

# Whole Wheat Pita Chips

Crunchy homemade whole wheat pita chips – perfect for dipping or eating plain!

Yield:

4 servings

Ingredients:

4 whole wheat pita breads

Olive oil

Sea salt or table salt Instructions:

1. If pita breads have two layers (like my whole wheat pita pocket breads), split the pita around the edges to make two thinner circles of bread (8 thin pieces all together).

2. Brush both sides of each round with olive oil. Using a pizza cutter, slice each round into 8 triangular wedges.

3. Spread wedges in a single layer on a baking sheet. Sprinkle both sides lightly with salt.

4. Place baking sheet in pre-heated 450 degree oven. Bake for 5 minutes and check for doneness. Depending on how thick your chips are, they could take between 5 and 9 minutes to bake. Check frequently to

avoid burning the chips!

5. Finished chips can cool on the sheets or on a wire cooling rack. Enjoy plain, or with your favorite dip!



Whole Wheat Pita Chips

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## Cherry Pie Filling

Colorful homemade cherry pie filling

Yield:

About 3 cups

Ingredients:

3 cups pitted sour cherries\*

1 1/2 cups sugar

approximately 1/2 cup water

approximately 1-2 tablespoons clear jel or cornstarch, for thickening

(Please see additional notes before making!)

Instructions:

1.

Combine fruit and sugar in a pan and stir together. If cherries are soft and mushy, you won't need additional water, but if cherries are firm, add 1/4 to 1/2 cup water. Bring to a boil.

2. Mix cornstarch or clear jel\*\* with some cold water or reserved cherry juice (about 2 tablespoons of cold water with 2 tablespoons corn starch or clear jel), whisking to remove lumps.

3. When cherries are boiling, add thickening while stirring constantly to prevent lumps. Add enough thickening to make the consistency you desire. We like our pies fairly thick, but cheesecake topping thinner. Stir the thickening as it bubbles, just until the juices are clear. (When the filling looks clear, it's fully cooked.

Over-cooking will start to break down the filling.)

4. Pour into pie crusts (unbaked pastry) for pies (bake pies at 425 degrees for about 30 minutes or until browned) or use as topping in other recipes.

#### Additional Notes:

\*You

can use sour or sweet cherries for this recipe, but you will need to

adjust the sugar if using sweet cherries. I would use about 1/2 to 3/4

cup of sugar for sweet cherries. If using sweet cherries, you may wish

to add a tablespoon of lemon juice or a pinch of citric acid, since

sweet cherries won't be as tart as sour cherries.

The texture of the cherries will also make a difference in this

recipe. I have used really ripe sour cherries from my parents' trees,

and those are very juicy and tart, needing no additional water or citric

acid. I have also used sweet cherries from a neighbor's tree, and those

were again, really ripe and soft and made a nice juicy filling!

However, using firmer cherries from a store will necessitate the

addition of some water... and you can also boil the cherries, sugar, and

water for several minutes without risk of them falling apart

and

looking mushy in your pies or on your cheesecakes. ☐

\*\*Cornstarch thickens, and will continue to become thicker as your mixture cools. Do not make it as thick when hot as you would like it to be when it has cooled, or it will be too thick.

[Clear jel](#), however, is the same thickness hot as it is cold. We prefer clear jel for thickening pie filling, as it is easier to see the consistency, and the pies don't tend to run over in the oven as easily.

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## Garlic Dill Pickles

Flavorful and crisp, these homemade dill pickles are easy and delicious!

Yield:

10 quarts

Ingredients:

10 quarts of cucumbers\*

10 cloves garlic

10 sprigs of fresh dill, washed

10 fresh grape leaves\*\*

### Brine Ingredients:

3 quarts water

1 quart vinegar (5% acid)

1 cup canning (non-iodized) salt

1/2 teaspoon powdered alum

### Instructions:

1. Heat washed cucumbers with brine until heated through well and turned a dark green in color, but not boiling.

2. Have jars hot in a canner, and lids hot in a pan of water on the stove. Pack hot cucumbers into hot jars with one clove of garlic, one sprig of dill, and one grape leaf in each jar. Set jars back into hot canner as they are filled, to keep hot.

3. When all the cucumbers are out of the brine, bring the brine to a boil. Pour brine into jars of cucumbers to 1/2-inch from top. Screw hot lid on, and set jar aside to cool. No further processing needed!

This recipe is from Tammy's Recipes.

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# Homemade Beef Pepperoni

This beef pepperoni is a flavorful homemade cured meat, on the dry side, formed into rolls, baked, and sliced Yield:

5 lbs (or 5 rolls)

Ingredients:

5 pounds lean ground beef

5 heaping teaspoons of Morton's "Tender Quick" curing salt

2 1/2 heaping teaspoons of mustard seed

1 teaspoon ground pepper

2 1/2 teaspoons garlic salt

1/2 teaspoon cayenne pepper Instructions:

Day 1: Mix all the ingredients and knead well. Refrigerate in sealed container (or air-tight with plastic wrap).

Day 2: Knead again; cover and continue refrigerating.

Day 3: Form meat into four rolls. Place rolls on an oven grill pan or wire rack; place the grill/rack on/inside a cookie sheet, so excess fat can drip. Bake 7 hours at 150 degrees. Turn rolls 45 degrees every 2 hours.

Store in the fridge or freezer.



Homemade Beef Pepperoni

This recipe is from Tammy's Recipes.

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## Homemade Beef Salami

A medium-textured spicy homemade lunch meat

Yield:

5 pounds of salami

Ingredients:

2 cups water

1 tablespoon liquid smoke flavor

2 teaspoons garlic powder

2 teaspoons mustard seed

1 teaspoon coarsely ground pepper

2 teaspoons onion powder

2 teaspoons crushed red pepper

5 pounds freshly ground beef (80% lean or leaner)

5 tablespoons Morton's Tender Quick (cure)

## Instructions:

1. Combine water, liquid smoke, spices, and Tender Quick. Add beef and knead with hands, mixing well.

2. Divide meat into 3 rolls. Wrap each roll separately in heavy-duty foil. Meat will be soft and moist, so be sure to use heavy-duty foil. Wrap foil tightly closed down center and seal ends. Refrigerate for 24 hours.

3. Using a fork, make holes through the foil on the bottom of each roll, about one inch apart.

4. Place rolls on the rack of a broiler pan with the hole pierced part on the underneath. Place hot water in the shallow pan of the broiler, underneath the rack.

5. Bake in center of oven at 325 degrees for 2 hours. Remove foil and set rolls on rack to drain and cool. Slice as desired. Cover and store in refrigerator for up to ten days, or freeze.



Homemade Beef Salami

This recipe is from Tammy's Recipes.

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## Tropical Mixed Fruit

A colorful medley of kiwi, strawberries, pineapple, and peaches

Yield:

6-8 servings

Ingredients:

8 oz. strawberries (fresh or frozen, but the former preferable)

4 kiwi

29 oz. canned peach slices in light syrup (drained)

15 oz. canned pineapple bits in their own juices (keep juice)

Instructions:

- 1.

Stem strawberries. Cut the strawberries in halves or quarters, depending on preference. Small garden strawberries need not be diced.

Dump into a large bowl (preferably one that has a lid).

2. Peel the kiwi with a knife, removing the fuzzy exterior skin.

Slice into bite size pieces. Dump into the bowl with strawberries.

3. Add drained peaches to the fruit bowl. You may also slice the peach slices in half.

4. Add the pineapple tidbits and pineapple juice to the fruit bowl and gently stir and mix the fruit.

5. Refrigerate and serve cold.



Tropical Mixed Fruit

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# Cream Cheese Apple Dip

A fluffy creamy vanilla-cinnamon dip for apple slices

Yield:

4-6 servings

Ingredients:

8 ounces cream cheese, softened

1/2 cup brown sugar (I use dark brown sugar)

1-2 teaspoons cinnamon (I like lots!)

1 teaspoon vanilla extract

Fresh apple slices from about 6 apples, for serving

Instructions:

1. Combine ingredients in a mixing bowl and beat with electric mixer until no lumps remain. Serve with fresh apple slices!



Cream Cheese Apple Dip

This recipe is from Tammy's Recipes.

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## **My Mom's Baked Apples**

Cinnamon-sugar sprinkled over baked apple pieces; delicious hot or cold!

Yield:

9 servings

Ingredients:

9 cooking apples (anything except Red Delicious will work)

3/4 cup water

lemon juice, optional  
3-4 tablespoons sugar  
1 tablespoon cinnamon

Instructions:

1. Peel apples. Cut each apple in half and remove the core.
2. Place apples core-side-up in a 9×13-inch glass baking dish. Pour a little water into the dish – about 3/4 cup – so that there's a thin layer on the bottom.
3. If apples are not very tart, sprinkle with lemon juice. For tart apples, skip this step.
4. Sprinkle each apple half with about 1/2 teaspoon sugar.
5. Sprinkle cinnamon over apples.
6. Bake uncovered in a pre-heated 325 degree oven for 25-35 minutes or until apples test tender with a fork. Serve hot or cold, or over ice cream!



My Mom's Baked Apples

This recipe is from Tammy's Recipes.

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## Blueberry Orange Julius

A creamy blueberry-orange smoothie with milk and a hint of vanilla

Yield:

2 servings

Ingredients:

3 ounces frozen orange juice concentrate

1/2 cup milk\*

1/2 cup water

2 tablespoons sugar

1 teaspoon vanilla extract

1/2 banana, optional

1 cup frozen blueberries

6 regular-sized ice cubes (or until desired consistency)

Instructions:

1. Blend together orange juice concentrate, milk, water, sugar, vanilla, and banana (if using) for 1 minute.

2. Add blueberries and blend for a couple minutes, until smooth.

3. Add ice cubes to blender, one at a time, blending after each one until smooth. You don't want chunks of ice in your smoothie! ☐



Blueberry Orange Julius

This recipe is from Tammy's Recipes.

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# Strawberry Banana Kefir Smoothie

A deliciously fruity kefir smoothie, perfect for a quick breakfast or snack!

Yield:

1 large smoothie

Ingredients:

1 large banana, broken into 4 chunks

1 cup frozen strawberries

1 cup kefir

stevia or other sweetener, optional

For more protein, you can also add in a scoop of protein powder

(vanilla or unflavored soy or whey protein, which is sold for shakes)

Instructions:

1. Place banana, strawberries, kefir, and stevia (if using) into a blender.

2. Blend for a minute or two, until smooth. Pour into a large glass or two smaller glasses and enjoy!



Strawberry Banana Kefir Smoothie

This recipe is from Tammy's Recipes.