



HOMEMADE RANCH DRESSING

TOTAL TIME: 35 Minutes

YIELD: 1½ Cups

This ranch dressing recipe is the best and so easy to make without all the additives and preservatives that many store-bought dressings have.



DIRECTIONS

1. Gather all ingredients.
2. Whisk mayonnaise, sour cream, chives, parsley, dill, garlic powder, onion powder, salt, and pepper together in a large bowl until well-combined.
3. Cover and refrigerate for 30 minutes before serving.

INGREDIENTS

- _ 1 cup mayonnaise
- _ ½ cup sour cream
- _ ½ teaspoon dried chives
- _ ½ teaspoon dried parsley
- _ ½ teaspoon dried dill weed
- _ ¼ teaspoon garlic powder
- _ ¼ teaspoon onion powder
- _ ⅛ teaspoon salt
- _ ⅛ teaspoon ground black pepper

NUTRITION FACTS

calories 153, total fat 17g, saturated fat 3g, cholesterol 11mg, sodium 134mg, total carbohydrate 1g, total sugars 0g, protein 1g, vitamin c 0mg, calcium 14mg, iron 0mg, potassium 20mg

Recipe source: www.allrecipes.com





CLASSIC BLUEBERRY BUCKLE

TOTAL TIME: 60 Minutes (PREP 20min | BAKE 40min)

YIELD: 9 Servings

This blueberry buckle recipe came from my grandmother. As children, my sister and I remember going to Pennsylvania for blueberry picking. Mother taught us to pick only perfect berries, and those gems went into this wonderful recipe. —*Carol Dolan, Mount Laurel, New Jersey*



INGREDIENTS

- 1/4 cup butter, softened
- 3/4 cup sugar
- 1 large egg, room temperature
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup 2% milk
- 2 cups fresh blueberries

Topping

- 2/3 cup sugar
- 1/2 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/3 cup cold butter, cubed
- Whipped cream, optional

NUTRITION FACTS

1 piece: 390 calories, 13g fat (8g saturated fat), 54mg cholesterol, 282mg sodium, 64g carbohydrate (36g sugars, 2g fiber), 5g protein.

DIRECTIONS

1. Preheat oven to 375°. In a small bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add egg; beat well. In another bowl, combine the flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Fold in blueberries. Spread into greased 9-in. square baking pan.
2. For topping, in a small bowl, combine the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over blueberry mixture.
3. Bake until a toothpick inserted in the center comes out clean, 40-45 minutes. Cool on a wire rack. If desired, serve with whipped cream and additional blueberries.



Recipe source: Taste of Home



BOSTON BROWN BREAD

TOTAL TIME: 55 minutes (Prep: 10 minutes, Cook: 45 minutes, Rest: 10 minutes)

YIELD: 10 Slices

Boston Brown Bread is a New England classic recipe - this version has raisins, 100% whole grains, no refined sugar, and baked in a loaf pan.



INGREDIENTS

- butter or cooking spray for greasing the pan
- 1/2 cup cornmeal
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons maple syrup
- 1/3 cup dark molasses
- 1 cup whole milk
- 1 teaspoon vanilla extract
- 1/2 cup raisins golden or regular, or a mix (optional)

EQUIPMENT

- 9x5 Loaf Pan
- Aluminum Foil
- Large Mixing Bowl
- Whisk

NUTRITION FACTS

Serving: 1 slice | Calories: 150kcal | Carbohydrates: 32g | Protein: 3g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 2mg | Sodium: 360mg | Potassium: 372mg | Fiber: 2g | Sugar: 12g | Vitamin A: 40IU | Vitamin C: 1mg | Calcium: 78mg | Iron: 1mg

DIRECTIONS

1. Grease a 9x5 loaf pan (or for a more authentic version, a 29 oz. coffee can) with a generous amount of butter. Preheat your oven to 350 degrees F.
2. Whisk or stir together the cornmeal (1/2 cup), whole wheat flour (1 cup), baking powder (1 teaspoon), baking soda (1 teaspoon, and salt (1 teaspoon) in a large mixing bowl.
3. Add the maple syrup (2 tablespoons), molasses (1/3 cup), milk (1 cup), and vanilla extract (1 teaspoon) to the batter and whisk or stir together until everything is combined.
4. Add the raisins to the batter and fold in.
5. Pour batter in prepared baking dish. Cover tightly with foil (so the steam doesn't escape to keep the bread moist).
6. Bake at 350 for 45-50 minutes, or until a toothpick in the center comes out clean. Allow to cool in the pan for 10 minutes before running a knife around the edge and gently removing it. Cool for 5-10 minutes longer, slice into 10 pieces, and serve slathered with butter with a side of baked beans.

NOTES

- **Don't be alarmed if the bread collapses in the center.** If you use a loaf pan, this might happen, since the batter is very wet and it's steamed while baking. Honestly, it happened to me but I took photos anyway... I just flipped it upside down! It gave it a more authentic "out of a can" look anyway :-)
- This recipe is adapted from Erin French's New England Brown Bread in The Lost Kitchen cookbook, page 219.

Recipe source: www.bowlofdelicious.com





CRAB CORN CHOWDER

TOTAL TIME: Prep: 15 min. Cook: 20 min.

YIELD: 8 Servings (2 quarts)

No time to make a homemade soup? Think again! You'll be ladling out steamy bowls of satisfying chowder in no time. Canned corn and crab blend beautifully in this creamy, colorful soup. —*Sarah McClanahan, Raleigh, North Carolina*



INGREDIENTS

- 3 teaspoons chicken bouillon granules
- 2 cups boiling water
- 6 bacon strips, diced
- 1/3 cup each diced sweet red, yellow and orange peppers
- 1/2 cup chopped onion
- 1/4 cup all-purpose flour
- 3 cups half-and-half cream
- 2 cans (14-3/4 ounces each) cream-style corn
- 1-1/2 teaspoons seasoned salt
- 1/2 teaspoon dried basil
- 1/4 to 1/2 teaspoon cayenne pepper
- 2 cans (6 ounces each) crabmeat, drained, flaked and cartilage removed or 2 cups imitation crabmeat, flaked
- 1/2 cup minced chives

DIRECTIONS

1. Dissolve bouillon in water; set aside. In a Dutch oven, cook bacon over medium heat until crisp. Remove bacon to paper towels to drain, reserving drippings.
2. In the same pan, saute peppers and onion in drippings until tender. Stir in flour. Gradually stir in bouillon mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Reduce heat; gradually stir in cream and corn. Add the seasoned salt, basil and cayenne. Cook until heated through, stirring occasionally (do not boil). Stir in the crab. Top each serving with bacon and chives.

NUTRITION FACTS

1 each: 290 calories, 12g fat (7g saturated fat), 88mg cholesterol, 1195mg sodium, 28g carbohydrate (8g sugars, 2g fiber), 16g protein.



Recipe source: Taste of Home