

Pizza Chicken

- 1 lb frozen chicken tenders
- 10-3/4 oz Healthy Request tomato soup
- 4 oz sliced olives, drained
- 2 tsp. Pizza seasoning
- 1/2 tsp basil
- 1/2 tsp oregano
- 1 bell pepper, sliced

Spray 3 quart crockpot with cooking spray. Place frozen tenders in the bottom. Pour soup over chicken. Sprinkle seasonings over soup. Top with olives and bell pepper slices. Cover and cook on low 4-6 hours.

Serve over cooked spaghetti squash or pasta.

Yield: 4 servings:

233 Calories; 7g Fat (27.3% calories from fat); 26g Protein; 15g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 598mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

– Aunt Purple’s Cookbooks “Slow Easy”

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Energy Plus Pecan Granola

- 1/3 C. vegetable oil
- 1/3 C. honey
- 4 C. old fashioned oats
- 1/4 C. wheat germ
- 3/4 C. pecans
- 1/2 C. raisins

Preheat the oven to 300°.

Line a baking sheet with sides with aluminum foil. Place the oil and honey in a large mixing bowl. Stir in the oats, wheat germ and pecans, stirring to coat ingredients well. Spread the mixture evenly over the prepared pan. Bake, stirring occasionally, for 20 to 25 minutes, or until golden brown.

Remove the pan from the oven. Stir in the raisins. Let granola cool on the pan for 1 hour. Transfer granola to an airtight container and store at room temperature for up to two weeks.

– Sandy Creek Pecans

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Super Quick Deviled Eggs

- Peel desired amount of eggs
- Cut in half and put yolks in a bowl, whites on a platter Mash yolks
- Add a little mustard - a couple Tablespoons for about a dozen eggs
- Salt and pepper to taste
- Add about 3-4 Tablespoons of sweet pickle relish
- Add enough mayonnaise to proper consistency - 3-4 Tablespoons

Mix all together well and fill white half shells, Sprinkle on a little dill weed or paprika for garnish if desired. Adjust the amount of mayonnaise vs. mustard depending on your taste.

Enjoy a healthy high protein treat!

– American Heritage Family Farms

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Prairie Fire Crackers

- 1 1/2 cups flour
- 1/2 cup butter
- 1 cup pepper-jack cheese, shredded
- 1/4 cup The Prairie Gypsies’ Prairie Fire Jam
- 1 Tablespoon jalapeno, chopped

Combine all ingredients in a food processor and process until blended.

Spoon the batter on to a piece of plastic wrap or wax paper, wrap to form a log, chill.

Cut chilled dough into 1/8 inch or 1/4 inch slices. Place on a baking sheet and bake at 350° until lightly brown and crisp.

-- B. J. and Debbie
The Prairie Gypsies

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