

# COUNTRY COOKIN'



**East River Electric Power Cooperative**  
**Volume 31 – 2015**

# Table of Contents

## Soups, Salads, Sides, Appetizers, and Salty Treats

Amazing Lemon Salad .....	4
Apple Salad .....	4
Asiago Cheese Dip .....	4
Beefy Nacho Potato Soup .....	4
Black Bean Salsa Salad .....	5
Broccoli Cheese Soup .....	5
Cajun Deviled Eggs .....	6
Coleslaw .....	6
Crab Salad .....	6
Cream of Chicken and Vegetable Soup .....	7
Creamy Broccoli Cabbage .....	7
Easy Cheesy Soup .....	7
Easy Summer Marinade .....	8
Floating Salad .....	8
Fruited Broccoli Salad .....	8
Garden Pasta Rings Salad .....	9
Party Mix .....	9
Pickle Roll-Ups .....	10
Spanish Rice .....	10
Spanish Rice Pronto .....	10
Stuffed Green Pepper Soup .....	11
Taco Soup .....	11
Tortilla Pinwheels .....	12

## Main Dishes

3 Ingredient Stew .....	12
Bacon Cheese Puff .....	12
Baked Chicken That Makes It's Own Gravy .....	13
BBQ Meatballs .....	13
Best Broccoli Casserole .....	14
Cheeseburger Meatball and Pasta .....	14
Country Casserole .....	15
Crispy Cheddar Chicken .....	15
Crockpot Beef Stroganoff .....	15
Crockpot Lasagna .....	16
Enchilada Casserole .....	16
Good Hotdish .....	17
Good Pancakes .....	17
Hash brown, Sausage and Bacon Frittata .....	17
Indian Tacos .....	18
Italian Skillet Fajitas .....	18
Knoepfla Hot Dish .....	18

Oven Roasted Smoked Sausage and Potatoes .....	19
Pat's Egg Bake .....	19
Roast Beef Potpie .....	20
Roasted Hot Turkey .....	20
Slow-Cooked Pulled Pork .....	20
Taco Salad with Cabbage .....	21
Tuna Biscuit Casserole .....	21
Turkey Casserole .....	22

## **Desserts and Breads**

Apple Crisp .....	22
Broom Tree Cheesecake Bars .....	22
Butterfinger Candy .....	23
Cake Mix Cookies .....	23
Cherry Chocolate Cake .....	23
Cranberry Bars .....	24
Crock Pot Cake .....	24
Date Pinwheels .....	25
Go To Brownie .....	25
Janice's Cold Water Chocolate Cake .....	26
Janice's Never Fail Fudge Frosting .....	26
Marshmallow Caramel Popcorn .....	26
Pineapple Pretzel Salad .....	27
Reese Peanut Butter- No Bake Bars .....	27
Sopapilla Cheesecake Bars .....	27
Sour Cream Cranberry Bars .....	28
Strawberry Pie .....	28
Sunday Morning Coffee Cake .....	29
Sweet Popcorn .....	29
Sweet Potato Pecan Souffle .....	30

## **"On The Light Side"**

Baked Coconut Chicken Strips .....	30
Granola Bar Bites .....	31
No-Bake Energy Bites .....	31

As an ongoing commitment to wellness, East River is continuing a section in the Country Cookin' cookbook dedicated to lighter, healthier recipes.

Please consider contributing recipes to  
"On The Light Side" in future cookbooks.

Amazing Lemon Salad

Shirley Dreher

Codington-Clark Electric

- 1 can lemon pie filling
- 1½ cups Cool Whip
- 1 small can crushed pineapple, drained
- 1 can fruit cocktail, drained
- 1½ cups small marshmallows

Mix pie filling and Cool Whip in a bowl. Add fruit and marshmallows; mix. Store in refrigerator.

Apple Salad

Roberta Engel

Traverse Electric

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 (6 oz.) vanilla yogurt | 2 apples peeled and cored, diced |
| ½ cup peanut butter      | into bite-sized pieces           |
| 1 cup Cool Whip, thawed  | ½ cup chopped walnuts            |
| 1/8 tsp. cinnamon        |                                  |

Whisk yogurt and peanut butter until smooth. Fold in Cool Whip and cinnamon. Add apples and stir to coat. Add walnuts. Refrigerate until cold throughout.

Asiago Cheese Dip

Valerie Marso

Oahe Electric

- 2 cups sour cream
- 2 (8 oz.) blocks cream cheese
- 1½ cups Asiago cheese
- 4 T. Pecorino Romano cheese
- 1½ cups artichoke hearts, chopped
- ½ cup sun-dried tomatoes, finely chopped
- 1 tsp. granulated garlic
- 1 tsp. red pepper flakes
- Salt to taste
- Baguettes, sliced, or crackers

Combine all ingredients in a crockpot and set on low for 3 to 4 hours. Serve with baguettes or crackers.

Beefy Nacho Potato Soup

Stephanie Fossum

Southeastern Electric

- |  |                          |
|--|--------------------------|
| 4-5 medium potatoes, peeled<br>and cubed | 2 cups milk              |
| 1 can whole kernel corn, undrained       | 2 cups Cheddar cheese    |
| 1 can diced tomatoes                     | 1 lb. hamburger, browned |
| 1 cup water                              | 1 small jar salsa        |

Mix the ingredients together in a slow cooker on low for 3-4 hours.



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## Black Bean Salsa Salad

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Dave Ellison

Clay-Union Electric

2 cans black beans, drained and rinsed  
1 can corn, drained  
2 cans Rotel tomatoes with green chilies (undrained)  
1 pint cherry tomatoes, quartered  
½ cup onions, finely diced  
½ bunch cilantro, finely chopped  
1 cup dry quinoa, cooked and cooled (cooking instructions below)  
2½ tsp. cumin  
1 tsp. salt  
2-4 T. lime juice (to taste)

Mix all ingredients together and refrigerate. Flavors blend better if the salad is served the next day. This may be served as a side salad or as a dip for tortilla chips. Chicken may be added to create a main dish cold salad.

How to cook quinoa:

1 cup quinoa (any variety – white or golden, red or black)  
2 cups water

Place the quinoa in a fine-mesh strainer. Rub and swish the quinoa with your hand, rinsing with cool water for at least 2 minutes under running water; drain. Place in a 2-3 qt. kettle; add water and bring to a rolling boil. Lower the heat and cook covered for about 15 minutes until the liquid has been absorbed and quinoa is translucent. Check to make sure it does not boil dry. Remove the kettle from the burner and let stand for 5 minutes, covered. Fluff the quinoa gently with a fork and thoroughly cool before adding to the salad. Note: You will see tiny spirals (the germ) separating from, and curling around the quinoa seeds. One cup of dried quinoa yields about 3 cups cooked.

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## Broccoli Cheese Soup

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Monica Chase

Southeastern Electric

1 T. and ¼ cup butter, divided and melted separately	1 cup carrot, chopped
½ of medium-sized onion, chopped	¼ tsp. nutmeg
¼ cup flour	8 oz. Cheddar cheese, grated
2 cups Half-and-Half cream	Salt and pepper
2 cups chicken broth	Crusty bread
½ lb. fresh broccoli, chopped in pieces	

Sauté onion in 1 T. butter. Set aside. Combine remaining melted butter and flour using a whisk over medium heat and cook for 3-5 minutes. Stir constantly and add Half-and-Half. Add the chicken broth. Simmer for 20 minutes. Add the broccoli, carrots and onions. Cook over low heat for 20-25 minutes. Add salt and pepper. Add cheese. Stir in nutmeg. Serve with crusty bread and enjoy!

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## Cajun Deviled Eggs

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Rebecca Hauser

Southeastern Electric

12 eggs, hard-boiled  
1/4 cup mayonnaise  
1 jalapeño pepper, seeded and chopped  
1 T. ground cumin  
1 T. mustard  
1 tsp. Cayenne pepper  
1/4 tsp. salt  
Paprika

Slice eggs in half, length-wise. Set egg whites aside. Mash yolks and add mayonnaise and mix in all remaining ingredients except paprika. Fill whites with mixture and garnish with paprika. Allow flavors to blend before serving.

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## Coleslaw

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Member

Renville-Sibley Coop. Power

1 cup Miracle Whip  
1/2 cup sugar  
1/8 cup vinegar  
1/2 tsp. salt  
1 cup Cool Whip  
6 cups cabbage/carrots, shredded

Mix first 4 ingredients well, then fold in Cool Whip. Pour over shredded cabbage and carrots. Mix well and refrigerate.

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## Crab Salad

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Donna Glanzer

Codington-Clark Electric

1 pkg. chicken Ramen noodles  
16 oz. ranch dressing  
Seasoning pkg. from noodles  
8 oz. crab sticks, chopped in small pieces  
2 carrots, chopped into small pieces  
2 ribs celery, chopped into small pieces  
1 can water chestnuts, chopped into small pieces

Break noodles apart; then add dressing and let stand for 10 minutes. Add seasoning and the remaining ingredients and chill prior to serving.

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## Cream of Chicken and Vegetable Soup

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Ione Schmidt

Traverse Electric

1/4 cup butter  
1/4 cup flour  
1 can (12 oz.) evaporated milk  
1 pkg. (16 oz.) frozen mixed vegetables (prepared according to directions and drained)  
2 boneless-skinless chicken breasts, cooked and cubed  
1 can (14.5 oz.) chicken broth (can use broth from the cooked chicken)  
Salt and pepper

Melt butter in medium pan. Stir in flour until smooth. Gradually stir in the evaporated milk. Stir until mixture comes to boil. Add remaining ingredients. Heat through and serve.

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## Creamy Broccoli Cabbage

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Stephanie Fossum

Southeastern Electric

4 cups cabbage, shredded  
1/2 lb. fresh broccoli florets  
2 T. butter  
4 oz. cream cheese, cubed  
Salt to taste

Place cabbage and broccoli in a saucepan; add 1 inch of water. Bring to a boil. Reduce heat; cover and simmer for 5-8 minutes or until crisp tender. Meanwhile, in another saucepan, melt butter. Stir in cream cheese until melted. Drain vegetables; top with cream sauce. Add salt and toss to coat.

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## Easy Cheesy Soup

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Linda Rauscher

Northern Electric

4 cups cauliflower, diced  
4 cups celery, chopped  
4 cups carrots, chopped  
2 cups cabbage, chopped  
2 cups onion, chopped  
1 qt. water  
2 chicken bouillon cubes  
2 beef bouillon cubes  
1 lb. cheese (1/2 American, 1/2 Sharp or Cheddar, etc.), sliced thinly  
1 can (small) cream of chicken soup

Measure slightly heaping cups (as veggies will shrink), including at least 1 1/2 cups of cooked vegetables. Cook with water, and bouillon cubes until vegetables are tender. Add cheese; add cream of chicken soup. Stir until cheese is melted. Soup may be frozen.

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## Easy Summer Marinade

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Kendra McIntyre

Lake Region Electric

- 1/4 cup fresh lemon juice
- 1/2 tsp. crushed red pepper
- 1/2 tsp. cracked black pepper
- 1/2 tsp. coarse salt (kosher or sea)
- 4 stripes lemon zest
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, coarsely chopped
- 1/4 cup fresh basil, cilantro, dill or oregano (or a mix of all four), coarsely chopped
- 1/2 cup extra-virgin olive oil

Combine lemon juice, red pepper, black pepper and salt in a nonreactive bowl and whisk until salt crystals have dissolved. Add lemon zest, garlic, parsley and other herbs. Whisk in olive oil. Use within 2 hours. Stir before using. Use this versatile and inexpensive recipe to flavor and tenderize meat, fish or vegetables.

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## Floating Salad

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Shirley Dreher

Codington-Clark Electric

- 3 cucumbers
- 2 green peppers
- 4 or 5 tomatoes
- 2 medium onions
- 1 tsp. salt and pepper
- 1 cup sugar (or sugar to your own taste)
- Vinegar (enough to cover veggies)

Dice all ingredients into a bowl. Sprinkle salt and pepper over the veggies. Let stand for about 15 minutes. Dissolve sugar in vinegar, covering mixture. Refrigerate 2 hours.

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## Fruited Broccoli Salad

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Elfrieda Postma

Southeastern Electric

- |  |  |
|--|--|
| 1 can ( 8 or 16 oz.) pineapple tidbits or chunks | Pinch of salt  |
| 1 cup silvered almonds                           | Drain pineapple, reserving 1 T. juice. In a large bowl, combine the pineapple, broccoli, celery, grapes, almonds and chives or onions. In a small bowl combine the mayonnaise, |
| 1/4 cup snipped chives or green onions           |  |
| 1 cup mayonnaise                                 |  |
| 1/3 cup sugar                                    |  |

sugar reserved juice, and salt. Pour over broccoli mixture and toss to coat. Refrigerate until serving. Yields 8-10 servings.



## Garden Pasta Rings Salad

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Barbara Shea

Douglas Electric

½ pkg. (8 oz.) Creamette large rings, uncooked  
1 large firm tomato, chopped  
1 small zucchini, chopped  
½ cup celery, chopped  
¼ cup onion, chopped  
¼ cup green pepper, chopped  
2 (7 oz.) cans tuna or chicken, drained and flaked  
1 cup mayonnaise (you may use salad dressing in place of mayonnaise)  
2 tsp. prepared mustard  
¼ cup sugar  
Salt and pepper

Cook pasta according to directions. In large bowl combine pasta, tomato, zucchini, celery, onion, pepper. Add tuna or chicken; mix well. In a smaller bowl, combine mayonnaise, mustard, sugar, salt and pepper; mix well. Add sauce mixture to pasta mixture and coat well. Chill.

## Party Mix

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Linda Rauscher

Northern Electric

Pretzel sticks  
Cheese curls  
Bugles (any flavor)  
Chili twists  
Corn chips  
Goldfish

Place ingredients in large paper grocery bag. Bag should be ½ full. Place bag in a large plastic garbage bag (for later use).

Mix together:

1 pkg. dry Hidden Valley Ranch dressing mix  
1 bottle Orville Redenbacher oil  
1 tsp. garlic powder

Place mixture in microwave and heat until warm. Stir and pour over dry ingredients in paper bag. Fold paper sack down within plastic bag. Shut plastic bag. Shake 2 to 3 times within plastic bag (to avoid oil mess on counter). Let set overnight.

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## Pickle Roll-Ups

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Kathy Metzinger

Douglas Electric

- 1 pkg. ham, sliced
- 1 jar mini pickles whole, drained
- 1 pkg. cream cheese, softened

Pat ham dry. Spread cream cheese on ham. Roll pickle in middle. Cut as you serve. Serve roll-up with toothpick.

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## Spanish Rice

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Deanna Dean

Central Electric

- 1 lb. hamburger, browned
- 1/2 cup rice, uncooked
- 1 can tomato soup
- 1 1/4 tomato soup can of milk
- Salt and pepper

Crumble hamburger in a 3 qt. casserole dish. Add rice, soup, milk, salt, and pepper. Stir together. Put in 350 degree oven for 1 1/2 hours.

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## Spanish Rice Pronto

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Shirley Dreher

Codington-Clark Electric

- 2 T. butter
- 1 T. minced onion
- 1 cup Minute Rice
- 1/2 lb. hamburger, lightly browned
- 1 (8 oz.) can tomato sauce
- 1 cup hot water
- 1/4 tsp. mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper

Melt butter in skillet; add onions and sauté. Add rice and lightly browned hamburger. Add sauce and hot water. Mix in salt, mustard, and pepper. Bring to a boil quickly. Keep warm until ready to serve.

## Stuffed Green Pepper Soup

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Barbara Shea

Douglas Electric

2 lbs. ground beef  
1 onion, chopped  
1 (29 oz.) can tomato soup  
1 (29 oz.) can petite diced tomatoes  
1 (29 oz.) can stewed tomatoes  
2 beef bouillon cubes  
1/4 cup packed brown sugar  
2 tsp. salt  
1 tsp. ground pepper  
1 T. soy sauce  
2-3 green bell peppers, chopped  
1-2 cups white rice, cooked (to your liking)

While beef and onion are cooking in the Dutch oven, take a big bowl and add the tomato soup, diced tomatoes, stewed tomatoes, bouillon cubes, brown sugar, salt, pepper, and soy sauce. Stir and let sit. When beef and onion is browned, add the peppers. Last, stir in the rice and let simmer until finished, about 15-20 minutes on low heat.

## Taco Soup\*

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Gail Barlund

Whetstone Valley Electric

1 lb. hamburger, browned  
1 can beef broth  
1 can refried beans  
1 can black beans, undrained  
16-24 oz. salsa

### Toppings:

Corn chips or bbq corn chips  
Shredded cheese  
Sour cream  
Black olives

Combine ingredients in crockpot and cook on low for 2 hours, then on high the last hour. When ready to serve, dish up in bowls and add corn chips or bbq corn chips, cheese, sour cream or black olives to your liking. \*Doubling the recipe will make a large pot of soup.

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## Tortilla Pinwheels

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Monica Johnson

Southeastern Electric

- 1 (8 oz.) tub sour cream
- 1 (8 oz.) tub cream cheese
- 1 (4 oz.) can diced green chilies, (drained)
- 1 (4 oz.) can diced black olives
- 1 (2 oz.) can diced jalapeño
- 1 cup Cheddar cheese, grated
- ½ cup green onion, chopped
- Garlic salt to taste
- 8 (10 inch) tortilla shells
- Salsa for topping or dipping (optional)

Mix all filling ingredients together. Spread evenly over tortilla shells and roll them up. Cover each roll tightly in plastic wrap. Refrigerate overnight. Unwrap the tortillas and cut them into ¾ inch to 1 inch strips. Lay flat on plate to serve. Add a small amount of salsa to the top of each pinwheel if desired.

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## 3 Ingredient Stew

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Cynthia Anderson

Union County Electric

- |                                |                 |
|--------------------------------|-----------------|
| 2 lbs. ground beef             | Onion           |
| 1 (32 oz.) can V8 Juice        | Salt and pepper |
| 1 pkg. frozen mixed vegetables | Garlic salt     |

Brown beef, then add V8 juice and mixed vegetables. Simmer and enjoy!  
Can also add onion, salt, pepper, and garlic salt if desired.

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## Bacon Cheese Puff

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Caroline Bochman

Bon Homme Yankton Electric

- 8 slices bacon, cooked and crumbled or Canadian bacon, diced into pieces, reserving grease
- 12 slices white bread, quartered
- 5 green onions, chopped tops and all
- ¾ cup red-green-yellow peppers, chopped
- 8 oz. Swiss cheese, shredded
- 8 eggs
- 4 cups milk
- 1½ tsp. salt
- ¼ tsp. pepper

Cook onions and peppers until soft in bacon grease. Arrange ½ of bread slices in single layer in bottom of greased 9 x 13 inch pan. Sprinkle with ½ of bacon, onions, peppers and cheese. Repeat layers again with bread, onion, peppers, bacon and cheese. Pour beaten eggs, milk, salt and pepper over top layer in pan. Store in refrigerator overnight. Bake at 350 degrees 50 minutes or until eggs are set and top is puffed and golden.

## Baked Chicken That Makes It's Own Gravy

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Deanna Dean

Central Electric

3 to 3½ lbs. frying chicken or 4 to 6 boneless-skinless chicken breasts

¼ cup flour

¼ cup butter, melted

2/3 cup evaporated milk, undiluted

1 (10 ¾ oz.) can cream mushroom soup

1 cup (4 oz.) processed American cheese, grated or Velveeta cheese, cubed

½ tsp. salt

1/8 tsp. pepper

Coat chicken with flour. Arrange chicken in a single layer in melted butter in a 13 x 9 x 2 inch baking dish. Bake uncovered in a 425 degree oven for 30 minutes (or 20 minutes for boneless chicken). Turn chicken; bake until brown, 20 minutes for bone in chicken and 15 minutes for boneless chicken. Remove from oven and reduce heat to 325 degrees. Pour off excess fat. Combine evaporated milk, soup, cheese, salt and pepper. Pour soup mixture over chicken. Cover dish with foil; return to oven for 15 to 20 minutes, until cheese is melted. Yields 6 servings.

## BBQ Meatballs

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Marcella Larsen

Dakota Energy

2 lbs. extra lean hamburger

1 pkg. (6 oz.) Stove Top stuffing mix for chicken

1 onion, finely chopped

1 cup water

2 eggs

Heat oven to 400 degrees. Cover large-rimmed baking sheet with foil. Spray with cooking spray. Mix ingredients until just blended. Shape into 36-40 meatballs. Place on prepared baking sheet.

Sauce:

1 cup ketchup

¼ cup vinegar

¼ cup Worcestershire sauce

2 T. brown sugar

Combine ingredients in saucepan; bring to a boil. Brush sauce over meatballs until sauce used. Bake 30 minutes or until done.



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## Best Broccoli Casserole

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Stephanie Fossum

Southeastern Electric

- 1 cup water
- ½ tsp. salt
- 1 cup Instant Rice
- ¼ cup butter or margarine
- ¼ cup celery, chopped
- ¼ cup onion, chopped
- 1 can (10 ¾ oz.) condensed cream of mushroom soup, undiluted
- 1 can (10 ¾ oz.) condensed cream of celery soup, undiluted
- 1 pkg. (10 oz.) frozen chopped broccoli, thawed
- ½ cup processed American cheese, diced

Bring water and salt to a boil. Add rice; cover and remove from heat. Let sit for 5 minutes. Melt butter in skillet; sauté onion and celery until tender. In large mixing bowl, combine rice, celery and onion with remaining ingredients. Pour into a greased 1-½ qt. casserole dish. Bake at 350 degrees for 1 hour. Yields 6 servings.

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## Cheeseburger Meatball and Pasta

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Member

Traverse Electric

- 2 slices white sandwich bread, torn into pieces
- 1 small onion, finely chopped
- 1 egg
- ¾ tsp. each salt and pepper
- 1 lb. ground beef
- 1 T. Canola oil, divided
- 3 cups chicken stock
- 2 T. flour
- 6 oz. uncooked campanelle pasta
- 4 oz. chive and onion 1/3 less fat cream cheese spread
- 6 oz. sharp Cheddar cheese, shredded (1 ½ cups), divided
- 2 cups broccoli florets

Combine bread, onion, egg, salt and pepper in a large bowl; mix until a smooth paste forms. Add beef; mix gently, but thoroughly. Form into 1 inch meatballs; about 36 meatballs total. Heat ½ T. of the oil in a skillet over medium heat 2-4 minutes or until simmering. Cook half of the meatballs 2-4 minutes or until browned, turning occasionally. Remove from pan. Repeat with remaining oil and meatballs; remove from pan. Whisk stock and flour until smooth; add to pan. Stir in pasta; cook, covered 9-11 minutes or until pasta is almost tender, stirring occasionally. Stir in cream cheese spread and half of the Cheddar until sauce is smooth. Stir in broccoli and meatballs. Cook, covered 2-3 minutes or until broccoli is tender; remove from heat. Top with remaining Cheddar; cover and let stand 1-2 minutes or until cheese is melted.

## Country Casserole

Gwen Larsen

Sioux Valley Energy

2 lbs. hamburger, browned and drained  
1/4 cup onion, chopped  
1/2 tsp. salt  
1/4 tsp. pepper  
24 oz. frozen shredded hash browns

1 can cream of celery soup  
1 can cream of mushroom soup  
1 soup can of milk  
1 (6 oz.) pkg. cream cheese  
1 pkg. Cheddar cheese, grated

Preheat oven to 350 degrees. Brown and drain hamburger; season with salt and pepper. Pour into a 9 x 13 inch pan. Top with frozen hash browns. Heat the soups and milk together on stove; add cream cheese and heat until melted. Pour over hash browns. Bake at 350 degrees for 50 minutes. Top with grated cheese and bake about 10 minutes more, or until the cheese is melted. Put meat and dry onion soup mix in crockpot. Mix well; add mushroom soup and stir. Cook on low 6-8 hours; add sour cream 1/2 hour before serving. Serve over wide noodles or rice.

## Crispy Cheddar Chicken

Marlys Christensen

Lyon-Lincoln Electric

2 sleeves Ritz crackers  
2 lbs. chicken tenders or  
4 large chicken breasts  
1/2 cup whole milk  
3 cups Cheddar cheese, grated  
1/4 tsp. salt

1/8 tsp. pepper  
1 tsp. dried parsley  
Sauce:  
1 (10 oz.) can cream of chicken soup  
2 T. sour cream  
2 T. butter

Crush crackers. If using chicken breasts and not tenders, cut each chicken breast into 3 large pieces. Pour the milk, cheese and cracker crumbs into 3 separate small pans. Toss the salt and pepper into the cracker crumbs and stir the mixture to combine. Dip each piece of chicken into the milk and then the cheese. Press the cheese into the chicken with your fingers. Then press the cheesy coated chicken into the cracker crumbs and press it in. Spray a 9 x 13 inch pan with cooking spray and lay the chicken inside the pan. Sprinkle the dried parsley over the chicken. Cover the pan with tin foil and bake at 400 degrees for 35 minutes. Remove the tin foil, bake for an additional 10-15 minutes, or until the edges of the chicken are golden brown and crispy. In a medium sized sauce pan combine the cream of chicken soup, sour cream and butter with a whisk. Stir it over medium high heat until the sauce is hot. Serve over the chicken.

## Crockpot Beef Stroganoff

Sharon Stuefen

Southeastern Electric

1 lb. stew meat, diced  
1 envelope dry onion soup mix  
1 can cream of mushroom soup

8 oz. sour cream  
Wide noodles or rice

Put meat and dry onion soup mix in crockpot. Mix well; add mushroom soup and stir. Cook on low 6-8 hours; add sour cream 1/2 hour before serving. Serve over wide noodles or rice.

## Crockpot Lasagna

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Heidi Zeller-Crawford

Northern Electric

- 1 large jar of pasta sauce
- 1 large jar of alfredo sauce (light recommended)
- 1½ lbs. hamburger
- 8 oz. lasagna noodles
- 2 cups fat free Mozzarella cheese

Brown hamburger, rinse and drain. Add the pasta sauce to the hamburger and stir. Then put enough to cover the bottom of the crockpot. Then put one layer of noodles, you will have to break some to get them to cover. Then pour a layer of alfredo sauce then sprinkle some Mozzarella cheese; repeat. Aim to make about three layers. Then cook on low for 5 hours or on high for 2½ hours. Use a crockpot liner if available.

## Enchilada Casserole

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Julia Hughes

Union County Electric

- 1 (10.5 oz.) can cream of chicken soup
- 1 (10.5 oz.) can cream of celery soup
- 2 (10 oz.) cans enchilada sauce
- 1 (4 oz.) can diced green chillies
- 1½-2 lbs. hamburger, browned and drained
- 1 onion, diced
- 6 or 8 flour tortilla shells
- Cheddar cheese

Mix soups, enchilada sauce, chillies, hamburger and onion in large pan and simmer on low heat 15-30 minutes. Spray 9 x 13 inch pan with cooking spray. Put a layer of shells in pan, then a layer of beef/soup mixture, then cheese. Repeat 2 or 3 times. Bake uncovered in 350 degree oven for 30 minutes. Let set 5 minutes before cutting and serving.

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## Good Hotdish

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Jolene Spilde

Codington-Clark Electric

1 lb. hamburger, browned  
1 bag hash browns  
1 can cream of mushroom soup  
1 cup sour cream  
2 cups cheese, shredded  
Fried onions

Combine all ingredients, except fried onions. Bake at 350 degrees for 1 hour. Top with fried onions and bake 10 additional minutes.

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## Good Pancakes

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Linda Rauscher

Northern Electric

2 egg whites  
2 egg yolks  
2 ½ cups buttermilk  
2 cups flour  
1 tsp. salt  
1 tsp. baking soda

Beat the egg whites and set aside. In another bowl, beat the egg yolks. Then add the butter, milk, flour, salt, and soda; stir. Add beaten egg whites and cook pancakes.

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## Hash brown, Sausage and Bacon Frittata

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Mary Metz-Carda

Southeastern Electric

½ pkg. shredded hash browns  
½ cup butter, melted  
2 cups shredded Mexican cheese  
2 cups shredded Cheddar cheese  
6 sausage links, diced  
8 slices of bacon, diced  
1 cup milk  
9 eggs  
Salt and pepper  
Fresh fruits  
Toast or muffins

Preheat oven to 425 degrees. Place hash browns into lightly sprayed 9 x 11 inch pan; press down evenly to form a crust. Drizzle butter evenly over crust and bake 25 minutes. Place cheese, sausage and bacon over hash brown crust. Blend milk and eggs together. Pour over cheese and meat. Reduce heat to 350 and bake 30 minutes. Serve with fresh fruits and toast or muffins.

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## Indian Tacos

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Kathy Metzinger

Douglas Electric

5 cups flour  
1 T. salt  
2 T. sugar  
5 tsp. baking powder  
2 cups water  
Taco meat  
Taco fixins

Mix dry ingredients together and add water. Knead 5 minutes until dough is not sticky. Flour hands and roll into 3 inch balls. Press into 6 inch rounds. Deep fat fry until golden brown. Serve with taco meat and fixins.

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## Italian Skillet Fajitas

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Gail Barlund

Whetstone Valley Electric

½ cup plus 2 T. Italian dressing  
1 lb. boneless-skinless chicken breasts, thinly sliced  
1 T. vegetable oil  
1 bag Birds Eye recipe ready tricolor pepper and onion blend  
8 flour or corn tortillas, warmed

Pour ½ cup dressing over chicken in glass baking dish or in a plastic bag. Cover or close bag. Marinate in refrigerator 30 minutes. Remove chicken, discard marinade. Heat oil in large non-stick skillet over medium-high heat and cook chicken, stirring occasionally for 5 minutes. Stir in tricolor pepper and onion blend and continue cooking, stirring occasionally, 5 minutes or until chicken is thoroughly cooked and vegetables are tender. Stir in remaining dressing and heat through. Serve in tortillas.

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## Knoepfla Hot Dish

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Rebecca Hauser

Southeastern Electric

1 lb. hamburger	Knoepfla:
1 small onion	4 cups flour
Salt and pepper	¼ tsp. baking powder
4 medium potatoes, peeled and cubed	1 egg
1 can sauerkraut	1 tsp. salt
	Water

Brown hamburger and onion; drain. Add salt and pepper. In a separate skillet, fry potatoes; set aside. Prepare knoepfla and add to hamburger and potatoes. Add undrained sauerkraut. Simmer 30 minutes. Add water if needed for moisture.

Knoepfla: Mix flour through salt; add enough warm water to make a stiff dough. Snip with kitchen shears into ¼ inch pieces. Drop in boiling water; boil until knoepfla floats to the top; drain.



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## Oven Roasted Smoked Sausage and Potatoes

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Samantha Irvine

Oahe Electric

1 pkg. smoked sausage (peel if necessary), sliced into rounds  
1 large onion, peeled and chopped  
5 large potatoes, peeled and chopped into 1/2 inch cubes  
2 T. olive oil  
Fine sea salt  
Black pepper, freshly ground  
Sweet paprika  
Dried thyme  
Handful of grated strong Cheddar cheese

Preheat the oven to 400 degrees. Line a large baking tray (with sides) with several sheets of foil, and drizzle with a bit of oil. Spread the oil out over the pan and set aside. Put the sausage rounds, onions and potatoes into a large bowl. Drizzle with a olive oil and season to taste with salt, pepper, paprika and dried thyme. Toss together with your hands until everything is evenly distributed. Pour this out onto the baking tray, and spread it out as much as possible. Place into the heated oven and roast for 45 minutes to an hour, stirring every 15 minutes, until the potatoes are golden brown and tender. Turn off the oven. Scatter the cheese over top of the cooked meat and potatoes. Pop back into the oven a few minutes to melt the cheese. Serve immediately.

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## Pat's Egg Bake

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Member

Renville-Sibley Coop. Power

Frozen hash brown squares  
1/2 cup butter  
1 lb. sausage (or ham), browned  
1/2 lb. bacon, browned and crumbled  
1 dozen eggs  
1 1/2 cups milk  
4 oz. shredded Cheddar cheese  
4 oz. shredded Mozzarella cheese

Line the bottom of a cake pan with frozen hash brown squares (ie. Mr. Dells). Melt butter and pour over the top of the hash browns. Broil for 10 minutes. Top hash browns with sausage (or ham) and bacon. Beat eggs with milk and pour over meat. Add shredded Cheddar cheese and shredded Mozzarella cheese. Refrigerate overnight.

1 can cream of mushroom soup  
1/4 cup milk

Prior to baking, mix cream of mushroom soup with milk and spread over top of egg bake. Bake for 1 hour at 350 degrees.

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## Roast Beef Potpie

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Ruth Rasmussen

Lyon-Lincoln Electric

10 baby carrots, chopped  
6 small red potatoes, cubed  
1 onion, chopped  
2 T. olive oil  
1 pkg. (17 oz.) refrigerated beef roast au jus, coarsely chopped  
2 T. minced cilantro  
Salt and pepper  
1/3 cup flour  
2 1/4 cups reduced sodium beef broth  
1 sheet refrigerated pie crust  
1 egg beaten

Sauté carrots, potatoes and onions in oil until crisp tender in a large skillet. Add the beef roast, cilantro, salt and pepper. Combine flour and broth until smooth. Bring to a boil; cook until thick. Transfer to a 9 inch deep dish pie plate. Place pie pastry over filling. Trim, seal and flute edges. Cut slits in pastry, brush with egg. Bake at 375 degrees for 30 minutes until golden brown.

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## Roasted Hot Turkey

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Roberta Engel

Traverse Electric

1 (16-20 lb.) turkey  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 can cream of chicken soup  
1 can French onion soup  
1 pint of cream  
1 stick oleo

Bake turkey the day before and let cool. Take meat off of the bones. Stir ingredients together. The next day, layer turkey and sauce into a roaster. Bake at 300 degrees for 2 hours. Make sure you make enough sauce to cover entire turkey.

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## Slow-Cooked Pulled Pork

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Kendra McIntyre

Lake Region Electric

2/3 cup Worcestershire sauce	2 T. white vinegar
1 medium white onion, chopped	1/4 cup tomato paste
1/2 cup ketchup	3 1/2 lb. boneless pork shoulder,
2 T. yellow mustard	trimmed and cut into 4 pieces
1/4 cup packed brown sugar	Sandwich buns

In a 6 quart pot, mix all ingredients except pork and buns. Add pork, turning to cover. Cook on low for 8-10 hours. Remove pork and shred with two forks. Return pork to crockpot and stir into sauce. To serve, spoon 1/2 cups of pork onto a sandwich bun.

## Taco Salad with Cabbage

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Nancy Underberg

Southeastern Electric

1 lb. hamburger  
1 pkg. taco seasoning (reserve 1 T.)  
1 head of cabbage, chopped  
4 tomatoes, diced  
1 onion (or to taste), diced  
1 can black beans (optional), drained  
1 cup salad dressing  
2 T. sugar  
½ lb. Cheddar cheese, grated  
Salsa  
Black olives (optional), sliced  
Nacho chips

Brown hamburger, drain and cool. In a large bowl, add the chopped cabbage, diced tomatoes, onion and black beans. In a separate bowl, mix together the salad dressing, reserved taco seasoning and sugar for your dressing. Add the dressing to the cabbage mixture and stir all together. As it sits, the cabbage will soak up the dressing. Crush the nacho chips on your plate, top with cabbage mixture. Top with grated cheese, salsa and black olives. The cabbage taco salad keeps longer than a lettuce taco salad.

## Tuna Biscuit Casserole

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Elfrieda Postma

Southeastern Electric

1 can Cheddar cheese soup  
½ soup can milk  
1 can tuna, drained if using oil packed  
1 T. onion, grated  
1 T. parsley flakes (optional)  
1 pkg. or tube (10) refrigerated biscuits

Mix soup and milk until smooth. Add tuna and break in chunks, then add onion and parsley flakes. Heat just to boiling. Put biscuits in ungreased pan (9 x 9 inch or 11 x 2 inch). Pour heated mixture over top of biscuits. Bake uncovered at 350 degrees for about 25 minutes or until biscuits pop up through the sauce and are well browned. Yields 4 servings.

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## Turkey Casserole

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Ruth Rasmussen

Lyon-Lincoln Electric

4 cups prepared stuffing, divided  
4 cups leftover turkey, coarsely chopped  
 $\frac{3}{4}$  cup mayonnaise, divided  
 $\frac{1}{4}$  cup whole berry cranberry sauce  
2 cups mashed potatoes  
 $1\frac{1}{2}$  cups shredded Mozzarella cheese

Preheat oven to 375 degrees. Spray 8 inch baking dish with cooking spray. Spoon in 2 cups stuffing, top with turkey. Combine  $\frac{1}{4}$  cup mayonnaise with cranberry sauce. Spread evenly over turkey. Combine remaining mayonnaise, potatoes and cheese in large bowl. Spread on turkey. Top with remaining stuffing. Bake 40 minutes. Let stand 10 minutes before serving.

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## Apple Crisp

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Carol Heffele

Lyon-Lincoln Electric

Apples (to taste), peeled and sliced  
 $\frac{1}{2}$  cup sugar  
1 T. cinnamon  
1 yellow cake mix  
1 cup butter, melted  
 $\frac{2}{3}$  cup brown sugar  
1 cup oatmeal

Put apples in bottom of 9 x 13 inch greased pan. Mix sugar and cinnamon. Pour over apples. Then combine cake mix with butter, brown sugar and oatmeal. Pour over apples (thickly, so spoon drop evenly over entire area). Bake at 350 degrees for 45 minutes to an hour.

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## Broom Tree Cheesecake Bars

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Kim Kappler

Dakota Energy

2 tubes of crescent rolls  
16 oz. cream cheese  
1 tsp. vanilla  
 $\frac{3}{4}$  cup sugar  
1 egg

Preheat oven to 350 degrees. Roll out one package of crescent rolls in a greased 9 x 13 inch pan. Pinch edges together. Combine the cream cheese, vanilla and sugar and beat well. Separate the egg yolk from the white (reserving the white). Add the egg yolk to the cream cheese mixture and beat until smooth. Spread over crescents. Top with the second package of crescent rolls, pinching the edges together. Brush with the reserved egg white. Bake for 20-25 minutes or until golden brown.

## Butterfinger Candy

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Roxanne Bass

H-D Electric

16 oz. candy corn  
18 oz. peanut butter  
1 cup semi-sweet chocolate chips  
1 tsp. Crisco shortening

Carefully melt candy corn in microwave. Add peanut butter. Line 8 x 8 inch or smaller pan with parchment paper. Pour candy in and cool. Mix and melt chocolate chips and Crisco. Spread over candy and cool.

## Cake Mix Cookies

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Jim Kruse

Kingsbury Electric

1 (16.25 oz.) pkg. cake mix  
2 large eggs  
½ (8 oz.) container frozen whipped topping, thawed  
½ cup confectioners' sugar

Preheat oven to 350 degrees. In a large bowl, combine cake mix, eggs, and whipped topping, stirring well (dough will be sticky). Dust hands with confectioners' sugar and place 2 inches apart on ungreased baking sheet. Bake 10-12 minutes, or until set and cookie tops have cracked. Remove cookies to wire racks to cool.

## Cherry Chocolate Cake

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Julia Hughes

Union County Electric

1 small pkg. mini marshmallows  
1 chocolate cake mix  
1 (20 oz.) can cherry pie filling  
Whipped topping

Spray 9 x 13 inch pan with cooking spray. Put marshmallows in bottom of pan. Mix cake mix according to package directions and pour over marshmallows. Cover cake batter with pie filling. Bake at 375 degrees for 1 hour. Serve with whipped topping.



## Cranberry Bars

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Dave Ellison

Clay-Union Electric

Preheat oven to 350 degrees. Grease and flour 9 x 13 pan.

Cream:

2 eggs

1 1/2 cups sugar

1/2 cup butter

1 tsp. vanilla

Blend and add to above:

1 1/2 cup flour

1 tsp. baking powder

12 oz. frozen cranberries (about 4 cups, fresh is easier to work with than frozen)

By hand, stir in cranberries. After you stir in the cranberries, work quickly to get batter into pan because it will start to firm up (from the frozen cranberries). Spread in the greased and floured 9 x 13 inch pan. Bake about 40 minutes at 350 degrees, monitoring carefully. Bake until golden. Let cool before frosting.

Frosting:

4 oz. cream cheese

1/2 cup soft butter

1 tsp. vanilla

1 tsp. almond extract

2 cups powdered sugar

Blend the cream cheese, butter, vanilla and almond extract. Add the powdered sugar and blend thoroughly. Frost bars with the mixture.

## Crockpot Cake

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Heidi Zeller-Crawford

Northern Electric

Mix:

1 pkg. chocolate cake mix

1 small pkg. instant chocolate pudding

1 pint sour cream

3/4 cup vegetable oil

4 eggs

1 cup water

Add 1 (12 oz.) pkg. semi-sweet chocolate chips

Spray slow cooker. Cook mixture on low for 5 hours.

## Date Pinwheels

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Linda Rauscher

Northern Electric

1 cup margarine  
1 cup white sugar  
1 cup brown sugar  
3 eggs  
4 cups flour  
1 tsp. baking soda  
½ tsp. salt

Cream margarine and sugars. Add eggs to sugar mixture. Add rest of ingredients. Roll out to ½ inch thickness and spread with filling. Roll up and refrigerate before slicing. Bake at 350 degrees.

## Go To Brownie

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Joyce Willoughby

Southeastern Electric

6 eggs  
3 cups sugar  
1 ½ cups vegetable oil  
½ cup cocoa  
1 tsp. salt  
1 tsp. vinegar  
2 ½ cups flour

Mix ingredients well and put in well-greased jelly roll cookie sheet. Bake at 350 degrees for 20-25 minutes.

### Frosting:

2 squares unsweetened chocolate  
¼ cup water  
¼ cup brown sugar  
2 T. butter  
1 tsp. vanilla  
1 ½ cups powdered sugar

In saucepan, add unsweetened chocolate, water, brown sugar, and butter. Slowly bring to boil. Remove and add vanilla and powdered sugar. Beat with hand mixer and frost immediately.

## Janice's Cold Water Chocolate Cake

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Kim Kappler

Dakota Energy

3 cups flour  
2 tsp. soda  
1/2 tsp. salt  
2 cups sugar  
6 T. cocoa  
2 tsp. vanilla  
3/4 cups cooking oil  
3 T. white vinegar  
2 cups cold water

Mix ingredients on medium speed with hand mixer for 2-3 minutes, until smooth. Pour into a 9 x 13 inch lightly-floured pan. Bake at 350 degrees for 40 minutes or until toothpick comes out clean.

## Janice's Never Fail Fudge Frosting

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Kim Kappler

Dakota Energy

Put following ingredients in small pan on stove:

1-1/3 cups sugar  
6 T. milk  
6 T. butter or margarine

Boil combined ingredients for 1 minute.

1/2 cup chocolate chips  
1 tsp. vanilla

Take off heat and add chocolate chips. Beat by hand until melted. Then add vanilla. Stir and let cool. Pour and smooth over cake.

## Marshmallow Caramel Popcorn

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Jolene Spilde

Codington-Clark Electric

1/2 cup brown sugar  
1/2 cup butter  
9-10 marshmallows  
12 cups popcorn

Microwave brown sugar and butter for 2 minutes. Add marshmallows. Microwave until melted, 1 1/2 to 2 minutes. Pour over popcorn to coat.

## Pineapple Pretzel Salad

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Beth Eickman

Southeastern Electric

- 1 stick butter
- 1 cup pretzels, crushed
- 1 cup sugar, divided
- 8 oz. cream cheese
- 12 oz. Cool Whip
- 20 oz. crushed pineapple, drained

Melt butter. Stir in pretzels and  $\frac{1}{2}$  cup sugar. Spread on 9 x 13 inch baking sheet. Bake 7 minutes at 350 degrees; cool. Break into pieces and set aside. Beat softened cream cheese and remaining  $\frac{1}{2}$  cup sugar. Stir in Cool Whip and pineapple. Add pretzel mixture just before serving.

## Reese Peanut Butter- No Bake Bars

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Gail Barlund

Whetstone Valley Electric

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1 cup salted butter, melted        | 1 cup peanut butter                 |
| 2 cups graham cracker crumbs       | $\frac{1}{2}$ tsp. vanilla          |
| $\frac{1}{4}$ cup brown sugar      | 1 (11 oz.) bag milk chocolate chips |
| $1\frac{3}{4}$ cups powdered sugar |                                     |

Combine all ingredients, except chocolate chips in medium bowl, stir until smooth and creamy. Pour peanut butter mixture into 9 x 13 inch pan. Melt chocolate chips in microwave at 50% power for 1-2 minutes, stir chocolate chips and pour over peanut butter mixture. Spread chocolate with spatula. Refrigerate bars for one hour; cut bars while they are cool.

## Sopapilla Cheesecake Bars

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Carol Schaffner

FEM Electric

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|--|--|
| 2 (8 oz.) pkgs. cream cheese, softened     | $\frac{3}{4}$ cup white sugar              |
| 1 cup white sugar                          | 1 tsp. ground cinnamon                     |
| 1 tsp. Mexican vanilla extract             | $\frac{1}{2}$ cup butter, room temperature |
| 2 (8 oz.) cans refrigerated crescent rolls | $\frac{1}{4}$ cup honey (or more to taste) |

Preheat oven to 350 degrees. Prepare a 9 x 13 inch baking dish with cooking spray. Beat the cream cheese with 1 cup of sugar and the vanilla in a bowl until smooth. Unroll the cans of crescent roll dough, place in the baking dish, smooth and stretch the dough until it completely fills the bottom of the dish. Evenly spread the cream cheese mixture over the layer of dough. Stretch and smooth out the second can of crescent dough on parchment paper to fit the baking dish and then place it on top of the cream cheese. Stir together  $\frac{3}{4}$  cup of sugar, cinnamon and butter. Dot the mixture over the top of the dough. Bake in the preheated oven until the crescent dough has puffed and turned golden brown, approximately 30 minutes. Remove from the oven and drizzle with the honey. Cool completely in the pan before cutting into squares.

## Sour Cream Cranberry Bars

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Sally Florey

Charles Mix Electric

- 1 cup butter, softened
- 1 cup brown sugar
- 2 cups quick-cooking oatmeal
- 1½ cups plus 2 T. flour, divided
- 2 cups sweetened dried cranberries (craisins)
- ¾ cup sugar
- 1 cup sour cream
- 1 egg
- 1 T. grated lemon zest, or lemon juice
- 1 tsp. vanilla extract

Cream together butter and brown sugar. Add oatmeal and 1½ cups flour, mix well. Set aside 1½ cups of this mixture for topping, press remaining mixture into ungreased 9 x 13 inch pan. Bake 10-12 minutes or until lightly browned. Combine cranberries, sugar, sour cream, egg, lemon zest, vanilla, and remaining flour; mix well. Pour evenly over the crust, and sprinkle with reserved crumb mixture. Bake 25-28 minutes or until light golden brown.

## Strawberry Pie

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Elfrieda Postma

Southeastern Electric

- 2 pints fresh strawberries, hulled
- 2 T. cornstarch
- 1½ cups cold water
- 1 pkg. (3 oz.) sugar-free strawberry gelatin
- 3 T. sugar
- 1 reduced-fat graham cracker crust (8 inches) or baked pie crust
- 2 cups reduced-fat whipped topping or whip cream

Set aside four whole berries for garnish. Slice remaining strawberries and set aside. In a large saucepan, combine cornstarch and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in gelatin and sugar until dissolved and cool. Stir in sliced strawberries. Pour into the crust. Cover and refrigerate for 2 hours or until firm. Cut reserved strawberries in half. Garnish each serving with whipped topping or whip cream and a berry half. Yields 8 servings.

## Sunday Morning Coffee Cake

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Stephanie Fossum

Southeastern Electric

2 T. butter, softened  
½ cup sugar  
½ tsp. salt  
1 egg  
2/3 cup milk  
1 teaspoon vanilla extract  
1 ½ cups all-purpose flour  
3 tsp. baking powder

### Topping:

¼ cup sugar  
2 T. all-purpose flour  
1 tsp. ground cinnamon  
¼ cup cold butter

In a small mixing bowl, beat butter, sugar, and salt until crumbly. Add the egg, milk and vanilla; mix well. Combine the flour and baking powder; add to butter mixture. Transfer to a greased 8 inch square baking dish. For topping, in a small bowl, combine the sugar, flour, and cinnamon; cut in butter until mixture is crumbly. Sprinkle over batter. Bake at 350 degrees for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes. Serve warm if desired.

## Sweet Popcorn

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Marcella Larsen

Dakota Energy

1 (24 oz.) pkg. vanilla almond bark  
¼ cup peanut butter, nutty or creamy  
1 (18 oz.) pkg. puff corn  
1 ½ cup dry roasted peanuts  
4 cups Rice Krispies

Melt almond bark and peanut butter, stir well. Pour over puff corn, Rice Krispies and peanuts, stir until coated. Let almond bark cool, then store in air tight container. Makes a large batch.

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## Sweet Potato Pecan Souffle

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Gwen Larsen

Sioux Valley Energy

3 cups cooked mashed fresh sweet potatoes  
½ cup sugar  
1/3 cup milk  
2 eggs, slightly beaten  
1 tsp. vanilla  
½ cup butter, melted

Preheat oven to 350 degrees. Mash potatoes in a large mixing bowl. While still warm, fold in sugar, milk, beaten eggs, vanilla and melted butter. Stir with a wooden spoon until well combined. Turn sweet potato mixture into a greased 2 qt. casserole dish.

### Topping:

1 cup light brown sugar  
½ cup all-purpose flour  
½ cup butter, melted  
1 cup chopped pecans  
Large marshmallows

In a small bowl, combine light brown sugar, flour, melted butter and chopped pecans. Spoon this topping evenly over sweet potato mixture. Bake about 40 minutes or until topping is crisp, pecans are toasted and sweet potato mixture is bubbling. Top with large marshmallows.

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## Baked Coconut Chicken Strips

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Jennie Patrick

Sioux Valley Energy

2 large boneless-skinless chicken breasts  
White flour  
2 eggs  
Splash of milk  
Salt and Pepper  
Equal parts unsweetened coconut and panko bread crumbs  
Olive oil spray (can sub other cooking spray)

Preheat oven to 400 degrees. Place chicken breasts in a large zip-top bag and pound down to about ½ inch thickness. Slice into ¾ inch strips. Mix panko and coconut in one bowl, season with salt and pepper. In a separate bowl, whisk together eggs and splash of milk. In a third bowl, add the flour. Dredge the chicken strips starting in the flour, then the egg mixture and then ending by pressing into the coconut/panko mixture. Lay onto a greased baking sheet. Spritz tops of strips with olive oil spray. Bake 10-12 minutes, flipping halfway through cooking time, or until cooked through. Serve with sweet chili sauce to dip.



## Granola Bar Bites

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Jennie Patrick

Sioux Valley Energy

- 2 cups Rice Krispies cereal
- 2 cups quick oats
- 1/2 cup chopped walnuts (or nut of your choice)
- 1/3 cup raisins
- 2 T. ground flax seed (optional)
- 1 heaping T. chia seeds
- 1 T. coconut oil (optional)
- 1 tsp. vanilla
- 1/4 cup honey
- 1/4 cup agave nectar (can substitute honey or Karo syrup)
- 1 cup mini marshmallows
- 1/2 cup peanut butter
- 1/4 cup mini M&M's

In a large mixing bowl combine Rice Krispies, oats, chopped nuts, raisins, ground flax seed, chia seeds, coconut oil and vanilla. In a microwave-safe bowl combine honey and agave nectar. Microwave for 1 minute 30 seconds. Remove hot honey mixture and stir in marshmallows until they melt. May need to heat 10-15 additional seconds if marshmallows won't completely melt. Stir peanut butter into honey-marshmallow mixture until well combined. Pour over dry mix and stir until everything is coated evenly. Let rest 2-3 minutes and sprinkle M&M's into mixture. Using a cookie scoop and plastic bag, form granola mixture into balls. Refrigerate or freeze for a couple hours before serving. Keep extras in the fridge or freezer.

## No-Bake Energy Bites

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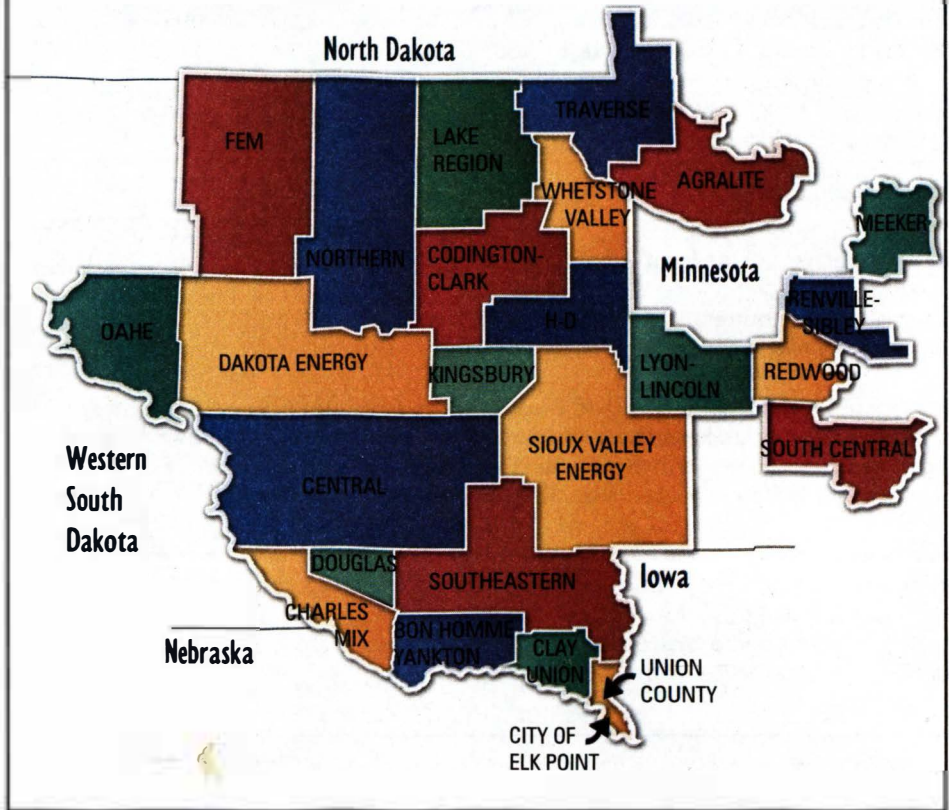
Michele Prins

H-D Electric

- 1 cup old-fashioned oats
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/3 cup honey
- 1 tsp. vanilla extract
- 1/2 cup chocolate chips
- 1/2 cup almond slivers (optional)
- 1 T. chia seeds (optional)
- 2/3 cup coconut flakes (optional)

Stir all ingredients together in a bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour. Roll into balls into 1 inch in diameter. Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20-25 balls.

# East River Electric Power Cooperative Member Systems



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