**Note: Recipes appear here in alphabetical order. Most are on a single page.**

**BELL PEPPER FRITTATA**

**\*serves 10 \***

**3 cloves of garlic, minced**

**1 large purple onion sliced**

**2 red peppers cut into thin strips**

**1 yellow bell pepper cut into thin strips**

**3 tbsp olive oil, divided**

**2 yellow squash thinly sliced**

**2 zucchini thinly sliced**

**1 8 oz package of fresh mushrooms sliced**

**6 large eggs**

**¼ cup whipping cream**

**2 ½-3 tsp salt**

**2 tsp black pepper**

**10 slices of white sandwich bread, cubed**

**1 8 oz package cream cheese, cubed**

**2 cups (8oz) shredded Swiss cheese**

* **Saute first 4 ingredients in 1 tbsp olive oil until tender, drain and pat dry**
* **Saute squash & zucchini in 1 tbsp olive oil until tender, drain and pat dry**
* **Saute mushrooms in 1 tbsp olive oil until tender, drain and pat dry**
* **Whisk together eggs and next 3 ingredients, stir in sautéed vegetables, half of the bread cubes and the cheeses**
* **Press the remaining bread cubes in the bottom of a lightly greased 10” springform pan and place on a large enough baking sheet**
* **Pour vegetable mixture into pan**
* **Bake 325 degrees for 45 minutes, covering with aluminum foil after 45 minutes to prevent excessive browning**

**Corn Pudding**

**2 cans (14oz) cream style corn**

**2 cans (11oz) whole kernel corn**

**1 8 oz packages of corn bread mix**

**2 sticks of melted butter**

**2 cups sour cream**

**4 eggs**

* **Pre-heat oven to 350**
* **Mix all ingredients together**
* **Spoon into a 2 quart baking dish**
* **Bake for 45-60 minutes**

**FRIED GREEN TOMATOES**

**1 pound firm green tomatoes**

**1 cup white corn meal**

**½ cup flour**

**3 tbsp sesame seeds**

**½ tsp onion salt**

**¼ tsp black pepper**

**2 eggs beaten**

**2 tbsp whole milk**

**Peanut oil for frying**

* **Wash and slice tomatoes ¼ inch thick**
* **Combine, corn meal, flour, sesame seeds, onion salt and pepper**
* **Whisk eggs and milk**
* **Dip tom in egg mixture then flour mixture**
* **Heat oil ¼ inches deep in a frying pan**
* **Place tomatoes in a single layer and fry 2 minutes per side**
* **Drain on paper towel and store in 300 degree oven**

**PEANUT BUTTER BREAD**

**\*Makes 2-4 mini loafs or 1 large one**

**2 cups of all-purpose flour**

**¼ cup sugar**

**¼ cup firmly packed light brown sugar**

**1 tsp baking powder**

**½ tsp salt**

**1 cup whole milk**

**½ tsp salt**

**1 large egg**

**1 cup smooth peanut butter**

* **Pre-heat oven to 350 degrees**
* **In a large mixing bowl, combine the flour, two sugars, baking powder and salt. Stir till well blended**
* **In another bowl, whisk together the milk and egg, add to the dry mixture and stir till just moistened**
* **Gradually stir in the peanut butter till well blended, scrape the mixture into**

**a greased loaf pan or several mini loaf pans**

* **Bake till a knife inserted in the center of a loaf comes out clean, about 1 hour or less for mini loafs**
* **Transfer to cooking rack and let cool**

**PECAN DATE PIE SQUARES**

**\*9x13 Pan=28 squares\***

**2 cups all-purpose flour**

**2/3 cup powdered sugar**

**¾ cup softened butter**

**½ cup firmly packed brown sugar**

**½ cup honey**

**2/3 cup butter**

**3 tbsp whipping cream**

**31/2 coarsely chopped pecans**

**1 cup whole pitted dates, chopped**

* **Sift together 2 cups flour and 2/3 cup powdered sugar**
* **Cut in ¾ cup softened butter using a pastry blender or fork till resembling coarse meal.**
* **Pat mixture on bottom and 1 ½ inches up sides of a lightly greased 13X9 baking dish**
* **Bake at 350 degrees for 20 minutes or until edges are lightly browned. Cool**
* **Bring brown sugar, honey 2/3 butter and whipping cream to a boil in a saucepan over medium high heat. Stir in pecans and dates**
* **Pour hot filling into prepared crust**
* **Bake at 350 degrees for 25-30 minutes or until golden and bubbly**
* **Cool completely and cut into 2 inch squares**

**PIMENTO CHEESE SPREAD & CRACKERS**

**\*1 large ball\***

**1 large cream cheese at room temperature**

**1 pound brick of sharp cheddar cheese, shredded**

**1 green pepper, finely chopped**

**1 7 ounce jar of pimentos drained and slightly mashed**

**½ large onion, “mushed” on a grater**

**1 cup chopped pecans**

* **Add cream cheese to shredded cheddar and mix well**
* **Add chopped green pepper and pimentos and mix well**
* **Add grated “mushy” onion and mix well**
* **Shape into a ball and refrigerate for an hour or so**
* **Roll ball into chopped pecans**
* **Can be frozen or refrigerate till serving**

**Pineapple & Raisin Coleslaw**

**\*makes 6 side dish servings\***

**1 15-ounce can crushed pineapple drained with 1/3 cup juice reserved**

**¼ cup peanut oil**

**2tbsp balsamic vinegar**

**½ tsp celery seed**

**½ tsp grated orange zest**

**¼ tsp dry mustard**

**Salt & freshly ground black pepper to taste**

**One medium, firm green cabbage head**

**2 ounces seedless golden raisins**

* **In a bowl, combine the reserved pineapple juice, oil, vinegar, celery seed, orange zest, mustard, salt and pepper, whisk till well blended and set aside**
* **Remove and discard the outer leaves of the cabbage, cut the head into quarters, cut out and discard hard center core and shred into a large bowl**
* **Add the crushed pineapple and raisins and toss till blended**
* **Pour the dressing over the top, toss till blended, cover with plastic wrap and chill at least 1 hour before serving**

**SAUTEED KALE**

**\*serves 6\***

**1 pound kale, large stems removed, chopped, cooked**

**2 tsp olive oil**

**1 cup finely chopped purple onion**

**1 medium clove garlic, minced 3 tbsp red wine vinegar**

**1 tomato chopped**

**1 tbsp crushed pepper flakes**

**½ tsp salt or to taste**

**Pepper to taste**

* **Cook the kale, bring a pot of salted water to boil, add the chopped kale and boil until tender or if using frozen kale, cook to their directions**
* **Heal olive oil in a large skillet over medium heat; cook onion until just tender, add garlic and cook while stirring for about 1 minute**
* **Add crushed red pepper, kale and vinegar, cooking and stirring for a minute longer**
* **Add chopped tomato, salt and pepper. Cook till heated through**

**SAVORY TOMATO TART**

**\*serves 8\***

**1 Pillsbury pie crust**

**1 small red bell pepper chopped**

**1 purple onion chopped**

**2 garlic gloves minced**

**2 tbsp olive oil**

**3 tbsp chopped fresh basil**

**4 large eggs**

**1 cup half and half**

**1 tsp salt**

**½ tsp pepper**

**2 cups (8oz) shredded Monterey Jack Cheese**

**4 plum tomatoes cut into ¼ inch thick slices**

* **Fit piecrust into a lightly greased with butter 9” tart pan then lightly butter pastry, prick bottom and sides**
* **Bake 425 degrees for 10 minutes set aside**
* **Saute bell pepper, onion and garlic in hot oil in a large skillet, 5 minutes or until tender, stir in basil**
* **Whisk together eggs and next 3 ingredients in a large bowl, stir in sautéed vegetables and cheeses. Pour into crust; top with tomato slices**
* **Bake 375 degrees for 45-50 minutes or until set, shielding edges with strips of aluminum foil after 30 minutes to prevent excessive browning**
* **Let stand 5 minutes and serve**

**SMASHED POTATOES**

**\*makes a 9X13 glass dish\***

**1 large bag of gourmet red potatoes**

**½+ 3 tbsp cup olive oil**

**3 tsp salt**

**2 tsp pepper**

**3 tsp paprika**

* **Coat a glass dish lightly with olive oil**
* **Cook whole potatoes in very large pot of salted water just until tender about 30 min. Test with knife to be tender enough to “smash”**
* **Drain potatoes and arrange in rows close together**
* **Using a fork, press each potato firmly in center to expose flesh, making indentation about 1 inch deep all around the dish**
* **Whisk olive oil, salt, pepper and paprika together**
* **Drizzle oil mixture over potatoes….potatoes can “rest” on counter for up to 2 hours**
* **Preheat oven to 450 degrees and bake uncovered until crisp about 1 hour.**

**SOUTHERN BELLE RED VELVET CAKE**

**CAKE:**

**2 ½ cups flour**

**11/2 cups sugar**

**1tsp baking soda**

**1 tsp salt**

**1 tsp cocoa powder**

**1 tsp vanilla**

**1 ½ cups vegetable oil**

**1 cup buttermilk-room temp**

**2 large eggs-room temp**

**2 tbsp red food coloring**

**1 tsp white distilled vinegar**

**Pecans and shredded coconut for garnish**

**FROSTING:**

**1 pound butter**

**2 8 oz + 1 3 oz package of cream cheese**

**4 cups powdered sugar**

**11/2 tsp vanilla**

**2 egg whites**

* **In a large bowl, sift together flour, sugar, soda, salt and cocoa**
* **In another bowl whisk together, oil, buttermilk, eggs, food coloring, vinegar and vanilla**
* **Mix dry and wet ingredients together-by alternating mixtures**
* **Pre heat over 350 degrees**
* **Oil and lightly flour 3 round cake pans (I have been using measured parchment paper very successfully oiled slightly before and after)**
* **Pour mixture evenly into cake pans**
* **Bake 30 minutes**
* **Beat butter and cream cheese together**
* **Incorporate everything else all at once and beat until fluffy**
* **Spread between layers and all over**
* **Garnish with pecans and shredded coconut as you please!**

**SOUTHERN GRITS CASSEROLE**

**\*serves 6 when made in a 1 ½ quart buttered baking dish\***

**3 cups water**

**1 tsp salt**

**1 cup quick-cooking grits**

**4tbsp (1/2 stick) butter, cut into pieces**

**½ cup whole milk sour cream**

**1 large egg beaten**

**8 ounces Swiss cheese, shredded**

**1 cup freshly grated Parmesan cheese**

**Fresh ground black pepper to taste**

**Paprika to taste**

**2 tbsp melted butter with clove of minced garlic mixed in**

* **Preheat the oven to 325 degrees**
* **In a large sauce pan, combine the water and salt and bring to a boil**
* **Add the grits, reduce the heat to moderately low and cook, stirring till the grits are think and creamy, about 5 minutes**
* **Remove the pan from the heat, add the butter and stir till the butter has melted**
* **Add the sour cream, egg, Swiss cheese, ½ cup of the Parmesan, pepper and paprika and stir till the ingredients are well blended and the mixture is smooth**
* **Scrape into a 1 ½ quart buttered baking dish, sprinkle the remaining ½ cup Parmesan over the top, drizzle melted butter over the Parmesan and bake till gold brown, 45-50 minutes. Cool slightly before serving**

**SOUTHERN SUMMER SUCCOTASH**

**\*serves 6\***

**3 packages of frozen lima beans**

**2 tbsp olive oil**

**3 tbsp unsalted butter**

**1 cup chopped Vidalia onions**

**4 ears of corn (would be nice if 2 white/2 yellow)**

**4 fresh Roma tomatoes, peeled/seeded/chopped**

**½ tsp chopped garlic**

**½ tbsp granulated sugar**

**½ tsp kosher salt to taste**

**¼ tsp fresh cracked pepper to taste**

**1 tbsp chopped fresh parsley**

**1 tbsp chopped fresh chives**

* **Cook beans according to package, drain and set aside**
* **Peel tomatoes by placing in boiling water then cold/seed/chop**
* **In large skillet, add oil, butter, garlic then sauté onions till soft**
* **Add chopped tomatoes and sugar till slightly tender**
* **Add lima beans and cook till all warm**
* **Add corn and cook till slightly still crisp**
* **Add fresh herbs and stir**

**SWEET TEA RICE WITH JALAPENO, PEACHES AND PECANS**

**\*serves 6 side dishes\***

**2 cups sweetened tea**

**1 cup uncooked long-grain rice**

**½ tsp salt**

**2 tbsp REAL butter**

**¾ cup chopped pecans**

**1 large jalapeno pepper, seeded and minced**

**1 large fresh peach, peeled and diced**

**2 tbsp chopped fresh chives**

**¼ tsp salt**

**¼ tsp pepper**

* **Bring tea to a boil in a 3 quart saucepan over medium-high heat and stir in rice with a ½ tsp of salt.**
* **Cover, reduce heat to low and simmer 20 minutes or until tea is absorbed and rice is tender**
* **Meanwhile, melt butter in a large skillet over medium heat; add pecans and cook, stirring often until toasted and fragrant (about 3-4 min)**
* **Add jalapeno and sauté 1 minute**
* **Stir in hot cooked rice, diced fresh peach, chives, 1/4 tsp salt and pepper**

**UPGRADED LAYERED SALAD**

**(Serves 10 side dish portions)**

**Salad:**

**1 10 ounce bag of fresh spinach (I go to Kroger’s and eyeball the fresh already cleaned & bump it up to one pound)**

**¼ pound fresh mushrooms sliced thin**

**2 bunches scallions cut into very thin slices, using as much green as possible**

**2-4 large tomatoes, chopped**

**1 10 ounce package tiny frozen peas**

**2 cups of fresh water cress (I go to Busch’s for this and buy 2 bags)**

**Dressing:**

**1/3 cup fresh parsley sprigs**

**1 garlic clove, peeled**

**2 tbsp white wine vinegar**

**1 tsp Worcestershire sauce**

**1 cup mayonnaise (I have used light)**

**1 ¼ cup sour cream**

**½ tsp freshly ground pepper**

**Topping:**

**1 pound grated smoked Gruyere cheese**

* **Using a very large bowl, layer the salad ingredients in the order listed, starting with the spinach and ending with the watercress**
* **Make the dressing in a food processor or blender, mincing the parsley and garlic with the vinegar and Worcestershire sauce till blended. Add the mayo and process till smooth. Put the mixture in a bowl and stir in sour cream and pepper**
* **“Ice” the salad with the dressing spread across the top NOT mixed in**
* **Spread the grated Gruyere cheese over the dressing**
* **Cover the bowl with foil and chill salad for 24 hours**
* **To serve, toss lightly**