



Kentucky Organization of

**KOSAA**

Superintendents' Administrative Assistants

*KOSAA Winter Meeting*

*Friday, February 24, 2017*

*Galt House, Louisville, KY*

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## *Buffalo Chicken Dip*

### INGREDIENTS

- 1 lb chicken breast
- 8 oz package cream cheese
- 1 cup Buffalo sauce
- 8 oz shredded cheddar cheese
- 1/2 cup ranch dressing

### INSTRUCTIONS

- ✓ Place chicken breast in crockpot, and cover with buffalo sauce
- ✓ Cook on high 4 hours (or low for 8)
- ✓ Add in cream cheese, cheddar cheese, and ranch, and mix until cheeses are melted
- ✓ Serve with tortilla chips

*Amanda Hale, K&BA*



# Cucumber Salsa

## INGREDIENTS

- 2 cups finely chopped, seeded, peeled cucumber
- 1/2 cup finely chopped, seeded tomato
- 1/4 cup chopped red onion
- 2 Tbsp minced, fresh parsley
- 1 jalapeno, seeded and chopped
- 4 1/2 tsp minced, fresh cilantro
- 1 clove garlic, minced
- 1/4 cup reduced fat sour cream
- 1 1/2 tsp lemon juice
- 1 1/2 tsp lime juice
- 1/4 tsp cumin
- 1/4 tsp seasoned salt

## INSTRUCTIONS

- ✓ In small bowl, combine first 7 ingredients.
- ✓ In another bowl, combine the sour cream, lemon and lime juices, cumin and seasoned salt.
- ✓ Pour over cucumber mixture and toss gently to coat.
- ✓ Serve immediately with tortilla chips.

16 calories for ¼ cup!

*Nancy Hoffman, Kenton County Schools*



# *Hot Pimento Cheese (Dip)*

## **INGREDIENTS**

- 1 1/2 lb. grated Velveeta
- 8 oz. diced pimento, drained
- 1 egg
- 4 Tbsp vinegar
- 1/2 cup sugar
- 1 heaping tsp dry mustard
- 1 tsp cayenne pepper
- 1/2 tsp black pepper

## **INSTRUCTIONS**

Cook last six ingredients on low heat for 5 minutes. Stir often. Mix with cheese and pimento. Cover and refrigerate. Serve with crackers.

*This has always been a hit at any time of the year.  
One of my favorites! And oh so EASY!*

*Ann Clapp, Graves County Schools*



# Jangy Grape Barbecue Meatballs from Welch's

Bite-sized meatballs are the perfect appetizer to serve whether you're having an afternoon barbecue or a dinner party!

Serves: 8

Prep Time: 10 minutes

Cook Time: 20 minutes

## INGREDIENTS

### For the Meatballs:

1 lb lean ground turkey  
1 large egg  
1/2 cup plain dry bread crumbs  
1/2 cup very finely chopped onion  
1 garlic clove, minced  
1 tsp salt  
1/4 tsp pepper  
1/4 cup Welch's 100% Grape Juice  
1 Tbsp Dijon mustard

### For the Sauce:

3/4 cup Welch's 100% Grape Juice  
1/2 cup ketchup  
1 Tbsp Dijon mustard  
1 Tbsp minced onion

## INSTRUCTIONS

- ✓ Preheat the oven to 350 F. Spray a 10x17x1-inch baking sheet with cooking spray.
- ✓ In a large bowl, mix the meatball ingredients until blended.
- ✓ Moisten your hands and shape the turkey mixture into 1-inch balls. (It is important to make them all the same size so that they cook evenly.)
- ✓ Place the meatballs on the prepared pan so that they do not touch.
- ✓ Bake the meatballs 15-18 minutes or until cooked through.
- ✓ In a large skillet, combine the sauce ingredients, and bring to a simmer. Add the cooked meatballs and stir gently until the meatballs are coated with the sauce. Simmer 5 minutes. Serve warm.

Nutrition per serving (3 meatballs)

120 calories	4g fat
15mg cholesterol	311mg sodium
15g carbohydrates	0.2g fiber
11g sugar	8.5g protein

*Carolyn Chaney, Boyd County Schools*



## *Grape Salad*

### INGREDIENTS

2 lbs. seedless red grapes

2 lbs. seedless green grapes

8 oz. package cream cheese\*

1 cup powdered sugar

1 cup of sour cream\*

1 tsp vanilla extract

1 container of cool whip\*

1 cup of pecans

1 cup of light brown sugar

\*you can use low fat or fat free products

### INSTRUCTIONS

- ✓ Remove grapes from stem. Wash and set aside.
- ✓ Mix together cream cheese and sugar thoroughly.
- ✓ Add sour cream, Cool Whip, and vanilla.
- ✓ Pour mixture over grapes and gently toss until grapes are coated.
- ✓ Mix together pecans and brown sugar and sprinkle on top of grape mixture.
- ✓ Refrigerate overnight.

*Lanetta Shive, Metcalfe County Schools*





# *Latin Salad*

## **INGREDIENTS**

1/3 cup fresh lime juice

1/2 cup olive oil

1 tsp garlic powder

1 tsp salt

Dash cayenne pepper

2 15 oz cans black beans, rinsed and drained

1 1/2 cups corn kernels (frozen or cut from the cob)

1 avocado, peeled, pitted and diced

1 pint grape tomatoes, halved

6 green onions, thinly sliced

1/2 cup feta cheese, cubed

1/2 cup cilantro, chopped

## **INSTRUCTIONS**

Place lime juice, olive oil, garlic, salt and cayenne pepper in a small jar. Cover with lid; shake until ingredients are well mixed. In a salad bowl, combine beans, corn, avocado, tomatoes, green onions, feta cheese and cilantro. Shake lime dressing and pour over the salad. Stir salad gently to coat with dressing; serve. Refrigerate any leftovers. Serves 4-6.

*Katrina Kinman, KBA*



## *Lime Salad*

### **INGREDIENTS**

- 8 oz cottage cheese
- 1 small lime Jell-O
- 1 small whipping cream
- 1 small crushed pineapple
- 1/2 cup nuts

### **INSTRUCTIONS**

- ✓ Drain crushed pineapple, saving juice and adding enough water to make one cup
- ✓ Add Jell-O, and let come to a boil
- ✓ Cool in refrigerator
- ✓ Beat whipping cream until stiff
- ✓ Just as Jell-O begins to thicken, stir all ingredients together

*\*At Christmas, it is pretty with  
red Jell-O on the top and bottom of dish.*

*Lanetta Skive, Metcalfe County Schools*



# Quick & Easy Sugar Free Jell-O Salad

## INGREDIENTS

- 7 cups of ready-made Sugar Free Jell-O  
(any flavor or mixed flavors for more color)
- 1 bowl of lite or fat free Cool Whip
- 1/2 cup English walnuts

## INSTRUCTIONS

- ✓ Remove Jell-O from cups and chop into bite size pieces
- ✓ Add cool whip and mix together
- ✓ Spoon into serving bowl
- ✓ Garnish the top with English Walnuts
- ✓ Chill and enjoy

Betty Jo Neeley, Owsley County Schools



# Three Bean Salad

## INGREDIENTS

- 1 16 oz. can green beans (drained)
- 1 16 oz. can wax beans (drained)
- 1 16 oz. can kidney beans (drained & rinsed)
- 1 medium green pepper sliced
- 1 medium onion sliced
- 1/2 cup oil
- 1/2 cup cider vinegar
- 1/2 cup sugar or Splenda
- 1 1/2 tsp salt
- 1/2 tsp black pepper

## INSTRUCTIONS

Mix together. Place in refrigerator and let set at least overnight.

*Katrina Kinman, KSBBA*



# Tracey's Spinach & Poppy Seed Salad

## SALAD INGREDIENTS

- 16 oz. raw spinach
- 3-4 stalks celery diced
- 1 whole red pepper, diced
- 1 bunch green onions chopped (leave in some green stems)
- 3.5 oz. roasted almonds with cranberries (1 bag)

## DRESSING INGREDIENTS

- 1/2 cup oil (cooking oil or olive oil)
- 1/4 cup apple cider vinegar
- 1/4 cup sugar (could replace with sweetener)
- 1 tsp dry mustard
- 2 Tbsp poppy seed

## INSTRUCTIONS

- ✓ Remove longer stems from spinach leaves and tear leaves into smaller pieces and put in bowl/dish. Layer other ingredients over the spinach with celery, red pepper, and green onions, then the almonds with or without cranberries.
- ✓ Add all dressing ingredients into a small bowl with a lockable lid or top. Shake the dressing (mixes better than stirring) and keep the dressing in the container until ready to serve.
- ✓ When you are ready to serve, shake the dressing again, pour lightly over the layered salad, and then stir/mix salad ingredients with the dressing.

*\*Other ingredients such as chopped strawberries, mandarin oranges (drained if canned), pecan halves, blue cheese crumbles, etc. can be added or almonds omitted for those with allergies.*

*Garnett Thurman, KABA*



# Winter Fruits Salad

## INGREDIENTS

- 8 mandarin oranges
- 4 apples, peeled and chunked
- 4 kiwis, sliced
- 4 bananas, sliced (add right before serving)
- Seeds from one pomegranate

## DRESSING

- 3 Tbsp fresh lemon juice
- 3 Tbsp sugar
- 1/4 cup olive oil
- 1/4 cup vegetable oil
- 3 Tbsp honey
- 2 tsp poppy seeds

## INSTRUCTIONS

- ✓ Mix lemon juice and sugar.
- ✓ Add olive oil, vegetable oil, honey and poppy seeds.
- ✓ Toss fruit with dressing, and serve.

*Don't skip the pomegranate seeds;  
they make it look shiny and beautiful.*

*Karri Kearns, Walton-Verona Independent Schools*



## *Chicken Tortilla Soup*

### INGREDIENTS

- 1/4 cup butter
- 1/4 cup all-purpose flour
- 3 cups chicken broth
- 1 cup milk
- 8 ounces Velveeta cubes
- 10 ounce can Ro-Tel (tomatoes/chilis)
- 2 cups cooked, shredded chicken (a rotisserie chicken works great)
- 1 1/2 tsp cumin
- 1 1/2 tsp chili powder
- salt and pepper to taste
- shredded Mexican cheese

### INSTRUCTIONS

- ✓ In a pot, melt butter over medium heat
- ✓ Stir in flour and cook, stirring often, for 3 minutes
- ✓ Slowly whisk in small amounts of broth
- ✓ Whisk in milk
- ✓ Reduce heat to low, stir in Velveeta until melted
- ✓ Stir in Ro-Tel, chicken, cumin, chili powder, salt and pepper

Soup is ready to serve when it is heated through. Ladle into bowls and add a handful of Mexican cheese and tortilla chips or strips.

### TORTILLA STRIPS

Cut tortillas into strips and deep-fry in 350° vegetable oil until golden, then drain on cooling racks.

*Pam Kouns, Carter County Schools*



# Potato Soup

## INGREDIENTS

- 6 cups cubed, peeled potatoes
- 2 chicken bouillon cubes
- 2 cups water
- 1 tsp salt
- 1 cup sliced celery
- 1/8 tsp pepper
- 1/2 cup grated carrot
- 1/2 cup finely chopped onion
- 2 tsp dried parsley
- 3 cups milk, divided
- 1/4 cup flour
- 3/4 lb cheese, grated

## INSTRUCTIONS

- ✓ Combine first 9 ingredients in a Dutch oven and bring to a boil. Cover, reduce heat and simmer 10-12 minutes or until vegetables are tender.
- ✓ Gradually stir 1/4 cup milk into flour, making a smooth paste.
- ✓ Stir into soup.
- ✓ Add remaining 2 3/4 cups milk and cheese.
- ✓ Cook over medium heat until soup is thickened.

Yield: 9 cups

*Karen Colyer, Grayson County Schools*





# Taco Soup Weight Watchers

## INGREDIENTS

- 1 lb. ground turkey or lean beef
- 1 large onion, chopped
- 1 (1 oz.) package Hidden Valley Ranch Dressing Mix
- 1 (1 oz.) package Taco Seasoning Mix
- 1 (16 oz.) can pinto beans
- 1 (16 oz.) can chili beans (either hot or regular)
- 1 (16 oz.) can whole kernel corn
- 1 (8 oz.) can Mexican style tomatoes
- 1 (8 oz.) can diced tomatoes (any flavor)

## INSTRUCTIONS

- ✓ Brown meat and onions, and drain
- ✓ Mix Ranch & Taco seasons into meat
- ✓ Add rest of ingredients, undrained, to mixture
- ✓ Simmer 1 hour

*2 Weight Watchers points per cup*

*Melanie Pitman, McCreary County Schools*



# *Taco Soup*

## **INGREDIENTS**

1 lb. ground beef  
1 onion, finely chopped  
1 can diced tomatoes  
1 can black beans  
1 can pinto beans  
1 can Mexican corn  
1 pkg. taco seasoning  
1 pkg. Hidden Valley Ranch dip mix  
2 to 2 1/2 cups water  
shredded cheddar cheese  
sour cream  
corn chips

## **INSTRUCTIONS**

- ✓ Brown beef and onion.
- ✓ Put beef mixture in crock pot.
- ✓ Add all ingredients except cheese, sour cream and corn chips. Cook for 1 hour on high.
- ✓ Then simmer on low for 1 hour.
- ✓ Serve with shredded cheese, sour cream and corn chips.

*Karen Colyer, Grayson County Schools*



# Taco Soup

## INGREDIENTS

- 1/2 package BOCA Veggie Ground Crumbles  
(or 1/2 lb ground turkey, browned)
- 1 can no salt added kidney beans, drained and rinsed
- 1 can yellow corn
- 1 can tomatoes
- 1/2 packet low sodium taco seasoning
- Garlic powder, to taste (I use 1/2 – 1 TBSP)
- Pepper, to taste

## INSTRUCTIONS

Mix everything in a crock pot and cook. Start on high, then turn to low for a couple of hours.

To serve: crumble taco chips in a bowl, pour soup over chips, and top with cheese and sour cream.

*Janet Jeanes, KBA*



# White Chili

## INGREDIENTS

- 1 lb white beans, washed and sorted
- 2 cloves garlic, peeled
- 7 cups water
- 2 boneless, skinless chicken breasts
- 4 chicken bouillon cubes
- 2 tsp cumin
- 1/4 tsp cayenne pepper
- 2 onions, chopped
- 1/8 tsp ground cloves
- Garnish – chopped green onions and fat free shredded cheddar cheese

## INSTRUCTIONS

- ✓ Put water, beans, chicken and garlic in large pot with chicken bouillon cubes and bring to a boil.
- ✓ Reduce heat and simmer until chicken is done, about 40 minutes or so.
- ✓ Remove cooked chicken and cut up into bite sized pieces, then mix back into pot.
- ✓ Add all remaining ingredients to the pot (except garnish).
- ✓ Simmer 3 hours, stirring occasionally, until beans are tender.
- ✓ Add more water if necessary.
- ✓ To serve, garnish with chopped green onions and fat free shredded cheddar cheese.

Serves 6 at only 2 fat grams per serving.

*Lanetta Shive, Metcalfe County Schools*



## *Buffalo Chicken Mini Meatloaf*

### INGREDIENTS

- 1 lb ground chicken
- 1 egg
- 3 Tbsp Italian breadcrumbs
- 3-4 Tbsp hot sauce
- 1 small red or yellow pepper, diced
- 1/4 small yellow onion, diced
- 1/2 tsp minced garlic
- 1/2 tsp cayenne pepper
- salt and pepper, to taste

### INSTRUCTIONS

- ✓ Preheat oven to 375 degrees.
- ✓ Place all ingredients in a bowl and use your hands to mix thoroughly.
- ✓ Place mixture into two mini loaf pans OR one large loaf pan.
- ✓ Bake for 25-35 or until chicken is completely cooked through.
- ✓ Top with extra hot sauce and ranch dressing.

*Kim Barker, KBA*



# Chicken Broccoli

## INGREDIENTS

- 2 whole chicken breasts cut into 1/8" slices
- 3 - 4 Tbsp soy sauce
- 1 Tbsp vegetable oil
- 1 cup chicken broth
- 4 cups (1lb) broccoli
- Dash garlic powder
- 1 cup (6-8) fresh mushrooms - sliced
- 1 6 oz can bamboo shoots
- 1 Tbsp lemon juice
- 1 Tbsp cornstarch
- 1-2 Tbsp sliced pimentos
- Red pepper flakes

## INGREDIENTS

- ✓ Combine chicken, soy sauce and vegetable oil.
- ✓ Place broccoli and 1/2 cup chicken broth in 300° wok.
- ✓ Cook 5 minutes, stirring once every minute; push up the side.
- ✓ Increase heat to 375°. Add chicken mixture and garlic powder. Stir fry for 3 minutes. Push up the side.
- ✓ Add mushrooms and stir fry one minute; push up side.
- ✓ Add bamboo shoots and stir fry for one minute.
- ✓ Combine all ingredients in wok.
- ✓ Combine lemon juice and cornstarch with remaining chicken broth. Stir in wok mixture and heat until thickened - about two minutes.

*Katrina Kinman, KBA*



# *Crock Pot Rotisserie Chicken*

## **INGREDIENTS**

- 1 whole chicken
- 1 cup water
- 1 Tbsp minced garlic
- 1 Tbsp paprika
- 1 Tbsp onion powder
- 1 Tbsp basil
- 1 Tbsp oregano
- salt and pepper to taste
- 1/4 cup butter (optional)

## **INSTRUCTIONS**

Mix all of the ingredients together to make a rub and generously rub all over the chicken. Set the crock pot on low and leave on all day.

*It is super easy and delicious!*

*Margie Maples, Elizabethtown Independent Schools*



# Crock Pot Rotisserie Chicken

## INGREDIENTS

Whole Chicken

3 Tbsp Olive Oil

2 tsp Rosemary

1 1/2 tsp Garlic

1/8 Cup Lemon Juice or Honey

Fresh vegetables – 4 potatoes, 6-8 baby carrots, 1 onion

## INSTRUCTIONS

- ✓ Place cleaned and peeled vegetables in the bottom of a crock pot.
- ✓ Clean chicken and coat with olive oil and spices.
- ✓ Place chicken with back side down, on top of vegetables and sprinkle with lemon or honey. (The lemon juice is a healthy substitute for salt.)
- ✓ Cook on low 4-6 hours.

*It's great to come home from work with your dinner hot and ready to serve! 😊*

*Jeresa Preston, Marion County Public Schools*





# *Grilled Apple Chicken*

## **INGREDIENTS**

3/4 cup unsweetened apple juice or apple cider

1/3 cup lemon juice

3 Tbsp reduced sodium soy sauce

3 Tbsp honey

1/4 tsp garlic powder

1/4 tsp ground ginger

4 1/2 tsp canola or olive oil

6 boneless skinless chicken breasts (4 oz each)

## **INSTRUCTIONS**

- ✓ In a small bowl, combine apple juice, lemon juice, soy sauce, honey, garlic powder and ginger.
- ✓ Set aside 1/3 cup of juice mixture.
- ✓ Add oil to the remaining juice mixture; pour into a large resealable bag.
- ✓ Add the chicken. Seal bag and turn to coat; refrigerate for at least 4 hours.
- ✓ Cover and refrigerate reserved juice mixture.
- ✓ Coat grill rack with cooking spray before starting the grill.
- ✓ Drain chicken and discard marinade.
- ✓ Grill, covered, over medium heat for 5-7 minutes on each side or until juices run clear, basting occasionally with reserved juice mixture.

160 calories each serving.

*Lanetta Skive, Metcalfe County Schools*



# Grilled Veggie Sandwich

## INGREDIENTS

Eggplant  
Green Pepper  
Onion  
Portobello Mushroom  
Squash/Zucchini  
Any other veggies you like  
Olive Oil  
Salt/Pepper

## GARNISH

Lettuce  
Tomato  
Cucumber  
Ranch Dressing  
Curry Powder  
Low fat cheese of your choice (Swiss is my favorite)

Favorite bun or bread toasted with olive oil and garlic bread sprinkle

## INSTRUCTIONS

- ✓ In a mixing bowl, mix the thinly sliced veggies in just enough olive oil to lightly coat, then lightly salt/pepper.
- ✓ Grill on outdoor grill or on a grill pan on the stove.
- ✓ Mix a small amount of olive oil and garlic bread sprinkle, spread over bread and toast. (This can also be done on the grill or grill pan.)
- ✓ Assemble the sandwich with veggies, cheese, a little ranch dressing and a little curry powder.

ENJOY!

*Wanda K. Hurt, Taylor County Schools*



# Honey Pork Loin

## INGREDIENTS

1/2 cup olive oil

1/4 cup soy sauce

1/2 cup honey

4 Tbsp steak seasoning or Worcestershire sauce

1/2 tsp garlic powder

1/8 tsp ground ginger

1/8 tsp red pepper flakes

2-3 lb pork tenderloin

## INSTRUCTIONS

- ✓ Place the pork tenderloin at the bottom of the crock pot.
- ✓ In a small bowl, combine the rest of the ingredients, and mix.
- ✓ Pour mixture over pork tenderloin.
- ✓ Cook on low 6-8 hours.

*Kim Barker, KBA*



# *Italian Baked Chicken Breasts*

## **INGREDIENTS**

- 4 boneless chicken breasts
- 2 cups of fat free Italian dressing

## **INSTRUCTIONS**

- ✓ Marinate chicken breasts in dressing for at least 2 hours in refrigerator, then heat oven to 400 degrees and spray pan with non-stick cooking spray.
- ✓ Place chicken in pan and pour the remaining dressing over the chicken.
- ✓ Cover the pan with aluminum foil and bake for 40 minutes, turning chicken over half-way through baking time.
- ✓ Remove chicken from oven and straight to the dinner table and enjoy!

*Heather Bowling, Clay County Public Schools*



# Meatloaf - Weight Watchers

## INGREDIENTS

- 1 onion, sautéed in pan
- 1 lb. lean ground beef
- 2 egg whites
- 1 box Stove Top dressing
- 1/3 cup water

## INSTRUCTIONS

- ✓ Mix all ingredients and put in muffin tins, mashing down so they hold together (may need to add a little more water to mixture)
- ✓ Bake at 350 degrees until done and brown

*1 Weight Watchers point per muffin*

*Melanie Pitman, McCreary County Schools*



# *Quick and Easy Oriental Chicken*

## **INGREDIENTS**

diced chicken  
1 Tbsp sesame oil  
broccoli  
mushrooms  
carrots  
peppers  
rice or cauliflower

## **INSTRUCTIONS**

- ✓ In a sauté pan, brown diced chicken in sesame oil
- ✓ Add in vegetables. (The ones listed are our favorites, but others can be substituted)
- ✓ Pour over cooked rice or cauliflower.

Takes about 15 minutes start to finish!

*Margie Maples, Elizabethtown Independent Schools*



# *Southern Oven "Fried" Chicken*

Though buttermilk may sound sinful, it is actually nonfat or low-fat with added bacteria, which produces a slightly sour taste. If you don't have buttermilk, add 1 tsp of vinegar to 1/2 cup skim milk for this recipe.

## **INGREDIENTS**

- 1/2 cup fat-free buttermilk
- 2-3 drops hot red pepper sauce
- 1/2 cup cornflakes, crushed
- 3 Tbsp all-purpose flour
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 2 pounds chicken parts, skinned
- 4 tsp canola oil

## **INSTRUCTIONS**

- ✓ Preheat the oven to 400°F; spray a large baking sheet with nonstick cooking spray.
- ✓ In a large shallow bowl, combine the buttermilk and pepper sauce. On a sheet of wax paper, combine the cornflake crumbs, flour, salt and pepper. Dip the chicken in the buttermilk, then dredge in the cornflake mixture, coating completely. Place chicken on the baking sheet; drizzle with the oil. Bake 30 minutes; turn the chicken over. Bake until cooked through, 15-20 minutes longer.

Makes 4 servings. Per serving: 229 calories, 10 g Total Fat, 2 g Saturated Fat, 64 mg Cholesterol, 295 mg Sodium, 11 g Total Carbohydrate, 0 g Dietary Fiber, 23 g Protein, 49 mg Calcium.

*Carol Parrigin, Clinton County Schools*



# *White Bean Tuna Salad*

## **INGREDIENTS**

- 2 cans Springwater Tuna, drained  
(may use 3 cans if desired)
- 1/2 can (15 oz.) unsalted chopped tomatoes, drained
- 1/2 to 3/4 can (15 oz.) white navy beans, drained
- 1 - 2 Tbsp extra virgin olive oil
- 1/2 tsp fresh squeezed lemon juice (or to taste)
- 1/2 clove garlic, finely chopped (optional)
- 1/2 to 3/4 tsp finely chopped fresh rosemary
- Pinch of salt and pepper (to taste)

## **INSTRUCTIONS**

Mix together and enjoy.

*John Fogle, KSBBA*





## *Baked Bean Casserole*

### **INGREDIENTS**

- 1 lb ground beef
- 1 small chopped onion or minced onion
- 1 cup ketchup
- 1/2 cup brown sugar
- 2 tsp mustard
- 2 Tbsp vinegar
- 1 1/2 quart can baked beans

### **INSTRUCTIONS**

- ✓ Cook beef and onions, then drain.
- ✓ Add other ingredients and mix.
- ✓ Bake at 400 for 35-40 minutes.

*Lanetta Skive, Metcalfe County Schools*



# Broccoli Coleslaw

## INGREDIENTS

- 1 16 oz package broccoli slaw
- 1 bunch green onions, chopped
- 1 1/2 cups sunflower seeds
- 1 package Ramen noodles, beef flavor, cooked and drained
- 1 1/2 cups slivered almonds

Mix together.

## DRESSING

- 3/4 cup vegetable oil
- 2/3 cup sugar
- 1/3 cup vinegar
- Flavor pack from noodles

Mix together and pour over salad.

*Lanetta Shive, Metcalfe County Schools*



# Cauliflower "Rice Pilaf"

## INGREDIENTS

- 1 head of cauliflower
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1/2 carton of sliced fresh mushrooms
- 1/2 cup white wine or chicken broth
- Salt and pepper to taste
- Olive oil to sauté vegetables (1-2 Tbsp)

## INSTRUCTIONS

- ✓ Cut cauliflower into smaller chunks and pulse in food processor until it looks like rice. If you don't have a processor, you can use the large holes on a box grater.
- ✓ Sauté vegetables in olive oil until soft and onions are translucent.
- ✓ Add cauliflower and heat through, stirring several times (about 15 minutes or so.)
- ✓ Add wine (or broth) until absorbed and heated through.
- ✓ Enjoy!

*Low carb and gives you the 'starch fix' of rice!*

*Nancy Hoffman, Kenton County Schools*



# *Grilled Corn with Chili-Cilantro Butter*

## **INGREDIENTS**

- 12 ears corn, with husks
- 1 stick unsalted butter, at room temperature
- 4 tsp chili powder
- 2 garlic cloves, finely chopped
- 1 Tbsp honey
- 1/2 cup finely chopped cilantro
- 1/2 tsp kosher salt
- 1/2 tsp black pepper

## **INSTRUCTIONS**

- ✓ Preheat grill.
- ✓ Place corn ears in their husks over low-burning coals (or over low heat on a gas grill) and cover the grill.
- ✓ Cook corn, turning occasionally, until it is tender, 35 to 45 minutes.
- ✓ Transfer corn (still in husks) to a serving platter.
- ✓ Meanwhile, heat 2 TBSP butter in a small heavy skillet over medium heat until it is melted.
- ✓ Stir in chili powder and garlic and cook, stirring constantly, until garlic is golden and chili powder is fragrant, less than 1 minute.
- ✓ Transfer chili powder mixture to a food processor, then add honey, cilantro, remaining 6 TBSP butter, salt and pepper, and pulse to combine.
- ✓ Transfer chili-cilantro butter to a bowl and serve with corn.

Makes 12 servings.

*Katrina Kinman, K&BA*



# Redskin Potato Salad

## INGREDIENTS

- 10-12 clean, scrubbed red potatoes
- 4 hard-boiled eggs (peeled, then quartered)
- 1/2 cup diced celery
- 1/2 cup diced red onion
- 1/2 cup diced sweet pickles
- 1/2 - 1 cup of lite mayonnaise
- 1/2 - 1 cup of Lite Miracle Whip salad dressing
- 2 tsp. Accent
- 2 tsp. lemon pepper
- 1/2 tsp. black pepper

Optional:       Diced, cooked bacon (can use turkey bacon)  
                      Grated lite cheddar cheese

## INSTRUCTIONS

- ✓ Wash and scrub potatoes, leaving the skin on, and cut into bite sized pieces.
- ✓ Boil potatoes in salted water until just tender, then drain and let stand to room temperature.
- ✓ While potatoes are cooling, chop celery, onion, and pickles in large bowl.
- ✓ Mix mayo & Miracle Whip together.
- ✓ Add cooled potatoes to mayonnaise mixture.
- ✓ Sprinkle on Accent, lemon pepper, black pepper to taste, and mix well.
- ✓ Gently stir in chopped, boiled eggs.
- ✓ Sprinkle with paprika.

*Dana Waits, Harrison County Schools*



# *Sautéed String Beans with Almonds*

## **INGREDIENTS**

1/2 cup slivered almonds

2 tsp olive oil

3 cloves garlic, minced

8 cups uncooked green snap beans, fresh, trimmed, or thawed if frozen

1/2 cup canned chicken broth or vegetable broth

1/2 tsp salt, or to taste

1/4 tsp black pepper

## **INSTRUCTIONS**

- ✓ Place almonds in a large dry skillet and place pan over medium heat. Cook until nuts are golden brown, shaking pan frequently, about 2 to 4 minutes. Remove nuts from pan and set aside.
- ✓ Heat oil in same skillet over medium-high heat. Add garlic and cook, stirring, for about 1 minute. Add string beans and sauté for 1 minute. Add broth to pan; cover and steam until string beans are crisp-tender, about 3 to 5 minutes. Add salt and pepper; stir to coat.
- ✓ Remove from heat; stir in toasted almonds.

Serves 8. Yields about 3/4 cup per serving.

*Karen Colyer, Grayson County Schools*



# *Low Calorie Twice Baked Potatoes*

## **INGREDIENTS**

3 medium potatoes  
1/3 cup fat free chicken broth  
dash of paprika  
olive oil

## **INSTRUCTIONS**

- ✓ Scrub 3 medium baking potatoes, then puncture skins with fork. (You can rub a small amount of olive oil on skins to keep softer.)
- ✓ Bake at 425 degrees for 1 hour.
- ✓ Cut potatoes in half lengthwise, scoop out insides and mash.
- ✓ Combine 1/3 cup broth and potatoes, and beat until fluffy, adding more broth if needed.
- ✓ Pile lightly into shells, sprinkle with paprika.
- ✓ Return to oven until hot, about 10 minutes.

Six servings. 60 calories each.

*Lanetta Skive, Metcalfe County Schools*



## *Bebe's Carrot Cake*

### **INGREDIENTS**

2 cups all-purpose flour 3 eggs  
2 cups granulated sugar 1 cup vegetable oil  
1/2 tsp salt 2 cups grated carrots  
1 tsp baking soda 1/2 tsp vanilla extract  
2 tsp ground cinnamon 1 can crushed pineapple  
1 cup crushed pecan

### **INSTRUCTIONS**

- ✓ Grease and flour a 13x9 pan, and preheat oven to 350.
- ✓ In a small bowl, combine dry ingredients (flour, salt soda, cinnamon) and set aside.
- ✓ In a larger mixing bowl, combine sugar, eggs, oil, and vanilla; mix well.
- ✓ Add dry ingredients a little at a time.
- ✓ After it is mixed well, add the can of crushed pineapple and stir with a spoon.
- ✓ Stir in carrots, then add 3/4 cup of the pecans.
- ✓ Bake at 350 for 50-60 minutes.

### **Cream Cheese Icing**

1/4 cup unsalted softened butter  
1 block softened cream cheese  
1 tsp vanilla  
3 cups powdered sugar  
2 tsp milk (add more to your liking)  
Blend until smooth

*Karri Kearns, Walton-Verona Independent Schools*





# *Blueberry Salad*

## **INGREDIENTS**

6 oz. blackberry Jell-O

2 cup boiling water

1 can blueberry pie filling

1 (15 oz.) can crushed pineapple, drained

8 oz. cream cheese

8 oz. Cool Whip

3/8 cup sugar

1/2 pint sour cream

1 tsp vanilla

## **INSTRUCTIONS**

- ✓ Dissolve Jell-O in water, then add pie filling and pineapple.
- ✓ Pour in a large flat casserole and let stand overnight.
- ✓ Next day, mix together remaining ingredients until well blended.
- ✓ Spread evenly over Jell-O.

*Karen Colyer, Grayson County Schools*



# Butterscotch Pie

## INGREDIENTS

- 3 egg yolks
- 2 cups light brown sugar
- 2 cups milk
- 1/3 cup flour
- 1 tsp vanilla
- 2 Tbsp butter

## INSTRUCTIONS

- ✓ Mix flour and sugar together, then add the rest of the ingredients.
- ✓ Cook until thick, stirring with a whisk.
- ✓ Pour into a baked pie crust.

## MERINGUE

- 3 egg whites
- 1 tsp vanilla
- 1 tsp sugar

- ✓ Mix the egg whites and sugar until stiff.
- ✓ Add vanilla and spoon on top of pie filling.
- ✓ Bake at 350 until lightly browned.

*Lanetta Shive, Metcalfe County Schools*



# *Cinnamon Rolls*

## **INGREDIENTS**

- 20 unbaked frozen dinner rolls (like Rhodes)
- 1 cup brown sugar
- 1/4 cup instant vanilla pudding mix
- 2 tsp ground cinnamon
- 1/3 cup melted butter
- Optional – pecans

## **INSTRUCTIONS**

- ✓ Grease a 10 inch bundt cake pan, and place frozen dinner rolls in pan.
- ✓ Mix together brown sugar, vanilla pudding mix, and cinnamon, then sprinkle over the rolls, using all of the mixture.
- ✓ Drizzle the melted butter over the rolls.
- ✓ Cover the pan with a clean, damp cloth, and let rise overnight at room temperature.
- ✓ In the morning, preheat oven to 350.
- ✓ Bake rolls until golden brown, approximately 25 minutes.
- ✓ Turn rolls out onto a serving plate.

*Lanetta Skive, Metcalfe County Schools*



# Flourless Chocolate Cake

## INGREDIENTS

- 8 oz bittersweet chocolate, chopped
- 1/2 lb unsalted butter
- 1 1/2 cups sugar
- 6 large eggs
- 1 cup unsweetened cocoa powder, plus additional for dusting

## INSTRUCTIONS

- ✓ Preheat oven to 350 F
- ✓ Butter a 10-inch springform pan, line bottom with a round of parchment paper, and butter the paper.
- ✓ Melt chocolate with butter in a medium metal bowl set over a saucepan of barely simmering water, stirring until smooth. (Or if you are lazy – like me – you can just melt carefully in the microwave.)
- ✓ Remove bowl from heat and whisk in sugar.
- ✓ Add eggs one at a time, whisking well after each addition.
- ✓ Sift cocoa powder over chocolate and whisk until just combined.
- ✓ Pour batter into pan.
- ✓ Bake until top has formed a thin crust and a wooden pick inserted in center of cake comes out with moist crumbs adhering, 35-40 minutes.
- ✓ Cool cake in pan on a rack for 10 minutes, then remove side of pan.
- ✓ Invert cake onto a plate and reinvert onto rack to cool completely.
- ✓ Dust cake with cocoa powder before serving.
- ✓ A nice dollop of whipped cream is great with this cake, as it looks pretty (presentation is important) and it helps to cut the super duper richness of the cake.

*Karri Kearns, Walton-Verona Independent Schools*



# *Frozen Banana Treat*

*(like ice cream!)*

Don't throw out your extra ripe bananas! Slice them up and freeze them! When you need a sweet treat, take the banana out of the freezer and put in a blender with a little bit of skim milk, vanilla (or unsweetened almond milk) and some reduced fat peanut butter. Blend until creamy like ice cream!

(Note: If you don't want to get the blender out, you can just mash the banana up in the baggie you froze it in, and then add your other ingredients. It's just as good!)

*Karen Colyer, Grayson County Schools*



# *Golden Leaf Inn Pumpkin Scones*

## **INGREDIENTS**

2 1/2 cups all-purpose flour  
1/4 cup brown sugar  
1 Tbsp baking powder  
1 tsp cinnamon  
1/4 tsp ginger  
1/4 tsp cloves  
1/2 tsp all spice  
1/2 tsp nutmeg  
1/2 tsp salt  
1/2 cup cold butter, cut into chunks  
3/4 cup canned pumpkin  
1 large egg yolk

## **INSTRUCTIONS**

- ✓ In bowl - mix flour, brown sugar, baking powder, spices, salt.
- ✓ Add cold butter with pastry blender or fingers; cut or rub until pea-size crumbs form.
- ✓ Add pumpkin and mix well. (If it's too dry, I add more pumpkin.)
- ✓ Gently knead just until dough comes together.
- ✓ Turn dough into 6 inch ball and cut into 6 wedges.
- ✓ Separate wedges and place on greased pan, and bake @ 375 for 25 to 30 minutes.
- ✓ The icing is 1 Tbsp milk and 1 cup (or more) of powdered sugar. I add cinnamon and nutmeg to mine.

*Karri Kearns, Walton-Verona Independent Schools*



# Heath Cake

## INGREDIENTS

Chocolate cake mix

Eagle Brand Milk – 1 can

Cool Whip – 8 oz

Heath morsels or candy bars

(you could substitute other candy bars)

Chocolate and caramel syrup

## INSTRUCTIONS

- ✓ Bake chocolate cake as directed on box
- ✓ Cool cake, punch holes in cake, and pour 1 can of Eagle Brand milk over cake
- ✓ After cake is cool, add Cool Whip to top
- ✓ Add a bag of Heath morsels or finely chopped candy bars over top of Cool Whip
- ✓ Drizzle chocolate and caramel syrups over top and refrigerate until ready to serve

*Lanetta Skive, Metcalfe County Schools*



# *Weight Watcher's Peach Cobbler*

## **INGREDIENTS**

2 lbs frozen peaches

1 box yellow cake mix

(you can use the sugar free kind if you want)

1 can Diet 7 Up or Diet Sprite

## **INSTRUCTIONS**

- ✓ Spread peaches in 9x13 pan
- ✓ Spread dry cake mix over the peaches
- ✓ Pour soda over the cake mix
- ✓ Cover with foil and bake for 20 minutes at 350 degrees
- ✓ Uncover and bake for 40 more minutes

*Karen Colyer, Grayson County Schools*





# *Skinny Shake*

## **INGREDIENTS**

3/4 cup almond milk

15 ice cubes

1/2 tsp vanilla extract

1/2 Tbsp cocoa powder

1/3 banana

Mix and enjoy!

*Kim Barker, KABA*



# *Snickers Caramel Apple Salad*

## **INGREDIENTS**

6 regular size Snickers Candy Bars

4 medium apples (I used Red Delicious)

1 (5.1 oz.) package vanilla instant pudding, dry (do not prepare)

1/2 cup milk

1 (16 oz.) tub Cool Whip, thawed to room temp

1/2 cup caramel ice cream topping

## **INSTRUCTIONS**

- ✓ Whisk vanilla pudding packet, ½ cup milk, and Cool Whip together until well combined.
- ✓ Chop up apples and Snickers into bite size pieces.
- ✓ Stir chopped apples and Snickers into pudding mixture.
- ✓ Place in a large bowl and drizzle with caramel ice cream topping.
- ✓ Chill for at least 1 hour before serving.

*Karen Colyer, Grayson County Schools*



# *Turtle Cheesecake Cups*

## **INGREDIENTS**

- 1 package turtle delights cookie dough
- 2 packages (8 ounces each) cream cheese, room temperature
- 1 can (14 ounces) sweetened condensed milk
- 2 large eggs
- 2 tsp vanilla extract
- 1/3 cup caramel ice cream topping
- 1/2 cup chopped pecans
- 2 Tbsp semi-sweet mini chocolate chips

## **INSTRUCTIONS**

- ✓ Preheat oven to 325 degrees. Paper-line 24 muffin cups. Cut each square of dough in half. Place one piece of dough in each muffin cup.
- ✓ Bake for 10-12 minutes or until cookie has just spread to edge of cup (do not overbake).
- ✓ Beat cream cheese, sweetened condensed milk, eggs and vanilla extract in medium bowl until smooth. Spoon about 3 tablespoons cream cheese mixture over each cookie in cup.
- ✓ Bake for additional 15-18 minutes or until set. Cool completely in pan on wire rack. Refrigerate for 1 hour. Top each with caramel topping, pecans and mini chocolate chips.

*Robbyn Waincott, Owen County Public Schools*



## *Breakfast Scrambled Egg Burrito*

### INGREDIENTS

- 1 Tbsp diced onion
- 1/4 cup low sodium black beans
- 1 scrambled egg
- 1 whole wheat tortilla
- 2 Tbsp low sodium salsa
- 3 Tbsp mashed avocado or slices

### INSTRUCTIONS

- ✓ Spray large skillet with cooking spray and place over medium heat. Add onions and cook, stirring constantly for about 2 minutes.
- ✓ Turn the heat down to low and add beans and egg. Stir constantly until eggs are cooked, for about 3 minutes or until done.
- ✓ Place mixture on wheat tortilla and top with salsa and avocado.
- ✓ Roll tortilla and serve.

*Maggie Hall, Floyd County Schools*



# Coconut Breakfast Bars

## INGREDIENTS

1/2 cup coconut flour

(unsweetened coconut in a food processor, process until fine)

1/2 cup old-fashioned rolled oats

1 cup unsweetened applesauce

1/4 cup honey

1 cup chopped dried figs

2 Tbsp chopped pecans, almonds, or walnuts

1 Tbsp flaxseed meal (optional)

1 Tbsp unsweetened shredded coconut

1/2 tsp cinnamon

## INSTRUCTIONS

- ✓ Preheat oven to 350 degrees.
- ✓ In a large bowl, mix coconut flour, oats, applesauce, and honey until well combined.
- ✓ Stir in figs, nuts, flaxseed meal, coconut, and cinnamon.
- ✓ Lightly rub an 8 x 8 inch baking dish with coconut oil and press mixture into dish.
- ✓ Bake 20-25 minutes or until top is lightly browned.
- ✓ Cool and refrigerate.

Best served cold, but can be eaten at room temperature.

Yield: 12 servings

*Colleen Benson, Lincoln County Schools*



# Mom's Refrigerator Pickles

## INGREDIENTS

- 7 medium unpeeled cucumbers, sliced thin
- 1 Tbsp pickling salt
- 2 medium or 2 cups onions, chopped or sliced
- 1 green pepper or 1 cup chopped
- 2 cups sugar or Splenda
- 1 Tbsp celery seed
- 1 Tbsp mustard seed
- 1 cup white vinegar

## INSTRUCTIONS

- ✓ Combine cucumbers and salt, and let stand 1/2 hour.
- ✓ Drain well.
- ✓ Stir in onions and green pepper.
- ✓ In small bowl, combine remaining ingredients.
- ✓ Pour syrup over cucumber mixture, and mix well.
- ✓ Store in covered container or pack in jars.

Keeps three months.

*Katrina Kinman, KBA*



# *Sugar Free Dreamsicle Fluff*

## **INGREDIENTS**

- 2 – 3 oz pkgs sugar free orange Jell-O
- 2 – 3 oz pkgs sugar free instant vanilla pudding
- 2 – small cans mandarin oranges, drained
- 2 – 8 oz containers of fat free Cool Whip

## **INSTRUCTIONS**

- ✓ Dissolve Jell-O in 2 cups boiling water.
- ✓ Add ice to make 2 cups and stir.
- ✓ Let sit for 5 minutes.
- ✓ Add vanilla pudding and mix with electric mixer.
- ✓ Add mandarin oranges and Cool Whip and mix again with electric mixer.

*Irish Arnett, Wolfe County Schools*

