

Yummy Green Salad

1 bag of baby spinach, mixed with 1 head of chopped romaine lettuce. As much of the following as you desire: Sliced mushrooms, bacon bits, sliced red Bermuda onion, grated mozzarella cheese. Toss with poppy seed dressing (variation, sliced almonds, mandarin oranges, croutons, and red Bermuda Onion).

Dressing:

1/2 Cup Vegetable Oil

1/4 Cup Apple Cider

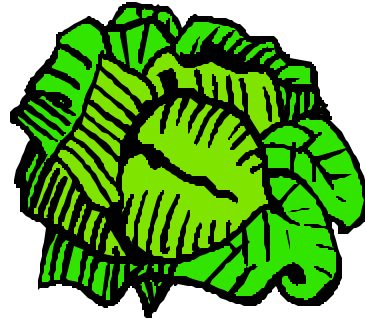
1/4 Cup Sugar

1/2 tsp. Dry Mustard

1/2 tsp. Salt

1 tsp. Size Chunk Bermuda Onion minced

1 tsp. Poppy Seeds



Stir with a spoon so that you don't break up the seeds.

- Lesa Day

Chicken Broccoli Oriental

1 tbsp. Teriyaki Sauce

1 tbsp. Molasses

1 tbsp. Vinegar

1 Chicken Breast

1/2 Cup Carrots

2 Cup Broccoli

1/2 Cup Baby Corn

1 1/2 tsp. Cornstarch

1 tbsp. Water



In a 2-quart microwave-safe casserole dish, combine teriyaki sauce, molasses, and vinegar. Add sliced chicken. Set aside to marinate while chopping the carrots. Microwave meat mixture, covered on high for 3 minutes, stirring

halfway. Chop broccoli while it cooks. Add carrots to the meat mixture and cook for 1 minute covered. Add broccoli and baby corn. Cover and cook 3 minutes or until vegetables are crisp-tender. Mix water and cornstarch, then add to vegetables. Cook for 3 minutes, until juices are slightly thickened, stirring halfway through. Cook 1 minute to heat.

Orange Cheesecake Dip

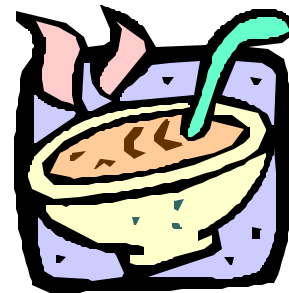
4 oz. Softened Cream Cheese
1/4 Cup Sugar
1/8 Cup Orange Juice
4 oz. Whipped Cream
Fresh Fruit in Season



Beat cream cheese until smooth. Beat in sugar a little at a time. Gradually add the orange juice, beating until smooth. Add whipped cream and mix until blended well. Serve with fresh fruit in season.

Chicken Tortellini Soup

4 pieces of boneless, skinless chicken (about 1 ½ lbs.) cut up into 1 inch pieces
1/2 Cup Onion - Finely Chopped
1/2 Cup Celery - Finely Chopped
1/2 Cup Carrots - Finely Chopped (Optional)
1/4 Cup Butter
1/4 Cup Flour
1/2 tsp. Pepper
4 ½ Cups Chicken Broth
13-15 oz. Cheese filled Tortellini



Melt butter and sauté onion, celery, and chicken until meat is no longer pink, about 8 minutes. Stir in flour and pepper. Then add chicken broth. Bring to a boil. Stir in Tortellini; cook according to package directions. Serves 4-6

Fancy Berry Smoothie

- 2 Cups Cranberry Juice, chilled
- 1 Cup Vanilla Ice Cream
- 1/2 Cup Frozen or Fresh Strawberries
- 1/3 Cup Sugar
- 1/2 tsp. Vanilla
- 1/2 Cup Whipped Cream
- 1 Cup Ginger Ale or Lemon lime soda pop, chilled



In a blender combine first 5 ingredients. Mix until smooth and sugar is dissolved. Add whipped cream then slowly add ginger ale. Stir gently to mix. Pour into glasses. Serve immediately. Serves 4-5.

Avacado Orange Salad

- 2 Cups Torn salad greens
- 1 Navel orange peeled and sectioned
- 1 Ripe avocado peeled and sliced
- 1 Small onion or green onions chopped



Citrus Dressing

- 1/4 Cup Vegetable oil
- 2 Tbs. Orange juice (Can use concentrate if you prefer a stronger flavor.)
- 1 Tbs. Lemon juice
- 1 Tbs. Sugar
- 1/2 tsp. Grated orange peel
- 1/8 tsp. Salt
- 1/8 tsp. Celery seed

On two salad plates arrange greens, orange, avocado, and onion. In a jar with a tight fitting lid combine dressing ingredients and shake well. Drizzle over the salads, serve immediately. Makes 2 servings. (Can be easily doubled)

Skillet Chicken and Rice

- 1 Tbs. Olive oil
- 1 Sweet green pepper, cored, seeded, and diced
- 1 Tbs. Chopped onion
- 1 Box of herb and butter rice
- 1 Can Mexican-style stewed tomatoes, diced
- 1 ¼ Cups water
- 1 lb. chicken tenders
- 1/2 tsp. Salt
- 1/4 Cup drained canned black beans
- 1 tsp. Italian seasoning



Heat oil in large nonstick skillet over medium heat. Add pepper and onion; cook, stirring, for 4 minutes. Add rice mix, tomatoes and water; simmer, covered, 10 minutes. Sprinkle chicken with salt. Add to rice with beans and Italian seasoning; cook, covered, 8 to 10 minutes, until rice is tender.