

NUTTY CHICKEN

1/2 cup hazelnuts
1/2 cup pecans
1/2 cup almonds
1 cup dates
3 apples, cored and chopped
1 lemon, zested and juiced
1 chicken

Grind nuts and dates in food processor. Mix with chopped apples. Stuff the chicken with this mixture. Bake chicken in a 400-degree oven for an hour and 15 minutes.

CHICKEN STIR-FRY

1 1/2 pounds boneless breast of chicken, cut into 1-inch cubes
2 1/2 Tbsp. cornstarch
3/4 cup low-salt chicken broth, divided (1/4 cup and 1/2 cup)
1/3 cup low-salt soy sauce
2 tsp. sesame oil
2 tsp. Worcestershire sauce
2 Tbsp. sugar
3/4 tsp. chili powder
1 Tbsp. olive oil
1 bag frozen broccoli stir-fry vegetable mix
2 cups instant brown or white rice, cooked
Marinade:

1/4 cup chicken broth
1/3 cup soy sauce
2 tsp. sesame oil
2 1/2 Tbsp. cornstarch
Whisk together marinade ingredients in a medium bowl. In a plastic bag, add the chicken and pour about 1/4 cup of the prepared marinade over the meat and blend in. Reserve remaining marinade. Refrigerate for 20 minutes or longer if desired. To the

reserved marinade, add:
1/2 cup chicken broth
2 Tbsp. sugar
3/4 tsp. chili powder
Whisk until blended well; set aside. After marinating time, drain and discard marinade. Heat 1 Tbsp. of olive oil in a wok or large skillet and add chicken. Stir-fry the meat until cooked through. Add whole bag of frozen vegetables, cover (to help thaw). Stir meat and vegetables together often to thaw and cook veggies until tender. Whisk marinade once again, then pour over meat and veggie stir-fry. Bring to a boil, stirring occasionally. Reduce heat and continue stirring until sauce thickens. Serve over cooked rice.

CALANMAN

5 pounds potatoes
1 1/2 pounds onions
Salt to taste
3 pounds cabbage
1 1/2 pounds parsnips
Cut potatoes in slices and grind cabbage, onions and parsnips. Put a layer of potatoes in pot. Cover with cabbage leaves and clear cloth to steam. Cook 2-3 hours. Remove cloth and cabbage leaves and mash ingredients. Serve with a piece of butter in center of each dish and a glass of milk. Serves 8-10.

HUNKA BURNIN MEATLOAF

4 star annis
1 tsp. paprika
1 tsp. red pepper flakes
1 pkg. frozen spinach, thawed and drained

6 sun-dried tomatoes
1 cup bread crumbs
1/2 cup cream
2 eggs, beaten
1 pound ground turkey (can substitute chicken or beef)
1 cup shredded cheese
1 pound sliced bacon
Preheat oven to 400 degrees. Soak bread crumbs in cream. Grind annis, paprika and pepper flakes in space grinder. Grind the sun-dried tomatoes and spinach in food processor. On a piece of waxed paper, weave the bacon into a flat basket. Mix meat, eggs and bread crumbs. Spread the meat on the bacon basket. Spread spinach mixture on top. Cover with cheese. Spray a loaf pan with cooking spray. Shape the square into a loaf using the waxed paper. Roll it into the pan. Bake for 1 hour and 45 minutes. Drain the fat off as soon as it is removed from the oven.

EASY CHEESY POTATOES BY MARSHA

1 bag Ore Ida hashbrowns, shredded
1 can cream of chicken soup
16-oz. container sour cream
2 cups shredded cheddar cheese
1/2 to 3/4 cup milk
Salt and pepper

Mix all together in a baking dish. Let it set in the refrigerator overnight. Bake at 350 degrees for 45 minutes.

SAUSAGE AND RICE CASSE-**ROLE**

1-roll pkg. Italian sausage (Bob Evans)
1 cup rice (not Minute Rice)
4 cups water
2 pkgs. Lipton dry chicken noodle soup mix (1 box)
1 stalk celery, chopped
1/2 onion, chopped
Green pepper, chopped
Spices

In a large skillet, cook sausage, breaking it into small bite-sized chunks. Brown and cook through. Add chopped vegetables to sausage mix and saute until soft. Drain off excess grease. Add spices as you like (red pepper flakes, salt and pepper, fresh parsley). In a large saucepan, add dry soup mix and 4 cups of water. Stir

and blend well. Add 1 cup of rice. Stir well. Continue to slowly cook soup/rice mixture until rice starts to soften. Add sausage mixture to soup/rice mixture and continue to cook. This can be placed into a crockpot at this point and finished on low heat.

BROOKVILLE SOUFFLE

1 pound ground beef
2 10-oz. cans kidney beans
1/2 cup brown sugar
1 small onion, diced
1/4 cup ketchup
1/4 cup mustard

In a skillet, cook ground beef. Then add kidney beans, brown sugar, onion, mustard and ketchup.

**INGREDIENTS FOR HEALTH**

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