



Main Dishes



Kirsten's Family Sour Cream Potato

Ingredients: you need a potato, butter, and sour cream.

Directions: bake potato in microwave for 7 to 10 minutes, then when there soft take a spoon and scoop out the middle of the potato and put it in a bowl, then mix it with butter and sour cream then put it but in the potato and you're done.

Special notes: after 7 to 10 minutes take out to see if its soft if its not put it back in for 3 or 5 minutes

Robert's Mom's Chicken Parmesan

Ingredients: 4 boneless chicken breast, 4 slices of mozzarella, 1 jar of spaghetti sauce, 1 ½ cups of Italian bread, 1 egg mix with milk

Directions: drag the chicken thru egg and milk. Dab chicken thru bread crumbs. Brown in frying pan with oil. Place brown chicken on cooking sheet. Top with spaghetti sauce. Top with cheese slice. Bake at 350°. Cook for approximately 20-25 min. Serve over noodles.

Steven's Mom's Home-Style Macaroni and Cheese

Ingredients:(200-g) uncooked elbow macaroni. (50mL) butter or margarine. (45mL all- purpose flour. (500mL) milk. (250-g) pkg. cream cheese softened (2mL) salt. (2mL) pepper.

Directions: Heat oven to 400°f (200°c) cook macaroni according to pkg. directions ; drain. Meanwhile, in 3 quart saucepan melt ¼ c butter; stir in flour. Cook over med. Heat, stirring occasionally, until smooth and bubbly (1 min). Stir in mil, cream cheese, salt, pepper and mustard. Continue cooking, stirring occasionally, until sauce is thickened (3 to 4 min.). Stir in macaroni and cheese. Pour into 2 qt. casserole. In small bowl stir together remaining ingredients; sprinkle over macaroni and cheese. Bake for 15 to 20 min. until golden brown and heated through.

Bryce's Mom's Omelets

Ingredients: 2-3 eggs, ¼ cup chopped ham, ¼ cup canned mushrooms, drained, ¼ cup of cheese, salt

Directions: Mist a medium nonstick skillet with olive oil spray. Set over medium heat. In a small bowl, whisk the eggs until the eggs bubble lightly. Pour eggs into the pan. Cook. Add ham, cheese, and mushrooms. Cover and cook until done. Fold the omelet in half. Put on plate.

Special notes: I like to eat them on good days.

Shannon's Mom's Meat Loaf

Ingredients: ½ pound ground beef, ½ dry bread crumbs, 1 egg, 1 cup of milk, 1small onion chopped (onion), 1 tablespoon Worcestershire sauce, 1 teaspoon salt, ½ teaspoon dry mustard, ¼ teaspoon pepper, 1/8 teaspoon garlic powder, 1/3 ketchup, 1 tablespoon brown sugar, 1tablespoon Worcestershire sauce, 1 tablespoon mustard.

Directions: Bake uncovered in 350° oven until done, 1- 1 ¼ hours.

Special notes: mix all ingredients except the last four. Spread mixture into loaf pan. Mix remaining four ingredients in separate bowl and spoon over top.

Tim's Mom's Homemade Bread Pizza

Ingredients: Mozzarella Cheese, Bread, Pepperoni, Pizza Sauce

Directions: Preheat oven to 350°, cover bread with pizza sauce, and cheese, and put 1 or 2 pepperonis on it. Put it in the pre-heated oven for 'bout 9 to 10 min.

Special notes: Awesome dinner!

Drew's Mom's Chicken Dip

Ingredients: 4 ½ Chicken Breast with bone 1PKg. cream cheese (soften) 2 cans of green chopped chilies (drained) 12cz of shredded cheddar cheese 1 cup sour cream 1 cup mayo serve with nacho chips

Directions: oven 350° ½ hour Boil chicken until meat falls off the bone. Let it cool. Remove chicken from bone. Shred chicken into smaller bite size. Mix together Mayo. Sour cream. Cream cheese and chilies (drained) add chicken Bake in a 13x9 pan or casserole dish for 30 Min. Or until it turns golden.

Joe's Grandma's Chunk Roast

Ingredients: put in baking dish, sprinkle with garlic powder and seasoned salt, 1 small onion, 1 green pepper, cut up onion and green pepper and add water on top of the roast, 1 ½ cup of water, one beef boullion, cover dish and bake at 350 degrees for 3 hours.

Directions: cover dish and bake at 375° for 3 hours.

Special notes: sometimes we make on days she comes over

Geena's Step Mom's Spaghetti

Ingredients: 1 pound hamburger, 1pound spaghetti noodles, 2 jars spaghetti sauce, 2 cans mushrooms, chopped green pepper (1c.) 1c. chopped onion or to taste.

Directions: Brown ground beef with onions, green pepper and mushrooms. Drain. Boil Spaghetti according to box instructions. Drain. Combine Spaghetti and beef mixture in a large bowl.

Special notes: Serve with Garlic Toast and Parmesan Cheese. Yum-o

Hannah's Mother's and Grandpa's Macaroni n' Cheese

Ingredients: 1 Small can of Tomato Soup. 8 Ounces of elbow noodles. 8 ounces of Cheddar Cheese.

Directions: Boil noodles until done. Drain. Add cheese and tomato soup. Stir. Then, enjoy.

Katelyn's Mom's Egg Casserole

Ingredients: 2 pkg. cres. Rolls, 1 3 oz can Fr. Fried onions, 8 oz Ham (diced), 1 cup Colby- Jack cheese, 2 beaten eggs, 1 6 oz can evaporated milk, ½ tsp. dry mustard, ½ tsp. parsley flakes (optional), ¼ tsp. salt

Directions: Preheat oven to 350°, unroll rolls & press onto bottom & sides of baking dish, sprinkle half of onions and all of ham in bottom of pan, top with cheese, mix eggs, milk, mustard, parsley, and ¼ tsp. salt, pour over cheese, bake at 350° for 20 minutes, top with remaining onions for last 5 minutes.

Danielle's Mom's Twice Baked Ziti

Ingredients: 1 pound ground beef, 1 pound ziti noodles, 2 jars of your favorite spaghetti sauce, Romano, Asiago, and parmesan cheese

Directions: Cook ground beef, drain grease – add spaghetti sauce, cook noodles – mix together, put in pan, cover with cheese and bake 20 – 25 minutes at 350°

Special notes: This is my favorite kind of food my mom has ever made

Hannah's Mom's Chicken and Broccoli Dumplings

Ingredients: 1/2 chicken breast, about 1/2 a bushel broccoli, one 8 oz can of cream of mushroom soup, biscuit dough cut into small triangles

Directions: mix all ingredients except the dough triangles and pour them into a 13 by 9 inch pan, put the triangles on top of the chicken, broccoli, and soup. Cook for about

Special notes: this is an awesome dish if you don't have a plan for dinner.

Hanna's Mom's Macaroni

Ingredients: 1 lb. macaroni, 8 oz Velveeta cheese, 16 oz of cheddar, 2 cups milk, 2 tbs butter, flour
Directions: boil it for 7 minutes then drain the noodles then get a different pan and add your milk then add your flour until it thickens now add Velveeta cheese add your cheddar let it melt then mix it with your noodles with your cheese.

Special notes: This is no ordinary mac and cheese its are special home made macaroni.

Abigail's Mom's Chicken & Spinach Stromboli

Ingredients: Dough: 1 cup warm water, 1 ½ tsp. yeast, 1tsp. salt, 2 tblsp. Sugar, Let rise – then add 2 2/3 cups bread flour, Mix well let rise until doubles, Cut dough in half; Roll out to ¼ “ thick. Inside of Stromboli, Rub on minced garlic, Shredded mozzarella/provolone cheese, Grilled chicken with any type of seasoning you like, Sautéed red onions, Crumbled bacon, Blanched spinach.

Directions: Put in as many of these items as you like, fold dough over and pinch edges together, Cut 2 air holes in top of dough to let out steam while cooking. Bake at 350° for 20 minutes,(may take longer depending on your oven)- Dough should be a golden brown.

Special notes: My favorite dish on my birthday because it's so good.

Grace's Dad's French Toast Casserole/Oven Baked French Toast

Ingredients: 1 loaf French bread, 6 eggs, 1 ½ cups milk, 4 T, granulated sugar, divided, 1 t vanilla, 1/8 t salt, Ground cinnamon (optional), Powdered sugar, 1 lb strawberries, stemmed and sliced (about 3 cups), ½ t lemon zest, 1 t lemon juice

Directions: Using kitchen spritzer, spray 9”x 13”baker with vegetable oil. Using serrated bread knife cut bread into 1” thick slices (10-16 slices); arrange closely in single layer in prepared baker. In classic 2-qt batter bowl, beat eggs with 10” whisk. Whisk in milk, 3 T the granulated sugar, vanilla and salt; pour over bread. Cover and refrigerate at least 1 hr or overnight. Preheat oven to 400 degrees F. Sprinkle bread with cinnamon, if like. Bake, uncovered, 30 in. or until golden brown. Remove from oven; sprinkle with powdered sugar using flour/sugar shaker. Slice strawberries with egg slicer plus; place in Classic 2 qt. Batter Bowl. Add lemon zest, juice and the remaining 1 T granulated sugar; mix lightly. Serve over warm French Toast. Yield: 8 servings

Special notes: People really love it! You can prepare it the night before, and put it in the oven for 30 min. before you eat this delicious meal! You may put some strawberries in it for a great taste.

Krista's Mom's Tuna Noodle Casserole

Ingredients: 1 can Campbell's cream of mushroom soup, ½ cup milk, 1 cup frozen peas [optional], 2 cans [small] tuna drained and flaked, handful of shredded cheese [mild or sharp], 2 cups hot cooked medium egg noodles, 1pk Ritz crackers [crushed], ½ stick butter [melted]

Directions: Mix soup, milk, peas [optional], cheese tuna and noodles in 1 ½ qt. casserole. Bake at 400 f for 20 min. or until hot. Stir. Mix Ritz crackers with melted butter and sprinkle on top bake another 5-10 min. serves 4.

Special notes: This recipe is very tasty and yummy it's also good for if you have 4 people at your house!

Deja's Mother's Baked Potato

Ingredients: 1 slice of cheese, 1 spoon of sour cream, a little salt and, a little pepper

Directions: clean the pans then you wash the potatoes and then you heat the oven to about 350° and you put the aluminum foil on the potatoes then you put a little cut through all of them then bake it for about 15 minutes. Then check on it then put it back in there if it's not cooked for about 10 minutes.

Special notes: it's good for when you have company over for dinner. and if you would like to add more add little slices of chicken.

Ty's Mom's Linguini with Shrimp

Ingredients: 1 box linguini (whole wheat preferred), $\frac{3}{4}$ a stick of butter, 6 tablespoons olive oil, 3 tablespoons minced garlic, 2 lbs large shrimp (precooked peeled and thawed preferred), 3 lemons, $\frac{1}{4}$ teaspoon of hot pepper flakes $\frac{3}{4}$ cup of fresh parley, chopped, salt and pepper, parmesan if desired.

Directions: in a large bowl, toss thawed with 1 tablespoon olive oil, salt, pepper, hot pepper flakes and juice from 1 lemon. Leave aside for $\frac{1}{2}$ hour. Cook linguini according to box directions. Meanwhile in a large skillet, melt the butter with the olive oil on medium low heat. Add garlic, sauté for 1 minute being careful not to burn. Add drained shrimp and more salt and pepper. If desired sauté shrimp about 3-4 minutes stirring often. Remove from heat, add parsley, lemon zest, juice from lemon, lemon slices from $\frac{1}{2}$ lemon and more red pepper flakes. Stir to combine. When pasta is done, drain and then place back in pot. Immediately add shrimp and sauce. Toss well and serve with grated parmesan.

Keith's Dad's Special Venison Burgers

Ingredients: 2lb. ground venison, $\frac{3}{4}$ c. finely chopped onion

Directions: Shape venison into patties. Fry or grill until done to your likeness. Serve on a bun with your favorite condiments.

Dylan's Grandma's Coco Wheats

Ingredients: 3 table spoons coco wheat's, 1 cup water, 8 tea spoons salt, 1 microwave able bowl, butter, 1 table spoon sugar, 2 table spoons evaporated milk, brown sugar, chocolate chips, milk.

Directions: Cook on high 1 minute. Cook 1-2 minutes more. Mix every 3 seconds until it reaches thickness. Stir, stir, stir.

Arianna's Parents' Scalloped Potatoes

Ingredients: potatoes, onions, ham, cheese, salt, pepper, milk, flour

Directions: slice potatoes, onions, ham, and cheese to a tray. Add salt, pepper and milk and one table spoon of flour. Cover and bake at 300 degrees.

Elizabeth's Grandma's and Mom's Chicken Divan

Ingredients: 1lb. fresh broccoli, cut into spears OR 1 pkg. (about 10 oz.) frozen broccoli spears, cooked and drained, 1 $\frac{1}{2}$ cups cubed cooked chicken OR turkey 1 can Campbell's Condensed Broccoli Soup OR 98% Fat Free Broccoli Cheese Soup $\frac{1}{3}$ cup milk, $\frac{1}{2}$ cup shredded cheddar cheese (optional) 2 tbsp. dry bread crumbs, 1 tbsp. butter OR margarine, melted

Directions: Arrange broccoli and chicken in 9" pie plate or 2 qt. shallow baking dish

Mix soup and milk and pour over all

Sprinkle with cheese. Mix bread crumbs with butter and sprinkle on top.

Bake at 400° F for 25 min. or until hot.

TIP substitute one can of (10 $\frac{3}{4}$ oz.) Campbell's Cream of Chicken Or 98% Fat Free Cream of Soup
1 $\frac{1}{2}$ cups cubed cooked chicken, in medium saucepan over medium heat, in 4 cups boiling water, cook $\frac{3}{4}$ lb. skinless, boneless chicken breasts (cubed) 5 min. or until chicken is no longer pink.

Broil about 1 min. to lightly brown topping.

Special notes: This is a recipe my grandma passed down to my mom and me.

Theron's Mom's Lasagna

Ingredients: 1lb of buger, 1 jar of spaghetti sauce, 1 can of mushrooms, 1 box of noodles 1 bag of mozzarella cheese, and 1 bag of cheddar cheese

Directions: boil noodles till soft, fry the pound of burger drain, drain noodles, layer noodles in a 9by13 dish. Put on sauce, burger, mushrooms+cheese repeat three times bake at 350 degrees for 30 mins

Ellen's Mom's Crumb Chicken

Ingredients: ¾ cups of cheez-its (or a little more), ½ cup grated parmesan cheese, T basil, 1/3 cup milk, 4 boneless skinned chicken breasts

Directions: Crush cheez-its, mix in bowl with parmesan cheese and basil. Dip chicken breasts, one at a time, into milk. Then roll in cheez-it mix. Place in shallow baking dish. Cover breasts with remaining cheez-it mix. Bake in 375° oven for 35 minutes, uncover last 10 minutes.

Special notes: Can also be made with Ritz

Julian's Grandpa's Saucy Squirrel

Ingredients: 1 squirrel cut up, flour, salt and pepper, oil, onion-sliced, cloves of garlic, 1 can cream of mushroom soup.

Directions: coat squirrel with flour seasoned with salt and pepper. Brown in oiled skillet. Place in foil-lined baking dish. Add onion, garlic, salt and pepper to taste. Blend soup with a small amount of water: pour over squirrel. Seal foil tightly. Bake at 325° for 2 hours. May substitute rabbit for squirrel.

Special notes: If your kids ask what it is, tell them it is baby chicken.

Aaron's Mom's Meat Loaf

Ingredients: 1 ½ lb. ground beef ¾ cup rolled oats (uncooked) ¼ cup chopped onions ¾ cup milk, sauce: ½ cup catsup 3 tbsp. mustard 4 tbsp. brown sugar 1 ½ tsp. salt ¼ tsp. pepper 1 egg beaten

Directions: Heat oven to 350. °For meatloaf combine all ingredients. Combine all ingredients for sauce and pour ½ in to meat loaf. Mix thoroughly. Pack firmly in to loaf pan. Bake for about 45 minutes. Pour remaining sauce over meatloaf. Bake 15 additional minutes. Let it sit 5 minutes before slicing.

Jacob's Dad's Pasta with Parmesan Cheese

Ingredients: 1 pound fettuccine, 1 ½ cups half-and-half, 5 tablespoons butter cut into pieces, ¼ teaspoon ground pepper, ¾ cup parmesan cheese

Directions: Cook fettuccine noodles following package directions. Meanwhile, in a large skillet, bring half-and-half just to a boil. Reduce heat and simmer, stirring constantly, for 4 minutes. Remove from heat. Drain fettuccine well and add to half-and-half in skillet. Over medium heat, toss well and add butter pieces, pepper, and ¾ cup of the Parmesan cheese. Toss again while heating through. Serve with a green vegetable or salad and more grated Parmesan cheese. Serves 4

Mr. Lindsay's Eggplant Spinach Rollatini

Ingredients: 1 box frozen chopped spinach, thawed and drained, 1 large onion, finely chopped, 2 cloves garlic, minced, 5 tbs olive oil, 1/8 cup finely chopped walnuts, ½ cup whole wheat bread crumbs, 2 tbs minced parsley, 1 tsp salt, 1 tsp freshly ground black pepper, ¼ tsp nutmeg, ½ tsp cumin, 1 medium to large eggplant, washed and thinly sliced, lengthwise, 1-12 oz pkg firm tofu, drained and mashed, ¼ cup nutritional yeast

Garnish Ingredients: 1 jar picante sauce, ¼ cup fresh chopped parsley, 1 small can sliced ripe olives

Directions: Lightly brush sliced (lengthwise) eggplant with olive oil and place on cookie sheet. Broil for 3 – 5 minutes until lightly browned. Watch closely. Remove the eggplant slices from cookie sheet and place on another cookie sheet. Cover with plastic wrap to allow the slices to steam. Saute the onions and garlic in 2 tbs olive oil until soft. Add drained spinach, mashed tofu, walnuts, bread crumbs, parsley, nutritional yeast, and spices. Stir all the ingredients together. Heat in skillet for 3 minutes. Preheat oven to 375°. Place 3 or more tablespoons of the spinach filling at the narrow end of each eggplant slice and roll it up. Arrange the rolls in a baking dish with the seam side facing down. Pour the picante sauce, fresh chopped parsley, and sliced ripe olives over the top and bake until the sauce is bubbling, about 30 minutes. Serves 4 people.

Dean's Mom's Potato Bake

Ingredients: 1/2 lb bag of Southeastern Hash Browns, 8 oz shredded cheddar cheese, 1 onion, chopped, 1 can cream of chicken soup (low fat), 16 oz carton sour cream (low fat), 1 stick of butter

Directions: Mix all the ingredients together Bake at 375° for 1 hour

Special notes: We make this when my grandma comes over.

Duncan's Mom's French Toast Casserole

Ingredients: 8 eggs, 3c milk, 4tsp. sugar, 1 tsp vanilla extract, 3/4 tsp. salt optional Topping: 2t butter cubed, 3t sugar, 2t ground cinnamon, maple syrup optional.

Directions: Place bread cubes in greased in greased 13x9x2 baking dish. In a mixing bowl, beat eggs, milk, sugar, vanilla and salt. Pour over bread Cover and refrigerate for 8hrs or overnight. Remove from fridge 30min before baking. Dot with butter. Combine sugar and cinnamon. Sprinkle over the top. Cover and bake at 350° for 40-50 min or until a knife inserted near center and comes out clean. Let stand for 5min. serve with syrup if wanted.

Megan's Mom's Chicken a la King

Ingredients: 1/2 cup of butter or stick of Margarine

Directions: melt butter in 3 quart saucepan over medium high heat. 2 stir in flour, salt and pepper. Cook over medium heat, stirring constantly until bubbly; remove from heat stir in milk and broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken.

Special notes: This is my favorite meal that my makes

Mia's Grandma's and Mom's Baked Macaroni and Cheese

Ingredients: 1 1/2 package (8oz.) of Elbow Macaroni, 2cups of shredded Pepper Jack cheese (half cup cheddar cheese optional), 3 TS of milk

Directions: Boil the Macaroni according to box instructions and drain, preheat oven to 365° , spray oil on a baking pan, add a layer of the Macaroni and sprinkle with cheese, repeat until at the top of pan, pour the milk on top of the Macaroni and Cheese, Bake 45 min. to one hour.

Special notes: You can make this for the kids or for a formal dinner!

Mikayla's Mom's Cheesy Macaroni

Ingredients: 2 eggs 1/2 cup milk 1 spoon butter and a pack of Velveeta cheese and 1 pack elbow noodles.

Directions: Put noodles in pot on high and cook till soft drain them then put 1/2 of a cup of milk then put 1 spoon of butter in the noodles then put the Velveeta cheese in it then stir till all the ingredients are mixed up

Special notes: Great taste and great smell.

Mr. Norton's Ziploc Omelets

Directions: Crack 2 eggs (large or extra-large) into a quart size Ziploc bag (not ore than 2). Shake to combine them. Put in a variety of ingredients such as: chees4es, ham, onion, green pepper, tomato, hash brown, salsa, etc. You may add an optional 2 tbs of milk or cream. Shake the bag. Make sure to get the air out of the bag and zip it up. Place the bag in rolling, boiling water for exactly 13 minutes. Open the bag and the omelet will roll out easily.

Special Notes: Great for camping. Everyone can make their own special omelet. Get ready the night before, and put the bag in boiling water while you get ready, and in 13 minutes you have a nice omelet for a quick breakfast.

Chelsea's Grandma's Chicken and Rice Casserole

Ingredients: 3 cups water, 3 cups rice, 4-6 chicken breasts, 1 can cream of mushroom soup, 1 can cream of chicken soup, 1 pkg. onion soup mix.

Directions: Mix water, rice, chicken, and soups together in a large oven safe bowl. Spread package of onion soup mix over mixture. Cook covered for 2 hours at 350°F

Connor's Apple Pie Squash

Ingredients: Acorn squash, apples, brown sugar, cinnamon, butter & juice(optional)

Directions: cut acorn squash in half length-wise. Remove seeds. Place cut side up in a baking dish with small amount of water at the bottom. Dice apples into small pieces. Cover with brown sugar and cinnamon. Fill squash, heaping, into the squash. Place approximately 1 Tbs. Butter & 2Tbs. of juice on top of mixture. Make a loose tent of aluminum foil over the squash and bake for 45min. to an hour at 350°. Stab fork into the squash to check for doneness. Should slide in and out easily.

Shelby's Mommy's Sloppy Joe's

Ingredients: brown 1 lb ground beef, 3 tbs brown sugar, 3 tbs mustard, ¼ BBQ sauce, 1 cup ketchup

Directions: brown 1 lb ground beef in pan and let cook for 5 min's put 1 cup ketchup TBL spoon brown sugar, 3 TBL spoon mustard, ¼ BBQ sauce, in a bowl and then stir well. Then put the sauce in with the meat. Let it cook for about 20-30 min's

Special notes: it is so good you should try it.

Johnny's Mom's Buttermilk Flapjacks

Ingredients: 1 ¼ cup flour, 3tsp. baking powder, ½ tsp. baking soda, 1T sugar, 1beaten egg, 1 ½ cup buttermilk, 2 T vegetable oil

Directions: Mix dry ingredients. Blend beaten egg with buttermilk, then add to dry ingredients, stir ONLY until blended, add vegetable oil.

Special notes: You might need to add extra vegetable oil to make it perfect.

Ben's Mom's Overnight French Toast

Ingredients: 2c of brown sugar, 1c (two sticks) butter, 2tsp cinnamon, 18 slices Italian or French bread, 3c milk, 6 eggs (beaten), 1/3c white sugar, 2tsp vanilla.

Directions: Refrigerate over night. Preheat oven to 350°. Cook for 1hr.covered, 15 uncovered.

Special notes: You don't need syrup.

Tori's Mom's Sloppy Joes

Ingredients: 5lbs. Hamburger, 1 green pepper-chopped, 1 onion-chopped, 1 24oz Ketchup, 4Tbs mustard, 8Tbs brown sugar, 6Tbs Worcestershire.

Directions: Brown hamburger. Then mix all ingredients together and warm through.

Special notes: My grandma makes it at the cabin all the time.

Joe's Dad's BBQ Beef Ribs

Ingredients: 3 to 4 pounds beef back ribs (about 8 ribs), 1/2 cup ketchup, 1/2 cup honey, 1 4 ounce can green chilies, diced, 1 large onion, chopped, 4 cloves garlic, minced, 1 teaspoon cayenne, 1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon dry mustard **Directions:** Trim excess fat from beef ribs.

Combine salt pepper and cayenne. Rub over the ribs preheat grill and prepare for indirect grilling with a drip pan. Place ribs on grill over drip pan and close the lid. Cook for about 1 to 1 ½ hours over a low, indirect heat. To prepare sauce combine onion, honey, ketchup, chili peppers, garlic and mustard in a sauce pan. Heat over a low temperature, stirring until even and warm. When the ribs are nearly finished begin brushing the sauce on them until you get a thick coating.

Khayman's Grandpa's Pork Tenderloin

Ingredients: pork tenderloin, and Kikkoman Teriyaki marinade

Directions: Place tenderloin in gallon ziplock bag and pour marinade over tenderloin to cover. Seal bag and let marinate 10 to 24 hours turning several times to coat evenly. The longer meat is kept in marinade the more tender and juicier it becomes. Grill 20 to 30 minutes depending on size of tenderloin.

Anissa's Shrimp Alfredo

Ingredients: 1 Pack Pre cooked shrimp, one chopped onion, and sauce with garlic and 2 tbs. of Olive oil

Directions: (Season with your favorite seasoning) in separate pan boil 1 pack tortellini drain then mix in with shrimp. Alfredo sauce (Prego) mix in with shrimp and pasta heat 10 min. then serve!!!

Special notes: The recipe has been in the Yother and Taylor family for 20 years!!!

Shaylah's Mom's Rainbow Mush

Ingredients: 1 Medium size zucchini, 1medium size yellow squash ,½ of medium onion, 1 Green Yellow and Red bell peppers.

Directions: Chop squash in to chunks. Chop onions and slice bell peppers in to strips. Sauté on medium heat until tender about 10 min. Season to taste!!!

Special notes: Serve by its self or with pasta!!!

Daniel's Mom's Escalloped Potatoes

Ingredients: Potatoes, Ham, Milk, Flour, Salt/pepper (optional)

Directions: Spray a baking dish with cooking spray. Peel and cube potatoes. Cut ham into cubes. Place a layer of ham. Sprinkle any desired spices and approx 1 tsp. Flour on the layer. Continue with these layers until the baking dish is ¾ full or potatoes are gone. Heat 1 cup of milk in the microwave and pour over the potato mixture. Dot with butter. Place a lose tent of tin foil over the dish. Do not cover tightly or milk will bubble over. Bake at 350° for approximately 1 hour or until potatoes are soft.

Special notes: I ask for it all the time!!!