

Main Dishes: Pasta & Pasta Sauce

Spaghetti with Lemon & Olive Oil

Margie Sunn

This is one of those recipes that are almost better off without one — every ingredient can be adjusted to taste and the technique is just tossing everything about.

1 lb angel hair spaghetti or linguine

1 Tbl lemon zest

¼ cup lemon juice (from about medium 3 lemons)

¼ cup extra virgin olive oil, plus additional for serving

¼ cup heavy cream

½ cup finely fresh-grated Parmesan cheese, plus additional for serving



Salt to taste

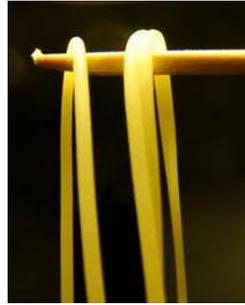
Ground black pepper to taste



Directions: Cook linguine or spaghetti in well-salted water to your “*al dente*” (see next page) tastes in a large, wide-bottomed pot. (You’ll have fewer dishes to wash if you use this pot to assemble the dish as well.) While pasta is cooking, zest lemons until you have a little shy of a tablespoon of zest. Juice

lemons — you’ll have anywhere from ⅓ to ½ cup lemon juice. Drain pasta, reserving 1½ cups of pasta cooking water. Dry out your pot, and then boil the olive oil, cream, zest and 1 cup of the reserved pasta water together for two minutes over high heat. Return pasta to pot and stir until coated. Add the cheese and ¼ cup lemon juice and toss, toss, toss everything together. Add more pasta water, 1/4 cup at a time, if you’d like your dish a little looser. Quickly taste a strand of pasta and see if you want to add the remaining lemon juice (we add quite a bit). Season generously with salt and pepper. Serve immediately, drizzling individual portions with a bit of extra olive oil and sprinkling with extra fresh-grated Parmesan cheese.

Al Dente: The expression al dente refers to the degree of doneness of properly cooked pasta. The term comes from an Italian phrase which translates as "to the tooth." When cooked al dente, pasta should be tender but still firm to the bite. It shouldn't be mushy. Some chefs suggest that when you bite into a piece of pasta which is cooked al dente, you should see a tiny white dot in the center of the pasta. The dot represents the center of the pasta being slightly undercooked. To test for al dente you can start biting into the pasta a minute or two before the package instructions indicate it should be done. When you bite into it and your teeth feel some resistance, but the pasta is still tender, you've reached al dente.



Eggs age more in one day at room temperature than in one week in the refrigerator.

Marriage Stew

the Sunn's

There are no ingredients in the world that blend so well as those used to make a stew, it is the total meal! Marriage is like a stew. To be complete; to be perfect; to be nutritional to the body, mind, and soul; it must have the right ingredients.



- 2 Concerned persons
- 2 Pinches of understanding
- 2 Cans of trust
- 2 Honest friendships
- 2 Cups love
- 2 Bucket o' patience
- 2 Measures of sex



Directions: With the above ingredients on hand let's get started on our happy chore of

putting together a good, wholesome hearty marriage stew. First, combine the 2 concerned persons with the 2 cups of love in an adequate, comfortable mixing area. Next, blend in the understanding and patience and beat lightly with a spoon made of laughter until the mixture is smooth and fluffy. Now, add the 2 cans of trust and pour the mixture into the casserole of life and place over very low heat to simmer. Add tears, dreams, touching, remembering, or any other spices you feel will make your stew more exciting. As the mixture simmers, sauté the sex in tenderness with a little wine on special occasions. Add to the main casserole until the desired strength is reached. While the stew is cooking, sprinkle in a little teasing, singing, dancing, playing, and praying. Cook to taste; garnish with a kiss and hug; serve with the honest friendship.

There are almost 4 million cherry trees in Michigan that annually produce 150 to 200 pounds of tart cherries.

Pumpkin Gnocchi (or Sweet Potato) & Mushrooms Jill Price

2 cup Pumpkin puree (fresh or canned)
or 2 cups mashed sweet potato
1 lg Egg
3 cup All-purpose flour
½ tsp Salt
¼ tsp Nutmeg

Creamy Mushroom Sauce



Directions: Spoon the pumpkin puree into a strainer lined with cheesecloth over a bowl, overnight—about 12 hours), covered in the refrigerator. Once drained of as much liquid as possible, cook it down (reduce it) in a pot on the stove top until thicker and darker in color—like the top of a baked pumpkin pie. Large bubbles will open and pop (burp) when it's ready or close to ready. This step will really concentrate the pumpkin flavor in the gnocchi. Set aside and let cool. If making sweet potato gnocchi, puree the cooked sweet potato in a food processor or blender, then strain it, for at least 4 hours, in a cheesecloth lined fine meshed strainer as you would the pumpkin. However, the sweet potato doesn't need to be cooked down. Combine the egg, nutmeg, salt, and cooled pumpkin puree until uniform. Add enough of the flour into the pumpkin puree combination to form a soft dough that is not too tacky to work with. Knead the dough for several minutes, until you have a nice, smooth ball. Wrap dough in plastic wrap and let it rest for about 20 minutes before proceeding. Cut the ball into 4 equal pieces, then roll each piece into a long thin cylinder, about ½" thick. Cut the cylinders into ½" pieces. Roll pieces in flour, shaking off any excess, if needed. Roll the pieces over a gnocchi board or a fork to give them the ridges. Cook the gnocchi in salted boiling water in small batches until it floats to the surface, about 2-3 minutes. Strain gnocchi and shake off any excess water. Toss gnocchi in pan with creamy mushroom sauce, then serve with extra cheese and julienne sage.

Notes: Important - If it's humid outside, flour absorption is at its worst, so I suggest not worrying about rolling the dough into coils and cutting - just cut pieces from the tacky dough, roll them in a little flour, and proceed with the fork shaping. OR, just cut off pieces and throw into salted, boiling water immediately. There's nothing worse than heavy, leaden gnocchi, so never continue to add more flour if too tacky. Never exceed 3 cups flour in this recipe . . . unless you like eating silly putty dumplings!

The only place in the US where coffee is grown commercially is Hawaii.

Crockpot Ravioli

Debbie Tabler
friend of Larry and Margie Sunn

- 25 oz Bag of frozen cheese ravioli
- 1 jar Spaghetti sauce
- 1 cup Mozzarella cheese

Directions: Dump bag of frozen ravioli right into the crockpot. Pour jar of sauce over the ravioli. Stir the ravioli to evenly coat with sauce. Cover and cook on high for about 3 hours. Depending on how fast your crockpot cooks, you may notice they are done closer to 2.5 hours. You could also cook on low for a longer period of time. About 20 minutes before you are ready to serve, sprinkle the top of the ravioli with finely shredded mozzarella cheese. Pop the lid back on and let it melt- about 20 minutes.



Nutella alone uses about 25% of the world's supply of hazelnuts.

Crockpot Cheesy Chicken Spaghetti

Rene' Sunn Williams

- ½ cup Yellow onion, diced
- ½ Red bell pepper, diced
- ½ Green bell pepper, diced
- 1 can Ortega diced green chilies
- ½ tsp Cumin
- ½ Garlic powder
- salt & pepper, to taste
- 2 ea Chicken breasts
- 1 can Cream of mushroom soup
- 1 lb Spaghetti, cooked
- 3 cups Cheddar cheese, grated
- a few splashes chicken stock



Directions: Place onion, bell peppers, green chilies, cumin, garlic powder, salt, pepper, chicken, mushroom soup, and 1 cup of grated cheese together in a crock-pot. Stir to mix ingredients. Cook on high for 3-4 hours or until chicken is fully cooked. Remove chicken breasts, shred, and return to crock-pot. Pour in cooked spaghetti and remaining cheese. Toss to coat pasta in sauce and melt cheese, adding in a few splashes of chicken stock where necessary to get sauce consistency you want. Cook another 20-30 minutes on low and serve.

Ketchup was sold in the 1830s as a medicine. It was known as 'Dr. Miles' Compound Extract of Tomato' and was commonly used to treat diarrhea.

Panko Crusted Chicken Stuffed with Ricotta

Jill Price

- 1 cup Ricotta cheese
- 1 sm handful of baby spinach, chopped
- 1 sm handful of grape tomatoes, diced
- 2 Tbl Parmesan cheese, grated
- 1 Tbl Fresh basil, chopped
- 1 ea Garlic clove, minced
- Salt and pepper to taste
- Dash of oregano
- 2 med Chicken breasts
- Italian seasoned panko crumbs
- 2 tsp Olive oil



Directions: Preheat the oven to 400°. Combine the ricotta, spinach, tomatoes, Parmesan cheese, basil, garlic, sea salt, and pepper, to taste. Mix until thoroughly combined. Rinse the chicken breasts then cut a long horizontal slit along the center of the thin long edge of the chicken breast, nearly through to the other side. Fill the cavity of the chicken breast with the ricotta mixture. Season each side of the chicken with sea salt and pepper, to taste. Carefully dip the chicken breasts in the panko crumbs until both sides are evenly covered. Close the slit together with toothpicks. Heat the olive oil in an OVEN PROOF skillet on the stove over medium high heat. Once the pan is hot, place the chicken in the skillet and cook for 3-4 minutes or until the chicken is golden brown, flip the chicken over and place the skillet into the oven. Cook for 20 minutes until chicken is cooked.

The Pilgrims ate popcorn on America's first ever Thanksgiving

Alfredo Pasta Pomodoro

Tami Sunn

- 1 Tbl Olive oil
- 1 cup Onion, chopped
- 1 tsp Dried basil, crushed
- ¼ cup white wine
- 1 jar Alfredo Sauce
- 1 cup Prego Traditional Italian Sauce
- 8 oz Dry bow tie pasta, cooked, drained



Directions: Heat the oil in a 10" nonstick skillet over medium-high heat. Add the onion and basil and cook for 3 minutes or until the onion is tender, stirring occasionally. Stir in the wine and cook for 1 minute. Stir the Alfredo sauce and the Italian sauce in the skillet. Reduce the heat to low and cook for 5 minutes or until the mixture is hot and bubbling, stirring occasionally. Toss with the pasta.

On the average, there are 200 tiny seeds on every strawberry.

Bolognese Sauce

- 1 ea Stick of butter
- 1 ea Medium onion, coarsely chopped
- 3 cup Celery stalk, coarsely chopped
- 3 cup Carrots, coarsely chopped
- 1 lb round chuck beef 90/10
- 1 lb Ground pork
- 1 can (28 oz) of crushed tomatoes

Chef Larry Fisher



- 1 can (14 oz) of tomato paste
- 1½ cup Whole milk
- 2 Tbl Salt

Directions: Melt the butter over medium heat until melted, DO NOT ALLOW THE BUTTER TO BROWN. Add the onions, celery and carrots and cook until tender. Add the meat once the vegetables are softened and cook

being sure that the meat DOES NOT brown. Make a well in the middle and add the tomato paste and cook for 5 minutes and then mix into the meat. Finally add the salt and the milk and stir until blended into the sauce. Cook the sauce stirring every 20-30 minutes to assure that it does not stick or burn. Cook the sauce for four hours with the lid on and then cook the final four hours with the lid off allowing the sauce to reduce. The sauce needs to cook for eight (8) hours total.

The average apple contains around 130 calories.

Lefty's Spaghetti Sauce

- ¼ cup Extra virgin olive oil
- 4 ea Cloves of garlic, minced
- 2 cn Tomato sauce (28oz)
- 2 tsp Italian seasoning
- ½ tsp Black pepper, Salt to taste
- 2 Tbl Parsley, fresh chopped
- ¼ tsp Crushed red pepper

Russ Sunn



- ½ cup White cooking wine

Directions: In a large sauce pan (5 or 6 qt pan) Heat the olive oil and garlic. Do not burn the garlic; when it turns nice and brown, it's right. Once the garlic is golden brown pour in the tomato sauce then add the rest of the ingredients bring to boil and the simmer for 2-3 hours. At left, Sandy and Russ tour the Grand Ole Opry in Nashville, TN while attending "Tennesunn" reunion in Crossville, TN.

Milt, which is a delicacy around the world, is fish sperm.

Creamy Mushroom Pasta with Chicken

Jill Price

2 Tbl Olive oil
½ med Onion
3 ea Garlic cloves
1 lb Mushrooms
2 Tbl All-purpose flour
1 tsp Chicken base
1 cup Water
½ cup White wine
½ cup Half & half
½ tsp Dried thyme
Salt and pepper to taste
¼ bch Fresh parsley
2 oz Parmesan cheese
8 oz Pasta of choice
2 lg Chicken breasts



Directions: Season the chicken breasts on both sides with salt and pepper. Grill about 8 minutes per breast. Alternatively, you can cook them in a non-stick skillet over medium-high heat for about 5 minutes per side or until cooked through. Keep the chicken on a plate covered with foil until ready to eat. While the chicken is cooking, prepare the sauce. Dice the onion and mince the garlic. Cook them in a large skillet over medium heat with olive oil. Cook about two minutes or until the onion is transparent. Add the sliced mushrooms and a dash of salt and cook until the mushrooms have completely softened and released all of their moisture (about 7 minutes). Add the 2 tablespoons of flour to the skillet. Stir and cook for about 2 minutes. It will coat the mushrooms and will begin to turn golden in color. Just make sure to keep stirring so that the flour does not burn. Combine the chicken base and water to make a chicken broth. Add it to the skillet along with the white wine and thyme. Whisk until no flour lumps remain. Let simmer until thickened (about 3-5 minutes). While the sauce is simmering, get a large pot of water boiling for the pasta. Cook the pasta according to the directions on the box (boil for 5-7 minutes or until al dente then drain). Once the sauce has thickened, turn off the heat and stir in the cream. Continue to let simmer until reduced in volume and thickened. Give the sauce a taste and season with salt and pepper. Roughly chop the parsley and stir it in with the drained pasta. Grate about 2 ounces of parmesan over top. Slice the chicken and serve each bowl of pasta with a few slices of chicken.

Prefhistoric humans chewed tree resin as chewing gum.

Penne Alla Vodka with Pancetta

Chef Larry Fisher
friend of Larry and Margie Sunn

- 1 can Whole tomatoes (28 oz), drained, liquid reserved
- 1 Tbl Olive oil
- 3 oz Pancetta, thinly sliced, cut into small, ½" pieces (about ½ cup)
- ½ sm Onion, minced (about ¼ cup)
- 1 Tbl Tomato paste
- 2 med Cloves garlic, minced or pressed through garlic press (about 2 teaspoons)
- ¼ tsp Hot red pepper flakes
- Table salt to taste
- ⅓ cup Vodka
- ½ cup Heavy cream
- 1 lb Penne pasta
- 2 Tbl Minced fresh basil leaves
- Grated Parmesan cheese, for serving



Directions: Puree half of tomatoes in food processor until smooth. Dice remaining tomatoes into ½" pieces, discarding cores. Combine pureed and diced tomatoes in liquid measuring cup (you should have about 1⅔ cups). Add reserved liquid to equal 2 cups. Heat oil in large saucepan over medium heat until shimmering, add pancetta and cook until crisp, 6 to 8 minutes. Using slotted spoon, transfer pancetta to small bowl and set aside. Pour off all but about 2 tablespoons fat from the pan. Add onion and tomato paste and cook, stirring occasionally, until onions are light golden around edges, about 3 minutes. Add garlic and pepper flakes; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomatoes and a pinch of salt. Remove pan from heat and add vodka. Return pan to medium-high heat and simmer briskly until alcohol flavor is cooked off, 8 to 10 minutes; stir frequently and lower heat to medium if simmering becomes too vigorous. Stir in cream and cook until hot, about 1 minute. Meanwhile, bring 4 quarts water to boil in large Dutch oven over high heat. Add 1 tablespoon salt and pasta. Cook until just shy of al dente, then drain pasta, reserving ¼ cup cooking water, and transfer pasta back to Dutch oven. Add sauce to pasta and toss over medium heat until pasta absorbs some of sauce, 1 to 2 minutes, adding reserved cooking water if sauce is too thick. Stir in basil and reserved pancetta and adjust seasoning with salt. Divide among pasta bowls and serve immediately, serve with Parmesan.

Microwave cooking was discovered accidentally, when a chocolate bar melted in someone's pocket.

Lemon Chicken Fettuccini

Jill Price

- 2½ lb Chicken breasts, boneless and skinless
- ¼ cup Lemon pepper, to taste
- 12 Tbl Parmesan cheese, grated
- 4 Tbl Flour
- 1 tsp Salt, to taste
- 4 Tbl Butter
- 1 lb Fettuccine pasta
- 1 pt Heavy whipping cream
- 1 med Lemon

Parsley to serve

Directions: Cut chicken breast into 1 inch strips. In Ziploc bag (gallon size), mix flour, 6 tablespoons parmesan cheese, lemon pepper, and salt. Add chicken strips and thoroughly coat with mixture. Brown chicken strips in 2 tablespoons butter. Lower heat and cook until done, then set aside. Don't crowd the pan so cook in batches adding more butter as needed. Cook fettuccine according to package while chicken is cooking. In a small saucepan over medium heat, add heavy whipping cream, 2 tablespoons butter, and 6 tablespoons parmesan cheese. Cook slowly, stirring often until butter and cheese are melted and sauce is slightly reduced. Drain pasta and toss with sauce. Squirt fresh lemon over chicken. Serve chicken over the pasta. Garnish with parsley.



A raisin dropped in a glass of fresh champagne will bounce up and down continually from the bottom of the glass to the top.

Chicken & Broccoli Alfredo

Rene' Sunn Williams

- 1 cn Campbell's® Savory Portobello Mushroom Soup
- 2 cup Chicken, cubed, cooked
- 1 cup Fresh broccoli florets
- 8 oz Uncooked linguine pasta, cooked, drained
- ½ cup Parmesan cheese, grated

Directions: Heat the soup, chicken and broccoli in a 12-inch skillet over medium heat for 5 minutes or until the broccoli is tender, stirring occasionally. Add the linguine and cheese to the skillet and toss to coat. Serve with additional cheese, if desired.



It takes 24 to 26 hours for a hen to produce an egg; there is 30 minutes between each egg-producing cycle.

Gnocchi

a Sunn family favorite



Potato gnocchi aren't complicated to make at home, but several important steps are necessary for good results: 1) Boil the potatoes with their skin on; 2) Peel the potato as soon as you can and put them through a ricer to eliminate all lumps, 3) Roll the dough into the rope shape long about 10-inches, 4) Cut all the ropes into 1-inch pieces, 5) Imprint each piece of dough with lines, so the sauce more easily clings to gnocchi.

- 4 med potatoes, unpeeled (about 2 lb)
- 1¾ cup all-purpose flour
- 1 lg egg
- 1½ Tbl salt
- ½ cup canola oil

Directions: Place the potatoes in a medium pot with cold water. Bring the water to a boil adding a pinch of salt. Reduce the heat and cook until the potatoes are tender when pierced, then drain. When the



potatoes become cool enough, peel them. Using a ricer, squeeze all the potatoes into the flour making a mound. It's important to do this while the potatoes are still warm. Allow the riced potatoes to cool. Form a well in the center of the potatoes and add the egg, salt, and the flour. Mix until you have a sticky ball. Add more flour if necessary and if the dough is too wet to knead. Roll out the gnocchi dough so that it forms a 1½ inch diameter rope, and then cut 1-inch pieces. Take each piece and roll it over a fork (better a wooden grid shaped with corners) so that the grid impressions remain. Take a pot with water and bring to boil, and then add the gnocchi. Be careful; avoid cooking the gnocchi at a rolling boil. Don't lift them out until they float. As gnocchi float to top of boiling water, remove them to ice bath. Continue until all have been cooled off. Let sit several minutes in bath and drain from ice and water. Toss with ½ cup canola oil and store covered in refrigerator up to 48 hours until ready to serve; serve covered with your favorite pasta sauce. Serves 6.

Note: In Italy these dumplings are called “nyo-key” and are traditionally made with potato or ricotta cheese. The ones made with ricotta are often softer and called gnocchetti. – at right, Sydney helping grandpa make gnocchi

It is with deepest regret that I inform the Sunn family & friends that the “5-second rule” is, tragically, a lie.



Cacio e Pepe

Margie Sunn

Cacio e Pepe is a Roman pasta dish. "Cacio e Pepe" means "cheese and pepper" in several central Italian languages. As the name suggests, the ingredients of the dish are simple and include only black pepper, Pecorino Romano cheese, and pasta.

- 2 cup Pecorino Romano cheese
finely grated (about 2 cups)
- 1 cup Pecorino Romano cheese
coarsely grated (about 1 cup)
- 1 lb spaghetti
- 2 Tbl heavy cream (see note)
- 2 tsp extra-virgin olive oil
- 1½ tsp finely ground black pepper
- 1½ tsp table salt



Directions: Place finely grated Pecorino in medium bowl. Set colander in a large bowl. Bring 2 quarts water to boil in large Dutch oven. Add pasta and 1½ teaspoons salt; cook, stirring frequently, until al dente. Drain pasta into colander set in bowl, reserving cooking water. Pour 1½ cups cooking water into liquid measuring cup and discard remainder; return pasta to now-empty bowl. Slowly whisk in 1 cup reserved pasta-cooking water into finely grated Pecorino until smooth. Whisk in cream, oil, and black pepper. Gradually pour cheese mixture over pasta, tossing to coat. Let pasta rest 1 to 2 minutes, tossing frequently, adjusting consistency with remaining ½ cup reserved pasta water. Serve, with grated Pecorino.

In the United States, broccoli was probably first grown by immigrants from Italy in home gardens in Brooklyn, New York. In 1923, a group of Italian vegetable farmers in Northern California started to grow broccoli commercially and in a few years they were shipping fresh broccoli to Boston and New York.



Al and Cecile Sunn's honeymoon photo. They were married on July 3, 1940 in Iron Mountain, Michigan and raised 6 children—all high school graduates (albeit they were not): Julie Ann (1942), Larry Albert (1944), Russell Joseph (1946), Albert Carl Jr. (1948), Charles Noel (1951), and Duane 'Sebastien' Francis (1961). Although not farmers, the Sunn early years were spent on a farm in Sagola, in Michigan's Upper Peninsula, from which, for many years, Al operated a successful logging business. Al's back injury in 1956 during a "Jammer" operation forced a family move to Milwaukee, Wisconsin so he could find lighter work. It seemed dad was always working—he often worked three jobs at a time. I (Larry) never knew my parents' financial stability or their financial security; they were, nonetheless, honest people, hard workers, and good providers. Al, a many-year Chesterfield smoker, passed away in 1980 from esophageal cancer, and Cecile, a Pall Mall smoker, passed from a smoking-related system failure in 1990.

Americans eat approximately 100 acres of pizza each day, or 350 slices per second.

Crock Pot Tortellini

Debbie Tabler
friend of Larry and Margie Sunn

- 1 bag Frozen cheese tortellini (19 oz)
- 1 lb Italian sausage
- 1 bag Fresh spinach
- 2 can Italian style diced tomatoes
- 2 can Chicken broth
- 8 oz Cream cheese, cut into cubes

Directions: Brown the sausage in a skillet on the stove top until cooked and crumbled. Drain. Add the sausage and remaining ingredients to a 6-quart slow cooker. Stir to combine. Cook, on low for 5 hours, stirring twice during cooking.



Ranch dressing contains titanium dioxide, which is used to make it appear whiter. The same ingredient is used in sunscreen and paint for the same effect.

Meat Stuffed Manicotti

Caudette "Caudie" Payton

- 1 pkg Manicotti pasta (8 oz)
- 1 lb Lean ground beef
- 1½ cup Cottage cheese
- 2 cup Mozzarella cheese, shredded
- ½ cup Parmesan cheese, grated
- 2 lg Egg whites
- ½ tsp Dried oregano
- 1 jar Spaghetti sauce (32 oz)



Directions: Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and cool. Reserve. In a large skillet, brown beef on medium heat. Drain and cool. Preheat oven to 350°. Combine beef, cottage cheese, 1 cup mozzarella cheese, Parmesan cheese, egg whites, and oregano. Mix well. Stuff shells with mixture. Lightly grease a 9" x 13" baking dish. Pour enough spaghetti sauce in dish to cover the bottom. Place stuffed noodles in the dish. Cover with spaghetti sauce and top with the remaining 1 cup mozzarella cheese. Bake in preheated oven for 50 minutes.

The largest item found on any menu is roasted camel which is still served at some Bedouin weddings and was offered by royalty in Morocco several hundred years ago. The camel is cleaned and then stuffed with one whole lamb, 20 chickens, 60 eggs, and 110 gallons of water, among other ingredients.

Lemon Chicken Fettuccine

Jill Price

8 oz Fettuccine, cooked
3 Tbl Olive oil
4 med Chicken, cubed
Salt and pepper, to taste
1 pt Grape tomatoes, halved
8 oz Mushroom slices
¼ cup Fresh parsley
Ingredients for the Dressing:
2 Tbl Olive oil
1 ea Lemon, juiced
⅛ tsp Garlic powder
Salt and pepper, to taste
Grated parmesan cheese, optional



Directions: Heat olive oil in a large skillet over medium heat; add cubed chicken pieces. Season with salt and pepper; cook until chicken is browned on all sides, stirring occasionally. Add halved grape tomatoes, sliced mushrooms and parsley; frequently stirring, continue to cook for 3 to 4 minutes, or until chicken is thoroughly cooked. Add cooked fettuccine to chicken mixture and cook until heated through, stirring frequently. In a cup or a jar, combine olive oil, lemon juice, garlic powder, salt and pepper; shake it or stir it until thoroughly mixed. Stir into pasta mixture. Remove from heat. Taste for salt and pepper; adjust accordingly. Sprinkle with grated parmesan cheese.

Nearly 27 million Americans eat at McDonald's—per day.

Skillet Beef & Hash Browns

Stacy Sunn

1 lb Ground beef
1 can Cream of celery soup
½ cup Water
¼ cup Ketchup
1 Tbl Worcestershire sauce
2 cup Frozen hash brown potatoes
3 slc American cheese



Directions: Cook the beef in a 10" skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Stir the soup, water, ketchup, and Worcestershire in the skillet and heat to a boil. Stir in the potatoes. Reduce the heat to low. Cover and cook for 10 min until the potatoes are tender. Top with the cheese.

You will eat an estimate of over 35,000 cookies in a lifetime. We believe they will still taste good, even after eating that many!

