

Lasagna Soup

2 tsp. olive oil
1 red bell pepper chopped or any color you like
1 lb. lean ground turkey
1 onion chopped
3 cloves garlic
1 (15 oz.) can tomato sauce
1 (32 oz.) container chicken broth
1 (14 ½ oz.) can petite diced tomatoes
½ tsp. salt
¼ tsp. crushed red pepper flakes
4 oz. broken whole wheat or whole grain lasagna noodles (I used 5 uncooked sheets of healthy harvest pasta)
3 tbsp. grated parmesan cheese
½ cup reduced fat shredded mozzarella cheese

Heat oil over medium heat in a large non-stick sauce pan or Dutch oven. Add the ground turkey, onion, bell pepper, and garlic. Cook; stirring occasionally until meat is browned for about 8-10 mins.

Add the broth, tomato sauce, diced tomatoes, salt and crushed red pepper. Bring to a boil. Reduce heat and simmer, stirring occasionally, until the flavors are blended, about 20 mins. Add the noodles; bring to a boil. Reduce the heat and simmer uncovered and stir occasionally, until the soup thickens slightly and the noodles are tender, 10-12 mins. Remove from heat; stir in the mozzarella and parmesan. Serve with bread sticks if desired. There are many varieties of whole wheat and whole grain breads you can use to make your own garlic bread. If desired you may also toss in chopped fresh basil along with the cheeses.

Spicy Corn Dip

- 1 (8 oz.) container sour cream
- 1 cup mayonnaise
- 2 (11 oz.) cans Mexican-style corn
- 4 green onions, chopped
- 3 jalapeno peppers, seeded and minced
- 1 (7 oz.) can diced green chiles
- 1 ¼ cups shredded cheddar cheese

In a medium bowl, mix together sour cream, mayonnaise, corn, green onions, jalapeno chile peppers, green chile peppers and cheese. Ready to serve!

Bacon Ranch Pasta Salad
(Ms. Green)

- 1 ½ cups Shell pasta
- ½ cup farfalle Pasta (bowtie)
- 1 package Ranch bacon dry dressing mix
- ½ cup mayonnaise
- 2 Tbsp. dried peas
- 2 Tbsp. chopped carrots thin sliced

Boil pasta and peas until pasta is tender; about 20-25 minutes.

Drain – rinse with cold water.

In a bowl mix mayo and dressing mix, add carrots and blend. Add in pasta and peas. Blend well, but slowly. Chill for 1 ½ hours.

Spinach Salad
(Gavin Doll)

1 bag spinach
1 bag frozen peas (thawed)
1 Red onion (sliced)
Crumbled bacon

Dressing:

Any kind of sweet Vidalia (lightly coated)

Chicken Parmesan Casserole
(Blake Davis)

2 Tbsp. Olive oil
2 cloves garlic, crushed
Red pepper flakes, to taste (not used today)
Boneless skinless chicken breasts or tender lions
2 cups marinara sauce
¼ cup chopped fresh basil
8 oz. mozzarella
4 oz. parmesan
1 (5 oz.) package croutons

In a 9 X13 pan coat bottom with olive oil, garlic and red peppers. Add chicken and cover with marinara sauce. Sprinkle basil over sauce and then ½ of mozzarella and ½ of Parmesan. Spread croutons over top and finish with rest of cheeses. Bake at 350 degrees for 35 minutes or until chicken temperature is at 160 degrees.

Cool Veggie Pizza (Diane Kern)

1 package (8 oz.) refrigerated crescent rolls.
1 package (8 oz.) cream cheese, softened
1 Tbsp mayonnaise
1 garlic clove, pressed
1 tsp. dried dill weed
Salt and ground black pepper to taste
2 cups assorted fresh vegetables such as broccoli, cauliflower, cucumber, green or red bell pepper, green onions, tomato, mushrooms, carrot, yellow summer squash or zucchini (this recipe has red and green peppers and carrots)

Preheat oven to 350 degrees. Unroll crescent dough; separate into eight triangles. On large round stone, arrange triangles in a circle with points in the center and wide ends towards the outside. Using lightly floured Baker's Roller, roll dough to a 12 inch circle, pressing seams together to seal. Bake 12-15 minutes or until light golden brown. Remove from oven; cool completely.

In Classic Batter Bowl, combine cream cheese, mayonnaise, garlic pressed with Garlic Press and dill weed. Season with salt and black pepper; mix well with Small Mix N' Scraper. Spread cream cheese mixture evenly over crust.

To prepare vegetables, coarsely chop broccoli or cauliflower with food chopper. Dice or slice cucumber, bell pepper, green onions or tomato using Utility Knife. Slice mushroom using Egg Slice Plus. Grate carrot using Deluxe Cheese Grater. Crinkle cut yellow squash or zucchini using Crinkle Cutter.

Sprinkle vegetables over pizza. Cut into squares with Pizza cutter, serving using Mini-serving spatula.

Yield: 10 servings

Nutrients per serving Calories 110

Total fat 3.5 g

Saturated fat 0 g

Cholesterol 5 mg

Carbs 13 g

Protein 5 g

Sodium 310 mg

Fiber 0 g

Apple Brownies (Cansa Everett)

¾ cup sugar
2 cups flour
3 eggs
1 cup oil
1 tsp. vanilla
1 tsp. cinnamon
1 tsp baking powder
2 cups apples peeled and cut small

Grease 9 X13 pan. Mix all ingredients together. Spread into the baking dish.

Sprinkle top with cinnamon sugar.

Bake at 350 degrees for 40-45 minutes.

Optional items: add 1 cup pecans or walnuts to mix

Can eat hot or cold with caramel drizzled on top.

Pumpkin Whoopy Pies

COOKIE

2 cups brown sugar
2 egg yolks
1 cup oil
2 cups pumpkin
3 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
Milk as needed

FILLING

3 oz. cream cheese
1 tsp. vanilla
½ cup butter
3 cups powdered sugar

Beat egg yolks and add sugar and oil. Combine dry ingredients in another bowl. Add alternately to egg and sugar with pumpkin and milk. Drop by tablespoon on cookie sheet. Bake at 350degrees for 12 minutes. Put filling between 2 cookies.

Spinach Salad
(Becky Christman)

1 lb. spinach
1 pint strawberries or mandarin oranges

Dressing:

1/3 cup sugar
1 ½ tbsp. minced onion
¼ tsp. paprika
¼ tsp. Worcestershire sauce
¼ cup raspberry or cider vinegar
½ cup olive oil
1 Tbsp. each poppy and sesame seeds

Mix dressing and pour over greens and fruit.