

A close-up photograph of a person's hands, one above the other, dusting flour over a large, round loaf of bread. The flour is captured in mid-air, creating a soft, white cloud. The bread is golden-brown and studded with seeds, resting on a dark wooden cutting board. The background is dark and textured, suggesting a rustic kitchen setting.

REACH

Cookbook

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Cinnamon French Toast

Ingredients

- 4 Eggs
- ½ Cup Milk
- 1 Tablespoon Sugar
- 1 Teaspoon Ground Cinnamon
- ½ Teaspoon Vanilla
- 8 Slices of Bread
- Butter

1. Beat eggs, milk, sugar, cinnamon and vanilla together in bowl.
2. Heat butter on stovetop in large skillet until butter begins to darken.
3. Dip one slice of bread at a time in egg mixture until fully covered. Pull out and place in skillet and cook for 3 to 4 minutes or until golden brown.
4. Flip over and cook other side 1 to 2 minutes.

Serve with favorite toppings (such as butter, powdered sugar, syrup, fruit or jelly).

Breakfast Burritos

Ingredients

- 1 Tablespoon Butter
- ½ Cup Chopped Onion
- 8 Eggs
- ½ Cup Green Chilis, Chopped
- 1 Cup Cooked and Cubed Potatoes
- Salt and Pepper to Taste
- 4 Tortillas
- 1 Cup Cheese, grated

1. Melt butter in skillet. Add onions and sauté until translucent.
2. Beat eggs with whisk in medium bowl until well blended.
3. Pour into skillet.
4. Add green chilis, potatoes, salt and pepper into egg mixture and scramble eggs.
5. Remove from heat.
6. Meanwhile, heat tortillas on flat grill and place in tortilla warmer or plate covered with a towel.
7. Fill each tortilla with egg mixture and add cheese and salsa.
8. Roll up into a burrito and enjoy!



Pancakes

Ingredients

- 2 Cups Flour
- 4 Teaspoon Baking Powder
- 1 Teaspoon Salt
- 2 Tablespoon Sugar
- 1 Egg
- 1 ½ to 2 Cups Milk (adding more milk makes a thinner pancake)
- ½ Cup Butter, melted & slightly cooled

1. In a large bowl, mix flour, baking powder, salt & sugar together and set aside.
2. In another bowl, beat egg, milk and butter until well blended.
3. Slowly pour egg mixture into dry ingredients, stirring just until mixed, leaving batter lumpy.
4. On a hot skillet, melt just enough butter to coat bottom. Drop by ½ cup measurements onto skillet.
5. Cook until bubbles begin to form and dough begins to thicken. Flip over and cook other side till lightly browned.

For Blueberry Pancakes: Add 1 cup blueberries into batter and carefully stir until well distributed. Cook as directed above.

Topping Options: whipped cream, maple syrup, honey, butter, fruit



Basic Waffles

Ingredients

- 3 Cups Flour
- 2 Tablespoon Baking Powder
- 1 ½ Teaspoon Salt
- 2 Tablespoon Sugar
- 1 Egg
- 3 ½ to 4 Cups Milk
- ½ Cup Butter, melted & slightly cooled

1. Preheat waffle iron.
 2. Meanwhile, mix flour, baking powder, salt & sugar and set aside.
 3. In another bowl, combine egg, milk and melted butter and pour into dry ingredients. Mix well.
 4. When waffle iron is heated, cover each side of iron with butter. Pour just enough batter to cover and cook until steaming stops – about 5 minutes.
 5. Top with fruit, honey, yogurt, syrup or butter.
- These waffles are wonderful to freeze and serve later by warming up waffles in the toaster.



Granola

Ingredients

- ¼ Cup Butter
- ¼ Cup Honey
- 3 Cups Rolled Oats
- 1 ½ Cups Shredded Coconut
- 2 Teaspoon Cinnamon
- 1 Cup Sunflower Seeds
- 1 ¼ Cups Raisins

1. Preheat oven to 350 degrees.
2. Place butter in sauce pan on stove top. Heat until butter is melted. Remove from heat. Pour honey in to melted butter and stir until well mixed.
3. Pour melted butter mixture into medium sized bowl and add remaining ingredients except the raisins. Spread out on cookie sheet in an even layer and bake for 8 minutes.
4. Remove from oven and stir several times. Return to oven for another 8 minutes. Remove from oven again and stir several times.
5. Return to oven again for another 8 minutes.
6. Remove from oven. When cool, add raisins and store in air-tight container.



Raisin Pecan Oatmeal

Ingredients

- 2 ½ Cups Water
- 1 ½ Cups Oats
- ½ Cup Raisins
- ½ Cup Pecans
- 4 Teaspoons Sugar or Honey
- Milk

1. Bring water to a boil.
2. Slowly pour oats into boiling water and lower heat to simmer.
3. Cook up to 5 minutes depending on if you use 1-Minute Oats (see package and follow timing).
4. Remove from heat and add raisins, pecans and sugar or honey. Serve into bowls. Pour some milk over oats (if desired) and enjoy!





Chilaquiles (Tortilla Casserole)

Ingredients

- 3 Tablespoons Oil
- 12 Corn Tortillas
- 1 Medium Red Onion, chopped
- 1 (20 oz) Can Diced Tomatoes & Green Chilis
- 2 Tablespoons Fresh Cilantro, finely chopped
- Queso Fresco

1. Heat oil in frying pan at medium-high heat.
2. Cut tortillas into triangle pieces. Place each piece slowly into oil.
3. Fry until golden brown and crispy. Remove pan from heat.
4. Drain tortilla chips on absorbent paper towels. Return pan to stove at medium heat.
5. Sauté onions for 1 minute. Add diced tomatoes & chilis, and tortillas.
6. Stir until tortillas are covered thoroughly with sauce and become tender.
7. Sprinkle cilantro over top and mix well.
8. Remove from heat. Serve on plates and top with queso fresco.

Crepes

Ingredients

- 1 ½ Cups Flour, Sifted
- 1 Tablespoon Sugar
- ½ Teaspoon Salt
- ½ Teaspoon Baking Powder
- 2 to 2 ½ Cups Milk
- 3 Eggs, slightly beaten
- ½ Teaspoon Vanilla
- ¼ Cup Butter, melted & slightly cooled
- More butter for cooking crepes

1. In mixer (or by hand with a whisk) combine flour, sugar, salt & baking powder until blended.
2. In another bowl, mix together milk, eggs, vanilla and ¼ cup melted butter.
3. Pour wet mixture into dry mixture and blend on medium speed until smooth.
4. In skillet, melt enough butter at medium heat to cover bottom of skillet until butter is bubbly. For each crepe, pour ½ cup batter onto hot skillet.
5. Using the bottom of the cup, spread batter around bottom of skillet until thinly distributed. When batter begins to turn brown, loosen edges of crepe with spatula, slipping spatula underneath. Flip crepe over and cook other side until light brown.
6. Continue with each crepe, adding butter as needed to keep crepe from sticking. Stack each crepe, placing wax paper between each to prevent sticking.

Filling Options: Yogurt, berries, jams/jellies, honey, whipped cream, and fruits. Add filling as desired and roll up.





Breakfast Omelets

Ingredients

- 2 Eggs for Each Omelet
- 2 Tablespoon Milk for Each Omelet
- 2 Tablespoons Butter (for cooking)
- Salt & Pepper to taste

Filling Options:

- Green Chili
- Grated Cheese
- Onions Sautéed in Butter
- Green Peppers Sautéed in Butter
- Mushrooms Sautéed in Butter
- Cooked Bacon

1. In a bowl, whisk together eggs & milk, but not too long as this will make the eggs tough.
2. In a small skillet on medium heat, melt 2 tablespoons butter. When butter bubbles, slowly pour egg mixture into skillet.
3. When eggs begin to brown on sides, using a spatula, lift a section from the edge to allow middle of liquid to pour underneath. Continue to lift sections to allow middle of liquid to pour underneath until no more liquid is visible on top.
4. Wait 30 seconds and slide spatula underneath omelet and flip it over.
5. If you want a plain omelet, fold over half of omelet and remove from heat. If you want fillings, place desired fillings on one side of omelet and fold over to cover filling and serve.



Blueberry Muffins

Ingredients

- 3 Cups Flour
- 2 Cups Plain Unsweetened Yogurt
- 2/3 Cup Sugar
- 2 Eggs, Beaten
- 4 Tablespoons Butter, melted & slightly cooled
- 1 Teaspoon Salt
- 1 Teaspoon Vanilla
- 2 Teaspoons Baking Soda
- 1 ½ Cups Blueberries

1. Preheat oven to 325 degrees.
2. Mix all ingredients together except blueberries.
3. Once well blended, add blueberries and gently fold into batter.
4. Place in greased muffin pan or put in muffin papers, filling about $\frac{3}{4}$ full.
5. Bake in oven for 25 to 30 minutes or until toothpick inserted in middle of muffin comes out clean.



Salads

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Taco Salad

Ingredients

- 1 Bag Tortilla Chips
- 1 lb. Ground Beef
- $\frac{3}{4}$ Cup Water
- 1 Tablespoon Chili Powder
- 1 Tablespoon Cumin
- $\frac{1}{2}$ Teaspoon Garlic Powder
- Salt & Pepper to taste
- 1 (14 oz.) Can Red Kidney Beans, drained
- 1 Head Lettuce
- $1\frac{1}{2}$ Cup Grated Cheese
- 1 Cup Black Olives, sliced
- 2 Medium Tomatoes, chopped
- 1 Medium Red Onion, chopped
- 2 Limes
- 2 Medium Avocados, cut into chunks
- Sour Cream
- Salsa

1. In a skillet, cook ground beef over medium heat 7 to 10 minutes or until brown.
2. Drain off fat. Return to heat and add water, chili powder, cumin, garlic powder, salt, pepper and beans.
3. Simmer uncovered for 10 minutes.
4. Meanwhile, in a large bowl, combine lettuce, cheese, olives, tomatoes and onion. Mix well.
5. Squeeze limes over salad, stirring until well mixed. Add beef mixture and toss again. Garnish with tortilla chips crumbled over salad.
6. Add avocados & sour cream.

Chicken Caesar Salad

Ingredients

- 4 Boneless Skinless Chicken Breast Halves
- ⅓ Cup Oil
- 3 Tablespoons Lime juice
- 1 ½ Teaspoons Worcestershire Sauce
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- ¼ Teaspoon Ground Mustard
- 1 Garlic Clove, minced
- 1 Large Bunch Romaine lettuce, washed & cut into bite-sized pieces
- ⅓ Cup Parmesan Cheese, grated

1. Grill or bake chicken breasts.
2. Refrigerate if you prefer chilled chicken or leave in warm oven if you prefer warm chicken.
3. Meanwhile, mix oil, lime juice, Worcestershire Sauce, salt, pepper, mustard and garlic in container with lid.
4. Shake well, pour over lettuce and toss combine. Sprinkle parmesan cheese over lettuce. Slice chicken diagonally and arrange on top of salad.



Chef's Salad

Ingredients

- 1 Head of Lettuce, washed and cut into bite-sized pieces
- 1 Cup Chicken or Turkey, sliced
- 4 Hard-Boiled Eggs, sliced
- 2 Medium Tomatoes, sliced
- 2 Carrots, grated
- 2 Carrots, grated
- ½ Cup Chopped Green Onions
- 2 Medium Avocados, cut into small chunks
- 1 Cup Cheddar Cheese, cut into cubes or strips
- 1 Cucumber, sliced
- 2 Medium Celery stalks, sliced
- ½ Cup Black Olives
- Salad Dressing of Your Choice

1. Arrange lettuce on plate.
2. Top with remaining ingredients, decorating salad to appeal to your eye.
3. Pour desired dressing on top.



Mexican Macaroni Salad

Ingredients

- 1 (8 oz.) Package Macaroni Pasta
- 1/3 Cup Mayonnaise
- 1/2 Cup Salsa
- 1 (15 oz.) Can Red Kidney Beans, drained
- 1/2 Cup Diced Black Olives
- 1 Avocado, cut in small chunks
- Salt & Pepper to taste

1. Cook pasta according to package directions.
2. Rinse in cold water and drain well.
3. In a large bowl, mix together mayonnaise and salsa.
4. Mix in cooled pasta and remaining ingredients until well coated.
5. Cover and refrigerate for 1 hour before serving.





Chicken Cranberry Apple Salad

Ingredients

- $\frac{3}{4}$ Cup Mayonnaise
- 1 Tablespoon Lime Juice
- 2 Medium Red or Green Apples, chopped into cubes
- 2 Medium Celery stalks, sliced
- $\frac{1}{2}$ Cup Chopped Walnuts
- $\frac{1}{2}$ Cup Dried Cranberries
- 1 Cup Cubed Cooked Chicken
- 1 Head of Lettuce, washed and cut into bite-sized pieces

1. Mix mayonnaise and lime juice in a large bowl.
2. Add apples, celery, walnuts, cranberries and chicken and mix well.
3. Serve on top of lettuce.

Soups

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Chicken Noodle Soup

Ingredients

- 8 Cups Chicken Broth
- 4 Chicken Breasts, cooked and cut up
- 1 Cup Frozen Peas
- 1 Cup Diced Carrots
- 1 Medium Onion, chopped
- 2 Celery Stalks, chopped
- 1 lb. Bag Egg Noodles
- Salt & Pepper to taste

1. Pour chicken broth in big pot on stove and bring to a boil.
2. Add carrots, onions and celery and cook 10 minutes.
3. Slowly add noodles, peas and chicken to broth and boil until noodles are soft.
4. Sprinkle in salt and pepper to taste.



Corn Chowder Soup

Ingredients

- 1 lb. Chicken Breast, cut into cubes
- 1 Medium Onion, chopped
- 1 Tablespoon Oil
- 1 Cup Chopped Celery
- 1 (32 oz) Box Chicken Broth
- 4 Cups Whole Kernel Corn
- 2 Cups Diced Potatoes
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- 1 Cup Heavy Cream
- Fresh Parsley

1. Heat oil in skillet and add chicken. Cook over medium heat until browned and liquid has evaporated (about 15 minutes).
2. Meanwhile, in a blender combine half the box of broth and 2 cups of corn.
3. Blend on high speed until smooth, scraping sides as needed.
4. Transfer creamed corn into cooking pot.
5. Pour remaining broth and corn in pot along with onion, celery, salt and potatoes.
6. Bring to a boil, then reduce heat and simmer on low partially covered for 20 minutes or until potatoes are tender.
7. Stir in cream, pepper & parsley. Simmer 2-3 more minutes.
8. Remove from heat and taste for seasoning.

Hearty Beef Stew

Ingredients

- 2 Tablespoons Oil
- ¼ Cup Flour
- 1 ½ lb. Beef Stew Meat
- 1 Large Onion, sliced
- 1 Package Fingerling Potatoes
- 1 Package Baby Carrots
- 32 oz. Beef Stock
- ¼ lb. Sugar Snap Peas
- ½ Cup Soy Sauce
- 1 Teaspoon Worcestershire Sauce
- 2 Bay leaves
- Salt & Pepper to taste

1. In a skillet, heat oil on medium heat.
2. Sprinkle flour over meat until well coated.
3. When oil is hot, place meat in skillet & cook until meat is browned on all sides.
4. Remove meat from skillet & add to slow cooker.
5. Pour half the broth in skillet and scrape with whisk to loosen the browned bits on bottom and sides.
6. Add the rest of the beef stock, Worcester Sauce, soy sauce, bay leaves, salt & pepper to the skillet. Mix well.
7. Pour beef stock mixture into slow cooker. On top of meat mixture, layer onion, potatoes, carrots and sugar snap peas.
8. Cook on high heat for 5 to 7 hours, or on low heat for 7 to 9 hours.
Remove bay leaves before serving.





Cream of Broccoli Soup

Ingredients

- 2 Heads of Broccoli
- 6 Tablespoons Butter
- 6 Tablespoons Flour
- 2 Pints Milk (4 Cups)
- 2 Cups Chicken Broth
- 1 Pint Cream (2 Cups)
- 1 Bay Leaf
- Salt & Pepper to taste
- Grated Cheddar Cheese

1. Place broccoli in medium size sauce pan.
2. Pour in enough water to just cover broccoli. Turn on medium-high heat and cover with lid.
3. Cook on stove top and boil water until broccoli is soft.
4. If frozen, it will be softened within 2 to 3 minutes. If fresh, it will take 5-8 minutes.
5. In another pot, melt butter and stir in flour, making a roux.
6. Slowly pour milk and cream into roux, stirring constantly until well mixed.
7. Add bay leaf and chicken broth while stirring constantly.
8. Discard bay leaf and pour roux mixture into blender. Add half the broccoli and liquify. Pour liquid back into pot.
9. Cut remaining broccoli into small pieces and add to pot.
10. Heat to serving temperature and add salt & pepper as needed. Sprinkle top with grated cheese.

Chili

Ingredients

- 1 lb. Ground Beef
- 1 Medium Onion
- 4 Garlic cloves
- 1 Green Pepper, chopped
- 1 (14.5 oz.) Can Red Kidney Beans
- 2 (28 oz.) Cans Diced Tomatoes
- ½ Cup Salsa
- 2 Tablespoons Chili Powder
- 1 Tablespoon Cumin
- Salt to taste
- Grated Cheddar Cheese

1. Brown ground beef in big pot.
2. Add onion, garlic and green pepper and cook till softened.
3. Add kidney beans, diced tomatoes, salsa, chili powder and cumin.
4. Stir until well mixed.
5. Sprinkle with salt to taste.
6. Serve in bowls and top with grated cheese.



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Chicken Pot Pie

Ingredients

- 2 Packaged Pie Crusts (for top and bottom of pie)
- 1 (10 oz.) Package Frozen Mixed Vegetables
- 2 ½ Cups cooked Chicken, cut into small cubes
- ½ Cup Butter
- ½ Cup Flour
- ¾ Cup Milk
- 1 ½ Cups Chicken Broth
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper

1. Preheat oven to 350 degrees.
2. Rinse vegetables under hot water and set aside to drain.
3. In a small pan, melt butter and slowly add flour a little at a time until it becomes like a paste.
4. Pour in milk a little at a time, stirring constantly, making a roux.
5. When milk is blended in well, pour in chicken broth a little at a time until well mixed and sprinkle in salt & pepper.
6. Fold chicken into liquid.
7. Use 1 pie crust to line inside of 8” or 9” pie pan and add vegetables.
8. Spread liquid over vegetables until evenly distributed.
9. Center other crust on top. Pinch edges together with thumb or press down with fork around edge of pie.
10. Poke holes on top with knife to allow steam to escape.
11. Put strips of foil around edges to prevent the edge from burning.
12. Bake at 350o for 35 minutes or until crust is golden brown.



Macaroni and Cheese

Ingredients

- 4 Cups Macaroni Noodles
- 3 Cups Grated Cheddar Cheese
- 1 ½ Cups Fresh Parmesan Cheese, grated
- 2 ¼ Cups Milk
- 2 Egg Whites + 1 Whole Egg, lightly beaten
- ½ Cup Sour Cream
- 1 Tablespoon Mustard
- ½ Teaspoon Salt
- ½ Teaspoon Pepper
- 1 Cup Dried Bread Crumbs

1. Preheat oven to 350 degrees.
2. Boil water in a large pot and slowly pour in noodles. Cook until al dente (about 15 minutes).
3. Drain, rinse noodles in cold water, and set aside.
4. In a large bowl, stir together cheeses, milk, eggs, sour cream, mustard, salt & pepper.
5. Combine noodles with cheese mixture and mix well.
6. Pour macaroni and cheese into glass casserole dish.
7. Sprinkle bread crumbs on top.
8. Bake at 350o for 30 to 35 minutes or until bread crumbs begin to brown.

Chicken Stir Fry

Ingredients

- 2 Tablespoons Oil
- 2 Chicken Breasts
- 2 Carrots, chopped
- 1 Medium Onion, chopped
- 1 Cup Bean Sprouts
- 2 Celery Stalks
- ½ Head of Cabbage, shredded
- 1 Tablespoon Fresh Ginger, grated
- 4 Garlic Cloves, grated
- 2 Cups Chicken Broth
- ¼ Cup Soy Sauce
- Cooked Rice for serving

Stir Fry Sauce

- 1 Cup Chicken Broth
- 3 Tablespoons Cornstarch
- ½ Cup Soy Sauce

1. Cut chicken into small chunks.
 2. Heat oil in large pan until it begins to sizzle.
 3. Cook chicken until it begins to brown and all liquid has evaporated from pan.
 4. Combine carrots, onion, celery and cabbage in pan and mix well.
 5. Add chicken broth, garlic, soy sauce and ginger.
 6. Cover and reduce heat to low. Simmer for 10 minutes or until vegetables are tender. Add bean sprouts.
 7. Meanwhile, combine Stir Fry Sauce ingredients and whisk until cornstarch is dissolved. Pour Stir Fry Sauce into vegetables and chicken mixture and stir until sauce is thickened.
- Serve over cooked rice.

Meatloaf

Ingredients

- 1 lb. Ground Beef
- 1 Cup Milk
- 4 Slices of Bread, cubed
- 1 Egg
- 3 Cloves of Garlic, grated
- 1 Onion, chopped
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- 1 Teaspoon dried Sage
- 1 Teaspoon ground Mustard
- 1 Tablespoon Worcestershire Sauce
- ½ Cup Ketchup

1. Preheat oven to 350 degrees.
2. Mix all ingredients except ketchup. Press mixture into ungreased loaf pan.
3. Spread ketchup on top.
4. Bake uncovered for 1 hour, 15 minutes.



Chicken and Dumplings

Ingredients

- 1 Whole Chicken
- 4 Medium Carrots, chopped
- 3 Celery Stalks, chopped
- 1 Medium Onion, chopped
- 1 Tablespoon Parsley
- 1 Tablespoon Salt

Dumplings

- 2 Cups Flour
- 4 Teaspoon Baking Powder
- 1 Teaspoon Salt
- 1 Egg
- ¼ Cup Melted Butter, slightly cooled
- 1 ½ Cups Milk

1. Boil chicken in a large pot until cooked through (about 1 ½ hours).
2. Remove from water (leave water in pot) and allow chicken to cool.
3. Debone chicken and place in bowl. Meanwhile, cut carrots, celery, and onion and add to saved water.
4. Simmer 10 minutes. Add salt, parsley and chicken. Simmer at low heat.
5. To make dumplings, mix dry ingredients.
6. In another bowl, combine egg, milk and butter and stir well. Pour wet mixture into dry mixture and blend until fluffy. Batter should be a moist clump. If mixture seems too dry, add a little more milk. If too wet, add a little more flour.
7. Drop spoon-sized dumplings into simmering liquid and cook for 10 minutes uncovered.
8. Cover and cook another 10 minutes.

Stuffed Green Peppers

Ingredients

- 6 Green Peppers
- 1 ½ lbs. Ground Beef
- 1 Medium Onion
- 2 Cups Cooked Rice
- 1 Tablespoon Garlic Powder
- 1 (24 oz.) Jar Tomato Sauce
- 2 Cups Grated Cheddar Cheese
- Salt & Pepper to taste

1. Preheat oven to 350 degrees.
2. Slice off top and bottom of each green pepper. Pull out seeds and membranes and rinse. Place peppers in boiling water and cook 8-10 minutes.
3. Meanwhile, cook ground beef in pan over medium heat, adding onions and garlic powder, until browned. Drain off fat. Stir cooked rice into beef mixture.
4. Add in 1 cup of tomato sauce and 1 cup grated cheese.
5. Stuff each pepper with beef mixture and stand on end in ungreased baking dish.
6. Pour remaining tomato sauce over each pepper. Top with remaining cheese.
7. Cover and bake for 45 minutes.
8. Remove cover and cook another 10 minutes.





Mexican Lasagne

Ingredients

- 1 lb. Ground Beef
- 2 Teaspoons Garlic Powder
- 1 Tablespoon Chili Powder
- 2 Teaspoons Cumin
- 1 Cup Diced Green Chilis
- Salt & Pepper to taste
- 1 (14 oz.) Can diced Tomatoes
- 1 (32 oz.) Can Refried Beans
- 10 Corn Tortillas
- 2 Cups Grated Cheddar Cheese
- 2 Cups Shredded Lettuce
- 1 Cup Chopped Tomatoes
- ½ Cup Black Olives
- 5 Green Onions, chopped

1. Preheat oven to 350 degrees.
2. In a large pan, brown ground beef. Drain off fat.
3. Add garlic powder, chili powder, cumin, green chilis, diced tomatoes, salt & pepper. Heat through.
4. Cover bottom and sides of 13 x 9 baking dish with tortillas.
5. Pour beef mixture over tortillas. Smear beans over beef and cover completely. Sprinkle 1 cup grated cheese on top of beans.
6. Bake for 30 minutes. Remove from oven and sprinkle cheese, lettuce, tomatoes, green onions and olives on top in diagonal rows.

Pizza

Crust:

- 1 Cup Warm Water
- 1 Package (1 tablespoon) Fast Acting Yeast
- 1 Tablespoon Sugar
- 1 Tablespoon Oil (preferably olive oil)
- ½ Teaspoon Salt
- 3 Cups Flour

Topping:

- 1 Cup Tomato Sauce
- 1 Tablespoon Basil
- 1 Tablespoon Oregano
- 1 Tablespoon Parsley
- 1 lb. Grated Mozzarella Cheese

Additional Topping Options if desired:

- Black or Green Olives
- Mushrooms
- Green Chilis
- Pepperoni
- Sausage

1. Preheat oven to 475 degrees.
2. In a large bowl, mix together flour, yeast, sugar and salt.
3. Let sit until slightly foamy (5-10 minutes).
4. In another bowl, mix together water and oil, and pour slowly into dry mixture.
5. Stir well until soft dough forms. Dough should not be sticky.
6. Knead by hand or on level 2 of a stand mixer until it feels easy to roll out.
7. Place dough on greased pizza pan or cookie sheet & roll out to desired size.
8. Spread sauce over top and sprinkle with herbs.
9. Sprinkle on optional toppings (if desired) and cheese.
10. Bake for 10 to 15 minutes or until crust is light brown and cheese is bubbly.

Spaghetti and Meatballs

Ingredients

- 1 ½ lbs. Ground Beef
- ¾ Cup Dried Bread Crumbs
- ½ Medium Onion, chopped
- 1 Teaspoon Worcestershire Sauce
- 1 Egg
- ¼ Cup Milk
- Salt and Pepper to taste
- 2 Tablespoons Oil
- 2 (24 oz.) Jars Tomato Sauce
- 1 (16 oz.) Package Spaghetti Noodles
- Parmesan Cheese, grated

1. Mix together beef, breadcrumbs, onions, Worcestershire Sauce, egg, milk, salt and pepper.
2. Form meatballs, rolling pieces into a ball. In a large pan, heat oil over medium heat and cook meatballs 15 minutes, or till no longer pink in middle.
3. Pour jars of sauce in meatball pan, heat to a simmer, and cover.
4. Meanwhile, boil water for pasta in a large pot and cook according to package directions.
5. When done, drain pasta and rinse in cold water to stop the cooking process.
6. Serve pasta on plates or bowls and spoon meatballs & sauce on top.
7. Sprinkle on parmesan cheese as desired.



Chicken Enchiladas

Ingredients

- 2 Cans Shredded Chicken
- 12 Corn Tortillas
- ¼ Cup Oil
- 1 (15 oz.) Can Red Enchilada Sauce
- ½ Cup Chopped Green Chilis
- 1 Medium Onion, chopped
- 2 ½ Cups Cheddar Cheese
- Sour Cream

1. Preheat oven to 350 degrees.
2. Heat oil in skillet until hot.
3. Immerse 1 tortilla at a time in oil for 5 seconds. Remove from skillet & drain excess oil off. Put the tortilla on a paper towel on a plate.
4. Continue to immerse each tortilla for 5 seconds each and stack together on the plate. Cover with a paper towel or another plate to keep warm.
5. Set out a plate and pour in some of the enchilada sauce.

6. In bowls or plates, set out the shredded chicken, green chilis, onions and cheese. Pour in just enough of the remaining enchilada sauce from the can into a 13 x 9 casserole dish, just enough to cover the bottom. Immerse one tortilla in the enchilada sauce in the plate and put on a cutting board or another plate.
7. Arrange about 1 tablespoon chicken in the middle, then add a small amount of green chilis, onions and cheese.
8. Roll tortilla to close and place in the baking dish on the 9" side.
9. Continue with rest of tortillas, placing them side by side. Pour remaining sauce on top, sprinkle with remaining cheese and cover with foil.
10. Bake 10 minutes and top with sour cream to serve.



Sandwiches

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Southwest Grilled Cheese Sandwich

Makes 4 sandwiches

Ingredients

- 8 Slices of Bread
- 4 Slices of Cheese
- 2 Whole Green Chilis, roasted or canned, sliced
- 2 Medium Tomatoes, sliced
- 4 Tablespoons Butter

1. Place cheese slice on one slice of bread. Top with another slice of bread.
2. Butter both sides of sandwich. Repeat with remaining bread and cheese, to make total of four sandwiches.
3. Cook sandwiches in skillet or flat griddle on low heat for about 5 minutes or till bottom is browned.
4. Flip sandwiches over and cook for another 2 minutes till browned. Cheese should be melted.
5. Open sandwich and lay chili slices & tomato slice inside.
6. Cut sandwiches in half to serve.



Sloppy Joes

Makes 8 servings

Ingredients

- 1 ½ lbs. Ground Beef
- 1 Medium Onion, chopped
- 1 ¾ Cup Ketchup
- 1 Teaspoon Garlic Powder
- 1 ½ Tablespoons Worcestershire Sauce
- 1 Teaspoon Salt
- 1 Teaspoon Pepper
- 1 Teaspoon Ground Mustard
- 8 Hamburger Buns

1. In a large pan over medium heat, cook beef and onion, stirring frequently, until beef is browned.
 2. Drain off fat. Stir in remaining ingredients and simmer uncovered for 5 minutes.
- Serve in hamburger buns.





Tuna Melt

Makes 4 sandwiches

Ingredients

- 2 (5 oz.) Cans Tuna in Water, drained
- ½ Medium Onion, finely chopped
- ¼ Cup Mayonnaise
- 2 Medium Pickles, chopped
- Salt & Pepper to taste
- 8 Slices of Bread
- 4 Slices of Cheese
- ¼ Cup (4 Tablespoons) Butter, softened

1. In a medium bowl, mix together tuna, onion, mayonnaise, pickle, salt and pepper.
2. Spread on top of four slices of bread. Lay sliced cheese on top of tuna mixture. Top with remaining 4 slices of bread.
3. Butter both sides of bread and place in skillet on low heat.
4. When browned on one side, flip over and brown the other side.

Egg Salad Sandwich

Makes 4 sandwiches

Ingredients

- 8 Eggs
- ½ Cup Mayonnaise
- ½ Small Onion, finely chopped
- Salt & Pepper to taste
- 8 Slices of Bread

1. In a large pot, boil eggs on stovetop for 20 minutes. Run eggs under cold water until warm to the touch.
2. Peel & chop eggs, then place into a medium bowl.
3. Add mayonnaise, onion, salt & pepper – mix well.
4. Spread evenly on 4 slices of bread. Top with other 4 slices of bread.





Chicken Salad Sandwiches

Makes 2 sandwiches

Ingredients

- 1 (5 oz.) Can Chicken in Water, drained.
- ½ Small Onion, finely chopped
- ¼ Cup + 2 Tablespoons Mayonnaise
- ½ Celery Stalk, finely chopped
- Salt & Pepper to taste
- 4 Slices of Bread

In a medium bowl, mix together chicken, onion, mayonnaise, celery, salt and pepper.

Spread ½ of mixture on one slice of bread. Top with another slice of bread. Repeat for 2nd sandwich.

Desserts

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Cheesecake

Ingredients

- 1 Graham Cracker Pie Crust
- 24 oz. Cream Cheese, room temperature
- 1 Egg
- 4 Egg Whites
- $\frac{3}{4}$ Cup Sweetened Condensed Milk
- $\frac{1}{4}$ Cup Flour
- 2 Tablespoons Sugar

1. Preheat oven to 300 degrees.
2. Combine all ingredients except for the pie crust.
3. Beat with hand mixer or by hand with a whisk until smooth.
4. Pour into pie crust, distributing it so the top is smooth and uniform all over.
5. Bake for 35 minutes or until center jiggles slightly when touched.
6. Cool completely, then cover and refrigerate for at least 4 hours.
7. When ready to serve, top with your favorite berry.



Frozen Strawberry Banana Cream Pie

Ingredients

- 1 Graham Cracker Pie Crust
- 1 (10 oz.) Package Frozen Strawberries or 2 Cups Fresh Strawberries
- 1 Banana
- 2 Cups Whipping Cream
- 1 Cup Plain Yogurt

1. Reserve ½ cup strawberries, then put rest of strawberries, banana, whipping cream and yogurt in blender.
2. Blend just until smooth and pour into graham cracker pie crust.
3. Cover with plastic wrap and freeze for a few hours.
4. Once frozen, cut up remaining strawberries and put on top of pie.

Honey Apple Pie

Ingredients

- 2 Prepared Pie Crusts
- 6 or 7 Granny Smith Apples
- ⅓ Cup Flour
- 1 ½ Teaspoon Cinnamon
- ½ Cup Honey

1. Preheat oven to 450 degrees.
2. Peel apples and slice about ⅛” thick.
3. In a large bowl, add apples and stir in flour and cinnamon until apples are all coated. Pour apples into pie crust and pour honey evenly on top.
4. Top with other crust and pinch edges together with thumb or press down with fork all around edge. Cut slits in the top crust for escape of steam. Put foil strips around edges of pie to prevent burning.
5. Bake 40 to 45 minutes until light brown on top.

Cream Puffs

Ingredients

- 1 Cup Water
- ½ Cup Butter
- 1 Cup Flour
- 4 Eggs
- Your choice of fruit/filling

1. Preheat oven to 400 degrees.
2. In a medium pot, heat water and butter to boiling.
3. Lower heat and add flour, stirring constantly until mixture forms a ball.
4. Remove from heat and let cool slightly.
5. Add eggs one at a time, beating well after each until dough is smooth.
6. Drop by ½ cup spoonful 2” apart onto an ungreased cookie sheet.
7. Bake 35 to 40 minutes or until puffed and golden brown.
8. Cool, avoiding drafts. Carefully cut off tops and pull out any soft dough left inside of each puff.
9. Refrigerate until ready to serve, filling with your favorite cut-up fruit and top with whipped cream.

OPTION: Puffs can also be filled with chicken salad or other savory filling.



Blonde Brownies with Caramel Sauce

Ingredients

- $\frac{3}{4}$ Cup Flour
- $\frac{1}{2}$ Teaspoon Baking Powder
- $\frac{1}{4}$ Teaspoon Salt
- $\frac{3}{4}$ Cup Butter
- $\frac{3}{4}$ Cup Sugar
- 1 Teaspoon Vanilla
- 2 Eggs
- 1 Cup White Chocolate Chips
- 1 Cup Chopped Walnuts or Cashews

Caramel Sauce (makes about 2 Cups)

- 1 Cup Sugar
- $\frac{1}{2}$ Cup Water
- 1 Cup Heavy Cream
- $1\frac{1}{2}$ Teaspoons Vanilla
- Pinch of Salt
- $\frac{1}{2}$ Cup Water
- $\frac{1}{4}$ Cup Corn Starch

1. Preheat oven to 350 degrees.
2. Butter bottom and sides of an 8 x 8 glass dish and set aside. In a medium bowl, stir together flour, baking powder and salt. In a small pan, melt butter, sugar and vanilla on medium heat, stirring until smooth. Remove from heat and let cool slightly. Add eggs into pan one at a time beating well after each. Fold in flour mixture and beat until combined. Add white chocolate chips & nuts. Spread in prepared 8 x 8 dish and bake for 18 to 20 minutes or until middle is set. Cool in pan then cut into 12 squares.
3. Meanwhile, prepare caramel sauce: In a small pot, mix together sugar & water. Gently swirl in pan so all sugar is wet. Bring to a boil, stirring constantly, about 6 minutes. When it begins to turn a slightly darker brown, (do not let it get too dark as it will taste burned), turn down the heat to simmer. Add cream, vanilla and salt. Using a whisk, stir constantly until syrup and cream are well mixed. In a small bowl or measuring cup, mix cornstarch and water until smooth. Pour cornstarch/ water into caramel sauce and continue to stir with whisk. It will thicken after a few minutes.
4. Remove from heat and pour over brownies.



Honey Chocolate Chip Cookies

Ingredients

- 1 Cup Butter, softened
- ½ Cup Honey
- 1 Teaspoon Vanilla
- ½ Teaspoon Salt
- 1 Cup Chocolate Chips
- 2 Cups Flour
- 1 Cup Dry Oatmeal

Optional:

- ½ Cup chopped Walnuts

1. Preheat oven to 325 degrees.
2. Cream butter and honey together until smooth.
3. Add vanilla and salt and mix well.
4. In separate bowl, mix together flour, oatmeal, chocolate chips and nuts (if desired).
5. Add to honey/butter mixture and stir well. Roll dough into 1 to 1 ½ tablespoon balls and press down on ungreased cookie sheet.
6. Bake 15 minutes or until light brown on top. Remove from oven and let cool on rack.



Oatmeal Raisin Cookies

Ingredients

- ⅓ Cup Honey
- 1 Cup Sugar
- 1 Cup Softened Butter
- 1 Teaspoon Baking Powder
- ¼ Teaspoon Cinnamon
- 1 Teaspoon Vanilla
- ½ Teaspoon Salt
- 2 Eggs
- 3 Cups Oats
- 2 Cups Flour
- 1 Cup Raisins

1. Preheat oven to 375 degrees.
2. Combine and mix well all ingredients except oats, flour and raisins.
3. Stir in oats, flour and raisins to form dough.
4. Roll dough into balls, using about 1 ½ tablespoon dough for each.
5. Place on ungreased cookie sheet, pressing down to flatten a bit.
6. Bake 10 minutes or until light brown.
7. Remove from oven and cool on rack.

Snickerdoodles

Ingredients

- $\frac{3}{4}$ Cup Sugar
- $\frac{1}{2}$ Cup Butter, softened
- 1 Large Egg
- $1\frac{1}{3}$ Cups Flour
- 1 Teaspoon Cream of Tartar
- $\frac{1}{4}$ Teaspoon Salt
- 1 Teaspoon Cinnamon
- 2 Tablespoons Sugar

1. Preheat oven to 400 degrees.
2. In a large bowl, combine $\frac{3}{4}$ cup sugar, butter and egg & mix well.
3. Add flour, cream of tartar and salt & mix well until dough forms.
4. Shape into $1\frac{1}{2}$ " balls.
5. In a separate bowl, mix cinnamon and 2 tablespoons sugar.
6. Roll tops of balls into cinnamon/sugar mixture.
7. Place balls on ungreased cookie sheet 2" apart, making sure to keep cinnamon/sugar side up.
8. Bake 10 to 12 minutes.
9. Remove from oven and cool on rack.





Peanut Butter & Chocolate Rice Krispies

Ingredients

- $\frac{3}{4}$ Cup Peanut Butter
- 1 Cup Honey
- 5 Cups Rice Krispies Cereal
- 1 Package Chocolate Chips
- 1 Tablespoon Butter

1. In a small pot, heat peanut butter and honey, stirring constantly until well combined.
2. In a separate bowl, measure out cereal.
3. Add the peanut butter/honey mixture and stir until well mixed.
4. Add one cup of the chocolate chips and stir until well mixed.
5. Pour the batter into a buttered 13 x 9 casserole dish.
6. With well-buttered fingers, spread mixture evenly in dish.
7. Melt remaining chocolate chips on very low heat, stirring constantly.
8. As soon as chocolate is melted, pour over mixture in dish and smooth evenly over all.
9. Cool, then cut into squares.

Honey Peach Cobbler

Ingredients

- 2 Packages Frozen Peaches or 3 lbs. Fresh Peaches cut into ½” slices
- ½ Cup Honey
- 3 Tablespoons Lemon Juice
- 2 Tablespoons Corn Starch Mixed with 2 Tablespoons Water
- 2 Tablespoons Butter, cut into small pieces

Topping:

- 1 ¼ Cup Flour
- 2 Teaspoons Baking Powder
- ½ Teaspoon Salt
- ½ Teaspoon Cinnamon
- ¼ Teaspoon Nutmeg
- ¼ Cup (4 Tablespoons) Cold Butter, cut into small pieces
- ½ Cup Milk
- ¼ Cup Sugar

1. Preheat oven to 400 degrees.
2. Place peaches in 9 x 11 baking dish.
3. In a small bowl, mix honey, lemon juice and cornstarch/water mixture until well blended. Pour over peaches and dot evenly with small pieces of butter.
4. For topping, mix together flour, baking powder, salt, cinnamon, nutmeg and sugar. Cut in cold butter until well blended. Add milk and stir just until moistened.
5. Drop by spoonfuls over peaches until evenly covered.
6. Bake for 30 to 35 minutes until well browned.

Serve warm or cooled.

Snacks

[Spring Rolls](#) 55

[Deviled Eggs](#) 56

[Trail Mix](#) 56

[Nachos](#) 57





Spring Rolls

Ingredients

- 1 (12 oz.) Package Spring Roll Skin
- Warm Water
- 1 Avocado, sliced
- 1 Carrot, sliced
- 1 Green Pepper, sliced
- 1 Cucumber, sliced
- 1 Head of Lettuce, washed & sliced lengthwise

1. Pour warm water in shallow plate.
2. Dip 1 spring roll skin in warm water for 50 seconds. Remove and let water drain off. Set skin on dry work area.
3. Add slice of each vegetable in middle of skin.
4. Hold lengthwise top and bottom edges of skin (not the folder ends) and tightly roll up (should look like an egg roll).
5. Set on dry tray and continue making each roll. Do not stack on top of each other as they will stick.

Use whatever dipping sauce you prefer for flavor.

Deviled Eggs

Ingredients

- 12 Eggs
- 7 Tablespoons Mayonnaise
- 1 Teaspoon Mustard
- ¼ Teaspoon Salt
- ¼ Teaspoon Pepper
- ½ Teaspoon Paprika

1. In a large pot, boil eggs in water for 15 to 18 minutes.
 2. Run under cold water until cool enough to peel.
 3. Carefully split eggs in half lengthwise and remove egg yolks to a bowl. Set egg white halves aside.
 4. Add remaining ingredients to yolks and mash with a fork.
 5. Using a spoon, lightly fill each egg white half.
 6. Sprinkle top with paprika.
- Refrigerate until ready to serve.

Trail Mix

Ingredients

- 1 Cup Walnuts
- 1 Cup Pecans
- 1 Cup Almonds
- ½ Cup Sunflower Seeds
- ½ Cup Raisins
- 1 Cup Chocolate Chips
- ½ Cup Dried Cranberries

1. Combine all ingredients in a large bowl and mix well. Keep refrigerated.

Nachos

Ingredients

- 1 Large Bag Tortilla Chips
- 8 oz. Cheddar Cheese
- ½ Cup Chopped Green Chilis
- 1 Cup Fresh Tomatoes, chopped

1. Arrange tortilla chips evenly on cookie sheet.
2. Sprinkle with cheese and broil (high temperature) for 30 seconds or until cheese is melted
3. Remove from oven and layer top of nachos with green chilis and tomatoes



Beverages

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[Raspberry Lemonade Delight](#) 59

[Sangria \(Non-Alcoholic\)](#) 60

[Jamaica](#) 61

[Hot Apple Cider](#) 61



Fruit and Tea Punch

Ingredients

- 1 ½ Cups Tea of Choice
- 1 Cup Sugar or Honey
- 1 Cup Orange Juice
- ¼ Cup Fresh Squeezed Lemon Juice
- 1 ½ Cups Fresh Fruit, crushed
- 1 Pint (2 Cups) Carbonated Mineral Water
- Ice

1. Mix all ingredients in blender except for mineral water and ice.
2. When ready to serve, pour in mineral water and add ice.
3. Can be diluted with more mineral water if desired.

Raspberry Lemonade Delight

Ingredients

- 3 Large Lemons, squeezed
- 1 (10 oz.) Package Red Raspberries
- ½ Cup Sugar or Honey
- 6 Cups Carbonated Mineral Water

1. In a small bowl, combine lemon juice and sugar (or honey) until dissolved.
2. Pour into blender and add lemon juice, raspberries and 1 cup mineral water.
3. Blend on high speed until smooth.
4. Pour into pitcher and add remaining mineral water and mix well.

To serve, pour over ice

Sangria (Non-Alcoholic)

Ingredients

- 1 Bottle Non-Alcoholic Red Wine
- ¼ Cup Sugar
- ½ Cup Orange Juice
- ¾ Cup Fresh Squeezed Lemon Juice or Lime Juice
- Lime, Lemon or Orange Slices, if desired

1. In a pitcher, combine sugar, orange juice, lemon or lime juice and stir until sugar is dissolved.

2. Pour in non-alcoholic red wine and mix well.

To serve, pour over ice and garnish with slice of lime, lemon or orange if desired.



Jamaica

Ingredients

- 8 Cups Water
- 1 Cup Jamaica Leaves (Hibiscus Flower)
- Sugar or Honey to Sweeten

1. Add 4 cups water to a medium saucepan and bring to a boil.
 2. Add Jamaica leaves and simmer for 8 to 10 minutes.
 3. Remove from heat and strain into a container. Add sugar or honey to taste and mix until dissolved. Add remaining water and stir well.
 4. Refrigerate until cooled.
- To serve, pour over ice.



Hot Apple Cider

Ingredients

- 4 Cups Apple Juice
- ½ Teaspoon Nutmeg
- 2 Whole Cloves
- 2 Cinnamon Sticks

1. Mix all ingredients together in a medium sauce pan.
2. On medium heat, bring to a boil.
3. Reduce heat and simmer for 8 to 10 minutes.
4. Remove from heat and discard cloves and cinnamon sticks.

Serve hot.

Kitchen & Pantry Suggested Items

The items listed in each section below are a list of what's needed to make all of the recipes included in this cookbook.

[Condiments and Spices](#) 63

[Pantry Basics](#) 64

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[Nuts / Dried Fruit](#) 67

[Miscellaneous](#) 68

[Kitchen Cookware](#) 68

NOTE: Items marked with * can be purchased at the Dollar Store

Condiments / Spices

- Basil*
- Baking Soda*
- Chili Powder*
- Cinnamon*
- Cumin*
- Garlic Powder*
- Ketchup*
- Maple Syrup*
- Mayonnaise*
- Mustard*
- Oregano*
- Paprika*
- Parsley*
- Pepper*
- Pickles*
- Sage*
- Salad Dressing*
- Salt*
- Soy Sauce*
- Vanilla*
- Worcestershire Sauce*
- Baking Powder
- Bay Leaves
- Chili Sauce
- Cinnamon Sticks
- Cloves
- Corn Starch
- Cream of Tartar
- Ground Mustard
- Nutmeg
- Salsa
- Yeast (Fast-Acting)



Pantry Basics

Bread and Buns*
Cheddar Cheese*
Cream Cheese*
Egg Noodles*
Flour*
Macaroni Noodles*
Mozzarella*
Oil*
Parmesan Cheese*
Queso Fresco*
Rice*
Spaghetti Noodles*
Sugar*
Tomato Sauce (Jar)*
Butter
Corn Tortillas
Eggs
Flour Tortillas
Honey
Milk
Oats
Peanut Butter
Plain Yogurt,
Unsweetened
Spring Roll Wraps



Canned Foods

- Canned Chicken*
- Canned Diced Tomatoes & Green Chilis*
- Canned Tomatoes*
- Canned Tuna*
- Corn*
- Olives*
- Refried Beans*
- Sweetened Condensed Milk*
- Canned Whole Green Chilis
- Enchilada Sauce
- Red Kidney Beans



Vegetables

Avocados
Bean Sprouts
Broccoli
Cabbage
Carrots
Celery
Cilantro
Cucumbers
Frozen Mixed Vegetables
Garlic Cloves
Ginger
Green Chilis
Green Peppers
Lettuce
Mushrooms
Onions (Yellow, White or Red)
Peas
Potatoes
Sugar Snap Peas



Fruits



Strawberries (fresh or frozen)*
Apples
Bananas
Blueberries
Lemons
Limes
Peaches
Raspberries
Tomatoes

Meats

- Beef Stew Meat
- Chicken
- Ground Beef
- Pepperoni
- Sausage
- Sliced Turkey



Beverages

- Apple Juice*
- Regular Tea*
- Carbonated Water
- Jamaica Tea (Hibiscus Flower)
- Non-Alcoholic Wine
- Orange Juice



Nuts/Dried Fruits

- Sunflower Seeds*
- Almonds
- Cashews
- Dried Cranberries
- Pecans
- Raisins
- Shredded Coconut
- Walnuts



Miscellaneous

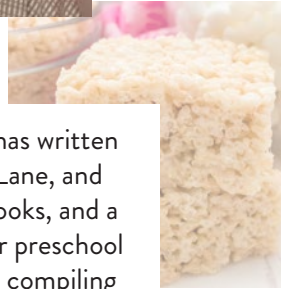
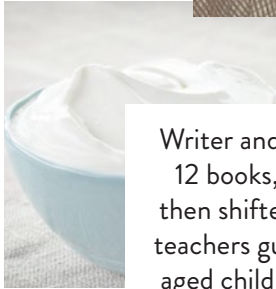
- Chocolate Chips*
- Dried Bread Crumbs*
- Graham Cracker Pie Crust*
- Sour Cream*
- Whipped Cream*
- Heavy Cream
- Prepared Pie Crust
- Rice Krispies
- White Chocolate Chips



Kitchen Cookware

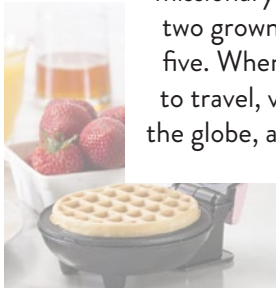
- 13 x 9 OR 11 x 9 Casserole Dish
- 8 x 8 Casserole Dish
- Blender
- Cheese Grater
- Colander / Strainer
- Cookie Sheet
- Flat Grill
- Hand Mixer
- Loaf Pan
- Mixing Bowls
- Muffin Pan
- Pan / Skillet
- Pitcher
- Pizza Pan
- Pots
- Slow Cooker / Crock Pot
- Waffle Iron
- Whisk





Meet the Author

Writer and author, Jennifer Swanson has written 12 books, including *Life in the Faith Lane*, and then shifted to a series of children's books, and a teachers guide used as a curriculum for preschool aged children. She then ventured out, compiling some of her favorite, easy to prepare, recipes and published, *Transitional Cooking*, an organic cookbook. It is with great pleasure that she has been involved in bringing more of her recipes to the table for the Reach Center and Center of Hope Ministry at Grace Church in Arvada, Colorado, where she attends church. Jennifer is a former missionary of over 29 years. She is the mother of two grown children and a proud grandmother of five. When she isn't reading or writing, she loves to travel, visiting friends and family from all over the globe, and cooking and preparing meals for her loved ones.





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