

4TH of July Recipes...

Legal Notice: - This e-Text is otherwise provided to you "AS-IS". No other warranties of any kind, express or implied, are made to you as to the e-Text or any medium it may be on, including but not limited to warranties of merchantability or fitness for a particular purpose. The Author/Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials.

Master Resale Rights

Congratulations: You have complete Master Resale and Redistribution Rights to this eBook

**Did You Know You Can Hundreds Of Products
With Resale Rights Inside Our Reprint Rights
Marketing Members Area?**

[Just go here for a sneak preview](#)

Legal Notice

This ebook comes with full distribution rights. This means you have the right to resell it and pass on those rights to others as well. You may sell it for any price you want and keep all the money. The suggested selling price is \$14.95.

We have used our best efforts in preparing this ebook and the accompanying materials. We make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this ebook. The information contained in this ebook is strictly for informational purposes.

This ebook doesn't come with any warranties (express or implied), merchantability, or fitness for any particular purpose. We shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

The History of Independence Day

April 1775 -- King George's troops advance on Concord, Massachusetts, prompting Paul Revere's midnight ride that sounded the alarm "The British are coming, the British are coming." The subsequent battle of Concord, famous for being the "shot heard round the world," would mark the unofficial beginning of the American Revolution.

May 1776 -- After nearly a year of trying to work out their differences with England, the colonies again send delegates to the Second Continental Congress.

June 1776 -- Admitting that their efforts were hopeless, a committee was formed to compose the formal Declaration of Independence. Headed by Thomas Jefferson, the committee also included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman.

June 28, 1776 -- Jefferson presents the first draft of the declaration to congress.

July 4, 1776 -- After various changes to Jefferson's original draft, a vote was taken late in the afternoon of July 4th. Of the 13 colonies, 9 voted in favor of the Declaration; 2, Pennsylvania and South Carolina voted No; Delaware was undecided and New York abstained.

John Hancock, President of the Continental Congress, was the first to sign the Declaration of Independence. It is said that he signed his name "with a great flourish" so

July 6, 1776 -- The Pennsylvania Evening Post is the first newspaper to print the Declaration of Independence.

July 8, 1776 -- The first public reading of the declaration takes place in Philadelphia's Independence Square. The bell in Independence Hall, then known as the "Province Bell" would later be renamed the "Liberty Bell" after its inscription - "Proclaim Liberty Throughout All the Land Unto All the Inhabitants Thereof."

August 1776 - The task begun on July 4, the signing of the Declaration of Independence, was not actually completed until August. Nonetheless, the 4th of July has been accepted as the official anniversary of United States independence from Britain.

July 4, 1777 -- The first Independence Day celebration takes place. It's interesting to speculate what those first 4th festivities were like. By the early 1800s the traditions of parades, picnics, and fireworks were firmly established as part of American Independence Day culture.

For-The-Glory Pie

Ingredients 1-1/4 cups all-purpose flour 1/4 teaspoon salt 1/3 cup shortening 4 to 5 tablespoons cold water 3/4 to 1 cup sugar 1 8-ounce carton dairy sour cream 3 tablespoons` all-purpose flour 1/4 teaspoon salt 4 cups fresh blackberries 1/4 cup fine dry bread crumbs 2 tablespoons sugar 1 tablespoon butter or margarine, melted

Directions **1.** Preheat the oven to 450 degree F. For the pastry, stir together 1-1/4 cups all-purpose flour and 1/4 teaspoon salt. Using a pastry blender, cut in shortening until pieces are pea-size. Sprinkle 1 tablespoon cold water over part of mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon of water at a time, until flour mixture is moistened. Form dough into a ball on floured surface, roll dough into a 12-inch circle. Ease dough into a 9-inch pie plate. Trim to 1/2-inch beyond edge of plate. fold under extra dough. Crimp edge. **2.** Line the bottom of a pastry-line 9-inch pie plate with a double thickness of foil. Bake in the 450 degree F oven for 5 minutes. Remove the foil and bake for 5 minutes more. Remove the pie shell from the oven and cool slightly. Reduce the oven temperature to 375 degree F. **3.** Meanwhile, in a small bowl stir together the 3/4 to 1 cup sugar, the sour cream, 3 tablespoons flour, and 1/4 teaspoon salt until combined. Set aside. **4.** Place the blackberries in the prebaked pastry shell. Spread the sour cream mixture evenly over the berries. **5.** In a small bowl, stir together the bread crumbs, the 2 tablespoons sugar, and the melted butter or margarine. Sprinkle the bread crumb mixture on the sour cream mixture. **6.** Cover the edge of the pie with foil and bake in the 375 degree F oven for 25 minutes. Remove the foil. Bake for 20 to 25 minutes more or until the top of the pie is golden and the berry mixture bubbles slightly. Makes 8 servings.

All-American Pork Baby Back Ribs

"If you don't have a favorite homemade sauce, 'doctor' up purchased sauce with flavorful ingredients like chili powder, orange marmalade, grated ginger root or hot mustard." Original recipe yield: 4 servings.

INGREDIENTS:

4 pounds pork back ribs

Your favorite barbecue sauce (purchased or homemade)

DIRECTIONS:

Season ribs with salt and pepper. Place ribs on a medium-hot grill over indirect heat; close grill hood and grill until ribs are tender, about 1 1/2 to 2 hours. (Add more charcoal briquettes to fire, if necessary, to maintain grill temperature of about 325-350 degrees F.)

Finish by turning and basting ribs with barbecue sauce for the last 15 minutes. Serve ribs directly from the grill or, for extra tender ribs remove from grill, wrap in heavy aluminum foil. Place foil-wrapped ribs in brown paper bags, close bags and let ribs rest for up to an hour. Unwrap ribs, cut into serving pieces and serve with extra barbecue sauce.

Red, White, and Blue Pie

Ingredients

- 1-1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/3 cup shortening
- 4 to 5 tablespoons cold water
- 1 6-ounce package (1 cup) semisweet chocolate pieces
- 1 tablespoon butter
- 1 8-ounce package cream cheese, softened
- 2 tablespoons orange liqueur
- 1/4 cup sifted powdered sugar
- 1 quart whole strawberries, rinsed and stems removed
- 1 cup mixed berries, such as blueberries and raspberries
- 2 tablespoons red currant jelly
- 1/2 cup whipping cream
- 2 tablespoons sifted powdered sugar
- 1/2 teaspoon finely shredded orange peel

Directions

1. For the pastry, stir together all-purpose flour and salt. Using a pastry blender, cut in shortening until pieces are pea-size. Sprinkle 1 tablespoon cold water over part of mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon of water at a time, until flour mixture is moistened. Form dough into a ball. On a floured surface, roll dough into a 12-inch circle. Ease dough into a 9-inch pie plate. Trim to 1/2-inch beyond edge of plate. Fold under extra dough. Crimp edge. Prick bottom and sides of pastry. Line with a double thickness of foil. Bake in a 450 degree F oven 8 minutes. Remove foil. Bake 5 to 6 minutes more or until golden. Set aside.
2. In a saucepan combine chocolate and butter. Heat and stir over medium-low heat until melted. Add cream cheese and liqueur. Heat and stir until combined. Remove from heat. Stir in the 1/4 cup powdered sugar. Spread in baked pastry shell.
3. Arrange strawberries and mixed berries on filling, placing strawberries stem ends down. Melt jelly; brush over berries. Cover; chill for 4 hours.
4. To Serve: Let pie stand at room temperature for 30 minutes. Beat whipping cream with the 2 tablespoons powdered sugar and the orange peel until soft peaks form. Spoon or pipe whipped cream into center of pie. Makes 12 servings.

Ham and Macaroni Salad

Ingredients

- 1 cup packaged dried wagon wheel or elbow macaroni
- 1-1/2 cups cubed fully cooked ham (8 ounces)
- 4 ounces Monterey Jack or cheddar cheese, cut into cubes (1 cup)
- 1 cup frozen peas
- 1 stalk celery, thinly sliced (1/2 cup)
- 1/4 cup finely chopped onion
- 2 tablespoons diced pimiento
- 1/2 cup mayonnaise or salad dressing
- 1/4 cup sweet pickle relish or chopped sweet pickle
- 1 to 2 tablespoons milk (optional)
- Dash pepper
- 8 cherry tomatoes, halved
- Fresh parsley sprig (optional)

Directions

Cook pasta according to package directions. Drain pasta; rinse with cold water. Drain again. In a large mixing bowl combine pasta, ham, cheese, peas, celery, onion, and pimiento. Toss gently to mix.

For dressing, in a small mixing bowl stir together mayonnaise or salad dressing, pickle relish or chopped pickle, milk, and pepper. Pour dressing over pasta mixture. Toss to coat. Cover and chill for 4 to 24 hours.

Just before serving, stir in milk, if necessary. Spoon pasta mixture into a serving bowl.

Arrange cherry tomato halves around the edge of bowl. If desired, garnish with parsley. Makes 4 main-dish servings.

Midwestern Potato Salad

Ingredients

- 2 pounds whole tiny new potatoes or 6 medium red potatoes
- 1 cup thinly sliced celery
- 3/4 cup light mayonnaise dressing or salad dressing
- 1/2 cup fat-free plain yogurt
- 1/3 cup chopped onion
- 2 to 3 tablespoons coarse-grain brown mustard or Dijon-style mustard
- 1 tablespoon snipped fresh dill or 1/2 teaspoon dried dillweed
- 2 teaspoons lemon juice or vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup fresh* or frozen whole kernel corn, cooked and cooled

Directions

1. Quarter new potatoes or cube red potatoes. In a large covered saucepan cook potatoes in boiling salted water for 12 to 15 minutes or until tender. Drain and cool. Peel, if desired.
2. In a large bowl combine celery, mayonnaise or salad dressing, yogurt, onion, mustard, dill, lemon juice or vinegar, salt, and pepper. Add potatoes and corn, tossing gently to mix. Cover and chill for 3 to 24 hours. Makes 10 to 12 side-dish servings.

*Note: To cook fresh corn, remove husks and silks. Rinse. Cut kernels from cob. Cook, covered, in a small amount of boiling water for 4 minutes; drain

Beer-Marinated Peppered T-Bones

Ingredients

- 1 cup chopped onion
- 1/2 of a 12-ounce can (3/4 cup) beer
- 3/4 cup chili sauce
- 1/4 cup parsley
- 3 tablespoons Dijon-style mustard
- 1 tablespoon Worcestershire sauce
- 2 teaspoons brown sugar
- 1/2 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 3 beef T-bone steaks, cut 1 inch thick (about 1 pound each), or 6 beef top loin steaks, cut 1 inch thick (about 1-3/4 pounds total)
- 1 to 1-1/2 teaspoons cracked black pepper

Directions

1. In a large glass baking dish combine onion, beer, chili sauce, parsley, mustard, Worcestershire sauce, brown sugar, paprika, and the 1/2 teaspoon pepper. Place steaks in marinade. Cover and refrigerate 4 to 6 hours or overnight, turning steaks over occasionally.
2. Remove steaks from marinade; discard marinade. Sprinkle both sides of steaks with the cracked black pepper.
3. Grill steaks on an uncovered grill directly over medium-hot coals for 5 minutes. Turn and grill to desired doneness, allowing 7 to 10 minutes more for medium (160 degrees F) doneness. If desired, garnish with fresh herbs. Serves 6.

Texas-Style Barbecued Chicken Legs

Ingredients

- 1 tablespoon margarine or butter
- 1 medium onion, finely chopped (1/2 cup)
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/4 teaspoon ground sage
- 1/2 cup catsup
- 2 tablespoons water
- 2 tablespoons vinegar
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon bottled hot pepper sauce
- 1/4 teaspoon cracked black pepper
- 6 chicken legs (thigh-drumstick piece) (about 2-1/2 pounds total)

Directions

For sauce, in a saucepan melt margarine or butter. Add onion, garlic, chili powder, and sage. Cook and stir until onion is tender. Stir in catsup, water, vinegar, sugar, lemon juice, Worcestershire sauce, salt, bottled hot pepper sauce, and black pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes, stirring occasionally.

Meanwhile, grill chicken, skin side down, on an uncovered grill directly over medium coals for 20 minutes. Turn chicken; grill for 15 to 20 minutes more or until chicken is tender and cooked through. (Or, place chicken on the unheated rack of a broiler pan. Broil 5 to 6 inches from the heat for 28 to 32 minutes, turning once.) Brush with sauce during the last 10 minutes of grilling or broiling. Heat remaining sauce until bubbly; pass with chicken. Makes 6 servings.

Make-Ahead Tip: Prepare sauce up to 48 hours ahead. Cover and refrigerate.

Double Salsa Burgers

Ingredients

- 1 large tomato, seeded and finely chopped
- 1/2 cup finely chopped green sweet pepper
- 1/4 cup finely chopped red onion
- 2 finely chopped, seeded jalapeno peppers
- 1 clove garlic, minced
- 1 tablespoon snipped cilantro
- 1/4 teaspoon salt
- 1-1/2 pounds lean ground beef
- 2 cups shredded lettuce
- 1/3 cup finely shredded cheddar cheese
- 1/4 cup dairy sour cream and/or guacamole

Directions

1. For salsa, in a bowl combine tomato, green sweet pepper, onion, jalapeno peppers, garlic, cilantro, and salt. Set aside 2 tablespoons of the salsa. Cover and chill remaining salsa until serving time.
 2. In another bowl combine ground beef and the 2 tablespoons of salsa; mix well. Shape mixture into six 1/2-inch-thick oval patties. Grill patties on an uncovered grill directly over medium coals for 13 to 15 minutes or until an instant-read thermometer inserted in side of patty registers 160 degrees F., turning patties once halfway through grilling time. Arrange shredded lettuce on individual plates. Top with burgers, remaining salsa, and cheddar cheese. Serve with sour cream and/or guacamole. Makes 6 servings.
- To grill by indirect heat: Arrange preheated coals around a drip pan in a covered grill. Test for medium heat above pan. Place patties on grill over drip pan. Cover and grill for 18 to 20 minutes or until no pink remains, turning patties once halfway through grilling time.
- Make-ahead tip: Prepare salsa; cover and chill up to 24 hours. Use 2 tablespoons salsa for burgers. Serve burgers with remaining salsa.

Creole Carnival Burgers

Ingredients

- 2 pounds ground beef
- 2 teaspoons Cajun seasoning
- 1/2 teaspoon salt
- 1 medium onion, chopped (1/2 cup)
- 1 small green sweet pepper, chopped (1/2 cup)
- 1/2 cup shredded Monterey Jack cheese (2 ounces)
- 6 hamburger buns, split

Directions

1. In bowl, mix beef, Cajun seasoning, and salt. Divide into 12 portions. Shape into 3- to 4-inch-wide patties.
 2. In bowl, mix onion, pepper, and cheese. Spoon 1/4 cup of cheese mixture into the centers of 6 patties. Top with remaining patties. Press edges to seal.
 3. Grill directly over medium heat*, uncovered, 14 to 18 minutes or until an instant-read thermometer inserted in the center of burgers registers 160 degrees F., turning over halfway through grilling time. Serve on buns. Add your choice of accompaniments such as lettuce, sliced tomatoes, cucumber slices, pickles, and carrot, and celery sticks, if you like. Makes 6 burgers.
- *Note: For medium heat, you should be able to hold your hand over heat at the height of food for 4 seconds.

Grilled All-American Burgers

Ingredients

- 1 clove garlic, minced, or 2 tablespoons finely chopped onion
- 2 tablespoons catsup
- 1 tablespoon steak sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- 1 teaspoon cooking oil
- Few dashes bottled hot pepper sauce
- 1 pound lean ground beef
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 hamburger buns
 - American cheese slices (optional)
 - Lettuce leaves (optional)
 - Tomato slices (optional)
 - Red onion slices (optional)
 - Pickle slices (optional)
- 1 teaspoon vinegar

Directions

1. For sauce, in a small saucepan combine garlic or onion, catsup, steak sauce, Worcestershire sauce, sugar, cooking oil, vinegar, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat; set aside.
 2. In a medium mixing bowl combine ground beef, salt, and pepper; mix well. Shape meat mixture into four 3/4-inch-thick patties.
 3. To Cook by Indirect Grill Method: In a covered grill arrange preheated coals around a drip pan. Test for medium heat above the pan. Place meat on the grill rack over the drip pan. Cover and grill for 20 to 24 minutes or until instant-read thermometer inserted in side of burger registers 160 degree F, turning once halfway through grilling time and brushing frequently with sauce during the last 5 minutes of grilling.
 4. To Cook by Direct Grill Method: Grill meat on the grill rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until no pink remains, turning once halfway through grilling time and brushing frequently with sauce.
 5. To serve, split and toast the buns on the grill. Serve patties in buns with cheese, lettuce, tomato, red onion, and pickle, if desired. Makes 4 servings.
- Make-Ahead Tip: Prepare sauce; cover and chill up to 24 hours. Prepare and shape burgers. Cover with plastic wrap and chill up to 2 hours before grilling.

Onion Burger Melt

Ingredients

- 3 cups sliced onion
- 4 teaspoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 1 pound lean ground beef
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon coarse ground pepper
- 2 cloves garlic, minced
- 3/4 cup shredded Swiss cheese (3 oz.)
- 4 3/4-inch-thick diagonally cut French bread slices
- 1 tablespoon olive oil

Directions

1. In a large skillet cook onion in the 4 teaspoons hot oil over medium heat about 10 minutes or until golden brown; stir occasionally. Stir in salt and 1/4 teaspoon pepper. Cover; keep warm.
2. Meanwhile, in a large bowl combine beef, Worcestershire sauce, the 1/2 teaspoon pepper, and the garlic. Divide into eight equal portions. Shape each portion into a 4-inch diameter patty. Place one-fourth of the cheese on each of four of the patties. Top with remaining patties, pressing down lightly and sealing edges well. Grill patties directly over medium coals for 14 to 18 minutes or until done (160 degree F), turning once halfway through grilling. (Or, place patties on the unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 14 to 18 minutes or until done, turning once halfway through broiling.)
3. Brush bread slices lightly with the 1 tablespoon olive oil. Add bread slices to grill rack or broiler pan the last 2 to 3 minutes of cooking time or until toasted, turning once. To serve, place patty on a toasted French bread slice; top with onion mixture. Makes 4 sandwiches.

Burgers with Jicama Slaw

Ingredients

- 1 canned chipotle pepper in adobo sauce
- 1/4 cup lime juice
- 1/2 teaspoon salt
- 1/3 cup snipped fresh cilantro
- 1/4 cup dairy sour cream
- 2 tablespoons mayonnaise
- 2 cups shredded peeled jicama
- 1/4 cup bottled fire-roasted chunky salsa
- 1 clove garlic, minced
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1-1/2 pound lean ground beef
- 1/2 cup canned black beans, rinsed and drained
- 6 kaiser rolls, split and toasted

Directions

1. For slaw, in a small food processor bowl or blender container combine chipotle pepper, lime juice, and 1/2 teaspoon salt. Cover; process until smooth. Transfer to bowl; stir in cilantro, sour cream, and mayonnaise. Add jicama; toss to combine. Cover; set aside.
2. In another bowl combine salsa, garlic, chili powder, 1/2 teaspoon salt, and black pepper; add beef and beans. Mix well. Shape into six 1/2-inch-thick patties.
3. For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 10 to 13 minutes or until an instant-read thermometer registers 160 degree F, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.) Place burger on bottom half of roll. Add about 1/4 cup of the slaw and the top half of roll. Makes 6 servings.

Terrific Teriyaki Burgers

Ingredients

- 1-1/2 cups soft bread crumbs
- 1/4 cup chopped onion
- 1/4 cup water
- 2 tablespoons sugar
- 1 tablespoon soy sauce
- 1 clove garlic, minced
- Dash ground ginger
- 1-1/2 pounds lean ground beef
- 6 hamburger buns, split and toasted
- Sliced cucumbers (optional)
- Lettuce leaves (optional)

Directions

1. Stir together the soft bread crumbs, onion, water, sugar, soy sauce, garlic, and ground ginger in a large mixing bowl. Add the ground beef and mix well. Shape the meat mixture into six 3/4-inch-thick patties.
 2. For a charcoal grill, place patties on the grill rack directly over medium coals. Grill, uncovered, for 15 to 18 minutes or until an instant-read thermometer inserted into the side of a patty registers 160 degreesF, turning once.
 3. For a gas grill, preheat grill. Reduce heat to medium. Place patties on the grill rack; cover and grill as above.
 4. Serve burgers in buns topped, if desired, with sliced cucumbers and lettuce. Makes 6 servings.
- Test Kitchen Tip: When grilling, to test for medium heat, you should be able to hold your hand over the heat at the height the food will cook for 4 seconds before having to pull your hand away.

Grilled Porcini Mushroom Burgers

Ingredients

- 1 ounce dried porcini mushrooms
- 2 pounds extra lean ground beef
- 1/4 cup snipped fresh basil
- 1 teaspoon snipped fresh thyme
- 1-1/2 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 to 2 tablespoons purchased garlic-flavored olive oil
- 6 purchased thick olive focaccia bread wedges
- 1/2 cup shredded Asiago or mozzarella cheese

Directions

1. Place mushrooms in a small bowl; cover with boiling water. Let soak for 10 minutes. Drain, rinse well, and chop. Set aside.
 2. Combine chopped porcini mushrooms, ground beef, basil, thyme, salt, and pepper in a large bowl. Mix well. Shape into 6 patties about 3/4-inch thick. Brush patties with garlic oil.
 3. Place burger patties on the lightly oiled rack of an uncovered grill directly over medium heat. Grill for 14 to 18 minutes or until an instant-read thermometer inserted in centers registers 160 degree F, turning burgers once halfway through grilling.
 4. Place focaccia wedges on the grill rack; grill for 1 to 2 minutes or until toasted. Remove burgers and focaccia from grill. Place each burger on a wedge of focaccia; sprinkle immediately with cheese. Spoon Tomato Relish on top. Makes 6 burgers.
- Tomato Relish: In a medium mixing bowl stir together 1/2 of a medium yellow tomato, chopped; 1/2 of a medium red tomato, chopped; 1 cup cut-up cherry tomatoes; 1/4 cup finely chopped sweet onion; 1 tablespoon olive oil; 1 tablespoon white balsamic vinegar; 1/4 teaspoon coarse salt; and 1/4 teaspoon freshly ground pepper. Cover and refrigerate until serving. Makes about 2-1/2 cups.
- Test Kitchen Tip: If dried porcini mushrooms are not available, substitute thinly sliced and cooked button mushrooms.

Blue Cheese Vidalia Onions

Ingredients

- 2 large Vidalia onions or other sweet onions, cut into 1/2-inch slices
 - 1 tablespoon butter
 - 4 ounces blue cheese, crumbled (1 cup)
 - 1/2 of an 8-ounce package cream cheese, cut up
 - 2 teaspoons Worcestershire sauce
 - 1/2 teaspoon ground black pepper
 - 1/2 teaspoon dried dillweed
- Grilled burgers topped with bacon or grilled steaks

Directions

1. Fold a 36x18-inch piece of heavy foil in half to make an 18-inch square. Place onion slices in center of foil. Dot with butter. Bring up opposite edges of the foil; seal with a double fold. Seal remaining edges with double folds to completely enclose the onions, leaving space for steam to build.
2. For a charcoal grill, place the packet on rack of covered grill directly over medium coals. Grill for 25 to 30 minutes or until onions are just tender; turn packet once or twice during cooking. (For a gas grill, preheat grill. Reduce heat to medium. Grill as above.)
3. In a large bowl combine crumbled blue cheese, cream cheese, Worcestershire sauce, pepper, and dillweed. Use a slotted spoon to add onions to the cheese mixture; toss to coat. Serve on grilled burgers topped with bacon, or with grilled steaks. Makes 8 servings.

Best Ever Hamburgers

Ingredients

- 1/2 cup finely chopped onion
- 2 tablespoons steak sauce
- 1 tablespoon Worcestershire sauce
- 1-1/2 teaspoons garlic powder
- 1/4 teaspoon ground black pepper
- 1 pound lean ground beef
- 4 kaiser or hamburger buns, split and toasted
- Cheddar cheese slices, tomato slices, sweet onion slices, dill pickle slices (optional)

Directions

1. In a medium bowl, combine onion, steak sauce, Worcestershire sauce, garlic powder, and pepper. Add ground beef; mix well. Shape mixture into four 1/2-inch or 3/4-inch-thick patties.
2. For a charcoal grill, grill burgers on the rack of an uncovered grill directly over medium coals for 10 to 13 minutes (1/2-inch thickness) or 14 to 18 minutes (3/4-inch thickness) or till meat is done (160 degree F), turning once halfway through grilling. (For a gas grill, preheat a gas grill on high for 10 to 15 minutes. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)
3. Serve patties on buns. If you like, top burgers with cheese, tomato, onion, and pickles. Makes 4 servings

German Hamburger

Ingredients

- 1-1/2 pounds ground beef
- 1/2 pound ground pork
- 3/4 cup soft bread crumbs (1 slice bread)
- 1 cup chopped onion
- 2 tablespoons butter
- 1 tablespoon snipped parsley
- 1 beaten egg
- 1 teaspoon finely shredded lemon peel
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil, crushed
- 1/4 teaspoon pepper
- 1/3 cup all-purpose flour
- 3 tablespoons butter

Directions

1. In a large mixing bowl, combine ground beef, ground pork, and bread crumbs. Set the meat mixture aside.
 2. In a medium skillet, cook onion in the 2 tablespoons butter until tender, but not brown. Add to meat mixture, along with parsley. In a food processor bowl or food grinder, process or grind mixture. (If you have a small food processor bowl, process half at a time.) Return to mixing bowl. Add egg, lemon peel, salt, basil, and pepper; mix well.
 3. Shape meat mixture into nine 1/2-inch-thick patties. Coat the patties with the flour.
 4. In a large skillet, melt 1 tablespoon of the butter. Cook 3 or 4 patties, uncovered, over medium-low heat for 12 to 15 minutes or until done (160 degree F); turn once. Repeat with remaining butter and patties. Makes 9 servings.
- Make-Ahead Tip: You can wrap and freeze uncooked, shaped patties for several months. Thaw in your refrigerator before cooking.

Fourth of July BBQ'd Cornish Hens

- 3 cl Garlic, minced
- 1 tb Seasoned salt
- 1/2 c Oil
- 1 c Fresh lemon juice
- 12 ts Italian Salad dressing
- 1/2 c Chopped onions
- 1 Pepper
- 1 ts Crushed thyme
- 4 Rock Cornish Hens, giblets removed

Blend garlic, seasoned salt, oil, lemon juice, dressing, onions, pepper, and thyme. Marinate the birds overnight in the refrigerator.

Cut the birds lengthwise.

Cook on outside grill, bone side down 10 minutes, flesh side down 5 minutes, alternating 10 minutes and 5 minutes in this manner for about an hour and basting with marinade frequently (at least every 5 minutes) while barbequing.

Serves 8.

If it's raining and you can't get outside to barbecue, just use the oven method:
Preheat oven to 400 degrees.

Place skin side up in a shallow pan, baste with marinade, cover with foil and roast for 30 minutes.

Remove foil and brush with marinade again. Roast again uncovered for 20-30 minutes (brush with marinade again after about 10 minutes).

Test for doneness: drumsticks should be soft and juices should not be tinged with pink when you pierce the thickest part of the thigh with a fork.

Barbecued Lamb

8 lb Lamb leg; boned and butterflied
1 1/4 c Olive oil
1/4 c Worcestershire Sauce
2 Garlic clove; diced
3/4 c Soy sauce; light
2 tb Dry mustard
1/4 c Red wine vinegar
1 1/2 tb Parsley, chopped
1/3 c Lemon juice

Mix together the olive oil, worchestershire sauce, garlic, soy sauce, mustard, red wine vinegar, parsley, and lemon juice.

Marinate lamb roast overnight, basting occasionally.

Cook over hot grill, basting as needed.

Grilled Tomatoes and Green Onions

- 1/3 c Olive oil
- 1 tb Fresh lemon juice or wine
- Vinegar
- 2 tb Fresh basil; chopped
- 1 tb Shallots; chopped
- 1/2 ts Salt
- 1/4 ts Freshly ground pepper
- 3 lg firm Tomatoes; cut into slices
- 1/2-3/4 inch thick
- 10 To 12 green onions; trimmed
- Including 4" of green tops
- Sprigs of fresh basil or
- Parsley

Position an oiled grill rack 4-6 inches above the barbecue coals.

In a small bowl stir together the oil, lemon juice or vinegar, chopped basil, shallots, salt and pepper.

Arrange the tomatoes and onions on the rack. Grill, turning them two or three times and brushing with the mixture, about 5 minutes.

Transfer the tomatoes and onions to a platter and garnish with basil and/or parsley sprigs.

Grilled BBQ Hamburger Supreme

1 cn Mushrooms
4 tb Butter
1 lb Ground Round
1/2 ts Salt
1/2 ts Pepper
1/2 ts Garlic powder
1/2 ts Onion Powder
1 tb Worcestershire Sauce
4 tb Italian Bread Crumbs

Saute mushrooms in butter.

Add salt, pepper, garlic powder, and onion powder to the ground beef and mix thoroughly.

Fashion into thin patties about 5 inches in diameter.

Grill until desired doneness on the barbeque.

Garnish with mushrooms, tomatoes, cheddar cheese and lettuce.

Serve on a hamburger bun or kaiser roll.

Hamburgers have to be one of the most popular things to barbeque (other than hotdogs, of course).

Sweet-Sour Barbecued Ribs

1 1/4 c Ketchup
3/4 c Water
1/4 c Honey
2 tb Worcestershire Sauce
4 ts Lemon Juice
1 sm Onion, chopped
1/2 ts Salt
1/2 ts Pepper
6 lb Back Ribs

Mix together the ketchup, water, honey, worcestershire sauce, lemon juice onion, salt, and pepper. Cook for about 10 minutes, stirring occasionally.

Prepare a charcoal grill, and cook ribs over medium-hot coals, turning occasionally. Brush ribs with sauce after each turn. Cook ribs until desired doneness. Remove from barbecue and enjoy.

Barbecued Veggie Kabobs

- 2 Green peppers -- cut in 1" Pieces
- 4 sm Yellow squash -- sliced thick
- 2 Dozen mushrooms, large
- 2 md Onions -- cut into wedges
- 1 pt Cherry tomatoes

----- Marinade-----

- 1 ts Salt
- 1 tb Italian herb mix*
- 4 Cloves garlic -- crushed
- 2/3 c Water
- 2/3 c Balsamic vinegar
- 16 Skewers

*Oregano, sage marjoram, thyme, savory, basil, rosemary, etc. (its' your choice)

Place the green peppers, squash, mushrooms, onions, and cherry tomatoes in a large bowl.

Mix together the salt, Italian herb mix, garlic, water, and balsamic vinegar. Add mixture to the vegetables.

Marinate for 2 hours at room temperature.

Arrange vegetables on skewers and grill for 7 to 10 minutes, turning frequently.

Barbeque Tip: To test the temperature of coals on your barbeque: Hold your palm over grill at cooking height. If the heat forces you to pull away in 3 seconds, coals are hot; if it takes 4 seconds, coals are medium and, if it takes 5 seconds, then the coals are low. To lower the temperature, raise the grid or spread out the coals; if barbeque is covered, close vents halfway. To raise the temperature, lower grid or push the coals together and add more chunks to outer edge of hot coals; if barbeque is covered, open vents fully.

Barbequed Salmon

3 tb Melted butter
1 tb Lemon juice
1 tb White wine vinegar
1/4 ts Grated lemon peel
1/4 ts Garlic salt
1/4 ts Salt
4 4-6 oz. salmon steaks

Combine the butter, lemon juice, white wine vinegar, lemon peel, garlic salt, and salt; stir thoroughly.

Generously brush both sides of the salmon steaks with mixture.

Barbeque on a well oiled grill over hot coals. Make a tent of foil or use barbeque cover and place over salmon.

Barbeque 6-8 minutes per side depending on the thickness of your steaks. Baste frequently. Turn once, brushing with sauce. Steaks should flake easily when tested with a fork. Serves 4.

Red, White & Blue Chocolate Cupcakes

2 c Sugar

1 3/4 c All-purpose flour

3/4 c Hershey's cocoa or hershey's european style cocoa

1 1/2 ts Baking powder

1 1/2 ts Baking soda

1 ts Salt

2 Eggs

1 c Milk

1/2 c Vegetable oil

2 ts Vanilla extract

1 c Boiling water

----- Vanilla Buttercream Frosting -----

5 T butter or margarine

4 c powdered sugar

1/4 c milk

1 t vanilla extract

Fresh blueberries and strawberries

Heat oven to 350 F. Line muffin cups (2-1/2 inches in diameter) with paper bake cups.

In large bowl, stir together sugar, flour, cocoa, baking powder, baking soda and salt.

Add eggs, milk, oil and vanilla; beat on medium speed of electric mixer 2 minutes. Stir in boiling water (batter will be very thin).

Fill muffin cups 2/3 full with batter.

Bake 20 to 25 minutes or until wooden pick inserted in center comes out clean. Remove from pan to wire rack. Cool completely.

Frost cupcakes with Vanilla Buttercream Frosting. Garnish with blueberries and strawberries.

Vanilla Buttercream Frosting:

In medium bowl, cream together the butter and powdered sugar. Add the milk and vanilla extract, beating until frosting is of spreading consistency. Makes about 2 cups of frosting.

4th of July Flag Cake

3/4 c butter
 1 2/3 c sugar
 3 eggs
 1 t vanilla extract
 2 c all-purpose flour
 2/3 c cocoa
 1 1/4 t baking soda
 1/4 t baking powder
 1 t salt
 1 1/3 c water

-----Vanilla Buttercream Frosting-----

3 c powdered sugar
 1/3 c butter or margarine, softened
 2 T milk
 1 1/2 t vanilla extract

-----Topping-----

1/2 pt blueberries
 1 qt small evenly-sized strawberries

Preheat oven to 350F; grease and flour a 13x9x2-inch baking pan.

In large bowl, combine butter, sugar, eggs and vanilla; beat on high speed for about 3 minutes.

Stir together flour, cocoa, baking soda, baking powder and salt; add alternately with water to butter mixture. Mix just until combined (don't overmix).

Pour into the prepared baking pan.

Bake for about 30 minutes or until wooden pick inserted in center comes out clean.

Cool for about 15 minutes then remove from pan. Cool completely on wire rack. Place cake on cardboard that's been covered with foil.

Frost cake with the Vanilla Buttercream Frosting.

Arrange blueberries in upper left corner of cake, covering about 1/4 of the cake.

Arrange strawberries in rows to create the red stripes.

Vanilla Buttercream Frosting:

In large bowl, combine powdered sugar and butter. Add milk and vanilla; beat to spreading consistency.

Blueberry and White Chocolate Cheese Cake Pie

-----Crust-----

1 c Hazelnuts -- Roasted/Ground
1/2 c Brown Sugar
4 tb Butter -- Melted

-----Filling-----

4 oz White Chocolate -- finely
Grated
8 oz Cream Cheese -- softened
1/4 c Sour Cream

-----Topping

2 c Blueberries
1/4 c Sugar
Zest of One Lemon
White Chocolate Shavings

Line bottom of a 9-inch tart pan with parchment paper.

Mix crust ingredients and press into pan bottom and slightly up the sides. Chill.

Melt white chocolate in double boiler over hot but not boiling water. Stir constantly.

In a separate bowl, whip cream cheese for 3 minutes. Add the melted white chocolate; beat for another minute. Add sour cream; beat until very smooth.

Using a star tip and pastry bag, pipe filling to the crust in concentric circles, starting in the center. Fill entire crust; chill until firm.

For the topping:

Toss the blueberries with the 1/4 cup sugar and heap them on top of the filling. Garnish with lemon zest and white chocolate shavings.

Blueberry Crunch Coffee Ring

1 1/2 c All-Purpose Flour
3/4 c Sugar
1 tb Baking Powder
1/2 ts Salt
1/4 ts Ground Nutmeg
1/3 c Butter -- firm
1 c Blueberries
1 Egg
1/2 c Milk
1 ts Vanilla
Powdered Sugar

-----Pecan Streusel Topping-----

1/2 c Pecans -- finely chopped
1/2 c Brown Sugar- firmly packed
2 tb All-Purpose Flour
2 ts Ground Cinnamon
2 tb Butter or Margarine

Preheat oven to 350 degrees.

Pecan Streusel Topping :

Mix the finely chopped pecans, brown sugar, flour, cinnamon with the melted butter.

Pat half of the streusel mixture into a greased, floured 9-inch tube pan with a removeable bottom; set aside.

In a large bowl, stir together flour, sugar, baking powder, salt and nutmeg. Using a pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Gently stir in blueberries.

Beat egg lightly with milk and vanilla; stir into berry mixture just until combined.

Spread half the batter in streusel-lined pan; sprinkle with remaining streusel, then with remaining batter.

Bake cake for about 40 to 60 minutes or until a toothpick inserted in the middle comes out clean.

Let cool in pan for 15 minutes, then remove pan sides. Dust cake with powdered sugar.

Cherry or Blueberry Topped Ice Box Cake

- 20 Whole graham crackers
- 2 c Cold milk
- 1 pk Vanilla or Chocolate Instant
 Pudding/Pie Filling
- 1 3/4 c Thawed non dairy whipped
 Topping
- 2 cn (21 oz each) cherry or blue
 Berry pie filling

Line 13 x 9 inch pan with some of the graham crackers, breaking crackers if necessary.

Pour cold milk into bowl. Add pudding mix. With electric mixer at low speed, beat until well blended, 1 to 2 mins. Let stand 5 min, then blend in non dairy whipped topping.

Spread half of the pudding mixture over crackers.

Add another layer of crackers.

Top with remaining pudding mixture and remaining crackers.

Spread pie filling over crackers. Chill cake for about 3 hours before serving.

American Flag Cookies

1 c Margarine
1 Egg white -- whipped
2 ts Pure vanilla extract
2 1/2 c Unbleached flour
1 1/2 c Sugar
1 1/2 ts Baking powder
1 ts Red food coloring
1 ts Blue food coloring

Preheat oven to 350.

In a mixing bowl, combine margarine, egg white, and vanilla extract.

In a separate bowl, combine flour, sugar, and baking powder. Mix wet ingredients with dry until just moistened.

Divide cookie dough into three equal portions.

Tint 1 portion with the red food coloring; and another portion with the blue food coloring. Mix thoroughly

Form each portion into long bars and stack bars on top of each other using alternating colors (red, white, blue).

Wrap finished cookies in waxed paper and place in the refrigerator for about an hour.

Cut cookies into 1/4" thick bars. Place on greased baking sheet and bake for 10 to 12 minutes.

Red, White 'n' Blue Cookies

1 c Butter, sweet; softened
3 oz Cream cheese; softened
1/2 c Sugar
1 ts Vanilla
2 c Flour
36 sm Blueberries
36 sm Strawberries, ripe; hulled halved

Preheat oven to 350 F.

In a mixing bowl, beat the butter with the cream cheese until well blended. Beat in the sugar and vanilla, then stir in the flour until well mixed.

Using a 1/2 tablespoon measure, shape the mixture into small balls and place 2" apart on ungreased cookie sheets.

Make a small dent in the top of each cookie and carefully place a blueberry and a strawberry half, cut side down, in each indentation.

Bake cookies for 12 to 18 minutes or until very lightly browned. Cool on racks.

Clinton's Chocolate Chip Cookies

1 1/2 c Unsifted all-purpose flour
1 ts Salt
1 ts Baking soda
1 c Solid vegetable shortening
1 c Granulated sugar
1 c Light brown sugar, packed
1 ts Vanilla
2 Eggs
2 c Old-fashioned rolled oats
12 oz Semisweet chocolate chips

Preheat oven to 350F; grease baking sheets.

Combine flour, salt, and baking soda on waxed paper.

Beat together shortening, sugars, and vanilla in large bowl until creamy. Add eggs, beating until light and fluffy. Gradually beat in flour mixture and rolled oats. Mix in chocolate chips.

Drop by well-rounded measuring teaspoonfuls onto greased baking sheets.

Bake for 8 to 10 minutes or until golden in colour.

Cool cookies on sheets on wire rack 2 minutes. Remove to wire rack to cool completely.

Fourth of July Cookies

3/4 c butter, softened
1/3 c sugar
1 ts Vanilla
1/4 ts Almond extract
1 c Flour
1 c Semisweet chocolate chips
1 c Slivered almonds

Preheat oven to 350 degrees F.

Cream butter and sugar together using an electric mixer at medium speed. Add vanilla and almond extracts and mix thoroughly. Add flour, chocolate chips, and almonds and mix till just blended (don't overmix)

Use an icecream scoop to drop the dough onto ungreased cookie sheet (this ensures the cookies are uniform in size). Press cookies down using the palm of your hand

Bake for 10-20 minutes of until golden in color.

Holiday Rum Balls

2 tb Cocoa
1 c Confectioners sugar
2 1/2 c Crushed vanilla wafers
1 c Finely chopped pecans
3 tb Light corn syrup
3 tb Rum
2 ts Vanilla extract
1/4 ts Almond extract

granulated sugar for rolling

Sift cocoa and confectioners sugar together; combine with crushed vanilla wafers and pecans.

Add corn syrup, rum, vanilla, and almond extracts.

Roll into 1" balls, and then roll in granulated sugar.

Store cookies in a tightly sealed container in the refrigerator.

Lemon Firecrackers

- 2 Sticks butter, room temperature
- 1/2 c Sugar
- 1 tb Lemon juice
- 2 tb Grated lemon peel
- 1 Egg
- 2 1/4 c Flour
- 1 ts Cayenne powder
- 1/4 ts Salt
- 1/4 ts Baking soda

Preheat oven to 400 degrees.

Cream together the butter and sugar until light and fluffy. Add the lemon juice, lemon peel, and egg; beat well.

Sift together the flour, cayenne powder, salt, and baking soda.

Beat dry ingredients into the butter mixture.

Drop dough by rounded tablespoons onto an ungreased cookie sheet. Bake for 8 minutes or until cookies are lightly browned.

All American Dessert

- 1 lg Berry blue jello
- 1 lg Red jello, any flavor
- 4 c Water; boiling
- 2 c Water; cold
- 8 oz Cool Whip; thawed
- 4 c Angel food cake, cubed
- 2 c Strawberries; sliced
- 1/2 c Blueberries

Dissolve berry blue jello in 2 cups of boiling water. In a separate bowl, dissolve the cherry jello. Stir 1 cup of cold water into each bowl. Pour into separate 9x13" pans.

Refrigerate at least 3 hours until firm. Cut into 1/2" cubes.

Place blue jello cubes in bottom of clear glass trifle bowl. Top with 1/3 of the Cool Whip. Add cake cubes, then sliced strawberries. Top with another 1/3 Cool Whip. Add the red jello cubes and then the remaining Cool Whip.

Sprinkle blueberries over top.

Red, White & Blueberry Banana Parfaits

2 ea ripe bananas
1 c blueberries
1 c sliced strawberries
1 x whipped cream

Peel and slice bananas thinly in a single layer on a sheet of aluminum foil; cover and put in the freezer just until frozen.

Arrange the banana slices between a layer of blueberries and strawberries in a tulip sundae bowl.

This delicious dessert is excellent with a big dollop of whipped cream.

4th of July Red, White, and Blue Pizza

- 1 pt Strawberries, hulled and halved
- 1 pt Blueberries
- 1T plus 1 t Sugar, divided
- 1 T Brandy
- 4 6" Pizza Crusts, homemade or storebought
- 1 1/2 c Whipped topping, thawed

Preheat oven to 450 degrees F.

Combine strawberries, blueberries, 1 teaspoon. of the sugar and the brandy.

Sprinkle pizza crust with the remaining sugar.

Bake 6-8 minutes on baking sheet; cool slightly.

Fill with crust with strawberries and raspberries.

Serve with a big dollop of whipped topping.

Red, White and Berry Blue Dessert

- 1 pk Berry Blue JELL-O
- 1 pk Strawberry JELL-O
- 1 c Boiling water
- 1/2 c Cold water
- 1 1/2 c COOL WHIP Whipped Topping

Prepare Berry Blue AND Strawberry jello as directed on the packages.

Pour each into separate 8" square pans.

Refrigerate at least 3 hours or until firm. Cut into cubes.

Layer red and blue cubes alternately with COOL WHIP in 8 glasses.

Cantaloupe Fruit Salad

- 2 ea Med. Cantaloupes *
- 1 ea Large Pineapple **
- 1 c Raisins
- 1 c Fresh Shredded Coconut
- 1 c Finely Chopped Walnuts
- 1 ea Large Apple ***
- 1 x Low-fat Yogurt

* Remove rind and seeds from cantaloupe

** Cored, Peeled, and cut into small chunks.

*** Cored and cut into small chunks.

Cut the cantaloupes into small chunks and mix with the pineapple, raisins, coconut, and walnuts in a large salad bowl.

Scoop yogurt into individual serving bowls and pass the fruit salad. Stir to coat and enjoy. This dessert is wonderful on a hot day.

Red, White, and Blue Casserole

- 1 Eggplant
- 3 lg Tomatoes, cut into 1/2-inch slices
- 1 1/2 lb Mozzarella cheese,
-cut into 1/4-inch slices

Preheat oven to 350 degrees F.

Cut the eggplant lengthwise once, then slice crosswise into semi-disks about 3/4 inch thick.

In a shallow casserole dish, stand some slices of eggplant on edge forming a row.

Make another row using slices of tomato, then add slices of mozzarella cheese in a row.

Repeat using eggplant, then tomato slices, then mozzarella until the casserole is full.

Sprinkle on herbs and spices of your choosing (e.g., basil, oregano, rosemary, savory, etc.).

Bake about 25 to 30 minutes.

Country Herb Roasted Chicken

2 1/2 To 3-pound chicken, cut into serving pieces

1 Envelope Lipton Savory Herb

-with Garlic Recipe Soup Mix

2 tb Water

1 tb Olive or vegetable oil

Preheat oven to 375F.

In 13x9-inch baking pan, arrange chicken.

In small bowl, combine soup, water, and olive oil; brush on chicken.

Bake for 45 minutes or until chicken is done.

Try this recipe with the American Fries.

American Fries

- 1 1/2 lb unpeeled baking potatoes
- 1/2 ts onion powder
- 1/2 ts paprika
- 1/4 ts salt
- 1/4 ts garlic powder
- 1/4 ts pepper
- 1 x Vegetable cooking spray

Cut potatoes into 1/4 inch thick slices; pat dry with paper towels.

Combine onion powder, paprika, salt, garlic powder, and pepper in a large zip-lock plastic bag.

Add potatoes, shaking well to coat.

Arrange potatoes in a single layer on a baking sheet coated with cooking spray.

Bake at 425 for 20 minutes. Yield: 5 servings.

Try these fries with the Country Herb Roasted Chicken dinner.

All-American Salmon Saute with Mushroom Sauce

- 1 cn chicken broth, (14 1/2 oz)
- 6 c Sliced mushrooms
- 2 tb Olive oil
- 2 Garlic cloves, minced
- Freshly ground pepper to taste
- 1/2 c Non-fat plain yogurt
- 2 ts Cornstarch
- 4 Salmon steaks, 6 to 8 oz each

Pour broth into small saucepan. Bring to a boil over high heat and reduce to 1 cup; set aside.

Meanwhile, saute mushrooms in oil in a large skillet over high heat 5 minutes, or until golden brown. Reduce heat to medium and stir in garlic. Saute 1 to 2 minutes. Season with pepper. Add yogurt and cornstarch to reduced broth and whisk to blend. Whisk yogurt mixture into mushrooms. Bring to a boil, stirring constantly until thickened. Remove from heat and keep warm.

Season salmon steaks with salt and pepper and saute in a lightly oiled non-stick pan over medium-high heat 10 minutes per inch of thickness, or until fish just flakes when tested with a fork. Turn once while cooking.

Arrange each salmon steak on a dinner plate with reserved sauce.

4th of July Baked Beans

- 1 lg Onion
 - 1 lg Green pepper
- 1/4 ts Ketchup
- 2 tb Honey
- 2 tb Brown sugar
- 1/4 ts Worcestershire Sauce
 - Dash Hot Sauce
- 1/8 lb Chopped ham
- 1 cn Campbell's pork and beans

In a large skillet, saute onion and green pepper in ketchup. Blend in honey, brown sugar, Worcestershire sauce, Hot Sauce, and ham. Add the pork and beans.

Cook on low heat, stirring occasionally, until liquid is absorbed.

All American Buffalo Wings

- 24 Chicken wings
- 1/2 c Melted butter
- 6 tb Hot pepper sauce
- 1/4 ts Cayenne pepper
- 4 tb Soy sauce
- 1 c Brown sugar
- 6 cl Garlic, minced

Preheat oven to 400 degrees F.

Place wings in a baking pan.

In a mixing bowl, combine the butter, hot pepper sauce, cayenne pepper, soy sauce, brown sugar, and garlic.

Brush wings with the sauce.

Bake for 40 to 45 minutes or until cooked through, basting frequently.

Just before serving, pour remaining sauce over wings, broil for one minute to crisp the skin.

Oven-Baked Buttermilk Chicken

1 ea Env. Golden Onion Soup Mix
1 c Unbleached All-purpose Flour
2 ea Large Eggs
1/2 c Buttermilk*
3 lb Chicken Cut into Serving Pcs
1/4 c Margarine or Butter, Melted

*If you don't have buttermilk just blend 1 1/2 teaspoons lemon juice with enough milk to equal 1/2 cup; let stand for about 5 minutes.

Preheat oven to 425 degrees F.

Combine golden onion recipe soup mix with flour; set aside.

Beat eggs with buttermilk. Dip chicken pieces in buttermilk mixture, then flour mixture, coating well.

Place in large shallow baking pan, on rack, and chill 30 minutes.

Drizzle with butter, then bake 45 minutes or until well done.

Refrigerate chicken overnight so it's totally cold when you're ready to pack up your picnic stuff.

Potato Salad

8 ea potato
1 ea celery, diced
2 ea egg, hard boiled, sliced
1 ea onion, minced
4 ea bacon, diced
2 ea egg, well beaten
1 c sugar
1/4 ts mustard, dry
1 tb parsley, minced
1/2 ts salt
1/4 ts pepper
1/2 c vinegar
1/2 c water, cold

Boil potatoes in their jackets. When soft, peel and dice. Add the celery, eggs and onion.

Fry bacon in skillet until crisp and brown.

Beat the eggs; add the sugar, dry mustard, parsley, salt, pepper, vinegar, and water. Mix well.

Pour egg mixture into small amount of hot bacon fat and stir until mixture thickens (about 10 minutes).

Pour over the potato mixture and mix lightly.

Sesame Chicken & Rice Salad

3/4 c Rice
1 1/2 c Water
2 c Pea pods
2 c Diced cooked Chicken
1 11-ounce can mandarin orange sections, well drained
1/2 c Sliced water chestnuts, halved
1/4 c Red wine vinegar or balsamic vinegar
1 tb Sesame oil
1 tb Salad oil
Salt and freshly-ground pepper, to taste
3/16 ts Garlic powder

Run cold water over rice in a strainer for about 1 minute, lifting rice to rinse well.

In a medium saucepan bring rice and water to boiling; reduce heat. Simmer, covered, 40 to 50 minutes or until done. Drain. Rinse with cold water. Drain again.

In a mixing bowl toss together the rice, pea pods, chicken, orange sections, and water chestnuts. Cover; chill rice mixture for 6 hours or overnight.

In a screw-top jar combine vinegar, sesame and salad oils, salt, pepper, and garlic powder. Cover; chill at least 6 hours or overnight.

Transport the vinegar and oil mixture and the rice mixture separately in an insulated cooler with an ice pack.

Before serving at the picnic, shake vinegar and oil mixture well. Pour over rice mixture; toss.

No picnic would be complete without a ripe, juicy watermelon. Also check out these recipes to use any leftover watermelon (leftover? as if!)

Deviled Eggs

3 ea Large Hard Cooked Eggs
2 tb Mayonnaise or Salad Dressing
1/2 ts Prepared Mustard
1 ea Dash Of Pepper
1 ds Paprika

Cut eggs lengthwise into halves. Slip out yolks and mash with a fork.

Mix together the mayonnaise, mustard, and pepper. Fill eggs with the yolk mixture, heaping it up lightly. Sprinkle paprika over filled eggs. Devilled eggs are probably the best part of any picnic.

Cole Slaw

- 1 Cabbage
- 1/2 c Onion, diced
- 1 tb Lemon juice
- Salt and freshly-ground black pepper to taste
- 1 c Mayonnaise

Cut the core out of the cabbage and cut it into pieces.

Mix the onion, lemon juice, and pepper in with the cabbage. Add the mayonnaise, mix well and refrigerate overnight to let the flavors totally merge before serving at the picnic.

Roasted Red Pepper Macaroni Salad

1 ea red bell pepper
1 x medium shell macaroni
3 ts olive oil
3 ts red wine vinegar
1 ts lemon juice
1 ts dijon mustard
1 ea carrots, chopped
1/2 c diced mozzarella cheese
1/4 c frozen peas

Broil the red pepper, turning several times, until blackened on all sides. Remove from the oven and place in a paper bag to cool.

Cook enough macaroni to make about 4 cups.

While the macaroni is cooking, whisk together the oil, vinegar, lemon juice and mustard.

Add the carrots, mozzarella, and peas.

Rinse the macaroni in cold water and drain thoroughly. Add to the dressing and vegetable mixture. Stir thoroughly.

Peel, seed, and dice the red pepper. Stir into the salad.

Chill several hours, stirring occasionally to make sure that the dressing is evenly distributed. Stir again just before serving at the picnic.

Set the table (whether it's a regular table, a picnic table, or even just a tablecloth spread out over the ground in the park) using red, white, and blue. For example: white tablecloth, blue bowls containing strawberries sprinkled with powdered sugar or a beet salad, etc.. Place small American flags at each place setting. Use your imagination when setting the table.

Garvick's Cucumber Salad With Garlic

5 c Shredded Cucumber
1/2 c Sour Cream
1/2 c Coleslaw Dressing *
1/4 Head of Garlic **
1/2 t Salt
Pinch of Freshly-ground Pepper
1/2 t Spike Seasoning (optional)

* Evaporated Milk + 1 1/2 T sugar can be substituted for the Coleslaw Dressing.

** More or less, depending on taste.

Mash the garlic together with the salt until thoroughly blended. Place cucumber, mashed garlic, and other ingredients in a medium-sized bowl and mix thoroughly.

Use as much garlic as you like. This cucumber salad is an old family favorite that's always enjoyed at picnics, potlucks, bridal showers, and any other get togethers!

4th of July Apple Pie

2 c White flour
1 t Salt
2/3 c Shortening
5 T Ice-cold water
8 Apples*
2 T White flour
1 c Sugar
1 t cinnamon
2 T butter

*Pared and cored.

Preheat oven to 400 degrees F.

Mix together the flour, salt, and shortening until crumbly. Add the water and mix well.

Thinly slice the apples.

In a medium-sized bowl, combine the flour, sugar, and cinnamon; add the apple slices and mix well.

Take 1/2 of the pastry and roll flat; place pastry in a 9" pie plate.

Fill with the apple mixture and dot with butter.

Take the remaining pastry dough and roll flat.

Place pastry on top of pie; crimp along the edges to seal.

Take a knife and cut slits into top of pastry to allow steam to escape.

Bake for about 50 minutes or until crust is golden.

Let cool and serve pie with a dollop of whipped cream or ice cream.

Star Spangled Pie

1 6oz Keebler Ready Crust Graham Cracker Pie Crust
1 8oz package cream cheese, softened
1/3 cup sugar
1 tsp lemon juice
1 8oz tub of whipped topping, thawed
1 1/4 cups Keebler Rainbow USA Chips Deluxe cookies, chopped
Betty Crocker Parlor Perfect Confetti Sprinkles

Mix cream cheese, sugar and lemon juice with electric mixer until blended; gently stir in whipped topping. Fold in chopped cookies. Spoon into graham cracker crust. Refrigerate 3 hours or overnight. Garnish with sprinkles just prior to serving.

NOTE: these cookies are probably a "limited edition" and won't be around after the holiday. I went to 2 stores before I found them. I could not locate the sprinkles so I am just using a different brand of multi-colored ones.

Red, White & Blue American Pie

- 1 ea 10" pastry or graham cracker
- 1 cn 21 oz. Blueberry pie filling
- 1 pk 8 oz. pkg. cream cheese
- 1 c powdered sugar,sifted
- 1 pk 12 oz. whipped topping
- 1 cn 21 oz. Tart cherry filling

Bake 10" pie pastry; let cool to room temperature.

Pour blueberry pie filling into shell; refrigerate for 30 minutes.

Beat cream cheese and powdered sugar; beat until smooth. Fold in whipped topping.

Spread cheese mixture over blueberry pie filling; refrigerate for 30 minutes.

Spread cherry pie filling over cheese mixture.Refrigerate for at least 4 hours before serving.

Fourth of July Key Lime Pie

1 1/4 c Graham cracker crumbs
2 tb Sugar
1/3 c Butter, melted
5 ea Large eggs yolks
1/2 c Lime juice freshly squeezed
1/3 c Sugar
1/8 ts Salt
2 tb Lime peel coarsely grated
2 1/2 c Heavy cream
1 ea Small lime, sliced, optional

Heat oven to 375 degrees.

In 9" pie plate combine graham cracker crumbs and 2 tbsp. sugar; stir in butter until blended.

Press mixture firmly and evenly over bottom and sides of pie plate; bake 10 minutes until browned. Cool completely on wire rack.

In top of double boiler using wire whisk, beat egg yolks, lime juice, sugar and salt until well blended. Set over simmering water; cook about 5 minutes, stirring constantly until mixture is thick enough to coat back of metal spoon.

Remove from heat; stir in 1 tbsp. grated lime peel. Refrigerate mixture about 45 minutes until cool.

Meanwhile, in large bowl with electric mixer at medium speed, beat cream until soft peaks form. Set 1 cup whipped cream aside for garnish; fold cooled lime mixture into remaining cream.

Spoon filling into prepared crust; refrigerate at least 2 hours until set.

To serve: Spoon remaining whipped cream decoratively over top of pie; sprinkle cream with remaining 1 tbsp. lime peel. Garnish with lime slices, if desired. Makes 8 servings.

All-American Apple Pie

1/4 c Packed light brown sugar
1/4 c Granulated sugar
1 tb All-purpose flour
1 ts Lemon zest -- grated
1/4 ts Ground cinnamon
1/4 ts Ground nutmeg
6 ea medium Apples*
1 c Raisins
1 Double Pie Crust (9 inch)
1 lg Egg -- beaten
1 ts Granulated sugar

*Peeled, cored, and sliced very thin.

Preheat oven to 425 F. Spray a 9-inch deep-dish pie plate with cooking spray.

In a large bowl, combine brown sugar, granulated sugar, flour, lemon zest, cinnamon, and nutmeg. Mix well.

Add sliced apples to sugar mixture; stir until well coated. Stir in raisins. Spoon into prepared plate.

Place pie crust on top of filling. Trim edges, pressing against edge of pan. Using a sharp knife, cut steam vents in piecrust.

To glaze, lightly brush piecrust with beaten egg. Sprinkle with sugar.

Bake about 30 to 40 minutes or until piecrust is golden brown.

Place on a wire rack and cool for 30 minutes.

Miss America Pie

- 10 Inch Baked Pie Shell
- 21 oz Blueberry Pie Filling (1
-Can)
- 8 oz Cream Cheese
- 1 c Powdered Sugar
- 12 oz Non-Dairy Whipped Topping
- 21 oz Tart Cherry Pie Filling (1
-Can)

This cold pie would be just the thing to serve on the Fourth Of July picnic.

Yield: 1 10-inch pie

Pour the blueberry pie filling into the baked crust and chill for about 1/2 hour.

Beat the cream cheese, adding the powdered sugar until smooth. Fold in the whipped topping.

Spread the cheese mixture on top of the blueberry pie filling. Chill another 20 minutes.

Gently spread the cherry pie filling on top of the cheese mixture and chill at least 4 hours before serving.

Drinks that CONTAIN Alcohol

Fire Crackers

1 1/2 oz Tequila
Cracked ice
Tonic water
Lime wedge

Pour tequila over the ice in a highball glass. Fill with tonic. Stir and garnish with lime wedge.

Star Spangled Jello Shooters

4 c Package Jello*
2 c Boiling water
2 c Liquor**

*Any flavor.

**86 or 100 proof--don't use 151, any type.

Dissolve the Jello in the boiling water and let it cool.

Add the liquor. Pour about 1/8 to 1/4 cup into little paper cups and chill.

Squeeze the whole cupful into your mouth--no spoons or partial servings!

Vodka is the usual first choice, but rum is really good too.

4th of July Lemonade

- 1 part Jack Daniel's bourbon
- 1 part triple sec
- 1 part sweet-and-sour mix
- 4 parts lemon-lime soda.

Combine all ingredients and serve this refreshing drink over ice.

Independence Day Punch

26 oz Rye

- 2 Bottles sherry
- 3 Bottles ginger ale
- 2 Whole oranges -- sliced

Pour 2 bottles of the ginger ale into a bundt pan and add some of the orange slices. Freeze and use as ice ring as it doesn't dilute the punch when it melts.

Punch does become smoother as the ring melts. Put orange slices in the punch bowl and add other ingredients. (You may wish to have one more bottle of ginger ale to make the ice ring.)

Hair Raiser

1/3 part Anisette
1/3 part Brandy
1/3 part Triple Sec

Shake well. Serve drink in a shot glass

Drinks that CONTAIN NO Alcohol

Orange Sunrise

2 Eggs
1/4 c Frozen Orange Juice Concentrate
2 tb Honey
2 c Cold Milk
8 oz Orange flavoured yogurt

Combine the eggs, orange juice and honey in the blender. Blend until smooth (about 1 minute).

Add the milk and yogurt. Blend until smooth and frothy.

Serve at once in tall, chilled glass.

Summer Delight Punch

- 6 oz Can frozen lemonade
- 6 oz Can frozen orange juice
- 2 1/2 c Pineapple juice
- 12 oz Can apricot or peach nectar
- 1 ea Bottle ginger ale, (2 litre)
- 1 ea Lemon, sliced

Mix together the lemonade, orange juice, pineapple juice, and nectar and chill.

When ready to serve drinks, add the ginger ale. Garnish with lemon slices.

Red, White, and Blueberry Freezee

- 1 c Whipping cream
- 1/2 c Frozen blueberries
- 1 ds Lemon juice
- 1 x Sugar to taste
- Small Strawberries for garnish

Mix together the whipping cream, blueberries, lemon juice, and sugar in a blender.

Top with a few strawberries. This refreshing drink is great on a hot day.

Mock Pink Lady

- 1 1/2 c Milk
- 2 tb Lemon juice
- 1 tb Grenadine
- 1 tb Sugar, granulated
- 6 Ice cubes

Measure milk, lemon juice, grenadine, sugar and ice cubes into blender. Blend until ice is dissolved. Serve immediately.

4th of July Holiday Punch

- 6 c Orange juice
- 20 oz Frozen strawberries in syrup
- 2 c Cranberry juice cocktail
- 3 c Ginger ale

Blend together the orange juice, strawberries, and cranberry juice cocktail.

Add ginger ale immediately before serving drinks.

Makes 18 servings.

INDEPENDENCE DAY TARTS

I
ngredients for One:
1 single-serving sponge cake
whipped topping
sliced strawberries
blueberries

Get Mom to help you wash the berries and slice the strawberries. Put the cake on a small plate and spread whipped topping on the it. Arrange the strawberries, then the blueberries. Add more topping and then Enjoy!!

FIRECRACKER CAKES

Move oven rack to the lowest position; take out top rack. Preheat oven to 350 degrees.

Generously grease bottoms and sides of 4 empty 26-oz. soup cans; line bottoms with greased wax paper. Use foil collars for added height. To make foil collars, fold lengths of foil in half and fit around cans to extend about 2 inches above tops; tie securely with cord.

Make a 2-layer cake mix according to package directions or you may use a made-from-scratch 2-layer recipe. Fill cans about two-thirds full of batter. Bake at 350 degrees for 55-60 minutes, or until a cake tests done with a cake tester. Cool cakes slightly, then loosen them, remove the cans, and peel off the paper. Cool cakes, then trim to shape candles.

Decorator Frosting:

1/2 teaspoon salt
1/2 cup water
2 teaspoons vanilla
1/2 cup non-dairy creamer
1/4 cup Crisco shortening
5 cups confectioner's sugar
Red food coloring

Mix frosting ingredients into a large mixer bowl and beat 3 minutes at medium speed, then 5 minutes at high speed. Add more sugar to thicken frosting as needed.

Frost tops of cakes with frosting. Color remaining frosting red with red food coloring. Frost sides of cakes. Use bits of tinsel rope for sparklers.

FIRECRACKERS

Bake cake mix in paper baking cups as directed on the package. Remove papers.

Prepare a white frosting, using homemade or frosting mix.

To form each firecracker, put two cupcakes together end-to-end with frosting. Frost sides, leaving ends of firecrackers (tops of cupcakes) unfrosted. Sprinkle generously with red decorators' sugar before frosting sets. Decorate each with a red candle stuck into one end. (Makes 12 to 15 firecrackers).

Mom's Apple Pie

(Double Crust Apple Pie)

By Elsie Volpe
(Holiday on the Net's Mom)

Crust

2 cups all purpose flour
1 teaspoon salt
2/3 cup shortening
5-7 tablespoons COLD water
Mix shortening, salt, flour with a fork until crumbly
Add 5 tablespoons water and mix well, adding more water if too dry

Apple Filling

6-8 tart apples (Macintosh, Granny Smith)
Pare, core and thinly slice
3/4 - 1 cup sugar
2 tablespoons all purpose flour
1/2-1 teaspoon ground cinnamon
2 tablespoons butter (or margarine)
Slice apples
Combine sugar, flour, cinnamon in a bowl
Add apple slices and mix well

Take 1/2 of the pastry and roll flat with rolling pin
Line a 9" or 10" pie plate with the pastry
Fill with apple mixture
Dot with butter (or margarine)

Take the remaining pastry dough and roll flat
Place dough on top of apple pie mix
Crimp along edges creating a scalloped edging
Take a knife and cut slits into top pastry for steam to escape
Bake in a 400 oven for 50 minutes or until crust is brown
Let cool and serve

Patriotic Jigglers

Make some sweet red, white and blue sweets to celebrate the day.

Note: As in all recipes, results can vary depending on humidity, conditions, etc. Please try any recipe out before attempting in a group setting.

This project is rated EASY to do.

What You Need

Two packages (4 serving size) or One package (8 serving size) any flavor red JELL-O
Two packages (4 serving size) or One package (8 serving size) blue JELL-O
Whipped topping (It's easier if you have the kind in the can)
2 1/2 cups boiling water

Mixing bowls
Measuring cups
Rubber scraper or large spoon
Table knife
Two 11 x 7 pans (Or you can do it in one pan, one flavor at a time)
Clear plastic cups (4 to 6 ounce size)
Small star-shaped cookie cutters (optional)
Large tray
Cherries (optional)

How To Make It

Pour one flavor of gelatin into the mixing bowl. Add 1 1/4 cups of the boiling water and use the rubber scraper to stir until all of the gelatin has dissolved (about two minutes). Pour the mixture into one of the pans. Repeat with the other flavor of JELL-O.

Put the pans into the refrigerator and let the JELL-O chill for about three hours.

Put about an inch of warm water into the sink. Dip just the bottom of the pan (don't let the water come up over the sides) into the water for 15 seconds.

Wash your hands thoroughly. Use the star-shaped cookie cutters or the table knife to cut shapes. Use your hands to lift out the shapes onto another tray. Repeat with both flavors.

Make a thin layer of blue jigglers, then a layer of whipped cream, then a layer of red jigglers, and then another layer of whipped cream. Top with a cherry if you would like and then enjoy!

Celebration POP!sicles

Be sure to try other flavor and color combinations! There are enough variations for a whole year! This project is rated EASY to do.

What You Need

1 pkg. (3 oz.) red Jell-o
1 pkg. (3 oz.) blue Jell-o
1 pkg. red Kool-Aid (unsweetened; 2 quart size)
1 pkg. blue Kool-Aid (unsweetened; 2 quart size)
2 cups sugar; divided
4 cups hot water; divided
4 cups cold water; divided
Ice pop molds

How To Make It

Mix red ingredients and 1 cup sugar together. Add 2 cups hot water and stir. Add 2 cups cold water and stir. Pour into molds.

Mix blue ingredients and 1 cup sugar together. Add 2 cups hot water and stir. Add 2 cups cold water and stir. Pour into molds.

Put in freezer to harden

Save remainder in covered containers in refrigerator.

Hand out to children alternating red and blue Popsicles! Enjoy!

Southwestern Dip Bowl

1 9 inch round loaf of dark bread
16 ounces grated sharp cheddar cheese
8 ounces cream cheese
8 ounces sour cream
1/2 cup chopped green onions
1 tsp. Worcestershire sauce
1 can chopped green chilies (4 1/2 ounces)
1 cup chopped ham
Tortilla chips

With a sharp knife, cut the top portion off the bread, reserving top. Scoop out inside of loaf, leaving 1/2-1 inch thick shell. (You can cut the scooped out bread into pieces to use with the dip later) In bowl, combine remaining ingredients except tortilla chips. Mix well. Fill bread shell with cheese mixture. Place on baking sheet, and cover shell with bread top. Bake at 350 degrees for one hour. When ready to serve, remove top and surround with chips and chunks of bread on a platter.

Apple Cider Pie

3/4 cup Apple Cider or Apple Juice
1/2 cup Dates or Raisins (chop and pit dates)
1 Tbs. Cornstarch
1/2 tsp. Ground Ginger
1/2 tsp. Lemon Rind, grated
2 prepared or homemade Pie Crusts
1/2 cup Granulated Sugar
1 Tbs. All-purpose Flour
5 cups Tart Baking Apples, peeled and thinly sliced
Extra sugar and cinnamon (optional)

Preheat the oven to 375° F degrees.

In a small saucepan, stir together the apple cider, dates or raisins, cornstarch, ginger, and lemon rind. Bring the mixture to a boil over moderate heat, stirring constantly. Cook for about 2 minutes or until mixture is thickened, making sure to stir constantly. Remove from heat; set aside.

Line a 9-inch pie tin with 1 of the pie crusts. Neatly trim the crust even with edge of pie tin.

In a large bowl, stir together the sugar and flour. Add the apples and toss until the apples are well coated. Spoon the apple mixture into the prepared crust. Spoon cider mixture over apple mixture.

Cut small slits in the remaining pie crust and place on top of cider and apple filling. Trim the top crust to 1/2 inch beyond edge of the pie tin. Fold the top crust under the bottom crust and crimp the edge.

Sprinkle the top with a little granulated sugar and a dash of cinnamon, if so desired. Bake for 40 to 45 minutes, or until apples are tender and crust is golden. Remember, if the edge of the crust browns too quickly, simply cover the rim with foil to even out the browning while baking.

Remove the pie from the oven and cool on a wire rack for 2 hours before serving.

Avocado Vegetable Dip

- 2 lg. ripe avocados
- 1/2 c. each; raw broccoli, cauliflower, and celery, finely chopped
- 2 tbsp. lime or lemon juice
- 1 (6 oz.) pkg. Italian or Caesar salad dressing mix
- 1/4 tsp. liquid hot pepper or Tabasco sauce
- 1/2 c. sour cream
- 1 carrot, shredded
- 2 green onions, finely chopped

Peel, pit and mash the avocados. Mix in the lime juice, then sprinkle in the dry dressing mix, stir to blend. Also stir in the sour cream, carrot, green onions, broccoli, cauliflower, celery and pepper seasoning. Cover for at least 2 hours or as long as overnight. Makes 4 cups.

For a dip, serve with tortilla chips and crisp celery, carrot sticks, zucchini slices, broccoli or cauliflower florets. For a salad dressing, thin each cup of dip by stirring in 6 to 8 tablespoons milk. Spoon dressing over salad and toss to blend.

Blackened Catfish

1 tsp. paprika
1/2 tsp. each crumbled dried sage, ground cumin, garlic powder and sugar
1/2 tsp. salt
1/4 tsp. cayenne pepper
1/4 tsp. onion powder
4 catfish filets (4 to 5 ounces each)
Nonstick cooking spray
1 tsp. olive oil
Lemon slices

Put spices into a 1-gallon food storage rag. Close rag and shake until well blended. Put 1 filet in rag at a time and shake until lightly coated.

Coat large skillet with nonstick cooking spray. Add oil and heat over medium-low heat until hot. Add filets, skinned side up and cook 4 to 5 minutes until lightly blackened. Carefully turn with spatula. Cook 4 to 5 minutes longer, or until fish feels firm and is opaque at the thickest part. Serve with lemon slices.

Note: I would not recommend farm-raised variety because it has an overpowering "fishy" taste. If you do not like catfish, any firm white fish can be substituted, such as Orange Roughy.

Carrot & Ginger Salad

Ingredients:

1 lb carrots, grated
3 scallions, green and white parts, thinly sliced
A 1-inch piece of fresh ginger, grated
6 Tbs sesame or extra-virgin olive oil
Juice of 1 lime
Salt and freshly ground pepper to taste

Combine all ingredients in a serving bowl and stir to thoroughly combine. Serve chilled or at room temperature.

Serves 4 to 6.

Cinnamon Apple Cooler

1 1/2 cups boiling water
6 Cinnamon Apple tea bags
3 tablespoons sugar
1 1/2 cups cold water
1 cup grape juice
2 teaspoons lemon juice
Club soda, chilled

In teapot, pour boiling water over teabags; cover and steep 5 minutes. Remove bags; stir in sugar and cool. In pitcher, combine tea, cold water and juices. Serve in ice-filled glasses with a splash of soda. Garnish, if desired, with lemon slices.

Creamy Crab & Artichoke Dip

Ingredients:

- 1 pkg. (8 oz.) cream cheese
- 1 c. mayo
- 1 pkg. crabmeat (imitation)
- 1 can artichoke hearts, drained
- 3/4 c. Parmesan cheese
- 1/3 c. finely chopped onion

Blend cream cheese and mayo together and stir in crab, artichokes, cheese, and onion. Place mixture in a 9" pie plate. Bake at 375 degrees, uncovered, 15-18 minutes.

Crispy Chicken and Parmesan Tomatoes

1/4 cup seasoned dried bread crumbs
1 tablespoon chopped parsley
1 small garlic clove, minced
olive oil
coarsely ground black pepper
2 tablespoons Dijon mustard
2 large chicken breasts, with skin and bones
(about 1 1/2 pounds)
3 medium-size plum tomatoes (about 3/4 pound)
2 tablespoons grated parmesan cheese
1 teaspoon dried oregano leaves
1/2 teaspoon salt
1 bunch watercress

your favorite vinaigrette salad dressing

1. Preheat oven to 400 degrees. 2. In small box, mix bread crumbs, parsley, minced garlic, 2 teaspoons olive oil, and 1/4 teaspoon pepper until blended. 3. Brush Dijon mustard onto skin side of chicken breasts, then coat with bread crumb mixture, firmly pressing crumb mixture onto chicken. 4. Spray 11" by 7" ceramic or glass baking dish with nonstick cooking spray. Place chicken, skin-side up in baking dish. Bake chicken (do not turn) 20 minutes. 5. Meanwhile, cut each tomato lengthwise in half. On waxed paper, mix parmesan cheese, oregano, salt and 1/4 teaspoon pepper. Sprinkle parmesan cheese mixture over tomato halves. Add tomatoes to baking dish with chicken and bake 15 to 20 minutes longer until coating on chicken is crisp and browned and juices run clear when chicken is pierced with tip of knife. 6. To serve, in bowl, toss watercress with vinaigrette. Arrange watercress salad, chicken, and tomatoes on 2 dinner plates. Makes 2 servings.

Deep Dish Apple Crumb Pie

4 c. apples, sliced, peeled, a little thicker wedges than for pie
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/4 tsp. salt
3/4 c. sifted all-purpose flour
1/3 c. orange juice
1/2 c. brown sugar, firmly packed
1/2 c. butter or oleo
1 pt. vanilla ice cream
1/2 c. sugar
2 tsp. orange rind, grated

Place apples in deep pie pan, add orange juice. Mix together sugars, orange rind, nutmeg, cinnamon, salt and flour. Cut in butter or oleo. Spread evenly over apples. Bake in 350 degree oven 1 hour. Serve warm or cold with a topping of ice cream.

Lively Lemon Tingler

- 1 1/2 cups sugar
- 1 cup water
- 1 1/2 cups fresh lemon juice (5 to 8 lemons, squeezed)
- 3 cups ginger ale, chilled

In small saucepan, combine sugar and water; cook over medium heat, stirring constantly until sugar is dissolved. Remove from heat; cool to room temperature. Add lemon juice; stir to blend. Store base mixture in tightly covered nonmetal container or jar in refrigerator. For each serving, combine 1/2 cup chilled base and 1/2 cup ginger ale in tall glass. If desired, add ice. Serve immediately.

Makes 6 (1 cup) servings.

Strawberry Yogurt Cooler

2 rosehip tea bags
2 cups boiling water
2 cups plain lowfat yogurt
3 tablespoons honey
1 cup sliced strawberries

Steep the tea bags in a small teapot or bowl for 10 minutes, covered. Remove tea bags. Place the yogurt, berries, and honey in a blender. Blend until smooth. Add the tea to the yogurt mixture, and blend until smooth. Serve over ice

Barbecued Lambs

Ingredients

8 lb Lamb leg; boned and butterflied

1 1/4 c Olive oil

1/4 c Worcestershire Sauce

2 Garlic clove; diced

3/4 c Soy sauce; light

2 tb Dry mustard

1/4 c Red wine vinegar

1 1/2 tb Parsley, chopped

1/3 c Lemon juice

Method

Mix together the olive oil, worchestershire sauce, garlic, soy sauce, mustard, red wine vinegar, parsley, and lemon juice. Marinate lamb roast overnight, basting occasionally. Cook over hot grill, basting as needed.

Barbequed Salmon

Ingredients

3 tb Melted butter
1 tb Lemon juice
1 tb White wine vinegar
1/4 ts Grated lemon peel
1/4 ts Garlic salt
1/4 ts Salt
4 4-6 oz. salmon steaks

Method

Combine the butter, lemon juice, white wine vinegar, lemon peel, garlic salt, and salt; stir thoroughly.

Generously brush both sides of the salmon steaks with mixture.

Barbeque on a well oiled grill over hot coals. Make a tent of foil or use barbeque cover and place over salmon.

Barbeque 6-8 minutes per side depending on the thickness of your steaks. Baste frequently. Turn once, brushing with sauce. Steaks should flake easily when tested with a fork. Serves 4.

Red, White & Blue Chocolate Cupcakes

Ingredients

2 c Sugar
1 3/4 c All-purpose flour
3/4 c Hershey's cocoa or hershey's european style cocoa
1 1/2 ts Baking powder
1 1/2 ts Baking soda
1 ts Salt
2 Eggs
1 c Milk
1/2 c Vegetable oil
2 ts Vanilla extract
1 c Boiling water

Vanilla Buttercream Frosting

5 T butter or margarine
4 c powdered sugar
1/4 c milk
1 t vanilla extract
Fresh blueberries and strawberries

Method

Heat oven to 350 F. Line muffin cups (2-1/2 inches in diameter) with paper bake cups. In large bowl, stir together sugar, flour, cocoa, baking powder, baking soda and salt. Add eggs, milk, oil and vanilla; beat on medium speed of electric mixer 2 minutes. Stir in boiling water (batter will be very thin). Fill muffin cups 2/3 full with batter. Bake 20 to 25 minutes or until wooden pick inserted in center comes out clean. Remove from pan to wire rack. Cool completely. Frost cupcakes with Vanilla Buttercream Frosting. Garnish with blueberries and strawberries.

Vanilla Buttercream Frosting:

In medium bowl, cream together the butter and powdered sugar. Add the milk and vanilla extract, beating until frosting is of spreading consistency. Makes about 2 cups of frosting.

4th of July Flag Cake

Ingredients

3/4 c butter
1 2/3 c sugar
3 eggs
1 t vanilla extract
2 c all-purpose flour
2/3 c cocoa
1 1/4 t baking soda
1/4 t baking powde
1 t salt
1 1/3 c water

Vanilla Buttercream Frosting

3 c powdered sugar
1/3 c butter or margarine, softened
2 T milk
1 1/2 t vanilla extract

Topping

1/2 pt blueberries
1 qt small evenly-sized strawberries

Method

Preheat oven to 350F; grease and flour a 13x9x2-inch baking pan.

In large bowl, combine butter, sugar, eggs and vanilla; beat on high speed for about 3 minutes.

Stir together flour, cocoa, baking soda, baking powder and salt; add alternately with water to butter mixture. Mix just until combined (don't overmix).

Pour into the prepared baking pan.

Bake for about 30 minutes or until wooden pick inserted in center comes out clean.

Cool for about 15 minutes then remove from pan. Cool completely on wire rack. Place cake on cardboard that's been covered with foil.

Frost cake with the Vanilla Buttercream Frosting.

Arrange blueberries in upper left corner of cake, covering about 1/4 of the cake.

Arrange strawberries in rows to create the red stripes.

Vanilla Buttercream Frosting: In large bowl, combine powdered sugar and butter. Add milk and vanilla; beat to spreading consistency

American Flag Cookies

Ingredients

1 c Margarine
1 Egg white -- whipped
2 ts Pure vanilla extract
2 1/2 c Unbleached flour
1 1/2 c Sugar
1 1/2 ts Baking powder
1 ts Red food coloring
1 ts Blue food coloring

Method

Preheat oven to 350. In a mixing bowl, combine margarine, egg white, and vanilla extract. In a separate bowl, combine flour, sugar, and baking powder. Mix wet ingredients with dry until just moistened. Divide cookie dough into three equal portions. Tint 1 portion with the red food coloring; and another portion with the blue food coloring. Mix thoroughly. Form each portion into long bars. and stack bars on top of each other using alternating colors (red, white, blue). Wrap finished cookies in waxed paper and place in the refrigerator for about an hour. Cut cookies into 1/4" thick bars. Place on greased baking sheet and bake for 10 to 12 minutes.

Red, White 'n' Blue Cookies

Ingredients

1 c Butter, sweet; softened
3 oz Cream cheese; softened
1/2 c Sugar
1 ts Vanilla
2 c Flour
36sm Blueberries
36 sm Strawberries, ripe; hulled halved

Method

Preheat oven to 350 F. In a mixing bowl, beat the butter with the cream cheese until well blended. Beat in the sugar and vanilla, then stir in the flour until well mixed. Using a 1/2 tablespoon measure, shape the mixture into small balls and place 2" apart on ungreased cookie sheets. Make a small dent in the top of each cookie and carefully place a blueberry and a strawberry half, cut side down, in each indentation. Bake cookies for 12 to 18 minutes or until very lightly browned. Cool on racks.

All American Dessert

Ingredients

1 lg Berry blue jello
1 lg Red jello, any flavor
4 c Water; boiling
2 c Water; cold
8 oz Cool Whip; thawed
4 c Angel food cake, cubed
2 c Strawberries; sliced
1/2 c Blueberries

Method

Dissolve berry blue jello in 2 cups of boiling water. In a separate bowl, dissolve the cherry jello. Stir 1 cup of cold water into each bowl. Pour into separate 9x13" pans. Refrigerate at least 3 hours until firm. Cut into 1/2" cubes. Place blue jello cubes in bottom of clear glass trifle bowl. Top with 1/3 of the Cool Whip. Add cake cubes, then sliced strawberries. Top with another 1/3 Cool Whip. Add the red jello cubes and then the remaining Cool Whip. Sprinkle blueberries over top.

4th of July Red, White, and Blue Pizza

Ingredients

1 pt Strawberries, hulled and halved
1 pt Blueberries
1T plus 1 t Sugar, divided
1T Brandy
4 6" Pizza Crusts, homemade or storebought
1 1/2 c Whipped topping, thawed

Method

Preheat oven to 450 degrees F. Combine strawberries, blueberries, 1 teaspoon. of the sugar and the brandy. Sprinkle pizza crust with the remaining sugar. Bake 6-8 minutes on baking sheet; cool slightly. Fill with crust with strawberries and raspberries. Serve with a big dollop of whipped topping

Red, White, and Blue Casserole

Ingredients

1 Eggplant
3 lg Tomatoes, cut into 1/2-inch slices
1 1/2 lb Mozzarella cheese,
cut into 1/4-inch slices

Method

Preheat oven to 350 degrees F. Cut the eggplant lengthwise once, then slice crosswise into semi-disks about 3/4 inch thick. In a shallow casserole dish, stand some slices of eggplant on edge forming a row. Make another row using slices of tomato, then add slices of mozzarella cheese in a row. Repeat using eggplant, then tomato slices, then mozzarella until the casserole is full. Sprinkle on herbs and spices of your choosing (e.g., basil, oregano, rosemary, savory, etc.). Bake about 25 to 30 minutes.

American Fries

Ingredients

1 1/2 lb unpeeled baking potatoes
1/2 ts onion powder
1/2 ts paprika
1/4 ts salt
1/4 ts garlic powder
1/4 ts pepper
1 x Vegetable cooking spray

Method

Cut potatoes into 1/4 inch thick slices; pat dry with paper towels. Combine onion powder, paprika, salt, garlic powder, and pepper in a large zip-lock plastic bag. Add potatoes, shaking well to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray. Bake at 425 for 20 minutes. Yield: 5 servings. Try these fries with the Country Herb Roasted Chicken dinner.

Fire Crackers

Ingredients

1 1/2 oz Tequila

Cracked ice

Tonic water

Lime wedge

Method

Pour tequila over the ice in a highball glass. Fill with tonic. Stir and garnish with lime wedge

4th of July Lemonade

Ingredients

1 part Jack Daniel's bourbon
1 part triple sec
1 part sweet-and-sour mix
4 parts lemon-lime soda.

Method

Combine all ingredients and serve this refreshing drink over ice.

4th of July Holiday Punch

Ingredients

6 c Orange juice
20 oz Frozen strawberries in syrup
2 c Cranberry juice cocktail
3 c Ginger ale

Method

Blend together the orange juice, strawberries, and cranberry juice cocktail. Add ginger ale immediately before serving drinks. Makes 18 servings.

Cucumber and Dill Pasta Salad

Ingredients :

2 cups Macaroni or any Salad Pasta
8 oz. carton Low-fat Sour Cream
1/2 cup Skim Milk
1 Tbs. fresh Dill, minced
1 Tbs. Vinegar
1/2 tsp. Salt
1/2 tsp. freshly ground Black Pepper
2 cups Cucumber, peeled and chopped
1 cup Tomatoes, de-seeded and chopped

Preparation :

Cook pasta in boiling salted water until al dente. Drain, and rinse in cold water. Transfer cooked pasta to a large serving bowl. In a separate bowl, mix together sour cream, milk, dill, vinegar, and salt and pepper. Set dressing aside. Mix cucumbers and tomatoes into the pasta. Pour in dressing, and toss thoroughly to combine. Cover, and refrigerate at least 1 hour and preferably overnight. Stir just before serving.

Peppered Steaks

Ingredients :

2 Tbs. whole Black Peppercorns, crushed
4 New York Strip Steaks, about 6-8 oz. each
1/3 cup Butter or Margarine
4 cloves Garlic, minced
2 Tbs. Worcestershire Sauce
1 cup Red Wine or Low-sodium Beef Broth
2 tsp. Ground Mustard
1 tsp. Granulated Sugar
1 Tbs. Cornstarch
2 Tbs. Water

Preparation :

Rub the crushed peppercorns into both sides of each steak. Refrigerate for about 15 minutes. Meanwhile, warm an ungreased heavy skillet over medium-high heat. Brown the steaks on both sides. Add the butter and garlic and sauté for about 5 minutes with the steaks, turning at least once. Add Worcestershire sauce and cook about 5 minutes longer, again turning at least once, until the steaks attain the desired degree of doneness. Remove the steaks and keep them warm under foil. Add the red wine or beef broth to the skillet. Add the ground mustard and sugar. Stir a bit to blend with the steak drippings. In a separate small bowl, blend together the cornstarch and water. Pour the liquid into the simmering sauce in the skillet. Bring the sauce to a boil and cook for a few minutes until thickened. Serve the sauce over or on the side of the steaks.

Salmon with Lemon-Caper Sauce

Ingredients :

4 Salmon Fillets, about 6 oz. each

1/8 tsp. Salt

1/8 tsp. freshly ground Black Pepper

2 large Lemons

4 tsp. Capers, drained

2 cloves Garlic, minced

1/4 Low-sodium Chicken Broth

1 tsp. Cornstarch or Arrow Root (to thicken sauce)

Preparation :

Warm a large non-stick skillet over medium-high heat until hot. Add the salmon fillets and sprinkle with salt and pepper. Cook the salmon for about 10 minutes, or until the fish flakes easily when tested with a fork. Make sure to turn the fish at least once, about halfway through cooking.

Transfer the salmon to a serving platter and keep warm. Meanwhile, grate about one-half teaspoon of zest from one of the freshly washed lemons. (The zest is the colored portion of the lemon rind, with none of the white pithy part.) Slice one of the lemons in half and squeeze out one brimming tablespoonful of lemon juice. Slice the remaining lemon into wedges for garnish, and reserve. Reduce the skillet heat setting to medium, and add the capers to the skillet. Cook the capers for a few minutes to warm through, stirring constantly. Add the minced garlic and cook a minute longer, until golden. Add the chicken broth, lemon zest, and lemon juice. Add cornstarch or arrow root, stir again. Heat the sauce through, stirring occasionally. To serve, spoon some of the sauce over the warm salmon and garnish each piece with a lemon wedge. Great with deep green vegetables or red potatoes.

Crab Bisque

Ingredients :

- 1 stalk Celery, thinly sliced
- 1 small Onion, chopped
- 1/2 cup Green Bell Pepper, chopped
- 3 Tbs. Butter or Margarine
- 1 14-oz. cans Cream-style Corn
- 2 10-oz. cans Condensed Cream of Potato Soup, undiluted
- 1 1/2 cups Whole Milk
- 1 Heavy Cream
- 1/2 cup Water
- 2 Bay Leaves
- 1 Tbs. fresh Thyme, chopped
- 1/2 tsp. Garlic Powder
- 1/4 tsp. White Pepper
- 3 6-oz. cans Crabmeat

Preparation :

drained and flaked In a large saucepan or stock pot, sauté the celery, onion, and green pepper in the butter or margarine over medium heat until tender. Add the creamed corn, condensed cream of potato soup, milk, heavy cream, and water; stir to combine. Add bay leaves, fresh thyme, garlic powder, and white pepper. Check seasonings after stirring, and adjust to taste. Add crab meat and stir. When the crab is heated through, remove the bay leaves and serve warm. Great with a salad and flavored biscuits.

Taco Soup

Ingredients :

1 package Taco Seasoning Mix
1 can prepared Chili
1 can Corn, drained
1 can Diced Tomatoes, drained
1 can Black Olives, sliced
1 cup Water
1 cup Nacho Chips, crushed
1 cup Cheddar Cheese, grated
Salsa and Sour Cream for garnish

Preparation :

Simply combine the taco seasoning mix with the prepared chili, corn, tomatoes, black olives, and water in a soup pot over medium heat. Stir to combine all the ingredients, then bring the mixture to a boil. To serve, ladle portions into soup bowls and top with a handful of crushed nacho chips and grated cheddar cheese. Spoon a bit of salsa and sour cream on top, too, if desired. You can serve this recipe for a quick summertime lunch, or make it a full meal with a side of refried beans and warm tortillas.

Shrimp Scampi

Ingredients :

8 oz. dry Angel Hair Pasta
1 3/4 cups Chicken Broth
2 cloves Garlic, minced
1/4 tsp. Salt
1 Tbs. fresh Lemon Juice
1/8 tsp. Black Pepper
1/4 cup Green Onions or Scallions, chopped and divided
1/4 cup fresh Parsley, minced and divided
1 lb. raw Shrimp, peeled and deveined

Preparation :

Prepare the Angel Hair Pasta as directed on the manufacturer's packaging and reserve. Meanwhile, in a heavy skillet over medium-high heat, combine the chicken broth, garlic, salt, lemon juice, and black pepper with 3 or 4 tablespoons each of the green onions and parsley. Bring the mixture to a boil and add the shrimp. Cook the shrimp for 3 to 5 minutes, or until the semi-transparent shellfish turn white and pink. Serve portions of the drained pasta with the shrimp sauce topping. Sprinkle some of the remaining parsley and green onions over the top of each service.

Pizza Casserole

Ingredients :

1 lb. lean Ground Beef
1 medium Onion, chopped
28-oz. jar Spaghetti Sauce, or prepare your sauce from scratch
16-oz. package Pasta Spirals
1 1/2 cups Mozzarella Cheese, shredded
1/2 cup Provolone Cheese, shredded
8 oz. package Pepperoni Slices
1/4 cup Parmesan Cheese, grated

Preparation :

Preheat the oven to 350-F degrees. In a large skillet over medium-high heat, brown the lean ground beef with the chopped onion. Stir in the spaghetti sauce and the pasta. Transfer the mixture to a 9-inch by 13-inch oven-proof baking pan. Sprinkle the Mozzarella and Provolone cheeses over the top of the pasta. Evenly distribute the pepperoni slices over the top of the cheeses. Finish with a sprinkling of Parmesan cheese. Bake for about 30 minutes, or until the casserole is heated through and the cheeses are bubbly. Serve warm.

Fruit Cobbler

Ingredients :

2 cups Fruit
2 cups All-purpose Flour
2 tsp. Baking Powder
1 1/2 cups Granulated Sugar
2 sticks Margarine, melted and slightly cooled
2 cups Milk

Preparation :

Preheat oven to 350-F degrees and lightly spray a 9-inch by 13-inch baking pan with non-stick oil. Set aside for use later. In a large mixing bowl, blend together flour, baking powder, and sugar until thoroughly combined. Mix in the melted margarine, and blend well. Add the milk and stir until smooth. The mixture will be very thin, but it will bake to a cake-like texture. Pour the mixture into the prepared baking pan. Evenly distribute the fruit over the top of the mixture, and bake until well browned around the edges, about 30-45 minutes. The finished cobbler should be golden brown on top. Serve warm topped with ice cream

The Dip

Ingredients :

2 8-oz. packages Cream Cheese, softened
2 cans prepared Chili (with or without beans)
1 large jar Salsa (hot or mild, to taste)
2 8-oz. packages Monterey Jack Cheese, shredded

Preparation :

Use a spatula to spread the softened cream cheese evenly over the bottom of a 9-inch by 13-inch baking pan. Pour chili over the top of the cream cheese and spread evenly. Pour the salsa over the chili and spread evenly again. Sprinkle shredded Monterey Jack cheese on top, and bake in a pre-heated 350-F degree oven for about 20 to 30 minutes, until cheese is bubbly. The recipe can also be microwaved for about 15 minutes in a microwave-safe pan. Prepare in exactly the same manner otherwise. Serve the dip warm with plain or flavored tortilla chips.

Reuben Sandwiches

Ingredients :

8 slices Dark Rye or Pumpernickel Bread

1/3 cup Thousand Island Salad Dressing

8-12 slices cooked Corned Beef

1 can Sauerkraut, drained

8 to 12 slices Swiss Cheese

1/2 cup Margarine or Butter

Preparation :

Spread a layer of Thousand Island Dressing on the inside of each bread slice. Place 2 or 3 slices of corned beef on each of 4 slices of the bread. Top the corned beef with 2 or 3 tablespoons of sauerkraut and 2 or 3 cheese slices. Top with the remaining pieces of bread. Spread the butter or margarine on the outside of the bread slices. Warm a heavy skillet to moderate heat and slowly warm the Reuben Sandwiches through, making sure to turn occasionally. Dinner should be ready in about 20 minutes. Perfect with potato salad or coleslaw.

Ham and Cheese Brunch Bake

Ingredients :

24-oz. package frozen Hash Brown Potatoes
2 cups cooked Ham, cubed
2 cups Cheddar Cheese, shredded and divided
1 small Onion, chopped
16 oz. Low-fat Sour Cream
10-oz. can condensed Cheddar Cheese Soup, undiluted
10-oz. can Cream of Potato Soup, undiluted
Freshly ground Black Pepper to taste

Preparation :

Thaw the hash brown potatoes and combine them in a large mixing bowl with the diced ham, a half-cup of the shredded cheddar cheese, and the chopped onion. In a separate mixing bowl, blend together the sour cream, cheddar cheese and potato soups, and black pepper. Add the sour-cream-and-soup mixture to the potatoes and ham, making sure all ingredients are thoroughly combined. Pour the mixture into a lightly greased 3-quart oven-proof baking dish. Top with more cheese, and bake in a pre-heated 350-F degree oven for an hour. Let stand a few minutes before serving.

Salmon Brochettes

Ingredients :

Buy salmon steaks, allowing one per person or the thick end of the fillet,

about 175 g to to each brochette.

Skin the fish, discard bones and cut it into chunks.

it with 4 tablespoons of sunflower oil

2 tablespoons of walnut oil

a tablespoon of honey and

2 finely chopped sun-dried tomatoes

a teaspoon of chopped fresh thyme

seasoning and the juice of an orange.

Preparation :

Thread the fish on metal skewers. Pour the remaining marinade into a pan and bring to the boil.

Grill the brochettes for 5-7 minutes on each side, until just cooked, brushing with marinade occasionally. Glaze with the remaining marinade before serving.

Pork Fillet

Ingredients :

A pork fillet weighing about 675 g will serve four as a barbecue dish.

Preparation :

Season the pork the day before and leave it in the refrigerator overnight. Mix together a teaspoon of ground mace, a finely chopped garlic clove, a teaspoon of paprika, a tablespoon of chopped fresh sage and seasoning. Brush the pork with a little olive oil, then sprinkle the seasoning all over it. Place well rinsed fresh spinach in a saucepan and cover tightly. Cook over high heat for 3-5 minutes, shaking the pan often. Drain well. Open out the spinach leaves, overlapping them on a board and lay the pork on top, scrapping all its seasoning over. Wrap completely with a double thickness of spinach. Wrap rind less streaky bacon slices all around the pork, securing them with string to cover the spinach thoroughly. Grill the pork fairly high over the bacon with oil occasionally. The pork should be cooked through in about 30 minutes, depending on the thickness of the fillet. Serve the pork sliced, with a dressing of fresh soured cream and chopped chives. Serve this with new small potatoes and a three bean salad as a nice accompanied.

Making Salad

Pasta Salad

A cold pasta salad is delicious, especially if made with a selection of vegetables that have either been marinated or, even better, roasted or grilled. Broccoli, red and yellow sweet bell peppers, zucchini and red onions are all good when treated in this way. Cut the vegetables into small strips or chunks and combine them with the pasta while they are hot to bring out the flavors, and either dress in olive oil with salt and freshly ground pepper, or a mixture of olive oil and balsamic or flavored vinegar. Add plenty of pitted ripe olives and leave to cool so the flavors mingle together well. A handful of chopped cilantro leaves or basil gives color and extra flavor.

Bean salad

This is also a good idea for a picnic as it is easy to make and tastes better if the flavors are allowed to mingle for a few hours before eating. Mix cooked garbanzo beans with cooked red kidney beans and add crushed garlic, thin slices or red onion, orange, yellow or red sweet bell peppers cut into strips, plenty of pitted ripe olives and some chopped fresh oregano. Add plenty of salt and freshly ground black pepper and dress with a good quality olive oil and some freshly squeezed lemon juice.

FRIENDSHIP COOKIES

Yield: 1 Servings

2 1/4 c Unsifted all-purpose flour
3/4 c Vegetable oil
1/2 c Sugar
1 Egg
1/4 c Pure maple syrup
1/4 c Sorghum molasses
2 ts Baking soda
1 ts Ground ginger
1/2 ts Cinnamon
1/2 ts Ground cardamom
1/4 ts Salt
Additional sugar for coating

1. Heat oven to 350 degrees. Have ungreased baking sheet(s) ready.
2. Combine all ingredients, except sugar for coating, in large bowl of an electric mixer. Beat on low speed until combined. Refrigerate to firm dough slightly, about 20 minutes.
3. Roll into large balls, using 1/4 cup dough each for large cookies or a scant tablespoon for smaller cookies (dough will be soft). Roll in additional sugar to coat. Arrange on baking sheet, spacing them 3 inches apart.
4. Bake until set, about 15 minutes for large cookies and 10 minutes for smaller ones. Cool on baking sheet 1 minute before transferring to wire rack to cool.

4TH OF JULY 4 BEAN CASSEROLE

8 strips bacon
4 onions, sliced thin
2 (28 oz.) cans baked beans
1 (16 oz.) can butter beans, drained
1 (16 oz.) can pinto beans, drained
1 (16 oz.) can lima beans, drained

SAUCE:

1/2 c. vinegar
1 tsp. garlic salt
1 tsp. salt
1 tsp. dry mustard
1/2 c. brown sugar

Partially fry bacon. Remove from pan and saute onions until soft. Drain.
Place beans in a large casserole. Blend sauce ingredients and simmer 3
minutes. Mix with beans and bake at 350 degrees for 1 hour

4th of July Baked Beans

- 1 lg Onion
- 1 lg Green pepper
- 1/4 ts Ketchup
- 2 tb Honey
- 2 tb Brown sugar
- 1/4 ts Worcestershire Sauce
- Dash Hot Sauce
- 1/8 lb Chopped ham
- 1 can Campbell's pork and beans

In a large skillet, saute onion and green pepper in ketchup. Blend in honey, brown sugar, Worcestershire sauce, Hot Sauce, and ham. Add the pork and beans.

Cook on low heat, stirring occasionally, until liquid is absorbed.

Blackberry Barbecue Sauce

1/2 c. blackberry preserves
1 1/2 c. ketchup
2 Tbsp. brown sugar
1/8 tsp. cayenne pepper
1/4 tsp. mustard powder
2 Tbsp. red wine vinegar

Mix all together. Coat meat and grill.

4th Of July Cake

1 baked angel food cake
1 pint heavy cream
1/2 cup sugar
1 tsp. vanilla
1-1/2 cups blueberries
1 1/4 cups sliced strawberries

Slice cake into 3 layers. Whip cream, adding vanilla and sugar as it thickens. Spread cream between layers, saving enough for top and sides. On top of 1st layer, sprinkle 3/4 cup blueberries. Add 2nd layer, topping with 3/4 cup sliced strawberries. Top with 3rd layer. When cake is frosted with remaining whipped cream, sprinkle with a few berries and put others around bottom edge. Chill before serving.

4th Of July Deviled Eggs

3 ea Large Hard Cooked Eggs
2 tb Mayonnaise or Salad Dressing
1/2 ts Prepared Mustard
1 ea Dash Of Pepper
1 ds Paprika

Cut eggs lengthwise into halves. Slip out yolks and mash with a fork.

Mix together the mayonnaise, mustard, and pepper. Fill eggs with the yolk mixture, heaping it up lightly. Sprinkle paprika over filled eggs. Deviled eggs are probably the best part of any picnic.

HOT DOG SAUCE

1 tbsp. brown sugar
1/4 tsp. paprika
2 tbsp. lemon juice or vinegar
1 lg. chopped onion
1/4 green pepper, chopped
3 lb. ground beef
1/2 c. oil
1 lg. can tomato sauce
1 c. catsup or chili sauce
4 tbsp. Worcestershire sauce
1 tbsp. chili powder
1 tsp. hot sauce
1 tsp. salt
1/4 tsp. pepper
2 tbsp. mustard seed

Saute onion, green pepper and beef until color changes; add remaining ingredients. Simmer for 45 minutes to 1 hour in 3-quart electric saucepan.

4TH OF JULY JELL-O MOLD

- 1 (3 oz.) pkg. strawberry Jell-O
- 1 can sliced peaches
- 1 c. boiling water
- 1 c. liquid from peaches

Mix Jell-O, juice and water. Chill until slightly thickened. Line the bottom of 2 quart mold with drained peaches. Pour thickened Jell-O over peaches. Chill until firm.

WHITE LAYER:

- 1 (3 oz.) pkg. lemon Jell-O
- 1 can crushed pineapple, drained
- 1 c. sour cream or plain yogurt
- 1 c. juice from pineapple

Boil pineapple juice. Mix with Jell-O. Chill until slightly firm. Add fruit and sour cream or plain yogurt. Blend. Pour over first layer. Chill until firm.

BLUE LAYER:

- 1 (3 oz.) pkg. black raspberry Jell-O
- 1 can blueberries, well drained
- 1 c. boiling water
- Juice from blueberries

Mix water, Jell-O and blueberry juice. Chill until thickened. Add berries. Mix. Pour over second layer. Chill until firm. Serves 10-12.

Cranberry Bread

2 cups flour
1 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon salt
3/4 cup margarine -- melted
1 egg -- beaten
1 teaspoon orange peel -- grated
3/4 cup cranberry juice
1 1/2 cups raisins
1 1/2 cups cranberries -- fresh, pulped

Blend all ingredients. Mixture will be lumpy. Pour into a greased loaf pan. Bake in a pre-heated 350 oven for 1 hour, 15 minutes, or until lightly browned on top.

4th Of July Beans

1 lb. lean ground beef, browned and drained
1 pkg. onion soup (Lipton)
1/2 cup water
2 (1 lb. 12 oz.) cans B&M beans
1 cup ketchup
2 Tbs. mustard
2 tsp. vinegar
2 Tbs. brown sugar
Partially cooked bacon (optional)

Brown ground beef, add all other ingredients and top with bacon. Cook at 400 for 20 minutes or at 325 for 40 minutes.

4th of July Chocolate Cake

Delicious and Festive!

1 cup sour cream
4 large eggs
1/2 cup vegetable oil
1 pkg. instant banana cream pudding mix
1 pkg. devil's food cake mix
1/2 cup chopped pecans
1/2 cup semisweet chocolate chips
1/2 cup cinnamon-flavored chips
1 can vanilla whipped frosting
Red and blue food coloring

Heat oven to 350 degrees F.

Using an electric mixer, beat sour cream, eggs, vegetable oil, pudding mix, and cake mix with 1/2 cup water on medium speed 3 minutes.

Fold in pecans, chocolate chips, and cinnamon chips.

Pour into a greased and floured 12-cup Bundt pan.

Bake 55 min. Cool 10 min.

Unmold; allow to finish cooling.

Melt half of the frosting in microwave on high power 30 sec.

Pour over cake; cool.

Divide remaining frosting and tint with food coloring.

Heat in microwave 15 sec.

Drizzle over cake.

Preparation Time: 75 min.
Serves: 12

Hot Potato Salad

8 potatoes
1 stalk celery, diced
2 eggs, hard boiled, sliced
1 onion, minced
4 slices bacon, diced
2 eggs, well beaten
1 c sugar
1/4 ts mustard, dry
1 tb parsley, minced
1/2 ts salt
1/4 ts pepper
1/2 c vinegar
1/2 c water, cold

Boil potatoes in their jackets. When soft, peel and dice. Add the celery, eggs and onion. Fry bacon in skillet until crisp and brown. Beat the eggs; add the sugar, dry mustard, parsley, salt, pepper, vinegar, and water. Mix well. Pour egg mixture into small amount of hot bacon fat and stir until mixture thickens (about 10 minutes). Pour over the potato mixture and mix lightly.

4th of July Apple Pie

2 c White flour
1 t Salt
2/3 c Shortening
5 T Ice-cold water
8 Apples*
2 T White flour
1 c Sugar
1 t cinnamon
2 T butter
Pared and cored.

Preheat oven to 400 degrees F.

Mix together the flour, salt, and shortening until crumbly. Add the water and mix well.

Thinly slice the apples.

In a medium-sized bowl, combine the flour, sugar, and cinnamon; add the apple slices and mix well.

Take 1/2 of the pastry and roll flat; place pastry in a 9" pie plate.

Fill with the apple mixture and dot with butter.

Take the remaining pastry dough and roll flat.

Place pastry on top of pie; crimp along the edges to seal.

Take a knife and cut slits into top of pastry to allow steam to escape.

Bake for about 50 minutes or until crust is golden.

Let cool and serve pie with a dollop of whipped cream or ice cream.

4th Of July Fiesta Salad

3 tablespoons olive oil
1 tablespoon red wine vinegar
1/4 teaspoon cumin
1/2 teaspoon chile powder
salt & pepper to taste
cayenne to taste
1 small clove garlic -- mashed
2 cans whole kernel corn, drained
2 cans black beans, drained and rinsed
1 red bell pepper, diced medium
2 roma tomatoes, diced
1/2 red onion, finely chopped
4 green onions, chopped
3 T cilantro, finely chopped

Combine first seven ingredients to make the dressing, add remaining ingredients and toss gently. Let sit for at least four hours before serving.

Short Cut: You can omit the tomatoes, green onions and cilantro and add about three or four tablespoons prepared salsa to the salad. It tastes almost the same, but it looks much

Key Lime Pie

1 1/4 c Graham cracker crumbs
2 tb Sugar
1/3 c Butter, melted
5 ea Large eggs yolks
1/2 c Lime juice freshly squeezed
1/3 c Sugar
1/8 ts Salt
2 tb Lime peel coarsely grated
2 1/2 c Heavy cream
1 ea Small lime, sliced, optional

Heat oven to 375 degrees.

In 9" pie plate combine graham cracker crumbs and 2 tbsp. sugar; stir in butter until blended.

Press mixture firmly and evenly over bottom and sides of pie plate; bake 10 minutes until browned. Cool completely on wire rack.

In top of double boiler using wire whisk, beat egg yolks, lime juice, sugar and salt until well blended. Set over simmering water; cook about 5 minutes, stirring constantly until mixture is thick enough to coat back of metal spoon.

Remove from heat; stir in 1 tbsp. grated lime peel. Refrigerate mixture about 45 minutes until cool.

Meanwhile, in large bowl with electric mixer at medium speed, beat cream until soft peaks form. Set 1 cup whipped cream aside for garnish; fold cooled lime mixture into remaining cream.

Spoon filling into prepared crust; refrigerate at least 2 hours until set.

To serve: Spoon remaining whipped cream decoratively over top of pie; sprinkle cream with remaining 1 tbsp. lime peel. Garnish with lime slices, if desired. Makes 8 servings.

4th Of July Or Flag Day Stars And Stripes Cake

Serving Size : 12

1 package Betty Crocker® SuperMoist® yellow cake mix
1 1/4 cups water
1/3 cup vegetable oil
3 eggs
1 tub Betty Crocker® Rich & Creamy or Whipped
vanilla ready-to-spread frosting
1/3 cup blueberries
1 pint strawberries

Preheat oven to 350°F; (metal or glass pan). Grease (or lightly spray with cooking spray) bottom only of 13x9x2-inch rectangular pan. Beat cake mix, water, oil and eggs in large bowl on low speed 2 minutes (do not overbeat); or stir 3 minutes by hand. Pour into pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. (Decrease bake time by 2 to 3 minutes if using dark or nonstick pan.) Cool completely, about 1 hour. Frost with frosting. Arrange berries on frosted cake to create flag design. Serve immediately.

Potatoes and Onion on The Grill

8 potatoes, quartered and sliced 1/4 inch thick
2 red onion, sliced or sweet onions vadila
1 1/2 teaspoon salt
1 teaspoon ground black pepper
1/4 cup butter

1. Preheat grill for indirect heat.
2. Measure out 2 or 3 sheets of aluminum foil large enough to easily wrap the vegetables, and layer one on top of the other. Place potatoes and onion in the center, sprinkle with salt and pepper, and add butter or margarine. Wrap into a flattened square, and seal the edges.
3. Place aluminum wrapped package over medium heat, and cover. Cook for approximately 30 minutes, turning once. Serve hot off the grill

Red, White 'n' Blue Cookies

1 c Butter, sweet; softened
3 oz Cream cheese; softened
1/2 c Sugar
1 ts Vanilla
2 c Flour
36 sm Blueberries
36 sm Strawberries, ripe; hulled halved

Preheat oven to 350 F.

In a mixing bowl, beat the butter with the cream cheese until well blended. Beat in the sugar and vanilla, then stir in the flour until well mixed.

Using a 1/2 tablespoon measure, shape the mixture into small balls and place 2" apart on ungreased cookie sheets.

Make a small dent in the top of each cookie and carefully place a blueberry and a strawberry half, cut side down, in each indentation.

Bake cookies for 12 to 18 minutes or until very lightly browned. Cool on racks.

Red, White 'n' Blue Cookies

1 c Butter, sweet; softened
3 oz Cream cheese; softened
1/2 c Sugar
1 ts Vanilla
2 c Flour
36 sm Blueberries
36 sm Strawberries, ripe; hulled halved

Preheat oven to 350 F.

In a mixing bowl, beat the butter with the cream cheese until well blended. Beat in the sugar and vanilla, then stir in the flour until well mixed.

Using a 1/2 tablespoon measure, shape the mixture into small balls and place 2" apart on ungreased cookie sheets.

Make a small dent in the top of each cookie and carefully place a blueberry and a strawberry half, cut side down, in each indentation.

Bake cookies for 12 to 18 minutes or until very lightly browned. Cool on racks.

4th Of July Sloppy Joes

1 bunch celery, chopped
1 medium onion, chopped
2 Tbs. butter
2 Tbs. vinegar
2 Tbs. brown sugar
4 Tbs. lemon juice
1 cup ketchup
1/2 tsp. chopped parsley
1/2 Tbs. prepared mustard
1/2 cup water
3 Tbs. Worcestershire sauce
Salt and pepper to taste
Small can of tomato sauce
1/2 tsp. Tabasco sauce
Quart tomatoes
8 to 10 lbs. ground beef

Brown celery and onion in butter. Add ground beef. Brown and add remaining ingredients. Simmer slowly several hours.

4th Quarter Pick Me Up Cinnamon Kahlua Shake

Serves six

2 cups milk, very cold
1/2 gallon vanilla ice cream (or coffee)
1/2 teaspoon cinnamon, plus extra for garnish
1 cup coffee liqueur, such as Kahlua or Tia Maria
Whipped cream

Use a blender and process in two batches. Add half of all the ingredients to the blender, except for the whipped cream. Blend until thick and uniform. Pour into chilled mugs or cups. Top with whipped cream and an extra sprinkling of cinnamon. Repeat with the remaining ingredients.

Note: You may substitute concentrated espresso for the Kahlua if you wish to omit the

Aunt Carol's July 4th Kosher Coleslaw

Amount Measure Ingredient -- Preparation Method

2 cups shredded red cabbage

2 cups shredded cabbage

2 carrots -- shredded

1 teaspoon salt

1/2 teaspoon fresh ground black pepper

1/2 cup mayonnaise

1/4 cup fresh lemon juice

1 teaspoon garlic powder

Place cabbage and carrots in a nonreactive mixing bowl. Add salt, pepper, mayonnaise, lemon juice and garlic powder. Mix well.

Macaroni Salad

1 pkg. shell macaroni (cooked)
1 med. green pepper, chopped
1 sm. can pimiento, chopped
1 med. onion, chopped
1 c. sweet pickles, chopped
1/2 c. celery, chopped
1/2 c. mayonnaise
1 tbsp. vinegar
1/4 c. sugar
Salt and pepper to taste

Mix all ingredients. Ready to eat, but I like to let it set for a few hours or overnight for better flavor.

4TH OF JULY PIE

6 c. fresh fruit: bananas, blueberries, raspberries, strawberries
1/2 c. sugar
2 tbsp. cornstarch
1/2 c. prepared lemonade

Use a prepared graham cracker pie crust. Add all the fruit except raspberries. For the glaze, boil the sugar, cornstarch and lemonade until thick. Cool a bit. Pour over fruit in pie crust. Add raspberries to the pan of glaze and stir to use the last of the glaze. Add to the rest of the fruit. Top with Ready Whip, Cool Whip or whipped cream

4th Of July Red White & Blue American Pie

Red, White & Blue American Pie

1 ea 10" pastry or graham cracker
1 cn 21 oz. Blueberry pie filling
1 pk 8 oz. pkg. cream cheese
1 c powdered sugar, sifted
1 pk 12 oz. whipped topping
1 cn 21 oz. Tart cherry filling

Bake 10" pie pastry; let cool to room temperature.

Pour blueberry pie filling into shell; refrigerate for 30 minutes.

Beat cream cheese and powdered sugar; beat until smooth. Fold in whipped topping.

Spread cheese mixture over blueberry pie filling; refrigerate for 30 minutes.

Spread cherry pie filling over cheese mixture. Refrigerate for at least 4 hours before serving.

4th of July Red, White, and Blue Pizza

1 pt Strawberries, hulled and halved
1 pt Blueberries
1T plus 1 t Sugar, divided
1 T Brandy **option
4 6" Pizza Crusts, homemade or storebought
1 1/2 c Whipped topping, thawed

Preheat oven to 450 degrees F.

Combine strawberries, blueberries, 1 teaspoon. of the sugar and the brandy.

Sprinkle pizza crust with the remaining sugar.

Bake 6-8 minutes on baking sheet; cool slightly.

Fill with crust with strawberries and raspberries.

Serve with a big dollop of whipped topping.

Roasted Red Pepper Macaroni Salad

1 red bell pepper
1 lb. medium shell macaroni
3 tsp. olive oil
3 tsp. red wine vinegar
1 tsp. lemon juice
1 tsp. Dijon mustard
1 carrot, chopped
1/2 c. diced Mozzarella cheese
1/4 c. frozen peas

Broil the red pepper, turning several times, until blackened on all sides. Remove from the oven and place in a paper bag to cool.

Cook enough macaroni to make about 4 cups.

While the macaroni is cooking, whisk together the oil, vinegar, lemon juice and mustard. Add the carrots, mozzarella, and peas. Rinse the macaroni in cold water and drain thoroughly. Add to the dressing and vegetable mixture. Stir thoroughly. Peel, seed, and dice the red pepper. Stir into the salad. Chill several hours, stirring occasionally to make sure that the dressing is evenly distributed. Stir again just before serving at the picnic or cookout.

Sweet-Sour Barbecued Ribs

1 1/4 c Ketchup
3/4 c Water
1/4 c Honey
2 tb Worcestershire Sauce
4 ts Lemon Juice
1 sm Onion, chopped
1/2 ts Salt
1/2 ts Pepper
6 lb Back Ribs

Mix together the ketchup, water, honey, worcestershire sauce, lemon juice onion, salt, and pepper. Cook for about 10 minutes, stirring occasionally.

Prepare a charcoal grill, and cook ribs over medium-hot coals, turning occasionally. Brush ribs with sauce after each turn. Cook ribs until desired doneness. Remove from barbecue and enjoy.

Chocolate Kit Kat Bars

Crust

8 1/2 ounces milk chocolate chips
8 1/2 ounces peanut butter, creamy
5 ounces corn flakes, crushed lightly

Mousse

12 ounces butter
12 ounces confectioners' sugar
2 ounces cocoa powder
5 ounces semisweet chocolate
4 pasteurized egg yolks
2 cups heavy cream

Ganache

1 ounce granulated sugar
2 cups heavy cream
20 ounces semisweet chocolate
Egg yolks

Crust: Line a 9 x 13-inch cake pan with parchment paper. Melt milk chocolate in a double boiler. Stir peanut butter into melted chocolate. Place crushed corn flakes in a bowl and stir chocolate/peanut butter mixture over them, mixing well. Spread mixture evenly into prepared pan and cool in refrigerator.

Mousse: Melt semisweet chocolate in a double boiler. Cream butter and sugar in a mixer fitted with a paddle, beating until light and fluffy. Add sifted cocoa powder and mix well. Scrape down bowl and add chocolate. Continue mixing and add egg yolks, one at a time, beating well after each addition. Fold in heavy cream that has been beaten to firm peak. Mix well to incorporate, leaving no white streaks in the chocolate. Spread mousse over crust. Chill about 2 hours, until set.

Cut into desired size bars (1 x 4 1/2-inch cuts will yield about 2 dozen bars). with a sharp knife dipped in hot water. Place bars on a cooling rack that has been placed over a clean baking sheet. If bars are soft, place rack in freezer until ganache is ready. (Bars may be completed at this time or coated with ganache.)

Ganache: Melt chocolate in double boiler. Mix sugar and heavy cream in a small saucepan and bring mixture to a slow boil over low heat (be careful not to scorch the cream). Pour cream over chocolate and

stir with a whisk to incorporate, making sure all the chocolate is melted. Strain mixture to remove any pieces of unmelted chocolate. Let cool for about 1 hour.

Pour ganache over firm bars to coat. Refrigerate for 1 hour to firm ganache.

Spicy Onion Burgers

Ingredients:

1 1/2 lb. ground beef
1/2 cup Pace® Picante Sauce
1 pouch Campbell's® Dry Onion
Soup and Recipe Mix
6 hamburger rolls
Lettuce leaves
Tomato slices
Avocado slices

Directions:

GREASE and preheat George Foreman Grill.

MIX thoroughly beef, picante sauce and soup mix. Shape firmly into 6 patties, 1/2" thick each.

GRILL patties 4 or 5 minutes or until done.

SERVE in rolls with lettuce, tomato, avocado and additional picante sauce.

Serves 6.

Top vanilla ice cream with strawberries, raspberries and blueberries for a red-white-and-blue dessert.

Red, White, and Blue Casserole

1 Eggplant
3 lg Tomatoes, cut into 1/2-inch slices
1 1/2 lb Mozzarella cheese,
-cut into 1/4-inch slices

Preheat oven to 350 degrees F.

Cut the eggplant lengthwise once, then slice crosswise into semi-disks about 3/4 inch thick.

In a shallow casserole dish, stand some slices of eggplant on edge forming a row.

Make another row using slices of tomato, then add slices of mozzarella cheese in a row.

Repeat using eggplant, then tomato slices, then mozzarella until the casserole is full.

Sprinkle on herbs and spices of your choosing (e.g., basil, oregano, rosemary, savory, etc.).

Bake about 25 to 30 minutes.

Tangy Barbecued Corn

4 ears shucked fresh corn
1 tsp sugar
1/4 cup milk
barbecue sauce

In a large saucepan, heat water to a rapid boil. Add sugar and milk. Carefully place corn in water and boil for 2 minutes. Remove from water and place on aluminum foil.

Slather each ear in barbecue sauce. Wrap each ear in foil and transfer to grill. Cook over medium high fire for 5 to 7 minutes. Be sure to rotate corn at least twice.

Fireworks Grilled Chicken with Quick-Fix Orange Barbecue Glaze Recipe

Serves 6

Two secrets for great barbecued chicken: First, choose smaller birds and use a cleaver to cut them up yourself, which results in uniformly-sized pieces that stand a better chance of cooking through on the grill before the sweet-hot glaze scorches. And second, start with top-notch purchased barbecue sauce for convenience, but customize it for a little extra backyard flair. This tangy, tender chicken is good hot, warm or at room temperature, depending on the rest of your cookout schedule.

RECIPE INGREDIENTS

For Glaze:

1 1/2 cups purchased hickory smoke-flavored barbecue sauce

1 6-ounce container frozen orange juice concentrate, thawed

2 tablespoons soy sauce

2 tablespoons medium-dry sherry

1 tablespoon whole-grain mustard

1 tablespoon Worcestershire sauce

2 teaspoons Tabasco sauce

2 garlic cloves, peeled, crushed through a press

1/2 teaspoon dried thyme, crumbled

For Chicken:

2 small chickens, about 6 1/2 pounds total

Canola oil, for the grill rack

RECIPE METHOD

FOR GLAZE: Mix all ingredients in a medium bowl. The glaze can be prepared up to 3 days in advance, if desired. Cover and chill. Return to room temperature before using.

FOR PREPARING CHICKEN: Set one of the chickens up on its tail end, with its back towards you. With a sharp cleaver, cut downwards along both sides of the backbone and through the thigh joints. Reserve the backbone for another use. Cut off the wings. Cut off the legs and separate the drumsticks from the thighs. Split the breasts along the breastbone, then cut each breast half crosswise in half again. Repeat with the remaining chicken. You should have 20 smallish pieces of chicken, about equally assorted between light and dark meat.

TO GRILL CHICKEN: Light a charcoal fire and let it burn down to medium, or preheat a gas grill to medium. Position grill rack about 6 inches above heat source.

When the grill is ready, lightly oil the rack. Lay chicken pieces on the rack, cover and grill 5 minutes. Turn, cover and grill for another 5 minutes. Brush the chicken with some of the glaze, turn and grill for 5 minutes. Continue brushing chicken with glaze and turning it every 5 minutes until the glaze is used up, and the chicken is cooked through while remaining moist, 25 to 30 minutes total grilling time for white meat, 30 to 35 minutes total grilling time for dark meat.

TO SERVE: Transfer to a platter and season lightly to taste with salt and pepper. Serve hot, warm or at room temperature.

Red, White, and Blue Ice Cream Pie

We have a strong affinity for ice cream pies because of how so easy they are to make. This pie is also gorgeous to look at and very cool and refreshing, making it the perfect finish to a great summer meal. Don't be afraid to use this recipe all summer long, it is too good to save just for the Fourth of July.

Prepared shortbread piecrust
1 pint softened blueberry and cream ice cream
2 cups sliced strawberries, divided
1 pint softened strawberry ice cream
2 cups blueberries, divided
1 cup sweetened whipped cream or whipped topping

Spread the blueberry and cream ice cream in an even layer on the bottom of the piecrust. Top with half of the sliced strawberries. Freeze for one hour. Top with the strawberry ice cream and smooth to form an even layer. Top with half of the blueberries. Freeze for two hours. Top with the whipped cream or topping and the remaining berries. Serve immediately, or cover and freeze for up to 48 hours before serving. Let the pie sit in the refrigerator for 30 minutes before cutting and serving.

Makes 8 servings.

Preparation Time: 15 minutes
Freezing Time: 3 hours
Total Time: 3 hours, 15 minutes

Fourth of July Turkey Potato Salad

(Serves 8-10)

INGREDIENTS

1 lb Norbest smoked turkey breast, cubed
1 lb potatoes, cooked, cubed
1 cup onion, chopped
1 cup celery, chopped
1 cup red bell pepper, chopped
1/2 cup plain yogurt
1/4 cup mayonnaise
1/4 cup cilantro, chopped
1 tsp Dijon-style mustard
1/2 tsp salt
1/2 tsp pepper

DIRECTIONS

Combine first 5 ingredients in a large bowl. In a small bowl combine other ingredients, then fold into turkey mixture. Chill 1-2 hours and serve with fresh cilantro sprigs as garnish.

Grilled Sesame Chicken Breast

- 1 tb Brown Sugar
- 3 tb Soy Sauce
- 1 ts Sesame seeds
- 2 cl Garlic; chopped
- 1/8 ts Black pepper; Fresh
- 4 oz Chicken breast halves;
- with skin removed

Combine the brown sugar, soy sauce, sesame seeds, garlic, and black pepper in a shallow dish. Mix well. Add chicken, turning to coat.

Cover and marinate in the refrigerator at least 2 hours. Remove chicken from marinate. Put the marinade aside.

Grill 4 to 5 inches from medium-hot coals for 15 inches. Turn and baste frequently with reserve marinade. Serves 4.

Sirloin Steak with Grilled Bell Peppers

- 2 lb Top sirloin steak
- 1 Large green, red, and yellow pepper
- 1 tb Oil
- 1 tb Lemon pepper
- 1 ts Salt

Cut peppers in half lengthwise; trim and remove seeds. Cut each half into thirds.

Combine oil and lemon pepper; brush over peppers.

Place sirloin steak and peppers on grid over ash-covered coals.

Broil 16 to 20 minutes, turning steak once and the peppers occasionally. Season steak and peppers with salt.

Carve steak into thin slices and serve with the grilled peppers.

Grilled Asparagus With Lemon Dip

2 tb Olive oil
1 lb Asparagus, ends broken off
Salt and freshly ground pepper

-----Lemon Dip-----

1/4 c Mayonnaise
1 ts Grated lemon rind
2 tb Lemon juice
Salt and Freshly ground pepper

Preheat grill to high.

Brush oil on asparagus. Place across grill and cook for 2 to 3 minutes per side or until crisp-tender. Season with salt and pepper.

Lemon Dip:

Combine the mayonnaise, lemon rind, and lemon juice. Add salt and pepper to taste.

BBQ Salmon with Sun-Dried Tomato Salsa

2 lb Boneless, skinless salmon fillet
2 tb Olive oil
2 tb Lemon juice
2 tb Chopped fresh herbs*
Salt and pepper to taste

-----Sun-dried Tomato Salsa-----

1/2 c Sun-dried tomatoes
1/2 c Chopped black olives
2 cl Garlic
1 tb Chopped fresh basil
2 tb Olive oil
1 tb Balsamic vinegar

*dill, tarragon, mint, thyme

Place salmon on oiled foil. Sprinkle with lemon juice, herbs, salt and pepper and remaining oil. Enclose with foil. Place on grill and close lid.

Grill for 8 to 12 minutes or until white juices just begin to appear.

For Sun-dried Tomato Salsa:

Chop tomatoes, olives, garlic and basil by hand or in a food processor until chunky. Stir in olive oil and balsamic vinegar. Makes about 3/4 cup.

Remove salmon from grill, unwrap, slide onto serving platter and serve with the salsa.

Work from Home! We will help you... Get your FREE info
Work from Home and Be your Own Boss...

*Create Residual Income Security with Unlimited Potential

*Select both the Hours You Work and the People You Work With

*Improving your Life while improving the Lives of Others

*Annual paid Getaway Vacations.

Angie's Barbecue Sauce

3/4 c Minced Onion
1 c Cider Vinegar
3 tb Brown Sugar
1 tb Worcestershire Sauce
1 ts Chili Powder
1 ts Hot Sauce

Place onion in a 1 quart glass measure; microwave, uncovered, on high for about 2 minutes or until tender.

Add the remaining ingredients; stir well.

Cover with wax paper; microwave on high for 10 to 12 minutes. Stir every 3 minutes.

Serve with chicken, beef, pork or lamb.

Japanese Eggplant with Sesame-Ginger Glaze

- 1 tb Apple cider vinegar
- 1 tb Soy sauce
- 3 tb Sesame oil
- 1 tb Sugar
- 2 tb Minced fresh ginger
- 3 Garlic cloves; minced
- 8 sm Japanese eggplant (4 oz ea.)
 - halved lengthwise
- 2 tb Oil
- Salt
- Freshly ground black pepper
- 2 Scallions; minced

Whisk together vinegar, soy sauce, sesame oil, sugar, ginger and garlic in a small bowl.

Brush oil over all surfaces of eggplant and sprinkle with salt and pepper to taste.

Prepare barbecue grill (medium heat). Place eggplant, cut side down, on grill and let cook 5 minutes. Turn eggplant and brush with glaze; continue cooking until eggplant is very soft.

Transfer eggplant to serving platter and drizzle with more glaze.

Sprinkle with minced scallions and serve.

Angie's Baked Chicken

2 ea Chicken breasts, halved
1 c Fresh bread crumbs
1/2 ts Onion powder
1/2 ts Garlic powder
1/4 ts Cayenne pepper*
1/8 ts Ground ginger
1/3 c Plain low-fat yogurt

*Use less if you don't like it quite so hot.

Preheat oven to 400 degrees F. Lightly spray a medium size shallow baking dish with vegetable spray. Rinse chicken and pat dry.

In a shallow pan, combine the bread crumbs, onion powder, garlic powder, cayenne pepper and ginger.

Dip chicken in yogurt, then into crumb mixture.

Place in prepared dish. Bake uncovered, 45 to 50 min, or until tender.

Place in the fridge overnight to chill chicken completely before packing to take on picnic.

Angie's Potato Salad

- 8 Large potatoes
- 1/2 c Mayoniasse
- 4 Hard boiled eggs
- 1 ts Dijon Mustard
- 1 ds Garlic powder
- 1 ds Salt and pepper to taste

Wash, peel, and cube potatoes, then boil in lightly salted water until tender.

Chop hard boiled eggs.

When potatoes are ready, rinse with cool water, but it is not necessary for them to be cold.

Mix potatoes, eggs, mayonaisse, and mustard in medium bowl. Stir in salt, pepper and garlic powder (if necessary, adjust mayoniasse and mustard amounts to taste).

Variations:

Add celery, green onions, green peppers, etc.

Picnic Fruit Salad

- 2 md Cans of pineapple tidbits
- 6 oz Can or orange juice, frozen
- 1 pk Instant lemon pudding
- 3 Bananas, sliced
- 1 cn Pears, 2 1/2 lb.
- 2 1/2 lb Can of apricots, chopped
- 2 1/2 lb Can of peaches, chopped
- 1 cn Mandarin oranges, drained

Drain pineapple and dissolve orange juice in the juice from the cans of pineapple.

Mix in juice, instant pudding, sliced bananas, pears, apricots and peaches.

Add drained oranges and pineapple. Mix and let stand for 24 hours in refrigerator.

Dijon Pasta Salad

1 lb Rotini, tricolor
2/3 c Oil
2 tb Cider vinegar
2 ts Mustard, Dijon
2/3 c Mayonnaise
2 lg Celery stalk; chopped
6 sl Bacon, thick; cooked/chopped
2 Eggs; hard-cooked chopped
2 Scallion; chopped
1/2 ts Salt
Paprika

Cook pasta in boiling water just until done, usually 10 to 12 minutes.

Drain and rinse thoroughly under cold running water to stop the cooking process.

In a large bowl, whisk together oil, vinegar, mustard and mayonnaise.

Add the pasta, celery, bacon, eggs, scallion, salt, and paprika to the dressing and mix carefully. Adjust seasoning if necessary. Chill thoroughly before taking to picnic.

Truffled Deviled Eggs

Yield: 24 pieces

Ingredients:

12 whole eggs, hard-boiled and split lengthwise. Whites and yolks separated.

1/2 cup mayonnaise

2 tablespoons chives, minced

1/4 teaspoon dry mustard

1/4 teaspoon truffle oil

1 black truffle, minced & peeled

salt & pepper to taste

1 tablespoon snipped chives

Mix egg yolks with Mayo and chives and remaining ingredients, except egg whites! Mash with a fork until mixture is creamy. Fit a pasty bag with a star tip and fill bag with egg mixture. Pipe yolks into the egg whites (A plastic sandwich bag can be used with a corner cut off if no pasty bag is available.). Garnish with snipped chives. Cook Well.

Baby Carrots and Saffron Aioli

Ingredients:

18 baby carrots, peeled and blanched to al'dente
1 cup mayonnaise
1 teaspoon saffron threads
12 garlic cloves
salt & pepper to taste
2 teaspoons lemon juice

In a food processor combine all ingredients, except carrots to a smooth consistency. Remove and place in a serving dish, cover & chill. When mixture has cooled lay baby carrots on top and serve!

Cook Well

Potato Salad Popover

Yield: 6 servings

Ingredients:

2 puff pastry sheets
18 fingerling potatoes, washed & poached until tender
1/4 cup Parmesan cheese grated
2 teaspoon mayonnaise
1 teaspoon cider vinegar
salt & pepper to taste
1/4 cup fine herbs (mix of chopped fresh parsley, thyme & tarragon)
1/2 cup egg wash mixed with 1/4 cup water

Flour a work surface; roll out puff pastry to 1/8" thick and cut into 3 1/2 X 3 1/2" squares. Dock with a fork or docker. Place on floured parchment paper, cover & refrigerate for 30 minutes. In the meantime in a stainless steel bowl, combine potatoes with cheese, mayo, vinegar, seasoning and herbs. Mix until all ingredients are combined. Remove dough from refrigerator, place on work surface. Mound a small amount of potato salad in the center of each puff pastry square. Brush edges with egg wash. Fold dough over from one point to the other, making a triangle. Seal the edges by pressing down with a fork, making an airtight seal; brush the popover with egg wash. Bake at 400° until puff pastry is golden brown, about 25 minutes. Cool on a wire rack.

Cook Well

Grilled Peppers & Zucchini Salad with Mint Onion Relish

Ingredients:

2 Red Peppers, washed & brushed with olive oil
3 each zucchini, washed & brushed with olive oil
2 tablespoons olive oil
2 red onion, peeled and minced
1 tablespoon olive oil
1/4 cup sugar
1/4 cup water
1 tablespoon fresh mint, chopped
1/4 cup lemon vinaigrette (3 to 1 olive oil to lemon juice)
salt & pepper to taste

Grill peppers (or roast in 400° oven) until skin is charred and blistered. Place peppers in a bowl and cover with foil to steam skins to help peel. Remove skins. Peel and remove seeds and ribs. You should be left with only the roasted meat of the peppers. Cut flesh into 3" X 1/3" strips. Cut zucchini on a straight bias angle, season with salt and pepper. Grill in two different positions to give proper grill marks, a crisscross effect. Repeat on flip side.

In a 10" pan, heat oil and sauté minced onions until translucent, approximately four minutes. Add sugar and water and season with salt & pepper. Cook until onion mixture is almost dry. Allow to cool, add chopped mint. Mix peppers with relish and add lemon dressing. Adjust seasoning with salt & pepper. Shingle grilled zucchini on platter and top with peppers. Cook well.

Grilled Brioche and Country Ham Sandwich with Tarragon Mayonnaise

Ingredients:

12 brioche slices, approximately 1/3" thick each
1/2 cup melted butter
2 cups gruyere cheese, grated
12 Virginia ham slices, 1/16" thick slices
1/3 cup mayonnaise
1 teaspoon whole grain mustard
1 teaspoon fresh tarragon, chopped
salt & pepper to taste

Take brioche slices and form sandwiches with ham & cheese slices. Brush sandwiches with melted butter on both sides and grill (An electric grill, outdoor grill or cast iron grill pan can be used.). Be sure to achieve a high enough heat to achieve grill marks and cheese to melt thoroughly. Remove from heat and allow sandwiches to rest. Combine mayo, mustard herbs and seasoning, mix to combine. Cut sandwiches into 1/4 and serve with Tarragon mayo on the side. Cook Well.

Beer-Marinated Peppered T-Bones

Makes 6 Prep: 15 min. Marinate: 4 hours Grill: 8 min.

Ingredients:

1 cup chopped onion
1/2 of a 12-ounce can (3/4 cup) beer
3/4-cup chili sauce
1/4-cup parsley
3 tablespoons Dijon-style mustard
1 tablespoon Worcestershire sauce
2 teaspoons brown sugar
1/2-teaspoon paprika
1/2 teaspoon ground black pepper
3 beef T-bone steaks, cut 1-inch thick (about 1 pound each), or 6 beef top loin steaks, cut 1 inch thick (about 1-3/4 pounds total)
1 to 1-1/2 teaspoons cracked black pepper
Fresh herbs (optional)

Directions

In a large glass-baking dish combine onion, beer, chili sauce, parsley, mustard, Worcestershire sauce, brown sugar, paprika, and the 1/2-teaspoon pepper. Place steaks in marinade. Cover and refrigerate 4 to 6 hours or overnight, turning steaks over occasionally. Remove steaks from marinade; discard marinade. Sprinkle both sides of steaks with the cracked black pepper. Grill steaks on an uncovered grill directly over medium-hot coals for 5 minutes. Turn and grill to desired doneness, allowing 7 to 10 minutes more for medium (160 degrees F) doneness. If desired, garnish with fresh herbs.

Firecracker Steaks (4th of July Style)

2/3-cup virgin olive oil or vegetable oil
1/8 cup lemon juice
1/4-cup limejuice
2 tablespoons green chilies, chopped
1 clove garlic, minced
2 lbs. sirloin steak

Mix together the oil, lemon/lime juice, chilies and garlic in a roasting pan. Add steaks and marinate for several hours or overnight in the refrigerator. When grill is hot, add steaks and grill for 5 minutes on each side for medium, or longer for well-done steaks. Serve with salsa. Serves 4.

Smoky BBQ Beans with Jalapeno

- 1 16-ounce package dried pinto beans (about 2 1/4 cups)
- 1 1/2 pounds smoked turkey wings, cut apart at joints, or smoked ham hocks
- 2 tablespoons olive oil
- 2 1/4 cups chopped onions
- 2 jalapeno chillies, minced
- 2 garlic cloves, minced
- 1-cup ketchup
- 1/3 cup (packed) golden brown sugar
- 2 tablespoons spicy brown mustard (such as Gulden's)
- 1 teaspoon Worcestershire sauce

Place beans in large bowl. Pour enough water over beans to cover by 3 inches. Let stand overnight. Drain. Transfer beans to large pot; add turkey wings. Add enough water to pot to cover beans and turkey wings by 1 inch. Bring to boil. Reduce heat to low and simmer until beans are just tender, about 45 minutes. Drain, reserving cooking liquid and bean-turkey mixture separately. Cut meat from turkey wings and coarsely chop; discard skin and bones.

Preheat oven to 350°F. Heat oil in heavy large ovenproof pot over medium heat. Add onions and sauté until golden, about 10 minutes. Add jalapeno and garlic; sauté 1 minute. Stir in ketchup, brown sugar, mustard, and Worcestershire sauce, then beans and turkey. Add enough reserved bean cooking liquid (about 2 cups; reserve remaining cooking liquid) to pot to almost cover beans. Bring to boil. Transfer pot to oven. Bake uncovered until beans are very tender and liquid thickens, about 45 minutes. (Can be made 1 day ahead. Cool slightly. Chill until cold, then cover and keep chilled. Before serving, bring to simmer, adding more reserved cooking liquid to moisten, if desired.)

Makes 8 to 10 servings.

Pretzel Sparklers

Ingredients:

1 bag of pretzel rods

1 bag of Nestle's white chocolate morsels, melted

Sprinkles (red, white and blue) or star decorations

Cooking Instructions:

Melt the white chocolate morsels according to the package directions. While chocolate is hot, dip the pretzel rods halfway into the melted chocolate. Sprinkle the star decorations or the red, white and/or blue sprinkles onto the chocolate on each pretzel rod before the chocolate cools. Place coated pretzel rod on waxed paper or in a cup (decorated side up) to dry and cool.

Popsicle Rockets

Ingredients:

Red juice (red raspberry, cherry, cranberry)

Blue juice (blue Kool Aid, Gatorade, blue raspberry) white juice (lemonade, coconut juice drink)

Red string licorice for fuse

3 ounce paper cups

Popsicle Sticks

Cooking Instructions:

Line up several 3-ounce paper cups on a baking sheet. Pour 2-tablespoons of red juice into each cup. Freeze two to three hours until firm-slushy.

Remove from freezer and poke a popsicle stick into the center of each cup of juice. Add 2-tablespoons of white juice and freeze two to three hours.

Remove from freezer. Top off with blue juice and freeze one to two hours until slushy.

Remove from freezer and insert a 2 or 3-inch string of licorice into each popsicle. Freeze until hard. Peel off paper cups to serve.

Stars and Stripes Pastry

Ingredients:

1 sheet frozen puff pastry dough

1 egg, lightly beaten

1-1/2 cups cold half and half or milk

1 package Instant Pudding and Pie filling, French Vanilla or the Vanilla flavor Blueberries
Raspberries

Cool Whip Whipped Topping, thawed

Thaw puff pastry as directed on package. Unfold pastry to 10 X 9 in. rectangle. Cut 4 (1/2-inch) strips from 1 (9 inch) side of rectangle. Remaining rectangle will measure 9 X 8 inches). Cut 1 inch off each of 2 strips to make 2 (8 inch) strips; discard 1 inch pieces. (You should have 2 (8 in. strips) and 2 (nine inch strips.)

Cooking Instructions:

Place pastry on baking sheet. Brush with egg. Place strips on top of each side of rectangle to form rim; lightly press strips to base. Brush strips with egg. Pierce bottom of pastry in several places with fork. Chilled 20 minutes. Meanwhile, pre-heat oven to 425 degrees. Bake pastry for 12 to 15 minutes or until golden.(Its center of pastry rises, gently press down with four.)cool on rack.

Pour half and half into small bowl. And pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Spoon pudding into pastry shell. Chill until set, about 1 hour.

Arrange fruit on top of pudding in alternating stripes of blueberries and raspberries. Pipe "stars" of whipped topping around borders. Makes 8 to 10 servings. Prep time: 20 minutes. Chilled time: one-hour.

Patriotic Fruit Platter

Ingredients:

Assorted fruit:

Red apples, sliced

Red grapes

Strawberries

Cherries

Watermelon, cubed

Blueberries Dip:

1 (8-oz) carton blueberry yogurt

1 (8-oz) package cream cheese, softened

Cooking Instructions:

Wash, drain, and prepare fruit. (Dip apples in orange or pineapple juice to keep them white.) Mix blueberry yogurt and softened cream cheese together until smooth. Pour into a 2-cup dish and set in middle of fruit platter. Arrange fruit on platter, alternating the red fruits with the white apples, and using a string of blueberries as a dividing line. Chill.

Patriotic Cheesecake

Ingredients:

3 cups vanilla wafer crumbs
4 tablespoons margarine, melted
3 tablespoons measurable sweetener/sugar substitute
1 envelope (1/4 ounce) unflavored gelatin
1 cup skim milk
2 packages (8 ounces each) reduced fat cream cheese, softened 1 package (3 ounces) reduced fat cream cheese, softened
2 tablespoons lemon juice
1 tablespoon grated lemon rind 2 teaspoons vanilla
1/3 to 1/2 cup measurable sweetener/sugar substitute
1 pint blueberries
2 pints raspberries

Cooking Instructions:

Mix crumbs, margarine and 3 tablespoons sugar substitute in medium bowl; pat evenly on bottom of jelly roll pan, 15 X 10 inches.

Sprinkle gelatin over milk in small saucepan; let stand 2 to 3 minutes. Heat over medium low heat, stirring constantly, until gelatin is dissolved. Cool to room temperature.

Beat cream cheese until fluffy in large bowl; gradually beat in milk mixture. Beat in lemon juice and rind, vanilla and 1/3 to 1/2 cup NutraSweet® Spoonful™. Pour mixture over crust; refrigerate until set, 3 to 4 hours.

Before serving, decorate to look like a flag, using the blueberries for the stars, the raspberries for the stripes.

Patriotic Potato Melt Casserole

Ingredients:

8 medium potatoes with skins on them
1 pound of Velveta mild Mexican cheese
1/2 cup onion chopped
3 slices of bread
1 stick of butter
1 teaspoon parsley
1 teaspoon paprika

Cooking Instructions:

Cut the potatoes into same size chunks and boil them until tender. They can be a little undercooked.

Put them into a baking dish.

Saute onions in butter and then put over potatoes.

Sprinkle spice over potatoes.

Cube cheese and put on potatoes.

Cube the three slices of bread and put on cheese.

Melt stick of butter and pour over everything.

Sprinkle on more spices for an attractive appearance.

Bake @ 350 degrees for about a half hour.

Star-Studded Cupcakes

Ingredients:

Chocolate Cutouts, if desired (below)

2 cups all-purpose flour

2 cups sugar

3/4 cup sour cream

1/4 cup shortening

1 cup water

1-1/4 teaspoons baking soda

1 teaspoon salt

1 teaspoon vanilla

1/2 teaspoon baking powder

2 eggs

4 ounces unsweetened baking chocolate, melted and cooled

One tub sour cream white or sour cream chocolate ready-to-spread frosting

Cooking Instructions:

Make Chocolate Cutouts.

Heat oven to 350-degrees. Line 36 regular-size muffin cups with paper baking cups.

Beat remaining ingredients except frosting in large bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high-speed three minutes, scraping bowl occasionally. Pour batter into muffin cups, filling each 1/2 full.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Remove from pan to wire rack. Cool completely, about 30 minutes. Spread with frosting. Garnish with Chocolate Cutouts.

Serving Suggestions:

Chocolate Cutouts

Ingredients:

1 bar (4 ounces) sweet baking chocolate or 4 ounces semisweet baking chocolate

Directions:

Melt chocolate over low heat, stirring frequently. Place waxed paper on cookie sheet. Spread melted chocolate in 8-inch square on waxed paper. Refrigerate until firm, about one hour. Before cutting, remove chocolate from refrigerator and let stand until room temperature. Cut with cookie cutters of desired shapes and sizes. Refrigerate until ready to place on cupcakes. Carefully peel cutouts off waxed paper, handling as little as possible. If desired, dip half of each cutout into melted white baking chocolate and refrigerate until set.

Additional Comments:

You can substitute a cake mix to simplify the recipe. Follow the directions on the package.

Star-Spangled Strawberries

Ingredients:

strawberries

chocolate, vanilla bark or chocolate chips with 1 tsp. shortening

red, white and blue sprinkles or stars

Cooking Instructions:

Select some large, firm strawberries. Wash and pat dry. Dip one side of each strawberry in either melted semi-sweet dipping chocolate or vanilla-flavored almond bark. (If using melted chocolate chips, add 1 teaspoon of shortening to thin.) Immediately roll coated side of the strawberry in chopped nuts, coconut, or red, white, and blue candy sprinkles. Place on wax paper until chocolate is set.

Patriotic Potato Salad

Ingredients:

1 1/2 pounds red potatoes, unpeeled
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1/2 cup chopped yellow bell pepper
1/2 cup chopped celery
1/2 cup pitted ripe olives, halved
1/4 cup chopped flat-leaf parsley
2 green onions, thinly sliced 1/2 cup olive oil
1/4 cup spicy brown mustard
3 tablespoons fresh lemon juice
1 teaspoon salt
1 teaspoon dried oregano, crumbled
1/8 teaspoon freshly ground pepper

Cooking Instructions:

Wash and quarter the potatoes. Cook the potatoes in boiling water about 10 minutes or until tender; drain.

Place the potatoes in a large bowl. Add the next 7 ingredients; toss gently.

Combine olive oil and remaining ingredients into a bowl; stir well.

Pour the dressing over vegetable mixture and toss gently to combine. Cover and chill.

Patriotic Poke Cake

Ingredients:

- 2 baked 9-inch round white cake layers, cooled
- 2 cups boiling water, divided
- 1 (3 ounce) package JELL-O Brand Gelatin, any red flavor
- 1 (3 ounce) package JELL-O Brand Berry Blue Flavor Gelatin
- 1 (8 ounce) container COOL WHIP Whipped Topping, thawed, divided

Cooking Instructions:

1. Place the cake layers, top sides up, in 2 9-inch round cake pans. Pierce the cake with a large fork at 1/2-inch intervals.
2. Stir 1 cup of the boiling water into red and Berry Blue gelatin in separate bowls 2 minutes until completely dissolved. Carefully pour red gelatin over 1 cake layer and Berry Blue gelatin over second cake layer. Refrigerate 3 hours.
3. Dip 1 cake pan in warm water 10 seconds; unmold onto serving plate. Spread with about 1 cup of the whipped topping. Unmold second cake layer; carefully place on first cake layer. Frost top and sides of cake with remaining whipped topping.
4. Refrigerate 1 hour or until ready to serve. Garnish with fresh fruit, if desired. Store leftover cake in refrigerator.

Lemon Strawberry Stars

Ingredients:

1 pound cake loaf (about 12 ounces)

1 package (for serving size) Jell-O instant pudding and pie filling , lemon flavor

2 cups cold milk

Sliced strawberries

Cooking Instructions:

Slice pound cake horizontally into five layers. Cut each layer into 2 star shapes with a large cookie cutter.

Prepare the pudding mix with the milk as directed on the package.

Top 1/2 of the pound cake stars with 1/2 of the sliced strawberries and 1/2 of the pudding.

Serving Suggestions:

Serve with Strawberry Sauce if desired.

Blueberry and Custard Filled Star Puffs

Ingredients:

1 sheet (from a 17 ounce package) frozen puff pastry, thawed
1 package (3-3/8 ounce) instant vanilla pudding and pie filling mix
1 cup milk
8 ounces sour cream
2 cups fresh blueberries (1 pint)
1 tablespoon sugar
1/2 teaspoon grated orange zest
1 tablespoon chopped fresh mint (optional)

Confectioner's sugar

Cooking Instructions:

To prepare stars:

Carefully unfold puff pastry on a work surface. With a rolling pin, roll pastry out 1/2" wider than its original dimension. Using a 3-inch star shaped cookie cutter, cut out 12 stars. With a spatula place stars 1 inch apart on an ungreased baking sheet. Bake until puffed and golden, about 15 minutes. Transfer stars to a wire rack, cool slightly. Using a sharp knife, cut stars in half, horizontally, cool completely.

To prepare sauce:

In a medium bowl place pudding mix and milk. Using an electric mixer, beat until mixture is smooth, about two minutes. Fold in sour cream. Cover and refrigerate until thickened, about 15 minutes.

In another medium bowl combine blueberries, sugar, mint and orange zest. Cover and refrigerate until ready to serve.

Using a small strainer sprinkle tops of stars with confectioner's sugar, set aside.

Serving Suggestions:

To serve

On each dessert plate place two star bottoms, spoon 1/3-cup sauce and 1/3-cup blueberries onto stars and top with reserved star tops.

4th Of July Ice Cream Cake

Ingredients:

1 prepared angel food cake (10 inches)
2 quarts strawberry ice cream, softened
1 quart vanilla ice cream, softened
2 1/2 cups whipping cream
2 tablespoons confectioners' sugar
Decorative mini paper flags, optional

Cooking Instructions:

Cut cake horizontally into four equal layers. Place bottom layer on a serving plate; spread with half of the

strawberry ice cream. Immediately place in freezer. Spread second cake layer with vanilla ice cream; place over

strawberry layer in freezer. Spread third cake layer with remaining strawberry ice cream; place over vanilla layer

in freezer. Top with remaining cake layer.

In a mixing bowl, beat cream until soft peaks form. Add sugar; beat until stiff peaks form. Frost top and sides of

cake. Freeze until serving. Decorate with mini flags if desired.

Drunken Mexican Chicken (Pollo Boracho)

Ingredients:

- 1 Broiler-fryer chicken, cut -into serving pieces
- 1/4 c Corn oil
- 1 1/4 ts Salt
- 1 ts Paprika
- 3/4 ts Ground black pepper
- 1/2 ts Crushed oregano
- 1/2 ts Cumin seed
- 1/4 ts Garlic powder
- 1 Cube chicken bouillon, -crushed 16 oz Can tomatoes, chopped (or -substitute fresh ones)
- 1 lg Onion, sliced
- 5 md Zucchini, sliced
- 1 c Red Burgundy wine

Cooking Instructions:

Heat corn oil in Dutch oven over medium heat. Add chicken and brown well on all sides. Sprinkle in salt, paprika, black pepper, oregano, cumin, garlic powder and bouillon.

Reduce heat to medium low; add tomatoes, onion, zucchini and wine. Cook, covered, 30 minutes; uncover and continue cooking another 15 minutes or until liquid is somewhat reduced and chicken is done. Excellent when served with brown rice, pinto beans and avocado fruit salad.

Red, White, and Blue Jelly Bean Cookies

Ingredients:

1/2 cup butter
1/3 cup sugar
1 egg
1 teaspoon vanilla extract
3/4 cup flour 1/4 teaspoon salt
1/4 cup blueberry jelly beans
1/4 cup cherry jelly beans
1/4 cup white jelly beans

Cooking Instructions:

In a food processor or with an electric mixer, incorporate butter and sugar. Mix in egg and vanilla. Mix in flour and salt. Drop a heaping teaspoon on a greased baking sheet, permitting enough space for the cookie to spread about 3 1/2 inches. Press about 3 jelly beans into each cookie. Bake in a preheated 350 degrees for 8 to 10 minutes or until edges just begin to brown. Let cool on a baking rack. Store in a cookie monster-proof container.

CREAMY POTATO & GREEN BEAN SALAD

Ingredients:

1/2 cup mayonnaise
1/3 cup milk
1 tbsp. prepared mustard
1/2 tsp. salt, or to taste
1/4 tsp. pepper, or to taste
3 cups diced cooked potatoes (2 lg.)
2 cups cooked, fresh or drained canned cut green beans (8 oz.)
1 cup sliced celery
1/2 cup thinly sliced green onions
Romaine lettuce (optional)

Cooking Instructions:

In large bowl beat mayonnaise, milk, mustard, salt and pepper with a whisk
or fork until blended. Add potatoes, green beans, celery and onions;
fold
gently until well coated with dressing. Cover and refrigerate at least
2
hours. Leave in bowl or line a serving platter with romaine lettuce and
spoon salad in center. Garnish

Cheeseburger Muffins

Ingredients:

Muffin tin to hold 10 muffins

1 pkg. Flaky Biscuits (found in Dairy section)

Leftover cooked ground meat or meat loaf (can be beef, chicken or turkey)

Sliced or grated cheese

Option: chopped onion

Cooking Instructions:

Split flakey biscuits horizontally. Place one half in the muffin tin and with your fingers gently press to form up sides. Add 2 tablespoons of pre cooked ground meat/meat loaf and top with cheese. Place the remaining half biscuit on top and gently pinch the sides together to seal. Place a small cut in the center top and bake in a 375 degree oven for approximately 15 minutes until muffins are golden brown.

Shepherd's Pie

Ingredients:

1 pound lean ground beef
1 chopped onion
2 cups frozen mixed vegetables
1 10-oz. can cream of mushroom soup with roasted garlic
3 cups refrigerated mashed potatoes

Cooking Instructions:

Preheat oven to 375 degrees. In heavy skillet cook ground beef and

onion

until beef is brown and onion is tender, stirring to break up meat,

about 10

minutes. Drain well. Stir in vegetables and soup and cook until hot,

about 4

minutes. Place in 9 inch pie plate. Spoon mashed potatoes over hot meat

mixture. Bake at 375 degrees for 35-45 minutes until potatoes are

golden

brown and pie is bubbling. 6 servings

Bacon And Potato Salad

Ingredients:

2 pounds red potatoes -- unpeeled
3 green onions -- chopped
1/2 pound bacon -- cooked and crumbled
1 green pepper -- diced
1 hard-boiled egg -- chopped
1/2 cup sour cream
1/4 cup milk
3 tablespoons fresh dill -- chopped
1 tablespoon lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon salt

Cooking Instructions:

Slice potatoes into 1/4-inch-thick slices; place in a large saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Drain. Combine potato, green onions, and next 3 ingredients in a bowl; toss gently. Combine sour cream and remaining 5 ingredients in a small bowl; stir well. Pour dressing over potato mixture; toss gently. Cover and chill

Yankee Doodle Sundae

Ingredients:

Vanilla Ice Cream
Strawberry Syrup
Blueberries
Whipped cream
Red colored sugar

Cooking Instructions:

Place 1 scoop ice cream in a parfait bowl or a tall glass. Top with some strawberry syrup. Add a few blueberries, allowing some to show through side of dish. Add 1 more scoop ice cream. Top with strawberry syrup and then blueberries. Finish with a dollop of whipped cream, a light sprinkle of colored sugar and a couple of blueberries.

Red, White & Blueberry Banana Parfaits

Ingredients:

2 ea ripe bananas
1 c blueberries
1 c sliced strawberries
1 x whipped cream

Cooking Instructions:

Peel and slice bananas thinly in a single layer on a sheet of aluminum foil;

cover and put in the freezer just until frozen.

Arrange the banana slices between a layer of blueberries and strawberries in a tulip sundae bowl.

Serving Suggestions:

This dessert is excellent with a big dollop of whipped cream

Chicken in a Basket

Ingredients:

Chickens, all-purpose flour, salt, paprika, pepper, cooking oil and water (all to party size and taste)

How-to:

Set out a Dutch oven or a large, heavy skillet with cover. Put oil (at least 1/2 in. depth) and set to medium heat.

Cut chickens into serving size pieces. Rinse and pat dry with absorbent paper.

Mix flour, salt, paprika, and pepper together. Put other seasonings if you like. Coat the mixture on the chicken.

When the skillet is ready, place the chicken (skin side down) carefully in the oil. Turn pieces as necessary. When chicken is evenly brown reduce heat and add a little water (few tablespoon).

Cover skillet. Cook for 25-40 minutes. Check if it's well-cooked by piercing with fork. Uncover the last 10 minutes.

Now serve in baskets lined with paper or cloth napkins.

Celebration Day Beans

Ingredients:

1 1/2 qts. water
2 1/3 cups pea beans
1/4 lb. salt pork
2 teaspoon salt
2 1/2 cups reserved bean liquid
1/3 cup brown sugar
1/4 cup molasses
1 tablespoon vinegar
2 teaspoons onion juice
3/4 traspoon dry mustard

How-to:

Grease a 2-qt. casserole pan with tight-fitting cover.

Heat water in a large saucepan.

Meanwhile, wash thoroughly, sort and discard imperfect beans.

Add beans gradually to water so boiling won't stop. Simmer for 2 minutes, and remove saucepan from heat. Set beans aside to soak for an hour.

Remove rind and cut salt pork into narrow strips. Add the strips to beans with salt.

Return saucepan to heat and simmer for 45 minutes. Stir once a while. Drain beans. Reserve liquid. Then turn beans and pork strips into casserole. Set aside while making sauce.

Sauce: Combine bean liquid, brown sugar, molasses, vinegar, onion juice, and dry mustard in the saucepan. Bring to boil.

Pour sauce over beans. Cover and bake at 300F about 2 1/2 hours. If necessary, add more liquid to just cover beans during baking. Remove cover and bake 1/2 hour longer to brown pork and beans.

All-American Pork Baby Back Ribs

INGREDIENTS:

4 pounds pork back ribs

Your favorite barbecue sauce (purchased or homemade)

DIRECTIONS:

Season ribs with salt and pepper. Place ribs on a medium-hot grill over indirect heat; close grill hood and grill until ribs are tender, about 1 1/2 to 2 hours. (Add more charcoal briquettes to fire, if necessary, to maintain grill temperature of about 325-350 degrees F.)

Finish by turning and basting ribs with barbecue sauce for the last 15 minutes. Serve ribs directly from the grill or, for extra tender ribs remove from grill, wrap in heavy aluminum foil. Place foil-wrapped ribs in brown paper bags, close bags and let ribs rest for up to an hour. Unwrap ribs, cut into serving pieces and serve with extra barbecue sauce.

Aloha Pork Kabobs

INGREDIENTS:

3/4 cup Lawry's® Sesame Ginger Marinade With Mandarin Orange Juice
1 tablespoon minced fresh ginger
1 (16 ounce) can pineapple chunks in natural juice, drained (reserve juice)
1 1/2 pounds pork tenderloin, cut into 1 1/2-inch cubes
2 red or green bell peppers, cut into chunks
2 onions, quartered

DIRECTIONS:

In small bowl, whisk together Sesame Ginger Marinade, ginger and 1 tablespoon pineapple juice; reserve 1/4 cup. In large Ziploc® bag, combine pork, 1/2 cup marinade mixture and vegetables. Marinate in refrigerator for 1 hour, turning several times. Remove pork and discard used marinade. On skewers, alternate pork with vegetables and pineapple chunks until all are used. Place kabobs on grill or broiler pan, about 4 inches from heat source. Cook until lightly browned and pork is thoroughly cooked, turning and brushing with reserved marinade mixture.

Meal Idea:

Serve kabobs with rice, linguine or orzo and a wedge of melon or mango along with reserved marinade mixture.

Amy's Delicious Turkey Burgers

INGREDIENTS:

1 pound ground turkey
1 tablespoon garlic powder
1 tablespoon red pepper flakes
1 teaspoon dried minced onion (optional)
1 egg
1/2 cup crushed cheese flavored crackers

DIRECTIONS:

Preheat a grill for high heat.

In a large bowl, mix together the ground turkey, garlic powder, red pepper flakes, minced onion, egg and crackers using your hands. Form into four fat patties.

Place patties on the grill, and cook for about 5 minutes per side, until well done.

Apricot-Glazed Spareribs

INGREDIENTS:

6 pounds pork spareribs cut into 2-rib portions
4 cloves garlic, crushed
water
1 cup Smucker's® Apricot Preserves
1/4 cup chopped onion
1/4 cup ketchup
2 tablespoons firmly packed brown sugar
1 tablespoon CRISCO® Oil
1 teaspoon soy sauce
1 teaspoon ginger
1/2 teaspoon salt

DIRECTIONS:

Early in day or day ahead: In very large saucepot or Dutch oven, combine pork spareribs and garlic; cover with water. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 1 hour or until spareribs are fork-tender. Remove ribs to platter; cover and refrigerate.

Meanwhile, prepare apricot glaze: combine SMUCKER'S® preserves, onion, ketchup, brown sugar, oil, soy sauce, ginger and salt in small saucepan; mix well. Heat to boiling; boil 1 minute. Cover and refrigerate apricot glaze.

About 1 hour before serving: heat grill. When ready to barbecue, place cooked spareribs on grill over medium heat. Cook 12 to 15 minutes or until heated through, turning spareribs often. Brush occasionally with apricot glaze during last 10 minutes of cooking.

Note:

The precooked spareribs can be broiled in the oven. Place spareribs on broiler pan; brush with some apricot glaze. Broil about 7 to 9 inches from heat for 7 to 8 minutes, brushing with apricot glaze halfway through cooking time. Turn ribs, brush with apricot glaze and broil for 5 to 6 minutes, brushing with apricot glaze halfway through cooking

Barbecue Ribs

INGREDIENTS:

4 pounds pork spareribs
1 cup brown sugar
1/4 cup ketchup
1/4 cup soy sauce
1/4 cup Worcestershire sauce
1/4 cup rum
1/2 cup chile sauce
2 cloves garlic, crushed
1 teaspoon dry mustard
1 dash ground black pepper

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Cut spareribs into serving size portions, wrap in double thickness of foil, and bake for 1 1/2 hours. Unwrap, and drain drippings. (I usually freeze the drippings to use later in soups.) Place ribs in a large roasting pan.

In a bowl, mix together brown sugar, ketchup, soy sauce, Worcestershire sauce, rum, chile sauce, garlic, mustard, and pepper. Coat ribs with sauce and marinate at room temperature for 1 hour, or refrigerate overnight.

Preheat grill for medium heat. Position grate four inches above heat source.

Brush grill grate with oil. Place ribs on grill, and cook for 30 minutes, basting with marinade.

Best Barbequed Burgers

INGREDIENTS:

1 pound ground beef
1 egg, beaten
1/4 cup quick cooking oats
1 tablespoon dried onion flakes
1/2 teaspoon seasoning salt
1 dash ground black pepper
2 tablespoons ketchup
1 teaspoon dry onion soup mix

DIRECTIONS:

Preheat an outdoor grill for high heat, and lightly oil grate.

In a large bowl, mix ground beef, egg, quick cooking oats, dried onion flakes, seasoning salt, pepper, ketchup, and dry onion soup mix. Form the mixture into about 4 burger patties.

Place burger patties on the prepared grill, and cook about 5 minutes on each side, to an internal temperature of 160 degrees F (63 degrees C).

Best Burger Ever

INGREDIENTS:

- 2 pounds extra-lean ground beef
- 1 (1 ounce) package dry onion soup mix
- 1 egg, lightly beaten
- 2 teaspoons hot pepper sauce
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon ground black pepper
- 3/4 cup rolled oats

DIRECTIONS:

Preheat an outdoor grill for medium high heat and lightly oil grate.
In a large bowl, combine the beef, onion soup mix, egg, hot sauce and oats. Shape into 6 patties.
Grill patties over medium high heat for 10 to 20 minutes, or to desired doneness.

Better Burger Sauce

INGREDIENTS:

2 teaspoons red wine vinegar
2 teaspoons sugar
1 cup mayonnaise
1/2 cup ketchup
1/3 cup sweet pickle relish
1 tablespoon chopped fresh parsley
1/2 bunch green onions, chopped
2 hard-cooked eggs, peeled and chopped
salt and pepper to taste
Worcestershire sauce to taste

DIRECTIONS:

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Drain water, and allow to cool, then peel, chop, and set aside.

In a bowl, stir together the vinegar and sugar until sugar is completely dissolved. Stir in mayonnaise, ketchup, relish, parsley, green onions, and chopped egg, and stir until well blended. Season to taste with salt, pepper, and Worcestershire sauce. Cover and refrigerate until ready to serve.

Bill's Beefuna Burgers

INGREDIENTS:

1 1/2 pounds ground round
1 (6 ounce) can tuna packed in oil, drained
1 large sweet onion, finely chopped
3 tablespoons sweet pickle relish
seasoning salt and pepper to taste
6 hamburger buns, split

DIRECTIONS:

Preheat an outdoor grill for medium-high heat. When grill is hot, lightly oil the grate.
In a large bowl, mix together the ground beef, tuna, onion, and relish. Season with seasoning salt and pepper to your liking. Form the meat mixture into 6 patties.
Place patties on the hot grill, and cook for 6 to 9 minutes on each side, or until cooked through.
Serve on buns with the usual toppings.

Blue Cheese Surprise

INGREDIENTS:

2 1/4 pounds lean ground beef
1 teaspoon dried tarragon
1/4 cup chopped parsley
salt and pepper to taste
3/4 cup blue cheese, crumbled

DIRECTIONS:

Preheat grill for high heat.

In a medium bowl, mix together beef, tarragon, and parsley. Season with salt and pepper.

Form mixture into twelve 3/8 inch thick patties. Sprinkle 2 tablespoons cheese over one patty, and cover with a second patty. Seal the edges. Repeat with remaining ingredients..

Lightly oil grate, and arrange burgers on the grill. Cook for 3 to 5 minutes on each side, or until done.

Brandi's Best Burgers

INGREDIENTS:

2 pounds lean ground beef
1 packet dry onion soup mix
1/2 cup water
1 teaspoon hot pepper sauce
3/4 cup dried bread crumbs

DIRECTIONS:

Preheat an outdoor grill for medium high heat and lightly oil grate.
In a large bowl, combine the beef, onion soup mix, water, hot sauce and bread crumbs. Mix together well and form into patties.
Grill patties over medium high heat for 10 to 20 minutes, or to desired doneness.

Cajun Style Burgers

INGREDIENTS:

1 pound ground beef
3 tablespoons dry bread crumbs
1 egg
3 green onions, chopped
1 tablespoon Cajun seasoning
1 tablespoon prepared mustard
1/4 cup barbeque sauce
1 teaspoon Cajun seasoning
4 slices Cheddar cheese

DIRECTIONS:

Preheat grill for high heat.

In a medium bowl, mix the ground beef, bread crumbs, egg, green onions, 1 tablespoon Cajun seasoning, and mustard. Form into 4 patties.

In a small bowl, blend the barbeque sauce and 1 teaspoon Cajun seasoning.

Lightly oil the grill grate, and cook the patties 5 minutes per side, or until well done. Place a slice of cheese on each burger, and allow to melt. Serve with seasoned barbeque sauce.

Cranberry Glazed Pork Ribs

INGREDIENTS:

- 1 (8 ounce) can whole cranberry sauce
- 1 cinnamon stick
- 1 tablespoon prepared Dijon-style mustard
- 1 teaspoon grated orange zest
- 1 1/2 pounds country style pork ribs

DIRECTIONS:

In a small saucepan stir cranberry sauce, cinnamon stick, mustard and orange zest over medium heat for 5 minutes or till bubbly. Set aside.

On preheated coals (medium heat) with a drip pan, place ribs on grill. Brush with sauce. Cover and grill for 45 to 60 minutes, brushing occasionally with sauce, until ribs are tender and no pink remains.

Heat remaining sauce. Remove and discard cinnamon stick. Serve sauce with ribs.

Freak'n Good Ribs

INGREDIENTS:

3 cups pineapple juice
1 1/2 cups brown sugar
1 1/2 tablespoons mustard powder
1/3 cup ketchup
1/3 cup red wine vinegar
1 1/2 tablespoons fresh lemon juice
2 tablespoons soy sauce
1/2 teaspoon ground cloves
2 teaspoons ground ginger
4 cloves garlic, minced
1/2 teaspoon cayenne pepper
2 pounds baby back pork ribs
1 (18 ounce) bottle barbeque sauce

DIRECTIONS:

In a large baking dish, mix together the pineapple juice, brown sugar, mustard powder, ketchup, red wine vinegar, lemon juice, and soy sauce. Season with cloves, ginger, garlic, and cayenne pepper. Cut ribs into serving size pieces, and place into the marinade. Cover, and refrigerate, turning occasionally, for 8 hours or overnight.

Preheat oven to 275 degrees F (80 degrees C). Cook ribs in marinade for 1 1/2 hours, turning occasionally to ensure even cooking.

Preheat grill for medium heat.

Lightly oil grate. Grill ribs for 15 to 20 minutes, basting with barbecue sauce, and turning frequently until nicely glazed.

Garlic and Onion Burgers

INGREDIENTS:

2 pounds ground beef
1 tablespoon Worcestershire sauce
3 cloves garlic, minced
1/2 cup minced onion
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon Italian-style seasoning

DIRECTIONS:

In a large bowl, mix together the beef, Worcestershire sauce, garlic, onion, salt, pepper and Italian seasoning. Refrigerate for 2 to 4 hours.

Preheat grill for high heat.

Form burgers into 1/2 inch thick patties. Lightly oil grate. Place burgers on grill. Cook for approximately 6 minutes, turning once.

Kansas City Style Pork Back Ribs

INGREDIENTS:

3 slabs pork back ribs
1/2 cup sugar
1/4 cup paprika
3 tablespoons seasoned salt
2 tablespoons chili powder
2 tablespoons ground black pepper
1 tablespoon celery salt
1 tablespoon onion powder
1 tablespoon garlic powder
2 teaspoons ground sage
1 teaspoon dry mustard
1 cup your favorite barbecue sauce
1/2 cup honey

DIRECTIONS:

In pint-jar with tight-fitting lid, combine sugar, paprika, seasoned salt, chili powder, black pepper, celery salt, onion powder, garlic powder, ground sage and dry mustard. Place lid on jar and shake jar to combine thoroughly. Set spice rub aside. Makes about 1 1/2 cups.

In small saucepan over low heat, stir together barbecue sauce and honey. Heat through, stirring occasionally, about 5 minutes. Set barbecue glaze aside, keep warm or at room temperature before using. (If storing for more than 2 hours, cover and refrigerate. Reheat gently before using). Pat ribs dry with paper towels and season generously with spice rub, using about 4-6 tablespoons for each slab of ribs. Grill over indirect heat in a covered grill or smoker for 1 1/2 to 2 hours. Turn ribs once during cooking, about halfway through. Ribs are done when the meat is very tender (insert a paring knife between ribs to determine); they will pull apart fairly easily. About 20 minutes before ribs are done, baste heavily with barbecue glaze. If you like your ribs extra sticky, baste again 10 minutes before removing from the grill.

Spice Rubbed Baby Back Ribs

INGREDIENTS:

2 (2 pound) slabs baby back ribs
8 tablespoons McCormick® Grill Mates® Pork Rub

DIRECTIONS:

Place ribs on foil-lined baking pan. Rub Pork Rub evenly over both sides of each slab of ribs. Cover with foil. Bake in 375 degrees F oven 1 hour or until meat starts to pull away from bones. Transfer ribs to grill. Grill over medium-high heat 1 to 2 minutes per side or until evenly browned. Cut into portions to serve.

Note:

Use 2 tablespoons Dry Rub per pound of ribs.

Always A Winner Potato Salad

INGREDIENTS:

10 large baking potatoes, scrubbed
12 eggs
3 bunches green onions, chopped
6 dill pickles, chopped
1 (4 ounce) can shrimp
1 (4 ounce) can small shrimp, drained
2 cups low-fat mayonnaise
salt and pepper to taste
2 tablespoons celery salt
2 tablespoons paprika

DIRECTIONS:

Place potatoes in a large pot, and cover with water. Boil until soft. Remove from water; set aside to cool. Peel, and then chop into bite size chunks.

Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil for one minute. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel, and chop.

In a large bowl, combine potatoes, eggs, green onions, dill pickles, and cans of shrimp. Mix in mayonnaise, celery salt, and paprika. Season to taste with salt and ground black pepper. Chill for 2 hours, and serve.

American Potato Salad

INGREDIENTS:

5 pounds red potatoes
6 eggs
2 cups mayonnaise
1 onion, diced
2 green onions, thinly sliced
1 small green bell pepper, seeded and diced
3 stalks celery, thinly sliced
2 teaspoons salt
1 teaspoon ground black pepper

DIRECTIONS:

Bring a large pot of water to a boil. Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm. Drain, cool and cut into cubes.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine chopped potatoes and eggs. Mix together mayonnaise, chopped onion, green onion, green pepper, and celery. Season with salt and pepper, then mix well. Cover, and refrigerate for several hours or overnight.

Amish Potato Salad

INGREDIENTS:

6 medium white potatoes with skin
1 small onion, finely chopped
1 cup chopped celery
1 cup chopped carrots
1 teaspoon celery seed
4 hard-cooked eggs, peeled and chopped

2 eggs, beaten
3/4 cup white sugar
1 teaspoon cornstarch
1/3 cup apple cider vinegar
1/2 cup milk
1 teaspoon prepared yellow mustard
3 tablespoons butter
1 cup mayonnaise or salad dressing

DIRECTIONS:

Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until easily pierced with a fork. Drain, and set aside to cool. While the potatoes are cooking, whisk together 2 eggs, sugar, cornstarch, and salt in a saucepan. Stir in the vinegar, milk, and mustard. Cook over medium heat, stirring frequently, until thickened, about 10 minutes. Remove from heat, and stir in the butter. Refrigerate until cool, then stir in the mayonnaise. Peel the potatoes if desired, and cut into medium dice. Place in a large bowl, and toss with the onion, celery, carrots, celery seed and hard-cooked eggs. Gently fold in the dressing. Refrigerate until serving. I personally like this to sit for at least a day before serving to let the flavors blend, but you may serve it as soon as it is chilled.

Amish Slaw

INGREDIENTS:

1 medium head cabbage, cored and shredded
1 medium onion, finely chopped
1 cup white sugar
1 cup vinegar
1 teaspoon salt
1 teaspoon celery seed
1 teaspoon white sugar
1 teaspoon prepared mustard
3/4 cup vegetable oil

DIRECTIONS:

In a large bowl, toss together the cabbage, onion, and 1 cup sugar. In a small saucepan, combine the vinegar, salt, celery seed, 1 teaspoon white sugar, mustard and oil. Bring to a boil, and cook for 3 minutes. Cool completely, then pour over cabbage mixture, and toss to coat. Refrigerate overnight for best flavor.

Flag Cake

Ingredients

Margarine

Flour

1 package (2-layer size) white cake mix (plus ingredients to make cake-listed on box)

1 package (4-serving size) JELL-O brand gelatin, any red flavor

1 cup boiling water

1/2 cup cold water

3 1/2 cups (8-ounce container) Cool Whip brand whipped topping, thawed

1 pint strawberries, washed and sliced

1 cup blueberries, washed

1 cup Kraft miniature marshmallows

Tools

13 x 9 baking pan

Large fork (two-pronged type)

Medium mixing bowls

Mixer

Measuring cup

Rubber scraper or large spoon

Large tray or cutting board (must be larger than 13 x 9 pan)

Table knife

Aluminum foil

Directions

Grease 13 x 9 pan with margarine and dust lightly with flour. Prepare, mix and bake cake mix according to package directions. Cool cake for 15 minutes.

With large fork, make holes in cake about every 1/2 inch.

Pour gelatin into mixing bowl. Add cup of boiling water and use scraper to mix thoroughly until gelatin is completely dissolved. Use measuring cup to pour gelatin over cake. (It will run down into holes, making sliced cake have red stripes.)

Chill cake in refrigerator 3 to 4 hours.

Cover tray with aluminum foil.

Put about one inch of warm water in kitchen sink. Take pan out of refrigerator and dip bottom (don't let water come up over sides) into water for about 10 seconds. Put large tray on top of cake, and invert. Frost sides and top with whipped topping. Arrange strawberries and marshmallows in alternating rows for stripes, leaving upper left for field of blueberries. Chill again until time to serve.

Barbequed Ribs

3 to 4 lbs. ribs, cut in pieces
1 c. tomato paste
1 tsp. salt
1 lg. onion
1/3 c. Worcestershire sauce
1 tsp. chili powder
1 1/2 c. coffee
2 c. water
1 lemon
1/8 tsp. liquid smoke

Place ribs in roasting pan, meat side up. On each piece place a slice of lemon and thin slice of onion. Roast in oven at 450 degrees for 30 minutes. Combine remaining ingredients, bring to a boil and pour over ribs. Reduce to 350 degrees. Bake until tender, about one hour. Baste ribs every 15 minutes.

BBQ Chicken Crock Style

1 fryer chicken, or 4 to 6 breasts
1/2 cup tomato paste
1/4 cup vinegar
1 tbsp. brown sugar
Salt and pepper to taste

Place chicken in slow-cooker. Mix all other ingredients and pour over chicken. Cook over low for at least 8 hours. Serve over rice, pasta, or as sandwiches

Red, White & Blueberry Cheesecake Pie

8 sheets (about 13" x14" each) thawed frozen phyllo dough (find it in the freezer section of the supermarket)
1/4 cup melted butter or margarine
16 oz. cream cheese
1/2 cup sugar
1 tsp. vanilla extract
2 eggs
2 cups fresh blueberries, divided
1/2 cup strawberry jelly
1 cup whipped cream or non-dairy whipped topping (optional)

Preheat oven to 425°.F.

For Crust

Grease a 9" pie plate. Set aside.

On a flat surface place 1 sheet phyllo (keep remaining phyllo covered to prevent drying out), brush with melted butter. Top with another phyllo sheet, continue to make 8 layers, brushing butter between each layer. Using kitchen scissors or a sharp knife, cut the layers into one 12-13 inch circle. Carefully press circle into the prepared pie plate, gently fan edges. Bake until edges are just golden, about 6-8 minutes. Cool slightly on a wire rack. Reduce oven temperature to 350°F.

In a medium bowl beat cream cheese, vanilla and sugar with an electric mixer until light and fluffy. Add eggs and beat until well combined. Fold in 1 cup of the blueberries. Pour mixture into prepared crust. Bake until set, about 40-50 minutes. To prevent over browning of crust, gently cover with aluminum foil during the last 25 minutes of baking. Cool completely on a rack.

To Serve

In a small bowl, beat jelly until smooth. Spread over cheese filling. Arrange remaining blueberries on top in star shape. Garnish with whipped cream, if desired.

4th of July Lemon Bar Flags

Shortbread Crust

1/2 cup (1 stick) butter , softened

1/2 cup firmly packed light-brown sugar
1 1/2 cups all purpose flour
1 teaspoon grated lemon rind

Lemon Filling

1 1/2 cups sugar
1/2 cup lemon juice
1/2 cup water
2 tablespoons cornstarch
2 eggs
2 teaspoons grated lemon zest

Toppings

1/4 cup confectioners sugar
1/4 cup blueberries
1 tube red gel frosting

Heat the oven to 350°F. Grease a 9-inch square baking pan.

Prepare the shortbread crust: In a large bowl, with an electric mixer on medium speed, beat the butter and brown sugar until light and fluffy. Reduce the mixer speed low, and beat in the flour and lemon rind until well combined; pat the mixture evenly into the prepared pan. Bake the crust 15 minutes, or until golden. Cool the crust in the pan on a wire rack.

Meanwhile, prepare the Lemon Filling: In a 2-quart saucepan, mix 1 cup granulated sugar, the lemon juice, water, and cornstarch until well combined. Heat the mixture to boiling over medium-high heat, stirring constantly; cook 1 to 2 minutes longer or until the mixture thickens. Remove from the heat.

In a medium-size bowl, with a wire whisk, beat the remaining 1/2 cup granulated sugar, eggs and the lemon rind until thick and lemon colored. Slowly beat the lemon mixture into the egg mixture until well combined. Pour the filling into the prepared crust.

Bake the cookies 15 to 20 minutes, or until the filling is firm. Cool the cookies completely in the pan on a wire rack.

Cut the cookies into 6 rectangular bars. Place the bars on a serving plate. Sprinkle confectioners sugar over the cookies. Create stripes across the bars with the red gel frosting. Place 6 blueberries in the top corner of each bar.

Thank You

The End