



Recipes for Winter Meals

Favorite Comfort Foods

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Country - Style Chicken & Dumplings

- 1 3-pound broiler or fryer
- 2 quarts water
- 1 carrot, halved
- 1 stalk celery, halved
- 1 medium onion, quartered
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{3}$ cup shortening

Combine first 7 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat and simmer 1 hour or until chicken is tender. Remove chicken and vegetables from broth, discarding vegetables and reserving broth in Dutch oven. Reserve and set aside $\frac{2}{3}$ cup broth. Let chicken cool. Skin, bone, and coarsely chop chicken; return to broth in Dutch oven.

Combine flour, baking powder and salt; cut in shortening until mixture is crumbly. Add reserved $\frac{2}{3}$ cup broth, stirring with fork just until dry ingredients are moistened. Turn dough onto lightly floured surface, and knead lightly 1 to 2 minutes. Roll dough to $\frac{1}{8}$ -inch thickness; cut into 2 inch squares or 2- by $\frac{3}{4}$ inch strips.

Bring broth mixture in Dutch oven back to a boil; drop dumplings one at a time, into boiling broth. Cover, reduce heat, and simmer 25 to 30 minutes. Serves 6.

Nutritional analysis for 1 serving: 395 Calories; 78 g. Protein; 24 g Carbohydrates; 12 g Fat; 79 mg Cholesterol; 1 g Fiber; 857 mg Sodium



Scrumptious Meat Loaf

- 1 pound extra lean ground beef
- $\frac{1}{2}$ cup tomato paste
- $\frac{1}{4}$ cup each onion, green peppers, and red pepper, chopped
- 1 cup fresh tomatoes, chopped
- $\frac{1}{2}$ teaspoon hot pepper, chopped
- 2 cloves garlic, chopped
- 2 stalks green onion, chopped
- 1 teaspoon orange rind, grated
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon thyme, crushed
- $\frac{1}{4}$ cup bread crumbs, finely grated

Mix all ingredients together. Place in a large loaf pan and bake covered at 350°F for 50 minutes. Uncover pan and continue baking for 12 minutes. Serves 6.

Nutritional analysis for 1 serving: 193 Calories; 13 g. Protein; 17 g Carbohydrates; 9 g Fat; 37 mg Cholesterol; 2 g Fiber; 91 mg Sodium

Marty's Baked Beans

- 2 slices bacon
- $\frac{1}{4}$ cup chopped onion
- 4 Tablespoons ketchup & brown sugar
- 1 Tablespoon mustard & maple syrup
- 1 - 16 oz. can pork and beans

In a cast iron skillet, cook bacon and onion until tender. Add other ingredients. Bake in skillet at 250°F for 2 hours or longer.

Nutritional analysis for 1 serving: 115 Calories; 4 g. Protein; 22 g Carbohydrates; 2 g Fat; 6 mg Cholesterol; 1 g Fiber; 409 mg Sodium

Classic Macaroni and Cheese

2 cups macaroni
½ cup onion, chopped
½ cup evaporated skim milk
1 medium egg, beaten
¼ teaspoon black pepper
1¼ cup lowfat sharp cheddar cheese, grated

Cook macaroni according to directions. Drain and set aside. Spray casserole dish with nonstick cooking spray. Preheat oven to 350°F. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions and the rest of the ingredients, and mix thoroughly. Pour mixture into casserole dish. Bake covered for 25 minutes or until bubbly. Let stand for 10 minutes before serving. Serves 8.

*Nutritional analysis for 1 serving: 200 Calories;
11 g. Protein; 29 g Carbohydrates; 4 g Fat;
34 mg Cholesterol; 1 g Fiber; 120 mg Sodium*

Gingerbread

2 Tablespoons margarine, softened
½ cup sugar
¼ cup applesauce
2 Tablespoons molasses
1 cup all purpose flour
½ teaspoon baking soda
⅛ teaspoon salt
1 Tablespoon ground ginger
½ teaspoon pumpkin pie spice
½ cup nonfat buttermilk
2 egg whites

Beat first 4 ingredients at medium speed with an electric mixer until well blended. Combine flour and next 4 ingredients; add to sugar mixture alternating with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Add egg whites and beat at medium speed 1 minute. Spray a 9-inch pie plate with nonstick cooking spray. Pour batter into pie plate. Bake at 350°F for 25 to 30 minutes or until a wooden pick inserted into the center comes out clean. Serves 6.

*Nutritional analysis for 1 serving: 205 Calories;
4 g. Protein; 38 g Carbohydrates; 4 g Fat;
.75 mg Cholesterol; .6 g Fiber; 208 mg Sodium*

Hot Fudge Pudding Cake

1 cup all purpose flour
¾ cup sugar
2 tablespoons cocoa
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk
2 Tablespoons vegetable oil
1 teaspoon vanilla
1 cup chopped nuts, if desired
1 cup packed brown sugar
¼ cup cocoa
1 ¾ cup hottest tap water

Heat oven to 350°F. Mix flour, sugar, 2 T. cocoa, baking powder and salt in ungreased 9X9 baking pan. Mix in milk, oil and vanilla with fork until smooth. Stir in nuts. Spread in pan. Sprinkle with brown sugar and ¼ cup cocoa. Pour hot water over batter. Bake 40 minutes. Let stand 15 minutes; spoon into dessert dishes and top with ice cream. Spoon sauce over each serving. Serves 9.

*Nutritional analysis for 1 serving: 327 Calories;
3 g. Protein; 55 g Carbohydrates; 12 g Fat;
2 mg Cholesterol; 1 g Fiber; 293 mg Sodium*

Guiltless Banana Pudding

1 cup low fat milk
Small package fat-free vanilla instant pudding
¼ cup fat free cream cheese
⅔ cup evaporated milk
8 oz. Fat free whipped topping
3 Tablespoons fresh lemon juice
20 reduced fat vanilla wafers
2 medium bananas, sliced

In a large mixing bowl, whisk or beat the milk, pudding mix and cream cheese until thickened. Fold in the whipped topping, evaporated milk, and lemon juice. Layer the vanilla wafers, half the bananas and half the pudding mixture in 9 X 13 glass dish. Repeat layers. Cover with plastic wrap and refrigerate. Serves 8.

*Nutritional analysis for 1 serving: 180 Calories;
6 g. Protein; 29 g Carbohydrates; 5 g Fat;
9 mg Cholesterol; 1 g Fiber; 230 mg Sodium*