BLACK BEANS AND YELLOW RICE

2c. water
1 c. rice
1/2 t. turmeric
1 t. vegetable oil
1 t. salt
1 1/2 cans black beans
1 lg. tomato diced
1/2 c. roasted red peppers
2-3 scallions, chopped
2 T. lime juice
2 T. olive oil
1 T. white vinegar
Hot sauce to taste
1 avocado diced to serve
cilantro to serve

Heat water to boiling. Add rice, turmeric oil and salt. Cook covered 15-20 minutes on low until tender. Fluff with fork and cool.

Combine remaining ingredients. Gently stir in rice. Top with avocado and cilantro to serve.

From Mary Alice Powell Aren't You Going to Taste It, Honey?
pg. 164 1995

Chris Scarlett

Shredded Carrots with Cumin and Pine Nuts

Serves 6

4 cups coarsely shredded carrots
2 tablespoons chopped cilantro
2 tablespoons pine nuts, toasted
in warm skillet
½ teaspoons ground cumin;
more, if desired
2 tablespoons fresh lime juice
2 teaspoons seeded and finely
chopped jalapeño peppers
2 tablespoons olive oil
½ teaspoon salt, or to taste

Carrots, the versatile standby that is added to everything from roast beef to relish trays, take to the hot, spicy 90s with cumin and jalapeños in this tantalizing salad. Pine nuts, cilantro, and lime juice add to the uniqueness and good flavor. The food editor dares you to take it to the family reunion or church supper. ↓ Mary Alice Powell

Combine carrots and cilantro in medium bowl. Heat and stir pine nuts in skillet over low heat until golden, about 2 minutes. Pour into dish.

Add cumin to skillet and heat over very low heat until warm and fragrant, about 1 minute. Stir in lime juice, chopped jalapeño, olive oil, and salt.

Pour dressing over carrot and cilantro mixture. Toss well. Sprinkle with pine nuts.

KATE PHILABAUM

Creamy Lemon Supreme

Crust:

12 lemon creme-filled sandwich cookies

3 tablespoons butter

Filling:

2 lemons

1 package (2.9 oz) lemon cook and serve pudding and pie filling (not instant)

½ cup sugar

2 cups water, divided

2 egg yolks

1 tablespoon butter

2- 8 oz. packages of cream cheese, softened

½ cup powdered sugar

1 container 8 oz Cool Whip – thawed

For crust:

Finely chop cookies, combine cookie crumbs, and melted butter. Press crumb mixture in bottom of 9 x 12 greased pan. Refrigerate while preparing filling.

For the lemon filling:

Zest lemons, to measure 1 teaspoon. Juice lemons to measure 1/4 cup juice.

Turn over

Combine pudding mix, sugar, 1/4 cup of water, and egg yolks in saucepan; stir until blended. Stir in remaining 1 3/4 cups water. Cook over medium heat, stirring constantly until mixture comes to a full boil; remove from heat. Set aside 1/2 cup of the pudding; cool slightly. Whisk 1 teaspoon butter and lemon juice into remaining pudding in sauce pan; cool 15 minutes, stirring twice.

For Cream Cheese Layer:

Combine softened cream cheese and powdered sugar; mix well. Stir in reserved ½ cup lemon pudding and 1 teaspoon of lemon zest. Fold in thawed whipped topping. Spread over crust.

Stir remaining lemon pudding mixture and spoon evenly over cream cheese filling. Refrigerate at least 6 hours.

Jennifer Jones



Pretzel Bread Pudding Recipe (served at Sommerfest in the German Pavilion at EPCOT)
Makes 15-18 servings

Ingredients

Vanilla Sauce

1 egg
1/4 cup sugar
3/4 cup heavy cream
1 cup milk, divided
2 1/2 teaspoons cornstarch
3/4 teaspoon vanilla extract

Pretzel Bread Pudding

1 pound pretzel bread
1 cup milk
1 2/3 cup heavy cream
1 1/3 cups sugar
4 eggs
1 3/4 teaspoon vanilla paste
1/2 teaspoon baking powder
1/8 teaspoon cinnamon

Topping
caramel sauce

Instructions

Vanilla Sauce

1. Beat egg and sugar in small bowl. Set aside.
2. Bring cream and 3/4 cup of milk to a simmer in a small saucepan over medium heat. Slowly add 1/3 of the simmering cream mixture to the eggs, whisking constantly to temper eggs. Carefully pour back into saucepan.
3. Whisk cornstarch and remaining 1/4 cup of milk together in a small bowl. Add to saucepan. Cook over medium heat, stirring constantly until sauce thickens. Remove from heat and add vanilla extract.
4. Place a mesh strainer over a bowl. Pour sauce through strainer and cool to room temperature.
5. Cover and refrigerate up to 7 days

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Pretzel Bread Pudding

1. Tear or chop pretzel bread into large pieces. Place in a food processor and pulse until coarse crumbs form.
2. Whisk milk, heavy cream, sugar, eggs, vanilla paste, baking powder, and cinnamon in a large bowl. Add pretzel bread pieces. Cover and refrigerate 4-12 hours.
3. Preheat oven to 375°F. Spray 11 x 13 dish with non-stick cooking spray. Add pretzel bread pudding mix into dish. Sprinkle top with granulated sugar. Cover with foil. Bake for 25-30 minutes. Uncover and bake another 25-30 minutes until centers of pretzel bread puddings are firm.
4. Cool for 5 minutes before serving.

To Serve

1. Remove vanilla sauce from refrigerator. Heat in small saucepan over medium-low heat until warm. Place warm pretzel bread puddings on small plates. Top each with 2-3 tablespoons vanilla sauce. Drizzle caramel on top.

~ Best Ham Loaf ~ Mustard Glaze

Submitted by CJ * (Just A Pinch Member)

Hubbies request for his lunches this week! A Pennsylvania favorite! I'm always experimenting with my ham loaves...hubby said this is his favorite so far!

Prep Time: 10 Min **Cook Time:** 1 Hr 15 Min **Serves:** 1 loaf

Ingredients

- 2 - 3 lb ham loaf mix or equal parts of ground ham and ground pork
- 2 eggs, beaten
- 1/2 md onion, chopped small
- Salt & pepper to taste
- 1 c crushed saltine crackers
- 1 c milk
- 2 Tbsp dried parsley flakes
- 1 Tbsp mustard

GLAZE

- 1 1/2 Tbsp prepared mustard
- 3/4 c brown sugar
- 3 Tbsp vinegar
- 2 Tbsp water
- 1/2 Tbsp dried mustard

Rate this recipe & Share your photos!

Directions

STEP 1

Preheat oven to 350 degree F. In a large bowl, mix milk and cracker crumbs. Let crackers absorb milk a few minutes. Mix all remaining ingredients until well blended. Spray a 9 x13 baking dish. Dump in the mixture and shape into loaf as you would for mess loaf. Place in oven and bake for 1 hour.

STEP 2

While baking, place all glaze ingredients into a small saucepan. Bring to a boil, then simmer for a few minutes, stirring often, until sugar is dissolved and starting to thicken some, remove from heat.

STEP 3

After hamloaf has baked 1 hour, glaze top and continue baking another 15 minutes. Glaze again, then serve hot. The remaining glaze can be served with.

made by Sue Perkins

Submitted by Marty Oakley

Lentil Confetti Salad

Yields 1¾ quarts

- ½ pound lentils
- 3 cups water
- 1½ teaspoons salt
- 2 cups cooked rice
- 1 cup Italian dressing
- 1 cup diced tomatoes
- ½ cup chopped green peppers
- ½ cup chopped onion
- ¼ cup each: chopped celery, chopped pimiento, sliced green olives

Requests from Bowling Green State University students for more vegetarian selections in the cafeteria brought responses such as this salad from the food service management team. Italian dressing brightens the rice; lentils, tomatoes, and green peppers keep it in the vegetarian classification.

Rinse lentils under cold water and drain. Bring water, lentils, and salt to a boil. Reduce heat. Simmer, covered, about 20 minutes or until just tender. Drain immediately.

Combine lentil mixture with cooked rice. Pour dressing over and refrigerate until cold. Before serving, stir in remaining ingredients and mix well.

"Aren't You Going to Taste it, Honey?"

Mary Alice Powell

Lauren & Becky Kuhn

Grey Stuff Recipe



Disney World's "Grey Stuff" recipe!! It's so easy to make and so delicious. Tastes just like the recipe from the Be Our Guest restaurant. So smooth and made with vanilla and chocolate pudding mix, milk, cool whip, and oreos and topped with sprinkles!!

Prep Time	Refrigerate	Total Time
10 mins	10 mins	10 mins

★★★★★
4.83 from 39 votes

Course: Dessert Cuisine: American Servings: 4 Author: Kristyn Merkley

Ingredients

- 1 (3.4-ounce) box instant vanilla pudding mix
- 1 ½ cups milk
- 15 oreos
- 8 ounces cool whip
- 2 tablespoons instant chocolate pudding mix
- sprinkles

Instructions

1. In a medium bowl, combine vanilla pudding mix and milk. Whisk well and refrigerate for 10 minutes.
2. Place Oreos in a food processor and blend until they become crumbs.
3. Mix the crushed Oreos in with the pudding mixture and mix well.
4. Fold in Cool Whip and chocolate pudding mix until well combined and refrigerate for one hour before serving.
5. When ready to serve, place "grey stuff" in a piping bag and add a dollop to the middle and then pipe a spiral around it. Top with sprinkles.
6. ENJOY!

Cindy Wehrle

First Grand Prize Italian Cream Cake

Serves 12

½ cup butter
½ cup shortening
1¾ cups sugar
5 eggs, separated
2 cups cake flour
½ teaspoon salt
1 teaspoon baking soda
1½ cups buttermilk
1 cup chopped pecans
1 teaspoon vanilla
1½ cups coconut
¼ cup more sugar
Additional chopped pecans and coconut

A three-layer cake made from scratch stands tall with a cream cheese frosting. The five-egg, buttermilk light batter is studded with pecans and coconut. Chris Davidson, Maumee, Ohio, received the top prize in The Blade Holiday Recipe contest in 1982 with this entry.

Cream butter and shortening. Add sugar and egg yolks and beat well. Sift flour, salt, and soda. Beat into butter mixture. Slowly add and beat in buttermilk and vanilla. Beat 2 minutes with electric mixer. Stir in pecans and coconut.

Beat egg whites until soft peaks form and slowly add the ¼ cup sugar; beat to a soft meringue. Carefully fold into first mixture with a wire whisk or with a wooden spoon.

Divide batter among 3 greased and floured 9-inch cake pans. Bake 30 minutes in 325-degree oven. Let stand in pans about 10 minutes before removing. Fill and frost layers with cream cheese frosting while cake is slightly warm. Top cake with additional coconut and pecans.

CREAM CHEESE FROSTING: Combine 12 ounces softened cream cheese, 6 cups powdered sugar, 1½ teaspoons vanilla, ½ cup soft butter; beat until fluffy.

Shrimp and Vegetable Salad Appetizer

1C Cauliflower

1C Cherry tomatoes

1C Fresh Mushrooms sliced

1C Zucchini, sliced and quartered

½ pound cooked Shrimp

Dressing:

¾ c lemon juice

¾ c vegetable oil

1 T chopped chives

2t sugar

1 t salt

¼ t dill weed

Using a 1 ½ quart bowl add vegetables and shrimp. Mix dressing and pour over the vegetable dish. Cover and refrigerate overnight. Periodically mix to insure marinade covers all vegetables.

Prepared by Sharla Cook

From Mary Alice Powell's cookbook "Aren't you Going to Taste It, Honey?"

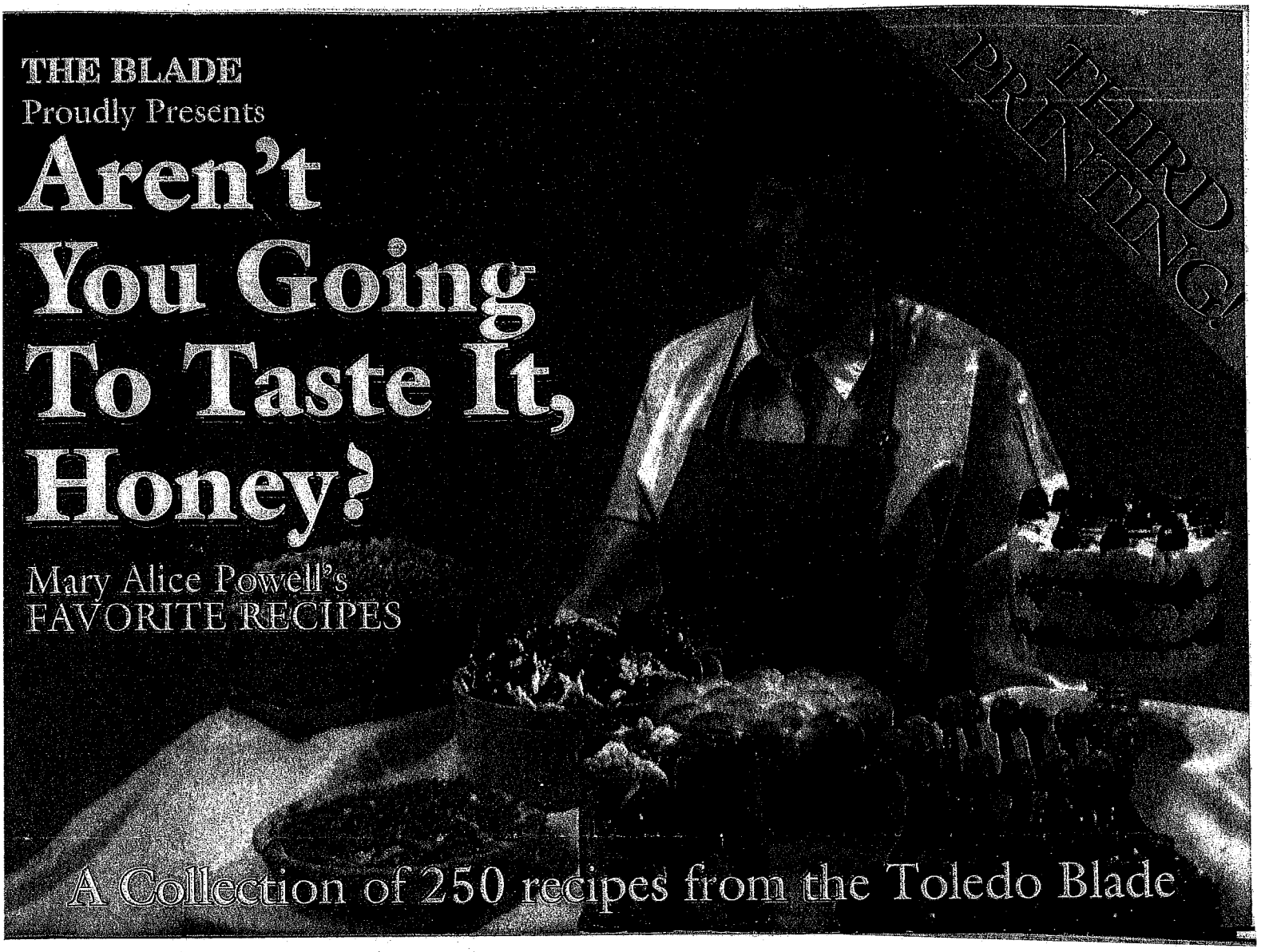
Peggy

No-Peek Beef Stew

by Mary Alice Powell

2 lbs. beef stew meat
4-5 celery ribs-cut into 1-inch pieces
4-5 potatoes-pared and cut-up
2 large onions-peeled and cut-up
1 can beef broth
1 (1-pound can) of stewed tomatoes
4-5 carrots, pared and cut in large pieces
1 ½ tsp. salt
½ tsp. pepper
5 Tbsp. tapioca
1 ½ Tbsp. balsamic vinegar (this was not in the original recipe by Mary Alice)

Combine all ingredients in a roaster with a tight-fitting lid or a Dutch oven. Bake at 325 degrees for 4 hours. Do not open oven door while stew is cooking.



Reuben Dip

Serves 8

1 (8-ounce) package cream cheese
½ cup sour cream
1 (2½-ounce) package corned beef, or chipped beef, diced well
½ cup sauerkraut
1 cup finely shredded Swiss cheese
¼ teaspoon Worcestershire sauce
¼ cup milk

License is taken with the Reuben sandwich to make a hot dip that is served with rye bread rounds. Dust off the chafing dish and serve it in grand style.

Combine all ingredients in saucepan and heat over low heat. Serve warm with rye bread rounds, crackers, and celery sticks.