

MEAT MEAT

PEPPER JACK BAKED CHICKEN

Butter (enough to coat a casserole dish, bottom and sides)
4 boneless skinless chicken breasts
8 oz. block of pepper jack cheese (sliced into rectangles)
1 family size can of cream of mushroom soup
3 Tbs of milk

Butter the casserole dish bottom and sides. Lay chicken breasts in the casserole dish. Cover with layer of pepper jack cheese (entire package). In a bowl combine the cream of mushroom soup with milk and pour over the chicken and cheese. Cook uncovered for 90 minutes at 375 degrees. Serves four.

Jeanette Petrey
Adairsville

CHICKEN WRAP ATTACKS

10 grilled chicken strips (I used Tyson strips)
10 slices of raw bacon
10 cheddar cheese slices
Barbecue dipping sauce
Refrigerated bread sticks

Cook chicken strips according to package directions. Cook raw bacon until it just begins to crisp. Wrap bacon around chicken strip. Wrap bread stick around the bacon. Place a thin slice of cheese over the length of the bread stick. Bake in oven on 350 for 10 minutes.

Rebecca Morgan, Rome

TURKEY SURPRISE

1 ½ pack ground turkey meat
1/3 cup diced onions
½ cup green peppers (diced)
½ cup diced olives
1 cup mild cheddar cheese
1/3 butter
1 ½ pack taco season pepper and salt
4 pie shells (thawed)
1 medium cookie cutter

Preparation time: 20-25 minutes, yield 6-8 servings
In a large skillet cook turkey meat until done, add taco season. Cook for two minutes, set aside. In a medium skillet melt butter and cook vegetables until done, drain and add to meat. Stir and add dry ingredients. Cook for five minutes and set aside. In a non-stick pan (cup cake pan) take two pie shells cut into four large squares. Line into pie pan, Use slotted spoon. Fill cups half full. Use cookie cutter, cut rest of dough into medium circles, cover top of cups, pinch edges. Brush with a garlic butter. Sprinkle parmesan cheese. Bake until golden brown. Remove cups from pan.

Agnes Lindsey
Rome

POPPYSEED CHICKEN

6 chicken breasts/boneless
1 8 oz. sour cream
1 10 ¾ oz. can cream of mushroom soup
1 10 ¾ oz. can cream of celery soup
1 ¼ sticks butter
2 package town house crackers, crushed
¼ cup slivered almonds
2 tablespoons poppyseeds

Cook chicken and cut into bite size pieces. Mix chicken, sour cream and soups. Put in buttered 9x13 casserole dish. Melt butter and mix with crushed crackers; spread on top of chicken mixture. Sprinkle slivered almonds and poppyseeds over all. Bake 30 minutes at 350 degrees.

Dixie Thompson
Rome

GRECIAN ROASTED CHICKEN SALAD

1 whole roasted chicken, skin removed and cut into cubes
1 cup chopped pecans, toasted
1 bunch green onions, thinly sliced
2 stalked celery, thinly sliced
2 Fuji apples, peeled, cored and cubed
1/4 cup dried cherries
1 tablespoon chopped fresh oregano leaves
1/2 cup mayonnaise
2 tablespoons sour cream
¼ cup cider vinegar

In medium bowl, combine chicken, pecans, onions, celery, apples, cherries, and oregano. In small bowl, whisk together mayonnaise, sour cream and vinegar. Toss with the chicken mixture. Chill well, covered. Serves 6-8.

Charlotte McCary, Lindale

EXCEPTIONAL MEAT LOAF

1 pound ground chuck
1 egg
1 cup bread or cracker crumbs
Medium onion, chopped
2 small cans tomato sauce
2 T. vinegar
2 T. mustard
2 T. brown sugar

Mix ground chuck, egg, bread crumbs, medium onion and 1 can tomato sauce. Work as little as possible and put into 2 quart baking dish. Then mix 1 can tomato sauce, vinegar, mustard and brown sugar. Pour over meat mixture. Cover and bake at 350 degrees for 45 minutes. Uncover and bake additional 15-20 minutes.

Lynn Holloway
Silver Creek

CHICKEN WITH CRANBERRY SAUCE

2 cups fresh or frozen cranberries
¾ cup water
1/3 cup sugar
6 boneless skinless chicken halves (4 ounces each)
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon canola oil
¼ cup maple syrup

In a small sauce pan combine the cranberries, water and sugar. Cook over medium heat until berries pop (about 15 minutes). Meanwhile, sprinkle chicken with salt and pepper. In a large non-stick skillet, cook chicken in oil over medium heat for 4-5 minutes on each side or until juices run clear. Stir syrup into cranberry mixture; serve with chicken.

Uta Petterson
Rome

TERIYAKI CHICKEN

¼ cup vegetable oil
¾ cups Soy sauce
¼ cup sherry cooking wine
½ cup sugar
1 tablespoon garlic
1 tablespoon ginger root
2 pounds chicken tenders

Mix first six ingredients in large bowl with whisk, until sugar is blended well. Add chicken to bowl, making sure all chicken is covered with Teriyaki sauce. Cover with plastic wrap, refrigerate 30 minutes (can be refrigerated up to 24 hours). Grill over medium heat until chicken is tender but not dry, approximately 5 to 8 minutes.

Minnie Wilson
Lindale

NAN'S CHICKEN POT PIE

1 can cream of chicken soup
¼ cup milk
1 ½ lbs. Boneless, skinless chicken breasts, cooked and chopped
1 can veg-all vegetable mix, drained
¾ teaspoon poultry seasoning
1 package frozen deep-dish pie shells, thawed
butter

Combine soup and milk; add chicken, mixing well. Add Veg-All and seasoning. Pour mixture evenly into bottom pie shell. Arrange remaining pie crust over top of pie; trim and pinch edges to seal. Make small slits in center of crust; dot with butter. Bake at 350 degrees until top is golden brown, about 35 minutes.

Dale Goodwin
Calhoun

CREAMY CHICKEN ENCHILADAS

1 can cream of chicken soup (10 ¾ oz.)
1 container (8 oz.) sour cream
1 cup pace picante sauce
2 tsp chili powder
2 cups chopped chicken
1 cup shredded Monterey jack cheese
8 flour tortilla, warmed
1 medium tomato, chopped
1 green onion chopped

Mix first 4 ingredients together. Mix 1 cup of above with the chicken and cheese. Spread chicken mixture down center of each tortilla, rollup and place seam side down. Place in 9x13 baking dish and pour remaining picante sauce mixture over enchiladas, cover and bake at 300 degrees for 40 minutes or until hot. Top with the chopped tomato and onion.

Linda Tallent, Summerville

TANGY CITRUS CHICKEN

8 boneless skinless chicken breast halves
1 can (6 oz.) frozen lemonade concentrate, thawed
½ cup honey
1 teaspoon rubbed sage
½ teaspoon dried thyme
½ teaspoon ground mustard
½ teaspoon lemon juice

Place chicken breasts in a 13x9x2 inch baking dish coated with non-stick cooking spray. In a small bowl, combine the remaining ingredients; mix well. Pour half over the chicken. Bake, uncovered at 350 degrees for 20 minutes. Turn chicken, pour remaining sauce on the top. Bake 15 or 20 minutes longer or until meat juices run clear.

Alicia Lanier
Rome

PORK CHOPS WITH HAWAIIAN RICE

4 lean pork chops
salt and pepper to taste
1 cup uncooked rice
¾ cup chopped green pepper
1 (15 oz.) can tomato sauce
1 (13 ¼ oz.) can pineapple tidbits, undrained
1 tablespoon vinegar

Sprinkle pork chops with salt and pepper. Brown well on both sides in skillet and pour off any fat. Add 1 cup water and remaining ingredients and salt to taste. Mix well. Simmer, tightly covered for 45 minutes or until rice is tender.

Sheree Darnell
Rome

REDWINE-BRAISED FLAT IRON ROAST

Marinade:

1 cup crushed red grapes with seeds
5 garlic cloves, smashed
5 parsley sprigs
3 bay leaves
1 rosemary sprig
3 tablespoons extra-virgin olive oil
2 teaspoons kosher salt
1 small dried red chile, crushed
1 whole 5 lb. beef flatiron roast with membrane and fat layer

braise:

¼ cup extra-virgin olive oil
1 large onion, thinly sliced
5 garlic cloves, smashed
4 small carrots, sliced ½ inch thick
3 celery ribs, sliced 1 inch thick
three 3 inch strips of orange zest
2 cups fruity red wine (syrah recommended)
2 cups beef or chicken stock (low sodium)
salt and ground pepper
corns

Make the marinade: In a large shallow bowl (glass) combine the grapes, garlic, cloves, bay leaves, parsley, rosemary, olive oil, salt and chile. Add Flatiron roast, turning to coat. Cover with plastic wrap and refrigerate overnight, turning a few times. Make the braise: Preheat oven to 325 degrees. Remove the beef from the marinade and pat dry with paper towels. Strain the marinade through a food mill and reserve. Set a medium flame proof roasting pan over moderately high heat. Add two tablespoons of olive oil and heat to a simmer. Add the beef and cook over medium-high heat, turning once, until browned about 10 minutes; transfer to a plate. Add the remaining two tablespoons of olive oil to the roasting pan along with the garlic, carrots, celery and orange zest strips. Cook over low heat, stirring occasionally, until the vegetables are softened, about 10 minutes. Add the red wine, bring to a boil and cook over medium-high heat. Until reduced by 1/3 about 5 minutes. Add the stock and bring to a boil. Stir in the reserved marinade. Add the beef and cover with foil. Transfer roasting pan to the oven and braise the meat about 2 ½ hours, turning once halfway through until tender. Transfer beef to a carving board and thickly slice across the grain. Arrange on a platter. Skin fat from beef spoon liquid over the beef with some of the vegetables.

Janet Dingler, Cedartown

WALNUT OATMEAL BURGERS

½ cup light soy sauce or Bragg's liquid aminos
1/3 cup canola or olive oil
1 cup chopped walnuts
¼ cup nutritional yeast flakes
2 tsp. garlic powder
1 T. dried sweet basil
2 tsp. onion powder
1 tsp. bacon seasoning
1 tsp. ground coriander
1 tsp. dried sage
4 cups rolled oats

Place all ingredients except rolled oats in a large pan, stir well and bring to a slow boil over medium-low heat. Stir in rolled oats and immediately remove from heat. Cover and set aside to cool. Preheat oven to 350 degrees F. Scoop walnut oat mix with ice cream scoop and place on oiled baking sheets. Smooth/flatten each burger with a scoop or your fingers. Bake for 15 minutes on each side. Makes 16-18 burgers using the ice cream scoop to measure. Economical and freezes well. Use as burgers, crumble and use with spaghetti. On special occasions, place eight burgers in a 9x13 casserole dish and cover with Cashew Gravy and bake until heated. Approximately 20-25 minutes in a 350 degree oven.

Phyllis Blosser, Lindale

BAKED CITRUS CHICKEN

4 skinless boneless chicken breast
1 green pepper
1 bunch of scallions
3 large oranges
3 limes
salt and pepper, to taste
1 red pepper
1 minced garlic clove
2 lemons
2 teaspoon sugar

Pre-heat oven to 350 degrees. Chop scallions, red pepper and green peppers, placing aside. Slice oranges, lemons and limes in half, squeezing juice and pulp out into a large glass (taking out any seeds that have fallen). In a small bowl, mix minced garlic, sugar and salt and pepper. Place aside. In a 13 x 9 x 2 inch dish, place chicken. Mix together juices and garlic mixture, pouring on top of chicken evenly. Place chopped peppers and scallions over juices and chicken. Wrap in aluminum foil. Place in pre-heated oven and bake for 30-45 minutes or until chicken looks done. Serve with white rice.

Emma M. Thomas, Rome

EASY RICH CHICKEN TETRAZZINI

2 or 3 chicken breasts
small box of spaghetti
1 can of cream of chicken soup
1 jar of Ragu Romano and Parmesan Sauce
Sliced almonds (optional)
2 cubes of chicken bouillon

Cook chicken until done, remove from chicken stock, and let cool. Bring chicken stock to a boil, and then add bouillon and spaghetti. Cook spaghetti until tender, while spaghetti is cooking prepare the chicken breasts... debone and remove skins, then cut the chicken into cubes. Let the chicken stock cook down to about 2 cups is left and then add the chicken cubes in with the spaghetti, then add the cream of chicken soup, stir until the soup is well blended. After the soup is blended in, mix in the Ragu Romano and Parmesan cheese sauce. Add almonds if desired. Take from stove put it in a nice serving bowl. This is great with cornbread or with rolls.

Brenda Austin, Tunnel Hill

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8 oz block of pepper jack cheese (sliced into rectangles)
1 family size can of cream of mushroom soup
3 Tbsp of milk

Butter the casserole dish bottom and sides. Lay chicken breasts in the casserole dish. Cover with layer of pepper jack cheese (entire package). In a bowl combine the cream of mushroom soup with milk and pour over the chicken and cheese. Cook uncovered for 90 minutes at 375 degrees. Serves 4.

Jeanette Petrey, Adairsville

CHICKEN WITH ARTICHOKE

6 chicken breasts
8 oz whole or sliced mushrooms
2 tsp plain flour
1 cube chicken bouillon
1 cup water
3 tsp white cooking wine
1 pkg frozen artichoke hearts (or 2 cans)
4 tsp butter to brown chicken
2 tsp butter to sauté mushrooms
Salt, pepper and garlic powder to taste

Brown chicken breasts in 4 teaspoons butter. Set aside. Sauté mushrooms in 2 tsp. Butter. Add flour, chicken bouillon, water, white cooking wine, salt, pepper and garlic powder. Stir and cook until thickened. Arrange chicken in a casserole dish. Place artichoke hearts on top and pour mushroom sauce over it. Bake in 300-degree oven for about 40 minutes.

Cathy Campbell
Rockmart

SPONGE BOB SQUARE PANTS KRABBY PATTIES

3 lbs imitation crabmeat chopped or minced in a blender
2 cups corn meal
3 eggs
1 cup flour
2 cups oil

The usual condiments for hamburgers: hamburger buns, sliced pickles (dill or bread and butter), lettuce, sliced onion, sliced tomatoes, sliced cheese, mustard, mayo and catsup.

In a large bowl combine the crabmeat and eggs. Knead by hand, adding the flour slowly until a consistency is reached, where the mixture holds together and can be formed into balls about 2 or 3 inches in diameter. The outside of the meatballs should be moist enough for the cornmeal to adhere to the surface. Coat the meatballs in the corn meal. Place in a frying pan and flatten. Fry until golden brown on both sides. Serve the crabby patties on buns with the burger condiments "Have it your way" style with chips or French fries.

Davey Jack Hickam
Centre, Ala

SHRIMP AND OKRA ETOUFEE

1 1/2 cups uncooked instant brown rice
1/4 cup all purpose flour
1 teaspoon canola or corn oil
1 medium green bell pepper, finely chopped
1 medium rib celery, finely chopped
1 medium onion, finely chopped
2 cups fresh or frozen sliced okra
2 cups fat-free, low sodium chicken broth
2 teaspoons Creole or Cajun seasoning blend
1 pound peeled medium raw shrimp

Prepare the rice according to package directions. If your dietary/health needs dictate, you may leave out the salt and margarine when cooking the rice. Place the flour in a large-nonstick skillet, and cook over medium heat for 8 to 10 minutes, stir occasionally until it is browned. Place the browned flour in a medium bowl and allow to cool for about 5 minutes. Wipe the skillet clean with paper towels. Heat the skillet over medium heat. Pour the oil into the skillet and coat the bottom. Cook the bell pepper, onion, and celery about 3 minutes until they are tender-crisp. Stir in the okra. Cook for 2 to 3 minutes (4 to 5 minutes if using frozen okra). Okra should be tender crisp. Whisk the broth into the flour. (Don't worry if there are a few lumps). Stir the broth mixture and the Creole or Cajun seasoning into the veggie mixture. Bring to simmer over medium-high heat, stirring occasionally. Reduce heat, cover and simmer for 15 to 20 minutes. Stir in the shrimp. Simmer covered for 2 to 3 minutes. Serve by spooning some rice into each bowl, and spoon the etouffee over the rice. (Makes 6 servings).

Sharon Gipson Allen
Cedartown

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