

SOS Recipes

From Those Surviving Saba



Glad to know that this "gadget problem" isn't a problem in Saba.

Hope these Recipes are more helpful than just providing a new table mat!

February 2007

Salt Fish in Coconut Milk: Dominican Style

Submitted By: Pat

2 lb of Salt Fish
1 tin of coconut milk
Pinch of Curry (for color)
½ Onion (cut thinly)
½ Sweet pepper (cut thinly) green or yellow or red
2 tbs Vegetable Oil
1 cup of water
1 chicken cube

Soaked Salt fish over night in water

Preparations:

Boil Salt fish once to take away the remaining salt, drain set aside, in a Deep frying pan sauté Onions, green peppers in Vegetable oil. (Do not burn) Add in your salt fish, stir a bit, then add in your coconut milk, stir, add your pinch of curry, followed by the water then the cube, let boil for 2 minutes (uncovered).

Serve with white rice or provisions (bananas, tanians or plantains)

Zip Lock Omelet

Submitted By: Amanda

This works great!!! Good for when all your family is together. The best part is that no one has to wait for their special omelet!!!)

Have people write their name on a quart-size Ziploc freezer bag with permanent marker. Crack two eggs (large or extra-large) into the bag (not more than two), seal, and shake to combine them.

Put out a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, salsa, etc. Each person should add prepared ingredients of choice to their bag and shake. Make sure to get the air out of the bag and zip it up.

Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.

Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed. Nice to serve with fresh fruit and coffee cake; everyone gets involved in the process, and it's a great conversation starter.

Grandma VanDoren's White Bread

Submitted By: Mary

This is the best bread recipe I have ever used, and I have made a lot of bread. This recipe is quite large, I cut it in half and make only 1 loaf. I don't have a bread pan on Saba, so I just use my biggest pot and bake it in that. It is a round loaf but it still tastes great. In the pot it only takes about 28 minutes. Ovens vary, so bake until top is brown. I hope everyone enjoys.

INGREDIENTS

- * 3 cups warm water
- * 3 tablespoons active dry yeast
- * 3 teaspoons salt
- * 4 tablespoons vegetable oil
- * 1/2 cup white sugar
- * 8 cups bread flour

DIRECTIONS

1. In a large bowl, combine warm water, yeast, salt, oil, sugar, and 4 cups flour. Mix thoroughly, and let sponge rise until doubled in size.
2. Gradually add about 4 cups flour, kneading until smooth. Place dough in a greased bowl, and turn several times to coat. Cover with a damp cloth. Allow to rise until doubled.
3. Punch down the dough; let it rest a few minutes. Divide dough into three equal parts. Shape into loaves, and place in three 8 1/2 x 4 1/2 inch greased bread pans. Let rise until almost doubled.
4. Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes. The loaves may need to be covered for the last few minutes with foil to prevent excess browning.

Worlds Easiest Chicken Parmesan

Submitted By: Denise

- 1 jar (26 oz) spaghetti sauce
 - 6 Tbsp. grated parmesan cheese, divided
 - 6 small boneless skinless chicken breast halves (1 1/2 lb.)
 - 1 1/2 shredded mozzarella cheese
1. Preheat oven to 375. Pour sauce into 9x13 baking dish. Carefully stir in 4 Tbsp. of Parmesan cheese. Add chicken; turn over to evenly coat both sides with sauce. Cover with foil.
 2. Bake 30 minutes. Uncover.
 3. Top with mozzarella cheese and remaining 2 Tbsp. Parmesan cheese; continue baking for 5 minutes or until chicken is cooked through and cheese is melted. Serve over hot cooked pasta, if desired.

Simple Parmesan Baked Potatoes

Submitted By: Denise

- 6 Tbsp. melted butter or margarine

Combine the following:

- 3 Tbsp. grated Parmesan cheese
- ½ tsp. salt
- ½ tsp. paprika
- 8 medium unpeeled red potatoes, cut in half

Pour butter in 9x13 baking dish. Sprinkle cheese mixture over butter. Place potatoes cut side down over cheese. Bake uncovered at 400 degrees for 40 minutes or until tender.

Bruschetta Chicken Bake

Submitted By: Sandra

- 1 can stewed tomatoes (19 fl oz/540 mL)
 - 1 pack of stove top stuffing for chicken
 - 2 cloves garlic minced
 - 1-1/2 lb chicken breast cut in pieces
 - 1 tsp dried basil leaves
 - 1 cup mozzarella cheese
1. Preheat oven to 400
 2. Put tomatoes in medium size bowl, add stuffing and garlic.
 3. Stir until moistened and set aside.
 4. Place chicken in 13x9 baking dish and sprinkle with basil and cheese.
 5. Top with stuffing mixture
 6. Bake 30 minutes or until chicken is cooked through.

Hash Browns

Submitted By: Lisa

(this is really yummy and can be made ahead and frozen before baking)

- 2 lb frozen hash browns (string sliced type - not cubed) only thaw slightly when prepping)
 - 1 x 500 ml carton of sour cream (2 cups)
 - 2 tins of cream of mushroom soup
 - 1/2 cup melted butter
 - 2 cups grated cheddar cheese
 - grated onion, salt and pepper to taste
 - Sprinkle Parmesan on the top(if desired)
1. Mix together and put in a 9x13 greased baking dish.
 2. Bake for 1 1/2 hours at 350 degrees

Tourtière (French Canadian Meat Pie)

Submitted By: Lisa

I made this a Christmas, so its do-able on the island. I used ground chicken or turkey instead of pork for the 1st two I made and all beef for the one I made Rick's landlady. I also used powdered garlic instead of fresh. I increased the seasoning by taste and didn't use the parsley. You can half the recipe if you just want to make 1 pie and not have left over meat for another pie or something else.

The 1st time I made the recipe; I made the whole recipe for the meat, but made only one pie, using half the mixture. The next day, I mixed a can of corn into the remaining half mixture to make Shepherd's pie (put meat/corn mixture into a baking dish - like a pie dish. Cover with mashed potatoes & bake at about 350 degrees for 30 minutes (till the potatoes are golden and the meat is bubbling.)

- 1 lb. ground beef
- 1 lb. ground pork
- 1 garlic clove, minced
- 3/4 to 1 cup chopped onion
- 1/4 to 1/2 cup chopped celery
- 2 Tablespoons dried parsley
- 1 cup beef bouillon
- 1 teaspoon salt
- some pepper
- about 1/16 teaspoon each of rubbed sage, nutmeg, ground cloves and cinnamon
- 1/2 cup fine bread crumbs
- enough pastry for a 2 covered 9-inch pies

1. Brown 1 pound ground beef and 1 pound ground pork.
2. Add 1 clove garlic (chopped), 3/4 to 1 cup chopped onions, 1/4 to 1/2 cup chopped celery, 2 Tb. dried parsley, 1 cup beef bouillon, 1 tsp. salt, some pepper, and about 1/16 tsp. each of sage, nutmeg, cloves, and cinnamon.
3. Cover and cook for 30 minutes.
4. Add 1/2 cup fine bread crumbs and cook with the cover off until the mixture thickens. The mixture should be moist, with little liquid. Remove as much grease as possible.
5. *Preheat the oven to 450F*
6. When the mixture is cool, make the pies. Pierce vents in top.
7. Bake the tourtières at 425 degrees for 15 minutes, then at 350 degrees for 30 to 40 minutes.

Tuna Bunwiches
Submitted By: Lisa

- 1 tin tuna, drained and flaked
 - 3 hard boiled eggs chopped
 - 1/2 cup cheese whiz (or similar)
 - 1/2 cup mayo (or whipped dressing type)
 - 1 cup chopped celery
 - 1 tsp grated onion
 - salt and pepper to taste
1. Mix all together and evenly divide on hamburger bun halves (10 should do it)
 2. Then to make it even better, I usually put 2 strips of processed cheese slice on the top (crossed like an "x") or pieces or a strip of cooked bacon
 3. Place buns on a cookie sheet and bake for 20 minutes at 300-350 degrees.

Flavorful Rice and Beans with Turkey or Chicken
Submitted By: Kim

- 1 tablespoon olive oil
 - 1 clove garlic, minced
 - 1 cup uncooked basmati rice
 - 2 teaspoons ground cumin
 - 2 teaspoons ground coriander
 - 1 teaspoon ground turmeric
 - 1 teaspoon ground cayenne pepper
 - 1 quart (4 cups) chicken stock
 - 1 1/2 pounds ground turkey (or chicken breast)
 - Chopped onion and green pepper
 - 2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
 - 2 (15 ounce) cans black beans, drained and rinsed (or kidney beans, or one of each)
 - 1 bunch chopped fresh cilantro (optional)
 - 1 bunch chopped fresh parsley (optional)
 - salt to taste
 - Ground black pepper to taste
1. Heat the olive oil in a large saucepan over medium heat. Stir in garlic, and cook 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir 5 minutes, then pour in chicken stock. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.
 2. Place the turkey/chicken in a skillet over medium heat, and cook until evenly brown.
 3. Add the onion and peppers and cook to your liking.
 4. Gently mix cooked turkey/chicken, garbanzo beans, black beans, cilantro, and parsley into the cooked rice. Season with salt and pepper.

Pork Chops

Submitted By: Bethany

1. Brown pork chops in oil, salt and pepper.
2. Meanwhile, in a small saucepan, heat maple syrup, coarsely ground black pepper, corns and walnuts.
3. Cook until it thickens and pour over the piping hot pork chops - delicious!

Zucchini Bisque

Submitted By: Bethany

1. Slice 3 large zucchini in thin slices, and 2 good-size onions.
2. Cook them in large pot with 2 cups milk, 1 cup water, salt, pepper, 3 tsp curry powder, and 2 chicken bullion cubes (you can vary these spices to taste).
3. Cook until vegetables are tender. Then blend them in a blender until it is smooth and creamy. This is delicious soup hot or cold.

One-Egg Butter Crockpot Cake

Submitted By: Sally

Easy and very good and moist when done with the mix.

- 1/4 C. butter, softened
- 1/2 C. sugar
- 1 egg
- 1 C. flour
- 1-1/2 t. baking powder
- 1/4 t. salt
- 1/4 C. milk
- 1/2 t. vanilla extract or butter flavoring

I used 1/2 of a prepared cake mix (Betty Crocker) with 3/4 cup of water, a "glub" of oil and one egg. I also sprayed the crockpot with Pam first. I left it in the pot for just over 2 hours and should have taken it out in less than 10 minutes.

Cream butter and sugar until fluffy. Add egg and mix well. Combine flour, baking powder and salt. Add dry ingredients, milk and vanilla to butter mixture. Beat until blended. Put batter into greased and floured 1-pound coffee can or 4 quart insert.

Set in cooker and cover with 2 paper towels. With cover slightly ajar, cook on high 2 hours or until done. Let stand on cake rack for 10 minutes. Remove from insert and finish cooling on rack.

Pinay/Pinoy Pancit: (Traditional Filipino Recipe)

Submitted By: Candice

1/2 hour to prep & 1/2 hour to cook ~ Makes 6 servings

Looking for something different?! Do you like noodles & vegetables? Then try this noodle & vegetable dish from the Philippines, used mainly at parties, but can be a great family dinner too! The white rice noodles can be bought at the Chinese grocery in Phillipsburg, St. Maarten if you can't already find them at a Saba grocery store.

- * 1 (12 ounce) package dried rice noodles
- * 1 teaspoon vegetable oil
- * 1 onion, finely diced
- * 3 cloves garlic, minced
- * 2 cups chicken thighs, diced
- * 1 small head cabbage, thinly sliced
- * 2 large carrots, thinly sliced
- * 3/4 cup chicken broth
- * 1/3 cup soy sauce (use reduced sodium unless you like salty)
- * To taste black pepper
- * if prefer more salty: to taste soy sauce &/or chicken broth
- * if prefer more sour: 2 lemons squeezed
- * if prefer more sweet: to taste oyster sauce

Place the rice noodles in a large bowl and cover with warm water. When soft (10-15 minutes), drain, and set aside.

Heat oil in a wok or large skillet over medium heat. Sauté onion and garlic until soft.

Stir in chicken, cabbage, carrots, chicken broth, and soy sauce. Add more soy sauce, lemons, or oyster sauce if you prefer.

Cook until chicken is cooked & cabbage begins to soften, about 5-10 minutes.

Toss in noodles, and cook until heated through, stirring constantly.

Serve & enjoy!

Pinay/Pinoy Sinigang: (Traditional Filipino Recipe)

Submitted By: Candice

1/2 hour to prep & 1/2 hour to cook ~ Makes 6 servings

Looking for something different?! Do you like soup & vegetables? Try this basic soup dish from the Philippines served over rice. The best thing about this recipe is that you can add or remove the amount of veggies you put in it! The Tamarind packet can be bought at a Chinese Grocery Store in Phillipsburg, St. Maarten.

- * 4 potatoes, diced (optional: remove skin)
- * 2 cups boneless chicken thighs, diced
 - * or 1 lb. chicken thighs
 - * or 1 lb. stew beef, diced
 - * or 1 lb. shrimp, peeled & de-veined
- * 1 tablespoon ginger, diced
- * 1 onion, diced
- * 4 tomatoes, diced
 - * if prefer: To taste whole red &/or green chillies
 - * if prefer: 1 cup green beans
 - * if prefer: 2 cups sliced radish
 - * if prefer: 4 pieces long green pepper
- * 2 cups green leafy vegetables (lettuce &/or spinach)
- * 1 packet Tamarind
 - * if prefer: to taste red pepper
- * 3 cups white rice, cooked

Boil water in a large stove top pot.

Add potatoes & cook for several minutes.

Add chicken or beef & ginger, & cook for several minutes until meat is nearly cooked. Stir occasionally for several minutes.

Add onion, tomatoes, chillies, (other vegetables you prefer), Tamarind, red pepper &/or shrimp). Stir occasionally for several minutes & make any adjustments to soup flavor by adding more spice.

Add green, leafy vegetables & cook for another minute.

Serve over white rice & eat with a spoon & fork like a true Filipino pinay "woman" or pinoy "man"!

Pinay/Pinoy Turon: (Traditional Filipino Recipe)

Submitted By: Candice

15 minutes to prep & 15 minutes to cook ~ Makes a lot

Looking for a delicious dessert?! Try a Filipino favorite! It's so easy!

- * 2 plantains, peeled &
 - * then cut in 1/2 vertically
 - * then cut in 1/3's
- * 1 packet 7" or so plain spring roll wrappers
- * 3 cups brown sugar
- * 3 tablespoons vegetable oil

Dip & thoroughly cover one 1/3 piece of plantain in brown sugar.

Wrap that piece in one spring roll wrapper folding in the shorter sides & then rolling it like a burrito. (You don't want the plantain to fall out of the wrapper when you cook it.)

Continue this process until all of the plantain pieces are sugared & wrapped.

Heat skillet over medium high & add oil.

Place wrapped plantains in the skillet, as many as will fit. After about 30 seconds, give or take, the bottoms will start to brown. Using tongs, flip to the opposite over.

Note: You want the rolls brown, NOT burnt!! Watch carefully. Also, if you have more rolls than will fit in the skillet the first time, let the oil cool before the next set put in the skillet & watch even more carefully since they will cook within several seconds.

Serve if you prefer, with vanilla ice cream!! Hot & cold & very sweet! You eat this dessert with your fingers. :)

Chicken Curry
Submitted By: Tej

1 med-large onion finely chopped
1 potato cut in small pieces
1/4 cup olive oil
4 pieces of skinless boneless chicken breast cut into small pieces
(You can squeeze fresh lime juice for about 1/2 an hour before using)
1 tablespoon cumin seeds
4-5 garlic cloves finely minced
1-2 tablespoon finely minced ginger (all depends on how much you like ginger)
1 fresh green chili finely minced (if you don't have it then you can put 1 teaspoon of chili powder or 1/4 teaspoon of cayenne pepper (all depends on how spicy you like)
2-3 green onions (white and green part) chopped into small pieces
1-1 1/2 teaspoon ground coriander
2 tablespoon kasori methi (optional)
1 teaspoon Pataks curry paste or Pataks ginger and cilantro paste
1 tomato finely chopped
2 tablespoon tomato paste
3 tablespoon plain yogurt
1 1/2 teaspoon salt
1 1/2 teaspoon tumeric
Fresh green cilantro
1 teaspoon garam masala

1. Heat oil in pot on med to high heat. Add cumin seeds. Stir for a couple of minutes. Don't let them burn. Add your garlic, ginger and green chili. (if you are using chili powder or cayenne pepper, you can add that later). Cook for 3-5 minutes then add your onions and salt. There is a lot of stirring involved so keep stirring every couple of minutes so the sauté doesn't stick and burn. Sauté onions for about 10 minutes then add tomato. Cook for another couple of minutes. Add green onions, kasori methi. Cook again for a few minutes. Add the Pataks paste, and ground coriander. Cook for another 3-5 minutes. Add the tumeric and cook for another 3-5 minutes. Then add the tomato paste. Remember keep stirring every minute or so. After about 5 minutes add the potatoes and cook for 5 minutes. Add the chicken and mix. Add the yogurt and stir. Add hot boiling water to the chicken. Just enough to cover the chicken and cook on medium heat for about half an hour. Keep stirring every 5 minutes. Keep the chicken partly covered with a lid. Once chicken curry is done add the garam masala and mix.
2. Lastly, add chopped fresh cilantro. Serve over basmati rice with plain yogurt on the side.
3. The longer you keep cooking the sauté the better the chicken curry will taste. B4 adding the potatoes I usually cook the sauté for about 35 - 45 minutes. It's a lot of stirring and standing at the stove.
4. You can also substitute the yogurt for a little bit of heavy cream and 1/4cup of tomato sauce.
5. The only items you cannot get on island is the Kasori Methi (which you don't have to use), and the tumeric and the garam masala(which I have if anyone needs some).

Banana Nut Bread
Submitted By: Theresa

1 Cup sugar
1/2 cup chopped pecans or walnuts
1/2 cup shortening
1 tsp. baking soda
2 eggs
3 soft ripe bananas, mashed
2 cups all purpose flour
1 tsp. cinnamon
1/2 tsp ground nutmeg

Preheat oven to 350 degrees. Grease and flour loaf pan.

Cream sugar and shortening, add eggs.

Combine flour, soda, cinnamon, and nutmeg, and stir dry ingredients together.

Add dry ingredients to sugar mixture with mashed bananas.

Fold in chopped nuts.

Pour into prepared loaf pan and bake 1 hour and 15 minutes until toothpick inserted in center comes out clean.

Shrimp Scampi
Submitted By: Theresa

1 pound shrimp, deviened and shelled
2 Tablespoon lemon juice
6 Tablespoons butter
1/4 teaspoon salt
1 Tablespoon green onion, minced
2 Tablespoons parsley
1 Tablespoon olive oil
1/4 teaspoon grated lemon peel
5 cloves garlic, minced
1 - 2 dashes of Tabasco

Melt butter and add olive oil, green onion, garlic, lemon juice and salt.

Cook until bubbly. Add shrimp and cook just until they turn pink.

Stir in lemon peel and Tabasco.

Sprinkle with chopped parsley and serve over warm angel hair pasta or spaghetti noodles.

Thai Pumpkin Soup
Submitted By: Theresa

I use the local pumpkins here on Saba for this recipe and it is very good.

1 Tablespoon vegetable oil
4 cups peeled and diced pumpkin
1 Tablespoon butter
1 1/2 cups unsweetened coconut milk
1 clove garlic, chopped
1 bunch fresh basil leaves, cut in strips
4 shallots, chopped
2 small fresh red chilli peppers, chopped (or 1 tsp. dried red peppers)
1 Tablespoon chopped lemon grass
2 1/8 cups chicken stock

In a medium saucepan, heat oil and butter over low heat. Cook garlic, shallots, chillies, and lemongrass in oil until fragrant (be careful not to burn the garlic). Stir in chicken stock, coconut milk, and pumpkin. Bring to a boil and cook until pumpkin softens.

In a blender, blend the soup in batches to a smooth or slightly chunky consistency, whatever you prefer. Serve topped with basil leaves.

Portobello Lemon Chicken
Submitted By: Theresa

1 large yellow onion, chopped
Garlic salt to taste
2 Portobello mushroom caps, chopped
Ground black pepper to taste
2 pounds bone-in chicken pieces
2 large lemons, juiced

Preheat oven to 400 degrees.

Spread the chopped onion and mushrooms evenly in the bottom of a 9 x 13 inch baking dish. Arrange chicken pieces over the vegetables, skin side up. Squeeze lemon juice over the chicken pieces, and season with garlic salt and pepper.

Bake chicken uncovered for 20 minutes in the preheated oven. Carefully turn the pieces over, and continue cooking for 15 minutes more.
Set oven to broil. Turn chicken skin side up and broil for 5 minutes, or until chicken skin is crisp.

(Note, you can double the amount of chicken as there are plenty of onions and mushrooms)

Artichoke Dip
Submitted By: Amanda

1 can artichokes
1 can diced green chilies
1 can rotel tomatoes (drain slightly—JR's should be getting these in)
1 bag shredded parmesan cheese
1 tsp minced garlic
1 cup mayo

But up artichokes into small pieces, add all other ingredients. Bake at 375 for about 30 minutes or until brown and bubbly. Serve with Fritos or Tortilla chips. (I like Fritos)

Feta Cheese Dip
Submitted By: Amanda

8 oz feta cheese
8 oz cream cheese
½ cup mayonnaise
½ tsp dill weed
½ tsp basil
½ tsp oregano
½ tsp minced garlic

Mix all ingredients together and chill. Serve with wheat thins or fresh veggies

Cornflake Candy
Submitted By: Amanda

1 cup peanut butter (I use creamy)
1 cup light Karo syrup
1 cup granulated sugar
1 tbs vanilla
6 cups Cornflakes

Combine sugar and Karo in boiler. Heat until clear and sugar is dissolved.

Add vanilla and peanut butter. Stir until peanut butter is dissolved.

Add cornflakes 1 cup at a time. Stir until cornflakes are coated well.

Drop onto wax paper and let stand until hardened

Crunchy Romaine Salad
Submitted By: Amanda

1 cup pecans or walnuts-chopped
1 pkg ramen noodles without season packet
4 Tbs unsalted butter
1 bunch green onions
Romaine lettuce
Fresh broccoli

Sauté nuts and noodles (break noodles into small pieces) in butter until golden brown. Put in airtight container until ready to serve. Cut up green onions and broccoli. Shred lettuce.

Dressing

1 cup vegetable oil
1 cup granulated sugar
½ cup red wine vinegar
1 Tbs soy sauce

Combine all ingredients and chill until ready to serve salad. Toss salad with nut mixture and dressing. You can top with goat cheese for an extra special touch.

You can toss each salad individually if you do not plan to eat it all in one meal. It does not save very well if it has been tossed with the dressing. Add the nut mixture and dressing when you are ready to serve salad. And don't forget the cheese!!!

Broccoli Cheese Soup
Submitted By: Amanda

3 cans cream of mushroom soup
2 large jar of cheese whiz
2 Packages frozen broccoli
3 soup cans of milk
1 stick of butter
1 onion

Sauté onion in butter. Cook broccoli to desired tenderness. Combine all ingredients and heat on low until heated through. (Do not let it boil—it tends to burn on the bottom if it comes to a boil.)

Broccoli Cheese and Rice Casserole

Submitted By: Amanda

- 1 stick margarine
- 1 medium onion
- 1 package broccoli
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 large jar of cheese whiz
- 1 cup white rice

Chop onion and sauté in butter. Cook 1 cup of rice according to package directions. Cook Broccoli until desired tenderness. Combine all ingredients and put into large casserole dish. Bake at 350 until bubbly.

Chicken Enchilada Soup

Submitted By: Amanda

- 1 can Fiesta Nacho cheese soup
- 1 can cream of chicken soup
- 2 2/3 cups milk
- 1 can of chunk white chicken (I use boiled chicken breast instead of canned-around 2 breast is about the equivalent to a 10 oz can)
- 4 oz can of chopped green chilies (JR's has these)
- sour cream and tortilla chips to garnish

Heat through, do not boil. If you cannot find the fiesta nacho cheese soup, you can use regular cheese soup and add some extra spice with taco seasoning or with jalapeno peppers! I have not been able to find the fiesta, but it was good without it. I just cut my chicken breast into strips and cooked them in a skillet with taco seasoning. Delicious.

Grape Salad

Submitted By: Amanda

- 3 lbs seedless grapes
- 8 oz package cream cheese
- 8 oz sour cream
- ½ cup sugar
- ½ cup brown sugar
- ½ cup pecans (optional)

Mix cream cheese, sour cream and granulated sugar together. Pour over grapes and mix until grapes are covered. Top with brown sugar and pecans when ready to serve. It is best if you let the salad chill overnight.

Chicken Spaghetti
Submitted By: Amanda

4 chicken breast-boiled
1 pkg spaghetti noodles
1 can cream of chicken soup
1 can cream of mushroom soup
1 large onion
1 large bell pepper
2 Tbs minced garlic
1 bag cheddar cheese
½-1 pound Velveeta cheese (depending on how cheesy you want it!)
1 can Rotel Tomatoes (optional)

Boil chicken and remove from broth to cool. Chop onions and pepper, then add with noodles and minced garlic to chicken broth. Cook until noodles, peppers and onions are tender. Drain into a bowl so that you will have chicken broth to add at the end. Mix cream of chicken soup, cream of mushroom soup, Velveeta cheese (cut into cubes), rotel tomatoes, chicken and ½ bag of cheddar cheese with noodles. Mix well. Add salt and pepper to taste. Add extra chicken broth until it is juicy enough to bake and some of the juice to be absorbed. Top with remaining cheddar cheese (you may want to have a little extra to top with- I normally use at least a bag and a half for the whole recipe) and bake until bubbly. You can make this in advance and refrigerate or freeze. Just keep some chicken broth on hand to add right before you bake. It makes a lot, so it is great when you are having company!

Hot Corn Dip
Submitted By: Amanda

3 8 oz blocks of cream cheese
2 sticks butter
½ cup chopped jalapeno peppers
4 cans whole corn-drained
10 drops Tabasco

Mix all ingredients together as they heat-cook in crock pot on low heat. Serve with Fritos.

Lemon Icebox Cake
Submitted By: Amanda

Yellow cake mix
2 cans sweetened condensed milk
½ cup lemon juice
12 oz cool whip

Bake cake according to directions (use 2 round cake pans if you can). Cool and cut 2 layers in ½ so that you have 4 layers. Mix 1 ½ cans condensed milk and lemon juice together. Spread between each layer. Mix remaining ½ can condensed milk and cool whip. Ice with cool whip mixture. Chill until ready to serve.

Volcano Cake
Submitted By: Amanda

1 cup coconut
1 cup chopped pecans
1 German chocolate cake
8 oz cream cheese-softened
1 stick butter-softened
1 box powdered sugar

Mix German chocolate cake according to package directions
Sprinkle bottom of 13x9 with coconut and chopped pecans, pour cake mix over this.
Mix cream cheese, butter and powdered sugar together. Spread this mixture over cake mix. It will not spread evenly, so don't worry with getting the clumps of cream cheese mixture spread out. It will spread as it should when it bakes. Bake at 350 for 40 minutes.

Party Potatoes
Submitted By: Amanda

5 lb bag of white potatoes—peeled and boiled
8 oz cream cheese softened
½ cup margarine (melted)
8 oz Kraft French onion dip
Salt and pepper to taste

Topping

½ pint whipping cream (whipped until stiff)
6 oz cheddar cheese
1 jar real bacon bits

Cream potatoes. Mix with cream cheese, margarine, onion dip, salt and pepper. Spread in greased casserole dish. Ice with whipped cream and sprinkle top with cheese and bacon. Bake at 350 for 20-30 minutes.

This may not be a recipe that can be easily done in Saba simply because of the amount of ingredients, but it is a great one to have for when we get home!!! They are absolutely DELICIOUS!

Lip Smackin' Smothered Chicken

Submitted By: Amanda

2 tbsp vegetable oil
1 cut up whole chicken (3 – 3 ½ lbs)
1 ½ tsp salt
¾ tsp black pepper
½ medium yellow onion (thinly sliced)
3 green onions cut into one inch pieces
1 ½ all purpose flour
2/3 cup soy sauce
7 cups hot water
2 tsp onion powder

Heat oil in deep 12-inch skillet over low heat 5 minutes. Sprinkle chicken with salt and 1/2 teaspoon of the black pepper; place in hot skillet. Cover chicken with yellow and green onions.

Cook chicken over medium heat 10 minutes; turn chicken. Cook 10 minutes longer or until golden. Reduce heat to low; cook 5 minutes longer. Turn; cook 5 minutes. Remove chicken from skillet. Place in large pot (Dutch oven); set aside.

Continue heating skillet over low heat. Stir together flour, 1/3 cup of the soy sauce and 4 cups of the hot water in medium bowl with wire whisk or fork until smooth.

Cook flour mixture in hot skillet over medium heat, stirring constantly with wire whisk or fork, until mixture boils and thickens. Stir in remaining water, 1 cup at a time, stirring after each addition, until smooth.

Stir in remaining 1/3 cup soy sauce, the onion powder and remaining 1/4 teaspoon black pepper. Pour gravy over chicken in large pot. Reduce heat to low. Cover and simmer 1 hour, stirring occasionally. (Gravy may stick to pot.)

Homemade Oreo Cookies

Submitted By: Denise

Cookies:

1 ½ Cups shortening (Crisco)
4 eggs
2 chocolate cake mixes

Filling:

8 oz. cream cheese
½ cup margarine
1 lb. confectioners sugar

For cookies, mix shortening, eggs and cake mixes together using an electric mixer till well blended. Roll into 1 inch balls. Bake on an ungreased cookie sheet in a preheated 350 degree oven for 7 minutes. Cool on sheet for about 3 minutes then transfer to racks.

Meanwhile, for filling, cream together cream cheese, margarine, and confectioners sugar with an electric mixer till well blended. Match cookies into pairs and spread filling on one cookie and top with the other.

Mexican Lasagna
Submitted By: Beth

1 1/2 lbs ground beef or shredded chicken
1 pkg taco seasoning
1/2 tsp season salt
1 can black beans, drained (optional)
1 can diced tomatoes
16 oz tomato sauce
4 oz can diced green chilies
1 cup Ricotta cheese
2 beaten eggs
10 corn tortillas
10 oz shredded Jack/Cheddar cheese

1. Brown beef. Add taco seasoning, salt, tomatoes, tomato sauce, green chilies.
2. Mix, bring to a boil, simmer uncovered for 10 minutes.
3. Combine Ricotta cheese and eggs in a bowl.
4. Spread enough meat mixture to cover bottom of 9 x 13 inch dish to keep from sticking.
5. Place 5 tortillas over meat.
6. Spread 1/2 Ricotta mix over tortillas, sprinkle with 1/2 shredded cheese.
7. Repeat with 1/2 of remaining meat, tortillas, cheese mix, shredded cheese, and ending with remaining meat mixture and top with shredded cheese.
8. Bake uncovered for 20 to 30 minutes or until bubbly at 350 degrees. Let stand for 10 minutes before cutting.

Notes: You can substitute can of Rotel for diced tomatoes and green chilies. Only use yellow corn tortillas.

Chicken Enchiladas
Submitted By: Beth

1 lb cooked chicken
1 (8 oz) cream cheese
2 Tbsp sour cream
1 can Rotel
1 med onion, chopped
1 pkg 10 count flour tortillas
1 lb Monterey Jack cheese, grated
1 small carton whipping cream

1. Cook chicken.
2. Sauté onion in butter; add chicken, cream cheese, sour cream, and Rotel.
3. Cook and stir until cream cheese is melted.
4. Spoon mixture into flour tortillas and lay in a 9 x 13 baking dish.
5. Cover with cheese and drizzle whipping cream over the top (you will not need all of the whipping cream).
 6. Bake at 400 degrees for 30 minutes or until brown and bubbly.

Spinach Lasagna
Submitted By: Beth

1 10 oz frozen chopped spinach (thaw and drain)
2 cups chopped cooked chicken
2 cups shredded cheddar cheese
1/3 cup chopped onion
1/4 tsp nutmeg
1 Tbsp cornstarch
1/2 tsp salt
1/4 tsp pepper
1 Tbsp soy sauce
1 can of mushroom soup
1 8 oz sour cream
4 1/2 oz jar of sliced mushrooms
1/3 cup miracle whip (or mayo)
9 lasagna noodles
1 cup parmesan cheese

1. Mix all together.
2. Cook lasagna noodles.
3. Put 3 cooked noodles on the bottom of a 9 x 13 inch baking dish.
4. Add half of mixture. Then add another layer of noodles.
5. Add rest of mixture. Then add another layer of noodles on top.
6. Sprinkle parmesan cheese on top.
7. Bake covered on 350 for one hour.