

Recipes of the Month

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Kathleen McKee

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Common Cooking Abbreviations

C. or c.	Cup
lb.	Pound
oz.	Ounce
fl. oz.	Fluid ounce
pkg.	Package
qt.	Quart
T. or tbsp.	Tablespoon
t. or tsp.	Teaspoon

Appetizers



Easy Deviled Eggs

Low in calories, High in protein.

Course Side Dish

Cuisine American

Keyword Deviled Eggs

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 6 Eggs
- 1/4 cup Mayonnaise I use low-fat mayo
- 1 teaspoon Sweet gherkin pickle juice I use no sugar pickle juice
- 1 teaspoon Spicy brown mustard
- 1/8 teaspoon Salt
- 1/4 teaspoon Ground black pepper
- Paprika (optional) for garnish

Instructions

1. Place eggs in a saucepan. Heat on medium high until water begins to boil. Continue cooking for 5 minutes, then turn off burner and let eggs sit in hot water for 10 minutes..

Remove from heat and drain. Add cold water to the eggs in the pot to stop the cooking process. Drain again and add more cold water. Crack the eggs and let sit in the cold water for a few minutes. This helps with peeling.

2. Peel eggs. Rinse with cold water. Drain on a paper towel.

Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a plate.

Mash the yolks into a fine crumble using a fork. Add salt and pepper while crumbling.

Add mayonnaise and mustard, stirring with a spoon to mix well. This will be a thick ball stage. Add sweet pickle juice to thin to a softer consistency. Not too much or it will get "goopy."

3. Evenly disperse teaspoons of the yolk mixture into the egg white halves. Refrigerate in a covered container. Before serving, you can sprinkle with paprika for color, but it's not necessary.

Recipe Notes

I use low-fat mayonnaise and no-sugar-added sweet gherkins to make my deviled eggs so that they are zero Weight Watchers points. The finer your egg yolk crumble, the less lumpy your mixture will be. But you don't have to go crazy with the mixing. It will smooth out somewhat as you add the pickle juice.



Refrigerator Dill Pickles

Easy to make. Store in the refrigerator.

Course Appetizer
Cuisine American

Prep Time 10 minutes
Cook Time 5 minutes
Total Time 15 minutes

Servings 5-6 Jars

Ingredients

- 2 Tbsp Kosher Salt
- 1/2 Cup Apple Cider Vinegar
- 6 Cup Water
- 10-12 Pickling Cucumbers Washed and Dried
- 3-4 Sprigs of Fresh Dill Washed and Dried

Instructions

1. Mix the salt, vinegar, and water in a pot and bring to a boil. Simmer for 5 minutes, stirring occasionally. Remove from heat.
2. Slice cucumbers into spears. Arrange the standing cucumbers in quart or pint jars, scattering the dill sprigs among the cucumbers. The cucumbers should be fitted closely together, but leave about 1/2 inch space from the top of the jar.
3. Add the brine to the jars of cucumber spears. Fill to the top and tap lightly to remove any air bubbles. Screw on lids.
4. Store in refrigerator. The pickles will absorb the flavors within at least a day. They store well in the refrigerator for several weeks.

Recipe Notes

You can add a few peppercorns and/or a smashed garlic clove to each jar if you like those flavors. You can also play around with the brine. Try different types of vinegar. More or less salt. Sea salt instead of kosher salt.

Entrees



Turkey Noodle Casserole

Always my first leftover dish after Thanksgiving. Comfort food at its finest.

Course Main Course

Cuisine French

Keyword Turkey Noodle Casserole

Prep Time 25 minutes

Cook Time 20 minutes

Total Time 45 minutes

Servings 8

Ingredients

- 6 oz Egg Noodles
- 2 tbsp Butter
- 2 tbsp Flour
- 2 cups Non-fat Milk
- 1 stalk Celery chopped
- 1/2 tsp Salt
- 1/8 tsp Pepper
- 2 cups Turkey cooked and chopped
- 6 oz Peas and Carrots

Instructions

1. Preheat oven to 375 degrees. Spray casserole pan with cooking spray.
2. Cook the noodles according to package directions. Drain and set aside.
3. In a saucepan, melt butter and saute celery on medium heat for 1 minute. Add all-purpose flour and stir to coat the celery. Add milk and seasonings. Stir constantly until the mixture begins to bubble. Immediately turn off heat, but continue to stir as the mixture thickens.
4. Add frozen mixed vegetables and cooked noodles. Stir to mix. Adjust seasonings to taste. Pour into prepared casserole pan.
5. Bake for 20 minutes in preheated oven or until bubbly.

Recipe Notes

Any mixed vegetable, any type of pasta, and any leftover turkey may be used. I use skim milk as a healthier option, but whole milk or 2% milk is fine.

Grated cheddar cheese or bread crumbs can be used to top the casserole though I prefer mine without toppings.



Addy's Maple Glazed Salmon

Flaky and delicious; easy to make

Course Main Course

Cuisine American

Keyword Addy's Maple Glazed Salmon

Prep Time 35 minutes

Cook Time 20 minutes

Total Time 55 minutes

Servings 4

Ingredients

- 1/4 cup Maple Syrup Real Maple
- 2 tbsp Soy Sauce
- 1 clove Minced Garlic
- 1/4 tsp Garlic Salt Optional
- 1/8 tsp Pepper
- 1 lb Salmon

Instructions

1. Preheat oven to 400 degrees. Spray casserole dish with cooking spray. Place salmon in baking dish.
2. In a mixing bowl, add maple syrup, soy sauce, and spices. Mix well. Pour over salmon. Marinate for 30 minutes.
3. Bake uncovered 20 minutes in preheated oven or until the salmon flakes with a fork.

Recipe Notes

If you prefer to marinate the salmon overnight, cover and refrigerate.

Many thanks to Sister Adrienne S. for her delicious recipe.



Crustless Spinach Pie

A lower-carb version of Quiche that's easy to make.

Course Main Course

Cuisine French

Keyword Crustless Spinach Pie

Prep Time 15 minutes

Cook Time 40 minutes

Total Time 55 minutes

Servings 8

Ingredients

- 10 oz Chopped Spinach (Frozen pkg. thawed and drained)
- 8 oz Cheddar Cheese Grated
- 2 Cups Non-fat Cottage Cheese
- 4 Eggs
- 6 Tbsp All-purpose Flour
- 1/8 Tsp Salt
- 1/8 Tsp Pepper

Instructions

1. Beat eggs with fork.
2. Add spinach, cottage cheese, cheddar cheese and flour. Mix well with eggs.
3. Spray pie pan with cooking spray. Pour mixture into pie pan.
4. Bake at 350 degrees F. for 40 minutes or until lightly browned on top.

Recipe Notes

Go light on the salt and pepper until you check the taste. Different brands of cheese and cottage cheese can already have a lot of salt.

Individual portions could be made in muffin tins. Make sure to use cooking spray on each muffin cup. Adjust the cooking time, depending on the muffin size.

Breads
and
Muffins



Cranberry Walnut Bread

A holiday favorite, but good any time of year.

Course Dessert

Cuisine American

Keyword Cranberry Walnut Bread

Prep Time 15 minutes

Cook Time 1 hour 5 minutes

Total Time 1 hour 20 minutes

Servings 16

Ingredients

- 2 Tbsp Butter
- 1 Cup Sugar
- 1 Egg
- 2 Cups Flour
- 1 Tsp Baking Soda
- 1/2 Tsp Salt
- 3/4 Cup Orange Juice
- 1-1/4 Cup Cranberries Fresh or Frozen
- 3/4 Cup Walnuts Chopped

Instructions

1. Cream together butter, sugar, and egg.
2. In a separate bowl, mix or sift together flour, baking soda, and salt.
3. Alternately add flour mixture and orange juice to the creamed ingredients. Lightly stir to combine.
4. Add chopped cranberries and walnuts. Lightly stir to combine.
5. Spoon batter into a greased and floured 9" x 5" loaf pan.
6. Bake at 350 degrees F. for 65 minutes, or until toothpick inserted in the top of the loaf near the center comes out clean.
7. Cool in pan for about 10 minutes before removing loaf from pan to cool on a wired rack.
8. Wrap in foil or plastic wrap when cool and store in the refrigerator.

Recipe Notes

Margarine can be substituted for the butter. It should be slightly softened before creaming with the electric mixer. For more citrus flavor, you can add 1 Tbsp grated orange rind. You can omit the walnuts or substitute with pecans. Cranberries and nuts should be coarsely chopped before adding to the batter.

Do not over-mix. It will cause the bread to be tough.



Banana Nut Muffins

A tasty way to use up over-ripe bananas and so easy to make.

Course Breakfast

Cuisine American

Keyword Banana Nut Muffins

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Servings 6

Ingredients

- 1/4 cup Butter Softened
- 1/2 cup Sugar
- 1 Egg
- 1 cup Banana Mashed
- 1/2 tsp Vanilla Extract
- 1 cup All-purpose Flour
- 1 tsp Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp Salt
- 1/2 cup Walnuts Chopped

Instructions

1. Preheat oven to 350 degrees. Spray muffin cups with cooking spray or use paper liners.
2. With an electric mixer, cream butter and sugar. Beat in egg, mashed banana, and vanilla.
3. In a separate bowl, combine flour, salt, baking powder, and baking soda. Mix well, then add to the wet ingredients until blended. Add chopped walnuts.
4. Fill muffin cups about 2/3 full with batter. Bake for 25 minutes or until toothpick inserted in center of muffin top comes out clean.
5. Remove muffins to a wire rack to cool.

Recipe Notes

Do not over-mix the batter or the muffins will be tough.

Use the same recipe if you prefer mini-muffins, but adjust the cooking time as necessary.

Desserts



Chocolate Toffee Mousse

Rich and decadent

Course Dessert

Cuisine French

Prep Time 15 minutes

Cook Time 10 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 2 Cups Heavy Cream
- 3 Ounces Semisweet Chocolate Chopped
- 4 Mini Toffee Bars Coarsely chopped
- 1 Pinch Salt
- Whipped Cream or Cool Whip Used to Garnish

Instructions

1. In a medium saucepan, combine 2 cups cream, the chocolate, 2 of the chopped toffee bars, and the salt.
2. Cook over medium heat, stirring constantly, until the chocolate is melted and smooth.
3. Pour into a large bowl and refrigerate until cold. Usually about 3 hours.
4. When chilled, remove the chocolate mixture from the refrigerator and whip with electric beaters until it's thick and creamy.
5. Spoon the mousse into serving glasses. Dollop with whipped cream and garnish with the remaining chopped toffee bars.

Recipe Notes

1/4 teaspoon of instant espresso powder may be added to the chocolate mixture when it's cooking to add a mocha flavor. Make your own whipped cream or use store-bought of your choice as a topper.

Recipe adapted from Rachel Ray's Toffee-Mocha Mousse



Cream Puffs

Light and Airy, Easy to Make.

Course Dessert

Cuisine American

Prep Time 20 minutes

Cook Time 35 minutes

Total Time 55 minutes

Servings 8

Ingredients

- 1 Cup Water
- 1/2 Cup Butter or Margarine
- 1 Cup All Purpose Flour
- 4 Eggs

Instructions

1. Heat oven to 400°F. In 2 1/2-quart saucepan, heat water and butter to rolling boil. Stir in flour; reduce heat to low. Stir vigorously over low heat about 1 minute or until mixture forms a ball; remove from heat. Beat in eggs, all at once; continue beating until smooth.
2. On ungreased cookie sheet, drop dough by tablespoon about 3 inches apart. Bake 35 to 40 minutes or until puffed and golden. Cool away from draft, about 30 minutes.
3. Make the filling. Cut off top third of each puff and pull out any strands of soft dough. Fill puffs with filling; replace tops. Cover; refrigerate until serving. Store covered in refrigerator.



Cream Puff Filling

This was my mother's favorite filling. Old fashioned vanilla custard.

Course Dessert

Cuisine American

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 8

Ingredients

- 1/3 Cup Sugar
- 2 Tbsp Corn Starch
- 1/8 Tsp Salt
- 2 Cups Milk
- 2 Egg Yolks Slightly Beaten
- 2 Tbsp Butter or Margarine Softened
- 2 Tsp Vanilla Extract

Instructions

1. Mix sugar, cornstarch and salt in saucepan. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
2. Stir at least half of the hot mixture gradually into egg yolks. Stir back into hot mixture in saucepan. This is called tempering the yolks so they don't curdle.
3. Boil and stir 1 minute; remove from heat. Stir in margarine or butter and vanilla; cool.

Recipe Notes

Custard can easily scorch. You need to stir constantly. Once you see the concoction bubbling, the mixture thickens. Temper the yolks, add them back to cook for a minute, then remove from burner to add the butter/margarine and vanilla.