

Virtual Cookbook of Grace Covenant Church



ZESTY CHICKEN WINGS

1/2 c. corn syrup 1/2 c. ketchup
 1/4 c. cider vinegar
 1/4 c. Worcestershire sauce
 1/4 c. Dijon mustard
 1 chopped onion
 3 minced garlic cloves
 1 T. chili powder
 3 lbs. chicken wings

In a saucepan, combine the first 8 ingredients. Bring to a boil. Reduce heat; simmer uncovered for 15-20 minutes or until thickened. Place wings in a well-greased 15 X 10 X 1 baking pan. Bake at 375 degrees for 30 minutes, turning once. Brush with sauce. Bake 20-25 minutes longer, turning and basting once, or until chicken juices run clear. Yields 10-12 servings.

HONEY CRUNCH

3 cups Post Shredded Wheat - Wheat n' Bran
 1 cup Oats (quick or old-fashioned) - not cooked
 1 cup nuts 1 tsp. cinnamon
 1/4 tsp. salt 1/2 cup butter/margarine
 1/3 cup honey 1/4 cup brown sugar
 1/2 cup raisins 1/2 cup baking chips (any flavor)

Heat oven to 325 degrees. In large bowl, combine cereal, oats, nuts, cinnamon, and salt. In a small saucepan, combine butter, honey, and brown sugar. Cook over low heat, stirring constantly until butter is melted and ingredients are well blended. Pour over cereal mixture, mix until thoroughly coated. Spread evenly into 15 X 10 pan. Bake 20 - 25 minutes or until mixture is golden brown, stirring occasionally. Immediately spread mixture into wax paper lined pan. Stir in raisins. Add 1/4 cup chips and stir again. Part of the chips will melt. Cool completely and stir in 1/4 cup chips. Store in tightly covered container in cool dry place.

Recipe from Janice

RUBY RED PRETZEL DIP

1 can (16 oz) jellied cranberry sauce
 3/4 cup sugar 1/4 cup vinegar
 1 tsp. ground ginger 1 tsp. ground mustard
 1/4 tsp. ground cinnamon 1/8 tsp. pepper
 1 T. all purpose flour 1 T. cold water

In a saucepan, combine the first seven ingredients; whisk over medium heat until smooth. Combine flour and cold water until smooth; add to cranberry mixture. Bring to a boil; cook and stir for 2 minutes. Transfer to a bowl; cover and chill overnight. Serve with pretzels. Yields 2 cups

OAK SNACK MIX

1/3 c. butter/margarine 1/3 c. honey
 1/4 c. packed brown sugar
 1 tsp. ground cinnamon 1/2 tsp. salt
 3 cups square oat cereal
 1 1/2 cups old fashioned oats
 1 cup chopped walnuts
 1/2 cup dried cranberries
 1/2 cup chocolate-covered raisins

In a saucepan or microwave safe bowl, combine the first 5 ingredients. Heat until the butter is melted. Stir until the sugar is dissolved. In a large bowl, combine cereal, oats, and nuts. Drizzle with butter mixture and mix well. Place in a greased 15X10X1 baking pan. Bake, uncovered, at 275 degrees for 45 minutes, stirring every 15 minutes. Cool for 15 minutes, stirring occasionally. Stir in cranberries and chocolate-covered raisins. Store in airtight container. Yields about 6 cups.

PEPPERONI PIZZA DIP

1 8 oz. cream cheese, softened
 1/2 c. sour cream
 1/8 tsp. dried oregano
 1/8 tsp. garlic powder
 1/8 tsp. cayenne pepper
 1/2 c. pizza sauce
 3/4 c. green pepper
 10 pepperoni slices, quartered
 1/4 c. sliced green onions
 1/2 c. shredded mozzarella cheese

In a mixing bowl, combine the first five ingredients. Spread into an ungreased 9 in pie plate or serving plate. Cover with pizza sauce; top with green pepper, pepperoni and onions. Bake at 350 degrees for 10 minutes. Sprinkle with cheese. Bake 5-8 minutes longer or until cheese is melted. Serve with bread rounds or breadsticks. Yields 8 - 10 servings.

CHILI CHEESE TIDBITS

3 can (4 oz. each) chopped green chilies, drained
 3 eggs, lightly beaten
 2 cups (8 oz.) shredded cheddar cheese

Spread chilies onto the bottom of a greased 8 inch square pan. Pour eggs over chilies; sprinkle with cheese. Bake, uncovered, at 350 degrees for 20-25 minutes or until cheese is melted. Cool slightly; cut into squares and serve on crackers. Yield 3 dozen

TACO CHILI

2 lbs. ground chuck
 1 medium onion, chopped

TACO SOUP



3 cans stewed tomatoes
 1 can RoTel tomatoes
 1 can pinto beans
 1 can Ranch Style beans
 1 can corn
 1 small can chopped green chilies
 1 package Hidden Valley Ranch Dressing
 1 package taco seasoning

Brown ground chuck. Mix all ingredients together. Bring to a boil then simmer 20 minutes. Serve on corn chips with cheddar cheese.

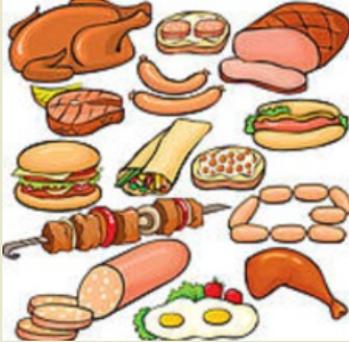
Recipe from Phyllis

2 lbs. ground beef
 2 envelopes taco seasoning mix
 tomatoes
 1 envelope Ranch Style Dressing mix
 2 cans pinto beans
 1 can whole kernel corn
 2 large onions, diced
 3 cans stewed
 1 can hominy
 2 cans Ro-tel tomatoes

Brown ground beef with onions. When done add taco seasoning and Ranch dressing mix. Move beef mixture to a large pot and add remaining ingredients. Bring to a boil then reduce heat and simmer. Serves 8 to 10 people.

Recipe from Freda

MEAT LOAF



1 lb. leanest ground beef (93/7)
 1 slice of sweet onion, chopped
 1 sleeve of round crackers, crushed
 1 egg
 1 cup ketchup
 3 shakes black pepper

Use your hand to mix all ingredients, except the ketchup. Shape into a loaf and place in pan. Put ketchup on top. Bake at 400 degrees for 45 minutes.

Recipe from Debbie

BAKED CHICKEN BREAST

Chicken breasts
 Italian Style Bread Crumbs
 1 package Hidden Valley Ranch Dressing
 Beaten eggs

Coat chicken breast with beaten egg. Mix bread crumbs with Ranch Dressing. Mix to your taste. Coat chicken breast with mixture. Put a little oil in a baking dish. Add chicken. Bake at 400 degrees for 30-45 minutes until cooked.

Recipe from Emily

SPINACH AND BACON QUICHE

6 large eggs, beaten
 1 1/2 cups heavy cream
 Salt and pepper
 2 cups chopped fresh baby spinach, packed
 1 lb. bacon, cooked and crumled
 1 1/2 cups shredded Swiss cheese
 1 9 inch pie crust fitted to 9 inch glass deep pie plate

Preheat oven to 375 degrees. Combine eggs, cream, salt and pepper in a food processor or blender. Blend well. Layer spinach, bacon, and cheese in bottom of the piecrust, then pour the egg mixture on top. Bake for 35 - 45 minutes until set.

Recipe from Lane

CHICKEN CASSEROLE

Cook a 4 lb. chicken or favorite pieces. Cool and debone. Set aside. In chicken broth - about 3 cups or more - add 1 cup celery (chopped), 1 cup green pepper (chopped), and 1 small onion (chopped). Simmer about 20 minutes.

Then add 8 oz. of spaghetti or noodles. Cook until tender. Add chicken and a 4 oz. can of mushrooms (opt.) and 1 can cream of mushroom (or cream of chicken) soup - undiluted.

Mix well and pour in a large 12 X 18 baking dish. Add 1 cup American or cheddar cheese to top and stir into casserole. Cool and refrigerate for 24 hours.

Sprinkle crushed potato chips on top before baking at 350 degrees for 45 minutes.

Recipe from Ethel

OVEN BAKED CHICKEN

1 Tbsp. margarine 2/3 cup Bisquick
 Reduced Fat baking mix

4 to 6 chicken tenders
 1 can crescent rolls
 1 can cream of chicken soup
 1/2 cup sour cream
 1/2 cup milk

Boil chicken tenders until done. Cool and tear into pieces. Unroll crescent rolls. Place chicken in rolls and roll up. Place in bottom of sprayed pan. Mix soup, sour cream, and milk together and pour over the crescent rolls (mixture will be thin). Bake in preheated oven at 350 degrees for about 45 minutes.

Recipe from Debbie

CHICKEN LITTLES

OVEN BAKED FISH FILLETS (Diabetic Recipe)

4 fish fillets
 2 Tbs. oil
 Black pepper
 1/3 cup cornflake crumbs

Wash and dry fillets and cut into serving pieces. Dip in oil and coat with cornflake crumbs. Spray baking dish with non-fat cooking spray. Arrange in a single layer in a baking dish. Bake at 475 degrees for 10 minutes without turning or basting. Makes four servings.

Recipe from Debbie

TACO BURGERS

2 1/2 to 3 1/2 lbs. chicken breasts 1 1/4
 tsp. salt 1/4 tsp. pepper
 1 1/2 tsp. paprika

Heat oven to 425 degrees. Melt margarine in 13X9X2 baking dish. Mix baking mix, paprika, salt and pepper, coat chicken. Place meaty side down in dish (dish and margarine should be hot). Bake 35 minutes, turn chicken. Bake about 15 minutes longer.

Recipe from Judy

1 lb. ground beef 1 16 oz. can of crushed tomatoes 1/2 tsp. garlic salt
 1 tsp. chili powder 1/4 tsp. dry mustard 1 tsp. sugar
 1 tsp. Worcestershire sauce 6 hamburger buns (split and toasted)
 2 cups shredded lettuce 1 cup shredded process American cheese

Brown beef in a skillet until crunchy and drain off fat. Add tomatoes, garlic salt, chili powder, dry mustard, Worcestershire sauce, and sugar. Stir well, breaking up large pieces of tomatoes. Bring to boiling; reduce heat and simmer 10 minutes. Spoon over toasted buns. Sprinkle with lettuce and cheese. Makes 6 servings.

Recipe from Shelby

ZUCCHINI CASSEROLE

1/2 cup butter
 2 cups crackers, crushed
 4 cups zucchini, shredded
 2 cups mozzarella, shredded
 1/4 cup onion, chopped
 2 eggs, beaten
 Salt and pepper to taste

Melt butter and add crumbs. Spread 1/2 of mixture in bottom of a 2 quart baking dish. In a large bowl mix together zucchini, cheese, onions, eggs, and salt/pepper. Spread on the crumbs. Top with remaining crumbs. Bake 30 minutes at 350 degrees.

Recipe from Shirley



CRUNCHY ROMAINE SALAD

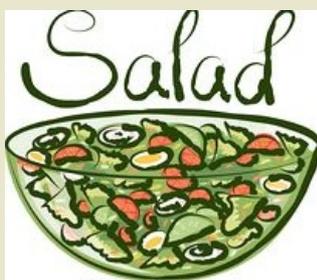
1 3 oz. package Ramen noodles 1 cup chopped pecans 1/2 stick butter
 1 head Romaine lettuce 4 green onions, chopped

Break noodles into small pieces, discarding flavor packet. Brown pecans and noodles in butter. Drain on paper towels. Cool. Combine lettuce, onions, pecans and noodles.

Dressing:

1 cup sugar 3/4 cup Canola oil 1/2 cup Red wine vinegar 1 Tbs. Soy sauce
 Combine all ingredients. Shake well until blended. Toss salad with one cup dressing to coat.

Recipe from Lane



CORN SALAD

2 (12 oz.) cans shoe peg corn, drained
 2 tomatoes, seeded, drained, and chopped, but not peeled
 1 bell pepper, seeded and chopped
 1 purple onion, chopped
 1 cucumber, peeled, seeded, and chopped
 1/2 cup sour cream
 4 Tbs. mayonnaise
 2 Tbs. white vinegar
 1/2 tsp. celery seed
 1/2 tsp. dry mustard
 1/2 tsp black pepper
 2 tsps. salt

Mix all vegetables. Combine sour cream, mayonnaise, vinegar, and seasonings. Pour over vegetables. Cover and refrigerate overnight. This recipe can easily be doubled.

Recipe from Shirley

BROCCOLI TORTELLINI SALAD

4 cups raw broccoli flowerets cut into bite sized pieces
 20 oz. package 3 cheese tortellini, fresh
 1/2 cup chopped red onion
 1/4 to 1/2 cup golden raisins
 5 slices bacon, cooked and crumbled
 Sunflower kernels

Dressing:

Mix all dressing ingredients together. Dressing can be made a day ahead and refrigerated overnight.

1/2 cup mayonnaise 3 Tbs. sugar
 1 Tbs. cider vinegar

Cook tortellini according to package directions. Drain and rinse with cold water. Mix tortellini, broccoli, and onion. Stir in dressing, mixing well. Just before serving, mix in bacon, raisins, and sunflower kernels.

Recipe from Lane

LUNCH LADY BROWNIES

1 cup butter 2 cups flour 4 eggs 1/2 cup cocoa powder 2 cups sugar 4 tsp. vanilla
 1 cup chopped nuts



Melt butter in microwave and put in mixer bowl. Add cocoa and mix together till smooth. Add flour and sugar. Beat together then add eggs, vanilla, and nuts. Do not overmix. Pour into greased, floured 9 X 13 baking pan. Bake 20-25 minutes at 350 degrees or until done. Wait 10 minutes then frost while warm.

Frosting for Brownies:

1/4 cup soft butter 1/4 cup cocoa powder 1/4 cup canned milk 3 cups powdered sugar Dash salt

Mix all together then frost brownies.

Recipe from Lane

FRESH APPLE CAKE

1 cup oil
 1 cup white sugar
 1 cup brown sugar
 2 eggs
 2 1/2 cups self-rising flour
 1 tsp. cinnamon
 1 tsp. cloves
 3 cups apples, diced
 1 cup walnuts, chopped

Preheat oven to 325 degrees. Combine oil, sugars, and eggs, stirring well. Mix in the flour and spices. Stir in apples and walnuts. Pour in a greased sheet pan or tube pan and bake 1 hour.

Recipe from Freda

APRICOT NECTAR CAKE

1 box yellow cake mix 3/4 cup oil
 3/4 cup apricot nectar 4 eggs
 2 tsp. lemon flavoring 1/4 tsp. salt

Mix all ingredients together. Bake at 350 degrees for 1 hour in tube pan.

GLAZE

:
 1/2 cup apricot nectar 1/2 cup powdered sugar

Mix and spread on cake.

Recipe from Shelby

NO-BAKE PEANUT BUTTER COOKIES

1 stick Oleo 1/2 cup milk 3 cups oatmeal
 3/4 cup peanut butter 2 cups sugar

Mix 1 stick oleo, 2 cups sugar, 1/2 cup milk. Bring to boil and cook 1 minute. Remove from heat. Add peanut butter and stir until creamy. Add oatmeal. Drop out by spoonful on wax paper.

For chocolate no bake cookies, just add 6 Tbsp. cocoa.

Recipe from Judy

BUTTER NUT CAKE

1 cup butter or Crisco
 2 cups sugar
 4 eggs
 1 cup sweet milk
 1 Tbsp. butternut flavoring
 2 1/2 cups plain flour

Mix all together. Bake in tube pan at 325 degrees for 1 hour.

Recipe from Shelby

CHOCOLATE ZUCCHINI BREAD

Mix together in a large bowl: 2 cups sugar, 1 cup oil, 3 eggs, 1 tsp. vanilla.
 Add 2 medium zucchinis, shredded to above mixture. Mix together in another bowl: 2 cups flour, 1 tsp. baking powder, 1 tsp. cinnamon, 1 tsp. salt, 1/3 cup cocoa.
 Add above flour mixture to the wet mixture. Mix well and add 3/4 cup chopped walnuts. Grease and flour 2 loaf pans. Bake 1 hour at 350 degrees.

Recipe from Janice