

ABC Quesadillas Originally aired 01/02/19

INGREDIENTS

1 large chicken breast, on the bone with skin
 ½ c. BBQ sauce (brand of your choosing)
 1 avocado, diced
 1 c. shredded mozzarella cheese, part skim
 6 (6-inch) whole grain tortillas

DIRECTIONS

1. Preheat oven to 375° F.
2. Add chicken breast and 1/4 cup water to a small casserole pan, cover loosely with foil and cook 45 minutes or until cooked through and juices run clear. Allow chicken to cool until it can be handled, remove skin and discard. Shred chicken with a fork.
3. In a mixing bowl, combine shredded chicken and BBQ sauce.
4. Place one tortilla in a medium nonstick skillet and turn to medium heat. Over one half of the tortilla, sprinkle 1 heaping tablespoon of mozzarella, add 1/6 of chicken BBQ mixture, 1/6 of diced avocado, then sprinkle another heaping tablespoon of cheese and fold the tortilla over.
5. Cook on both sides for about 2 minutes or until the tortilla is golden brown and the cheese is melted.

Momma's Oatmeal Cake Originally aired 01/09/19 (Contributed by Jean Shaw)

INGREDIENTS

Cake Ingredients:

1 ¼ c. boiling water
 1 stick margarine or butter
 1 c. quick cooking oats
 1 c. white sugar
 1 c. brown sugar
 2 eggs
 1 ¼ c. flour
 ½ tsp. salt
 1 tsp. baking soda
 2 tsp. cinnamon
 1 tsp. vanilla

Icing Ingredients:

1 c. white sugar
 1 egg
 1 c. canned milk
 1 stick butter
 1 tsp. vanilla
 1 c. coconut
 ½ c. chopped pecans if desired

DIRECTIONS

For the Cake

1. Combine the water, butter and uncooked oats and let stand for 20 minutes.
2. In a separate bowl, mix sugars and eggs. Then stir into the oats.
3. Add flour, salt, baking soda and cinnamon and mix well. Then add vanilla.
4. Pour into greased and floured 9x11 cake pan and bake at 350° 30-35 minutes.

For the Icing

Mix together sugar, egg, milk, flour and butter in a saucepan and cook over medium heat until thickened, stirring constantly. Remove from heat and let cool. Add the vanilla and stir. Then fold in coconut and pecans and spread over cooled cake.

Chicken Noodle Stir-Fry Originally aired 01/16/19

INGREDIENTS

1 pound boneless, skinless chicken breasts, cut into strips
 2 Tbsp. vegetable oil
 1 ½ c. water
 2 garlic cloves, minced
 2 3 oz. packages chicken ramen noodles
 1 16 oz. pkg. of frozen Oriental vegetable blend or chopped, fresh vegetables of your choice (i.e. broccoli, sugar snap peas, carrots, celery, etc.)
 1 sweet, red pepper, julienned
 2 Tbsp. soy sauce

DIRECTIONS

In a large skillet or wok, stir-fry the chicken in oil, and cook until juices run clear. Add water and garlic and bring to a boil. Add the noodles and contents of the seasoning packets. Then add all of your vegetables and the soy sauce. Cover and simmer for 7-9 minutes or until noodles and vegetables are tender.

Honey Topped Peanut Butter Pancakes Originally aired 01/23/19

INGREDIENTS

For the Pancakes

1 c. pancake mix
 2 Tbsp. Sugar
 1 egg
 1/3 c. creamy peanut butter
 1 5 oz. can evaporated milk
 1/3 c. water

For the Honey Butter

¼ c. butter, softened
 2 Tbsp. honey

DIRECTIONS

In a bowl, combine pancake mix and sugar. In a separate bowl, beat egg and peanut butter; add milk and water and mix well. Stir liquid mixture into dry mixture and combine ingredients just until moistened. Pour ¼ c. of the batter for each cake onto a lightly greased medium-hot griddle. Flip those flapjacks when bubbles form on top of the pancakes. Cook until the second side is golden brown.

For the sweet topping, combine the butter and honey in a small bowl and blend until smooth and golden. Spread over pancakes.

Super Bowl Ranchero Originally aired 01/30/19

INGREDIENTS

1 ½ lbs. ground beef
 1 28 oz. can. baked beans
 1 11 oz. can whole kernel corn, drained
 ¼ c. barbecue sauce
 2 Tbs. Ketchup
 1 Tbs. Prepared mustard
 ¾ c. shredded cheddar cheese
 Sliced green onions and sour cream optional
 tortilla chips or corn chips

DIRECTIONS

In a large skillet, cook beef over medium heat until no longer pink; drain, rinse and return to skillet. Stir in the baked beans, corn, barbecue sauce, ketchup and mustard and heat through. Add the cheese and cook until melted. Ladle up as soup and top with onions, sour cream and corn chips, or spoon over tortillas and top with trimmings for a dip.