

Chocolate Chip Cookies

3/4 cup unsalted butter, softened

1/4 cup butter-flavored shortening (like Crisco)

1 cup lightly packed light brown sugar

1/2 cup granulated sugar

2 large eggs

1 1/2 tsp vanilla extract

3 cup plus 2 tbsp all-purpose flour

1 tsp baking soda

1/2 tsp salt

36 oz bittersweet or semisweet chocolate, coarsely chopped (or chips) The better the chocolate chips, the better the cookies will be! Toll House semi-sweet chocolate chips are the ones I usually use.

1. Preheat oven to 350 degrees.
2. Line two baking sheets with parchment paper.
3. In the bowl of an electric or stand mixer fitted with paddle attachment, cream the butter and shortening and both sugars until light and fluffy (five minutes).
4. Add the eggs one at a time, beating well and scraping down the sides of the bowl after each addition.
5. Beat in vanilla.
6. Sift the flour, baking soda, and salt together in a small bowl.
7. Add the dry ingredients to the butter-sugar mixture, mixing until just combined.
8. Fold in chocolate.
9. Using a cookie scoop, place the dough 2 inches apart on the parchment-lined cookie sheet.
10. Bake 12 minutes, or until the tops are golden brown. Note: I pull the cookies out of the oven as soon as I see any golden brown on the tops. The cookies will continue to cook while they're on the cookie sheet.
11. Cool the cookies on the cookie sheets for 5 minutes, then transfer to wire racks to cool completely.

-Emily Sobczak's Family Recipe-

Savory Spinach-Chicken Galette

9" pie crust, homemade or pre-made

2 c. cooked chicken (12oz.)

4 oz. cream cheese

6oz. fresh spinach, blanched, shock in cold H₂O, drain

1 garlic clove grated

1 egg

1/2 c. Monterey Jack cheese, grated (6oz)

1 c. Mozzarella, grated (4oz)

1/2 c. sliced black olives or artichokes

S & P to taste

1-2 T. olive oil & butter - melted

1 t. mixed herbs

} Brush crust
last 10 minutes

Blend cream cheese til light. Add egg and garlic. Combine til smooth. Stir in chicken spinach, cheeses, and olives until evenly coated. Season with S & P. Top pie crust with filling. Crimp edges. Bake 425° 15 min. Reduce to 375° continuing to bake 20-25 more minutes. Brush crust with herb oil last 10 minutes.

L. Hoffman



Italian Wedding Soup

This Italian Wedding Soup can be made on the Stove Top, Crock Pot, or the Instant Pot! Make it with homemade meatballs, or use frozen meatballs for an quick and easy dinner idea!

Course	Soup
Cuisine	Italian
Prep Time	20 minutes
Cook Time	25 minutes
Total Time	45 minutes
Servings	6
Calories	344 kcal
Author	Stephanie

Ingredients

1 Tablespoon Olive Oil

Meatballs

½ lb. ground beef 80% lean

½ lb. ground pork

1 egg beaten

1/2 cup Italian breadcrumbs [homemade is best](#)

¼ cup Parmesan Cheese finely grated into a powder

3 cloves garlic finely diced

1/3 cup fresh Parsley roughly chopped

Salt & Freshly Ground Pepper

Soup

1 ¼ cups carrots diced

1 ¼ cups yellow onion diced

¾ cup celery diced

8 cups [Chicken broth homemade is best](#)

2 teaspoons Italian seasoning

Salt/Pepper

¾ cup dry Acini De Pepe Pasta

8 oz. fresh Spinach

To Garnish

Fresh parsley roughly chopped

Freshly grated Parmesan cheese

Instructions

Stove Top Method

1. Gently **combine the meatball ingredients**, don't overwork the meat, we want tender meatballs.
2. Roll the meat into **1-inch balls**.
3. **Heat the olive oil** in a large soup pot or [dutch oven](#) over medium-high heat.
4. **Brown the meatballs** in batches for 2-3 minutes. The inside of the meatball will finish cooking in the soup.
5. Remove the meatballs and set aside.
6. Add the **onions, carrots, and celery** and sauté for 5 minutes, until softened.
7. Add the **garlic** and sauté 1 minute.
8. Add the **chicken broth, Italian seasoning**, and season with **salt and pepper** if desired.
9. Bring to a **boil**.
10. **Reduce the heat** to medium. Add the **meatballs and pasta**.

11. **Simmer for 10 minutes**, until the meatballs are cooked through.
12. Stir in the **spinach**.
13. Garnish with fresh **parsley** and **Parmesan cheese** and serve!

Crock Pot Method

1. Gently **combine the meatball ingredients**. Don't overwork the meat.
2. Roll the meat into **1-inch balls**.
3. [This Crock Pot](#) allows you to **brown the meatballs** on the stove top first. I recommend this as the brown bits left on the bottom of the pot transfer lots of flavor into the soup.
4. Add the **onions, carrots, celery, garlic, chicken broth, Italian seasoning**, and browned **meatballs**.
5. Cook on **high** for **4 hours** or **low** for **8 hours**.
6. Add the **acini de pepe** and cook on **low** for **30 minutes**.
7. Stir in the **Spinach**.
8. Top with **Parmesan cheese, fresh parsley**, and serve!

Instant Pot Method

1. Gently **combine the meatball ingredients**. Don't overwork the meat.
2. Roll the meat into **1-inch balls**.
3. Set the Instant Pot to **saute mode** and add the **olive oil**.
4. **Brown the meatballs** in batches for about 3 minutes, until all sides are brown.
5. **Remove the meatballs** from the pot and add the **onions, carrots, and celery**. Saute for 5 minutes, until softened.
6. Add the **garlic**, saute for 1 minute.
7. Add the **chicken broth**. Run a [silicone spatula](#) along the bottom of the pot to release the brown bits, his helps mitigate the burn indicator that we tend to see with Instant Pots.
8. Add the **Italian seasoning** and **meatballs**.
9. Close the lid and seal the valve. **Pressure Cook for 5 minutes**.
10. Flip the **quick release valve** and allow the steam to escape.
11. Add the **acini de pepe** and press the saute button. Cook for **9 minutes**.
12. Stir in the **spinach**, garnish with fresh **Parmesan** and **parsley**, and serve!

Recipe Notes

Orzo pasta can be used instead of Acini De Pepe Pasta as well.

Nutrition Facts	
Italian Wedding Soup	
Amount Per Serving	
Calories 344	Calories from Fat 171
% Daily Value*	
Fat 19g	29%
Saturated Fat 6g	38%
Cholesterol 81mg	27%
Sodium 1398mg	61%
Potassium 887mg	25%
Carbohydrates 25g	8%
Fiber 4g	17%
Sugar 4g	4%
Protein 20g	40%
Vitamin A 8126IU	163%
Vitamin C 38mg	46%
Calcium 126mg	13%
Iron 4mg	22%

Lemon Garlic Chicken and Orzo
5 servings

In dutch oven, saute over medium-high heat, then remove chicken:

2 tsp. olive oil
1 # boneless chicken, cut bit-sized
Salt, lemon pepper

Add oil and saute for one minute to soften:

1 tsp. oil
¼ c. chopped onion

Add and saute 1 min:

1 c. orzo
2 cloves garlic, minced

Pour in, mix well, and bring to a boil. Cover and simmer at medium low, additional 5 minutes:

2 ¼ c. low sodium chicken broth

Add and cook, five minutes:

1 cup of trimmed asparagus, sliced into 1 inch pieces

Add and cook, one minute, until wilted:

3 – 5 oz. spinach

Remove the lid. If any additional liquid remains, cook for an additional minute.

Add with chicken and stir well to combine:

zest and juice of 1 lemon
½ c. shredded parmesan

Garnish with lemon wedges and additional parmesan, if desired.

Kathy Donahue

Chicken Spinach Lasagna TOFU



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REVIEW

Author: Catalina Castravet

Serves: 8 servings

Prep time: 40 minutes

Cook time: 40 minutes

Total time: 1 hr 20 mins

Ingredients

- 5 tablespoons olive oil
- 1 onion (chopped)
- 1 garlic head (9-10 cloves, minced)
- 1 bell pepper (chopped)
- 2 cups baby bella mushrooms (sliced)
- 1 lb. ground ~~chicken~~ TOFU
- 1 tablespoon tomato paste
- 5 cups raw fresh spinach
- 16 oz mozzarella cheese (grated) *Vegan*
- ~~24~~ 24 oz marinara sauce
- 16 lasagna sheets
- salt and pepper

Instructions

1. In a large saucepan over high-medium heat, bring 2 gallons of water to a boil.
2. In the meantime, add 2 tablespoons of olive oil to large pan over medium heat.
3. Add the chopped onion, cook for 2-3 minutes until tender, stirring occasionally and add the minced garlic, cook for another 2 minutes.
4. Add the chopped bell pepper and mushrooms stir and cook for another 4-5 minutes. Add the tomato paste and ground chicken. Season with salt and pepper. Mix well to combine, and cook for about 5 minutes.
5. Once the chicken is almost cooked add the spinach and cook until the spinach has shrunk in size and is tender about 5 minutes. Turn off the heat.

6. In the meantime, the water must be boiling, add some salt and 2 tablespoons of oil and add the lasagna sheets. Cook based on box instructions, but usually, it takes 7-9 minutes for the sheets to cook. Transfer lasagna sheets to a colander, give them a bath in cold water and drain.
7. Preheat oven to 400F.
8. Start by greasing a 9x12 baking dish with the remaining 1 tablespoon of oil.
9. Lay 5 lasagna sheets on the bottom of the pan, top it with half of the chicken mixture, followed by 5 ounces of marinara sauce, and followed by 1½ cups of grated mozzarella cheese. Repeat this for the second layer of lasagna sheets -> chicken mixture -> marinara sauce -> cheese. Top with the final layer of 6 lasagna sheets (I also added on top the pieces from the trimmed sheets), cover with the remaining 5 ounces of marinara sauce and top with the remaining 1 cup of cheese.
10. You can place lasagna in the fridge for 24 hours, or you can bake it immediately for 30 - 40 minutes.
11. Let lasagna cool down 15-20 minutes before serving, as this will facilitate cutting it.
12. You can turn on the broil for the last 3-4 minutes of baking for a golden brown top, but watch it closely not to burn it.
13. Garnish with fresh herbs and serve. Enjoy!

0 Calories: **569** Carbohydrates: **50** Protein: **31** Fat: **27** Saturated
Fat: **10** Cholesterol: **93** Sodium: **704** Potassium: **896** Fiber: **3** Sugar: **6** Vitamin A: **2870** Vitamin
C: **29.5** Calcium: **333** Iron: **2.8**

Strawberry Spinach Salad

(Adapted from Potawatomi Inn Dining Room, Pokagon State Park, Indiana)

Serves: 6

Submitted by Carl Ruetz

Notes: Can add sliced, grilled chicken

10 oz Spinach, fresh, cleaned & dried

1 cup Mushrooms, sliced

1/2 cup Blue Cheese, crumbled

1/3 cup Bacon, crisp cooked, crumbled

2+ cups Strawberries, divided

1 Tbls Olive Oil

7 tsp White Balsamic Vinegar or White Wine Vinegar

1/8 tsp Black Pepper

1/4 tsp Salt

Vinaigrette

1. Puree **3/4 cup strawberries**
2. Add **vinegar, salt, and pepper**
3. Add **oil** (slowly) and blend/whisk to emulsify

Salad

1. Add first 4 ingredients to salad bowl, mix, and top with remaining strawberries (sliced).
2. Add vinaigrette, gently toss, and serve.

Peggy

Quinoa Spinach Salad

Salad

2/3 cup quinoa, rinsed
1 1/3 cup chicken broth
5 oz. (5 cups) fresh spinach
2/3 cup chopped cucumber
1/2 cup red pepper strips
1/3 cup chopped red onion
1/4 cup crumbled feta cheese
1 avocado, pitted and diced
1/2 cup cooked, diced chicken breast- optional

Dressing

1/4 cup olive oil
2 Tbsp. lemon juice
1 1/2 Tbsp. Dijon mustard
1/2 tsp. salt
1/4 tsp. pepper

Bring the quinoa and chicken broth to a boil. Reduce to low heat, cover and simmer until the quinoa is tender and the water has been absorbed, about 15-20 minutes. Cool.
Top spinach with quinoa, avocado, cucumber, red pepper, red onion and feta cheese.
Whisk together dressing ingredients. Pour over salad and serve immediately.

Bob Scarlett Cooking

Lemony Spinach Soup With Farro

By Melissa Clark

YIELD 6 servings

TIME 1 hour 10 minutes

Hearty enough to serve for dinner, but full of a salad's worth of vibrant dark-leafed greens, this soup is both satisfyingly and extremely verdant. Puréeing a little potato into the broth adds creaminess and body, while chile and lemon juice make it bright and spicy. If you don't have farro, you can leave it out, or substitute 2 cups of cooked rice (either brown or white). Farro adds a nice chewy texture and some heft to the bowl, but isn't strictly necessary.

INGREDIENTS

4 tablespoons unsalted butter or olive oil

2 leeks, white and light green parts, chopped

2 celery stalks, diced

3 garlic cloves, finely chopped

3 rosemary or thyme branches

2 bay leaves

1 pound potatoes, peeled and cut into 1-inch pieces (2 to 3 medium potatoes)

1 quart chicken or vegetable stock

1 ½ teaspoons fine sea salt, plus more as needed

½ teaspoon black pepper

1 cup farro

1 pound baby spinach (about 20 cups)

1 cup cilantro leaves and tender stems (or use dill)

1 cup parsley leaves and tender stems

Juice of 1/2 lemon, plus more for serving

Extra-virgin olive oil

Flaky sea salt

PREPARATION

Step 1

Melt the butter or heat the olive oil in the bottom of a large, heavy-bottomed pot over medium-high heat. Stir in the leeks and celery. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in the garlic, rosemary and bay leaves; cook 1 minute more. Stir in the potatoes, stock, 2 cups water, 1 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil; reduce heat to medium and simmer, partly covered, until vegetables are tender, 30 to 40 minutes.

Step 2

Meanwhile, bring a medium pot of salted water to a boil. Add farro and cook according to the timing on the package until just tender, about 20 to 30 minutes. Drain.

Step 3

Discard rosemary branches and bay leaves from the soup pot. Add spinach, cilantro and parsley, and simmer uncovered until very soft, 5 to 8 minutes. Using an immersion blender, purée soup until smooth. (Alternatively, you can purée the soup in batches in a blender or food processor.) If the soup is too thick, add a little water. If it's too thin, let it simmer uncovered for another few minutes to thicken. Stir in lemon juice and more salt to taste. Stir in farro.

Step 4

To serve, ladle the soup into bowls and top with a drizzle of olive oil, a few drops of lemon juice, flaky salt, red-pepper flakes and a little grated cheese, if desired.

PRIVATE NOTES

Cucumber, Tomato and Onion Salad

1 lg. English cucumber, cut up

3 Roma tomatoes cut up

3 green onions, cut up

Combine and add Italian lite salad dressing, mix, adding seasonings as to your taste.

A quick and easy salad to make.

Submitted by Dick and Marty Oakley

epicurious

Speedy Spinach Quiche

Bon Appétit | June 1991

by Fran Nadzam: El Toro, California

Serve this quickly prepared dish with a tossed green salad and chilled melon for a summer brunch or light supper.

Yield: Serves 6

ingredients

- 1 tablespoon butter
- 1 onion, chopped (*2-3 green onions) chopped*)
- 1 10-ounce package frozen chopped spinach, thawed, drained well (*use 1 1/2 c packed fresh spinach*)
- 1 sm. red, yellow and orange peppers, chopped*
- 1 9-inch refrigerated ready piecrust (1/2 box)
- 1 teaspoon all purpose flour
- 1/2 cup (about 2 ounces) grated Monterey Jack (*use 10g swiss cheese, shredded*)
- 1/2 cup (about 2 ounces) grated Parmesan
- 4 eggs
- 1/2 cup lowfat cottage cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon dried dillweed
- 3/4 c Canned chicken, shredded (1-12.5oz can drained and shredded)*

preparation

Melt butter in heavy medium skillet over medium-high heat. Add onion and sauté until translucent, about 8 minutes. Add spinach and stir until spinach is dry, about 3 minutes. Cool slightly.

Preheat oven to 375°F. Dust 1 side of crust with flour. Transfer to 9-inch-diameter quiche dish or pie pan, floured side down. Press into pan, sealing any cracks. Trim edges. Sprinkle both cheeses over bottom of crust. Top with spinach mixture. Beat eggs, cottage cheese, salt, pepper, nutmeg and dillweed in large bowl to blend. Pour over spinach. Bake until filling is set, about 50 minutes. Cool slightly. Cut into wedges and serve.

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Submitted by Marty and Dick Oakley

Cheese Ravioli w/ Spinach Basil Pesto

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Cheese Ravioli with Pesto  Click "Sign Up" then "Allow" for Notifications

Hands-on Time	Total Time	Serves	No Thanks	Sign Up
12 Mins	12 Mins	Serves 4		

By VANESSA PRUETT September 2011

COOKING LIGHT

Fresh herbs are premium ingredients that can easily break a budget. Stretch the pesto by adding a little fresh baby spinach.

Ingredients

1 (9-ounce) package fresh 3-cheese ravioli

1 1/3 cups fresh baby spinach

2/3 cup fresh basil leaves

1/2 teaspoon salt

1/4 teaspoon crushed red pepper

2 garlic cloves

2 tablespoons fat-free, lower-sodium chicken broth

2 tablespoons olive oil

1 tablespoon fresh lemon juice

1 plum tomato, diced

1/2 cup (2 ounces) shaved fresh Parmesan cheese

1/3 cup pine nuts, toasted

Fresh basil leaves (optional)

How to Make It

Step 1 Cook ravioli according to package directions; omit salt and fat. Drain.

Step 2 Combine spinach, basil, salt, red pepper, and garlic in a food processor. With processor running, add broth, olive oil, and lemon juice through chute until mixture is smooth.

Step 3 Combine ravioli, pesto, and tomato in medium saucepan over medium-high heat; cook 1 minute or until warm. Spoon 3/4 cup into each of 4 bowls; sprinkle each serving with 2 tablespoons cheese and about 4 teaspoons nuts. Garnish with basil leaves, if desired.

Step 4 Wine Match: This rich dish needs a crisp white to refresh the palate. Costamolino Vermentino di Sardegna 2010 (\$10) is zesty and refreshing with tropical fruit and an herbal edge to match the basil. --Jeffery Lindenmuth

Ask the Experts

Learn how to manage and prevent Metastatic Breast Cancer with this Video Health Guide, Sharecare

Cream Cheese and Raspberry Coffee Cake

Our New Cook Book has featured many cakes the past 75 years, but this rich, moist from the '80s creates a stir wherever it's served. Remember it when it's your turn to bring it to the office—"hands-on" time is just 15 minutes before you pop it the oven. That's hardly as long as it takes to stop at the store for donuts, so this is so much better!

Prep: 15 minutes **Bake:** 30 minutes
Cook: 30 minutes **Oven:** 350°F **Makes:** 24 servings

- 1 8-ounce package cream cheese or 1 1/2 cups fat cream cheese (Neufchâtel), soft
- 1 cup granulated sugar
- 1/2 cup butter, softened
- 1 3/4 cups all-purpose flour
- 2 eggs
- 1/4 cup milk
- 1/2 teaspoon vanilla
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup seedless raspberry preserves
- Sifted powdered sugar

1. Grease and flour a 13x9x2-inch baking pan; set aside.
2. In a large mixing bowl beat cream cheese, granulated sugar, and butter with an electric mixer on medium speed until combined. Add half of the flour, the eggs, milk, vanilla, baking powder, baking soda, and salt. Beat about 30 seconds or until well mixed. Beat in remaining flour on low speed until well mixed. Spread batter evenly in prepared baking pan. Spoon preserves in 8 to 10 portions on top of batter. With a butter knife swirl preserves into batter to marble.
3. Bake in a 350° oven for 30 to 35 minutes until a wooden toothpick inserted near the center comes out clean. Cool slightly in pan on a wire rack. Sift powdered sugar over top. Cut into squares; serve warm.

*Better Homes & Garden
Cookbook*

Lemon Garlic Chicken and Orzo

5 servings

In dutch oven, saute over medium-high heat, then remove chicken:

2 tsp. olive oil
1 # boneless chicken, cut bit-sized
Salt, lemon pepper

Add oil and saute for one minute to soften:

1 tsp. oil
¼ c. chopped onion

Add and saute 1 min:

1 c. orzo
2 cloves garlic, minced

Pour in, mix well, and bring to a boil. Cover and simmer at medium low, additional 5 minutes:

2 ¼ c. low sodium chicken broth

Add and cook, five minutes:

1 cup of trimmed asparagus, sliced into 1 inch pieces

Add and cook, one minute, until wilted:

3 – 5 oz. spinach

Remove the lid. If any additional liquid remains, cook for an additional minute.

Add with chicken and stir well to combine:

zest and juice of 1 lemon
½ c. shredded parmesan

Garnish with lemon wedges and additional parmesan, if desired.

Kathy Donahue

Bob
Scarlett

 **Cooking**

Lemony Spinach Soup With Farro

By Melissa Clark

YIELD 6 servings

TIME 1 hour 10 minutes

Hearty enough to serve for dinner, but full of a salad's worth of vibrant dark-leaved greens, this soup is both satisfyingly and extremely verdant. Puréeing a little potato into the broth adds creaminess and body, while chile and lemon juice make it bright and spicy. If you don't have farro, you can leave it out, or substitute 2 cups of cooked rice (either brown or white). Farro adds a nice chewy texture and some heft to the bowl, but isn't strictly necessary.

INGREDIENTS

4 tablespoons unsalted butter or olive oil

2 leeks, white and light green parts, chopped

2 celery stalks, diced

3 garlic cloves, finely chopped

3 rosemary or thyme branches

2 bay leaves

1 pound potatoes, peeled and cut into 1-inch pieces (2 to 3 medium potatoes)

1 quart chicken or vegetable stock

1 ½ teaspoons fine sea salt, plus more as needed

½ teaspoon black pepper

1 cup farro

1 pound baby spinach (about 20 cups)

1 cup cilantro leaves and tender stems (or use dill)

1 cup parsley leaves and tender stems

Juice of 1/2 lemon, plus more for serving

Extra-virgin olive oil

Flaky sea salt

PREPARATION

Step 1

Melt the butter or heat the olive oil in the bottom of a large, heavy-bottomed pot over medium-high heat. Stir in the leeks and celery. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in the garlic, rosemary and bay leaves; cook 1 minute more. Stir in the potatoes, stock, 2 cups water, 1 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil; reduce heat to medium and simmer, partly covered, until vegetables are tender, 30 to 40 minutes.

Step 2

Meanwhile, bring a medium pot of salted water to a boil. Add farro and cook according to the timing on the package until just tender, about 20 to 30 minutes. Drain.

Step 3

Discard rosemary branches and bay leaves from the soup pot. Add spinach, cilantro and parsley, and simmer uncovered until very soft, 5 to 8 minutes. Using an immersion blender, purée soup until smooth. (Alternatively, you can purée the soup in batches in a blender or food processor.) If the soup is too thick, add a little water. If it's too thin, let it simmer uncovered for another few minutes to thicken. Stir in lemon juice and more salt to taste. Stir in farro.

Step 4

To serve, ladle the soup into bowls and top with a drizzle of olive oil, a few drops of lemon juice, flaky salt, red-pepper flakes and a little grated cheese, if desired.

PRIVATE NOTES