

PHEASANT

WARD

RELIEF

SOCIETY

RECIPE

BOOK

Pheasant Ward Relief Society Recipe Book

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APPETIZER

RECIPES

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APPETIZER RECIPES

Eight-Layer Dip

By Nancy Carmack

2-3 avocados
1 T lemon juice
½ pkg taco seasoning mix
6 T sour cream
3 T mayonnaise
1 can bean dip
1 c Monterrey Jack cheese (grated)
1 c cheddar cheese (grated)
4 green onions (scallions) (chopped)
3 tomatoes (finely chopped)
1 sm can sliced olives

Process avocados and lemon juice in blender until smooth. Blend taco seasoning mix, sour cream and mayonnaise in bowl. Layer avocado mixture, seasoning mixture, bean dip, jack cheese, cheddar cheese, onions, tomatoes, and olives in 9 X 13 serving dish. Serve with corn chips.

Hot Cheesy Spinach Dip

By Knorr Recipes

<http://www.knorr.com/recipes/detail/9941/2/hot-cheesy-spinach-dip>

Ingredients

- 1 package (10 oz.) chopped spinach leaves
- 1 package (8 oz.) cream cheese, softened
- ¾ cup Hellmann's® or Best Foods® Real Mayonnaise
- 1-½ cups cheddar cheese
- 1 package Knorr® Vegetable recipe mix
- 1 can (8 oz.) water chestnuts
- 2 cloves garlic

Directions

- Preheat oven to 350°.
 - Combine all ingredients except ½ cup cheddar cheese in medium bowl. Spoon into 2-quart casserole, then top with remaining ½ cup cheddar cheese.
 - Bake 35 minutes or until heated through. Serve, if desired, with toasted French baguette rounds, sliced garlic bread, corn or tortilla chips or vegetable dippers.
-

Knorr Spinach Dip

By Knorr Recipes

<http://www.knorr.com/recipes/detail/9278/1/knorr-spinach-dip>

Ingredients

- 1 package (10 oz.) frozen chopped spinach, cooked, cooled and squeezed dry
- 1 container (16 oz.) sour cream
- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1 package Knorr® Vegetable recipe mix
- 1 can (240 mL) water chestnuts(optional)
- green onions

Directions

- Combine all ingredients and chill about 2 hours. Serve with your favorite dippers to your favorite people.

Bread

Recipes

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BREAD RECIPES

Buttermilk Doughnuts

By Marilyn Horn

2 eggs
1 cup sugar
1/4 cup cooking oil
1 tsp. vanilla
4 cups flour
4 tsp. baking powder
3/4 tsp. salt
1/4 tsp. baking soda
1 cup buttermilk

Beat eggs until thick and lemon-colored. Add sugar and beat until smooth. Stir in 1/4 cup cooking oil and vanilla. Add dry ingredients to egg mixture alternately with buttermilk. Roll out to 1/2 inch thickness. Cut with floured doughnut cutter. Fry in hot oil until golden brown (3 minutes) Sprinkle with sugar.

Cheesy Garlic Bread Swirls

By Tam Arrington

1 Tbsp active dry yeast	4-5 1/2 cups flour
1 1/2 C. warm water	1/2 C butter
1 1/2 Tbsp sugar	1 1/2 Tbsp *Garlic Bread
1 teaspoon salt	Seasoning
3 Tbsp vegetable oil	1 1/2 C shredded mozzarella cheese
1 egg	

1. Combine sugar, yeast, and water in large mixing bowl and allow to stand for 10 min.
 2. Add salt, oil and egg yolk and combine. Add 3 cups of flour and mix well. Add enough remaining flour to make a soft dough that barely sticks to your finger. Knead by hand or mixer for another 2-3 minutes. Cover and allow to rise 1 hour
 3. While the dough is rising, combine butter and garlic bread seasoning. When dough has risen, roll the dough into an 18x6 inch rectangle. Smear on the butter and sprinkle with cheese
 4. Roll up like a jelly roll, cut 12 slices and put into greased muffin pan.
 5. Bake at 350 for 18-22 minutes
-

Corn Bread

By Vicki Hoth

2 Eggs Well Beaten
1 Cup Milk
1 Cube Melted Margarine or Butter
2 Cups Bisquick
3/4 Cup Sugar
1/2 Teaspoon Baking Soda
1/4 Cup Cornmeal

Mix All Together. Bake in 9x9 Greased Pan for 20 to 30 Minutes at 350 degrees.

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BREAD RECIPES

Cinnamon Roll Pancakes

By [Texas Recipes](#)

for the Pancakes:

4 cups all-purpose flour
8 tsp. baking powder
2 tsp. salt
4 cups milk
4 tbsps vegetable oil
4 large eggs, lightly beaten

for the Cinnamon Filling

1 cup butter, melted
1 1/2 cup brown sugar, packed
2 tbsp ground cinnamon

for the Cream Cheese Glaze

1/2 cup butter
4 oz. cream cheese
1 1/2 cups powdered sugar
1 tsp. vanilla

To make the Cinnamon Filling:

Mix the three ingredients together. Place in a disposable piping bag and snip the end off or put in a Ziploc bag and snip the corner off.

To make the Pancakes:

Mix the dry ingredients in one bowl and the wet ingredients in another bowl. Stir them together until everything is moistened leaving a few lumps.

Heat your griddle to exactly 325 degrees. You don't want these to cook too quickly, and you won't want your cinnamon to burn.

Make desired size pancake on greased griddle and then using the piping bag and starting at the center of the pancake, create a cinnamon swirl. Wait until the pancake has lots of bubble before you try to turn it. You will find that when you turn it the cinnamon swirl will melt. The cinnamon will melt out and create the craters which the cream cheese glaze will fill.

To make the Cream Cheese Glaze:

In a microwave safe bowl melt the butter and cream cheese and then stir together. Whisk in the powdered sugar and vanilla. Add a little milk if needed to make it a glaze consistency. Place pancake on plate, then cover with cream cheese glaze.

Croutons

By Mary Nelson

3 Tbsp butter or margarine
2 Tbsp grated Parmesan or Asiago cheese
1/2 tsp garlic salt
1/2 tsp celery seeds
1/2 tsp oregano
1/2 tsp. basil leaves
2 cups of your bread, cut into 1/2 inch squares

In a medium bowl microwave butter on High about 1 minute, until melted. Stir in cheese and seasonings until blended. Add bread, toss to coat. Microwave, uncovered, on High 3 to 5 minutes, until lightly browned and sizzling, stirring twice. Let stand until crisp and cool. Makes approximately 1 cup of croutons.

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BREAD RECIPES

Crescent Rolls

By Kathy Worrell

1 cup butter
2 cups water
2 T instant yeast
¾ cup sugar
1 tsp. salt
1 tsp. baking powder
2 eggs
7 to 8 cups flour

In a saucepan, melt butter in the water over low heat. Let cool to 125 degrees. Measure 2 cups flour, yeast, sugar, salt and baking powder in the bowl of a mixer, mix well. Add the water and butter mixture, mixing well. Crack the eggs into a small bowl and lightly beat with a fork, then add them into the dough. Mix in 4 cups more flour with the mixer on low speed. Continue to mix in more flour until you have a soft, slightly sticky dough that comes together and you can handle. You may need more or less flour to achieve this consistency.

Turn the dough onto the counter that is lightly sprinkled with flour or sprayed with cooking spray, and knead to form a ball. Place dough into a large bowl coated with cooking spray, cover with a piece of plastic wrap that has been sprayed with cooking spray, and let rise until double in size, about 1 hour. Divide the dough in half. Roll out each half into a large circle about 14 inches diameter. Cut like a pizza with a pizza cutter into 16 equal pieces. Roll each piece starting with the large end. Place 16 rolls into a greased 9x13 inch pan. Cover with plastic wrap that has been sprayed with cooking spray, and let rise about 45 minutes until double in size. Bake at 375 degrees for 17-20 minutes. Turn out onto a cooling rack.

Cinnamon Rolls

Roll half of the crescent roll dough into a rectangle, about 18x11 inches. Using your hand spread the dough with about 2 tablespoons softened butter. Also using your hand spread the dough with about ½ to ¾ cup brown sugar. Sprinkle generously with cinnamon.

Starting with the long edge, roll the dough up. Pinch together to seal the edge. Cut into 12 pieces. Place in a 9x13 inch greased pan and press down lightly on the rolls to fill the pan and make them the same height. Cover with plastic wrap that has been sprayed with cooking spray, and let rise until double, about 45 minutes.

Bake at 375 degrees for 17-20 minutes. Frost while still warm, about 20 min. after removing from oven.

Frosting

¼ cup softened butter
1 cup powdered sugar
½ T milk
½ tsp. vanilla

Mix ingredients and spread on cinnamon rolls. This is enough for 12 rolls.

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BREAD RECIPES

Easy Pumpkin Chocolate Chip Muffins

By Aundrea Carlson

2 spice cake mixes
1 30-oz. can pumpkin
1 12-oz. bag of semi-sweet chocolate chips

Preheat oven to 350. Combine cake mixes and pumpkin. Add in chocolate chips. Spoon mixture into lined muffin tins. This can make as many as 48 muffins or as few as 36, just depending on how full the tins are filled. These really don't rise very much, so you can fill the tins pretty full. If aesthetics are a concern, keep in mind that how they look going into the oven is very much what they will look like coming out of the oven. So a cookie scoop works great to keep things on the prettier side. Bake for 22-25 minutes or until a toothpick inserted in the middle of one of the muffins comes out clean.

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BREAD RECIPES

Famous Football Cinnamon Rolls

By Aundrea Carlson

½ cup boiling water
1 cube butter or margarine
½ cup sugar
1 ½ tsp. salt
1 cup cold water
5 cups flour
4 ½ tsp. instant yeast
¼ cup melted butter or margarine
⅔ cup packed brown sugar
3 tsp cinnamon
3 cups powdered sugar
3 Tbs. milk
1 ½ tsp. vanilla
2 Tbs. butter or margarine, softened or melted

Boil ½ cup water. Pour into large bowl. Add 1 cube butter or margarine in small chunks, ½ cup sugar and 1 ½ tsp. salt. Stir until sugar is mostly dissolved and butter melted. Stir in 1 cup cold water. With electric beater, mix in 1 cup flour and 4 ½ tsp. instant yeast. By hand, beat in 2 cups flour. Batter will become thick. Measure 1 cup more flour. Sprinkle counter surface and dough liberally with this last cup of flour. Pour dough onto flour and gradually knead in flour, working the dough until it is soft and smooth. Add only enough flour to make a soft dough. Lightly flour the counter; let the dough rest there about 10 minutes. Form the dough into a 13x18" rectangle, pressing out bubbles as you go. Spread ¼ cup melted butter on top of rectangle. Sprinkle ⅔ cup packed brown sugar and 3 tsp. cinnamon evenly on top. Starting at the 18" long side, roll up dough. At the end, pinch edge of dough into roll to seal it. Slice with thread into 18 one-inch rolls. Place on greased cookie sheet. Cover with slightly dampened towel. Let them rise in warm place until double. Bake at 350 degrees for 15-20 minutes. Cool on rack for about 20 minutes. Mix powdered sugar, 3 Tbs. milk, vanilla, and 2 Tbs. butter or margarine. Frost rolls when cool.

Homemade Pancakes

Carol Hendricks

Mix in a large bowl:

1 c. flour
1 Tbsp. baking powder
½ tsp. salt
1-2 Tbsp. sugar

Mix in a different bowl:

1 c. milk
2 egg yolks
1 tsp. oil

Combine 2 mixtures. Beat the egg whites and fold in.

BREAD RECIPES

Lower Fat Banana Bread

By Bonita Mahallati

2/3 cup white sugar
1/4 cup margarine, softened
2 eggs
1 cup mashed bananas
1/4 cup water
1 2/3 cup all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1/4 tsp. baking powder

Preheat oven to 350 degrees. Spray one 9x5x3 inch loaf pan with a non-stick cooking spray. In a medium bowl, beat the sugar and margarine until smooth and creamy. Beat in the eggs, water and bananas with the sugar mixture until well blended. Mix in the flour, soda, salt, and baking powder just until the mixture is moistened. Bake at 350 degrees for about 60 minutes.

Bread is done when the top is firm to the touch and golden brown color. Allow to cool on its' side for about 10 minutes, then remove and cool on a rack. You can also add mini chocolate chips or small fruit pieces to the mix just before baking.

No-Knead Bread

by Chris Burningham

From 2009 Fall Enrichment

Yields one 1 1/2 pound loaf

3 cups all-purpose or bread flour, more for dusting
1/4 teaspoon instant yeast
1 1/4 teaspoons salt
Cornmeal or wheat bran as needed.

1. In a large bowl combine flour, yeast and salt. Add 1 5/8 cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at warm room temperature, about 70 degrees.

2. Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes.

3. Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran or cornmeal; put dough seam side down on towel and dust with more flour, bran or cornmeal. Cover with another cotton towel and let rise for about 2 hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger.

4. At least a half-hour before dough is ready, heat oven to 450 degrees. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under towel and turn dough over into pot, seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool on a rack.

BREAD RECIPES

Oat Dinner Rolls

By Sherri Stringham

2-1/3 cups water, divided
1 cup quick-cooking oats
2/3 cup packed brown sugar
3 tablespoons margarine or butter
1-1/2 teaspoons salt
2 Tablespoons yeast
5-1/2 to 5-3/4 cups flour

In a saucepan, bring 2 cups water to boil. Stir in oats; reduce heat. Simmer, uncovered, for 1 minute. Stir in brown sugar, butter, salt and remaining water. Transfer to a mixing bowl; let stand until mixture reaches 110-115 degrees. Stir in yeast. Add 3 cups flour; beat well. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic (about 6-8 minutes). Place dough in a greased bowl; turn once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; shape into 24 rolls. Place on greased baking sheets or a jelly roll pan. Cover and let rise until doubled, about 30 minutes. Bake at 350 degrees for 20-25 minutes or until golden brown. Makes 2 dozen.

BREAD RECIPES

Original Spudnut Donuts

By: <http://www.sbuddies.com/> (See pictures, instructions, and order **Original Spudnut Donut Mix**)

2 1/8 cups **warm water (100 - 110 degrees)**
2 Tablespoons **dry instant yeast**
pinch of sugar
6 cups **Original Spudnut Donut Mix**
Extra **Donut Mix** as needed
Parchment paper or waxed paper cut into 30 - 4" squares
Olive oil and/or Vegetable oil

Glaze:

4 1/2 cups **powdered sugar**
3/4 cup **hot water**
2 drops **vanilla extract**

In a large mixing bowl add water, yeast and a pinch of sugar. Gently stir, cover bowl and let stand for 5 - 8 minutes or until foamy.

Add **Original Spudnut Donut Mix** to the yeast mixture. Blend together for 5 minutes. If using an electric mixer, use the dough hooks. Constantly scrape sides of bowl. Add extra **Donut Mix** if needed (1 Tablespoon at a time). Blend again for 5 more minutes until smooth and elastic. Turn dough into a lightly greased bowl. Cover. Let rise for 30 minutes.

*Oven method: Heat oven on lowest setting. Place covered dough in oven, then turn oven off. Let dough rise. Leave door slightly open. Punch dough down. Cover and let rise again for 30 minutes. While dough is rising, cut waxed/parchment paper into 30 - 4" squares.

Punch dough down. Spray counter with cooking oil. Turn dough onto greased counter. Divide dough in half. Roll each half of dough to 1/2" thickness. Let rolled dough rest for 3 minutes. Cut with a floured donut cutter. Press down in the middle of the donut cutter so the center hole makes a clean cut. Remove dough from center cut. Flour donut cutter before each new cut. Gently place donuts on the paper pieces. Place them on large cookie sheet pans. Cover. Let rise until very light and fluffy. (45-60 minutes) Repeat the above steps with the rest of the dough...roll to 1/2" thickness, let dough rest 3 minutes, etc.

While donuts are rising make glaze. In a large mixing bowl add powdered sugar, hot water and vanilla extract. Mix until smooth. Set aside.

While donuts are rising prepare oil. Heat olive oil and/or vegetable oil to 375-380 degrees. (If oil is smoking, it is too hot!. Use a cooking thermometer.) Make sure the oil doesn't cool down while you are frying. Check oil temperature often. Carefully add 1-2 donuts and fry about 20 -25 seconds until golden brown. Use long wooden sticks to turn and then fry about 20 - 25 seconds on the other side. Use the long wooden sticks to remove the fried donuts and place on paper towels to cool. Using the long wooden sticks again, gently place the fried donut into the glaze. Turn over. Pull out glazed donut and let rest on a cookie sheet or waxed paper while the glaze runs down the sides. Serve and enjoy while fresh and warm.

(Makes about 30 donuts)

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BREAD RECIPES

Original Spudnut Cinnamon Rolls

By Arlea Carmack

by Salt Lake Tribune in the 70s from Taste of Home Magazine

(Makes about 4 dozen donuts or 24 big cinnamon rolls)

1 pound russet potatoes, peeled and quartered
2 (1/4-ounce) packages active yeast
1 1/2 cup warm milk
1/2 cup vegetable oil
1/2 cup sugar
2 eggs
1 teaspoon salt
7 1/2 cups all-purpose flour
oil for deep frying
Glaze:
4 cups powdered sugar
1/3 cup water
1 teaspoon vanilla

Place potatoes in a saucepan and cover with water. Bring to a boil; cook until tender. Drain, reserving 1/2 cup cooking liquid; cool to 110 to 115 degrees. Discard remaining cooking liquid. Mash potatoes without milk or butter. In a large mixing bowl, dissolve yeast in reserved cooking liquid. Add mashed potatoes, milk, oil, sugar, eggs and salt. Add enough flour to form a soft dough. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down.

Cinnamon Rolls

Roll dough out on a floured surface to 1/4 inch in thickness in a rectangle shape. Spread enough butter to cover the dough. Approximately 1/2 to 1 cup. Sprinkle sugar over the butter. Approximately 1/2-1 cup sugar. Sprinkle cinnamon over the sugar. Approximately 1/4 to 1/2 cup cinnamon. You can mix the cinnamon and sugar together and it may be easier to spread. Roll dough up in a spiral and pinch sides together to seal the dough. Using a sharp serrated knife or length of dental floss, cut roll into 1-inch slices. Place slices slightly apart in the pan. Cover pan loosely; let rise in a warm place about 30 minutes or until dough has doubled in size. Move the oven rack to the middle position of the oven. Heat the oven to 350°F. Bake 30 to 35 minutes or until golden brown. Frost with favorite frosting or combine powdered sugar, water and vanilla in a bowl and drizzle over cooled cinnamon rolls.

Donuts

Let rise again until double, about 20 minutes. Roll out on a floured surface to 1/2 inch in thickness. Cut with a floured 3 inch doughnut cutter. In an electric skillet, heat oil to 375 degrees. Fry doughnuts, a few at a time, until golden brown, on both sides. Drain on paper towels. Combine powdered sugar, water and vanilla in a bowl. Dip warm doughnuts in glaze. Cool on wire racks

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BREAD RECIPES

The Best Homemade Bread Ever

By Arlynn Larsen

4 Loaves

2 Loaves

Ingredients and Directions

5 Cups	2 ½ Cups	Warm water (almost hot)
4 Tabls.	2 Tabls	Butter or Margarine cut into slices. Let butter melt a little in water. Then Add.
3 Tabls.	1 ½ Tabls	Yeast
2/3 Cup	1/3 Cup	Sugar (I also really like using Honey). Let sit until foamy. This is a good time to get everything else out you will need. Then Add.
1 ½ Tabls.	¾ Tabls.	Salt
½ Cup	¼ Cup	Oil Mix a little. Then Add
1 Cup	½ Cup	Gluten Flour. Then add half of the Flour and let it mix for 5 minutes. (or mix by hand)
10-12 Cups	5-6 Cups	Flour (I always use 8 cups wheat flour and about 4 cups white flour, except when I am making cinnamon rolls or just rolls then I use all white.

Add your flour 2 cups at a time until dough pulls away from the mixer and it is not sticky to the touch. Form into 4 loaves and let it rise in greased pans. Spray butter spray or cooking spray on top of the dough and let it rise until it is about 2 inches above the top of the bread pan. The bread rising can take anywhere from 30 min. to 1 hour.

Bake @ 350 degrees for 30 minutes. I also spray butter spray or roll with butter on the top of the bread after it comes out of the oven. Take out of bread pans right after it comes out of the oven or bread can sweat in pans. Let it cool on cooling rack or dish towel. When cooled put in plastic bags. (This bread also freezes really well)

Breakfast

Recipes

BREAKFAST RECIPES

Million Dollar Bacon

<http://www.thesweetestoccasion.com/2014/03/million-dollar-bacon-recipe/>

Submitted By Lindsay H. Zesiger

1 pound thick cut bacon
6 Tbls brown sugar
1 tsp cayenne pepper
1 tsp black pepper
1 tsp red pepper flakes

Preheat oven to 350. Line backing sheet with parchment or foil. Line out bacon. Sprinkle with half the brown sugar. Sprinkle on spices. Sprinkle on the rest of the brown sugar. Then give it a pat all over, or rub it in. Bake for 20-30 minutes depending on your desired crispiness.

CAKE

RECIPES

CAKE RECIPES

Amish Applesauce Cake

Submitted by (Unknown)

- **1 cup sugar**
- **½ cup butter**
- **2 eggs**
- **2 cups all-purpose flour**
- **1 teaspoon ground cinnamon**
- **1 teaspoon baking soda**
- **½ teaspoon salt**
- **1 ½ cups applesauce**
- **1 teaspoon vanilla extract**

Preheat oven to 350 degrees. Coat a 9x13 baking pan with cooking spray. In a large bowl, cream sugar and shortening with an electric beater on low speed. Beat in the eggs, one at a time. Add flour, cinnamon, baking soda, and salt; beat until well mixed. Add applesauce and vanilla. Mix well and pour batter into prepared baking dish. Bake 30-35 minutes or until wooden toothpick inserted in center comes out clean. Let cool, then frost with brown-sugar frosting.

Brown Sugar Frosting

- 1 cube **butter**, melted
- 1 cup brown sugar
- Bring these ingredients to a boil, stir until slightly thick
- Take off stove, pour into a second bowl
- Add ¼ cup milk, beat with electric beater
- Blend in 1 ½ cups powdered sugar (or more if thicker frosting is desired) until smooth

Spread on cake

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CAKE RECIPES

Taste-of-the-Islands Banana Foster Trifle

by Karen Gittins

1 10.75-oz package Sara Lee Frozen Pound Cake thawed
1 8-oz can pineapple tidbits in juice
1 3.4-oz package instant coconut or banana cream pudding & pie filling
1 cup heavy whipping cream
1/3 cup sour cream
1/4 cup powdered sugar
2 tsp coconut extract, divided
1 cup caramel topping
2 bananas thinly sliced
2/3 cup shredded coconut toasted
1/3 cup macadamia nuts finely chopped
Cut pound cake into 1-inch cubes. Set aside.
Drain pineapple; reserving juice.

Place pudding mix, whipping cream, sour cream, sugar, reserved pineapple juice and 1 tsp coconut extract, in a large bowl. Beat at medium-high speed with an electric mixer until stiff peaks form.

Combine remaining 1 tsp coconut extract and ice caramel ice cream topping in microwave-safe bowl. Microwave on High until warmed. Layer pound cake cubes in 4 dessert glasses or in trifle bowl. Drizzle caramel topping mixture over pound cake. Top with coconut cream mixture and bananas. Garnish with pineapple tidbits, toasted coconut and macadamia nuts. Prep Time: 30 min. Servings: 4-6

Chocolate Cake

By Char Lee Behunin

1 cube butter	2 cup sugar
1 cup water	2 eggs
1/2 c veg oil	1 tsp. vanilla
4 Tbsp cocoa	1 tsp. baking soda
2 cup flour	1/2 c buttermilk

Melt together butter and water. Add remaining ingredients. Heat 400 degrees and bake for 20-30 minutes (sometimes I find I have to bake it longer, but you know because the toothpick tells you.)

Frosting:

1 cube butter
4 Tbsp cocoa
4 c powdered sugar
1 tsp. vanilla
2-3 Tbsp milk

Melt together over stove top, butter and cocoa. Add powdered sugar, vanilla, and enough milk to reach the desired consistency.

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CAKE RECIPES

Chocolate Cherry Cake

By Donna Craven

- 1 Devil's Food Cake Mix
- 20 oz can cherry pie filling
- 1 tsp almond extract
- 2 eggs – beaten

Combine and mix with spoon (not mixer). Spray 9x13 pan. Bake at 350 degrees for 27-30 minutes. Test middle with toothpick. Cool.

Top with:

- 1/3 cup evaporated milk
- 1 cup sugar
- 5 T. butter

Mix in a small pan. Bring to boil and boil 1 minute while stirring. Remove from heat and stir in 6 oz semi-sweet chocolate chips. Stir until melted and spread quickly on cake.

Chocolate Chip Oatmeal Cake

By Mary Nelson

- 1 3/4 cups boiling water
- 1 cup oatmeal
- 1 cup brown sugar
- 2 eggs
- 1/2 tsp. salt
- 12 oz. pkg chocolate chips (I always use milk chocolate)
- 1 cup sugar
- 1 cube butter (margarine, if you must)
- 1 3/4 cups flour
- 1 tsp. soda
- 1 Tbsp. cocoa powder
- 3/4 chopped nuts (I use walnuts, but pecans work also)
- 1/4 tsp. sweet/dulcé cinnamon (optional)

Pour water over oatmeal. Let stand 10 minutes.

Add brown sugar and butter to oatmeal, stir until melted.

Add eggs and mix until blended.

Add remaining ingredients (except chips and nuts) and mix.

Add half of chips and all of nuts and blend.

Pour into greased 9 x 13 inch pan, sprinkle remaining chips over the top.

Bake at 350 degrees for 40 minutes

CAKE RECIPES

Chocolate Crème Cupcakes with Chocolate Ganache Frosting

By Char Lee Behunin

1 box chocolate cake mix
3 eggs
1 cup sour cream
2 cups heavy whipping cream
1/4 cup powdered sugar
1/2 cup grated chocolate for garnish

Mix together cake mix, eggs, and sour cream until smooth. Bake at 350 degrees for 15-18 minutes or until cake springs back when lightly touched. Cool completely on wire rack. When cooled, cut the top off and pull out some of the cake filling, leaving a solid wall of cake to support the filling. Whip the cream until stiff peaks form and add powdered sugar. Add whipping cream by the spoonful to the holes of all cupcakes and top with cupcake lid. Frost.

Frosting:

1 cup heavy whipping cream
12 ounces semi-sweet chocolate chunks or chips

Heat cream in saucepan until it comes to a boil. Remove from heat and pour over chocolate in a mixing bowl. Stir to mix together. You can pour it over your cakes warm, or allow to cool slightly and be spread like frosting

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CAKE RECIPES

Chocolate Marshmallow Brownies **by Letha Ogzewalla**

Mix together:

1 stick margarine

1/3 cup cocoa

2 cups sugar

Add:

4 eggs, mixing one at a time

Add:

1 ½ cups flour

2 tsp vanilla

½ cup nuts (if desired)

Grease cookie sheet with sides. Bake 25 minutes at 350 degrees. Remove from oven and cover with mini marshmallows and return to oven for about 4 minutes until golden brown. Let cool completely before frosting.

Frosting:

4 Tbs cocoa

1 stick butter

1 tsp vanilla

7 Tbs milk 4 cups powdered sugar

Put on sprinkles if you want.

Darn Good Chocolate Cake (Cake Mix Doctor) **By Becky Davis**

1 box chocolate cake mix

1 pkg. instant chocolate pudding

4 eggs

1 cup sour cream

1/2 cup vegetable oil

1/2 cup warm water

1 1/2 cups chocolate chips

Spray a Bundt pan with cooking spray and dust with flour. Preheat oven to 350 degrees. Blend everything except chocolate chips together for one minute on low speed, then higher speed for two minutes. Fold in the chocolate chips. Bake for 45-50 minutes. Cool for 20 minutes before removing from pan. Sprinkle with powdered sugar (optional)

CAKE RECIPES

Dutch Apple Cake with Caramel Glaze

By Kathy Worrell

7 apples
3 cups unbleached all-purpose flour
1 tsp. baking soda
1-1/2 tsp. ground cinnamon
1 tsp. salt
1/2 tsp. ground nutmeg (the recipe called for freshly grated, but I couldn't find a fresh nutmeg)
3 eggs
1-1/2 cups vegetable oil
1 cup packed brown sugar
1 cup granulated sugar
2-1/2 tsp. vanilla
1-1/4 cups chopped pecans

Caramel glaze

6 T unsalted butter
1/3 c dark brown sugar
1/3 c packed light brown sugar
1/2 c whipping cream
Pinch of salt

1. Preheat oven to 325 degrees. Butter and flour a 13x9x2 inch baking pan; set aside. Peel apples, quarter, core, and cut each quarter in half lengthwise, then crosswise (16 pieces from each apple).
2. In a medium bowl whisk together the flour, baking soda, cinnamon, salt and nutmeg; set aside.
3. In a very large mixing bowl whisk eggs to combine. Whisk in oil, sugars, and vanilla until well blended. Gradually whisk in the flour mixture just until well blended. Fold apples and pecans into batter (batter will be thick and just coat apples). Turn into prepared pan, spreading to edges of pan.
4. Bake about 1 hour or until a toothpick inserted in the center of the cake comes out clean. Remove from oven and cool on a wire rack while preparing glaze. Spoon Caramel Glaze over warm cake.

Caramel Glaze: In a medium skillet melt 6 tablespoons unsalted butter. Add 1/3 cup packed dark brown sugar, 1/3 cup packed light brown sugar, 1/2 cup whipping cream, and a pinch of salt. Cook and stir until blended over medium-low heat for 2 minutes. Increase heat and boil 2 minutes or until dime-sized bubbles cover the surface of the glaze. Remove from heat and cool slightly until glaze begins to thicken, about 5 minutes. Spoon over cake.

CAKE RECIPES

Chris' Chocolate Strawberry and Bavarian Cream Cake by Chris Burningham

Hershey's "Perfectly Chocolate" Chocolate Cake: (this is the same recipe on the Hershey's Cocoa natural unsweetened can – that you buy at the grocery store.) It's pretty easy to make and bake, and very moist.

2 cups sugar	2 eggs
1-3/4 cups all-purpose flour	1 cup milk
3/4 cup HERSHEY'S Cocoa	1/2 cup vegetable oil
1-1/2 teaspoons baking powder	2 teaspoons vanilla extract
1-1/2 teaspoons baking soda	1 cup boiling water
1 teaspoon salt	

Heat oven to 350 degrees. PAM or grease & flour 2-9" round baking pans TIP: (I put a square piece of wax paper sprayed with PAM in the bottom of my pans to keep cake from sticking and easy flip out-about 4X4" square. Combine dry ingredients in large bowl. Add eggs, milk, oil and vanilla; beat on med. speed 2 minutes. Stir in boiling water (batter will be thin). Pour into pans. Bake 30-35 minutes or until wooden pick inserted comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely.

Easy Bavarian cream for center layer in cake

4 oz. softened cream cheese
1 pkg 3.5 oz. French vanilla instant pudding (regular pudding if you can't find the French vanilla.)
3/4 cup of milk
8-12 oz. cool whip

Make sure your cream cheese is softened like soft butter. Mix pudding with cream cheese until lumps are out. Add milk and beat a minute or two, fold in the cool whip so that it is creamy and thick and not runny. Chill while cake cools. Then put in center layer of cake, a nice thick layer. Chill well.

Decorating the cake: After you have the center layer chilled well, make a thin layer of whip cream all around the cake. Then put another complete covering of the cake with whip cream so that it looks inviting to eat. (1 whip 8 oz. of heavy whip cream and 3 tablespoons of powdered sugar + 1 tsp. vanilla until it has stiff peaks. This should be enough for the whole cake) Clean strawberries with soft brush (pastry brush) and slice diagonally into 5-7 clean slices not cutting through the green top of the strawberry, then slowly spread the slices to make a pretty shape. Place on cake to look beautiful, on top and sides. Add chocolate wings to top of cake.

Chocolate wings or butterflies: To make these, make sure you are working in a cold environment, in other words it's best to form these in a very cold air-conditioned kitchen or during the winter when you can open the windows and get your kitchen nice and cold, which will help the chocolate set. So, anyways, you melt milk chocolate buttons/brick (1/2 -1 pound) of chocolate in a dish. I buy my buttons from Cavanaugh's for about \$5.00 a pound). I melt them in a bowl over a warm pot of water (double boiler) or on the Defrost level in the microwave, about 15 seconds at a time until melted. Then cool it a bit and temper it so you can form shapes on a waxed cookie sheet. (Tempering chocolates means to cool the chocolate until it starts to get a little thick and about to set) Put the tempered chocolate in a pastry bag and then form wings or butterflies on the wax paper and cool well. A small tip on the pastry bag is better than a large. About a size 2 or 3. You can put the formed shapes in the freezer or fridge so they can set up. Some don't always turn out perfect, practice makes perfect. When they are set and hard, you can take them from the cookie sheet and decorate them on the top of the cake any way you want. I place them like a crown in between the strawberries. Keep cake in fridge until ready to eat. TIP: Don't leave the chocolate wings or butterflies in the freezer for a long period of time as when you take the chocolate out of the freezer, the chocolate will condense from the warm air and sweat causing the chocolate to streak with white lines and be icky.

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CAKE RECIPES

Cobbler Recipe

By Kathy Layton

1 cup self-rising flour
1 cup milk
1 cup sugar
3/4 stick of butter (melted)
1 can of peaches in light syrup drained and chopped or 1 full cup of blueberries (You can add any fruit you like to this recipe)

Directions

Spray pam into a corning ware baking dish (or similar) that is 3 inches deep and about 6 inches across the top. Mix flour, sugar, and milk together into the same corning ware baking dish. Pour melted butter on top of flour mixture (DO NOT MIX). Add fruit (DO NOT MIX). Bake at 350 degrees and cover for 30 minutes, then bake uncovered for another 30 minutes.

Oatmeal Cake

By Carole Burrahm

1 1/4 Cups boiling water
1 cup oatmeal
1/2 cup shortening
1 cup sugar
1 cup brown sugar
2 eggs
1/2 tsp. vanilla
1-1/3 cups of flour
1 tsp. baking soda
1 tsp. salt
1-1/2 tsp. cinnamon
1/2 cup chopped pecans or walnuts

Pour water over oats: stir: let cool. Cream together next 5 ingredients. Sift together next 4 ingredients, add nuts. Mix with creamed ingredients, add oatmeal and mix well. Bake in greased square pan at 350 degrees for about 30 to 35 minutes. Top with coconut topping while cake is still hot. Recipe can be doubled and baked in a 15x11 inch pan.

Coconut Topping

By Carole Burrahm

6 Tbsp butter softened
1/2 cup brown sugar, packed
1/4 Cup milk
1/2 tsp vanilla
1 cup coconut
1/2 cup walnuts or pecans

Mix well all ingredients and spread on hot cake. Leave in pan, cut and serve. Can be served warm or cooled.

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CAKE RECIPES

Paula Deen Double Chocolate Chip Pound Cake

Submitted by (Lindsay Zesiger)

So Easy! Preheat oven to 350 degrees. Spray baking dish with non-stick baking spray with flour.

1 yellow cake mix
1 5.9oz box instant chocolate pudding mix
1/2 cup sugar
2/3 cup water
1/2 cup veg. oil
4 large eggs
1-8 oz. container sour cream
1-12 oz. bag mini chocolate chips
Garnish: confectioners' sugar (optional)

Mix the cake mix, pudding mix, and sugar. Add water, oil, and eggs. Beat at med speed until smooth. Stir in sour cream and chocolate chips. Pour in pan and bake for 1 hour or until toothpick comes out clean. Let cool in pan for 10 minutes. Remove from pan and cool completely on wire rack. Garnish with confectioner's sugar, if desired.

Pineapple Orange Cake

By Nancy Carmack from Taste of Home

1 pkg 18 ¼ oz yellow cake mix
1 11 oz can mandarin oranges, undrained (packed in own juice, no sugar)
4 egg whites
½ c unsweetened applesauce
1 20 oz can crushed pineapple, undrained (packed in own juice, no sugar)
1 1 oz pkg sugar free instant vanilla pudding mix
1 8 oz carton reduced fat whipped topping
Non-stick coating spray for baking dish

In a large bowl, beat cake mix, oranges, egg whites, and applesauce on low speed for 2 minutes. Pour into a 9 X 13 X 2 baking dish. Bake at 350 degrees for 25-30 minutes or until toothpick inserted in the center comes out clean. Cool on a wire rack. In a bowl, combine pineapple and pudding mix. Fold in whipped topping just until blended. Spread over cake. Refrigerate for at least 1 hour before serving.

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CAKE RECIPES

Pumpkin Cake (sheet cake) **by Karen Gittins**

4 eggs
1 cup oil
2 cups pumpkin
1 2/3 cups sugar
2 cups flour
1 Tbs cinnamon
1 tsp salt
1 tsp soda

Mix all ingredients together and pour into greased cookie sheet. Bake at 350 degrees for 25 minutes.

Frosting:

1 pkg cream cheese
1 cube butter
2 cups powdered sugar

Super Easy Chocolate Trifle **by Debbie Webb**

Step 1: 2 small pkgs chocolate instant pudding. 3 cups milk. Mix, then fold in 2 cups cool whip.
Step 2: (12 oz.) Pound cake - cubed or I use angel food cake.
Step 3: Chocolate fudge ice cream topping.
Step 4: Cool whip for on top.
Step 5: Cut up giant Symphony candy bar with toffee chips.

Layer: 1/2 cake, ice cream topping, candy, pudding/cool whip mixture - repeat.

Pheasant Ward Relief Society Recipe Book

CAKE RECIPES

The Most Dangerous Cake Recipe in the World!

By Donna Isaacson

4 T flour
4 T sugar
2 T cocoa
1 egg
3 T milk
3 T oil
3 T chocolate chips
a splash of vanilla extract
a large hot chocolate mug.

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips and vanilla extract and mix again. Put your mug in the microwave and cook for 3 minutes at high (1000 watts). The cake will rise over the top of the mug but don't be alarmed. Allow to cool a little and tip out onto a plate if desired. Why is this **THE MOST DANGEROUS CAKE RECIPE IN THE WORLD?** Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

CANDY RECIPES

Pheasant Ward Relief Society Recipe Book

CANDY RECIPES

Microwave Peanut Brittle

by Arlynn Larsen

1 cup sugar
½ cup corn syrup
1 cup raw peanuts
1/8 tsp. salt

Microwave on high power 7-8 minutes. Stir after 4 minutes.

2 Tbls. butter - Add butter, then microwave at 2 minute intervals until mixture looks caramelized in color.

Add:

1 tsp soda
1 tsp vanilla - Stir until formed. Spread on buttered cookie sheet. Let cool.

Microwave Peanut Brittle 2

1 Cup Sugar
½ Cup Light Corn Syrup
1 Cup Raw Peanuts
1/8 teas. Salt

Microwave High Power 7-8 Min. Stir after 4 min. Then Add.

2 TBLS. Butter

Microwave 2 min. or until mixture looks caramelized in color. Then Add.

1 teas. Soda
1 teas. Vanilla

Stir until foamed. Spread in buttered cookie sheet. Let cool. Break into bite size pieces. Store in airtight container.

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CANDY RECIPES

Pecan Brittle

By LaRee Watkins

2 sticks butter
1 cup sugar
3 Tbs. water
1 Tbs. white corn syrup
1 tsp. vanilla

Put all ingredients in a large pan.

Put on medium heat.

STIR CONSTANTLY! (She told me to never stop stirring.)

If you have a candy thermometer cook to 300 degrees or hard ball or the color of a brown paper bag.

When done cooking, add 2 cups of coarsely chopped pecans.

Pour on a greased cookie sheet.

Peppermint Bark

by Mary Anne Sorenson

1 pound Almond Bark (white chocolate squares in the baking section)
8 peppermint candy canes

Melt the almond bark in the microwave, stirring every minute or so until melted. Crush the candy canes into small pieces and/or powder. Add to the melted almond bark. Pour onto a cookie sheet covered with wax paper. Spread out thin. Cool until firm. Break into pieces by dropping the tray or by hand. You can melt chocolate chips and drizzle over the top before you cool it, if you like.

Rocky Road Fudge

By Mary Nelson

14 oz. Can Eagle Brand milk
2 Tbs. butter
12 oz. Milk chocolate chips
Melt all together.

Then in a bowl, add:

10 oz. pkg of colored marshmallows
2 cups peanuts

Pour in 9x13 buttered dish. Cool. Cut in pieces. Looks colorful and tastes yummy!

COOKIE RECIPES

Pheasant Ward Relief Society Recipe Book

COOKIE RECIPES

Banana Bars

By (Unknown)

2 1/4 cups flour
1 1/2 cups sugar
3/4 cup shortening
3 eggs
3/4 tsp. baking soda
3/4 tsp. salt
1 1/2 medium bananas, mashed
1/2 cup milk with
1 1/2 tsp. lemon juice

Frosting:

2 Tbsp. butter
2 cups powdered sugar
1/4 tsp. salt
1 tsp. vanilla
1/2 banana, mashed

1. Mix flour, soda and salt. Set aside.
2. In another bowl, cream shortening and sugar..
3. Add eggs. Mix.
4. Add milk with lemon juice and bananas. Mix well.
5. Pour into a greased 12 x 18 inch jelly roll pan.
6. Bake at 350 degrees for 20 minutes.
7. Combine all frosting ingredients and mix well.
8. Frost while warm.

Optional: Drizzle melted chocolate over the top right after the frosting has melted into the bars.

Butter Cooke

By Lee Sudweeks

4 cups flour
2 cups sugar
2 eggs
1 lb. butter
1/2 tsp. baking soda
2 tsp. almond extract

Cream butter and sugar together. Add flour, eggs, baking soda and extract. Fill 3/4 full (small aluminum loaf pans). Bake 350 degrees for 30-35 minutes.

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COOKIE RECIPES

Caramel Fingers

By Becky Davis

Shortbread:

- 1 cup butter, softened
- 1/2 cup sugar
- 3 cups flour

Cream butter and sugar and add flour. Grease a large cookie sheet. Spread evenly into pan and press down with fingers. Take a glass and roll the dough until it is evenly pressed and smooth. Prick evenly with a fork. Bake at 350 degrees for 10-12 minutes. Cool.

Caramel:

- 1 can sweetened condensed milk
- 1 cup sugar
- 1 cup butter
- 2 Tbsp light Karo syrup

Heat above ingredients in a heavy sauce pan. Bring to a gentle boil and stir constantly (about 12 minutes) until it reaches a soft ball stage, a very light caramel color. Pour over cooled crust and spread evenly.

Topping: (You can use almonds, or chips, or both)

- 1 pkg sliced or slivered almonds
 - 1 pkg white, dark or milk chocolate chips
-

Chocolate Butterscotch Peanut Butter Rice Crispy Treats

Submitted by Carole Burrahm

- 1 cup light corn syrup
- 1 cup sugar
- 1 cup peanut butter
- 6 cups crispy rice cereal
- 6 ozs. (1 cup) semisweet chocolate chips
- 6 ozs. (1 cup) butterscotch chips

Spray one 9x13 pan; set aside. Measure cereal into large mixing bowl; set aside. In a large sauce pan mix sugar and syrup; heat on medium high until sugar is melted and just to the boiling point. Remove from heat and stir in peanut butter until melted; pour over cereal and stir quickly until evenly coated. Press into the 9x13 pan. Melt both kinds of chips in microwave for 1 minute; remove, stir and return for 15 second interval stirring after each until smooth. Pour over mixture in pan and spread. Sprinkle with cupcake candy sprinkles. Let sit until Chocolate is set; cut into squares. This will become a favorite and you will receive many requests for the recipe!!!

Pheasant Ward Relief Society Recipe Book

COOKIE RECIPES

Chocolate Chip Oatmeal Cookies **by Tracy Christensen**

2 cups brown sugar
2 cups white sugar
2 cups real butter
4 eggs
1 tsp salt
2 tsp baking powder
2 tsp soda
2 tsp vanilla
4 cups flour
4 cups oatmeal
2 pkg chocolate chips
3 cups nuts or raisins (optional)

Cream butter and sugars. Add the rest. Bake at 400 degrees for 6-8 minutes.

Double Chocolate Cookies **by Kathy Worrell**

1 cup butter
1 1/2 cups sugar
2 eggs
2 tsp. vanilla
2 cups flour
2/3 cup cocoa
3/4 tsp. baking soda
1/4 tsp. salt
2 cups semi sweet chips

Preheat oven to 350 degrees. Mix butter, sugar, eggs and vanilla until light and fluffy. Stir together flour, cocoa, baking soda and salt; add to butter mixture. Stir in chocolate chips. Form ball, roll in powdered sugar and bake 8-10 minutes.

Pheasant Ward Relief Society Recipe Book

COOKIE RECIPES

No Bake Cookies

By Elizabeth Hendricks

½ C. butter
2 C. sugar
½ C. milk
1 tsp. salt
2 Tb. Cocoa
1 Tsp. Vanilla
1 C. Peanut butter
3 ½ C. Oatmeal

Melt butter, mix in with sugar, milk & salt. Bring to a boil and add cocoa and vanilla. Stir then add 1 cup of peanut butter (or until tastes best) melt the peanut butter then take off heat and add oatmeal till bumpy. Put on cookie sheet to cool down for 15 min. Then enjoy.

Peanut Butter and Jelly Truffles

by Karen Gittins

6 slices whole-wheat bread
1 ½ cups peanut butter
10-ounce bottle no-sugar jam
crushed nuts, finely diced dried fruit or powdered sugar for coating (optional)

In food processor, combine the bread, peanut butter and jam. Process until the ingredients form a thick dark brown dough with an even consistency. There should be no streaks of peanut butter or jam. Break off tablespoon sized chunks of the dough and roll into balls. The truffles then can be rolled in crushed nuts, dried fruits or powdered sugar. If not serving immediately, refrigerate in an airtight container.

Peanut Butter Blossoms

By Unknown

48 milk chocolate Hershey Kisses	2 Tbs. milk
½ cup shortening	1 tsp. vanilla extract
¾ cup creamy peanut butter	1 ½ cup all-purpose flour
¾ cup granulated sugar	1 tsp. salt
1/3 cup packed light brown sugar	granulated sugar
1 egg	

Heat oven to 375 degrees. Remove wrappers from chocolates. Beat shortening and peanut butter in large bowl. Add 1/3 cup granulated and brown sugar, beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into mixture. Shape dough into 1-inch balls. Roll in sugar; place on ungreased cookie sheet. Bake 8 to 10 minutes or until lightly browned. Immediately press a chocolate kiss into center of each cookie. Remove from cookie sheet to wire rack. Cool completely. Makes about 4 dozen cookies.

Pheasant Ward Relief Society Recipe Book

COOKIE RECIPES

Pumpkin Chocolate Chip Cookies

By Gwen Murray

1 box spice cake mix
1 small can of pumpkin
1 pkg of semisweet or milk chocolate chips

Mix all ingredients together. Bake at 350 for 13 minutes.

Soft Sugar Cookies

by Krissy Brooks from RS Fall Enrichment 2009

1/4 cup shortening
1/4 cup butter
1 cup sugar
1 egg
1 tsp. vanilla
1/2 cup sour cream
2 2/3 cups flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 tsp. nutmeg

Cream together shortening, butter and sugar. Then add egg, vanilla and sour cream. Add the dry ingredients to the sugar and egg mixture. (You do not need to chill this recipe.) Roll dough on floured surface and cut. Bake at 425 degrees for 6-8 minutes. Do not brown. Frosting: Whip together 1/2 part shortening and 1/2 part butter. Add powdered sugar to bring mixture to desired thickness. Flavor with vanilla to taste. Decorate cookies with sprinkles or candy immediately after frosting.

Twix Bars

By Vicki Hoth

1 1/4 cup flour
1/2 cup powdered sugar
1/2 cup butter

Mix flour, powdered sugar and butter together. Press into 9x13 pan. Bake at 350 degrees for 10-12 minutes.

1 14 ounce bag of caramels
1/4 cup butter
1/3 cup half and half of evaporated milk.

Melt caramels, butter and milk in microwave. Stir often. Pour over crust. Cool.

1 cup milk chocolate chips
3 Tbs. shortening
3/4 cup Rice Krispies

Heat chocolate chips and shortening in microwave 30 seconds and then stir. If needed, heat another 30 seconds and stir. Add Rice Krispies and stir well. Carefully spread on top of caramel mixture. Cool and cut into bars.

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COOKIE RECIPES

Western Family Berried Treasure Treats

by Donna Craven at RS Fall Enrichment 2009

¼ cup margarine or butter

35 large marshmallows or 4 cups mini

7 cups Western Family Berried Treasure Cereal

Butter a 13x9x2-inch baking pan. In a large saucepan, melt margarine over low heat. Add marshmallows, stirring until melted. Remove from heat and quickly add cereal, stirring until all pieces are evenly coated. Press into prepared pan with back of buttered spoon. Cool; cut into squares. Store in airtight container. Makes 24, 42 calories each.

CREPE RECIPES

CREPE RECIPES

Crepes

By Unknown

1 2/3 cups all-purpose flour
1 tsp. salt
2 1/3 cups milk
2 Tbs. granulated sugar
3 eggs
1 Tbs. unsalted butter, melted

In a large mixing bowl, combine the flour and salt and make a well in the center. Add 1 1/3 cups of the milk and the sugar, and gently whisk together. Add eggs, whisking until just blended. Whisk in the remaining 1 cup of milk. Cover with plastic wrap and refrigerate for 30 min. Heat frying pan over medium-high heat. Brush the bottom and sides of the pan with melted butter. Using a 1/4 cup measure, pour the batter into the center of the pan. Quickly shake pan from side to side until batter evenly coats the bottom. Cook until the underside is golden and the edges are starting to curl. Gently flip over and cook the other side until golden brown. Remove the crepe from the pan with a spatula. Repeat process with remaining melted butter and batter until all crepes are made.

CUSTARD RECIPES

Pheasant Ward Relief Society Recipe Book

CUSTARD RECIPES

Pumpkin Custard Crumble

By Kathy Worrell

1 can (15 Oz.) Pureed Pumpkin
1 can 12 Oz. Evaporated Milk
3 whole Eggs
1-½ cup Sugar, Divided
1 teaspoon Cinnamon
½ teaspoons Ginger
¼ teaspoons Ground Cloves
c teaspoons Nutmeg
1 box(es) (about 18 Oz.) Yellow Cake Mix
½ cups Brown Sugar
1 stick Butter, Melted

Preparation Instructions:

In a large bowl combine eggs, pumpkin, evaporated milk, 1 cup of sugar, and spices. Whisk together and pour into a greased 9x13 baking dish. In a separate bowl, combine cake mix, brown sugar and remaining 1/2 cup white sugar. Add melted butter and mix together until it becomes crumbly. Sprinkle generously all over the top of the pumpkin mixture. Bake at 350 degrees for 45 minutes, making sure the top is nice and brown and crisp. Eat with ice cream or just a dab of whipped cream on top.

DESSERT RECIPES

Pheasant Ward Relief Society Recipe Book

DESSERT RECIPES

Éclairs

Shells

½ cup Butter and margarine

1 cup water

1 cup flour

Boil butter and water with a pinch of salt, take off heat, add flour, and stir until it leaves the side of the pan. Cool slightly. (So the eggs will not cook at all)

4 Eggs

Add the eggs one a time. (If you are doubling the recipe, you still need to add each egg one at a time.) Chill 3 hours before cooking. Bake @ 400 degrees for 30 min.

Filling

2 pkg. 3.4 oz. Instant French Vanilla

Pudding

1 pint Whipping Cream

½ cup milk

Mix until stiff and fill Shells. Frost with Chocolate Frosting.

Fruit pizza

By Darla Ellis

Crust:

1 ½ cups flour

3 tablespoons powdered sugar

1 cube margarine mix

And press onto pizza pan. Bake at 375 degrees until barely done. Cool.

Spread:

8 ounce softened cream cheese

1/4 teaspoon vanilla

1 cup powdered sugar

½ cup marshmallow cream

1 small container cool whip

2-3 drops red food color

Mix together until smooth. Spread on the cooled crust.

Fruit toppings:

Layer fruits on top of spread in any design wanted. Suggested fruits are: strawberries, raspberries, blue berries, pineapple, grapes, kiwis, etc.

Glaze:

2 cups sugar

½ cup orange juice (mixed)

2 tablespoons cornstarch

1/4 cup lemon juice

1/4 cup water stir together in saucepan and bring to a boil. Cook and stir until thick and clear. Cool. Drizzle lightly over fruit.

Pheasant Ward Relief Society Recipe Book

DESSERT RECIPES

Mincemeat Foldovers

By Mary Nelson

Dough:

2 cups flour
1/4 cup sugar
1/8 tsp. salt
1 8 oz. package cream cheese
1 cup butter
1 cup prepared mincemeat

Glaze:

1 cup powdered sugar
1 Tbsp. rum flavoring
2 tsp. light corn syrup

Dough:

In a large bowl mix flour, sugar and salt. Cut in cream cheese and butter until mixture resembles cornmeal. With hands work dough until it holds together. Divide dough into 4 balls, wrap each in waxed paper. Refrigerate 2-4 hours until firm. Preheat oven to 350 degrees. Work with 1/4 of dough at a time. Keep remaining refrigerated. On a lightly floured surface, roll into 10 inch circle. With 3 inch round cookie cutter, cut into circles. Place 1/2 tsp. of mincemeat in center of each circle. Moisten edge of dough and fold over mincemeat. Seal edge by pressing with tines of fork dipped in flour. Bake on cookie sheet 20-25 minutes or until golden brown. Remove to wire racks. When cool, drizzle with glaze.

Glaze:

In small bowl, mix glaze ingredients until smooth. Makes 4 dozen

Peaches and Cream Sensation

By Kathy Worrell

Crust: 2 sleeves graham crackers, crushed (about 2-1/2 - 3 cups) 3 T granulated sugar 12 T butter (1-1/2 sticks), melted	Creamy Filling: 1-1/2 cups powdered sugar 8 oz. cream cheese, softened to room temperature 1/2 tsp. vanilla 2 cups heavy whipping cream, chilled 5-6 fresh peaches, peeled, pitted and sliced thinly
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In a medium bowl, stir together the graham cracker crumbs and granulated sugar. Stir in the melted butter until combined. Take out 1/3 cup of the crumbs and set aside for later. Press the remaining mixture on the bottom of a 9x13 inch pan. Refrigerate the crust while preparing the rest of the dessert.

In a large bowl using an electric handheld mixer or in the bowl of an electric stand mixer, beat together the powdered sugar and cream cheese until light and smooth. Mix in the vanilla. Pour in the cold heavy cream and mix on low until the mixture starts to come together. Increase the speed to medium-high and mix until the mixture is thick and fluffy.

Spread a thin layer of the cream filling over the chilled crust, about 1-1/2 cups of the mixture. Layer the peaches over the top of the cream. Dollop the remaining cream over the top of the peaches in large blobs and spread carefully to cover the peaches completely. Spread the cream filling all the way to the edges of the pan so that the peaches are well sealed inside the cream to prevent them from going brown. Sprinkle the reserved graham cracker mixture over the top. Cover with plastic wrap and chill for at least 2 hours or up to 12 hours before serving.

Pheasant Ward Relief Society Recipe Book

DESSERT RECIPES

Pumpkin Cheesecake Crumble Bars

By Kathy Worrell

<p><i>Crust:</i> 1 cup all-purpose flour 3/4 cup packed light brown sugar 1/4 teaspoon salt 1/2 cup (1 stick) chilled butter, diced 1 cup pecan halves (about 4 ounces) 3/4 cup old-fashioned or quick rolled oats</p> <p><i>Topping:</i> 2 cups sour cream 4 tablespoons sugar 1/2 teaspoon vanilla extract</p>	<p><i>Filling:</i> 1 (8-ounce) package cream cheese (light or regular), room temperature 1 1/2 cups canned pure pumpkin (a little less than a full 15-ounce can) 1 cup granulated sugar 1 large egg 1 1/2 teaspoons ground cinnamon 1/2 teaspoon ground ginger</p>
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Directions

Preheat the oven to 350°F. Lightly coat a 9X13-inch metal baking pan with cooking spray. Set aside. Line a large, rimmed baking sheet with parchment paper or a silicone baking mat. Set aside. Blend the flour, brown sugar, salt, and butter by pulsing (in a blender or food processor) until the texture is like coarse meal. Add the pecans and pulse until the nuts are chipped. Add the oats, and again pulse until the mixture is moistened by not clumping. Press about 3 cups of the crumbs onto the bottom of the prepared 9X13-inch pan. Transfer the remaining crumbs to the lined baking sheet. Bake the crumbs until golden, stirring once, about 8-10 minutes. Cool crumbs. While they cool, bake the crust until golden, about 10-12 minutes. Remove from the oven and set aside while preparing filling. Keep the oven turned on.

For filling, blend all the ingredients in the same blender or food processor (no need to clean it in between) until smooth. Spread the filling over the warm crust and bake until it is slightly firm to the touch and the edges are just slightly risen, about 18-20 minutes. Keep that oven on!

For the topping, whisk all the ingredients together in a bowl. Spread the topping evenly over the hot, baked filling. Bake until the topping sets and bubbles at the edges, about 5-7 minutes. Cool the bars completely in the pan set on a cooling rack. Once cooled, sprinkle the golden crumbs over the topping and gently press them into the topping. Cover the bars and chill until cold, about 2 hours. Cut into squares and serve.

Recipe Source: <http://www.melskitchencafe.com/2012/10/pumpkin-cheesecake-crumble-bars.html>

Pheasant Ward Relief Society Recipe Book

DESSERT RECIPES

Pumpkin Roll

By Kathy Worrell

1/4 cup powdered sugar
3/4 cup all-purpose flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. ground cinnamon
1/2 tsp. ground cloves
1/4 tsp. salt
3 large eggs
1 cup granulated sugar
2/3 cup canned pumpkin
1 cup walnuts, chopped (optional)

Filling:

1 pkg. (8 oz.) cream cheese, at room temperature
1 cup powdered sugar
6 T butter, softened
1 tsp. vanilla
Powdered sugar (optional for decoration)

Preheat oven to 375 degrees. Grease 15x10 inch jelly roll pan; line with wax paper. Grease and flour paper. Sprinkle a thin, cotton kitchen towel with powdered sugar. Combine flour, baking powder, baking soda, cinnamon, cloves and salt in small bowl. Beat eggs and granulated sugar in large mixer bowl until thick. Beat in pumpkin. Stir in flour mixture. Spread evenly into prepared pan. Sprinkle with nuts. Bake for 13 to 15 minutes or until top of cake springs back when touched. (If using a dark-colored pan, begin checking for doneness at 11 minutes) immediately loosen and turn cake onto prepared towel. Carefully peel off paper. Roll up cake and towel together, starting with narrow end. Cool on wire rack. Beat cream cheese, 1 cup powdered sugar, butter and vanilla extract in small mixer bowl until smooth. Carefully unroll cake. Spread cream cheese mixture over cake. Reroll cake. Wrap in plastic wrap and refrigerate at least one hour. Sprinkle with powdered sugar before serving, if desired. Be sure to put enough powdered sugar on the towel when rolling up the cake so it will not stick.

DRINK

RECIPES

Pheasant Ward Relief Society Recipe Book

DRINK RECIPES

Cherry Limeade

From *Cooking with Paula Deen*, Jul/Aug 2006

By Lindsay H. Zesiger

Ingredients

- 1) 1 (2-liter) bottle lemon-lime flavored carbonated beverage
- 2) 1 (12-ounce) can frozen limeade concentrate, thawed
- 3) 1 (10-ounce) jar maraschino cherries with stems, undrained
- 4) 1 lime, sliced

Instructions

- 1) In a large container, combine all ingredients and chill.

Makes 3 quarts

Fruit Smoothies with Greek Yogurt

By Aundrea Carlson

1 cup water 1 cup milk 1/4-1/3 can frozen orange juice concentrate 1/2 frozen banana	About 2 cups frozen fruit, just use a few handfuls of each (I like blueberries, strawberries, and peaches, but you can use whatever you have on hand) 1/2-1 cup Greek yogurt Up to 1/4 cup sugar, optional (I like it best this way) A few handfuls spinach to taste, optional
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Pour in liquids first. Add orange juice, Greek yogurt and banana; blend until smooth. Add frozen fruit, spinach and sugar and blend until smooth. Serves about 4.

Juice Cooler

By Joan Heusser

2 parts diet 7-Up, Sprite, or other diet clear soda

1 part Light Cran-Raspberry juice

12 oz serving = 20 Calories

12 oz regular soda = 150 Calories

12 oz regular Cran-Raspberry juice = 180 Calories, 9 x more Calories than the Juice Cooler

It is yummy, does not taste like diet.

Pheasant Ward Relief Society Recipe Book

DRINK RECIPES

Lemonade Slush

By Sharon Gold

3 c water

3 c sugar

1 can (12 oz.) lemonade concentrate

5 c water

Boil together water and sugar. Stir in lemonade concentrate and water. Freeze together in ice cream bucket.

To Serve: Thaw slightly (1 hour) and mash. Mix in Sprite.

EGG

RECIPES

Pheasant Ward Relief Society Recipe Book

EGG RECIPES

Bacon Cheddar Deviled Eggs

By Unknown

12 Boiled Eggs
½ Cup Mayonnaise
4 Bacon Strips (cooked and crumbled)
2 TBLS. Finely Shredded Cheddar Cheese
1 TBLS. Honey Mustard
¼ teas. Pepper
¼ teas. Salt
¼ teas. Dry Mustard

Cut Eggs in half and pop out yolks. Mix egg yolks with remaining ingredients and spoon into the halved egg white. Garnish with a sprinkle of grated cheddar cheese.

Christmas Morning Brunch

by Mary Nelson

3 cups herbed croutons
2 cups shredded medium sharp cheese
1 lb. regular bulk sausage
1 lb. hot sausage
8 eggs
1 tsp. dry mustard
2 ½ cups milk
1 can cream of mushroom soup
2 cans sliced mushrooms, drained

Place croutons in greased 9x13 inch baking pan; top with grated cheese. Cook sausage in skillet until brown; drain on paper toweling. Place sausage over cheese. Beat eggs; mix with mustard, milk, mushroom soup and mushrooms. Pour over sausage. May be refrigerated overnight if desired. (Makes it easy for a busy Christmas morning). Bake in 300 degree oven for 1 hour and 30 minutes. May be reheated. Serves 6-8.

Deviled Eggs

12 Boiled Eggs
Cut in half and pop out the yolks.
12 Egg Yolks
3 TBLS. (heaping) Mayonnaise
1 teas. Mustard
½ teas. Salt
¼ teas. Pepper
1/2 cup dill pickles (cubed)
¼ - ½ teas. Dry mustard (depending upon how much kick you want it to have)

Cut boiled eggs in half and pop out yolk. Mix the Egg yolk and the remaining ingredients then spoon into the white part of the eggs. Garnish with a light sprinkle of paprika.

EGG RECIPES

How to Boil an Egg

Have your eggs at room temperature. Eggs should be at least 5-10 days old. Some add salt to the water and say that it helps the eggs peel better. Place eggs in large sauce pan and cover with cool water and make sure it is 1 inch above the eggs. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover and remove from heat. Let sit 12 min. Then run under cold water to stop them from cooking. Then set them in ice water until all cooled off. When your eggs have a green ring around the yolk that means you have overcooked them. Store your boiled eggs up to 3 days in the Fridge.

Seafood Deviled Eggs

12 Boiled Eggs
4 oz. can Tiny Shrimp
(set aside 24 good looking ones)
6 oz. can Crab Meat (drained)
½ 8 oz. can Water Chestnuts (diced)
2 Green Onions
3 heaping TBLS. Mayonnaise
1 heaping TBLS. Sour Cream
½ teas. Salt
¼ teas. Pepper
½ teas. Dry Mustard

Cut boiled eggs in half and plop out yolk. Mix the Eggs yolk and the remaining ingredients then spoon into the white part of the eggs. Garnish with one shrimp on top.

MAIN DISH

RECIPES

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Asian Chicken Lettuce Wraps

<http://www.melskitchencafe.com/asian-chicken-lettuce-wraps-quick-and-delish/>

By Kathy Worrell

- 1 1/2 cups water
- 1 cup short grain rice (i.e. sushi rice), rinsed
- 1/2 teaspoon salt
- 2 tablespoons fish sauce
- 1 tablespoon reduced-sodium soy sauce
- 3 tablespoons fresh lime juice plus 2 teaspoons fresh lime zest (from about 3-4 limes)
- 1 1/2 tablespoons brown sugar
- 1 teaspoon cornstarch
- 1 pound ground chicken
- 2 teaspoons vegetable or canola oil
- 1 jalapeno stemmed, seeded, and minced (leave in the seeds if you like more heat)
- 1/4 cup chopped fresh basil
- 3 green onions, finely chopped
- 12 Bibb or Boston lettuce leaves (about 1 head), washed

In a medium saucepan, bring the water, 1/2 teaspoon salt, and rice to a boil high heat. Cover, reduce the heat to low, and cook for 10 minutes. Remove the rice from the heat and let sit, covered, until tender, another 10-15 minutes.

Whisk the fish sauce, soy sauce, lime juice, brown sugar, and cornstarch together in a small bowl and set aside.

Heat the oil in a 12-inch nonstick skillet over medium heat until shimmering. Add the chicken, jalapeno, and lime zest and cook, breaking up the meat into small pieces with a wooden spoon, until the chicken is no longer pink, about 5 minutes.

Whisk the fish sauce/lime mixture to recombine; add it to the skillet and cook over medium-high heat, stirring constantly, until the sauce has thickened, a minute or two. Off the heat, stir in the fresh basil and scallions. To serve, open up a lettuce leaf, place a small scoop of rice on the bed of lettuce and top with some of the warm chicken mixture.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

BBQ Pork

By Darla Ellis

(great for Sunday dinner!)

Cut up:

6-8 Pork Loins (boneless)

Mix together:

½ Sweet Onion (chopped)

2 Cups Catsup

1 ½ Cups Water

¼ Cup Flour

¼ Cup Brown Sugar

3 TBLS Worcestershire Sauce

4 TB:S Vinegar

Garlic Salt & Pepper to taste

Stir Pork into sauce. Bake in covered Casserole dish. Bake at 350 degrees for 3 hours.

Beef, Mushroom and Onion Tart

By Joy Abegg

12 oz. lean ground beef or beef stir fry strips

1-8 oz. package sliced mushrooms

1/2 medium red or sweet onion, cut in thin wedges

1/4 tsp. each salt and ground black pepper

1-13.8 oz. pkg. refrigerated pizza dough

3 oz. blue cheese crumbled

Fresh oregano or fresh basil, &/or pizza seasoning (optional)

1. Preheat oven to 425 degrees F. In a skillet cook beef, mushrooms, and onion over medium heat until beef is browned and onion is tender, stirring occasionally. Drain off fat. Add salt and pepper.

2-Meanwhile, grease a large baking sheet or line with parchment. Unroll pizza dough. Roll or pat dough on baking sheet into a 15x12" rectangle. Top dough with beef mixture, keeping filling 1-1/2" from all edges. Fold edges over the filling, pleating as needed.

3-Bake tart for 15 minutes or until crust is golden. Remove from oven, top with blue cheese, herbs and seasonings. Serves 4.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Bruschetta Chicken Bake

By Sue Wayman

(This is an easy recipe when you need dinner fast, and it smells delicious when baking!)

One 15 ounce can diced tomatoes, undrained
2 garlic cloves, minced
1 (6 ounce) package chicken flavor stuffing mix
1/2 cup water
1 1/2 pounds skinless boneless chicken breasts, cut into bite-sized pieces
1 teaspoon dried basil leaves
1 cup shredded mozzarella cheese

Preheat oven to 400. Place tomatoes with liquid in medium bowl. Add garlic, stuffing mix and water; stir just until stuffing mix is moistened. Set aside. Place chicken in baking dish; sprinkle with basil and cheese. Top with stuffing mixture. Bake 30 minutes or until chicken is cooked through. (Serves 6)

Buttered Pasta

By Arlea Carmack

1 package elbow macaroni, shells, or rotini
2 T vegetable oil
1 t salt
1 stick butter (or more to taste)
Salt and Pepper to taste
¼ c Parmesan Cheese (if desired)

Bring to a boil 4 quarts of water for each pound of dry pasta, vegetable oil and salt. Add pasta and return to a boil. Cook, uncovered, approximately 9-11 minutes, or until tender, stirring occasionally. Avoid overcooking. Remove from heat and drain. Cut butter in pieces and melt in hot pasta. Salt and pepper to taste and Parmesan Cheese (if desired).

Cheesy Noodle Casserole

By Unknown

(Microwave)

1 cup boiling water
1 (3 ounce) package any flavor ramen noodles
1 (3 ounce) can water-packed tuna, drained
2 slices American cheese

Pour water into a microwave safe bowl, and cook in the microwave until very hot, about 2 minutes at high heat. Add ramen noodles, and microwave 2 minutes more to cook. Drain and discard water from noodles, then stir in seasoning packet, tuna, and American cheese. Place back into microwave, and cook until hot, 1 to 2 minutes more. Stir before serving.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Chicken and Stuffing Casserole

By Carole Burrahm

3 or 4 cooked chicken breasts cut into large pieces
1 can cream of chicken soup
1 cup sour cream
½ to ¾ can of milk
1 lb Swiss cheese sliced
2 boxes of stove top stuffing mix.

Prepare stuffing according to package directions. Press into the bottom of a greased 9x13" pan. Place chicken pieces on stuffing. Place Swiss cheese slices over chicken and stuffing; pour soup mixture over all. Sprinkle dry stuffing mix on top of soup mixture and bake in 350 degree oven for 30 to 35 minutes or until heated through and mixture is bubbly.

Chicken Curry Freezer Meal

By Aundrea Carlson

4 T. butter
½ c. chopped onion
2 t. curry powder
2 T. flour
1 t. ginger
1 t. salt
1 t. sugar
1 c. milk*
1 c. chicken broth
2 c. chicken chunks
1 T. lemon juice

Cook chicken; set aside. Melt butter in large skillet. Add onion and curry powder; sauté until onion is clear. Add flour, ginger, salt, and sugar. Stir until bubbly. Add milk and broth. Cook on low heat, stirring occasionally, until thickened slightly. Add chicken and lemon juice. Freeze in Ziploc freezer bags. Reheat and serve over rice.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Chicken Dorito

By Joy Abegg

1 small package of Nacho Cheese Doritos, crushed
1 can cream of mushroom soup
16 ounces sour cream
1-4 ounce can chopped green chilies
4-6 chopped green onions
Dash of garlic powder
2 chicken breasts, cooked and cubed (2 cans of chicken can be substituted)
Grated cheddar cheese

Preheat oven to 350 degrees. Grease 9x13 pan with non-stick spray. Layer crushed Dorito chips on bottom of pan. Mix soup, sour cream, chilies, onions and garlic. Place 1/2 of mixture on chips. Layer chicken and add remaining mixture. Sprinkle with cheese. Bake 20 minutes.

Chicken Tetrazzini

By Darla Ellis

4-6 chicken breasts
7 oz Whole Wheat Spaghetti Noodles
1/4 cup butter
1/4 cup flour
1/2 to 1 small can green chilies (mild)
1 cup chicken broth
1 cup half and half or milk
garlic salt to taste
pepper to taste
2 cups grated Italian blend or Parmesan cheese

Boil spaghetti until tender and drain. Cook chicken breasts. In pan on stove: Melt butter and add flour. Stir until thickened. Then add green chilies, chicken broth, half and half or milk and season with garlic salt and pepper to taste. Cut up or shred cooked chicken breasts and stir into sauce. Layer in baking dish or pan: Noodles then sauce w/chicken and top with cheese. Bake at 350 degrees for 30-40 minutes.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Chili

By Julie Jensen

Ingredients:

2 pounds hamburger
1 onion*
1 red pepper
1-14 oz. can stewed tomatoes
1-14 oz. can ranch style beans
4-8 oz. cans tomato sauce
1-14 oz. can pinto beans
1-14 oz. can kidney beans
1-10 oz. can Rotel diced tomatoes
1-1 1/4 oz. pkg McCormick mild chili seasoning

Preparation Instructions:

1. Brown hamburger with onion.
2. Add all canned items including juice plus the red pepper into large pan. (I dice the stewed tomatoes)
3. Cook until pepper is tender.
4. Enjoy.

*I live in the house of "Ew, is that an onion" and so I normally use minced onion and either works well in this recipe.

Cranberry Pork Tenderloin

By Carole Burrahm

1 pork tenderloin about 1 to 3-1/2 pounds
1 can of whole berry cranberry sauce
1/2 cup orange juice
1/4 cup sugar
1 tsp. brown sugar
1 tsp. ground mustard
1/4 to 1/2 tsp. ground cloves
2 tbsp. cornstarch
3 tbsp. cold water.

Place the tenderloin in a slow cooker. Combine the cranberry sauce, juice, sugars, mustard and cloves; pour over pork. Cover and cook on low for 5 to 6 hours or until thermometer reads 160. Remove pork and keep warm. In a small saucepan, combine cornstarch and cold water until smooth; stir in cranberry mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork.

A 1 pound tenderloin will yield 4 servings.

A 3 pound will serve about 12.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

David Days' Famous Enchiladas

By David Day

1 pound ground beef lean and drained
1 medium onion, chopped
1 (15 oz) can chili, without beans
1 (16 oz) can refried beans
1 (16 oz) can enchilada sauce
1 1/2 teaspoon salt
1 teaspoon pepper
1 1/2 teaspoon garlic salt
1 tablespoon chili powder
18 white or yellow corn tortillas
vegetable oil
1 lb mild cheddar cheese, grated

Cook ground beef in small pieces until done. Add 1/2 onion to ground beef while cooking. Season 1/2 of salt, pepper, garlic salt and chili powder after meat is done. Add the Chili w/o Beans and Refried Beans and let simmer for 1/2 hour. Add remaining seasoning (or season to desired taste) and simmer while cooking tortillas. Bring 1/4 inch of oil to high heat in frying pan. Place tortillas in the oil (I use 2 forks) one by one on both sides until the tortillas are cooked. (have swelled and started to firm.) Place filling into tortillas (about 2 Tablespoons each), roll tortillas and place in 12X20 inch cooking pan. Pour warm enchilada sauce over rolled tortillas (over the edges, especially) and cover with grated cheese. Cook in 350 degree preheated oven until cheese has thoroughly melted (about 15 minutes). Serve with salsa, chopped onions, lettuce and sour cream. 6 servings

Delicious Chicken Enchiladas

By Anne Allred

2 lb chicken tenders (or chicken breasts)
 cut into bite sized pieces
I've even used leftovers and they taste just great
1 pkg Nacho Doritos Chips
2 cans cream of chicken soup
1 can diced green chilies
1 pint sour cream
2 - 4 cups shredded cheese - I use the shredded colby, but any cheese you like is good

COOK: chicken any way you like and set aside MIX: soup, chilies, sour cream and set aside LAYER: in a 9 X 13 baking dish (cake pan) chicken, 1/2 sauce, 1/2 cheese, 2 to 3 cups crushed Doritos. rest of the sauce, rest of the cheese BAKE: 350 F for about 25 minutes.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Dorm Room Casserole

By Unknown

4 cups water
4 ounces spaghetti
1 (10.75 ounce) can reduced fat reduced sodium
1 can condensed cream of mushroom soup
1 (10 ounce) package frozen broccoli florets
1/2 cup French fried onions

Place 4 cups water in a 2 quart microwave-safe dish. Heat on high until bubbling, about 15 minutes. Break pasta in half, and drop into heated water. Microwave on high for 10 to 15 minutes, or until tender. Drain and set aside (keep warm). Cook broccoli according to microwave directions. Add cooked broccoli to noodles, reserving liquid. Stir in 1/4 cup fried onions and mushroom soup. Add reserved broccoli liquid. Toss thoroughly, and top with remaining onions. Cover, and microwave on high about 15 minutes, or until top is crunchy. Let stand for a few minutes.

Easy Chicken Pot Pie

By Shelli Rima

1-16 Oz. Package Frozen Mixed Vegetables, Thawed
1 Cup Cut-up Chicken or Can of Chicken
1-10 1/4 Oz. Condensed Cream of Chicken Soup
1 Cup Bisquick Baking Mix
1/2 Cup Milk
1 Egg

Heat Oven to 400E. Mix Vegetables, Chicken and Soup in Ungreased 2-qt Casserole. Stir Remaining Ingredients in Small Bowl, Using Fork, until Blended. Pour into Casserole. Bake Uncovered 30 Minutes or until Golden Brown. 6 Servings.

Goulash

By Carol Hendricks

1 lb. browned hamburger
1 chopped browned onion
3 cups cooked elbow macaroni
3 cans purred tomatoes or 2 cans Italian tomatoes with 1
can diced tomatoes
1 can kidney beans
1 can corn
1/2 tsp. salt
1-2 Tbls. Chili powder & a dash of garlic

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Grilled Rosemary Chicken Breasts

By Bonita Mahalatti

- 4 skinless boneless chicken breast halves
- 5 cloves garlic, minced
- 2 Tbsp fresh minced rosemary
- 1 Tbsp Dijon mustard
- 1 Tbsp fresh lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper
- 2 Tbsp olive oil

Prepare a hot fire with charcoal coals.

Rinse chicken with cold water and pat dry. Place chicken in a glass baking dish.

Mix together all other ingredients and pour over chicken, turning to coat well. Cover and marinate at room temperature for 30 minutes.

Remove chicken breasts from marinade and place on an oiled grill set 4-6 inches from coals.

Grill chicken turning once and baste with reserve marinade. Cook about 10 minutes total or until white throughout but still juicy.

Ham – Pineapple Rollups

By Donna Isaacson

- 1 package deli-type ham
- 8 oz. fat-free cream cheese, softened
- 1 can crushed pineapple, drained
- 2-3 tablespoons chopped pecans

Spread cream cheese mixture on sliced ham, roll up from narrow end. Place the roll-ups in refrigerator for several hours. Remove and cut into thin slices and put on Ritz or other type of crackers.

Hawaiian Chicken

By Donna Isaacson

From RS Birthday Dinner March 2011

- 1 can (2.5 oz) chicken
- 1/2 cup celery, diced
- 1 medium apple, chopped
- 1 cup pineapple chunks
- 2 T raisins
- 2 t toasted sesame seeds
- 5 T mayonnaise
- 1/2 t curry powder

Combine chicken, celery, apple, pineapple, raisins and 2/3 of the sesame seeds in a large bowl. Mix mayonnaise and curry powder. Pour mayonnaise mixture over chicken mixture and toss to coat. Sprinkle with remaining sesame seeds. (I doubled the recipe)

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Hobo Dinner

By Shelli Rima

1 Lb Ground Beef Patties
5 Potatoes, Sliced
1 Lb Bag of Baby Carrots
1 Onion, Sliced and Ringed
Lowery's Seasoning Salt

Preheat Oven to 400 degrees. Place in Foil Cooking Bag on Cookie Sheet or Line a 9 X 13 Baking Pan and Then Cover and Seal: Meat, Then Potatoes, Carrots and Onions. Season to Taste with Salt, Pepper, Garlic, Etc., Bake for 1 Hour.

Lighter Fried Chicken

By Debbie Webb

8 Skinless, boneless chicken thighs
1/4 tsp salt
1/8 tsp pepper
1/8 tsp garlic powder
1/4 cup light mayo
1 egg white
1/2 tsp hot sauce
Zest and juice of 1 lemon
1 1/4 cups cornflake crumbs

Preheat oven to 375 degrees. Spray cookie sheet with non-stick spray. You may want to use foil. Combine salt, pepper, and garlic powder and sprinkle on the chicken. In a large bowl combine the mayo, egg white, hot sauce and zest and juice of lemon. Add the chicken and toss to coat. Place cornflake crumbs on wax paper. Dip the chicken into the crumbs pressing so the crumbs adhere. Place the chicken on the cookie sheet and lightly spray chicken with olive oil or non-stick spray. (Debbie uses the olive oil). Bake 40-45 minutes. Do not turn.

Make Ahead Meatballs

By Carole Burrahm

4 eggs 1/4 tsp white pepper
2 /cups dry bread crumbs
4 lbs lean ground beef (or turkey)
1/2 cup finely chopped onion
1 tbsp salt
2 tsp Worcestershire sauce

In a small bowl beat eggs. In a large bowl put meat, eggs and next 5 ingredients. Mix well. Shape into 1 inch balls, about 12 dozen. Place in single layers in ungreased pans. Bake at 400 degrees for 15 to 20 minutes, turning twice; drain; cool. Place about 30 meatballs into freezer containers or bags. May be frozen for up to 3 months. Makes about 5 batches; 30 to a batch. This recipe may be cut in half for smaller quantities.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Oven Barbequed Chicken

By Bonita Mahalatti

6 (8-ounce) chicken breast halves, bone-in
1/3 cup chopped onion
3/4 cup ketchup
1/2 cup water
1/3 cup white vinegar
3 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 teaspoon ground mustard
1/4 teaspoon salt
1/8 teaspoon pepper

In a nonstick skillet coated with nonstick cooking spray, brown chicken over medium heat. Transfer to a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Recoat skillet with nonstick cooking spray; cook onion over medium heat until tender.

Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Pour over chicken. Bake, uncovered, at 350 degrees F for 45-55 minutes or until chicken juices run clear and a meat thermometer reads 170 degrees F.

Poppyseed Chicken

By Rachael Burningham Bangerter

20 Ritz crackers
3 T butter
2 cans cream of chicken soup
1 1/2 c sour cream
1 1/2 T poppy seeds
6 chicken breasts
2 c Rice, approximately

Crumble Ritz crackers and set aside. Melt butter and set aside. Mix soup, sour cream, and poppy seeds and set aside. Cook chicken breasts on med to med high heat in skillet till cooked through. Shred chicken. Spread chicken on bottom of 9 x 13 baking dish. Pour creamy mixture over top. Bake at 360 F for 20 minutes, then remove and spread cracker crumbs over chicken. Drizzle melted butter over crumbs. Bake for another 20 minutes. This is great over rice pilaf, or just white rice!!

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Quick Oven Chicken

By Susan Day

2 skinless chicken breasts (bone-in will be more juicy)

½ can cream of chicken soup (put other half in a zip lock bag and freeze for next time)

Chicken seasoning (you can buy a bottle of chicken seasoning or make your own with lemon basil, thyme, pepper and paprika)

Salt

Season chicken breast and salt them. Place chicken breast in baking pan and cover with soup. Bake 45 minutes to 1 hour in 350 degree oven.

Ramen Stir Fry

By Mary Anne

Meat (any kind, amount you need or would like)

Vegetables (any kind, frozen work well too)

Ramen noodle packages

¾ c. water for each package of noodles

Cut up meat into bite-size chunks. Put in a bowl, cover with water and 1 ramen seasoning packet (oriental is really good). Put aside to marinate. Put some oil in a fry pan and cook your veggies until slightly firm (2-3 minutes). Before veggies are all the way soft, add a seasoning packet, ¾ cup of water (for each packet of noodles you use), and the noodles, making sure the noodles are in the water. Cover and cook until water is all absorbed, stirring and breaking apart the noodles occasionally. Place on a plate and cover to keep warm. Drain the meat and place in fry pan. Stir-fry until done. Pour on top of the noodles and enjoy.

Spinach-Chicken-Apple Salad with Apple Vinaigrette

By Unknown

1 bag fresh spinach, 12-16 ounces

1 pound cooked chicken breast, cut into bite-sized pieces

1 green apple (leave colorful peeling on apple)

1 red apple (leave colorful peeling on apple)

½ cup raisins

Vinaigrette:

½ cup granulated sugar

½ cup apple cider vinegar

2 teaspoons finely diced purple onion

½ teaspoon dry mustard

½ teaspoon salt

¼ cup vegetable oil

¾ cup finely chopped apple (approximately 1 small apple)

Put salad together. Wash spinach, let dry. Make vinaigrette: Pulse a few times in blender (no more than 6) sugar, vinegar, onion, mustard, salt, apple, vegetable oil. Moisten chicken with a little of the vinaigrette. Put chicken in the bottom of a serving bowl. Put spinach on top of chicken. Add apples and raisins. **Do Not Toss Yet.** Refrigerate spinach combo and dressing separately, until serving time. Pour dressing over spinach just before serving and toss.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Salisbury Steak for 6 or 2

By Lora Brown

Combine in bowl and mix well:

2 eggs

1/4 cup plus 2 Tablespoons crushed butter- flavor crackers (Ritz)

2 Tablespoons finely chopped onion

1 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon rubbed sage

1 1/2 Lbs. ground beef

Shape into patties. In a skillet, cook on each side 4-5 minutes, or until browned. Drain. Remove to a platter and keep warm. Make beef gravy in the same skillet using the ingredients below , or using packaged gravy mixes if preferred.

GRAVY:

4 Tablespoons butter or margarine

6 Tablespoons flour

3 1/2 cups water

4 beef bouillon cubes

1/2 teaspoon browning sauce, optional

2 cans mushroom stems and pieces

Make a roux with margarine and flour, add bouillon dissolved in water and browning sauce, if desired. Cook and stir until smooth and thickened. Add the mushrooms. Return patties to gravy and cook, uncovered, over low heat for 10 minutes, stirring occasionally. Serve with mashed potatoes.

Salisbury Steak for 2

Use above directions using these measurements:

1 egg

3 Tablespoons crushed butter-flavor crackers (Ritz)

1 Tablespoon finely chopped onion

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon rubbed sage

3/4 lb. ground beef

GRAVY:

2 Tablespoons butter or margarine

3 Tablespoons flour

1 3/4 cups water

2 beef bouillon cubes

1/4 teaspoon browning sauce, optional

1 can (4 oz.) mushroom stems and pieces

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Spinach Rice Ham Bake

By Unknown

(Microwave)

8 oz. Velveeta or other processed cheese, cubed
1/2 cup milk
3 c. cooked rice
 (use Success rice and cook in microwave)
2 cups cubed fully cooked ham
1 (10 oz) package frozen chopped spinach,
 thawed and squeezed dry

In a microwave-safe bowl, combine the cheese and milk. Microwave, uncovered, on high for 2 minutes or until cheese is melted; stir until smooth. Stir in the rice, ham and spinach. Transfer to a greased 1-1/2-qt. baking dish. Cover and bake at 350 F. for 25-30 minutes or until heated through.

Sweet and Sour Meatballs

By Carole Burrahm

1 can (20 oz) pineapple tidbits or chunks
3 tbsp corn starch
1/3 cup water 1 batch of meatballs
3 tbsp vinegar
1 large green pepper cut into 1" pieces
1 tsp soy sauce
1/2 cup packed brown sugar
Hot cooked rice

Drain pineapple; reserving juice. Set pineapple aside. Add water to juice, if needed, to make 1 cup; pour into a large skillet. Add another 1/3 cup of water, vinegar, soy sauce, brown sugar and cornstarch; stir until smooth. Cook over medium heat until thick stirring constantly. Add pineapple, meatballs and green peppers. Simmer, uncovered, for 20 minutes or until heated through. Serve over rice. This can be easily doubled or tripled as necessary. If doubling, etc., add a red, yellow or orange pepper for color and a can of drained (use juice for extra sauce), crushed pineapple with the chunks for more texture. YUMMMMMMMMMMY!

Tuna Burgers

By Shelli Rima

4 Hamburger Buns
Small Can of Tuna
1/2 Cup Diced Celery
1/4 Cup Grated Cheese
2 Tablespoons Mayonnaise
2 Tablespoons Onion

Combine Tuna, Celery, Cheese, Mayonnaise, Onion. Split Buns and Butter. Fill with Tuna Mixture. Replace Tops and Wrap in Foil. Put on a Cookie Sheet Away from Sides of the Oven. Heat at 350E for 15 to 20 Minutes.

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Tuna Casserole

By Susan Day

3 cups noodles
½ tsp salt

Cover noodles with water, add salt and cook until noodles are tender. Drain

2 eggs well beaten
1 cup milk
1 can cream of mushroom soup
1 can tuna
½ tsp onion salt
¼ tsp salt
¼ tsp pepper
1 cup grated cheese
½ cup chopped green pepper
Potato chips

Mix all ingredients and stir into noodles. Crumble potato chips on top Bake 350 degrees 45 minutes. (Freeze half for next weeks' dinner)

Turkey Lettuce Wraps

By Becky Davis

2 Tbsp extra virgin olive oil
1 cup finely chopped onion
1 lb. ground turkey breast
¼ tsp salt
¼ tsp pepper
¼ tsp garlic powder
1-12 oz. bag of Broccoli Slaw
(I have found this at Target and Wal-Mart)
1 small can (drained) water chestnuts, chopped
½ cup chopped pine nuts (optional)
½ cup teriyaki sauce
1 tsp sesame oil
About 12 large lettuce leaves (iceberg or butter lettuce works well)

Place oil into a large pan over medium heat. Add onion and cook for 5 minutes to soften. Add ground turkey, salt, pepper and garlic powder. Brown and crumble until cooked through. When turkey is cooked, stir in broccoli slaw, water chestnuts, pine nuts, teriyaki sauce and sesame oil. Cook for another 10-15 minutes or until heated through. Reduce heat to low until ready to serve. Serve spoonful inside lettuce leaves. Also tastes great wrapped in a tortilla!

Pheasant Ward Relief Society Recipe Book

MAIN DISH RECIPES

Veggie-Topped Tilapia

By Debbie Webb

- 4 Tilapia fillets
- 1/3 cup chicken broth
- 1/2 tsp seafood seasoning
- 1 medium onion, finely chopped
- 1 medium green pepper, finely chopped
- 1 small tomato, chopped
- 3 Tbsp lemon juice
- 1 tsp olive oil
- 1/4 tsp garlic powder
- 1/4 cup shredded parmesan cheese

Place fillets in 9x13 baking dish coated with cooking spray. Drizzle with broth. Sprinkle with seafood seasoning. Combine onion, pepper, tomato, lemon juice, oil and garlic powder. Spoon over fillets. Cover and bake at 425 degrees for 15 minutes. Uncover and sprinkle with cheese and bake 5-10 minutes longer until veggies are tender and fish flakes easily.

PIE

RECIPES

Pheasant Ward Relief Society Recipe Book

PIE RECIPES

Chocolate Pie By Vickie Hoth

2 squares unsweetened chocolate
1 cup sugar
1 cube margarine
2 eggs
2 cups Cool Whip (8 oz.)
1 cup chopped nuts
1 baked pie shell
Whipped Cream

Melt chocolate and let cool. Cream together sugar and margarine. Add 1 egg and beat 5 minutes. Add one more egg and beat 5 minutes again. Add cooled chocolate, 2 cups of cool whip and nuts. Put in baked pie shell. Dot with whip cream.

Julie's Fresh Peach Pie By Aundrea Carlson

1 baked pie crust
6-8 fresh peaches, pitted, peeled, sliced
2 T. sugar
1 T. lemon juice
1 8 oz. tub Cool Whip or your own whipped cream

Puree about half the peaches in a blender to make one cup. Pour one tablespoon lemon juice and 2 T. sugar over the remaining sliced peaches. Set aside in a bowl.

Glaze:
2/3 c. sugar
1 T. butter
Pinch of salt
3 T. cornstarch
1/2 c. water
1 c. peach puree

In a saucepan mix the sugar, salt, and cornstarch. Add the butter, water, and peach puree. Stir and cook over medium heat. Bring to a boil. Reduce heat and cook about 2 minutes more until thickened. Remove from heat and cool a few minutes. Fold in the sliced peaches. Pour into baked pie crust. Cool about 3 hours in a refrigerator. Serve with dollop of whipped cream. Yum!

SALAD

RECIPES

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Apple Salad

By Unknown

6-8 Apples (Gala or a tart apples)
1 pint Whipping Cream
1 10oz. Mini Marshmallows
1 Cup Peanut Brittle (broken up)

Do a thick Shred of the Apples, some skin is OK; sprinkle some lemon juice on apples so they will not brown. Whip Whipping cream adding sugar and vanilla. When breaking up peanut brittle make sure it is not too chunky or not too small. Then assemble salad. Make right before serving.

Aundrea's Chicken and Veggie Salad

By Aundrea Carlson

2-3 boneless, skinless chicken breasts
1 16 oz. package pasta, I like Penne
8 oz. grated Monterey Jack cheese
1 each red, orange and yellow peppers, chopped into small chunks
2 good size handfuls spinach, chopped
2 Roma tomatoes, cubed into small chunks
1 bottle Kraft Zesty Italian or Sun Dried Tomato Vinaigrette dressing, or I like to use a combination, to taste
Olive oil
Salt
Pepper

Drizzle olive oil over the bottom of a 9x13 pan. After removing fat, place chicken breasts in pan, sprinkle with salt and pepper, turn over, and repeat. Bake at 350 degrees for one hour. Let cool, then chop into smallish chunks. While chicken is baking, make pasta according to instructions - I like mine on the firm side. Drain, and let cool. Slice cheese into small cubes and use all or to taste in salad. Chop tomatoes and peppers into small chunks, and use to taste. Chop spinach. After everything is prepared and chicken is cool, toss all ingredients together with desired amount of dressing. Refrigerate an hour or two or until ready to serve.

Aundrea's Chicken Salad

By Aundrea Carlson

* 1 can chicken chunks, drained (10 - 12.5 oz.)
½ - 1 c. mayo, to taste
1 celery stalk, chopped fairly fine
1 green onion, chopped (green and white parts)
¼ green apple, peeled and diced finely
1 handful sliced almonds (3+ tablespoons)
A few squeezes of fresh lemon juice (deseeded)
A pinch or two of fresh or dry dill

Optional:

1 handful Craisins (3+ tablespoons)
A pinch or two of curry (substitute for dill)

Combine all and enjoy. Refrigerate a few hours for best flavor.

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Chicken Salad **By Vickie Hoth**

8 half chicken breasts, cooked and chopped
2 stalks celery, finely chopped
1 can water chestnuts, chopped
Dehydrated onion bits, to taste
1/2 t. salt Pepper, to taste

Mix:

1 cup mayo
1 cup sour cream
Add balsamic vinegar (1/4 cup approximately, add till you like the taste)

Combine chicken mixture with dressing. Can add slivered almonds, if desired

Couscous Salad **By Leanna**

Beans: (Cooking Instructions Below)

1 1/4 cups dried black beans, picked over for stones and rinsed
2 cloves garlic, peeled
1 bay leaf
1 tablespoon salt for beans

Dressing for Beans:

1/3 cup extra virgin olive oil
1/4 cup sherry wine vinegar
1 teaspoon salt
1 teaspoon ground cumin
1/4 teaspoon freshly cracked black pepper
1 1/2 teaspoons Worcestershire sauce
1 clove garlic, peeled and put through a press

Couscous:

1/2 cup extra virgin olive oil
3 tablespoons sherry wine vinegar
2 tablespoons freshly squeezed lemon juice
1 clove garlic, peeled and put through a press
1 1/2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon black pepper
1 1/2 cups vegetable or defatted chicken stock
2 tablespoons extra virgin olive oil
1 1/2 cups uncooked couscous (the package will probably say "quick-cooking" or "instant")

* We cheated and used canned beans instead of cooking our own. It saves a lot of time, and I couldn't tell the difference. **Prepare-Ahead Notes:** Allow plenty of time for cooking the beans. The beans can be cooked and marinated two days before assembling the final dish, as can the couscous mixture. The dish can be assembled several hours before serving.

SALAD RECIPES

Cranberry Fluff Salad

By Aundrea Carlson

2 c. raw cranberries, ground
1 ¼ c. sugar
1 ½ c. drained crushed pineapple
1 lb. miniature marshmallows (3-4 c.)
1 pt. heavy cream (whipped) or
1 carton cool whip
½ c. chopped walnuts or pecans
1-2 c. chopped apple
(skin on or peeled off-to taste)

Combine chopped cranberries, sugar and pineapple and let stand 30 minutes. Add remaining ingredients and mix well. Refrigerate and allow to stand overnight for flavors to develop.
Makes about 10-12 servings

Easy Grilled Chicken Salad

By Aundrea Carlson

4 (6-ounce) skinless, boneless chicken breast halves
1 tablespoon olive oil
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/3 cup finely chopped celery
1/3 cup sweetened dried cranberries
1/4 cup chopped pecans, toasted
3 green onions, thinly sliced
3 tablespoons light sour cream
3 tablespoons canola mayonnaise
2 teaspoons fresh lemon juice
1 bag fresh spinach

Preheat grill to medium-high heat. Brush both sides of chicken evenly with oil; sprinkle with salt and pepper. Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done. Let stand 10 minutes; shred. Place chicken in a large bowl. Add celery and next 3 ingredients (through green onions); toss.

Combine sour cream and remaining ingredients, stirring well. Add sour cream mixture to chicken mixture; toss to coat. Serve over fresh spinach.

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Emerald Fruit Salad **By Becky Davis**

From RS Birthday Dinner March 2011

3 medium tart green apples, cubed
2 cups cubed honeydew
2 cups halved green grapes
3 kiwifruit, peeled, sliced and quartered
1 cup reduced-fat plain yogurt
3 tablespoons powdered sugar
3 tablespoons orange juice
1/2 teaspoon grated orange peel

Stir powdered sugar, orange juice and orange peel into yogurt, pour over fruit and toss, serve immediately.

End of Summer Ratatouille **By LuAnn Wood**

Parsley Mixture	Vegetables
1 bunch fresh parsley	2 yellow squash, diced into 1" cubes
1 red onion, thinly sliced	2 zucchini, diced into 1" cubes
4 cloves garlic, crushed	1 red, yellow and green bell pepper, 1" cubes
1 T. sea salt	3 large ripe tomatoes, coarsely chopped
1 t. ground black pepper	
1/2 c. olive oil	Set aside:
Combine in a bowl.	1 bunch fresh basil leaves, coarsely chopped
	1/2-1c. grated parmesan cheese
	1/2-1c. grated mozzarella cheese

Place the vegetables in layers in a baking dish with parsley mixture in between each layer. Cover and bake at 375 degrees, for 45-60min. Bake until tender. Uncover. Top with basil and cheeses. Bake 5 min.

Exotic Chicken Salad **By Donna Isaacson**

1 cup mayonnaise	1 cup green pepper, minced
2 tablespoons cider vinegar	2 teaspoons onion, grated
1 teaspoon salt	2 cups seedless green grapes, halved
4 or 5 cups cooked, cut up chicken	1 cup red apple, chopped, unpeeled
3 cups shell macaroni	1/2 cup toasted almonds, slivered (or any nut)
1 cup celery, sliced	

In a large bowl, with fork, combine mayonnaise, vinegar and salt. Add chicken and remaining ingredients, except grapes, apples and nuts. Cover and refrigerate. Before serving, add apples, grapes and nuts. Serves 10 to 12

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Frozen Pea Salad **By Susan Wayman**

Frozen peas not quite thawed (about 12 ounces)
One purple onion (to taste) diced
Small cubes of Monterey Jack cheese (to taste)
Moisten together with mayo
A few grinds of pepper

Fruit Salad **By Maxine Black**

1 large can pineapple chunks, undrained
3 oranges, peeled and cubed
(I like to remove the membranes)
1/4 c. sugar
1 T cornstarch
1 T lemon juice
3 sliced bananas

Combine pineapple chunks and liquid, oranges, and sugar. Let set overnight in refrigerator. Next day, drain juices into a saucepan and add cornstarch and lemon juice. Stir as you bring to a boil, then cook slowly until liquid becomes transparent. Cool. When cool, pour over fruit. Add bananas just before serving. Serves 4-6.

Fruity Chicken Salad **By Unknown**

4 chicken breasts, cooked and diced
12 oz. bowtie pasta, cooked and rinsed
12 oz. corkscrew pasta, cooked and rinsed
1 large can pineapple tidbits, drained (Save juice)
2 cups celery, diced
4 green onions, chopped fine
2 cups red grapes, cut in quarters
6 oz. pkg. raisins
2-11 oz. cans mandarin oranges, drained
1 1/2 cup cashews

Dressing:

13 oz. bottle of coleslaw dressing
(lighthouse brand)
1 cup mayo and the pineapple juice
1 tsp. salt
1/4 tsp. pepper

Preparation Instructions:

1. Mix everything together except mandarin oranges and cashews in a large bowl.
2. Chill overnight.
3. Next day, stir in oranges and cashews before serving. (Can serve nuts on side in case of allergies.)

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Fun Summer Salad

By Coleen Sessions

1 bag of baby spinach
3-4 green onions
Strawberries 5-6 (I like plenty ☺)
Sliced Almonds-caramelized

Add spinach, onions, and strawberries in bowl. Sprinkle almonds on top. Serve with favorite vinaigrette salad dressing. I like Blush Wine Brand name Brianna

Garden Vegetable Black Bean Salad

By Joan Heusser

2 large tomatoes
1/3 c. bottled fat-free Italian salad dressing
1 can 15 oz. black beans,
drained and rinsed
1 tsp. ground cumin
1 c. canned or fresh corn
3/4 tsp. chili powder, divided
1 c. coarsely chopped zucchini
2 cloves garlic, minced
1/4 cup sliced green onions
1/4 c. unsalted cocktail peanuts,
3 Tbsp chopped cilantro chopped

In large bowl, combine tomatoes, beans, com, zucchini, green onion and cilantro; set aside.

In small bowl, whisk together salad dressing, cumin, 1/2 tsp. chili powder and garlic. Stir into bean mixture, tossing to coat well. Refrigerate for at least 1 hour to blend flavors. To serve, toss peanuts with remaining 1/4 tsp. chili powder. Sprinkle over salad and serve immediately. Makes 5 servings. Nutrition information per serving: 145 Calories, 4 gm. total fat, 6 gm. fiber

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Healthy Chicken Chickpea Salad

By Lindsay Zesiger

Author: Monique of AmbitiousKitchen.com

Recipe type: Main Dish, Salad, Lunch, Dinner

Serves: 4-6

- 2 large romaine hearts, washed and chopped
- 1 cup pulled cooked chicken breast
- 1 (15.5 oz) can chickpeas, rinsed and drained
- 1 cup grape tomatoes, sliced in half
- 3/4 cup sweet corn (I grilled mine) I cut mine of the cob and sautéed it.
- 1/4 cup crumbled goat cheese or feta
- 1/3 cup cilantro, washed and chopped
- 1 small avocado, diced
- 1/2 cup BBQ dressing, if desired

In a large bowl add lettuce, top with all ingredients except for avocado and BBQ dressing. Toss salad gently. Place into cold salad bowls. Garnish with diced avocado and drizzle with BBQ dressing if desired. Serve with low-fat corn tortilla strips.

The recipe calls for BBQ dressing, whatever that is! So I made my own- Wild Coyote Ranch dressing (refrigerator section at Dick's & Wal-Mart) and some BBQ sauce mixed together, it's Yummy! Also a time saver is to get grilled chicken breast at the Deli at Dick's.

Italian Spaghetti Salad

By Arlea Carmack

1 16 oz pkg spaghetti, cooked and drained

1 T oil

Salt to taste

1 16 oz jar Free Zesty Italian dressing

2 large tomatoes, diced

2 large cucumbers, peeled and diced

1 medium onion, diced

Prepare spaghetti as directed on package. I usually add 1 T oil and salt to the boiling water when I am cooking noodles. This helps to separate and flavor the noodles. Drain and cool. Add dressing and toss until spaghetti is coated. Toss in tomatoes, cucumbers and onion. Refrigerate an hour before serving.

Mello Jello Salad

By Elayne Day

1 large lemon pudding (not instant)

1 large orange Jello

1 small lemon instant pudding

1 cup milk

1/2 cup whipping cream, whipped

1/2 Cup powdered sugar

1 can Mandarin oranges

Make lemon pudding according to package directions and cool. Make the Jello according to package directions and cool. Beat pudding and Jello together and pour into a 9 X 13 inch dish and let set. Mix milk and instant lemon pudding together. Whip cream and powdered sugar together. Mix with pudding mixture. Spread topping over set Jello and decorate with oranges.

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Mexican Cornbread Layered Salad By Kathy Worrell

<p><u>Salad</u> 3 cups chopped Romaine Lettuce 3 cups cubed or crumbled cornbread 1 (15 oz.) can black beans, rinsed and drained 1-1/2 cups corn kernels, (fresh or frozen, thawed if frozen) 1 red bell pepper, small diced 1 (15 oz.) can black olives, drained and sliced 3 green onions, finely chopped 4 Roma tomatoes, liquid squeezed out and chopped 2 cups shredded cheddar cheese</p>	<p><u>Dressing</u> 1/3 cup regular or light mayonnaise 1/3 cup light or regular sour cream or plain yogurt 1/3 cup low-fat buttermilk 3/4 cup chopped fresh cilantro 1/4 cup fresh lime juice (from about 2 limes) 2 tsp. ground cumin 1/2 tsp. salt 1 tsp. chili powder</p>										
<p style="text-align: center;">In a blender combine all the dressing ingredients until smooth. Refrigerate until ready to use. In a 9x13 inch pan, layer the ingredients in the following order: lettuce, cornbread, beans, corn, red pepper, olives, green onions, tomatoes and cheese. Pour the dressing over the cheese. Cover with plastic wrap and refrigerate for 1-2 hours. Serve chilled.</p>											
<p><u>Side dish - Roasted Tomatoes</u> 1-1/2 pts. Grape or cherry tomatoes, halved 2 T olive oil Coarse salt and fresh ground pepper to taste Pinch of sugar Combine tomatoes, olive oil, salt, pepper and sugar. Pour onto a rimmed baking sheet. Bake 40 minutes at 350 degrees tossing once or twice.</p>	<p><u>Cornbread Recipe</u></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="padding: 2px;">1/2 cup cornmeal</td> <td style="padding: 2px;">1/3 cup oil</td> </tr> <tr> <td style="padding: 2px;">1-1/2 cups flour</td> <td style="padding: 2px;">3 T butter</td> </tr> <tr> <td style="padding: 2px;">2/3 cup sugar</td> <td style="padding: 2px;">2 eggs, beaten</td> </tr> <tr> <td style="padding: 2px;">1 T baking powder</td> <td style="padding: 2px;">1-1/4 cups milk</td> </tr> <tr> <td style="padding: 2px;">1/2 tsp. salt</td> <td></td> </tr> </table> <p>Combine dry ingredients. Make a well and add oil, butter, eggs, and milk into the center. Stir until just mixed (batter will be runny). Bake in an 8 inch square pan at 350 degrees for 35 minutes. To make a sturdier and less sweet cornbread for this recipe, I used only 1/3 cup sugar and used 1/2 cup oil and eliminated the butter.</p>	1/2 cup cornmeal	1/3 cup oil	1-1/2 cups flour	3 T butter	2/3 cup sugar	2 eggs, beaten	1 T baking powder	1-1/4 cups milk	1/2 tsp. salt	
1/2 cup cornmeal	1/3 cup oil										
1-1/2 cups flour	3 T butter										
2/3 cup sugar	2 eggs, beaten										
1 T baking powder	1-1/4 cups milk										
1/2 tsp. salt											
<ol style="list-style-type: none"> 1. Make sure each ingredient is well dried before layering so the cornbread won't get soggy. 2. If you want more dressing throughout the salad, add 1/2 of the dressing part way through the layers. 3. You can use a trifle dish to layer this, but using a 9x13 dish makes it easier when serving a crowd to get all the ingredients in one scoop. 4. Adding chopped, grilled chicken is an option to make this a main dish salad. Or serve with grilled chicken. 5. I have used Ranch dressing instead of mixing up the above dressing. My favorite is Gregg's Savory Ranch from the refrigerated section at Costco. 6. I used Roasted Grape tomatoes instead of the Roma. Recipe included. 											

Orange Cottage Cheese Salad By Arlea Carmack

1 24 oz carton small curd cottage cheese
 1 8 oz carton reduced fat whipped topping
 1 large package sugar free orange jello
 1 15 oz can mandarin oranges, drained
 1/2 c pecans, if desired
 Mix cottage cheese, whipped topping and jello together in a medium sized bowl. Fold in oranges and pecans.
 Refrigerate an hour before serving.

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Pink Fluffy Jello Salad

By Catherine Thomas

24 oz container cottage cheese
large can pineapple tidbits
large box raspberry Jello
larger container Cool Whip (about double the reg. size)
3-5 sliced bananas

Mix it all together. Done!

(It helps to let it set up in the fridge for a bit. And the bananas do brown after a while.)

Seven Layer Salad

By Unknown

1 head lettuce, cut up in bite size pieces
1/2 cup chopped green onion
1 cup chopped celery - fine
1 can water chestnuts, chopped
3 hard-boiled eggs chopped
3 cups chopped cooked chicken or turkey
1 (10 oz.) Package frozen peas
2 cups mayonnaise (no substitute)

Put lettuce in container (4-5 quart plastic ice cream bucket will work) with a tight lid. Sprinkle onions, celery, water chestnuts, eggs, chicken, and finally frozen peas in layers over lettuce. Spread mayonnaise over top, sealing it over right to the edge of container. Store in refrigerator 12-24 hours. Toss up lightly just before serving. Grated cheese and bacon bits or parmesan cheese and bacon bits over top may be used instead of chicken. Approximately 15 - 20 servings

Southwest Rice & Bean Salad with Sweet & Spicy Dressing

By (Kathy Worrell)

<u>Salad</u>	<u>Dressing</u>
5 cups cooked rice, warm or at room temperature (white, brown, wild rice or a combination) 2 tsp. salt 1 (15 oz.) can black beans, drained & rinsed 1 (15 oz.) can pinto beans, drained & rinsed 2 cups cooked, cubed chicken 1 (12 oz.) can corn, drained, or frozen corn, thawed 4 green onions, chopped	1/4 cup fresh lime juice 2 T red wine vinegar 2 T packed brown sugar 2/3 cup canola oil 4 pickled jalapeno pepper rounds 2 tsp. chili powder 1 tsp. cumin
Combine all of the salad ingredients together in a large bowl. Combine dressing ingredients in blender until peppers are finely minced. Toss with salad. Serve warm or at room temperature. Yield: 8-10 servings. I don't like the heat of jalapeno peppers, so I left them out of the dressing.	

SALAD RECIPES

Spinach Romaine Craisin Salad
By Donna Craven

RS Birthday Dinner March 2011

Fresh Spinach
Romaine Lettuce
Celery
Apples
Craisins
Candied Pecans
Brianna's Poppy Seed Dressing

The amount of each will be determined by your taste and the number of people you are serving. It is a good salad for fall and winter. I used Fresh Spinach and Romaine lettuce; the celery and apples can be cut ahead and with added dressing the dressing keeps the apples crisp and from discoloring. Before serving add the apples, celery and dressing, then toss in craisins and nuts.

Spinach Chicken Apple Salad with Apple Vinaigrette
By Unknown

- 1 bag fresh spinach, 12-16 ounces
 - 1 pound cooked chicken breast, cut into bite-sized pieces
 - 1 green apple (leave colorful peeling on apple)
 - 1 red apple (leave colorful peeling on apple)
 - ½ cup craisins
- Vinaigrette:**
- ½ cup granulated sugar
 - ½ cup apple cider vinegar
 - 2 teaspoons finely diced purple onion
 - ½ teaspoon dry mustard
 - ½ teaspoon salt
 - ¼ cup vegetable oil
 - ¾ cup finely chopped apple (approximately 1 small apple)

Put salad together. Wash spinach, let dry. Make vinaigrette: Pulse a few times in blender (no more than 6) sugar, vinegar, onion, mustard, salt, apple, vegetable oil. Moisten chicken with a little of the vinaigrette. Put chicken in the bottom of a serving bowl. Put spinach on top of chicken. Add apples and craisins. **Do Not Toss Yet.** Refrigerate spinach combo and dressing separately, until serving time. Pour dressing over spinach just before serving and toss.

Pheasant Ward Relief Society Recipe Book

SALAD RECIPES

Strawberry Salad

By Joan Heusser

1 head/bunch Romaine lettuce (washed, cored and coarsely cut or torn)
½ cup slivered almonds, crystallized
1 pint fresh strawberries, cored and cut into chunks
½ medium red onion, sliced

Dressing:

¾ cup light mayonnaise
¼ cup milk
2 Tbsp poppy seeds
2 Tbsp Raspberry vinegar
1/3 cup sugar

Crystallized almonds:

In a sauce pan over medium heat, melt 2 Tbsp butter or margarine. Stir in ½ cup almonds and 1/3 cup sugar. Sauté to a golden brown, but not any longer (will turn to almond brittle if overcooked).

Mix dressing ingredients together in a small mixing bowl and then toss with salad. Top with crystallized almonds and mix in. Chill briefly and serve.

Strawberry Asparagus Salad

By Lora Brown

We based this recipe from two salad recipes on iheartnaptime.net

1-head romaine lettuce—chopped
½-bag of baby spinach leaves
1-bundle of asparagus—steamed about 5 minutes, chilled then cut
1-pint of strawberries—sliced
1/3-cup sliced almonds
¼-cup sugar or honey toasted

Dressing:

4-T olive oil
4-T sugar or honey
zest and juice of 1 large orange
zest and juice of 1 lime

Caramelize nuts by mixing with sugar in small skillet over low heat until sugar melts, or boil honey in microwave and stir in nuts, then spread out on wax paper. Break apart and toss in salad when dry. Combine dressing ingredients in a jar and shake well. Toss salad ingredients together with nuts, add dressing to coat and serve. Note: I didn't add sugar or honey to the dressing because I used the same amount of honey to caramelize the nuts.

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SALAD RECIPES

Teriyaki Chicken Salad

By Joy Abegg

1 bag Spring Mix Salad
2 bags redi-made coleslaw
2 tomatoes, diced
1 red pepper, chopped
1 yellow pepper, chopped
1 handful of sugar snap peas, cut off ends
8 pieces of Teriyaki Chicken diced (comes frozen in a bag from Costco-Tyson brand)
1 cup slivered almonds
2 pkgs. Oriental Top Ramen Noodles
Serve with any Oriental style salad dressing or:

Dressing

1 C canola oil
1/2 C red wine vinegar
1 C sugar
1 t salt
2 packets flavoring from the Oriental Top Ramen Noodles

Becky's variation: Change the quantity of coleslaw from 2 bags to 1 bag. Remove the tomatoes, add mandarin oranges, sugar the almonds

Julie's variation: I made the same changes that Becky did and also did the following: Changed the Spring Mix Salad to Romaine Lettuce Mix, added 2-3 sliced carrots, changed the Oriental Top Ramen Noodles to Chow Mein and Rice Noodles, reduced the chicken to 6 pieces, we did try some water chestnuts and they were good but I wouldn't recommend the canned version.

SAUCE

RECIPES

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SAUCE RECIPES

Alfredo Sauce (as good as Olive Garden's)

Submitted by Julie Beck

½ c (1 stick) butter
1 clove garlic, minced
2 c Heavy Cream
1/8 t ground black pepper
Pinch salt
½ c grated Parmesan cheese (good stuff)
2 T cream cheese (softened – room temperature)

Melt butter in a medium saucepan over medium/low heat. Add the garlic, cream cheese, cream, pepper & salt. Bring to a simmer, *** Don't let it get too hot or rapid boil – keep it from curdling Add the Parmesan Cheese. Continue to simmer sauce for about 8 minutes or until thick. Serve over Alfredo noodles, add chicken, small broccoli florets, etc... Should make 4- 6 servings - depending on how much sauce you use.

SOUP

RECIPES

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SOUP RECIPES

Baked Potato Soup

By Lee Sudweeks

Melt 1 1/2 to 1 3/4 stick of butter

add Basil and Oregano (done by how much you like the taste (more Basil than Oregano))

add 1/4 cup chopped onion

1 1/2 cup flour

salt and pepper- to your taste

4 drops Tabasco sauce (You can add more if you like the taste.)

add 2 % milk to fill your pan to about 3/4 full

Thicken soup to your liking

add Baked potato cubed (around 6 to 7 medium size).

Pour into individual bowls.

Top each with cheddar cheese, green onions and crisp bacon.

Black & White Mexican Bean Soup

Submitted by Donna Craven

I like the idea that all ingredients can be in my food storage and easy and quick to make in case company drops in.

1 tablespoon Vegetable oil

1 cup chopped white onion

1 clove garlic, minced or 1/2 tsp bottled garlic

1/4 cup flour

1 package taco seasoning

2 cups milk

1 can (14 oz) chicken broth

1 package (16 oz) frozen corn

1 can great Northern Beans

1 can (15 oz) black beans, rinsed and drained

1 can (4 oz) diced green chilies.

Heat oil in large pan over med-high heat. Add onion and garlic; cook until onion is tender. Stir in flour and taco seasoning mix; Add remaining ingredients. Bring to a boil, stirring constantly. Reduce heat to low; simmer for 15 minutes or until thickened, stirring occasionally. Stir in fresh cilantro for a fresh touch. Makes 6 servings. Freezes well

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SOUP RECIPES

Cream of Zucchini Soup

By Arlyne Larsen

4 Cups Chicken Stock	¼ tsp. Nutmeg
6 Cups Grated Zucchini	½ tsp. Celery salt
1 Onion, diced	1/8 tsp. Pepper
1 Carrot, grated	1 tsp. Salt
1 Cube (1/2 cup) Butter	1 can Evaporated milk or 1 ½ cup cream
1 Cup Flour	2 cups Diced, Cooked Chicken

Cook zucchini, onion, carrot, and stock together until tender. Melt butter, add flour. Cook and stir until well blended. Add 3 cups hot soup mixture, Cook and stir until thick and smooth. Serve with grated cheese or croutons on top. This recipe won first place at the Weber county Fair in 1988.

Loaded Baked Potato Soup

By Unknown

1 pound bacon, roughly chopped	1/4 cup flour
1 medium yellow onion, diced	3 tbsp butter
1 large carrot, peeled and diced	2 cups chicken broth
3/4 cup diced celery	4 cups heavy cream
4 large russet potatoes, peeled and diced	Pepper
4 medium red potatoes, diced	Salt

Garnishes: Cooked Bacon, Chives, Sour Cream, Shredded Cheddar Cheese, Shredded Monterey Jack Cheese (optional)

1. In a 6-8 quart stockpot fry bacon over medium heat until crisp.
 2. Remove bacon drain on paper towel.
 3. In bacon fat, add butter, onions, carrots and celery and cook until onions are translucent.
 4. Add potatoes and cook for four minutes.
 5. Sprinkle in flour and stir constantly over low heat for about 5-7 minutes until mixture thickens slightly.
 6. Add chicken stock and half the bacon, with salt and pepper to taste. Remaining bacon to be used as garnish.
 7. Over medium-high heat, bring soup to a simmer and cook for 25 minutes or until potatoes are soft. Mash some of the potatoes for thicker, creamier texture.
 8. Add cream and simmer for 5 minutes. Adjust thickness by adding water or stock.
 9. Garnish with toppings, if desired.
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SOUP RECIPES

Mulligatawny

By Aundrea Carlson

2 large carrots, shredded	1 apple, peeled and diced (I like green best)
½ c. butter or olive oil	¾ c. raw white rice
3 tsp. flour	¾ c. golden raisins, optional
3 tsp. mild or spicy curry powder	2 pinches dried thyme
8 c. chicken broth	Salt and pepper to taste
2 chicken breasts, cut into small cubes	1 c. heavy cream or half-and-half

In a large pot, sauté the shredded carrots in butter. Stir in flour and curry; cook 5 more minutes. Stir in chicken broth and bring to a boil. Reduce to a simmer and cook for about 30 minutes. While simmering, cook the chicken pieces in a frying pan. Add the cooked chicken to the soup; stir in the apple, rice, raisins, thyme, salt and pepper. Simmer for 20 more minutes until the rice is done. Stir in the cream; cook an additional 2 minutes or until heated through. Serves about 4.

Simple Pumpkin Soup

By Aundrea Carlson

3 (10 ½ oz.) can chicken broth
2-3 c. canned pumpkin, or fresh pumpkin
1 c. thinly sliced or chopped onion
1 ½ t. salt
½ c. whipping cream, warmed
1 tsp. fresh snipped parsley (optional)

Heat all except cream and parsley to boiling. Simmer until onions are soft and cooked through. Puree. Reheat, stir in warm cream and garnish with parsley.

Som's Pumpkin Soup

By Aundrea Carlson

3 T. olive oil	¼ t. cinnamon
1 ½ c. chopped onion	¼ t. cloves
1 T. minced garlic	2 t. rosemary
2 ½ c. chopped celery	Chicken broth, several cups
2 ½ c. chopped carrots	Mushrooms (optional)
5 c. chopped Winter squash (pumpkin, butternut, acorn, etc.)	2 c. raw chicken, finely chopped
2-3 bay leaves	Salt and pepper
	½ c. heavy cream

Chop all vegetables. Sauté olive oil with onions & garlic on medium heat. Add chopped celery, carrots, pumpkin, bay leaves, and spices. Add just enough broth to cover the vegetables (and mushrooms if desired). Turn up heat and bring to a boil. Add chicken. Bring to boil again, then lower to simmer and cover. Cook about 40 minutes or until everything is tender. Salt and pepper to taste. Add cream just before serving.

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SOUP RECIPES

Southwestern Chicken Soup

By Carole Burrahm

1 med. Onion, chopped	1 (32oz) container of chicken broth
4 chicken breasts chopped	1 small can diced green chilies
1 green pepper, chopped	1 (16oz) can black beans, drained
2 cloves garlic	1 (16oz) can corn, drained
2 tbsp. Olive oil	½ to 1 cup salsa
2 (16 oz.) Cans Mexican style tomatoes, diced	salt and pepper to taste

Sauté chicken, onion, and garlic in oil. Add peppers and continue cooking until chicken is completely cooked. Add remaining ingredients. Simmer in pan for 1-2 hours. Serve with grated cheese, tortilla chips and sour cream.

Taco Soup

By Julie Beck

1 lb. ground beef
1 medium onion, chopped
1 pkg mild taco seasoning mix
1 16-oz can cut corn (with liquid)
1 16-oz can kidney beans, drained and rinsed
1 28-oz can stewed tomatoes
1 8-oz can tomato sauce
Tortilla chips
Grated Cheese

Brown ground beef in heavy saucepan. Drain. Sauté' chopped onion; add to ground beef. Stir in taco seasoning, corn with liquid, kidney bean, stewed tomatoes, and tomato sauce. Simmer 20-30 min. (If soup becomes too thick, add a little water until it looks right to you. We like it thick.) Serve over bowl of tortilla chips add grated cheese. alt method of serving - add tortilla chips on top of soup, add cheese. Makes 8 servings

Taco Soup 2

By Unknown

(This recipe is fast, easy and adaptable to your family's tastes)

1-1 1/2 lbs. ground beef or ground turkey (optional)
¼ c chopped onion
¼ c chopped green pepper
1 (28 oz.) can diced tomatoes or tomato sauce
1 (10 oz.) pkg frozen corn or 1 can drained corn
1 to 1 ½ T Chili Powder (to taste)
2 (15 1/4 oz.) cans kidney beans (undrained) or we prefer, 1 can kidney beans, 1 can black beans, and 1 can white beans, (or any kind you like) drained & rinsed and 1 can of beans in chili sauce.
1 t garlic powder
½ c prepared taco sauce or 1 packet of taco seasoning

Put it all together in a large pan and simmer for about 30 minutes. garnishes: (optional) a dollop of sour cream, grated cheese, chopped green onion, minced garlic. Scoop up on tortilla chips or eat with a spoon.

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SOUP RECIPES

Tomato, Basil and Parmesan White Beans

By Aundrea Carlson

1Tbs. olive oil 1 tsp. chopped garlic 2 15-oz cans white beans - drained and rinsed 1- 15 ounce can diced tomatoes - undrained ¼ cup chopped parsley or use dried	1 teaspoon dry basil ½ cup grated Parmesan cheese 1 Tbs. lemon juice Ground pepper
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Heat olive oil and garlic in a 12" skillet over medium heat for 3 minutes. Stir in drained beans, tomatoes, parsley, and basil. Cook for about 10 minutes. Mix in parmesan cheese, lemon juice, and pepper just before serving.

Vegetable Beef Soup

By Vickie Hoth

1 round steak cut into bite size pieces (or stew meat will work) 3-4 carrots sliced (baby carrots from a bag works well) 2 stalks celery 3 Tbs. beef base (or beef bouillon) 1 large can tomato sauce	1 Tbs. dehydrated onion (substitute 1/2 fresh onion if desired) 1 clove garlic minced Salt / pepper to taste Potatoes peeled and diced (number depends on size of potatoes and how well your family likes potatoes) 1 small bag frozen peas
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In stock pot fill about 1/2 full of water. Add all ingredients except potatoes and peas. Bring to a boil then turn the heat down to medium and let cook until carrots are tender stirring occasionally. Add potatoes and cook until they are tender. Add peas and cook 5 more minutes.

White Chicken Chili

By Aundrea Carlson

1-2 chicken breasts 2 t. minced garlic 1 T. oil 1 medium onion, chopped 1 can white beans, drained and rinsed 1-2 small cans diced green chilies, to taste (or 1 chili pepper seeded, rinsed, and diced) 1 t. cumin	1 t. oregano 1 t. salt ¼ t. pepper 2 c. chicken broth (1 can) 1 c. sour cream ½ c. cream or milk Chips (Doritos taste best)
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Cook chicken, garlic, onion, and oil together in pot. Add beans, chilies, seasonings, and broth, and simmer together 30 minutes. Add sour cream and cream or milk and warm through (don't boil). Sprinkle crushed chips in each bowl.

TREAT RECIPES

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TREAT RECIPES

Caramel Popcorn

By Sue Wayman

COMBINE AND HEAT OVER MEDIUM HEAT UNTIL BOILING:

1 cup butter
2 cups brown sugar
1/2 cup light corn syrup
1 teaspoon salt
the second it comes to a full boil, remove from heat and add:
1/2 teaspoon baking soda

Put 5 quarts of popcorn and 2 cups cashews in a paper grocery sack. (we bought pre-popped and buttered popcorn from Albertsons) pour caramel over popcorn and stir until well mixed. Pour out on large cookie sheets (2). Throw away sack. Melt chocolate bars and/or chocolate chips in microwave for 1 minute. Stir and return for 15-second intervals until melted and can be stirred smooth. Do not add water, milk, food coloring, oil, margarine or butter, or the chocolate will immediately thicken. If you want to thin it, add 1/2 tablespoon solid vegetable shortening. Drizzle chocolate over popcorn and allow to harden.

Chex® Muddy Buddies

by Catherine Thomas

9 cups Corn Chex®, Rice Chex®, Wheat Chex® or Chocolate Chex® cereal (or combination)
1 cup semisweet chocolate chips
1/2 cup peanut butter
1/4 cup butter or margarine
1 teaspoon vanilla
1 1/2 cups powdered sugar

Into large bowl, measure cereal; set aside. In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag. Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator. High Altitude (3500-6500 ft): No change

Sticky Popcorn Balls

16 cups popped popcorn
1 package (about a pound) favorite chocolate-coated candy
1 jar (16 oz) dry roasted peanuts
8 ounces (1 stick) unsalted butter
1/2 cup corn oil
1 package marshmallows

Melt oil and butter in saucepan over medium heat. Add marshmallows and stir with a wooden spoon until completely melted. In a large mixing bowl, pour the melted marshmallow mixture over popcorn and mix well to combine. Add the chocolate-covered candies and peanuts. Using a large spoon or your hands, scoop out 1-cup portions of the popcorn mixture onto a backing sheet. Let the scoops cool slightly before serving.

VEGETABLE RECIPES

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VEGETABLE RECIPES

Aundrea's Garden Squash Medley **By Aundrea Carlson**

1- 2 long, thin zucchini squash, or 1 zucchini and 1 yellow squash
Cottage cheese
1 Tomato, preferably garden fresh, cubed
Olive oil
Salt
Pepper

Thinly slice the squash, and place in a pan with olive oil. Sprinkle salt and pepper to taste. Sauté until squash is translucent. Serve with a scoop or two of cottage cheese and top with tomatoes and a sprinkle of fresh pepper to taste. Enjoy!

Baked Beans **By Kathy Worrell**

1-1/2 pounds bacon, cooked and chopped
1 pound hamburger, browned
1 large onion diced and browned with the hamburger
2 cans pork and beans
1 can butter beans, drained and rinsed
1 can kidney beans, drained and rinsed
1 T cider vinegar
1 cup ketchup
1 cup brown sugar
1 T liquid smoke

Combine all the ingredients in a crock pot and cook on low for 4-6 hours. Or put in a covered baking dish and bake at 300 degrees for 2 hours and 30 minutes.

Roasted Vegetables **By Heather Bowman**

Any combination of vegetables that you like. 1 medium zucchini squash 1 medium yellow squash 2 medium bell peppers, (green, red, orange or yellow) 1 bunch asparagus 1 medium red onion	Olive Oil (Approximately 3 tablespoons) Salt Pepper (Optional) Any combination of herbs that you like
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Step 1: Preheat oven to 450°.
Step 2: Cut vegetables into bite-size pieces and toss with just enough olive oil to coat lightly.
Step 3: Sprinkle with salt, pepper and dried herb/spice of your choice.
Step 4: Spread on cookie sheet in a single layer, roast for approximately 30 minutes, stir occasionally, check for tenderness and brown on the edges.

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VEGETABLE RECIPES

Scalloped Sweet Potatoes and Apples

By Unknown

- 6 medium sized sweet potatoes, peeled
- ½ cup brown sugar
- 1 ½ cups sliced apples, peeled
- 4 Tablespoons butter
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Boil sweet potatoes until tender. Slice in ½ inch pieces. Butter baking dish and put a layer of sweet potatoes in bottom, then a layer of apples. Sprinkle with sugar, salt and seasonings. Dot with butter. Repeat until dish is filled making the top layer apples. Bake at 350 degrees for 50 minutes.

Sour Cream Cucumbers

By Arlea Carmack

Adapted from the Better Homes and Gardens Cookbook

2 medium cucumbers, thinly sliced
1 small onion, thinly sliced or diced
½ c dairy sour cream
1 T vinegar
1 t sugar
1 t garlic powder
½ t salt

Combine the cucumbers and onion. Stir together sour cream, vinegar, sugar, garlic powder and salt; toss with vegetables. Cover and chill, stirring occasionally. Makes 3 or 4 cups.

THE

END