

Our Winner of the Darlene Dixon Prize Pack of cookbooks is K. Wozniak. Congratulations!
Thank you to all who submitted recipes. Please continue to send in recipes; we are always looking for new ones to share.
We don't know about you, but after all the sweets and holiday food, it's time to start eating better again. This week, we are including a few healthier options.
Happy New Year!

Cranberry Chip Cookies

Submitted by: K Wozniak

1/2 C. butter
1/2 C. shortening
3/4 C. sugar
3/4 C. packed brown sugar
2 lg. eggs, room temp.
2-1/4 C. flour
1 tsp. vanilla
1 tsp. baking soda
1/2 tsp. salt
1 C. semi-sweet chocolate chips
1 C. white baking chips
1 C. dried cranberries
1 C. chopped pecans

Preheat oven to 375°. In large bowl, cream butter, shortening and sugars. Add eggs one at a time, beating well after each addition. Beat in vanilla. Combine flour, soda and salt. Gradually add to creamed mixture and mix well. Stir in chips, cranberries and nuts. Drop by rounded tablespoonfuls 2 inches apart onto ungreased baking sheet. Bake until golden brown 9-11 minutes. Cool on pan 2 minutes before removing to rack to cool completely.

Fruitcake Cookies

Submitted by: S. Hanson

1 C. sugar
1/2 C. shortening
1 egg - room temp
1/4 C. buttermilk
3/4 C. crushed walnuts
16 oz. fruit peel mix
1-3/4 C. flour
1/2 tsp. salt
1/2 tsp. baking soda

Mix together flour, baking soda, and salt in a separate bowl. Cream shortening and sugar. Add the egg and beat well. Mix dry ingredients alternately with buttermilk and fold in fruit mix and nuts. Drop by spoonful on parchment lined cookie sheet 350° for 8 minutes. Cool completely. Store in an airtight container.

Healthy Cherry Almond Oatmeal Smoothie

Level: Easy
Total: 10 min
Active: 5 min
Yield: 1 serving

3 T. 1-minute oats
1-1/2 C. frozen pitted sweet cherries
1/3 C. 0-percent Greek yogurt
2 tsp. honey
1/8 tsp. almond extract
Kosher salt

In a small bowl, stir together the oats and 1/4 C. hot water, and rest for 5 minutes.

In the pitcher of a blender, add the oat mixture, the cherries, yogurt, 2 T. cold water, the honey, almond extract and a pinch of salt. Blend on high speed until very smooth. Pour into a glass and serve immediately.

Turkey Salad

Yield: 5 Cups

Prep Time: 10 min

Total Time: 10 min

4 C. chopped leftover turkey (about 1-1/4 lb.)
1 C. chopped celery
1/2 C. chopped shallots
2 T. chopped fresh dill
1/2 C. mayonnaise
1 T. apple cider vinegar
1 tsp. celery salt
Freshly ground black pepper

In a medium bowl, combine turkey, celery, shallots, and dill. Add mayonnaise, vinegar, and celery salt; season with pepper. Stir until turkey is coated.

Salad can be made 4 days ahead. Store in an airtight container and refrigerate.

Instant Pot Tacos

Level: Easy

Total: 50 min

Active: 20 min

Yield: 6 servings

2 lbs. lean ground beef, frozen
1 yellow onion, finely diced
2 cloves garlic, chopped
2 T. chili powder
1 T. ground cumin
1 T. cornstarch
salt and black pepper

Taco shells, heated according to package instructions

Assorted toppings for serving: such as sour cream, shredded Cheddar, shredded lettuce, chopped tomatoes, avocado, sliced black olives, hot sauce

Put 1 C. of water and the beef into a 6-quart Instant Pot®. Follow the manufacturer's guide for locking the lid and preparing to cook. Set to pressure cook on manual high pressure for 10 minutes.

After the pressure cook cycle is complete, follow the manufacturer's guide for quick release and wait until the quick release cycle is complete. Be careful of any remaining steam and unlock and remove the lid.

Turn the pot to the sauté function and stir in the onion, garlic, chili powder, cumin, cornstarch, 1T. salt and 2 tsp. pepper until combined and the meat is broken up. Let simmer until thickened and the onions are softened, about 8 minutes.

Serve with the taco shells and toppings.

Sheet Pan Chicken Fajitas

Level: Easy

Total: 30 min

Active: 15 min

Yield: 4 servings

1 T. chili powder
salt and black pepper
1 lb. baby bell peppers (12 to 15 peppers), halved, stemmed and seeded
1 lg. yellow onion, halved and thinly sliced
2 T. extra-virgin olive oil
1-1/2 pounds boneless, skinless chicken breast

Juice of 1 lime, plus lime wedges, for serving
8 fajita-size flour tortillas, warmed
Shredded Monterey Jack cheese, guacamole, hot sauce, salsa and sour cream, for serving

Preheat the broiler to high. Line a rimmed baking sheet with foil.

Combine the chili powder, 2 tsp. salt and 1 tsp. pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 T. of the oil and season with half the chili powder mixture. Broil until softened and starting to char, about 10 minutes.

Meanwhile, cut the chicken into 1/4-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 T. oil.

After the peppers are softened and starting to char, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more. Drizzle with the lime juice.

Serve with the warmed tortillas, Monterey Jack cheese, guacamole, hot sauce, salsa, sour cream and lime wedges.

Kidney Bean, Tomato & Winter Squash Soup

2 T. butter
1 medium red onion
4 cloves of garlic (cut in half)
1/2 C. chopped celery
1/2 C. chopped parsnip
1/2 C. chopped yam
14 oz plum tomatoes
Pinch of rosemary
3 slices of ginger
2 small dried hot red peppers
1 (15 oz) can of kidney beans
5 C. of water
3 C. of Komboku or butternut or hubbard squash, diced into 1 inch cubes
Salt to taste, ground pepper
1 T. balsamic vinegar
Chopped cilantro/parsley garnish

Add a few slices of raw astragalus root to this or any soup to give you a little extra energy and immune boost.

Heat the butter in a saucepan/wok/Dutch oven and add the onion. Cook until it is just softened. Add the garlic, parsnip, yam and cook for about 3 minutes over medium heat. Add the tomatoes, rosemary, ginger, peppers, beans and water.

Bring to a soft boil, reduce heat, cover and let simmer for about 1/2 hour – stir occasionally.

Add squash and simmer for about 1 hour until squash is tender. Check liquid levels, add water if necessary and don't forget to stir occasionally.

Add salt and ground pepper, adjust seasonings to personal taste.

Garnish each bowl with a sprig of cilantro or parsley.

Yogurt Parfait

6 servings

Prep Time: 10 min

Total Time: 35 min

For the Granola Crunch:

2 C. oats
1 C. chopped pecans
3/4 C. light brown sugar
1/2 C. all-purpose flour
1 stick salted butter, melted
1 egg white, beaten

For the Fruit:

4 C. fresh fruit, such as strawberries, blackberries, and blueberries
2 T. granulated sugar
1 T. lemon juice

For the Yogurt:

4 C. whole milk vanilla yogurt
1/2 C. sour cream

For the granola crunch: Preheat the oven to 350°. Stir together the oats, pecans, brown sugar, flour, melted butter, and egg white in a medium bowl until well combined. Spray a rimmed baking sheet with nonstick cooking spray; add the oat mixture in an even layer. Bake until golden brown, 20 to 25 minutes. Let cool completely.

For the fruit: Meanwhile, stir together the fresh fruit, sugar, and lemon juice. Set aside.

For the yogurt mixture: Stir together the yogurt and sour cream in a medium bowl.

To assemble the parfaits, place a few spoonfuls of fruit in each glass. Top the fruit with 2 to 3 T. granola, then about 1/4 C. yogurt. Repeat layers as desired. Top with more granola and fruit, if you like.

Quote of the Week:

“In this new year, be grateful that God has given you victory over many things over the past year.”

~ Steven M. Hitchcock,

God Is Visible Every Day