3 eggs, beaten
Salt to taste

Directions:

Preheat oven to 350°. Mix eggs, soups, margarine and onion. Add stuffing mix and start adding the broth and mix well. Add broth until the mixture is very moist. It will absorb the broth so I usually wait about 10 minutes and if it still isn't moist, I add some more broth and stir some more. Grease a 9x11 casserole dish with margarine. Put a layer of the dressing mixture in the bottom of the dish. Add your chicken pieces next. Put the rest of the dressing mixture as the top layer. Bake for 1-1.5 hours. A toothpick inserted in the center should come out clean when it's done.

PLAY THE PHONE STACK GAME

Technology taking over the table?

- 1) Stack phones face down in the center of the table.
- 2) The stack is off-limits during the meal.
- 3) If anyone touches the stack before dinner is over – they're stuck doing the dishes!

SOURCE: www.huffingtonpost.com

Portuguese Spicy Pulled Pork

Submitted by: Isabel Laessig of familyfoodie.com

Warm, savory and comforting. The Portuguese spin on this recipe makes it out of this world!



Ingredients:

4 1/2 lbs. pork butt
1/4 C. brown sugar
1/4 C. paprika
1 Tbsp onion powder
1 1/2 Tbsp garlic powder
1/2 tsp salt
1/4 tsp black pepper
1/2 C. red pepper paste or puree
1/2 C. white vinegar
1/2 C. brown sugar
Salt and pepper

Directions:

Cut the pork in half lengthwise for more surface area for the spice rub. In a small bowl, mix together the paprika, brown sugar, onion powder, garlic powder, salt and pepper. This is your spice rub. Massage the spice rub all over the pork. Make sure you cover the entire surface of the pork pieces. Work that rub!

Wrap each piece of pork tightly in plastic wrap. Make sure it's wrapped well because there will be leakage. Refrigerate the pork overnight. To make the sauce: in a small bowl, whisk together the red pepper paste, vinegar, brown sugar, and season with salt and pepper. Make sure the sauce is well blended. Unwrap the pork and place the pieces in the slow cooker insert. Pour the sauce over the pork. Set on high for 5-7 hours or on low for 9-11 hours. Check on the pork. You'll know it's done when it's fork tender. Once it's done, with a slotted spoon or tongs, scoop the pork into a 9×13 baking dish. Let the remaining sauce in the slow cooker settle for about 5-10 minutes. In the meantime, you can pull apart the pork with 2 forks. It should pull apart pretty easily at this point. Cover loosely with foil.

With a large shallow spoon, degrease the sauce. Skim the grease from the top and discard. Once you've taken as much grease out as possible, pour the sauce over the pulled pork. Toss the pork until well coated. Generously spoon pork onto rolls and enjoy!





SEAFOOD



Whether your family is a crew of seafood lovers, or you are just starting to introduce the tastes of the sea to your table, these dishes are a delicious place to start! Fresh catches meet flavorful ingredients for a wonderful reminder of the simple delights of cooking at home.

Shrimp Scampi & Sushi

Submitted by: Kim Watkinson of NinjaBaking.com

Shrimp are admittedly pricey treats for many families. And so are visits to sushi restaurants. However, if you make scampi you can stretch your treasured shrimp purchase into two meals.



Ingredients:

2 Tbsp olive oil
4 tsp butter
1/2 C. baby Roma tomatoes
1/2 of a large yellow pepper,
thinly sliced
6 scallions, finely chopped
1 Tbsp minced garlic
1/2 tsp red pepper flakes
1 lb shelled, deveined,
pre-cooked shrimp
1/2 C. white wine
2 Tbsp dried parsley flakes
2 or 3 sprinkles of Kosher salt
A dash or two of black pepper
Steamed rice

Directions:

On the stovetop, in a large skillet melt the butter with the oil. Add the tomatoes, sliced peppers, scallions, garlic, and red pepper flakes. Stir well until all the ingredients are combined. Add the shrimp, wine and parsley flakes. Sauté for 2 to 3 minutes. Sprinkle salt and pepper to taste. Serve over hot rice.

MORE FAMILY MEALS = LESS EATING DISORDERS IN TEEN GIRLS

It's OK if you don't understand her clothes. Or her taste in music. Just know how much family meals mean to her – even if she's too busy texting to say so.

SOURCE: www.dinnertrade.com

Pan-Seared Salmon

Submitted by: Karen K.

This no-fuss recipe celebrates fresh seafood, and the simple delights of cooking at home.



Ingredients:

- Salmon filet
- Cast iron pan
- Broiler

Directions:

Pre-heat an oiled cast iron pan on the stove while pre-heating your broiler to 500°. Place salmon filet skin side UP in oiled cast iron pan and cook 3 minutes. Place pan under the broiler for 4 minutes. Remove pan from oven, take off charred skin, and serve.

Camaronies Jalapeños

Submitted by: Rick S.

Whether you're entertaining a crowd, or having family night, these bite-sized delights are sure to stay at the top of your recipe stack.



Ingredients:

- Jalapeño peppers
- Monterey Jack cheese
- Medium-sized raw shrimp
- Bacon
- Butter, melted
- Garlic salt
- Toothpicks

Directions:

Cut a jalapeño pepper in half and remove the seeds. Put a thin slice of Monterey Jack cheese in the jalapeño half. Next put a medium raw shrimp peeled and deveined in the pepper half. Take one piece of bacon cut in half, and wrap it around the pepper, using a wet toothpick to spear through the bacon, shrimp and pepper. Place upright on a medium heated grill until bacon is cooked. Repeat procedure for as many shrimp you want. Serve with a brush of melted butter and seasoned with garlic salt.

Potato Chip-Crusted Mahi Mahi with Grilled Pineapple and Onion Salsa

Submitted by: Bobbi G.

Served with a vibrant fruit salsa, it's seafood dishes like this that have us wondering why we bother to eat anything else.



Ingredients:

4 - 6oz. Mahi-mahi filets
1 C. lowfat Greek yogurt

Crust:

1/2 C. bread crumbs
1 C. smashed potato chips
(I use Boulder Canyon® Parmesan and garlic)
1 Tbsp cayenne pepper
1 tsp paprika
1 tsp black pepper
2 tsp garlic powder
2 tsp salt
1 Tbsp onion powder
1/2 C. shredded parmesan cheese

Salsa:

1 pineapple, peeled, cored and cut into rings
1 red onion cut into thick slices
3 tsp olive oil
3 tsp minced jalapeños
2 tsp mint leaves
3 tsp fresh lime juice
1 stalk lemongrass, trimmed and minced
Salt and pepper, to taste

Directions:

Heat grill to low heat. Brush pineapple and onion with oil, and grill approximately 8 minutes. When all ready (after cooling), cut all salsa ingredients into bite-sized pieces, combine, and set aside.

Directions for fish:

Rub both sides of filet with Greek yogurt. Place on a cookie sheet lined with parchment paper (important!) and rub potato chip mixture onto both sides. Coat well. Bake at 425° for approximately 18 minutes (check for doneness). Once cooked, plate and serve with salsa.



SOUPS & SALADS



Is your family needing a little TLC? Steaming soups and crisp salads make family-friendly side dishes - or even a full meal – when paired with a warm, crusty slice of fresh bread. Plus, with a little imagination, these recipes can be a terrific way to use leftover meat or veggies.

Chicken and Dumplings

Submitted by: Shannon Cole of countrygirlinthevillage.com

The ingredients of this comforting dish are fresh and flavorful, but the real reward is spending time with my family preparing it.



Ingredients:

- 1 cooked chicken (shredded - you can use rotisserie chicken if you wish)
- 5 carrots (peeled and chopped)
- 1 small onion (diced)
- 1/4 C. celery (chopped)
- 4 C. chicken broth
- 1 tsp poultry seasoning
- 1/2 tsp cayenne pepper
- Salt and pepper (to taste)
- Olive oil (to sauté your veggies)
- 3 Tbsp half & half (for finishing the broth)
- 1 Tbsp butter (to finish the broth)
- 1 C. all-purpose flour (for dumplings)
- 1/2 tsp baking powder
- 1 Tbsp sugar
- 1 Tbsp white corn meal
- 1/2 C. whole milk

Directions:

Sauté veggies in a hot soup pot/Dutch oven. To the softened veggies, add in your chicken broth and seasoning. Bring to a simmer. Add your cooked chicken. I like to dice mine, but shredded works just as well. Let simmer uncovered on your stove top for half an hour. In a separate bowl, mix your flour, baking powder, corn meal, sugar and salt. Then, slowly pour in your milk. You want your dough to be sticky, almost biscuit-like. Using a teaspoon, spoon the dough into the broth. The dough will plump up and float as it cooks. Stir occasionally to keep the dough from sticking together. Once I am ready to serve my chicken and dumplings, I stir in the half and half, and the butter. This is a great way to finish the broth. Be sure to taste frequently and adjust the salt and pepper to your taste.

DID YOU KNOW?

Americans rank 33 out of 35 countries in terms of eating meals together. How will you and your loved ones bring back the tradition of the family dinner table?

SOURCE: www.splendidtable.org

Homemade Noodles and Chicken Delight Soup

Submitted by: Becky L.

Cooks Tip: You may use half whole wheat flour in the noodles if you wish - but the they will be a bit heavier.



Ingredients:

4 eggs
2 Tbsp water
2 tsp baking powder
Flour
3 boneless chicken breasts
Salt, pepper, and parsley to taste
2 cans chicken broth
Noodles of choice
1/4 C. diced onion
1 tsp sea salt
1 tsp black pepper

Directions:

Beat 4 eggs in a large bowl with water and baking powder. Add flour to the liquid until a soft dough is formed. Turn out on floured surface and roll out until about 1/8 inch. thick. Sprinkle lightly with flour and cut in strips with a sharp knife. Cut strips to the length you wish. Let sit while you fry three boneless chicken breasts until done. Use salt, pepper and parsley to season. When cooked and cooled, dice into 1 inch cubes. Heat 3 quarts water in a large kettle and add 2 cans chicken broth. Once boiling, drop noodles in 3 or 4 at a time and cook until tender. Add diced chicken, diced onion, sea salt and black pepper. Let sit on stove with a lid on the kettle for 15 minutes then serve in bowls with warmed French bread.



Cheddar Ham Chowder

Submitted by: Constance Smith of thefoodiearmywife.com

A creamy and cheesy soup that is quick to make and a great way to use leftover holiday ham.



Ingredients:

3 C. red or yellow potatoes
16 oz. frozen mixed vegetables
4 C. water
1/4 C. butter
1 1/2 - 2 C. diced cooked ham
(leftovers are ideal)
1 small onion
1/4 C. flour
1 1/2 C. milk
2 C. grated sharp or extra sharp
cheddar cheese
1 tsp salt
1 tsp pepper
1 tsp thyme
Extra shredded cheese for topping

Directions:

To begin, cut up the potatoes into 1 inch pieces. Toss the potatoes into a Dutch oven along with the frozen mixed veggies. Add about 4 cups of water – just enough to cover the veggies. Bring the contents to a boil, reduce the heat and cook on medium heat until the veggies are just done. While the veggies are cooking, in a small sauce pan, melt the butter. While it is melting, finely dice a small onion, and dice up about 1 1/2 – 2 cups of your leftover ham. When the butter is melted, toss in the onion. Let it cook in the butter for a couple minutes, until it is tender. Stir in the flour. Cook for just a minute. Whisk in the milk. Cook it over medium heat, stirring continually until it comes to a boil. Reduce the heat as low as it goes. Stir in the shredded cheddar cheese. Stir until the cheese is melted and then pour it into the Dutch oven with the cooked veggies. Stir in your cooked, diced ham, the salt, pepper and thyme. Cook for a few more minutes until the ham is heated through. Serve with some extra shredded cheese on top.

A LITTLE HEALTHY COMPETITION

Dinner routine in a rut? Try dining over your family's favorite board game for a memorable meal! Kids enjoy the departure from a traditional dinner, and by choosing non-fussy foods like paninis or quesadillas, you can focus on your winning strategy.

Knadelne (Slovenian Dumplings)

Submitted by: Becky M.

Becky says, "These are especially good in homemade chicken soup."



Ingredients:

1 stick butter
2 eggs
2/3 C. farina (Cream of Wheat™)

Directions:

Melt butter, add eggs and farina. Cover, refrigerate for 1/2 hour or so. Drop by tablespoons onto gently boiling soup or stew. Simmer 15 minutes, covered. Then simmer uncovered for 15 minutes.

Cucumber & Onion Salad

Submitted by: Derek W.

Derek says, "This is a very good summer side dish."



Ingredients:

2 C. water
2 C. sugar
2 C. white vinegar
3 large seedless cucumbers
2 large Vidalia onions

Directions:

In a large plastic bowl, mix equal parts water, sugar, and white vinegar. Stir until sugar dissolves. Peel cucumbers and slice into the sugar, water, vinegar mixture. Peel and slice onions into the mixture. Let sit in refrigerator for 2-24 hours and serve with a slotted spoon.

Crunchy Asian Salad

Submitted by: Collin K.

Ramen noodles take a sophisticated turn in this flavorful salad. The best part? You can prepare it ahead of time.



Ingredients:

1 (16 oz.) bag coleslaw mix
(shredded green cabbage, red
cabbage, carrots)
2 oz. (1/4 cup / 1/2 stick) butter
1/3 C. sunflower seeds
1/3 C. slivered almonds
1 package Ramen noodles
(chicken flavored)
1/3 C. vegetable oil
1/4 C. cider vinegar
1/2 C. sugar
2 Tbsp soy sauce

Directions:

Empty the coleslaw mix into a large bowl; set aside. Heat butter until bubbling in a medium skillet. Add sunflower seeds, almonds, crumbled ramen noodles, and the seasoning packet. Sauté until golden in spots. Set aside to cool. Combine the vegetable oil, vinegar, sugar, and soy sauce in a small jar with a tight-fitting lid and shake until well combined. Just before you're ready to serve, toss everything together (add about half the dressing, and use the rest as needed).





BREAKFAST & BRUNCH



Wake up to more quality family time with enticing recipes sure to get even the soundest sleepers out of bed! Sweet temptations pair with savory starters to give your loved ones even more reason to look forward to starting the day around the table.

Cinnamony Sweet Potato Muffins

Submitted by: Grace V.

Grace says, “Belgian families like mine love breakfast food, and these muffins always remind me of cozy mornings growing up at home.”



Ingredients:

- Cooking spray
- 1 3/4 C. all-purpose flour
- 1/2 C. packed light brown sugar
- 1 tsp baking powder
- 1 Tbsp cinnamon
- 1/2 tsp baking soda
- 1/2 tsp ground nutmeg
- 1/4 tsp salt
- 1 heaping C. mashed cooked sweet potato
- 3/4 C. buttermilk
- 2 large eggs, lightly beaten
- 3 Tbsp vegetable oil
- 2 tsp vanilla extract
- Cinnamon-sugar (for dusting)
- Chocolate chips or raisins (optional)

Directions:

Preheat oven to 375°. Line muffin cups with paper liners, and lightly spray liners with cooking spray. Whisk together dry ingredients. In a separate bowl, whisk together sweet potato, buttermilk, eggs, oil, and vanilla. Add dry mixture and combine. If desired, mix in other add-ins like chocolate chips or raisins. Divide batter among cups. Bake muffins for about 15 minutes, or until a toothpick comes out clean. Dust tops of muffins with cinnamon-sugar mixture once they have cooled slightly.

FESTIVE FRENCH TOAST – DAN A.

Craving an extra special holiday breakfast? Use Dan’s tip: Make classic French toast – but use eggnog instead of milk. Your whole family will love waking up to the aroma of this cinnamon-spiced treat.

Quick 'N Easy Bran Muffins

Submitted by: Beverly D.

These wholesome muffins are studded with raisins, walnuts, and the comforting taste of apples and brown sugar.



Ingredients:

1 C. oat bran
1 C. wheat bran
1 tsp baking powder
1/2 tsp salt
2 egg whites
1 C. soy milk
1/4 C. molasses
4 oz. applesauce
1/4 C. brown sugar
1/4 C. raisins
1/4 C. walnuts

Directions:

In large bowl, mix oat bran, wheat bran, baking powder, and salt. In small bowl, stir together egg whites (slightly beaten), soy milk, molasses, applesauce, and brown sugar. Pour liquid mix into dry and add raisins and walnuts (or more to taste).

For microwave muffin pan:

Bake on high 1 minute per muffin (i.e. 6 muffins, 6 min.)

For regular oven:

Bake 15-17 minutes at 425°.



Banana Smoothie

Submitted by: Tracy R.

Frothy and refreshing, this healthy smoothie is a favorite of kids and adults alike.



Ingredients:

1 small banana
1 C. milk
1 Tbsp honey

Directions:

Blend all ingredients for 1 minute in a blender on high speed.

Avocados and Eggs

Submitted by: Donna S.

Love savory breakfast dishes? Look no further - this recipe is for you.



Ingredients:

Avocados
Eggs
Salt and pepper, to taste

Directions:

Slice avocado in half, put oil in pan. Place avocado in pan, crack the eggs in the center. Fry until done. Add salt and pepper.

'Shepherders Breakfast'

Submitted by: Scott S.

It might have a silly name - but this hearty dish is a seriously good addition to any brunch table.



Ingredients:

About 1 lb. link pork sausage or ham
1 package Ore-Ida® Crispy
Crowns potatoes
Green onions
4 eggs

Directions:

Place olive oil in a large skillet, then add a whole package of Ore-Ida® Crispy Crowns potatoes. Let cook, stirring and breaking up potatoes. Meanwhile, cut up about three green onions and the meat into small pieces. Add onions and meat to the skillet and let cook - stirring occasionally until the meat is cooked. When everything is cooked, break four eggs into the mix and stir until cooked. Generally you won't need much seasoning if you use sausage, but otherwise, salt and pepper to taste.





DESSERTS



Every meal deserves a sweet finale – and with decadent desserts like this, your family will want to linger around the table long after the plates have been cleared away! Serve up a tray of diner-style Choco-mint Shakes for a new twist – or stick to tried-and-true classics like chocolate-covered Scotcharoos for an irresistible finish.

Sour Cream Coffee Cake

Submitted by: Susan Palmer of girlinthelittleredkitchen.com

“Coming up with this recipe idea was truly a family affair. It was schemed up with loved ones during Rosh Hashanah when we started reminiscing about my mom’s cooking.”



Ingredients:

3 C. all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
3/4 C. (12 Tbsp) unsalted butter,
room temperature
1 1/4 C. cane sugar
3 large eggs, room temperature
1 tsp pure vanilla extract
1 1/4 C. sour cream

For the walnut mix:

2 C. chopped walnuts
3/4 C. cane sugar

For the chocolate mix:

3 Tbsp cocoa powder
1 Tbsp cane sugar

Directions:

Heat your oven to 350° and grease and flour a 10-12 cup bundt pan. In a medium bowl combine the flour, baking powder, baking soda and salt. In the bowl of your stand mixer fitted with the paddle attachment, cream the butter and sugar until light and airy – about 2-3 minutes. Beat in the eggs one at a time and then the vanilla extract. Add half the flour mixture, mix until just combined. Stir in the sour cream and then the remaining flour. In a small bowl mix the chopped walnuts and 3/4 cup sugar. In a second small bowl, mix the cocoa powder and tablespoon of sugar. In the bottom of the bundt pan, in an even layer spread about 1/3 of the walnut mixture. Top the walnuts with half of the batter and carefully spread in an even layer. Next add the cocoa powder and then the remaining walnuts. Finishing with the remaining batter and smooth the top of the bundt pan with a spatula or spoon. Bake for 45-50 minutes or until a toothpick inserted in the center comes out clean. Let cool completely before inverting the cake on a platter or a cooling rack.

STORY TIME STARTS AT THE TABLE

Just as important as it is to ask kids about their lives, hopes, and dreams at mealtime, it’s equally essential for you to share your own. Talk about your family history, how you met your spouse, your dream job, or where you would love to travel someday. Stories like these spark entertaining conversations and help family members become comfortable sharing with one another.

Scotcheroos

Submitted by: Delores F.

Creamy peanut butter meets decadent chocolate in these irresistible dessert bars.



Ingredients:

1 C. sugar
1 C. light corn syrup or honey
1 C. peanut butter
6 C. Kellogg's® Rice Krispies®

Directions:

Combine sugar and syrup in a 3-quart saucepan. Cook over moderate heat, stirring frequently, until mixture begins to bubble. Remove from heat. Stir in peanut butter; mix well. Add Rice Krispies®; stir until well blended. Press mixture into a buttered 13x9 inch pan. Melt chocolate and butterscotch morsels together over very low heat, or over hot but not boiling water, stirring until well blended. Remove from heat; spread evenly over Rice Krispies® mixture. Cool until firm. Cut into bars.

Choco-Mint Shake

Submitted by: Tracy R.

Who says you need a fork to eat dessert? Switch up your sweets with this unforgettable mint-swirled shake.



Ingredients:

1 scoop chocolate ice cream
1 regular sized Peppermint Patty® candy bar
1/2 C. milk

Directions:

Blend ingredients together in a blender for 1 minute.

Caramel Crispix[®] Mix

Submitted by: Beth L.

Sweet and salty are a perfect pair in this caramel lovers' dream dessert.



Ingredients:

- 6 C. Kellogg's[®] Crispix[®] cereal
- 3 C. popcorn
- 2 C. square pretzels
- 1 C. peanuts (optional)
- 1 C. brown sugar
- 1/2 C. butter
- 1/2 C. light corn syrup
- 1 tsp vanilla
- 1/2 tsp baking soda

Directions:

In an 11X17 inch coated pan, combine cereal, popcorn, pretzels and peanuts. In a pan over the stove combine sugar, butter and corn syrup. Bring to boil. Simmer 5 minutes. Remove from heat. Stir in vanilla and baking soda. Immediately pour over mixture. Bake at 250° for 1 hour.

Lemon Bars

Submitted by: Kathy A.

These bars are light, fluffy, and refreshing - the ultimate summertime treat.



Ingredients:

- 1 box of angel food cake mix
- 1 can of lemon pie filling
- Powdered sugar

Directions:

Mix cake mix with lemon pie filling, and pour into a 9x13 inch pan. Bake at 350° degrees for 20 minutes. As the bars cool, sprinkle with powdered sugar.

Strawberry Dessert

Submitted by: Sharon B.

Who doesn't love the sweet taste of berries? This summery dessert can be enjoyed year-round with fresh OR frozen strawberries.



Ingredients:

12 Honey Maid® Graham Crackers,
finely crushed (about 2 cups)
1/3 cup butter or margarine, melted
1 pkg. (8 oz.) Philadelphia® cream
cheese, softened
1/4 C. sugar
1 C. mashed, thawed
frozen stawberries
3 C. thawed Cool Whip® whipped
topping, divided
2 pkg. (3.4 oz. each) JELL-O® vanilla
– flavored instant pudding
3 1/2 C. cold milk

Directions:

Mix graham cracker crumbs and butter. Reserve 2 tablespoons crumb mixture; press remaining onto bottom of 13 x 9-inch pan. Refrigerate while preparing the filling. Mix cream cheese and sugar until well blended. Stir in strawberries. Gently stir in 2 cups Cool Whip®; spread over crust. Beat pudding mixes and milk with a whisk for 2 minutes. Pour over cream cheese filling. Refrigerate 1 hour; top with remaining Cool Whip® and reserved crumb mixture. Refrigerate 4 hours before serving.



Quick and Easy Banana Ice Cream

Submitted by: Carol R.

Carol says, “This ice cream is luscious and creamy. Low in calories and fat - but high in fiber!”



Ingredients:

- Bananas
- Half & half
- Coconut milk or juice

Directions:

Cut bananas into slices and freeze on a plate. When you’re ready to eat the ice cream, put the frozen bananas in your food processor and turn it on. As the bananas break up, add a little half & half, coconut milk or juice, and blend until smooth. Add sweetener if you like.

Mom’s Easy Cherry Pie

Submitted by: Mary S.

Mary says, “This is the best and most simple cherry pie I have ever made. I even picked the cherries from our cherry trees!”



Ingredients:

- 2 pie crusts
(homemade or store-bought)
- 5 C. fresh or frozen cherries, pitted
- 1 1/2 C. sugar
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/2 C. all-purpose flour

Directions:

Preheat oven to 350°. Bake bottom crust 8 to 10 minutes, remove from oven, and set aside. Mix fresh cherries with sugar, vanilla, cinnamon and flour. Pour mixture into bottom pie crust. Cover with top crust, crimp edges, and cover edges with foil to prevent them from burning. Make a few slits on the top crust with a knife - this will help prevent overflow. Set the pie pan on a cookie sheet, and bake for 1 hour. Remove from oven and cool for 1 hour. Cut and top with ice cream or cool whip.

Easy Cool Lime Pie

Submitted by: Wilma F.

Zesty and refreshing, this lime-infused dessert tastes like a tropical vacation.



Ingredients:

- 1 small box lime JELL-O®
- 1/2 C. hot water
- 1 Tbsp lime juice
- 2 small lime yogurts
- 1 small container Cool Whip®
- 1 graham cracker crust

Directions:

Dissolve JELL-O® in hot water. Add lime juice, yogurts and Cool Whip®, and mix thoroughly. Spread in graham cracker crust and refrigerate at least 2 hours before serving. Garnish with lime wedges and whipped cream. Enjoy!

CELEBRATION TIME

Want to make someone you love feel extra special at mealtime? Find a colorful plate and use it only on special occasions. Whether it's a birthday, or a glowing report at parent/teacher conferences, the gesture is a simple way to make mealtime more exciting.

Jordon's Hot Cinnamon Apple Rolls

Submitted by: Amber W.

Amber says, "Serve with or without ice cream. Delicious!"



Ingredients:

6 Jonathan apples
Butter
Brown sugar
Flour tortilla shell
Cream cheese
Eggs
White sugar
Cinnamon

Directions:

Cut the cores out of apples but leave the bottoms intact. Fill apples with real butter (not margarine) and brown sugar. Bake at 350° until slightly soft, and skins are slightly peeling off. Peel skins (you don't have to completely get all of them off). Then slice and remove bottom core. Put into a flour tortilla shell with brown sugar and cream cheese, close and seal with egg. Fry until brown, and the roll in white sugar and cinnamon.



THANK YOU

Favorite Family Recipes: The American Family Insurance Back to the Family Dinner Table Cookbook was made possible by countless people who shared our vision of bringing the tradition of family dinners back to life.

American Family Insurance would like to say thank you to the hundreds of policyholders, employees, and blogger partners across the US who generously shared their family recipes in our 'Back to the Family Dinner Table' contest on Facebook and Pinterest.

Although we weren't able to use all of the submissions in our cookbook, every recipe we received inspired the idea that dreams are made around the family table. Without these beloved recipes and heartfelt stories, *Favorite Family Recipes: The American Family Insurance Back to the Family Dinner Table Cookbook* would never have been possible.

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Fresh Madison Market



Mid-West Family Broadcasting



DreamBank Madison

Hungry for more family recipes? Find inspiration on American Family Insurance's Pinterest page:
www.pinterest.com/amfaminsurance/back-to-the-family-dinner-table/

