

Fool's Gold Family Recipes



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Appetizers

Cold Veggie Ranch Pizza

Ingredients

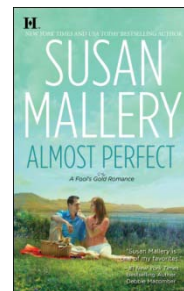
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|-----------|---------------------|--------|--------------------------------|
| 2 Cans | Crescent roll dough | 4 Cups | Vegetables, chopped fine |
| 1 Pint | Sour cream | 2 Cups | Cheddar cheese, shredded |
| 1 Package | Ranch mix | 1 Can | Sliced black olives (optional) |

Procedure

- 1 Flatten the crescent rolls in a single layer in an ungreased 13x9-inch pan. Cook at 350 until golden brown, 10-12 minutes. Cool. Meanwhile, mix the ranch dip with the sour cream. When the crust is cool, spread the ranch dip over it. Top with vegetables, cheese, and olives, if desired.

Contributed by

Contributed by: Michele Banfield
Source: Almost Perfect, Fool's Gold Book 2



Guacamole

The flavor of the guacamole depends almost entirely on the avocados being at peak ripeness. Make a muscle in your non-dominant arm and then press into it with your fingers. Unless you're in really good shape, that's about how the avocado should feel. You don't want an avocado that feels hollow, and you don't want one that feels too hard.

Ingredients

2	Ripe avocados, preferably Haas	1 Tbsp	Fresh cilantro, chopped
2 Tbsp	Onions, pressed through a garlic press	½	Tomato, diced
1 tsp	Ground cumin	½	Jalapeno chiles, stemmed, seeded and finely diced
1	Garlic clove, pressed through a garlic press		

Procedure

- 1 Don't make the guacamole until just before you're going to serve it because it will discolor quickly. Remove the avocados from their skin, and discard the skin and pit. Add the rest of the ingredients except the cilantro, tomato, and jalapeno. Mash everything together with a fork until mixed well. Stir in the remaining ingredients. Serve with tortilla chips.

Contributed by

Contributed by: Nina Martinez

Source: FINDING PERFECT, Fool's Gold book three



Jalapenos Poppers

Ingredients

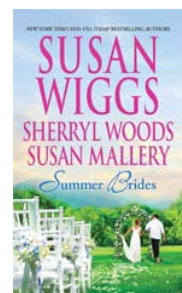
8 oz	Cream cheese, softened	12	Jalapenos, sliced in half and seeded
8 oz	Cheddar or Monterrey Jack cheese, shredded	1/2 Cup	Bread crumbs
1/2 tsp	Garlic salt		Chili powder

Procedure

- 1 Mix together the cheeses and the garlic salt. Fill pepper halves with cheese mixture, then roll in bread crumbs. Sprinkle with chili powder.
- 2 Bake 20 minutes for hot, 40 minutes for mild.

Contributed by

Contributed by: Tully
Source: Summer Brides, Fool's Gold Anthology



Quick & Easy Nachos

Ingredients

3 Cups	Tortilla chips, whole	1	Tomato, diced
2 Cups	Cheddar cheese, shredded	1	Avocado, chopped
1 Can	Black beans, drained and rinsed		Salsa, if desired
4	Green Onions (scallions), sliced		Ranch dressing, if desired
2 Cups	Lettuce, shredded for serving		

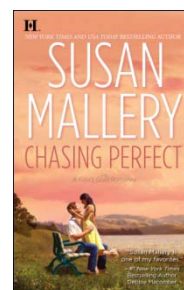
Procedure

- 1 Spread the chips on a plate and top with black beans and cheddar cheese. Microwave just until cheese is melted. Top with other ingredients.

Contributed by

Contributed by: Josh Golden

Source: Chasing Perfect, Fool's Gold Book 1



Stuffed Mushrooms

Maybe the easiest and most delicious appetizers you'll ever make. You don't have to make the whole package of mushrooms. You can make just a couple of mushrooms at a time.

Ingredients

8 oz	White mushrooms, whole	2 Tbsp	Onion, minced
2	Tbsp Butter	¼ cup	Bread crumbs
1	clove Garlic, minced	2 Tbsp	Parmesan cheese, grated



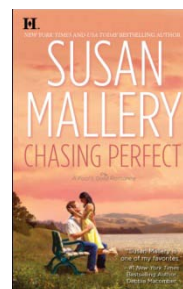
Procedure

- 1 Preheat the oven to 400°. Twist off the stem of each mushroom and place the mushroom cap on a lightly greased pan with plenty of space between each. Chop the stems finely. Melt butter over low/medium heat and saute the chopped stems, onions, and garlic. Mix with remaining ingredients and stuff each cap, packing as tightly as you can. Bake for about 20 minutes.

Contributed by

Contributed by: Charity Jones

Source: CHASING PERFECT, Fool's Gold Book 1



Breads

Oatmeal Rolls

Ingredients

5	cups	Oatmeal, cooked and cooled to room temperature	2/3	cups	Brown sugar, packed
			2	Tbsp	Sugar
			1	Tbsp	Salt
6	Tbsp	Butter, melted	9	cups	All purpose-flour, plus up to 1 cup more
2	Packages	Active dry yeast			
2/3	cups	Water (110° to 115°)			



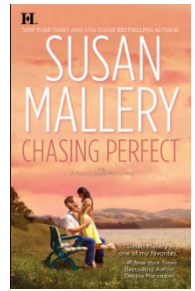
Procedure

- 1 Mix the melted butter with the cooked oatmeal and set aside.
- 2 Make sure the water is between 110° and 115°, warm but not too hot, and then sprinkle the yeast on top of it. After a couple of minutes, stir to dissolve the yeast.
- 3 If using a mixer: Place the dry ingredients in the bowl of a stand mixture and mix on low speed for about a minute. Add the oatmeal and the yeast. Beat on low/medium speed for one minute, scraping sides of the bowl from time to time, Change the beater hook for a dough hook. Knead on medium speed, adding flour as needed so the dough pulls away from the sides of the bowl. Knead until the dough is smooth and elastic, about 5 minutes. Turn onto a lightly floured surface and knead by hand a couple times more.
- 4 If kneading by hand: Mix the dry ingredients together, then add the oatmeal and yeast and mix until well combined. Turn onto a lightly floured surface and knead by hand about 8 minutes until smooth and elastic, adding flour as needed to keep dough from being sticky.
- 5 Put dough in a greased bowl at least twice as large as the dough, then flip over so the dough is oiled on top. Cover with plastic wrap and allow dough to rise for one hour.
- 6 Punch down the dough and divide into 36 balls. (Four large sections. Three small sections, and three balls out of each of those.) Place 18 balls into each of 2 lightly greased 13x9-inch pans. Cover each pan loosely with a very slightly damp lightweight towel. Allow to rise for 45 minutes more.
- 7 Preheat the oven to 350°. Bake the rolls, uncovered, until puffy and golden brown, 20-25 minutes.

Contributed by

Contributed by: Martha Tilson

Source: CHASING PERFECT, Fool's Gold book one



Puffy Potato Rolls

Ingredients

1	Baking potato	¼ cup	Warm water (about 110°)
¾ cup	Milk	1 Tbsp	Active dry yeast (1 package)
3 Tbsp	Shortening	1	Egg, slightly beaten
2 Tbsp	Sugar	4 cups	Flour
2 tsp	Salt	2 Tbsp	Butter, melted

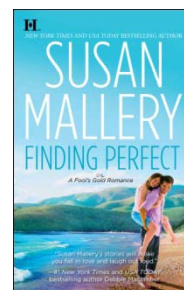
Procedure

- 1 Peel the potato, cut into chunks, and boil until soft. Mash without adding anything, then set aside and allow it to cool to lukewarm.
- 2 While the potato is cooking, mix the milk, shortening, sugar, and salt in a heavy-bottomed pan. Heat over low/medium heat just until milk begins to bubble at the edges, stirring constantly. Remove from heat and allow mixture to cool to lukewarm.
- 3 Warm a mixing bowl under hot, running water. (Don't get the bowl too hot, just warm.) Put ¼ cup of warm water in the bowl and sprinkle the yeast on top. Let it sit for a few minutes, then stir to dissolve the yeast. Add the potato, milk mixture, egg, and two cups of flour. Beat well with an electric mixer. Add the remaining flour. If you have a dough hook and a heavy duty mixer, you can continue mixing with a beater. Otherwise, you'll need to put some muscle into it and mix by hand.
- 4 Knead by hand on a lightly floured surface until smooth and elastic (or knead in the mixer with a dough hook, also until smooth and elastic.) Place in a greased bowl, flipping the dough over so the whole ball is greased. Cover and refrigerate overnight. Punch down and knead lightly for one minute. Roll the dough into 2 dozen balls and place into two round cake plates, a dozen each. Brush with butter, cover, and allow to rise in warm, draft-free place until almost doubled, about half an hour. Bake at 400° until golden brown on top, about 15 minutes.

Contributed by

Contributed by: Betty Higgins

Source: FINDING PERFECT, Fool's Gold book 3



Soups & Salads

Cucumber Salad for Two

Can be served immediately, but it's tastier if you can let the cucumbers marinate for an hour or so, or even overnight.

Ingredients

1	Cucumber, sliced thin	½	tsp	Soy sauce	
4	Very thin slices of sweet onions	½	tsp	Sugar or Splenda	
¼	cup	Rice vinegar	1/8	tsp	Black pepper
1	Tbsp	Water			



Procedure

- 1 Slice the cucumbers and onions very thin and layer in two small bowls. Mix the remaining ingredients and pour over the vegetables. Stir to coat well.

Contributed by

Contributed by: Pia O'Brian

Source: FINDING PERFECT, Fool's Gold book 3



Curry Chicken Salad

Dogs love the water drained from canned chicken and tuna!

Ingredients

1 Tbsp	Yogurt or sour cream	4 cups	Lettuce
2 Tbsp	Mayonnaise	¼ cup	Sugar snap peas, cut in half or thirds
1 tsp	Curry powder		
1 can (13 oz)	White chicken, in water or two cooked chicken breasts, shredded	2	Green onions (scallions), sliced
		1 cup	Red grapes, halved
		¼ cup	Pecans or cashews, chopped

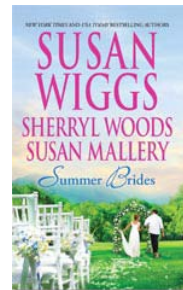


Procedure

- 1 In a bowl, mix together the yogurt, mayonnaise, and curry powder. Add the chicken and mix well.
- 2 Line four plates with a bed of lettuce, torn into bite-size pieces. Add a scoop of chicken mixture to each plate. (I use an ice cream scoop). Toss on the remaining ingredients artfully.

Contributed by

Contributed by: Katie McCormick
Source: SUMMER BRIDES, anthology



Egg Drop Soup

Almost as easy as eating raw eggs, but more palatable.

Ingredients

2 cups	Chicken broth	1	Egg, beaten
1 Tbsp	Soy sauce		Pepper to taste
¼ cup	Green onions (scallions), sliced		



Procedure

1 Slice the scallions and reserve the tops. In a heavy-bottomed pan, heat the chicken broth, soy sauce, and remaining scallions to boiling. While stirring, pour in the beaten egg. Put in bowls and toss on the reserved scallion tops. Eat.

Contributed by

Contributed by: Raoul Moreno

Source: FINDING PERFECT, Fool's Gold book 3



Garden Vegetable Soup

Ingredients

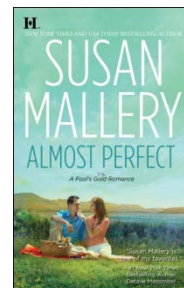
1	Onion, chopped	1	Zucchini, thinly sliced
2	Carrots, sliced	1	Summer squash, thinly sliced
2	Tbsp Olive oil	1	Cup Cabbage, sliced
1/2	cup Rice, uncooked	1	Red bell pepper, sliced
8	cups Chicken broth	4	Red potatoes, quartered
1	Tbsp Dried basil	1	Can Corn, undrained
1/8	tsp Pepper	1	Can Garbanzo beans

Procedure

- 1 Saute the onions, carrots, and rice in oil for two minutes until onions are translucent.
- 2 Add chicken broth, basil, and pepper. Bring to a boil, lower heat, cover, and simmer for 15 minutes.
- 3 Add the rest of the ingredients. Add more broth, if desired. Return to a boil, lower heat, cover, and simmer for 15 more minutes.

Contributed by

Contributed by: Denise Hendrix
Source: ALMOST PERFECT, Fool's Gold book 2



Quick & Easy Creamy Chicken Ranch Soup

If you don't like cauliflower or broccoli, feel free to substitute about six cups of your favorite vegetables. Potatoes, carrots, corn, celery, peas, red peppers... this is a very versatile soup. Adjust the boiling time depending on what vegetables you use.

Ingredients

1	Rotisserie chicken, fully cooked	6 Cups	Chicken broth
1	Head of cauliflower, chopped	2 Cups	Heavy (whipping) cream
1	Head of broccoli, chopped	1 Package	Hidden Valley Ranch dip mix
1	Large onion, chopped		



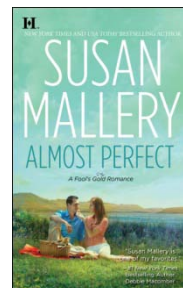
Procedure

- 1 Discard the skin and tear the chicken from the bone. Put the chicken, vegetables, and broth in a large pot and raise to a boil. Cover, lower heat, and simmer for 10 minutes. Stir in cream and ranch mix, and heat over low heat for 10 minutes longer.

Contributed by

Contributed by: Nora Powers

Source: ALMOST PERFECT, Fool's Gold book two



Two-Bean Chili

The leftovers are even better than the first night.

Ingredients

1	lb	Ground beef	½	tsp	Red pepper flakes
1		Onion, chopped	2	cans	Dark red kidney beans, undrained
3		Cloves garlic, minced	2	cans	Black beans, undrained
2-3	Tbsp	Chili powder	1	large can	Crushed tomatoes
2	tsp	Cumin	1	tsp	Salt



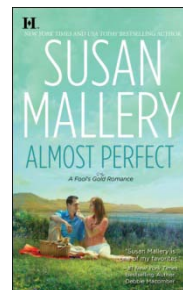
Procedure

- 1 Brown the ground beef with the onions and garlic in a large, heavy-bottomed pot. (Don't use a cast iron pot because the acid in the tomato will make the chili taste metallic.) Drain. Return to heat. Add chili powder, cumin, and red pepper flakes and stir well. Keep stirring over heat until spices become fragrant. Add beans and tomatoes. Stir well. Cover the pot.
- 2 If you have all day, lower the heat to simmer or put the pot in the oven (if it's ovenproof) at 200 and let the flavors meld. Or put it in a slow cooker on low heat. If you're in a hurry, you can raise the pot to a light boil and eat in as few as 15 minutes.

Contributed by

Contributed by: Roy Sutton

Source: ALMOST PERFECT, Fool's Gold book 2



Main Dishes

Chicken and Ham Lasagna

A delicious twist on an old family tradition

Ingredients

8 oz	Lasagna noodles	1 Cup	Parmesan cheese, grated and divided
2 Cups	Chicken broth	8 oz	Mushrooms, sliced
1 Cup	Milk	8 oz	Asparagus spears, cut into one-inch pieces
¼ Cup	Butter	1 ½ Cups	Cooked chicken breast, cubed
1/3 Cup	Flour	1 ½ Cups	Cooked ham, cubed
¼ Cup	Onion, minced	½ Cup	Mozzarella cheese shredded
1	garlic clove, minced		

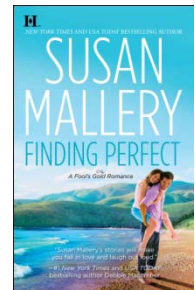
Procedure

- 1 Cook the noodles according to package directions. While they're cooking, mix together the broth and milk and set aside. Melt the butter in a heavy-bottomed saucepan over medium-low heat. Sauté onion and garlic until onion is translucent. Sprinkle flour over the mixture, and stir to coat. Add a little bit of the milk/broth mixture at a time and stir well, continuing to heat. Once the gravy is made, add half a cup of the parmesan cheese and all of the mushrooms and stir well. Turn heat to very low, just to keep warm, and stir occasionally as you work.
- 2 Lightly grease a 13 x 9-inch pan and preheat the oven to 350°. Layer the lasagna with noodles on the bottom, then chicken, ham, asparagus, and mozzarella cheese. Add half of the sauce over this layer, then repeat with another layer of all of the ingredients and of sauce. Top with the remaining half-cup of parmesan cheese. At this point, the lasagna may be refrigerated.
- 3 Bake uncovered until the lasagna is bubbly and the cheese is turning golden, about 35 minutes (45-55 minutes if refrigerated). Remove from the oven and allow to rest for 10-15 minutes before you cut into it.

Contributed by

Contributed by: Bella Gionni

Source: FINDING PERFECT, Fool's Gold book three



Chicken with Mushrooms and White Wine

Serve the meal with the wine you use to cook it for a failproof pairing.

Ingredients

4	Boneless skinless chicken breasts	8 oz	Mushrooms, sliced
		½ cup	White wine
2	Tbsp Olive oil	1 tsp	Worcestershire sauce
¼	cup Onions, diced		Salt and pepper to taste
1	Garlic clove, minced		

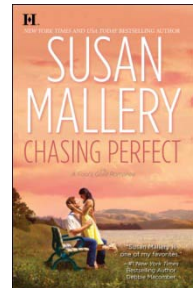


Procedure

- 1 Bake or steam the chicken breasts until the internal temperature reaches 165.
- 2 About 10 minutes before the chicken breasts are done cooking, heat a non-stick sauté pan over medium-low heat. Add oil and warm, but do not let it smoke. Add onions and garlic and sauté until onions are translucent, about 30 seconds. Add mushrooms and lower heat. Sauté until mushrooms are soft, stirring frequently so they don't burn, about two minutes.
- 3 Add Worcestershire sauce and your favorite white wine. I like a Sauvignon Blanc from Fool's Gold Vineyards. Raise the heat slightly and bring to a simmer, stirring occasionally. Lower the heat and allow the mushroom mixture to simmer while the chicken finishes cooking. Put one piece of chicken on each plate and cover with mushroom sauce.

Contributed by

Contributed by: Jo Trellis, owner of Jo's Bar
Source: CHASING PERFECT, Fool's Gold book 1



Citrus-Grilled Steaks

Serve with new potatoes and a side salad.

Ingredients

4	Rib-eye steaks, 6 oz each	½ tsp	Lime zest, finely grated
2	garlic clove, crushed	½ tsp	Lemon zest, finely grated
1	Tbsp Olive oil	1 tsp	black pepper freshly ground
½ tsp	Orange zest, finely grated	1 tsp	Garlic salt

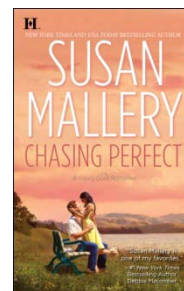
Procedure

- 1 Run a fork in rows along both sides of the steaks, to score. Mix together the remaining ingredients into a paste and spread over every surface of the meat. Cover and refrigerate for 15 minutes to two hours. Remove from the refrigerator and allow to sit at room temperature while you preheat the grill to high heat.
- 2 Sear the meat on each side over high heat for two minutes. Then cook over indirect heat until done, about ten to twelve minutes more. (Cut into the steak to see how pink it is.)

Contributed by

Contributed by: Marsha Tilson

Source: CHASING PERFECT, Fool's Gold book one



Creamy Shrimp Scampi

Ingredients

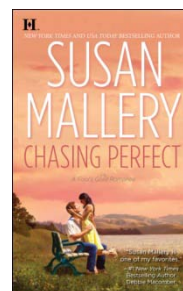
- 1 Box Frozen shrimp scampi
1 Jar Alfredo sauce
- 1/2 Box Fettuccine, uncooked

Procedure

- 1 Start the pasta boiling. When it's about six minutes away from being done, heat a nonstick saute pan over medium-high heat. Add the frozen shrimp and cook for one minute. Flip each shrimp over and cook for one more minute. Add Alfredo sauce to the pan, reduce heat, and simmer until the noodles are done.

Contributed by

Contributed by: Alice Barns, chief of police
Source: CHASING PERFECT, Fool's Gold book 1



Grilled Pork Ribs

Ingredients

- | | | | | | |
|-----|------|--------------------------------------|---|-----|-------------------|
| 1 | rack | Pork ribs, preferably baby back ribs | 1 | tsp | Red pepper flakes |
| | | | 1 | tsp | Black pepper |
| 4-6 | cups | Cold water | | | |
| ¼ | cup | Salt | | | |

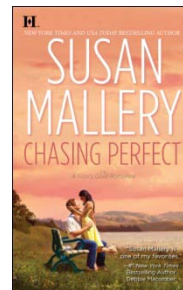


Procedure

- 1 Mix the water and salt in a large bowl until the salt has dissolved. Remove the thin membrane from the back of the ribs, if desired. (It's worth the effort unless you're in a rush.) Put the rack of ribs in the brine and make sure they're completely covered. Refrigerate for two hours or more, up to 24 hours.
- 2 Preheat the grill. Drain the ribs, pat dry with a paper towel, and allow to rest for about ten minutes to dry out a little more. Sprinkle with both peppers. Do not add salt. Since the ribs have been brined, they will already taste quite salty.
- 3 When the grill is nice and hot, place the ribs directly over the flames and sear for about 5-7 minutes. Then flip over so the bones are down and turn off the heat on that side of the grill. (If you're using charcoal, just push the charcoal to the other side so the ribs are over indirect heat.) Grill over indirect heat until the ribs reach 160° when the thermometer doesn't touch bone, about 30 minutes. Remove from the grill. (Start checking the temperature after 25 minutes so you don't overcook them.) Allow the ribs to rest for about five minutes. They will continue cooking after you've taken them off the grill. Cut ribs apart.

Contributed by

Contributed by: Nevada Hendrix
Source: CHASING PERFECT, Fool's Gold book 1



Ham with Honey Horseradish Glaze

When you're feeding six hungry kids, this ham is just the ticket.

Ingredients

1	Spiral-sliced ham, about 8 pounds	$\frac{3}{4}$ cup	Brown sugar
		$\frac{1}{3}$ cup	Horseradish
$\frac{1}{4}$ cup	Honey	2	Tbsp Lemon juice
$\frac{1}{4}$ tsp	Whole cloves		



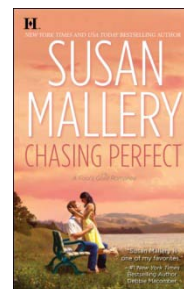
Procedure

- 1 Warm the honey in the microwave. Add cloves and brush mixture all over the ham. Place the ham cut-side down in a pan lined with aluminum foil.
- 2 Bake at 325° for an hour-and-a-half, basting every 20 minutes.
- 3 Mix the sugar, horseradish, and lemon juice together. Brush all over the ham. Bake for another 30 minutes.

Contributed by

Contributed by: Denise Hendrix

Source: CHASING PERFECT, Fool's Gold book 1



Mamma's Lasagna

My sister is always messing with our family traditions, but nothing beats Mamma's lasagna

Ingredients

8 oz	Lasagna noodles	½ Cup	Red wine from Fool's Gold Vineyard
½ lb	Ground beef	½ tsp	Salt
½ lb	Italian sausage, removed from the casing	¼ tsp	Pepper
1	Small onion, chopped	1 Tbsp	Oregano, dried
2	garlic cloves, chopped	1 tsp	Basil, dried
1 Tbsp	Olive oil	16 oz	Cottage cheese
1	Garlic clove, minced	1 Cup	Parmesan cheese, grated
¼ Cup	onion, finely diced	1	egg, lightly beaten
8 oz	Mushrooms, chopped	2 Cups	fresh spinach leaves, trimmed and torn
1 28-oz can	Crushed tomatoes	1 lb	Mozzarella Cheese, shredded
1 28-oz can	Whole tomatoes		

Procedure

- 1 Cook the noodles according to package directions. Meanwhile, heat a large sauté pan over medium-low heat, then add the meat, onions, and garlic. Sauté until meat is just brown (don't overcook because the meat will continue cooking in the oven.) Put the meat in a colander and rinse once with cold water just to get rid of a layer of grease. Drain well.
- 2 For the sauce: Return the same pan to medium-low heat. Add the olive oil, then sauté the mushroom, onion and garlic until you begin to smell the garlic cooking. Add both cans of tomatoes and the spices. Heat to boiling, then lower the heat and simmer. Add the meat back into the sauce, pour in the red wine, and continue to heat. If you have time, simmer this sauce for an hour or so before assembling the lasagna. It's not necessary, but it does make the flavors richer.
- 3 For the cheese layer: Mix together cottage cheese, egg, spinach, and half of the mozzarella cheese.
- 4 Putting it all together: Preheat the oven to 375°. Spread about half a cup of sauce on the bottom of a 13x9-inch pan. Layer noodles, then cheese mixture, then sauce, and repeat. Sprinkle the rest of the mozzarella cheese across the top. Bake until bubbly and the cheese begins to brown, about 35-45 minutes. Let the lasagna rest for about ten minutes before cutting into it.

Contributed by

Contributed by: Julia Gionni

Source: FINDING PERFECT, Fool's Gold book three



Oven-Baked Chimichangas

Delicioso!!!

Ingredients

1 Package	Flour tortillas, burrito size	1	Jalapeno pepper, seeded and minced
2 Cups	Supermarket rotisserie chicken, shredded	1 16-oz can	Refried beans
1 can (6 oz)	Green chilies, diced (mild, medium, or hot to taste)	1 Tbsp	Chili powder
		1 tsp	Cumin
1 Cup	Monterey Jack or Cheddar cheese	2	Large tomatoes, seeded and chopped
2 Tbsp	Olive oil, plus more for brushing on the chimichangas	¼ Cup	Fresh cilantro, chopped
1	small onion, finely chopped		
1	garlic clove, minced		

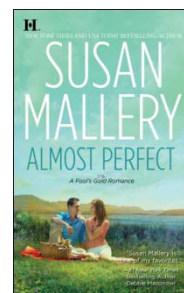
Procedure

- 1 Mix together the chicken, green chilies, and shredded cheese. If you want to up the nutritional quotient, you can add a cup of fresh spinach leaves, chopped. Set aside.
- 2 In a large sauté pan, heat the olive oil over medium heat. Add the onions, garlic, and jalapeno and cook until the onions are translucent. Mix in the refried beans, spices, and tomatoes and remove from heat.
- 3 Preheat oven to 450°. Lightly grease a 13x9-inch pan. Put a spoonful of bean mixture on a tortilla, then a spoonful of chicken mixture. Fold up two opposite edges, then fold in the other two edges to make an envelope. Place seam side down in the greased pan. Repeat with the remaining tortillas and filling. If necessary, grease another pan so that each chimichanga has air around it on all sides. Brush with oil.
- 4 Bake 20-25 minutes until golden brown and crisp, turning halfway through. Serve with sour cream, salsa, and guacamole, if desired.

Contributed by

Contributed by: Melody Anders

Source: ALMOST PERFECT, Fool's Gold book two



Slow Cooker Pot Roast

Ingredients

3 Lbs	Beef top round roast	1	Large onion cut in chunks
4	Potatoes, cut into large chunks	1 Package	Onion soup mix
1 Bag	Baby carrots	1 Cup	Red wine from Fool's Gold vineyard
2 Stalks	Celery, cut into large chunks		Salt and pepper to taste

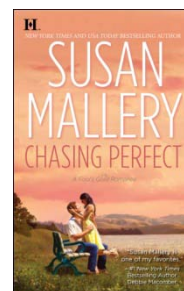
Procedure

- 1 Place the beef roast in the slow cooker, and toss the vegetables on top of and around it. Mix together the onion soup mix and the wine, and then pour over the meat and vegetables. Cook on low for 8-10 hours.

Contributed by

Contributed by: Jo Trellis

Source: CHASING PERFECT, Fool's Gold book one



Slow Cooker Swedish Meatballs

Delicious over wide egg noodles or mashed potatoes.

Ingredients

½ Cup	Bread crumbs	3	Cloves garlic, minced
½ Cup	Buttermilk	½ tsp	Worcestershire sauce
1	small onion, minced	2-4 Tbs	Flour
1 lb	Ground beef	1 Cup	Beef broth
1/3 lb	Ground pork	8 oz	Sour cream
1	Egg, lightly beaten		

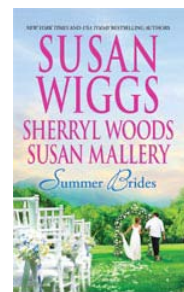
Procedure

- 1 Mix together the bread crumbs and the buttermilk and allow to sit for 5 minutes. Put all of the remaining ingredients (except the sour cream) in a bowl, add the moist breadcrumbs, and mix well with your hands. Form into one-inch meatballs.
- 2 Brown the meatballs on all sides in a skillet. Once brown, put into a slow cooker that is not turned on yet.
- 3 Make a gravy by thickening the meatball drippings with flour over low heat, then adding beef broth a little at a time, stirring well. Heat to simmering, stirring constantly. Pour the thickened gravy over the meatballs. Cook in the slow cooker on low heat for 4-6 hours. About an hour before serving, add the sour cream and stir well.

Contributed by

Contributed by: Janis McCormick

Source: SUMMER BRIDES, a Fool's Gold anthology



Vegetables & Sides

Almond Zucchini Sticks

Ingredients

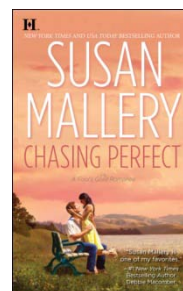
4 Zucchini, cut into matchsticks
1 Tbsp Peanut oil
1/2 Cup Sliced almonds

Procedure

1 Cut the zucchini into matchsticks about two inches long. Warm the oil in a nonstick saucepan over medium heat. Toss the almonds into the oil and saute for about 30 seconds, until you begin to smell the roasting almonds. Toss in the zucchini and cook for one minute.

Contributed by

Contributed by: Eddie Carberry
Source: CHASING PERFECT, Fool's Gold book 1



Always Perfect Corn on the Cob

My mom taught me this trick, and it never fails

Ingredients

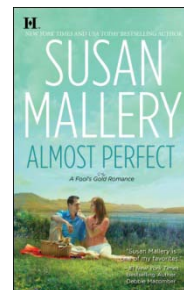
Water	1 tsp	Lemon juice
1 tsp Sugar	4	Ears of corn, husks and silk removed

Procedure

- 1 Shuck the corn and rinse off any remaining strands of silk. Place in a large pot and add enough water so that the corn is floating at least an inch off the bottom. Add sugar and lemon juice to the water and stir well. Put the pan over a high flame and heat to boiling. As soon as the water is at a full boil, remove the pan from the heat, cover, and let it sit for 25 minutes.

Contributed by

Contributed by: Michelle Banfield
Source: ALMOST PERFECT, Fool's Gold book two



Arabic Rice Pilaf

Ingredients

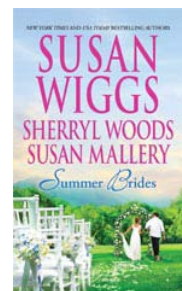
2	Tbsp	Olive oil	1/2	Cup	Raisins
1		Onion, chopped	1/2	tsp	Cardamom, ground (optional)
1	Cup	White rice, uncooked	1/2	tsp	Turmeric
1/2	Cup	Cashews, unsalted	1/2	tsp	Thyme, dried
2	Cups	Chicken broth	6		Whole cloves

Procedure

- 1 Heat the olive oil over medium heat. Saute the onions and rice until the rice begins to brown. Add the rest of the ingredients. Bring to a boil, cover, reduce heat, and simmer for 20 minutes.

Contributed by

Contributed by: Mike McCormick
Source: SUMMER BRIDES, anthology



Cheesy Cauliflower

Great recipe for low-carb diets

Ingredients

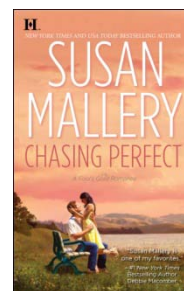
1	Head of cauliflower	1 Cup	Cheddar cheese, grated
1 Cup	Heavy cream	1 Tbsp	Mustard (preferably whole grain)

Procedure

1 Cut the cauliflower into florets and steam until they're crisp-tender. Meanwhile, heat the cream over medium-low heat in a small sauce pan until bubbles begin to form at the edges. Whisk in the cheese and mustard. Pour over the cauliflower.

Contributed by

Contributed by: Dakota Hendrix
Source: CHASING PERFECT, Fool's Gold book one



Grilled Jack Eggplant

I'm not much of a cook, unless there's a grill involved.

Ingredients

- | | | | | |
|---|------------------------------|--------------|--------------|-----------------------------------|
| 1 | Eggplant, sliced ½-inch thin | ¼ tsp | Black pepper | |
| 1 | tsp | Onion powder | 2 tsp | Olive oil |
| 1 | tsp | Ground cumin | 4 oz | Monterey Jack cheese, sliced thin |



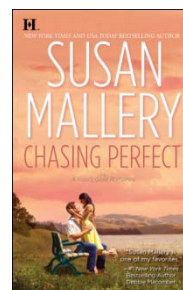
Procedure

- 1 Preheat the grill to high. Slice the eggplant, then spread out the slices in a colander. Sprinkle generously with kosher salt. (Regular salt will work if you don't have kosher salt.) Allow to sit for at least ten minutes. The salt will draw beads of moisture out of the eggplant.
- 2 With a paper towel, wipe the salt and moisture off the eggplant slices.
- 3 Mix the onion powder, cumin, pepper, and olive oil. Brush a little on each side of the eggplant slices. Grill over high heat for 5-7 minutes, then flip over and grill on the other side for 5 minutes. Put one slice of cheese on each piece of eggplant and grill until the cheese has melted.

Contributed by

Contributed by: Josh Golden

Source: CHASING Perfect, Fool's Gold book one



Summer Squash Sauté

A very colorful side dish

Ingredients

2	Zucchini thinly sliced	1	Garlic clove, chopped
2	Yellow squash, thinly sliced	½ Cup	Tomato, diced
1	Tbsp		Olive oil

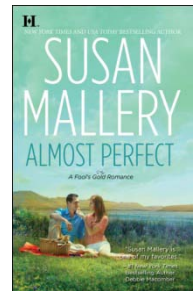
Procedure

1 Heat olive oil in a large sauté pan over medium heat. Add the squash and garlic. Cook until squash is crisp-tender. Add the tomato, turn off the heat, and cover the pan. Allow to sit for five minutes. Add salt and pepper to taste.

Contributed by

Contributed by: Liz Sutton

Source: ALMOST PERFECT, Fool's Gold book two



Twice-Baked Potatoes

These could be a meal in themselves!

Ingredients

2	Large baking potatoes	$\frac{3}{4}$ Cup	Cheddar cheese, shredded
4	Green onions with tops, sliced		Salt, pepper, and paprika for dusting
8 oz	Sour cream		

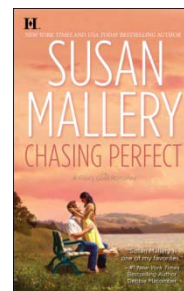
Procedure

- 1 Scrub the potatoes well and pierce a few times with a fork. Bake until soft (in the oven at 350° for about an hour, or in the microwave for 10-15 minutes total, checking every couple of minutes.) Cut in half and allow to cool.
- 2 Carefully scoop the potato out of the peel, leaving about an eighth-inch layer of potato to help the peel hold its shape. Mash the potato and stir in the remaining ingredients. Mound back into the shells, tamping it in. Dust with salt, pepper, and paprika, then bake at 375° until heated through, about 25 minutes. (Don't microwave at this step, as the potatoes will be mushy and misshapen.)

Contributed by

Contributed by: Desiree Townes

Source: CHASING PERFECT, Fool's Gold book one



Sweets

Candy Cane Cookies

These are so fun! They look like candy canes but taste like sugar cookies.

Ingredients

2 cups	Butter, softened	2 tsp	Vanilla
2 cups	Powdered sugar	5 cups	Flour
2	Eggs	2 tsp	Salt
1 Tbsp	Almond extract		

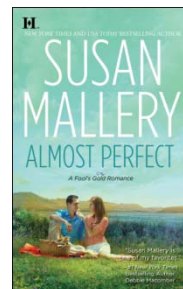
Procedure

- 1 Cream the butter and sugar until fluffy. Add the eggs, almond extract, and vanilla. Beat well. Mix in the flour and salt.
- 2 Divide the dough into two equal parts. Add one drop at a time of red food coloring to half the dough until you like the color.
- 3 Roll a tablespoon of white dough between your palms into a 6-inch long rope. Set aside. Roll a tablespoon of red dough to the same size. Twist the two ropes together and shape into a candy cane. Place on an ungreased cookie sheet and bake for 9 minutes at 375.

Contributed by

Contributed by: Melody Strand

Source: ALMOST PERFECT, Fool's Gold book 2



Chocolate Shop Cookies

Ingredients

1 cup	Flour	1/2 tsp	Baking soda
1 cup	Oats (regular, not quick cooking)	1/2 tsp	Baking powder
1/2 cup	Plain M&Ms	1/2 cup	Butter, softened
1/2 cup	Peanut M&Ms	1/2 cup	Light brown sugar, packed
1/2 cup	Reese's Pieces	1/2 cup	Granulated sugar
1/2 cup	Chocolate-covered raisins	1	Egg
1/2 tsp	Salt		

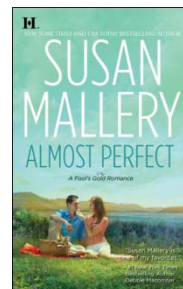
Procedure

- 1 Stir together the flour, oats, candy, baking soda and powder. In another bowl, cream the butter and sugar, then beat in the egg.
- 2 Add the wet ingredients to the dry ingredients and stir just until combined. Don't overmix. Drop by quarter-cupful onto greased cookie sheets, with plenty of space in between. Flatten with a fork.
- 3 Bake at 350 for about 11 minutes, until the edges are golden brown. Remove the cookies from the oven but leave them on the cookie sheets for a few minutes.

Contributed by

Contributed by: Claudia Egger

Source: ALMOST PERFECT, Fool's Gold book 2



Chocolate Toffee Cookies

Ingredients

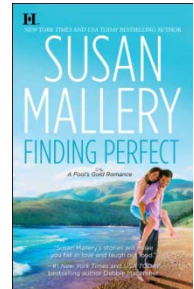
1/2 cup	Butter, softened	1/2 cup	Unsweetened cocoa
1 cup	Sugar, plus one tablespoon	1/2 tsp	Baking powder
1	Large egg	1/4 tsp	Salt
1 Tbsp	Rum	7	Heath bars, crushed
1 tsp	Vanilla	1/2 can	Almonds, chopped
1 cup	Flour		

Procedure

- 1 Beat the softened butter and sugar until fluffy. Add the egg, rum, and vanilla and beat well. Mix in flour, cocoa, baking soda, and salt. Fold in crushed Heath bars and the nuts.
- 2 Grease two baking sheets or line them with parchment paper. Form the dough into tablespoon-sized cookies. Bake at 350 about 11 minutes. Cookies will still be soft ...and delicious!

Contributed by

Contributed by: Cecilia Galloway
Source: FINDING PERFECT, Fool's Gold book 3



Crunchy Snowballs

Ingredients

- | | | | |
|--------|-------------------------------------|-------|-------------------------|
| 1 Bag | Marshmallows | 1 cup | Butter |
| 2 Bags | Soft caramel candies, 8 ounces each | 1 Box | Rice Krispies 10 ounces |
| 1 can | Sweetened condensed milk | | |

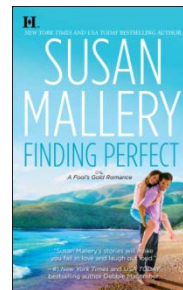


Procedure

- 1 Cut the marshmallows in half, stick each one with a toothpick, place on a cookie sheet lined with wax paper, and freeze.
- 2 Melt the caramel, butter, and milk in a heavy-bottomed pan over low heat, stirring constantly. Pour the Rice Krispies in a large bowl.
- 3 Dip each marshmallow into the caramel mixture, dip into the Rice Krispies, and return to the wax paper-lined cookie sheet. Refrigerate.

Contributed by

Contributed by: Pia O'Brian
Source: FINDING PERFECT, Fool's Gold book 3



Easy Peanut Clusters

These are the easiest, most delicious candies you'll ever make. Takes 5 minutes, really.

Ingredients

1 Bag Chocolate chips 1 can Salted peanuts
¼ cup Peanut butter

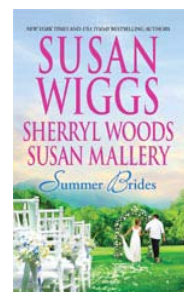


Procedure

1 Line a cookie sheet with waxed paper. Melt the chocolate and peanut butter together in the microwave, stirring every 30 seconds. When the chocolate is melted, stir in all of the peanuts. Drop by spoonful onto the waxed paper. Refrigerate. That's it, really. You're done.

Contributed by

Contributed by: Courtney McCormick
Source: SUMMER BRIDES, anthology



Ho, Ho, Ho! Ho-Hos

These are soft and squishy and taste just like Ho Hos.

Ingredients

½ cup	Butter, softened	½ tsp	Salt
¾ cup	Sugar	½ tsp	Baking soda
1	Egg	18	Large marshmallows
¼ cup	Milk	2 Tbsp	Butter, softened
1 tsp	Vanilla	2 cups	Confectioner's sugar
1 ¾ cup	Flour		Dash Salt
½ cup	Baking cocoa	3-4 Tbsp	Milk



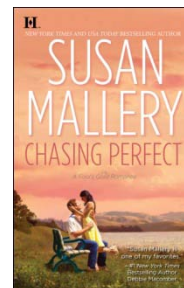
Procedure

- 1 Preheat the oven to 350°. Cut marshmallows in half and set aside.
- 2 Cream together butter and sugar until light and fluffy. Add egg, milk, and vanilla and mix well.
- 3 Mix together the dry ingredients. Add gradually to the butter mixture.
- 4 Drop by tablespoons onto 4 ungreased baking sheets. Bake for 8 minutes. Press a marshmallow half onto each cookie, cut side down. Return to the oven and bake for 2 more minutes. Cool on wire racks for 2 minutes, then press gently on each marshmallow with the back of a spoon.
- 5 Frosting:
- 6 Beat the butter, confectioner's sugar, cocoa and salt until smooth. Add milk one tablespoon at a time and mix well. When frosting is spreadable, stop adding milk. Frost the cookies after they're completely cool. Allow frosting to harden slightly before covering with plastic wrap.

Contributed by

Contributed by: Bella Gionni

Source: CHASING PERFECT, Fool's Gold book 1



Magic Wands

This is a super easy treat, and it looks great on a plate of Christmas cookies.

Ingredients

- 1 Bag Pretzel sticks
 - 1 Package White bark
- Red or green sugar sprinkles, or both

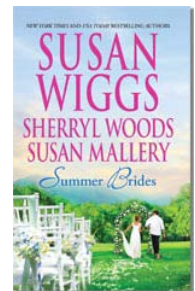


Procedure

- 1 Line a baking sheet with waxed paper. In a small microwavable mug, melt 3-4 cubes of white bark coating in the microwave. (At medium power, cook for 15-30 seconds at a time, stirring. Careful not to cook too long, or the coating will burn.)
- 2 Dip each pretzel stick into melted coating and place on the waxed paper. While the coating is still melted, add sprinkles. Allow to dry.

Contributed by

Contributed by: Katie McCormick
Source: SUMMER BRIDES, anthology



Peanut Butter Cups

To save time, make peanut butter squares instead. Press peanut butter mixture into the bottom of a greased 8x8 inch pan and then top with melted chocolate. Chill and cut into squares.

Ingredients

1 cup	Graham cracker crumbs	1 cup	Peanut butter, divided
1/2 cup	Butter	1 cup	Chocolate chips, divided
2 cups	Powdered sugar		

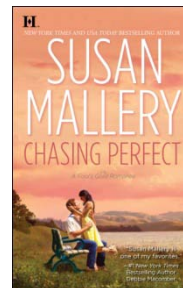
Procedure

- 1 Melt the butter and combine everything except the chocolate, using only 2/3 cups of peanut butter. (A food processor is the easiest way to make the graham cracker crumbs, and then you can add everything to the same food processor to combine it.)
- 2 Put foil mini muffin cups into mini muffin pan. Form the peanut butter mixture into coins to fit the muffin tins with a little room on every side. Set aside.
- 3 Melt half a cup of chocolate chips with half the remaining peanut butter in a double boiler or in the microwave (careful not to burn the chocolate) and spread chocolate on the bottom of each muffin tin. Put the muffin tin in the fridge for 5-10 minutes, until chocolate is almost set. Place one peanut butter coin in each muffin tin. Melt the remaining chocolate and peanut butter and spread over the peanut butter coins. Refrigerate until set.

Contributed by

Contributed by: Eddie Carberry

Source: CHASING PERFECT, Fool's Gold book 1



Turtles

Ingredients

1 cup Pecan halves	1/4 cup Whipping cream
1 cup Chewy caramel candy	1 Package Milk chocolate chips

Procedure

- 1 Lightly grease two cookie sheets. Place three pecan halves end to end, forming a little triangle. Repeat with all the pecans.
- 2 Place the caramels and whipping cream in a heavy-bottomed pan and melt over low heat, stirring constantly. Remove from heat and cool for one minute. Drop by teaspoonful onto the pecan triangles. Cool until caramel is set.
- 3 Melt the chocolate chips in another heavy-bottomed pan over low heat, stirring constantly. Cover the caramel with melted chocolate. Cool. (Seriously... these are really cool!)

Contributed by

Contributed by: Tiffany Hatcher

Source: CHASING PERFECT, Fool's Gold book 1

