“Easier Than Apple Pie” (From McCormick & Co.)

1 refrigerated pie crust (from 15-ounce package)
1 egg white, lightly beaten
3/4 cup sugar
2 tablespoons cornstarch
2 teaspoons McCormick® Cinnamon, Ground
4 cups thinly sliced peeled apples (about 4 medium)
1 teaspoon sugar

1. Preheat oven to 425°F. Prepare crust as directed on package. Place on foil-lined 12-inch pizza pan. If necessary, press out any folds or creases. Brush crust with about 1/2 of the beaten egg white.

2. Mix 3/4 cup sugar, cornstarch and cinnamon in medium bowl. Toss with apples. Spoon into center of crust, spreading to within 2 inches of edges. Fold 2-inch edge of crust up over apples, pleating or folding crust as needed. Brush crust with remaining egg white; sprinkle with 1 teaspoon sugar.

3. Bake 20 minutes or until apples are tender. Cool slightly before serving.

Brownies, Homemade, Yummy & Easy

1/2 c butter

1 c sugar

2 eggs

1 t vanilla

1/3 c cocoa powder

1/2 c flour

1/4 t salt

1/4 t baking powder

Oven to 350 Pan 8×8

In a saucepan, melt butter, add sugar. Remove from heat. Beat together eggs & vanilla. Slowly temper egg mixture into butter mixture. Stir in the rest of the ingredients. Spread in a pan.

Check every few minutes after 20 minutes until done to your liking.

Mushroom, Barley & Chicken Soup

2 T butter

1 medium-large onion, diced

2 cloves garlic, minced

1/2 t dried thyme

salt & pepper

8-10 ounces button mushrooms, sliced

4+ cups chicken broth

6-8 ounces baby bella mushrooms, sliced

1 cup pearl barley

1 chicken breast, no skin, shredded

In a pot you like for soups, pour 4 cups of chicken broth and one cup of dry barley and bring to rolling boil. After you get a boil, bring pot down to a simmer. Simmer for 30 minutes. In a skillet, saute onions in butter, add garlic, thyme, salt & pepper. After about six minutes, add sliced mushrooms and saute.

Add the ingredients from skillet to the simmering barley. Continue to simmer until the barley is completely cooked (45 minutes to an hour). Add more water or chicken broth to thin soup to your desired consistency. Add chicken and simmer a couple of minutes. Check for salt & pepper (you'll need more than you might initially think). Serve with a grilled cheese sandwich and you've got dinner!

Apple Brownies (Courtesy Tammy's Recipes)-Revised for Us

Ingredients:

2/3 cup butter
1 cup brown sugar

1/2 cup maple sugar
2 eggs
1 teaspoon vanilla
2 cups flour
1/2 teaspoon cinnamon
2 teaspoons baking powder
1/4 teaspoon salt
1 cup peeled chopped apples
1/2 cup nuts (optional)
Powdered sugar
Instructions:

1. Cream butter and sugars. Add eggs and vanilla, mixing well. Add flour, cinnamon, baking powder, and salt. Stir well. Stir in apples and nuts.

2. Spread batter into a greased 9 x 13-inch baking pan. Bake at 350 degrees for 30-35 minutes, until brownies test done with a fork and slightly browned on top.

3. Cool; dust top with powdered sugar and cut into 24 squares.

Cream of Asparagus Soup (Courtesy of Mapleline Farm)

1 lb asparagus trimmed, cut into 2 in pieces

1/2 cup diced onion

1 t celery salt

3T butter

3T flour

3/4 cup heavy cream

3/4 cup whole milk

1. In a pan you use for soups, cook asparagus in 2 cups of boiling water until tender

2. Add onion & celery salt, cook until soft.

3. Puree asparagus mixture in a blender

4. In the soup pan, make a golden roux from the butter and flour.

5. Whisk in milk & cream and stir until mixture thickens.

6. Add asparagus mixture from blender, salt & pepper to taste and serve.

“Carol’s Company Chicken” (Courtesy of Smith’s Country Cheese)-Revised for Us

6 boneless, skinless chicken breasts, pounded to 1/2 in thickness

8oz Gouda cheese, grated

1 can condensed cream of chicken soup

1/2 cup milk

1 cup stuffing mix

1/4 cup butter

1. Preheat over to 350 degrees

2. Place chicken breasts in 13×9 baking pan

3. Top chicken with grated cheese

4. Mix soup and milk, pour over the grated cheese and chicken breasts

5. Combine stuffing mix with melted butter and sprinkle over chicken

6. Bake for 45 minutes.

Quinoa Tabbouleh w/ Chicken

- 1/2 cup uncooked quinoa
- 3/4 cup water
- 1 1/2 cups quartered grape tomato
- 3/4 cup shredded cooked chicken breast
- 3/4 cup minced fresh flat-leaf parsley
- 1/2 cup finely chopped red bell pepper
- 1/2 cup diced English cucumber
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Combine quinoa and water in a smalpot, ring to a boil, cover and let sit, removed from heat for 15 minutes or until tender. Cool quickly by running it under cold water.

2. Add remaining ingredients; toss well.

Double Oat Breakfast Cookies (Untried) Potentially healthy with changes

1/2 c butter, softened

1/2 c smooth peanut butter

1 1/4 c sugar

1/2 t baking soda

1/4 t salt

1/4 c water

1 egg

1 T vanilla

1 1/2 c flour

1 c rolled oats

1 c golden raisins (or chocolate chips)

3 c Cheerios

Preheat oven to 375 degrees. Beat butter & peanut butter for 30 seconds. Add sugar, baking soda & salt, beat until combined. Add water, egg and vanilla until combined. Beat in flour just until combined. Beat in oats as much as possible. Stir in raisins and cereal.

Drop large spoons fulls about 3 inches apart on a cookie sheet. Flatten a bit and bake 10-12 minutes. Cool on sheet for a few minutes before transferring to wire rack. Can be frozen up to 3 months. Last only 5 days if left out.

Try maple syrup instead of sugar. Would whole wheat flour work instead of white flour? How about canola oil versus the butter?? Add some flax seed? Maybe almonds?

Original idea from Better Homes & Gardens

Banana Quick Bread (untried)

- *3 cups flour*
- *1 teaspoon salt*
- *3 teaspoons cinnamon*
- *1/2 teaspoon baking powder*
- *1 teaspoon baking soda*
- *2 eggs*
- *1 cup oil*
- *2 cups sugar*
- *2 cups mashed bananas**
- *3 teaspoons vanilla*
- *1 cup chopped nuts or seeds (optional)*

Sift together dry ingredients. In separate bowl, beat eggs; add oil and sugar; cream together. Stir in bananas and vanilla. Add dry ingredients; mix well. (Stir in nuts, if using.) Spoon into two well-greased loaf pans. Bake at 325 degrees for 1 hour.

Fasting Bread, Black Beans & Rice, Ash Wednesday

There is a great website I've been visiting now for sometime, but have not cooked any of her dishes. I'm going to try two of them soon though. She has a recipe for a fasting bread and a Black Bean & Rice recipe that look good.

On Ash Wednesday, fasting in this household means 2 small meals that together do not equal a normal meal and one regular sized meal (for us that is our dinner). I think I'll make the fasting bread on Tuesday so that we can have that for breakfast and lunch on Ash Wednesday. Then fix the black beans & rice for dinner and serve along with some fasting bread.