

# *Be All You Can Be*



*Main Dish*

*2010-2011 District 01 Food Show Winners*

*Main Dish*

*Juniors*

*"Top Four"*

*Presley Ridley—Collingsworth County*

*Zachary Stovall—Moore County*

*Halle Barkley—Carson County*

*Samantha Smith—Briscoe County*

*Intermediates*

*"Top Four"*

*Jayton Ferry—Moore County*

*Laura Corder—Potter County*

*Enrique Gamez—Briscoe County*

*Marlee Youree—Gray County*

*Seniors*

*1st Place Leah Redwine—Armstrong County*

*2nd Place Hannah Allemand—Oldham County*

*3rd Place Mary Spurlock—Sherman County*

*4th Place Jodie Detten—Carson County*

Lindsey Monroe  
Junior  
Main Dish  
Armstrong County

### **Taco Soup**

2 pounds ground beef  
1 small onion chopped  
1 package ranch dressing mix  
1 package taco seasoning mix  
1 can Rotel  
1 can Mexican Rotel  
1 15 ounce can corn  
1 16 ounce can pinto beans  
1 16 ounce can kidney beans  
3 cups water

Brown hamburger meat and onion. Drain meat. Pour beef mixture with all remaining ingredients into a large stock pot or crock pot. Cook on low for 30 to 45 minutes.

Leah Redwine  
Senior  
Main Dish  
Armstrong County

### **Italian Vegetable Soup**

2 (14 ½ ounce) cans reduced-sodium chicken broth  
1 medium potato, peeled and cubed  
1 medium onion, chopped  
1 medium carrot, chopped  
1 celery rib, chopped  
½ cup frozen peas  
1 bay leaf  
1 teaspoon Italian seasoning  
1/8 teaspoon pepper  
½ cup shell pasta, cooked and drained  
1 (14 ½ ounce) can diced tomatoes

In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 15 to 20 minutes or until vegetables are crisp tender. Add the pasta and tomatoes; heat through. Discard bay leaf before serving. Makes 6 - 1 cup servings.

Enrique Gamez  
Intermediate  
Main Dish  
Briscoe County

**Shredded Chicken & Tomatillo Tacos with Queso Fresco**  
**By Bobby Flay**

6 tomatillos  
1 Serrano chile  
Olive Oil  
½ small red onion, coarsely chopped  
2 cloves garlic, coarsely chopped  
1 cup chopped fresh cilantro leaves  
Juice of 1 lime  
2 tablespoons honey  
1 ½ cups shredded rotisserie chicken  
8 corn tortillas  
1 cup crumbled queso fresco

Directions:

1. Preheat the grill. Husk and wash the tomatillos. Put the tomatillos and Serrano chile on the grill and cook until blackened all over, about 2-3 minutes per side. Remove from the grill and roughly chop. Put them into a small saute pan and briefly saute in a little olive oil on the grates of the grill.
2. Put the tomatillos, Serrano, onion, garlic, cilantro, lime juice, and honey in a blender and blend until smooth. Place the tomatillo mixture in a large saute pan and place on the grates of the grill. Bring the mixture to a simmer add the chicken and heat through.
3. Place the tortillas on the grill and grill for 20 seconds on each side. Spoon the chicken mixture into the tortillas and top with a few tablespoons of queso fresco. Fold the tortillas in half and serve immediately.

Yields: 4 servings

Hallie Barkley

Junior

Main Dish

Carson

## Shepherd's Pie

1 ½ pounds ground beef  
1 small onion, chopped  
2 cups vegetables chopped (carrots, corn, peas)  
3 large potatoes  
8 tablespoons butter ( 1 stick)  
½ cup beef broth  
1 teaspoon Worcestershire sauce  
½ cup shredded cheese  
Salt, pepper, and other seasoning of choice

### Directions:

Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).

While the potatoes are cooking, melt 4 tablespoons butter in large frying pan. Sauté onions in butter until tender over medium heat (about 10 minutes). If you are adding vegetables, add the carrots now to the onions. Add corn or peas when the meat is almost cooked.

Add ground beef and sauté until no longer pink. Add salt, pepper and other seasonings you want. Add Worcestershire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

Mash potatoes in bowl with remainder of butter, season to taste.

Place beef mixture in baking dish. Sprinkle cheese on top of meat mixture. Distribute mashed potatoes on top. Rough up with a fork so there are peaks that will brown nicely.

Cook in 400 degree F oven until bubbling and brown, about 30 minutes. Broil for last few minutes if necessary to brown.

Abbie Brainard

Intermediate

Main Dish

Carson

## Abbie's Japanese Pizza

### Ingredients:

$\frac{3}{4}$  cup water

1 egg

$\frac{1}{4}$  cup cabbage

1 cup flour

### Toppings may include:

Chicken

Roast pork

Beef

### Directions:

Grab that cabbage and chop it up finely. It is better to have too much than too little because it shrinks a little as it cooks. Get out as much of the white stem parts as you can.

Break the egg into a large bowl and pour in the water and the flour.

Then beat with a whisk until smooth.

Now add some of the finely chopped cabbage and mix as best you can.

Heat up your skillet.

Throw it all in the frying pan with some oil to keep it all well-lubed. Cook until either heated through or in the case of raw meat or vegetables, for a few minutes until it's getting close to being cooked.

Arrange the nearly cooked toppings.

Then throw the cabbage/dough mixture on top.

Turn up the heat a little to medium and let it cook through for 5 minutes or so. Then flip it. Let it cook for another 5-10 minutes. You can break away a bit of the doughy when it doesn't look raw anymore and see if the cabbage and dough is cooked through.

Jodie Detten

Senior

Main Dish

Carson

## Heavenly Chicken Lasagna

### Ingredients:

1 tablespoon butter  
1 (10-oz.) package frozen chopped spinach, thawed  
½ cup chopped onion  
1 (10 ½ oz.) can reduced-fat cream of chicken soup  
1 (10 oz.) container refrigerated light Alfredo sauce  
1 (7 oz.) jar diced pimiento, undrained  
1 (6 oz.) jar sliced mushrooms, drained  
1/3 cup chicken broth  
½ teaspoon dried basil  
1 (15 oz.) container ricotta cheese  
½ cup grated Parmesan cheese  
1 large egg, lightly beaten  
9 ounces no-cook lasagna noodles  
1 to 1 ½ pounds chicken breast or tenderloin  
3 cups (12 oz.) shredded sharp Cheddar cheese, divided

### Directions:

Place chicken in a medium-sized sauce pan with just enough water to cover. Bring to a boil. Cook chicken over medium-high heat about 15 minutes or until done. Drain; chop into bite-sized pieces.  
Cover until ready to use.

Melt butter in a skillet over medium-high heat. Add onion and sauté 5 minutes or until tender. Remove from heat; stir in soup and next 5 ingredients. Reserve 1 ½ cups sauce; set aside.

Drain spinach well, pressing between layers of paper towels. Stir together spinach and next 3 ingredients.

Place 3 lasagna noodles in a lightly greased 13"x9" baking dish. Layer with half each of sauce, spinach mixture, and chicken. Sprinkle with 1 cup Cheddar cheese. Repeat layers once. Top with remaining 3 noodles and reserved 1 ½ cups sauce.

Bake, covered, at 350 degrees F for 50 to 55 minutes. Sprinkle with remaining 1 cup Cheddar cheese, and bake 5 more minutes or until cheese is melted.  
Let stand 10 minutes before serving.

### **Lime-Berry Chicken Salad**

2 skinless, boneless chicken breast halves-cut into thin strips

3 tablespoons frozen limeade concentrate, thawed

1/4 teaspoon black pepper

1/3 cup white sugar

1/2 cup white vinegar

1 teaspoon salt

1 teaspoon ground dry mustard

1 teaspoon dried minced onion

1 cup vegetable oil

1 tablespoon poppy seeds

1 pound baby spinach leaves

2 cups sliced fresh strawberries

1 cup sugar snap peas, end and strings removed

1/2 cup pecan halves

Toss chicken breasts, limeade, and pepper in a bowl. Cook the chicken breasts in a skillet until no longer pink in the center and the juices run clear, about 8 minutes. Remove skillet from the heat and set aside.

Combine sugar, vinegar, salt, mustard, and onion in a blender.

Process for about 20 seconds. With the blender on high speed, gradually add oil in a slow and steady stream. Stir in poppy seeds.

Arrange spinach on 4 salad plates and top with strawberries, peas, pecans, and the cooked chicken. Serve with the poppy seed dressing.

### **Shrimp Scampi With Pasta**

8 ounces Barilla Plus angel-hair pasta  
2 teaspoons olive oil  
28 large shrimp, precooked  
1 garlic clove, minced  
1/4 cup chicken broth  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup fresh parsley, chopped  
2 tablespoons fresh lemon juice

Cook the pasta according to package directions. Drain and divide it among four plates. In a large skillet over medium high heat, add the olive oil and minced garlic. Saute for 1 minute. Add shrimp, chicken broth, salt, pepper and lemon juice. Bring the mixture to a boil, reduce the heat to medium and cook 30 seconds. Add parsley, tossing well to coat.

Top each plate of pasta with 1/4 of the shrimp mixture (7 shrimp).

Serve immediately. Makes 4 servings.

Per serving: Calories 287, Fat 3.3 g, Cholesterol 75 mg, Sodium 402 mg, Fiber 4 g, Carbohydrates 26 g, Protein 19 g.

Braylee Shields  
Junior  
Main Dish  
Donley County

### **Chicken Pot Pie**

1 large can of Home style Veg-all  
1 large can white chicken  
1 10oz can cream of chicken soup  
1 ready-made pie crust  
Dash of salt and pepper

Preheat oven to 350 degrees. In a large bowl mix chicken, can of vegetables and cream of chicken soup. Place in casserole dish and place pie crust on top. Cut a slit in center of crust to allow steam to escape. Bake for 45 minutes until crust is brown and bubbling.

Yields 6 servings.

Hannah Hommel  
Intermediate  
Main Dish  
Donley County

### **Broccoli and Sirloin Tips**

1 – 2lb sirloin steak  
1 cup Worcestershire sauce  
1 teaspoon seasoned salt  
1 teaspoon lemon pepper  
2 tablespoons lemon juice  
1 cup broccoli spears  
2 tablespoons butter

Preheat oven to 400 degrees. Line baking dish with foil. Mix 1 cup Worcestershire sauce and 2 tablespoons lemon juice. Place sirloin and Worcestershire lemon mix in your lined baking dish. Sprinkle 1 teaspoon seasoned salt and 1 teaspoon lemon pepper over steak. Cover tightly with foil. Bake at 400 degrees until done. Carefully cut cooked sirloin into small cubes after cooked.

Add 2 tablespoons of butter to steam one cup of broccoli on top of stove over medium heat. Add steam broccoli to sirloin tips to complete the dish. Yields 8 servings.

Shelby O'Keefe  
Senior  
Main Dish  
Donley County

### **Sausage Balls**

1 pound pork sausage  
2 cups baking mix  
1 cup grated cheese

Preheat oven to 400 degrees. Mix all ingredients together in a large bowl. Form into small balls and place a greased baking dish. Bake for 20 minutes. Yields 8 servings.

Jasmine Crumpton  
Junior  
Main Dish  
Gray County

### **Tater Tot Casserole**

1 Pound Ground Beef  
1 Small Onion—Diced  
1 10.5 oz. Can Cream of Mushroom Soup  
1 2 lb. Bag Frozen Tater Tots  
1/2 lb. Velveeta—Diced  
1 Cup Shredded Cheddar Cheese  
Garlic, Salt & Pepper to Taste

Brown ground beef with onion in skillet; drain. Add cream of mushroom soup and Velveeta; stir over slow heat until cheese melts, add spices.

Pour mixture into greased 9x13 pan. Sprinkle top with shredded cheese. Place layer of frozen tater tots on top of meat and cheese mixture.

Bake at 350 degrees about 25 minutes or until tater tots are browned and cheese is bubbly.

Marlee Youree  
Intermediate  
Main Dish  
Gray County

### **Quick Taco Macaroni & Cheese**

- 1 Pound Ground Beef
- 4 Cups Shredded Cheddar Cheese
- 1 Pkg (1oz) Taco Spices & Seasonings
- 1 Pkg—Large Elbow Macaroni, Cooked and Drained
- 2 Cups Milk
- 3 Eggs, Beaten

In medium skillet, brown ground beef, drain fat. Stir in taco spices and seasonings.

Spray 13x9x2 inch baking dish with nonstick cooking spray.

Layer half of macaroni in bottom of dish. Top with half of the cheese. Spread taco meat over top and repeat layers of macaroni and cheese.

In medium bowl, beat together milk and eggs. Pour egg mixture over top of casserole.

Bake in preheated 350 degree oven for 30 to 35 minutes or until golden brown.

6 to 8 servings

Mackenzi Vela  
Junior  
Main Dish  
Hall County

### **Pizza Fries**

- 1 Bag (2 pounds) frozen French fries
- 1 cup PREGO Traditional Italian sauce, any variety
- 1 ½ cups shredded mozzarella cheese (about 6oz)
- Diced pepperoni (optional)

Prepare the fries according to the package directions. Remove from the oven. Pour the sauce over the fries.

Top with the cheese and pepperoni, if desired.

Bake for 5 minutes or until the cheese is melted.

Prep time: 20 minutes

Bake time: 5 minutes

Makes 8 servings

## **Taco Soup**

- 1 pound ground hamburger
- 1 (1.25 oz.) package Ranch dressing mix
- 1 (1 oz.) package taco seasoning
- 1 (15 oz.) can Ranch style beans
- 1 (15 oz.) can Ranch style beans with jalapenos
- 1 (15 oz.) can white hominy (drained)
- 1 (15 oz.) can yellow hominy (drained)
- 1 (14.5 oz.) can diced tomatoes
- 1 (10 oz.) can tomatoes with peppers

Brown hamburger meat. While the meat is cooking, open the cans. When meat is cooked to 160 degrees, add the packages of seasoning. Stir into meat. Add the remaining ingredients. Stir to combine. Let simmer until thoroughly heated through. Or you can put into a crock pot and cook on low for 2 to 3 hours.

Harrison Culwell

Intermediate

Main Dish

Hemphill County

## Ham Buns

½ cup butter or margarine

1 small onion, grated

1 tbsp. poppy seed

2 tsp. Worcestershire sauce

2 tsp. prepared mustard

1¼ cups finely chopped or shredded fully cooked ham (about 8 oz.)

1 cup (4 oz.) shredded Swiss or Mozzarella cheese

6 to 8 hamburger buns or 16 to 20 dinner rolls (I like potato rolls, they are nice and soft)

In a 1 cup glass measuring cup melt the butter.

Add onion, poppy seed, Worcestershire sauce and mustard until well blended.

Slice dinner rolls in half and place bottoms in baking pan (or place hamburger bun bottoms baking pan—separate them first.)

Cover buns with ham and then cheese.

Stir first mixture once more since onion and poppy seeds will settle to the bottom.

Evenly pour over ham and cheese.

Place tops back on buns. Cover with foil and let sit overnight in fridge for best flavor.

BUT, you may cook right away as well.

Punch about 6 holes in foil with a sharp knife and bake, covered, at 350°F for 30 minutes (if it has been refrigerated) or 15-20 minutes if preparing to eat right away.

Yield: 6-8 main dish or 16-20 appetizer servings

Zach Stovall  
Junior  
Main Dish  
Moore County

### **Fiesta Tortilla Stack**

1 can of bean dip  
2 Tbs., plus  $\frac{1}{4}$  cup sour cream  
1 Tbs., plus  $\frac{1}{2}$  teaspoon taco seasoning  
1 pound of hamburger meat, browned  
 $\frac{3}{4}$  cup olives, sliced  
5 10-inch tortillas  
8 oz. mild cheddar cheese, shredded  
Vegetable oil  
2 medium plum tomatoes, chopped  
Cilantro, chopped, if desired

Preheat oven to 375°. In 1 quart bowl, combine bean dip, 2 Tbs. of sour cream and 1 Tbs. of the seasoning mix. Mix well.

Place hamburger meat in 2 qt. bowl. Add  $\frac{1}{2}$  cup of the olive slices. Mix gently.

Place one tortilla on 13" round baking stone. Top tortilla with 1 scoop of the bean mixture. Spread to within  $\frac{1}{4}$ " of edge. Top evenly with  $\frac{1}{2}$  cup of meat mixture. Add  $\frac{1}{4}$  of the cheese.

Repeat layers of tortilla, bean mixture, meat mixture, and cheese 3 more times. Top with remaining tortilla. Spray with vegetable oil. Bake 25-30 minutes or until top is golden brown.

Mix the remaining  $\frac{1}{4}$  cup sour cream with the remaining  $\frac{1}{2}$  teaspoon seasoning mix. Spread evenly over top of warm tortilla stack. Sprinkle with tomato, remaining  $\frac{1}{4}$  cup olive slices and cilantro. Cut into wedges. Serve with salsa, if desired.

## Shrimp Etouffee

4 tablespoons butter	3 tablespoons flour
½ cup finely chopped onion	½ cup sliced celery pieces
½ cup finely chopped bell pepper	½ teaspoon salt
½ teaspoon pepper	½ cup diced tomatoes
3 cups vegetable stock	½ teaspoon Tabasco sauce
¼ teaspoon bay leaves	1 teaspoon Worstershire sauce
2 pounds small shrimp	1 tablespoon Cajun seasoning
½ cup chopped green onions	
5 cups minute rice	

### Roux

Melt 4 tablespoons of butter in a pan over low heat. Add 3 tablespoons of flour to the butter and stir continuously over low heat. The butter and flour mixture should be stirred continuously over low heat until the mixture turns a caramel color. This should take approximately 10 minutes.

### Etouffee

Mix the ½ cup of onions, ½ cup of celery, ½ cup of bell pepper, salt and pepper into the roux. Stir them together and cook for approximately 6-8 minutes until the vegetables are soft. Add the ½ cup diced tomatoes, 3 cups of vegetable stock, Tabasco sauce, bay leaves and Worstershire sauce in the pan with the roux and vegetables. Allow the mixture to simmer for 30 to 45 minutes until it thickens. While the etouffee is simmering, add 1 tablespoon of Cajun seasoning to the 2 pounds of peeled and deveined shrimp. Coat the shrimp with the Cajun seasoning. Once the etouffee has thickened, add the shrimp and ½ cup of green onions to the mixture. Add rice to the shrimp etouffee and serve.

### Rice

Bring 5 cups of water to a boil. Add 5 cups of rice to the boiling water. Place a lid on the rice and allow it to sit for approximately 5-8 minutes.

Erin Huggins  
Senior  
Main Dish  
Ochiltree County

### **Whitt Family Risotto**

1 tablespoon olive oil  
1 pound boneless, skinless chicken breast or tenders, cubed  
2 cans (10.5 ounces) 98 percent fat free cream of chicken soup  
1 cup fresh peas or 1 package (10 ounces) frozen peas  
3 cups water  
2 cups uncooked fast-cooking rice  
¼ cup grated Parmesan cheese

Heat the olive oil in a skillet over medium-high heat. Add chicken and heat until browned and cooked through, approximately 5 to 7 minutes. Add soup, peas and water to skillet. Bring mixture to a boil. Add rice to skillet and cover. Reduce heat to medium-low and simmer 5 minutes, or until liquid is absorbed. Stir in Parmesan cheese, cover pan and allow to rest about 2 minutes, then serve.

Hannah Allemand  
Senior  
Main Dish  
Oldham

### **Not-Your-Granny's Mac'n'Cheese with Steak Bites**

1 ½ lb. sirloin steak	¾ t. Montreal steak seasoning
1 lb. whole grain elbow macaroni	1 ½ c. shredded pepper jack cheese
1 c. fat free yogurt	1 jalapeno pepper, diced
½ c. red onion, diced	1 T. garlic, chopped
2 c. frozen corn kernels, thawed	1 4 oz. can green chilies
½ c. bell pepper, diced	1 t. extra virgin olive oil

Sprinkle steak seasoning on both sides of steak. Cook macaroni in boiling water for 10 minutes, then drain. While macaroni is cooking, cook steak on grill pan over medium-high heat for 4 minutes on each side. Remove from heat and cover with foil. In another pan, sauté garlic, onion and bell pepper in the olive oil until onion begins to soften. Add corn and green chilies, stir well. Add yogurt and cheese to warm macaroni, then add veggie mixture and combine well. Cut steak into cubes and serve on top of macaroni. Serves 6.

## Hot Ham & Cheese Sammies

### Sauce ingredients:

- ½ cup butter
- 1 tablespoon poppy seeds
- 1 tablespoon chopped dehydrated onion
- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared Dijon-style mustard

### Sandwich ingredients:

- 1 (12 ounce) packages whole wheat sandwich thins
- ½ pound thin sliced lean cooked ham
- ½ pound thin sliced Baby Swiss cheese

Preheat oven to 350°F

Mix together butter, poppy seeds, onion, Worcestershire sauce and prepared Dijon-style mustard, melt together in microwave safe dish, or in saucepan on stove top.

Open sandwich thins in half horizontally and brush both sides with sauce mixture. Top with 1 slice Swiss cheese, 2-3 slices of ham and replace tops.

Place in oven safe pan lined with foil and pour remaining sauce over sandwiches.

Cover with foil and place in refrigerator overnight.

Bake in preheated oven 10 to 12 minutes, until rolls are lightly browned and cheese is melted.

## **Chicken Broccoli Casserole**

- 2 large boneless, skinless chicken breasts
- 16-ounce package frozen broccoli flowerets
- 10  $\frac{3}{4}$  ounce can fat-free cream of chicken soup
- 1 cup low-fat sour cream
- 1 cup low-fat shredded cheddar cheese
- 1 cup 1% milk
- 1 box stuffing mix

Cut the 2 chicken breasts in half and cook in 6-8 cups boiling water. Meanwhile, steam the broccoli flowerets according to package instructions and drain well. Combine the soup, sour cream and milk. Microwave the soup mixture for 2-3 minutes until slightly warm. When the chicken is fully cooked, remove it from the hot water onto a clean cutting board and cut into bite sized pieces.

In an 8x8 pan, layer the drained broccoli, cooked chicken pieces, cheddar cheese and warmed soup mixture. Sprinkle uncooked stuffing mix over the top of dish as desired. Bake casserole in a preheated 350° oven for 30 minutes. Serves 4-6 people.

## **Taco Casserole**

- 1 lb. 90% lean ground beef
- 1 small onion, chopped
- 1 pkg. McCormick (30% less sodium) Taco Seasoning
- 1 8oz. carton Daisy Light Sour Cream
- 1 10oz can diced tomatoes and green chilies
- 1 10.5 oz can Campbell's Healthy Request Cream of Mushroom Soup
- 3 cups crushed Santitas White Corn Tortilla Chips
- 3 cups shredded cheese (reduced fat cheese or fat free cheese can be used)
- Salt & Pepper to taste

Preheat oven to 350 degrees.

Brown & drain ground beef and return to pan. Add onion and cook for an additional 2 minutes on medium heat. To the ground beef, onion mixture, add taco seasoning, sour cream, tomatoes, mushroom soup and salt and pepper to taste, if desired. Heat until hot throughout. Spray 9"X13" baking dish with cooking spray. Spread half of the crushed chips in the bottom of the baking dish. Next spoon half of the ground beef mixture on top of the chips and spread evenly and top with half of the shredded cheese. Repeat the layers starting with the remaining chips. Bake in the oven for 20 minutes or until cheese is completely melted. Remove from the pan and garnish. Serve hot. Serves 6.

### Last-Minute Lasagna

- 1 pound cooked and drained lean ground beef
- 1 26 ounce jar pasta sauce
- 1 ounce box thawed and squeezed dry, frozen chopped spinach
- 1 30 ounce bag unthawed ravioli
- 1 8 ounce bag shredded mozzarella
- ½ cup grated Parmesan cheese

Preheat oven to 375 degrees. Lightly coat a 9X13 baking pan with cooking spray. On bottom of the pan, spoon 1/3 of the pasta sauce. Arrange 12 ravioli on top of sauce. Layer ground beef and spinach on top. Spread ½ mozzarella and ½ of Parmesan cheese over spinach. Cover with another layer of raviolis, beef, spinach and cheese. Cover with foil and bake for 30 minutes. Uncover and bake another 15 to 20 minutes until hot and bubbly. Let stand for a few minutes before serving. Serves 12.

Blaine Killian  
Intermediate  
Main Dish  
Sherman

### Taco Soup

- |   |  |    |                           |
|---|--|----|---------------------------|
| 1 | pound lean ground beef                             | 1  | large chopped onion       |
| 3 | 16-ounce cans Mexican-style chili beans, undrained | 1½ | cups water                |
| 1 | 16-ounce can whole kernel corn, undrained          | 1  | 15-ounce can tomato sauce |
| 1 | 4.5-ounce can chopped green chilies, undrained     |    |                           |
| 2 | 1¼-ounce package taco seasoning mix                |    |                           |
| 1 | 1-ounce Envelope Ranch-style salad dressing mix    |    |                           |

Toppings:

tortilla chips, shredded Cheddar cheese, shredded lettuce, chopped tomato, sour cream, chopped avocado

Brown ground beef and onion in a large Dutch oven over medium-high heat, stirring until beef crumbles; drain. Stir in beans and next 7 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes.

Serve with desired toppings.

Yield: 14 cups

## Linguine with Garlicky Shrimp and Tomatoes

Hands-on Prep 10 minutes

Cook 20 minutes

Serves 4

6 ounces linguine

2 tablespoons unsalted butter

1 pound large shrimp, peeled and deveined

1-half teaspoon salt

6 garlic cloves, minced

1-eighth teaspoon crushed red peppers

4 plum tomatoes

3 tablespoons chopped parsley

1 table spoon lemon juice

1. Cook the linguine according to package directions, omitting the salt if desired; drain.

2. Meanwhile, melt 2 teaspoons butter in the same nonstick skillet over medium-high heat. Sprinkle the shrimp with a one-fourth teaspoon of salt and add to the skillet. Cook until pink and opaque, one-and-a-half to two minutes on each side; Transfer to plate.

3. Melt the remaining 4 teaspoons butter in the same skillet over medium-high heat. Add the garlic and crushed red pepper; cook, stirring, until fragrant, about 30 seconds. Add the tomatoes and remaining one-fourth teaspoon salt; cook, stirring occasionally, until the tomatoes just begin to wilt, 1-2 minutes. Add the cooked linguine, parsley, and lemon juice: cook, tossing, until well combined.

Per serving (1 cup): 356 Cal , 8 g Fat, 4 g Sat Fat,  
0 g Trans Fat, 177 mg Chol, 684 mg Sod, 48 g Carb,  
5 g Fib, 25 g Prot, 79 mg Calc.

Weight Watchers *Points* Value: 7

Mary Ann Spurlock

Senior

Main Dish

Sherman

## **Baked Tilapia with Grapefruit and Mango Pico De Gallo**

Tilapia:

4 Tilapia fillets

1 Lime (for juice)

Salt and pepper, to taste

2 teaspoons butter

Preheat oven to 375° F. Spray cooking pan with nonstick cooking spray. Rinse fish and pat dry then place on prepared pan. Season each fillet with salt, pepper, fresh lime juice and ½ teaspoon of butter. Cook in oven 8-10 minutes until opaque. Top with Grapefruit and Mango Pico De Gallo.

Grapefruit and Mango Pico De Gallo:

½ cup fresh grapefruit juice

2-3 green onions, chopped fine

1 Tablespoon olive oil

1 mango, peeled, seeded and cut into ½ inch cubes

1 fresh jalapeno, cut into thin strips

¼ red onion, thinly sliced

1 grapefruit, sectioned and chopped

Dash of oregano

Combine juice, green onions, olive oil, mango, jalapenos, and red onion in a non-reactive container. Marinate several hours or overnight. Bring to room temperature and add grapefruit and oregano. Serve over baked Tilapia.