

FlavorStone™ Family Favorites

by *Cathy Mitchell*



FlavorStone

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LEFTOVERS

When cooking pasta or rice always make extra and store for later use. To reheat pasta, simply run under hot water or add to frying pan with other hot ingredients.

Keep a plastic shoe box in the refrigerator to keep small amounts of leftovers in an easy to find place. Small bags and containers can get lost at the back of shelves. This way, you can check to see what needs to be used.

Leftover cooked meats are great for pizza topping, omelets or to add to fried rice.

Mashed potatoes are great for thickening sauces, making fried potato patties or adding to soups.

Cooked veggies are also great in rice, pizza, omelets or can just be added to a casserole, soup or stew.

Leftover pasta can be tossed in a frying pan with a little butter and garlic for a great side dish.

Just about any leftover can be added to tomato soup for a good lunch. Macaroni and cheese, meatloaf, mexican food, bits of meat or veggies.

Stale bread can be cubed and used in bread pudding or spread on a cookie sheet for croutons. Try lightly buttering and sprinkling with seasoning before cubing for a seasoned crouton.

Leftover Mexican food is great for filling quesadillas.

Leftover Chinese food is a nice addition to omelets.

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Best Ever Oatmeal

Makes 1 servings

Ingredients:

- 1 cup milk
- ½ cup oats
- pinch of salt
- ½ teaspoon vanilla
- canned pie filling, (sweetened with sugar substitute) such as cherry, peach, blueberry, or apple

Directions:

1. Place all ingredients except pie filling, into sauce pan, mix and bring to a boil.
2. Reduce heat and cook, stirring occasionally until oatmeal is desired thickness (*refer to package directions*).
3. Serve in a pretty bowl and top with a generous spoonful of pie topping.

Hint: I usually have 2 or 3 different filling open and in the refrigerator so I can offer a variety. 1 can usually tops 6 servings

TIPS AND TECHNIQUES

Keeping meats in the freezer, packaged in a useful manner, is a big help in creating quick meals.

FROZEN CHICKEN: Place boneless skinless chicken breasts in the bottom of a plastic bag, press out the air and roll up in bag. Portions like this will partially thaw in the microwave on a defrost power setting in about 2 minutes and will slice easily into thin pieces for quick cooking. Use for stir fries or to top Chinese or Caesar salads.

FROZEN PORK: Separate pork tenderloins and roll up in a bag like the chicken breast. They will also slice easily while partially frozen and work well for pork medallion recipes, stir fries, mixed with sauce for BBQ sandwiches.

FROZEN COOKED GROUND BEEF: Cook up to 5 pounds in a large dutch oven, stirring and breaking up large pieces until thoroughly cooked. Drain off and dispose of fat, allow to cool and freeze. 2 loosely filled cups will equal about a pound of meat and will thaw quickly in recipes. Use for spaghetti sauce, tacos, sloppy joes, casseroles, pizza topping, lasagna, etc.

PREPARED VEGETABLES: Always keep on hand a supply of vegetables prepared and ready to use.

ONION: Buy large onions, coarsely chop and store in plastic bag. Use as is in recipes, or if finely chopped onion is needed, simply take out what is needed and re chop.

CELERY: Buy large heads and cut a few outer stalks into sticks if desired. Chop the rest all at once, starting at tip and slicing down the head until you reach the base. This will give you a nice coarse chop for cooking, including the leaves. Discard base, put chopped celery in a collander and run under water to clean. Drain and store in plastic bag. Whenever fine chop is needed for sandwich filling, simply re chop a small amount to a finer dice.

CARROTS: Keep baby carrots on hand for snacking and for an easy chop, or slice to add to recipes.

Enchilada Pie

Makes 6-8 servings

Ingredients:

- 1/2 teaspoon olive oil
- 1 medium yellow onion, diced
- 1 pound lean ground beef
- 1 1/2 cups enchilada sauce
- 1 can (4 ounce) chopped green chiles, drained
- 1 (11 ounce) yellow corn kernels, drained
- 1 (2.2 ounce) can sliced black olives, drained
- 2 cups shredded Mexican cheese blend
- 1 (8.5 ounce) package store bought muffin mix
- 1 large egg
- 1/3 cup whole or low fat milk

Directions:

1. Place 9.5 inch deep pan over medium-high heat. Add oil and onion and cook until soft, about 3 minutes.
2. Add beef and cook 8 minutes or until browned, breaking bigger pieces up with a wooden spoon. Drain and discard excess fat.
3. Stir in enchilada sauce, green chiles, corn and black olives. Reduce heat to medium and let simmer for 5 minutes.
4. Meanwhile, place corn muffin mix in a medium bowl. Add egg and milk and stir briefly with a fork until just barely combined. Set aside.
5. Sprinkle cheese over meat mixture.
6. Dollop corn muffin batter on top, cover the pan, reduce heat to low and cook for about 5 minutes or until cornbread is set. Serve hot.

Hashbrown Breakfast Pizza

Makes 3-5 servings

Ingredients:

- 1/2 pound shredded potato*
- 3 beaten eggs or 3/4 cup egg substitute
- 2 tablespoons precooked bacon**
- 1/3 cup shredded cheese
- 1 1/2 teaspoons olive oil
- Seasoning to taste***

Directions:

1. Place 9.5 inch sauté pan over medium heat to preheat.
2. Mix hashbrowns with oil and seasoning in small bowl, and add to hot sauté pan, arranging in flat layer over bottom.
3. Cook until browned, about 5 minutes, slide out of pan onto plate, and flip back into pan, browned side up.
4. Pour egg over potatoes, top with layer of bacon and sprinkle with cheese.
5. Cover pan and continue cooking until egg is set, about 5 minutes.
6. Slide out onto plate, cut in wedges like a pizza and serve.

* I use 1/2 of 1 box of store bought hashbrowns, prepared as directed. Refrigerate other half for later use.

** I use packaged real bacon bits

*** I use store bought seasoning blend, about 1/2 teaspoon

Blueberry Pancakes

Makes 4-6 servings

Ingredients:

- 2 cups all purpose flour
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/3 cup granulated sugar
- 4 large eggs
- 2 cups whole milk
- 1 teaspoon vanilla extract
- 1/2 cup blueberries, plus more for garnish
- Powdered sugar for garnish

Directions:

1. Place flour, baking powder, sugar, and salt in a large bowl and stir to combine.
2. Place egg, milk, and vanilla extract in a medium bowl, whisking to combine.
3. Make a well in the center of the dry ingredients and pour in egg mixture, stirring just to incorporate all ingredients.
4. Preheat 9.5 inch or 11 inch sauté pan over medium heat and pour batter by the 1/4-cup into pan. Sprinkle a few blueberries on top. Cook until bubbles form on surface.
5. Turn and cook until lightly golden.
6. Garnish with powdered sugar and blueberries. Serve hot.

Salmon with Zucchini and Carrots

Makes 4 servings

Ingredients:

- 4 (5-6 ounce) salmon filets
- Salt and ground black pepper to taste
- 2 medium zucchini, sliced
- 2 medium carrots, peeled and sliced
- 1/4 cup dry white wine or water
- 1 lemon, cut into wedges

Directions:

1. Pat salmon dry with paper towels and sprinkle both sides with salt and pepper.
2. Place 11 inch sauté pan over medium-low heat.
3. Place salmon, skin side down, in pan.
4. Sprinkle zucchini, carrots, salt and pepper over top.
5. Pour wine into pan.
6. Cover, reduce heat to low, and cook for 10 minutes or until salmon is cooked through. Serve hot with lemon wedges.

Roasted Lemon 4-Pound Chicken with Vegetables

Makes 4-5 servings

Ingredients:

- 1 (4 pound) roaster chicken, rinsed and patted dry
- 2 lemons, cut into wedges
- 1 yellow onion, cut into wedges
- 2 tablespoons fresh chopped or 1 teaspoon dried rosemary
- 2 large carrots, peeled and cut into 1 inch pieces
- 2 stalks celery, cut into 1 inch pieces
- Salt and ground black pepper to taste

Directions:

1. Wash and pat dry chicken. Place half the lemons, onions and rosemary inside cavity.
2. Sprinkle outside of chicken with salt and pepper.
3. Place 11 inch casserole pan over medium-low heat.
4. Place chicken in pot breast side up and scatter carrots, celery, and remaining rosemary and lemons around the sides.
5. Cover, reduce heat to low and cook for 40-45 minutes or until chicken is cooked through. Serve hot.

Tomato and Grilled Cheese Sandwiches

Makes 4 servings

Ingredients:

- 8 slices light whole wheat bread
- 1 large tomato, thinly sliced
- 8 ounces cheddar cheese, sliced

Directions:

1. Place 11 inch sauté pan over low heat.
2. Cover 4 slices of bread with tomato and cheese. Top with remaining bread.
3. Place 2 sandwiches in sauté pan and cook for 2-3 minutes, until golden brown.
4. Turn and cook until cheese has melted.
5. Transfer to a plate and repeat to make remaining sandwiches. Serve hot.

Lightning Fast Quesadillas

The amount of servings depends on the amount of tortillas made.

Ingredients:

- 8 inch flour tortillas (1 tortilla is 1 serving)
- Shredded cheese of choice such as cheddar, Monterey Jack or Mexican blend

Directions:

1. Preheat 9.5 inch sauté pan over medium heat.
2. For each quesadilla sprinkle about ¼ cup cheese over bottom of hot sauté pan.
3. Place 1 tortilla over cheese and with fingertips spin tortilla, pressing lightly into pan to pick up melted cheese. Slide out onto plate cheese side up, garnish as desired and fold or roll tortilla.
4. Work quickly, and tortilla will stay cool to the touch. It takes only seconds to melt the cheese.

HINT: Try filling with warmed leftover shredded beef or chicken mixed with a little salsa and roll up burrito style

Add green onion, diced green chilies or avocado before folding

Grilled Steak with Pan Sauce

Makes 4 servings

Ingredients:

- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- 4 (6 ounce) boneless New York steaks, about 1 inch thick
- 1 cup low sodium beef broth
- 2 tablespoons butter, at room temperature

Directions:

1. Combine salt, pepper, paprika, thyme, and garlic powder in a small bowl.
2. Rub salt mixture into all sides of steak.
3. Heat grill pan* over medium-high heat. Cook until well-browned, about 6 minutes per side (more or less depending upon desired doneness).
4. Transfer steaks to a plate and cover loosely with foil to keep warm.
5. Increase heat to high and pour broth into grill pan*. Let boil, stirring occasionally, until liquid has reduced to about 1/3 cup. Remove from heat and stir in butter.
6. Spoon sauce over steaks before serving.

* Note: The Grill Pan is the only piece of FlavorStone™ cookware that CANNOT be used on induction stoves!

Pot Roast with Potatoes

Makes 8-10 servings

Ingredients:

- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1 (4 pound) boneless beef chuck roast
- 2 cups red wine
- 2 cups low sodium beef broth
- 2 large yellow onions, sliced
- 2 pounds small potatoes
- 1 pound medium carrots, peeled and cut into 2 inch pieces
- 2 bay leaves

Directions:

1. Combine salt, pepper, paprika, and thyme in a small bowl.
2. Rub mixture into surface of roast.
3. Place 11 inch casserole pan over medium-high heat. Place roast in pot and brown on all sides.
4. Add wine, broth, onions, potatoes, carrots and bay leaves.
5. Bring to a boil, cover, reduce heat to low, and cook for 3 hours 45 minutes, or until meat is very tender. Serve hot.

Shrimp and Vegetable Tempura

Makes 4-6 servings

Ingredients:

- 4 cups canola oil
- 1 (10 ounce) package tempura mix, prepared according to package directions
- 1 small yam, peeled and thinly sliced
- 1/2 medium yellow onion, thinly sliced
- 1 medium zucchini, sliced
- 1 pound jumbo shrimp, peeled and deveined
- Soy sauce for dipping

Directions:

1. Line a baking sheet with several layers of paper towels.
2. Place oil in the 11 inch casserole pan over medium heat.
3. Working in batches, dip vegetables and shrimp in tempura batter and fry until lightly golden.
4. Using tongs or a slotted spoon, transfer to prepared baking sheet to drain. Serve hot with soy sauce.

Beef Stew with Garlic Croutons

Makes 8 servings

Ingredients:

- 1 (3 pound) beef brisket, cut into 2 inch cubes
- Salt and ground black pepper to taste
- 1 large yellow onion, chopped
- 1 pound baby potatoes
- 2 cups baby carrots
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 bay leaf
- 4 cups low sodium beef broth
- 1 1/2 cups green beans, cut into 2 inch pieces
- 2 tablespoons butter
- 1/4 teaspoon garlic salt
- 1 (6-8 inch) baguette, cut into 1 inch cubes

Directions:

1. Sprinkle meat with salt and pepper.
2. Place 11 inch casserole pan over medium heat. Add half of the meat to pot and cook until browned. Transfer to a bowl; brown remaining meat and transfer to bowl.
3. Reduce heat to medium-low, add onions, and cook, stirring frequently, until translucent, 3-4 minutes.
4. Return meat to pot. Add potatoes, carrots, thyme, oregano, bay leaf and broth, stirring to combine.
5. Increase heat to medium-high and bring to a boil. Cover, reduce heat to low, and simmer for 1 hour 30 minutes.
6. Add green beans and continue cooking, uncovered, for 15 minutes.
7. Meanwhile, place butter in 11 inch sauté pan over medium-low heat and cook until melted.
8. Sprinkle garlic salt over butter.
9. Add bread to sauté pan, stirring to coat with butter. Cook, stirring frequently, until golden brown, about 5 minutes.
10. Remove from heat. Serve stew hot with garlic croutons.

One-Pot Pork Chops and Apple Sauce

Makes 4 servings

Ingredients:

- 4 (5-6 ounce) boneless pork chops
- Salt and ground black pepper to taste
- 1 medium yellow onion, chopped
- 3 medium red apples, peeled, cored and chopped
- 1/3 cup apple cider
- 2 tablespoons honey
- 1/8 teaspoon ground cinnamon

Directions:

1. Sprinkle pork chops with salt and pepper.
2. Place 9.5 inch deep pan over medium-high heat. Add pork chops to pan and cook until golden brown, 2-3 minutes per side. Transfer to a plate and cover with foil to keep warm.
3. Add onion to pan and cook until translucent, 3-4 minutes.
4. Add apples, apple cider, honey and cinnamon and bring mixture to a boil. Reduce heat to medium, and simmer until apples have begun to break apart and have turned golden, about 20 minutes.
5. Using a wooden spoon, partially mash apples.
6. Return pork chops to pan, nestling them into the apple sauce. Cover and cook until pork is cooked through, about 5 minutes. Serve hot with apple sauce.

Pulled Pork Sandwiches

Makes 6-8 servings

Ingredients:

- 1 1/2 teaspoons ground black pepper
- 1 1/2 teaspoons salt
- 1 1/2 tablespoons dark brown sugar, packed
- 2 teaspoons smoked paprika
- 1 (3 pound) boneless pork shoulder
- 1/4 cup apple cider vinegar
- 1 1/2 cups water
- 1 1/2 cups purchased barbecue sauce
- 6-8 sandwich rolls

Directions:

1. Combine pepper, salt, sugar and paprika in a small bowl.
2. Cut pork into 3 equal pieces. Rub spice mixture into surfaces.
3. Place vinegar and water in 9.5 inch casserole pan and bring to a boil over medium heat. Place pork in pot, cover and reduce heat to low. Cook for 1 hour 20 minutes or until pork falls apart easily, turning pork every 30 minutes. Remove from heat.
4. Drain excess liquid from casserole pan.
5. Using two forks, pull pork apart. Add barbecue sauce and stir to combine. Place on buns and serve hot.

Easy No-Burn Chili

Makes 6-8 servings

Ingredients:

- 1 medium yellow onion, diced
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground oregano
- 1/4 teaspoon cayenne pepper, more or less to taste
- 1 tablespoon tomato paste
- 1 1/2 pounds ground turkey or beef
- 32 ounces low sodium chicken or beef broth
- 1 (28 ounce) can crushed tomatoes
- 2 (15 ounce) canned kidney beans, drained
- Salt and ground black pepper to taste

Directions:

1. Place 9.5 inch casserole pan over medium-low heat. Add onions and cook, stirring frequently, until translucent, 3-4 minutes.
2. Stir in chili powder, cumin, oregano, cayenne, and tomato paste. Cook for 1 minute.
3. Add ground meat and cook for 8 minutes, stirring frequently, until browned, breaking bigger pieces up with a wooden spoon.
4. Stir in broth and bring to a boil. Reduce heat to low and simmer for 30 minutes.
5. Stir in crushed tomatoes and kidney beans and simmer for 30 minutes more. Serve hot.

Handmade Cheeseburger Pizza

Makes 6 servings

Ingredients:

- 1 cup shredded cheddar cheese
- 8 ounces ground beef, cooked and crumbled
- 1/4 teaspoon salt
- 1/4 cup red onion, chopped
- 1 (16 ounce) package prepared pizza dough
- 1/3 cup prepared pizza sauce

Directions:

1. Combine cheese, ground beef, salt and onions in a medium bowl. Set aside.
2. Place 11 inch sauté pan over heat.
3. Roll out dough to fit into bottom of sauté pan. Place in sauté pan and cook until lightly golden, about 5 minutes.
4. Turn dough over and spread pizza sauce on top. Sprinkle with cheese mixture.
5. Cover and cook for 10-12 minutes, or until cheese has melted and topping is hot. Serve immediately.

Stove Top Lasagna

Makes 3-4 servings

Ingredients:

- 1 teaspoon olive oil
- ½ small onion, chopped
- 1 clove garlic, crushed
- ¼ teaspoon red pepper flakes
- Salt and pepper*
- 2 cups browned ground beef* (see tips and techniques page)
- 1 28 oz can pureed tomatoes
- 4 oz uncooked lasagna noodles, broken into 2 "pieces DO NOT USE "NO BOIL" lasagna noodles.
- ¼ cup parmesan cheese
- ½ cup shredded mozzarella cheese
- Part skim ricotta cheese
- Fresh basil

Directions:

1. Brown onion in oil till transparent, add garlic, pepper flakes and seasoning.
2. Stir 30 seconds, add meat, stir and top with noodles.
3. Pour tomatoes over all, cover and cook 20 minutes, gently stirring occasionally.
4. Until noodles are tender and juice is absorbed.
5. Add cheeses, stir, dot with rounded spoonfuls of ricotta, garnish with basil, cover 2 minutes and serve.

* I use ½ teaspoon store bought season blend.

Pasta with Shrimp

Makes 4 servings

Ingredients:

- 1 (16 ounce) package spaghetti
- 1 tablespoon olive oil
- 1 pound large shrimp, peeled and deveined
- 2 large tomatoes, chopped
- 2 cloves garlic, chopped
- 2 (5 ounce) packages baby spinach
- Salt and ground black pepper, to taste

Directions:

1. Fill 11 inch casserole pan with salted water and bring to a boil over medium-high heat.
2. Add pasta, lower heat to medium, and cook until just barely done. Drain.
3. Drizzle oil over spaghetti and toss to coat. Set aside.
4. Place 11 inch sauté pan over medium-high heat. Add shrimp, tomatoes and garlic and cook, stirring frequently, until shrimp turns opaque, about 3 minutes.
5. Reduce heat to medium, add spinach and stir to combine.
6. Stir in pasta. Remove from heat. Season with salt and pepper. Serve hot.

Chicken and Cheese Quesadilla

Makes 4 servings

Ingredients:

- 4 flour tortillas, regular or whole wheat
- 1/2 cup shredded Mexican blend shredded cheese
- 1 cup cooked and shredded chicken
- 1 (4 ounce) can diced green chiles, drained
- 1 (2.2 ounce) can sliced black olives, drained

Directions:

1. Place the 11 inch sauté pan over medium heat.
2. Place tortilla in sauté pan. Sprinkle a quarter of the cheese, chicken, chiles and olives over half the tortilla. Fold other half over to cover.
3. Cook until golden brown. Turn and cook until cheese has melted.
4. Repeat with remaining ingredients.
5. Cut each quesadilla in half before serving.

Healthy Fried Chicken Fingers

6 to 8 chicken tenders

Ingredients:

- ¾ cup flour
- 1 teaspoon seasoned salt
- ½ teaspoon pepper
- 1 tablespoon olive oil

Directions:

1. Place oil in sauté pan and preheat over medium heat, put flour and seasoned salt in a plastic bag and shake to mix.
2. Rinse tenders 1 at a time, shake off excess water and drop into bag of flour.
3. Close and shake bag to coat all tenders, remove with a fork, shake off excess flour and place in hot frying pan.
4. Cover and cook for 3 to 4 minutes until browned, turn and continue cooking uncovered over lowered heat for 6 to 10 minutes more, turning as needed.
5. Thicker tenders will need a little longer than thin ones. Remove from pan and serve.

HINT: For a quick gravy, pour 1 cup of chicken broth mixed with 1 heaping tablespoon of flour into hot pan and stir until thickened, seasoning to taste

Pan Pizza

Makes 2 servings

Ingredients:

- Dough that makes 2 pan pizzas
- 1 cup regular or low calorie store bought mix
- ½ cup dark beer

SAUCES - Use about 2 tablespoons of pizza sauce, marinara or spaghetti sauce, BBQ sauce, flavored cream cheese.

TOPPINGS - (meats should be precooked, veggies sliced thin or precooked) Pepperoni, cooked sausage, leftover chicken, ground beef, ham, tomatoes, onion, mushrooms, broccoli, green peppers, olives

CHEESES - Parmesan, mozzarella, cheddar, Mexican, Monterey Jack, etc

Directions:

1. Stir together quickly into a ball and place on a floured board.
2. Knead with flour until no longer sticky and divide in half. Press each half into an 8 inch circle.
3. Preheat 9.5 inch sauté pan over med heat. Place 1 round of dough into pan and cook for about 1 minute, popping any large bubbles. Flip dough and working quickly spread desired sauce over dough, add toppings and cheese.
4. Carefully drizzle about 1 to 2 tablespoons water around edge of dough where it meets the pan. This creates steam to help heat the toppings.
5. Cover, reduce heat and cook about 5 minutes, until bottom is brown and cheese is melted.

Tortilla Espanola

Makes 4-6 servings

Ingredients:

- 4c. peeled and sliced Red potatoes (idaho also work well)
- 1 large yellow onion chopped
- 8 eggs
- 2 cups washed, chopped spinach (raw)
- salt and pepper to taste

Directions:

1. Prep for potatoes: Rinse and drain the water off. Let rest with a little salt on them for about 10 minutes prior to cooking.
2. In large deep pan sauté potatoes and a touch of salt with lid on until soft with browned edges. Stir occasionally so as not to burn. You may add a little water to help steam them and keep them moist for cooking. They should be the consistency of soft home fries when you add the onion.
3. Continue to sauté, adding water as necessary.
4. In a very large bowl, beat eggs and add pepper to taste. When the potatoes and onions are done add them to the large bowl with the eggs. Make sure that the potatoes and onion are coated evenly with egg. Add spinach making sure it is incorporated evenly to this mixture.
5. Wipe the pan out with a wet cloth or paper towel. Place back on stove with a medium heat.
6. Pour egg and potato mixture into the pan and cover.
7. When the tortilla has pulled away from edges and has formed a solid bottom, place a large plate over the pan and turn it upside down onto plate. The tortilla should be whole.
8. Slide the tortilla back into the pan, raw side down, cooked side up and continue to cook, covered. When you shake the pan the tortilla should move as a whole. You may flip the tortilla a few more times.
9. When finished, flip one final time onto the plate, let rest for 5 minutes and enjoy!

Quickie Fried Rice

Makes 4-6 servings

Ingredients:

- 3 cups cooked white rice, leftover or cooked and cooled
- 1 cup carrots and peas vegetable mix (microwave precook if frozen) drain if canned
- ½ small onion, finely chopped
- 3 tablespoons chopped cooked bacon (I use store bought or packaged bacon bits. If you prefer, cook 2 slices of bacon, crumble, and use reserved bacon fat instead of olive oil)
- 1 tablespoon olive oil
- 2 tablespoons soy sauce

Directions:

1. Preheat deep pan over medium heat, add oil, onion and sauté until translucent. Add bacon bits and veggies, stir to warm veggies, add rice and soy sauce, turning to mix, lower heat, cover and cook till warmed, about 3 minutes, stirring once.

Hints: I add frozen carrots and peas to rice when I cook it the first time to add extra veggies to the diet. Make enough rice to allow for leftovers and the carrots and peas will already be in the leftover rice

Add bits of cooked meat like diced ham or shrimp or chicken to make rice into a meal. Garnish with sliced green onions

If you like scramble an egg into the pan after you sauté the onion, breaking it into small pieces and then continue as directed

Stir Fry

Makes 2-3 servings

Ingredients:

- MEAT - 1/2 pound thinly sliced beef, pork or chicken (see tips and techniques).
- VEGETABLES - ½ ONION, thinly sliced, ½ cup CELERY, cut on diagonal, CARROTS, sliced or thin sticks, MUSHROOMS, sliced, GREEN BEANS, ZUCCHINI, BROCCOLLI FLORETS, WATER CHESTNUTS, slices, BEAN SPROUTS, SHREDDED CABBAGE.
- SAUCES - Any thick bottled sauce such as sesame seed sauce or teriyaki glaze or ¼ cup soy sauce mixed with 1 teaspoon cornstarch.

Directions:

1. Preheat 9.5 inch deep pan over medium heat, place sliced meat in pan and stir until evenly browned, seasoning with salt, pepper, garlic or ½ teaspoon store bought seasoning blend.
2. Add any desired hard vegetables such as onion, celery and carrot and continue to stir for 5 minutes. If mixture gets dry reduce heat and add a little water.
3. Add desired sauce, about 1/4 cup, stir, add desired soft vegetables, cover and cook about 5 more minutes.
4. Stir and serve over white rice or try Quickie Fried Rice recipe (Page 14).

Suggested Combos

- Beef with onion, mushrooms and broccoli with soy sauce mix.
- Chicken with onion, celery, green beans with sesame seed sauce.
- Pork with carrots, onion, water chestnuts and shredded cabbage with teriyaki glaze.

Rice and Cheese Croquettes

Makes 2 dozen

Ingredients:

- 4 cups canola oil
- 3 cups cooked rice
- 2 large eggs, beaten
- 1/2 teaspoon salt
- 8 (1 ounce) package string cheese, cut into thirds
- 1 cup seasoned breadcrumbs

Directions:

1. Line a baking sheet with several layers of paper towels.
2. Place oil in 11 inch casserole pan over low heat.
3. Place rice, eggs and salt in a small bowl and stir to combine.
4. Place a generous tablespoon of the rice mixture in the palm of your hand. Put a piece of cheese in the center of rice mixture and press firmly to completely cover cheese.
5. Gently place in hot oil and cook for about 3 minutes or until golden brown.
6. Remove from oil with a slotted spoon and drain on prepared baking sheet.
7. Let cool 5 minutes before serving.

FlavorStone™ Tasty Sensations

by *Cathy Mitchell*



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Creamy Rice with Butternut Squash

Makes 6-8 servings

Ingredients:

- 1 1/2 cups yellow onion, diced
- 1 1/4 cups long-grain rice
- 3 1/2 cups low sodium chicken broth
- 1 1/2 cups butternut squash, cut into 1/2 inch pieces
- 1 teaspoon dried sage
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup low-fat milk
- 1/4 cup grated Parmesan cheese
- 1 tablespoon flat leaf parsley, chopped, for garnish

Directions:

1. Place 11 inch sauté pan over medium-low heat. Add onions and cook, stirring often, until translucent.
2. Add rice, broth, butternut squash, sage, salt and pepper, stirring to combine.
3. Bring to a boil, cover, reduce heat to low, and simmer for 14 minutes.
4. Remove cover, stir in half and half and parmesan cheese.
5. Remove from heat and stir in parsley. Serve hot.

Pork Medallions With Apples

The servings will depend on the amount of pork used (1 lb usually makes 3-4 servings).

Ingredients:

- 1 pork tenderloin sliced into ½ " medallions
- 1 large apple, peeled, cored and cut into wedges
- ½ cup apple juice
- ½ cup brown sugar
- Salt and pepper to taste

Directions:

1. Preheat sauté pan over medium heat, place seasoned medallions in sauté pan and brown on 1 side for 3 to 4 minutes.
2. Turn, arrange apples around pork, sprinkle with brown sugar, add apple juice.
3. Reduce heat, cover and cook 10 minutes.
4. Remove cover and continue to cook until glaze is thickened, turning as needed.

Lightning Fast S'mores

The servings will depend on how much of each material is used per S'more.

Ingredients:

- Plain chocolate bars
- Large marshmallows, sliced in half
- Graham crackers/wafers
- Bamboo skewers or small fondue forks

Directions:

1. Warm sauté pan over very low heat and place chocolate bar in base to melt.
2. For each s'more skewer a marshmallow half, drag thru melted chocolate to coat and sandwich between 2 graham crackers/wafers. Pull out skewer and enjoy.

Yellow Cake

Makes 6 servings

Ingredients:

- 1/2 (10.25 ounce) box yellow cake mix, batter prepared according to package directions

Directions:

1. Heat 9.5 inch deep pan over low heat.
2. Pour batter into pan. Cover and cook for 17-22 minutes or until cake is firm in the center.
3. Turn off heat and let pan set, covered, for 10 minutes before turning out onto a serving plate.

Pommes Souffles

Makes 4-6 servings

Ingredients:

- 2 medium russet potatoes, peeled and sliced 1/8 inch thick
- 4 cups ice
- 6 cup cold water
- 4 cups canola oil

Directions:

1. Line a baking sheet with several layers of paper towels.
2. Place ice and water in a large bowl. Add potatoes and let stand for 30 minutes.
3. Remove potatoes from water and pat dry on paper towels.
4. Place oil in 11 inch casserole pan over low heat.
5. Working in batches, gently place in hot oil and cook for about 5 minutes.
6. Remove from oil with a slotted spoon and drain on prepared baking sheet.
7. Increase heat to medium-low. Working in batches, return potatoes to oil and cook until golden brown and puffed.
8. Remove from oil with a slotted spoon and drain on prepared baking sheet.

Healthy Bread Pudding

Makes 8-10 servings

Ingredients:

- 1/2 cup all purpose flour
- 1/3 cup sugar substitute
- 1 teaspoon ground cinnamon
- 4 large eggs, beaten
- 1 cup fat-free half and half
- 1 tsp almond extract
- 1/2 tsp vanilla extract
- 10 slices cinnamon raisin bread, torn into pieces
- 1/3 cup dried cranberries

Directions:

1. In a large bowl, using an electric mixer, beat together flour, sugar substitute, cinnamon, eggs, half and half, almond and vanilla extracts until well combined.
2. Add bread, cranberries and raisins, stirring to combine. Set aside.
3. Place 9.5 inch casserole pan over low heat.
4. Pour into mixture into pot. Cover and cook for 15 minutes. Serve warm.

Upside Down Apple Pie

Makes 4-6 servings

Ingredients:

- 6 McIntosh apples, peeled, cored and sliced
- 1 tablespoon lemon juice
- 1/2 cup apple juice
- 1 tablespoon all purpose flour
- 3/4 cup granulated sugar
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 (14 ounce) package prepared pie dough (1 crust)

Directions:

1. Place apple juice and lemon juice in a medium bowl. Add flour and whisk to combine. Add apple slices and stir to coat. Set aside.
2. Place 9.5 inch casserole pan over medium-high heat. Add apple mixture and simmer until apples are soft and mixture has thickened, about 15 minutes. Remove from heat and set aside.
3. Carefully place pie dough into deep pan, pressing edges against sides and bottom.
4. Place sauce pan over low heat. Pour apple mixture into sauce pan and cook for 30 minutes.
5. Remove from heat and let cool 15 minutes.
6. Invert a serving plate over top of deep pan. Very carefully flip over so that pie is crust-side-up on plate. Serve warm or at room temperature.

A super-easy alternative filling is to use 2 (21 ounce) cans pie filling of your choice.



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