

Pecans
is a
Category
(pronounced pee' cans)

2014 NALA
Annual Convention
Recipe Book

Contributions by Members of NALA
Affiliated Associations
Charleston Association of Legal Assistants
Metrolina Paralegal Association
North Carolina Paralegal Association
South Carolina Upstate Paralegal Association
Southeastern Association of Legal Assistants
&
Individual NALA Members

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INTRODUCTION

Welcome to the Southeastern United States. You will soon appreciate that our pride comes from our ability to make you feel at home. It is our warmth, friendliness, helpfulness and home-cooked meals that comfort us and make you feel welcome.

Yes, Pecans **is** a category! We who grew up in this area have a wonderful connection to the stately, beautiful and nourishing pecan trees spreading their boughs throughout our neighborhoods. What Southern-bred child doesn't delight in the fully-formed pecan, picked from the ground and cracked against a rock to render the sweetest meat in the world - - pecan!

Pecans are chocked full of antioxidants, more than any other nut variety, and contain numerous vitamins and minerals. They contain wonderful healing powers, are heart-healthy and help lower cholesterol levels. An all-natural food, pecans provide an abundance of protein and are sodium free.

Pecan trees are of the hickory family. The name "pecan" originated with the Algonquian Native American language (paccan), which means "crack nuts."

We hope you enjoy our recipes, and that you will put them to good use in your home, causing your loved ones to savor the aromas, love and goodness you have prepared for them.

On behalf of all of us who prepared and delivered these recipes in the form of this cookbook, we wish you all the success, happiness and joy the future holds, and most of all, y'all enjoy!

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Pecans

Pecan Pie Bars

*Submitted by Renae Elam, CP, NCCP
Metrolina Paralegal Association*

Crust

3 cups all-purpose flour
½ cup brown or powdered sugar
1 cup butter

Filling

4 eggs
1½ cups light corn syrup
¾ cup white sugar + ¾ cups brown sugar
3 T butter, melted
1 ½ t vanilla extract
2 ½ cups chopped, toasted, buttered pecans (toast for 7-10 minutes and toss in ½ T butter)

1. Preheat oven to 350° F. Lightly grease a 10x15 inch jellyroll pan. After greasing, line with aluminum foil if you wish.
2. In a large bowl, stir together the flour and ½ cup brown or powdered sugar. Cut in 1 cup of butter until mixture resembles coarse crumbs. Sprinkle the mixture evenly over the prepared pan and press in firmly.
3. Bake for 20 minutes in the preheated oven.
4. While the crust is baking, prepare the filling. In a large bowl mix together the eggs, corn syrup, ¾ cups white sugar, ¾ cups brown sugar, 3 tablespoons melted butter, 1½ teaspoons vanilla extract and 2½ cups toasted, chopped pecans.
5. Spread the filling evenly over the crust as soon as it comes out of the oven.
6. Bake 30-45 minutes in the preheated oven, or until set. Allow to cool completely on a wire rack, then cool in refrigerator.
7. Lift the cooled, firm pastry out of the pan using the foil. Cut into bars with pizza cutter.

Chicken Pecan Salad

by Jann Lund

North Carolina Paralegal Association

4 cooked chicken breasts
1/2 small onion chopped fine
2 stalks celery, chopped
1 can sliced water chestnuts
1/4 cup chopped pecans
Mayonnaise
Salt and Pepper

Pull chicken away from bone. **Combine** all ingredients. **Refrigerate** overnight. **Hint:** Good flavor in chicken can be obtained by boiling chicken in 1 1/2 to 2 quarts of water, heavily seasoned with salt, pepper, 1 onion chopped, 1 to 2 tablespoons Italian seasoning. Let it cook on medium for about 1 1/2 hours

Pecan Pie

Submitted by Beverly K. Moore, NCCP

North Carolina Paralegal Association

1 cup Karo light syrup
1 cup brown sugar (light)
1/2 cup white sugar
1 stick margarine, melted
4 eggs
1 tsp. vanilla
1 tbsp. flour or cornstarch
1 cup chopped pecans

Mix all ingredients together. **Bake** at 325° in unbaked pie crusts (recommend the Pillsbury Refrigerated Pie Crust) 35 to 40 minutes. Makes 2 pies.

Candied Pecans

Submitted by Renae Elam, CP, NCCP

Metrolina Paralegal Association

1 cup sugar	1 tsp salt
1 tsp cinnamon	1 Tbsp water
1 egg white	1 lb pecan halves

Preheat oven to 250 degrees. **Mix** sugar, cinnamon & salt together in a bowl. **Whisk** egg white and water together in a separate bowl until frothy. **Toss** pecans in egg white mixture. **Sprinkle** sugar mixture over pecans and gently stir until evenly coated. **Spread** coated pecans onto a baking sheet and bake, stirring every 15 minutes until evenly browned, about 1 hour.

Pecan Cheesecake Squares

Submitted by Mark Tyler Helms

Metrolina Paralegal Association

I stumbled upon this recipe online when looking for dessert recipes. I made these pecan squares and now that are a go-to recipe for me. Never any leftovers at potlucks – they get wiped out!! Plus, you are likely to have a lot of the ingredients already.

Ingredients

1 1/2 cups all-purpose flour
1 1/2 cups firmly packed light brown sugar, divided (3/4 cup and 3/4 cup)
1/2 cup butter, softened
2 cups finely chopped pecans, divided
2 (8-ounce) packages cream cheese, softened
1/2 cup sugar
1/2 cup milk
2 1/2 teaspoons vanilla extract, divided
 1/2 cup light corn syrup
1/3 cup butter, melted and cooled slightly
3 large eggs, lightly beaten
1/4 teaspoon salt

Preheat oven to 350.

For the shortbread layer: In a medium bowl, combine flour and 3/4 cup brown sugar. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in 1/2 cup pecans. Press mixture evenly into bottom of a greased 9x13" baking pan. Bake for 10 minutes; remove from oven, and cool slightly, about 10 minutes.

For the cheesecake layer: Place the cream cheese in the bowl of a stand mixer outfitted with a paddle attachment, and beat at medium speed until smooth. Beat in sugar. Add milk and 2 teaspoons vanilla, and beat until combined. Pour the cream cheese mixture over the cooled shortbread layer. Bake for 15 minutes; remove from oven and cool slightly, about 10 minutes.

For the pecan pie layer: In a medium bowl, combine the remaining 3/4 cup brown sugar, corn syrup, and melted butter. Gently stir in the eggs, salt, and remaining 1/2 teaspoon vanilla extract. Stir in 1 1/2 cups pecans. Pour pecan mixture over cooled cheesecake layer. Bake for 35-40 minutes, or until center is set and pecan pie layer is a rich brown color.

Caramel Pecan-Pumpkin Bread Pudding

Submitted by Penny Higdon, NCCP

Metrolina Paralegal Association

4 large eggs
2 (15 oz.) cans of pumpkin
1 ½ cups milk
1 cup half and half
1 cup sugar
1 tsp. cinnamon
½ tsp. salt
1 tsp. vanilla
1 loaf French or Italian bread cut or torn into small 1" pieces

Caramel-Pecan Sauce:

1 cup chopped pecans
1 cup firmly packed brown sugar
½ cup butter
1 tbs. light corn syrup
1 tsp. vanilla

Prepare bread pudding:

Whisk together eggs and the next ingredients.

Add bread and stir to coat.

Place in a 9"X13" pan and cover. Refrigerate several hours until chilled.

Preheat oven to 350 degrees. Bake for 35 minutes.

While this is baking, mix the sauce.

Cook brown sugar, butter, syrup in a sauce pan over medium heat for about 4 minutes or until sugar is melted.

Remove from heat and stir in pecans and vanilla.

Remove bread pudding from the oven and pour the sauce over the top, spreading it evenly.

Bake another 5 minutes or until sauce is thoroughly heated.

Pecan Creole Pralines

Submitted by Carrie Marshall

Metrolina Paralegal Association

2 cups white sugar
1 lb brown sugar
1 stick butter
1 cup evaporated milk
2 tbs corn syrup
4 cups pecans

Put all ingredients, except pecans, into a 3-quart saucepan, cook for about 20 minutes after boiling starts. Stir occasionally. Add pecans and cook mixture until liquid forms a soft ball when dropped in a little cold water. Stir well then drop by spoonful on wax paper.

Beverages

Sparkling Margaritas

*Submitted by Barbara Carter, President
Charleston Association of Legal Assistants*

1 cup Blanco (white) tequila
2/3 cup lime juice
1/3 cup agave nectar
Sparkling Wine or Champagne (about 1-1/2 cups)

Lime peel strips or very thin lime slices

In a cocktail shaker, combine half the tequila, lime juice and agave nectar with plenty of ice.

Shake for five seconds and strain mixture into three glasses. Repeat with remaining tequila, juice and agave.

Top each serving with sparkling wine. Add a lime peel strip. Add additional lime juice to taste.

Makes six servings.

Banana Crush Punch

*Submitted by Penny Higdon, NCCP
Metrolina Paralegal Association*

3 cups water
2 cups sugar
Heat to dissolve sugar.
Add and stir:
1 can frozen orange juice
1 can frozen lemonade
Add and stir:
1 – 46 oz can pineapple juice
3 mashed bananas
Freeze mixture.
Add ginger ale to serve – should be slushy.

Strawberry-Lemonade Punch

*Submitted by Penny Higdon, NCCP
Metrolina Paralegal Association*

- 1 – 12 oz frozen lemonade
- 1 – 6oz frozen orange juice
- 1 – 16 oz package frozen strawberries
- 1 quart ginger ale, chilled

Reconstitute lemonade and oj, add strawberries. Refrigerate until ready to serve. Pour mixture into punch bowl, slowly add ginger ale.

Mojito Slush

*Submitted by Cheryl J. Nodarse
National Association of Legal Assistants*

With my husband being from Cuba, and us living in St. Johns, Michigan, known as “Mint Capitol of the World,” mojitos are a natural choice of beverage for us. While I love the flavor of mojitos, I dislike the time they take to individually prepare. This slush recipe is perfect for a summer party.

- 3 cups water
- 1 cup sugar
- 3/4 cup fresh lime juice (from about 5 limes)
- 3/4 cup light rum
- 1/2 cup lightly packed fresh peppermint leaves
- 1 1/2 cups ginger ale

Directions

In 1 1/2-quart saucepan, heat water and sugar over medium heat about 2 minutes or until sugar is dissolved. Cool completely, about 30 minutes.

In 8-cup blender, place sugar water, lime juice, rum and mint leaves (if smaller blender, do in batches). Cover; blend on high speed about 20 seconds or until mint is finely chopped.

Pour mixture into 13x9-inch (3-quart) glass baking dish. Freeze 4 to 6 hours, using fork to break apart ice crystals every 2 hours.

To serve, spoon 1/2 cup mixture into each glass; pour 1/4 cup ginger ale over each. Stir. If desired, garnish with mint sprigs.

Omit the ginger ale and serve this traditional Cuban cocktail as a granita.

Appetizers

Ham Delights

Submitted by Jann Lund

North Carolina Paralegal Association

2 sticks of margarine
1 Tbsp poppy seeds
2 tsp Worcestershire Sauce
2 Tbsp mustard
1 medium chopped onion (fine)

*Melt margarine and sauté above ingredients

8 oz package Swiss cheese slices
1 large package sliced boiled ham
2 packages party rolls

Slice each package of rolls in half (all at once). Spread each side with sautéed mixture. Layer rolls with ham (doesn't matter if it overlaps) and cheese. Return finished rolls to aluminum pans. Wrap in foil. When ready to eat, cook at 350 degrees for 15 minutes.

Swiss Cheese Dip

Submitted by Jennifer Sawtell-Day

Metrolina Paralegal Association

8 oz. cream cheese
1 bag shredded Swiss cheese
1 cup mayonnaise
Bacon

Mix ingredients all together. Put in baking dish. Sprinkle with garlic salt and cooked bacon pieces.
Bake @ 350 degrees for 20 - 30 minutes, or until light brown.
Serve with warm baguette bread.

* Optional: You can also top with crushed Ritz crackers before baking.

Sausage and Cheese Dip

*Submitted by Patti Clapper, President
North Carolina Paralegal Association*

1 large pkg Velveeta
1 small pkg Velveeta
1 pound hamburger
1 pound sausage
1 jar salsa
1 small can green chiles

Melt cheese in crock pot. While melting, brown meat. When cheese has melted, add meat mixture, salsa and green chiles. Cook in crock pot on low for 1-2 hours or until thoroughly melted and mixed.

Pizza Rounds

*Submitted by Penny Higdon, NCCP
Metrolina Paralegal Association*

1 can refrigerated pizza dough
Cherry tomatoes, sliced
Fontina cheese, grated

Use a small round biscuit cutter to cut rounds out of pizza dough. Top with sliced tomatoes and cheese. Bake as directed on package.

Chicken Rolls

*Submitted by Angie Porter
Southeastern Association of Legal Assistants*

1 large can white meat chicken in a can
1 oz. pkg. cream cheese (softened)
Celery
Onion/scallions
Garlic powder
1-2 can(s) crescent rolls
Spray margarine

Drain the chicken and mash with a fork to crumble/shred. Mix in the cream cheese. Add finely chopped celery, onion, and garlic powder to taste.

Open the crescents and divide the triangles. Drop small amounts of the cream cheese mixture into the center of each triangle and fold the edges together. Place on cooking pan. Spray the tops with margarine. Bake 350 degrees until golden brown. Serve warm.

Salads/Sides/Soups

Broccoli Salad

Submitted by Ruth Goodman

North Carolina Paralegal Association

Chop: broccoli, cauliflower, red onion, and carrots into small pieces. You can leave out any veggies you don't like and add what you want.

Add:

4 strips of cooked bacon

½ C. raisins

½ C. walnuts

Dressing:

1/3 C. mayo

½ C. yogurt or sour cream

¼ C or sugar

2 T. vinegar

Green Pea Salad

Submitted by Ruth Goodman

North Carolina Paralegal Association

1 head of lettuce, shredded or 1 bag of spring mix lettuces

3 hard boiled eggs, sliced

Small onion, chopped fine or red onion rings thinly sliced

17 oz. can of green peas, drained

Bacon slices, cooked and crumbled

8 oz. mayo

8 oz. sour cream

Parmesan cheese grated

Layer ingredients. Lettuce, Green peas, Eggs, Onions, Bacon

Mix mayo and sour cream and pour on top. Sprinkle with parmesan cheese.

Cranberry-Orange Relish

Submitted by DJ McCartney

Charleston Association of Legal Assistants

1lb Fresh cranberries (1 12oz bag)

2 Oranges, peeled & quartered seeds removed

1 Cup Chopped walnuts

2 Cups Sugar

Place all ingredients in 3 quart dish. Cook in microwave on HIGH, covered for 15 minutes, stirring every few minutes during cooking.

Potato Salad

Submitted by Jann Lund

North Carolina Paralegal Association

8 potatoes, cooked
8 hardboiled eggs
3 stalks of celery
1/2 small onion, chopped
1/2 green pepper
1 Tbsp vinegar
1 small jar sweet pickle relish, drained
1 Tbsp mustard
Salt and pepper to taste
Mayonnaise

Chop and combine potatoes, eggs, celery, onion, and pepper. Add remaining ingredients; salt and pepper to taste. Slowly mix in mayonnaise to desired consistency

Jane's Cashew Salad

Submitted by Jane Harris

North Carolina Paralegal Association

Salad

1 head of iceberg lettuce
1 14 oz. pkg. fancy shredded Swiss cheese
1 cup cashew pieces

Dressing

1 cup oil (I use olive oil) 1/3 cup white vinegar
1/2 cup sugar 1 tsp yellow mustard
1 tsp. grated onion 1 tsp salt
1 tsp poppy seed

Combine all salad ingredients.

Combine all dressing ingredients ~ shake well.

Just before serving, combine salad with dressing ~ toss well

Baked Beans

Submitted by Jann Lund

North Carolina Paralegal Association

1 large can of Van Camps Pork and Beans 3 Tbsp mustard
1 small onion, chopped fine 3 to 4 Tbsp molasses
1/2 green pepper, chopped fine 3 strips bacon (optional)
1/2 cup brown sugar, packed

Combine all ingredients in large casserole dish. Lay bacon over top. Cook for 1 hour at 325 or until juices cook down.

Squash Casserole

Submitted by Jann Lund

North Carolina Paralegal Association

2 cups cooked squash, drained

1/ 2 small onion, chopped fine

1 can cream of chicken soup

1 cup sour cream

1 small carrot, grated

2 Tbsp butter

1 package Pepperidge Farm stuffing

Blend soup and sour cream. Add mixture to cooked squash and raw carrots; lightly mix. Pour into casserole dish lined with stuffing. Dot mixture with butter and 1 tablespoon of stuffing. Bake for 30 minutes at 350.

Baked Macaroni and Cheese

Submitted by Patti Clapper, President

North Carolina Paralegal Association

1 lb. pasta

3/4 to 1 lb. extra sharp cheddar cheese, grated

1/2 cup flour

1/2 cup butter

4 cups milk heated in microwave for 5 minutes

Cook pasta until almost done. Drain. Melt butter in a saucepan. Add flour slowly and boil until all lumps are gone. Add heated milk, stirring constantly. Boil until mixture thickens. Add 2/3 of the grated cheese and stir until melted. Put 1/2 of the pasta into a 13x9 dish and add enough sauce to cover the pasta. Top with 1/2 of the remaining shredded cheese. Add remaining pasta, remaining shredded cheese and then remaining sauce. Cook for 1 hour on 350. Warming the milk is not necessary but it helps the sauce thicken quicker.

Corn & Oysters

Submitted by Deana Waters

National Association of Legal Assistants

[This is a traditional Waters family Thanksgiving dish]

1 can kernel corn

1 can creamed corn

2 small cans oysters, drained

1/4 cup butter, melted

1/2 c. crushed saltine crackers

2 eggs, beaten

Salt & pepper to taste

Mix all ingredients together. Pour into 8x8 baking dish or 2 qt casserole. Bake at 350 for 30 minutes or until knife inserted in middle comes out clean.

Zucchini Patties

Submitted by Ruth Goodman

North Carolina Paralegal Association

Grate: 2 cups zucchini and 1 small onion

Add: ½ C. grated cheddar or mozzarella cheese

2 beaten eggs

1 Cup bisquick

Mix together. Melt 1 T butter or a little olive oil in a pan. Drop zucchini mixture by heaping tablespoons into the pan. Brown on both sides.

Chicken Andouille Gumbo

Submitted by Renae Elam, CP, NCCP

Metrolina Paralegal Association

1 lb andouille sausage, cut into ¼ inch thick slices

4 skinless boneless chicken breasts, cut into strips

¾ cup all-purpose flour

1 medium onion

½ green bell pepper, chopped

2 celery ribs, sliced

2 quarts hot water

3 garlic cloves, minced

2 bay leaves

1 Tbsp Worcestershire sauce

2 tsp Creole seasoning

½ tsp dried thyme

½ to 1 tsp hot sauce

4 green onions, sliced

Filé powder (optional)

Hot cooked rice

Cook sausage in a Dutch oven over medium heat, stirring constantly, 5 minutes or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.

Cook chicken in reserved drippings in Dutch oven over medium heat 5 minutes or until browned. Remove to paper towels, reserving drippings in Dutch oven. Set chicken aside.

Add enough oil to drippings to equal ½ cup. Add flour and cook over medium heat, stirring constantly, 20 to 25 minutes, or until roux is chocolate colored.

Stir in onion, bell pepper and celery; cook, stirring often, 8 minutes or until tender. Gradually add 2 quarts hot water and bring mixture to a boil. Add chicken, garlic and next 5 ingredients. Reduce heat to low and simmer, stirring occasionally, 1 hour. Remove chicken; let cool.

Add sausage to gumbo; cook 30 minutes. Stir in green onions, cook for 30 more minutes. **Return** chicken to gumbo and simmer 5 minutes.

Remove and discard bay leaves. **Serve** over hot, cooked rice. Sprinkle with Filé powder, if desired.

Taco Soup

Submitted by Ann L. Atkinson

National Association of Legal Assistants

16 oz of ground beef or ground turkey
1 can kidney beans
1 can pinto beans
2 cans diced tomatoes
2 cans niblets corn
1 can chopped green chiles
1 can tomato juice (12 oz)
1 pkg taco seasoning mix
1 pkg (dry) ranch dressing mix, like Hidden Valley

Brown meat and drain. Dump all ingredients into large soup pot (do not drain any of the canned items) and cook on top of stove for a couple of hours on low. Or could be done all day in a crock pot. Serve with fritos and sour cream. Freezes well.

Quick, Low-Cal Black Bean Soup

Submitted by Cheryl J. Nodarse

National Association of Legal Assistants

2 15 oz cans black beans, drained and rinsed
2 cups of fat-free, reduced sodium chicken or vegetable broth
1 cup medium salsa
1 tsp ground cumin
4 tbsp low fat or fat-free sour cream
2 tbsp fresh chopped cilantro
Lightly puree one can of black beans with broth, salsa and cumin in a blender. In a medium saucepan combine pureed bean mixture with remaining beans and heat through. To serve, ladle soup into four bowls. Top each bowl with one tablespoon of sour cream and garnish with the chopped cilantro.

All American Cheeseburger Soup

Submitted by Kelly A. LaGrave

National Association of Legal Assistants

Ground Beef – ½ pound
Chicken Broth or Stock – 3 cups
Potatoes – 4 cups
Butter – 3 Tbsp
Flour – ¼ cup
Diced Parsley – 1 tsp
Butter – 3 Tbsp
Diced Dill Pickles – garnish (optional)

Diced Onion – ¾ cup
Diced Celery – ¾ cup
Shredded Carrots – ¾ cup
Milk – 1 ½ cups
Basil – 1 tsp
Velveeta Cheese – 8 oz
Salt and Pepper to taste
Sour Cream – ¼ cup

Brown the ground beef. Remove from pan and drain. In the same pan, cook the onion, celery, shredded carrots, basil parsley and ½ of the butter (3 tablespoons).

When vegetables are tender, add chicken broth and potatoes and bring to a boil. Reduce heat, cover and simmer for 10 minutes or until the potatoes are tender. Meanwhile, in a small pan, melt ½ butter (3 tablespoons) and add flour. Cook until bubbly. Add to soup and cook until soup begins to thicken.

Add beef, milk, Velveeta and salt and pepper to taste. Cook over low heat until hot and Velveeta is melted, stirring often. Just before serving, add ¼ cup sour cream and garnish each bowl with diced dill pickle (optional).

Corn Pudding

Submitted by Kristina Stafford

Southeastern Association of Legal Assistants

3 or 4 green onions
4 tablespoons butter
1 can cream style corn
1 cup sour cream
1 package of Krusteaz honey cornbread muffin mix
2 large eggs

Preheat oven to 325. Spray a 1½ quart baking dish with nonstick cooking spray. Chop the green onions finely. Place the butter in a small microwave-safe bowl. Microwave on high until melted (15-30 seconds). Combine green onions, butter, cream style corn, sour cream corn muffin mix in a bowl, mix well. Whisk eggs in a small bowl until blended. Add the eggs to the corn mixture. Mix just until ingredients are moistened. Spoon batter into prepared baking dish. Bake until set, about 45 minutes. Serve immediately.

Breads

Cornbread

*Submitted by Jann Lund
North Carolina Paralegal Association*

Preheat oven to 450 F.

1 cup self- rising cornmeal (Set aside)
1/4 cup of sugar
3 eggs
1/3 cup cooking oil
1 cup sour cream
1 small can of cream style corn

Mix the last five ingredients together and let stand for a few minutes.
Add corn meal.

In iron skillet put just enough cooking oil to completely cover the bottom. Heat pan in oven. Pour mixture in and cook for 25 or 30 minutes (until top is getting brown). Cut and **remove** from pan **immediately**.

Angel Biscuits

*Submitted by Angie Porter
Southeastern Association of Legal Assistants*

2 1/2 c. all purpose flour
1/4 c. sugar
1/2 c. Crisco
1 tsp. baking powder
1 tsp. salt
1/4 c. warm water
1 pkg. yeast
1 c. buttermilk
1/2 tsp. baking soda

Divide the sugar putting 1/2 of the sugar in lukewarm water along with the dry yeast. Dissolve and set aside. Mix dry ingredients (flour, baking soda, baking powder, salt, and remaining sugar). Cut in shortening as you normally would when making biscuits. Warm buttermilk to lukewarm. Stir the yeast mixture into the warmed buttermilk. Add this liquid to the dry ingredients. Mix well. Roll out and cut into small circles or roll into small balls and then press down with hand. Refrigerate or freeze until ready to use. Before baking, cover biscuits with a warm damp cloth, place in a warm area and allow to rise. Bake 350 degrees until lightly browned.

Spinach Feta Bread

Submitted by Barbara E. Mills

Charleston Association of Legal Assistants

350 degree oven

1 loaf frozen white bread
1c (4oz) crumbled feta
1/3 (3oz) 1/3 less fat cream cheese
1/2t dried oregano
1/4t salt
1(14oz) can artichoke hearts, drained & chopped
1(10oz)pkg frozen chopped spinach, thaw, drain & squeeze dry
3 garlic cloves minced
1 lg egg white
2T (1/2oz) grated fresh parm

Thaw dough in fridge 12hrs

Combine feta & next 7 ingredients (feta - egg white) in a bowl
Roll dough into a 16x10in rectangle on a lightly floured surface. Spread spinach mixture over dough leaving a 1/2in border. Beginning w/ long side, roll up jelly roll fashion; pinch seams & ends to seal. Place roll, seam side down on a baking sheet coated w/ cooking spray. Cut diagonal slits into top of the roll using a sharp knife. Cover & let rise in a warm place (85 deg), 1hr or until doubled in size. Sprinkle parm over top, bake 45min or until golden brown.

Harvest Sausage Dressing

Submitted by DJ McCartney

Charleston Association of Legal Assistants

1lb.	Bulk pork sausage
2 Cups	Chopped celery
1½ Cups	Chopped onion
1 Tbs + 1 tsp	Chicken-flavored bouillon granules
¾ Cups	Boiling water
1 (8oz.) can	Sliced water chestnuts, drained and chopped
2 tsp	Poultry seasoning
2	(8oz) packages herb-seasoned stuffing mix

Preheat oven to 350.

Brown sausage in a Dutch oven, stirring to crumble; drain. Return sausage to Dutch oven; add celery and onion. Cook over low heat until vegetables are crisp-tender. Add bouillon granules and water; bring to a boil.

Add stuffing mix and remaining ingredients to Dutch oven and stir well. Place mixture into a lightly greased 12x8x2 casserole dish. If desired, lightly stuff 2 cups of dressing into body cavity of turkey. Cover and bake at 350 for 45 minutes. Yields 9 cups.

Apple Cornbread Dressing

Submitted by DJ McCartney

Charleston Association of Legal Assistants

FOLD together in a bowl:

4 cups French Bread cubed

4 cups Cornbread cubed

2½ cups chicken broth

1 cup Apple Juice

3 eggs beaten

SAUTE in skillet over medium heat until soft:

1 cup onion diced

1 cup celery diced

Butter

REMAINING INGREDIENTS:

2 cups Granny or Graeburn apples diced

1 cup raisins

½ cup chopped parsley

¼ cup chopped sage

1 Tablespoon thyme

Pre-heat the oven to 375°F. Coat 9x13 casserole dish

Fold designated ingredients together.

Sautee designated ingredients together.

Add sauteed ingredients to folded bread mixture, and add remaining ingredients and mix well.

Place in casserole dish. Bake 45 minutes until golden

Entrees

Easy Chili

Submitted by Belinda A. Thomas

North Carolina Paralegal Association

1 pound ground beef
1 (8 ounce) can tomato sauce
1/2 cup chopped green pepper
1 1/2 to 2 Tbsp chili powder
Dash of ground oregano
1 (16 ounce) cans kidney beans, undrained

1 onion, chopped
1 cup water
1/2 tsp salt
1/4 tsp pepper

Combine ground beef and onion in a Dutch oven; cook until beef and onion is browned, stirring to crumble meat. Drain off pan drippings.

Add remaining ingredients, except beans; cover and simmer 20 minutes. Stir in beans; continue to cook, covered, 45 minutes. Remove cover, and cook an additional 15 minutes. Yield: 2 quarts

Creamy Chicken Bake

Submitted by DJ McCartney

Charleston Association of Legal Assistants

1-2 Cans Cream of Chicken Soup
1/4 Cup White or blush wine
6-8 slices Swiss Cheese
1/4 Cup Butter or margarine melted
Small bag of Bread crumb stuffing

Lemon pepper

Lightly grease baking dish, lay chicken breast on bottom and season with lemon pepper. Top each breast with a slice of Swiss cheese.

In a mixing bowl whisk together the soup and wine pour over the chicken. Top with bread crumbs (enough to cover) and drizzle with butter. Bake at 350 for 55 minutes (cover with foil for most of baking time to avoid over browning, remove foil for the last 15 minutes of baking time).

Salmon Patties

Submitted by Penny Higdon

Metrolina Paralegal Association

1 can pink salmon
1 egg, beaten
2 Tbsp flour

1 small onion, diced
2 Tbsp corn meal
Salt and pepper to taste

Heat oil in cast iron skillet. Mix all ingredients. Drop by spoonfuls into hot oil. Brown on both sides.

Creamy White Chili

Submitted by Belinda A. Thomas

North Carolina Paralegal Association

2 lb. boneless, skinless chicken breasts, cut into ½ inch cubes
1 small onion, chopped
1 ½ tsp garlic powder
1 Tbsp vegetable oil
2 cans (15.5 oz each) great northern beans, rinsed & drained
1 can (14.5 oz) chicken broth
2 cans (4 oz. each) chopped green chilies
1 tsp salt
1 tsp ground cumin
1 tsp dried oregano
½ tsp pepper
¼ tsp cayenne pepper
1 cup (8 oz) sour cream
½ cup whipping cream

In a large saucepan, sauté chicken, onion and garlic powder in oil until chicken is no longer pink. Add beans, broth, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Remove from the heat; stir in sour cream and cream. Serve immediately.

Shrimp Fried Rice

Submitted by Linda Aiken

Southeastern Association of Legal Assistants

1 ½ cups cooked rice
2 Beef bouillon cubes
Bacon, 6 to 8 slices
1 large onion
1 bell pepper
1 package mushrooms
2 lbs Shrimp
Soy sauce

Cook rice according to package directions with soy sauce and beef bouillon added to mixture.

Fry bacon in skillet. Save bacon grease. Drain bacon and break into small pieces.

Boil shrimp in the shell in a separate pot for 2-3 minutes. Drain shrimp and peel shells off of shrimp.

Chop onion, bell pepper and mushrooms into small pieces. Sauté onion, bell pepper and mushrooms in bacon grease.

Add cooked rice to vegetable mixture.

Add shrimp to the vegetable/rice mixture. Season with soy sauce

Country Style Skillet Dinner

Submitted by Ruth Goodman

North Carolina Paralegal Association

- 1 lb. of hamburger
- ½ C. chopped onion
- 2 C. medium noodles
- 1 15 oz. can of tomato sauce
- 1 t. salt
- 1 t. sugar
- ¼ t. pepper
- 1 C. grated cheddar cheese

Brown hamburger and onion. Drain. Add remaining ingredients except for cheese. Cover and lower heat to medium low and cook for 15 to 20 minutes or until noodles are done. Top with grated cheese and serve.

Mexican Casserole

Submitted by Debbie Overstreet

NALA Region IV Director

- 1- 1 1/2 lbs ground beef
- 1/2 chopped onion
- 1 can enchilada sauce (I prefer the green enchilada sauce)
- Tortilla chips
- 1 1/2 - 2 cups Shredded Monterrey Jack cheese
- 1 can Rotel Tomatoes
- 1 can cream of chicken soup

Brown beef with onions. Drain, add canned ingredients to meat and cook on medium heat to boil. Reduce heat to simmer for 10 minutes. Place thick layer of chips in 9x14 pan. Pour meat mixture over chips. Layer with cheese. Bake at 350* for approx. 10 minutes or until cheese is melted.

Ultimate Breakfast Casserole

Submitted by Barbara Carter, President

Charleston Association of Legal Assistants

- 3 eggs beaten
- 1 pinch of ground black pepper
- 1 can cream of chicken soup
- 2 cups cooked chopped/cubed ham
- 16oz sour cream
- 1 sweet onion chopped
- ¼ cup butter melted

Preheat oven to 350. Lightly grease 9x13 baking dish. Season beaten eggs with pepper, pour into baking dish. Combine soup, sour cream, hash browns, ham, onion and cheese. Mix well and pour over eggs. Baked uncovered for 30 minutes. Remove and drizzle butter over top of casserole (I usually add another handful of cheese prior to drizzling butter). Return to oven and bake 15 more minutes, or until golden brown.

Orecchiette with Sausage & Broccoli Rabe

Submitted by Julie Allen

Metrolina Paralegal Association

Yield: 4 servings

1lb Broccoli rabe
4Tbsp Virgin olive oil
3 Garlic cloves; thinly sliced
½ lb Hot Italian sausage; sliced 1/8" rounds
6oz Dry white wine
1lb Orecchiette pasta
2Tbsp Salt
¼ cup Finely-chopped Italian flat-leaf parsley
½ cup Freshly-grated Pecorino Romano

Bring 6 quarts of water to a boil and add 2 tablespoons salt. Remove the thick stems from the broccoli rabe and rinse well. Drop the broccoli into the boiling water and cook for 2 to 3 minutes, just until tender. Remove the broccoli rabe with a slotted spoon into an ice bath, to refresh the greens. Drain the broccoli rabe and set aside. (Keep the pot of water boiling for the pasta.) In a large 12- to 14-inch sauté pan over medium heat, add the olive oil. Add the garlic and sauté until light brown, about 1 minute. Add the sausage rounds and cook stirring occasionally, until the sausage is cooked through, about 8 to 10 minutes. Drain off the excess fat. Add the white wine and simmer for 2 minutes longer. Set aside. Place the pasta in the boiling water and cook until tender yet al dente, about 10 to 12 minutes. Drain the pasta in a colander over the sink. Toss the pasta into the sauté pan with the sausage. Add the broccoli rabe and grated cheese, toss together and heat for about 2 minutes, until well mixed and uniformly heated. Pour into a warm serving dish and serve.

Spaghetti

Submitted by Kristina Stafford

Southeastern Association of Legal Assistants

1lb ground turkey
2 cans Hunts diced tomatoes (basil & oregano)
1 bag frozen chopped spinach
1 bag peppers and onions blend
1 cup tomato sauce
Garlic powder, salt, pepper
1 box of Ronzoni Garden Delight or Mueller's Hidden Veggie thin spaghetti. Brown turkey, add spinach, add peppers and onions, add tomatoes and tomatoes sauce, season to taste with garlic powder, salt, pepper. Boil pasta per package instructions.

Venison Stew

*Submitted by Barbara Carter, President
Charleston Association of Legal Assistants*

3 tablespoons olive oil
2 pounds venison stew meat
Essence, recipe follows
2 cups chopped onions
1 cup chopped celery
1 cup chopped carrots
1 tablespoon chopped garlic
1 cup chopped tomatoes, peeled and seeded
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
2 bay leaves
1 cup red wine
4 cups beef stock
Salt and black pepper
Crusty bread

Directions

In a large pot, over high heat, add the olive oil. In a mixing bowl, toss the venison with flour and Essence. When the oil is hot, sear the meat for 2 to 3 minutes, stirring occasionally. Add the onions and sauté for 2 minutes. Add the celery and carrots. Season with salt and pepper. Sauté for 2 minutes. Add the garlic, tomatoes, basil, thyme, and bay leaves to the pan. Season with salt and pepper. Deglaze the pan with the red wine. Add the brown stock. Bring the liquid up to a boil, cover and reduce to a simmer. Simmer the stew for 45 minutes to 1 hour, or until the meat is very tender. If the liquid evaporates too much add a little more stock.

Remove the stew from the oven and serve in shallow bowls with crusty bread.

Essence:

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

Bacon-Cheese Topped Chicken

*Submitted by Beverly K. Moore, NCCP
North Carolina Paralegal Association*

½ cup Dijon mustard
½ cup honey
4 ½ tsp. vegetable oil, divided
½ tsp. lemon juice
4 boneless skinless chicken breast halves
¼ tsp. salt
1/8 tsp. pepper
Dash paprika
2 cups sliced fresh mushrooms
2 tsp. butter
1 cup shredded Monterey jack cheese
1 cup shredded cheddar cheese
8 strips bacon, partially cooked
2 tsp. fresh parsley, minced

Preheat oven to 375°.

In a bowl, combine the mustard, honey, 1 ½ teaspoons oil and lemon juice. Pour ½ cup into a large reclosable plastic bag and add the chicken to the bag. Seal the bag and turn to coat; refrigerate for 2 hours. Cover and refrigerate the remaining marinade

When ready to cook, drain and discard the marinade from the chicken.

In a large skillet over medium heat, brown chicken on all sides in remaining oil. Sprinkle with salt, pepper and paprika. Transfer to a greased 11 x 7 x 2" baking dish. In the same skillet sauté mushrooms in butter until tender. Spoon reserved marinade over chicken. Top with cheese and mushrooms. Place bacon strips in a crisscross pattern over chicken. Bake, uncovered for 10-25 minutes or until meat thermometer reads 170°. Sprinkle with parsley. Yields 4 servings.

Pat's Special Biscuits & Gravy

*Submitted by DJ McCartney
Charleston Association of Legal Assistants*

1 lb Hot Breakfast Sausage	1 lb Sage Breakfast Sausage
1 Tbsp Chicken Broth	4-6 oz Water
Flour	Milk
Adobo or garlic seasoning.	Grands Biscuits or homemade

Brown sausages in large skillet, crumble, don't drain.
Once done add 1 TBS chicken broth with 4-6 oz water.
Pepper to taste.

Adobo or garlic seasoning.
Dust with flour, a little at a time, until light paste consistency.
Add milk, stirring to consistency; simmer on LOW

Classic Chicken Marsala

Submitted by Carrie Marshall

Metrolina Paralegal Association

2 tablespoons unsalted butter
1 tablespoon vegetable oil
4 boneless skinless chicken breast
4 slices mozzarella cheese
12 capers, drained
1 tablespoon chopped parsley
1 clove garlic, minced
3 tablespoons marsala
2/3 cup heavy or whipping cream
Hot cooked pasta

Heat butter and oil in large skillet over medium/high heat until melted and bubbly. Add chicken; reduce heat to medium. Cook uncovered, 5-6 minutes per side until chicken is tender and golden brown. Top each chicken piece with 1 cheese slice, 3 capers and sprinkle with parsley. Cover and cook over low heat 3 minutes or until cheese is semi-melted. Remove chicken from skillet and keep warm. Add garlic to drippings in skillet; cook and stir over medium heat for 30 seconds. Stir in marsala; cook and stir 45 seconds, scraping up any brown bits in skillet. Stir in cream; cook and stir 3 minutes or until sauce thickens slightly. Spoon over chicken and serve with hot pasta.

Oven Fried Parmesan Chicken

Submitted by Angie Porter

Southeastern Association of Legal Assistants

6 - 8 boneless, skinless chicken breasts
1 stick butter or margarine, softened (not melted)
1/2 c. flour
1/2 - 3/4 tsp. salt
1 c. grated Parmesan cheese

Cream together butter, flour, salt and cheese with fork until pastry like. Spread or crumble and press into meaty side of chicken pieces. Arrange chicken in single layer (spread side up) in a shallow baking pan. Bake without turning at 375 degrees for one hour or until tender. This may be prepared for the oven early in the day and refrigerated until time to bake.

NOTE: This recipe is originally from a lady, Nancy Clarke, now retired from her paralegal duties and SEALA. It is absolutely the BEST Parmesan chicken I have ever eaten. You might want to put a seasoned tomato sauce on top, but it is wonderful just like it is.

My Moist Turkey Loaf

Submitted by Käron Stevenson

National Association of Legal Assistants, District V

- | | |
|---|-------------------------|
| 1 Tbsp olive oil | 2 garlic cloves, minced |
| 1 large onion, chopped (1 1/2 cups) | 3/4 tsp salt, divided |
| 1/2 tsp pepper, divided | 3 Tbsp ketchup, divided |
| 1 1/2 Tbsp Worcestershire sauce | 3/4 cup dry breadcrumbs |
| 1/3 cup fat-free, less-sodium chicken broth | |
| 1 3/4 lbs ground turkey, 97% lean | |
| 1 large egg, lightly beaten | |
| 1 large egg white, lightly beaten | |

1. Preheat oven to 375°. Heat oil in medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring, 1 minute. Stir in Worcestershire sauce, broth, and 1 tablespoon ketchup; transfer mixture to a large bowl, and cool.

2. Add turkey, breadcrumbs, egg, egg white, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to mixture in bowl, and mix well. (Mixture will be very moist.)

3. Cover a baking sheet with aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake 1 hour or until thermometer inserted into center registers 170°. Let meatloaf stand 5 minutes before serving.

The Best Southern Fried Chicken

Submitted by Heather C. Hill

Charleston Association of Legal Assistants

- | | |
|----------------------------------|-----------------------------------|
| 1 fryer chicken, cut into pieces | 2 cups of lowfat buttermilk |
| 2 tablespoons of salt | 1 tablespoon of poultry seasoning |
| 1 teaspoon of paprika | 1 teaspoon of pepper |
| 1/2 teaspoon of garlic powder | Flour for dredging |
| Vegetable shortening for frying | |

1. Place chicken pieces in a plastic container and cover with the buttermilk. Cover and refrigerate 12-24 hours.

2. Melt the shortening in the skillet. It should be about 1/3 of the way up the side of the skillet. Heat the oil to about 300 degrees.

3. Drain the chicken in a colander. Combine all the spices and mix into the flour. Dredge the chicken making sure to coat all sides.

4. Fry the chicken skin side down for approximately 10-12 minutes per side. Cover the pan as it cooks, except for the last 5 minutes of cooking time so that the chicken will be crispy.

5. Once the internal temperature reaches 180 degrees, remove the chicken pieces and place on a rack to drain (not paper towels as the chicken will lose its crispiness).

Impressive, Week Night Casserole with Ham, Asparagus & Rice

Submitted by: Celeste Shumate Jones

Charleston Association of Legal Assistants

2 cups cooked ham, chopped
2 bunches asparagus, cut into 1 inch pieces
1 cup uncooked rice, I prefer Carolina Gold Rice (local and amazing)
1 can cream of chicken & mushroom soup
1 1/2 - 2 cups shredded cheddar cheese
Ritz Crackers

Preheat oven to 350 degrees. Prepare a 13 x 9 glass baking dish with your non-stick preference, I use a little bit of melted butter.

Cook the rice as directed on package. Clean and prepare asparagus. Chop into 1 inch pieces and place into a pot with approximately 2 inches of water. (Enough to steam the asparagus). Bring to boil and let boil for 3 – 5 minutes. Drain and set off to side.

Chop ham into bite size pieces.

In a large mixing bowl, combine all ingredients with the exception of the Ritz Crackers. Put into pan, top with Ritz (or panko), cover with foil and bake for 30 minutes. Remove foil and bake for additional 15 minutes.

May put on broil for a minute or two, just to add extra crunch to topping.

Easy Pasta Bake

Submitted by Belinda A. Thomas

North Carolina Paralegal Association

Mix 1 box (16 oz.) uncooked ziti or rotini pasta, 1 jar pasta sauce and 1 full jar of water in 13" x 9" baking dish.

Cover tightly with foil. Bake at 425 degrees for 30 minutes

Stir well. Top with 2 cups (8 oz.) shred mozzarella cheese. Bake uncovered 10 minutes or until pasta is tender.

Pork Chop Bake

Submitted by DJ McCartney

Charleston Association of Legal Assistants

4-6 Pork Chops

4-6 Potatoes, scrub skins and cut into sections

1 Package Lipton Mushroom & Onion soup mix

1 1/2 Cups Water

Place cut potatoes in bottom of casserole dish which has been sprayed with cooking spray. Brown both sides of pork chops in skillet and place on top of potatoes. Mix package of Lipton Mushroom & Onion soup mix with 1 1/2 Cups warm water and pour over pork chops. Bake at 350 for 1 hour.

Slow Cooker/Crockpot Recipes

Crock Pot Fried Chicken

*Submitted by Patti Clapper, President
North Carolina Paralegal Association*

18 thawed drumsticks (or however many will fit nicely into your crockpot)

1/4 cup butter

1/4 cup flour (I used Pamela's)

2 t seasoned salt

1 T Italian seasoning

1 t onion powder

1 t paprika

1/2 t black pepper

combine all the spices and the flour in a freezer bag or in a shallow dish. Dredge each chicken piece well, and plop into your crockpot. I used the shallow dish method, because we were out of freezer bags.

when all the chicken is in the crock, pour 1/4 cup of melted butter over it.

cook on high for 6 hours or on low for 8-10.

Crock Pot Chicken & Dumplings

*Submitted by Patti Clapper, President
North Carolina Paralegal Association*

Throw frozen boneless chicken breasts in the crock pot in the morning. On low. Pour in two cans of chicken broth and add cream of chicken soup and can of water. Sprinkle in some Lipton onion soup mix (1/3 of the bag). Add salt and pepper. The idea is to have lots of liquid at the end of the day in which to make the dumplings.

Come home after work, pull out the breasts. Chop them up. Break frozen dumplings into thirds and drop into hot liquid remaining in the crock pot. Turn up to high. Add back in the chicken. Stir. Wait for dumplings to plump up and cook through, about 20 minutes or so, depending on how you prefer your dumplings.

Habitat Veggie Chili – Crock Pot Recipe

*Submitted by Rebecca Elliott
Guilford Paralegal Association*

(Makes 6-8 servings)

This recipe was a very welcome, warming, and filling dish served at a Habitat House build where Guilford Paralegal Association participated in a (very cold) work day with the local bar association in Greensboro, NC. --- Rebecca H. Elliott, Guilford Paralegal Association, Greensboro, North Carolina

2 15 oz cans of diced tomatoes, drained (substitute one can with a can of Rotel Tomatoes)

1 6 oz can tomato paste 1 tsp salt
1/2 cup chopped onions 1 1/2 tsp ground cumin
1/2 cup chopped celery 1 tsp dried oregano
1/2 cup chopped green peppers 2 garlic cloves, minced
1/4 tsp cayenne pepper (increase to taste, if desired)
1.5 Tbsp brown sugar 1 can garbanzo **or** black beans

Serve With: Sharp cheddar cheese, shredded; Light or fat free Sour cream; Tortilla Chips; Jalapeños

1. Combine all ingredients except beans in slow cooker.
2. Cook on Low for 6-8 hours, or on High for 3-4 hours. Add beans one hour before serving.
3. Serve with shredded sharp cheddar cheese, sour cream and tortilla chips.
4. Garnish with chopped jalapeños, if desired.

Crock Pot Macaroni & Cheese

*Submitted by Barbara E. Mills
Charleston Association of Legal Assistants*

2 cups uncooked elbow macaroni
4 Tbsp butter
2 1/2 cups grated sharp cheddar cheese
3 eggs
1/2 cups sour cream
1(10 3/4oz) can condensed cheddar cheese soup
1/2 tsp salt
1 cup whole milk
1/2 tsp dry mustard
1/2 tsp black pepper

Boil the macaroni for 6 minutes, drain. In a medium saucepan, mix butter & cheese. Stir until the cheese melts. In slow cooker (spray w/ cooking spray), combine cheese mixture and add the eggs, sour cream, soup, salt, milk, mustard, and pepper. Add the drained macaroni and stir again. Cook on low for 2 1/2hrs, stirring occasionally.

Desserts

Carolina Trifle

Submitted by Marla Smith

Southeastern Association of Legal Assistants

- 3/4 cup Spiced Rum
- 2 lg. Vanilla Pudding (instant)
- 5 3/4 cups milk
- 1 large CoolWhip
- 1 yellow cake mix
- 1 cup chopped walnuts (or other nuts)

Prepare cake as directed on box. When cake has cooled, break it apart and crumble it into a very large bowl. Sprinkle 1/2 cup rum over crumbled cake and fluff with a large spoon to blend. Let set for 10 minutes.

Prepare instant pudding as directed on box, using 5 3/4 cups milk and 1/4 cup rum. Using wire whisk or electric mixer, blend until smooth. Let pudding chill in refrigerator for 5 minutes to thicken.

In a large glass bowl, layer the following: crumbled cake, pudding, CoolWhip, Nuts, Repeat.

Coconut Macaroons

Submitted by Gayle Green

Metrolina Paralegal Association

- 1 lg-bag coconut
- 1 can condensed milk
- 1 tsp. Vanilla

Mix together. Drop by teaspoonfuls on greased cookie sheet. Bake at 350 until light brown. Let cool on racks.

Truffles

Submitted by Melissa Hamilton

National Association of Legal Assistants

- 1 package Oreo cookies
- 1 tub whipped cream cheese
- 1 lb. almond bark

Smash Oreos and mix with cream cheese. Set in fridge to cool and set. Scoop out and roll into balls and freeze. Melt almond bark and dip into almond bark.

Two Minute Fudge

Submitted by Belinda A. Thomas

North Carolina Paralegal Association

1 lb. box confectioner's sugar

½ c cocoa

¼ t. salt

¼ c milk

1 T vanilla

Top with 1 stick of margarine (cut into chunks on top)

Microwave at high for 2 minutes

Stir until smooth. (You can add pecans at this point if you want them)

Pour into wax paper lined 8" square dish

Chill.

Variations:

Chocolate-Peanut butter fudge. Use the above recipe. Add ½ c peanut butter after you have stirred the other ingredients together.

For plain peanut butter fudge, delete the cocoa and reduce the margarine to ½ stick. Add the peanut butter last. You can use crunchy or smooth peanut butter.

For maple cream fudge, add 1 T. of maple flavoring to the mix instead of vanilla. You can also add pecans. Delete the coca of course. Again, reduce the margarine to ½ stick.

Banana Pudding

Submitted by Patti Clapper, President

North Carolina Paralegal Association

1 lg package vanilla instant pudding

3 cups milk

1 can sweetened condensed milk

16 oz cool whip

Nilla wafers

4-6 RIPE bananas

In a larger bowl mix together pudding and milk for about 2 minutes with a beater. Let stand for a few mins to start to thicken. Mix in condensed milk. Gently fold in cool whip.

In a large dish put a little of the pudding mixture. Top the pudding with a layer of nilla wafers followed by a layer of sliced bananas. Put about half of the remaining pudding mixture over this.

Repeat the layers of nilla wafers and sliced banana. Spread remaining pudding mixture on top.

This needs to sit in the fridge for at least 6 hours but overnight is better.

Summer Berry Pie

*Submitted by Patti Clapper, President
North Carolina Paralegal Association*

3/4 cup sugar
3 Tbsp. cornstarch
1-1/2 cups water
1 pkg. (4-serving size) JELL-O Brand Gelatin, any red flavor
1 cup each blueberries, raspberries and sliced strawberries
1 HONEY MAID Graham Pie Crust (6 oz.)

MIX sugar and cornstarch in medium saucepan. Gradually add water, stirring until well blended. Cook on medium heat until mixture comes to boil, stirring constantly; boil 1 minute. Remove from heat. Add gelatin; stir until completely dissolved. Cool to room temperature. ARRANGE berries evenly on bottom of crust; cover with gelatin mixture. REFRIGERATE 3 hours or until firm. Top with whipped topping if desired just before serving. Store leftover pie in refrigerator

Miss Annie's Lemon Pound Cake

*Submitted by Grace Ward
North Carolina Paralegal Association*

1 stick butter, softened
1 cup Crisco shortening
6 eggs
3 cups sugar
3 cups cake flour
1 cup fat free milk
1 teaspoon salt
1 tablespoon vanilla flavoring
1 tablespoon lemon flavoring

Cream butter and Crisco together.

Add eggs one at a time. Add sugar and cream together.

Next add the flour and milk alternately as follows:

Add 1 cup of flour and first then add 1/2 cup milk

Add 2nd cup of flour and then add 1/2 cup milk

Add 3rd cup of flour last.

Mix well with electric mixer.

Then add vanilla flavoring and lemon flavoring. Mix well.

Pour all into a round tube cake pan that has been greased with Crisco and floured.

Let the cake rest for 10 minutes before you put into a **cold oven**.

Turn oven on at 315 degrees for approximately 1 hour and 15 minutes depending on your oven. When toothpick is clean, turn oven off and leave cake in oven to cool for 30 minutes. This is a very moist and delicious cake.

Key Lime Cake

Submitted by Julie Allen

Metrolina Paralegal Association

Preheat oven to 350.

1 box lemon cake mix
1 3 oz package instant lemon pudding
1 cup water
1 cup vegetable oil
4 eggs
3 tbsp bottled key lime juice

Mix all ingredients until smooth. Pour into a greased and floured bundt pan and bake about 45 minutes. Cool completely and remove from pan. Pour on glaze.

Glaze:

Combine about a cup of confectioners' sugar with 3 tbsp key lime juice.

Peach Cobbler Dessert

Submitted by Melissa Hamilton

National Association of Legal Assistants

1 box white cake mix
1 extra-large can of peaches in syrup (drain the juice)

1 stick of margarine (melted)
1 bag of coconut

In a 9x12 pan (no need to grease or spray) place peaches in bottom – cut up any large pieces. Pour cake mix over the top – do not mix – drizzle the melted margarine over the cake mix and sprinkle the coconut over the top. Bake at 350 degrees for approximately 50 minutes or until the coconut is brown and crunchy. Serve with cool whip.

Quick Chocolate Candy

Submitted by Penny Higdon

Metrolina Paralegal Association

2 lb chocolate bark
2 cups mini marshmallows
2 cups rice krispies
2 cups chunky peanut butter
1 cup chopped peanuts

Mix marshmallows, rice krispies, peanut butter and nuts. Melt bark and pour over ingredients. Drop into small foil or paper cups.

Sinfully-Delicious White Wine Cake

*Submitted by Regina H. Newsome, CLA, NCCP
North Carolina Paralegal Association*

1 box yellow cake mix*
1 (3-oz) pkg vanilla instant pudding mix
1/2 cup water
3/4 cup vegetable oil
1/2 cup white wine*
4 eggs
1/4 cup light brown sugar
2 tsp cinnamon (or to taste)
1/2 cup chopped pecans

Grease tube or Bundt pan*. Sprinkle pecans on bottom of pan. Mix together remaining ingredients and pour evenly in pan. Bake in a pre-heated 325° oven 1 hour.

Glaze:

1 stick butter (yuck on margarine)
1 cup sugar
1/4 cup water
1/4 white wine

After you put cake in oven, bring butter, sugar and water to a boil for 2-3 minutes. Remove from heat and add wine. Set glaze aside until cake is done. Once you remove cake from oven, using a toothpick poke holes in cake while still hot and in the pan. Pour 2/3 of the glaze over cake. Let cool before inverting onto a cake plate (15 minutes-ish). Drizzle remaining glaze over the top.

Three Berry Trifle

*Submitted by Melissa Hamilton
National Association of Legal Assistants*

1 can sweetened condensed milk
1 8 oz. container fat free lemon yogurt
2 tsp grated lemon peel (zest)
1 8 oz. container cool whip thawed
1 prepared angel food cake, cut into 1" cubes
1/2 c. slivered almonds, toasted

1/3 c. lemon juice, fresh
1 c. fresh blueberries
1 c. fresh raspberries
1c. fresh sliced strawberries

In large bowl, combine the sweetened condensed milk, yogurt, lemon juice, and zest. Fold in the cool whip.

In large trifle bowl or deep salad bowl, layer 1/3 of the cake, 1/3 of lemon mixture, and all of the strawberries. Repeat cake and lemon mixture and top with blueberries. Repeat cake and lemon mixture and top with raspberries. Sprinkle with almonds

NOTE: I mix the fruit in each layer and add in blackberries to the fruit.

Best Ever Chocolate Fudge Layer Cake

*Submitted by Regina H. Newsome, CLA, NCCP
North Carolina Paralegal Association*

2 pkg. (4 oz. each) BAKER'S Semi-Sweet Chocolate, divided
1 pkg. (2-layer size) chocolate cake mix
1 pkg. (3.9 oz.) JELL-O Chocolate Instant Pudding
4 eggs
1 cup BREAKSTONE'S or KNUDSEN Greek Style Sour Cream & Nonfat Yogurt
½ cup oil
½ cup water
1 tub (8 oz.) COOL WHIP Whipped Topping (Do not thaw.)
2 Tbsp. PLANTERS Sliced Almonds

HEAT oven to 350°F.

CHOP 2 oz. chocolate. Beat cake mix, dry pudding mix, eggs, sour cream, oil and water in large bowl with mixer until blended. Stir in chopped chocolate. Pour into 2 (9-inch) round pans sprayed with cooking spray.

BAKE 30 to 35 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min. Loosen cakes from sides of pans. Invert onto wire racks; gently remove pans. Cool cakes completely.

MICROWAVE COOL WHIP and remaining chocolate in microwaveable bowl on HIGH 1-1/2 min. or until chocolate is completely melted and mixture is well blended, stirring after 1 min. Let stand 15 min. to thicken.

STACK cake layers on plate, filling and frosting with COOL WHIP mixture. Sprinkle with nuts.

Cheese Danish

*Submitted by Gayle Green
Metrolina Paralegal Association*

4 cans Crescent rolls
2 8-oz pkg cream cheese
½ cup sugar
1 tsp. vanilla
1 egg separated

Press two cans rolls on lightly greased cookie sheet. Cream cheese, vanilla, sugar and egg yolk. Spread on rolls. Place next two rolls on top. Crimp sides. Brush with egg whites. 350 degrees, 20 to 25 minutes.

Glaze optional:

powdered sugar, milk, vanilla

Banana Pudding Cookies

Submitted by Julie Allen

Metrolina Paralegal Association

2 ¼ cups All-purpose Flour
1 tsp baking soda
½ tsp salt
1 cup unsalted butter, room temp.
¾ cup firmly packed light brown sugar
¾ cup granulated sugar
1 box (3.4 oz) instant banana pudding mix
2 large eggs
2 tsp vanilla extract
1 cup quick-cooking oats, not instant
4 oz white baking chocolate, chopped
20 vanilla wafers, broken, or 8 graham cracker squares, broken

1. Preheat oven to 350 degrees and place a rack in the center. Have ready two ungreased baking sheets.
2. Mix the flour, baking soda, and salt together in a medium size bowl; set aside.
3. In the bowl of a stand mixer fitted with a paddle attachment, or in a large mixing bowl using a handheld electric mixer, beat the butter and both sugars on medium speed until creamy, scraping the sides of the bowl often. Beat in the pudding mix, and then beat in the eggs and vanilla on medium-low speed. By hand or using the lowest speed of the mixer, add the flour mixture to the batter and blend until it is almost fully mixed in. Stir in the oats, white chocolate, and broken cookies, letting the cookies break a little more as you stir.
4. Scoop up tablespoons of dough and make balls about 1-inch in diameter. Arrange about 2 1/2 inches apart on the baking sheets. Press down slightly so that the tops are even. Bake one sheet at a time for 10 to 12 minutes or until the edges are nicely browned and the cookies appear set. Remove from the oven and while they are still warm, using the tip of a spatula, gently nudge the edge of the cookies inward to add some crinkles and folds. Let cool on the baking sheets for about 5 minutes then transfer to a wire rack to cool completely.

Coca-Cola Cake

Submitted by Karen F. England

North Carolina Paralegal Association

2 cups sugar	1/2 cup buttermilk
2 cups flour	1 tsp. soda
1 cup Coke	2 eggs
3 Tsp. cocoa	1 1/2 cup miniature marshmallows
2 sticks margarine	

ICING:

6 Tbsp. Coke	1 box powdered sugar
3 Tbsp. cocoa	1 tsp. vanilla
1 stick margarine	1 cup walnuts

Melt margarine, cocoa and Coke and heat until hot (almost boiling). Add marshmallows and mix well. Set aside.

Mix together sugar, flour and soda. Then add eggs and buttermilk.

Mix all ingredients and beat slowly on low speed until mixed well. Bake at 350 for 35 minutes.

Mix Coke, cocoa and margarine and heat until hot (almost boiling). Add powdered sugar and vanilla and mix fast or it will harden. Spread on cake. Top with nuts, if desired.

German Chocolate Upside Down Cake

“The Volcano”

Submitted by Gayle Green

Metrolina Paralegal Association

1 cup coconut
1 cup chopped pecans
1 pkg. German Chocolate Cake Mix

Mix coconut and nuts and put into greased 9x13x2 pan (do not flour). Mix cake mix according to package directions and pour over pecan-coconut mixture.

Put one stick margarine and one 8-oz pkg of cream cheese (softened) in a saucepan. Heat until mixture is warm enough to stir in a one-pound box of 10x sugar. Spoon over cake batter (*if you swirl it gently, it makes a prettier cake*).

Bake at 350 degrees approximately 45 minutes or until cake is done in the middle. Cut when cool.

Simple Chocolate Cake with Vanilla Icing

Submitted by: Celeste Shumate Jones

Charleston Association of Legal Assistants

For Chocolate Cake:

1 cup butter, softened

3 eggs

2 cups all-purpose flour, I like King Arthur Flour.

3/4 (heaping) cup unsweetened cocoa powder. In the alternative, melted dark chocolate morsels work just as well. Ghirardelli or Godiva really make for an amazing cake – worth the extra cost.

1 teaspoon baking soda

3/4 teaspoon baking powder

1/2 teaspoon kosher salt

2 cups sugar in the raw

2 teaspoons organic vanilla extract

1 1/2 cups organic milk

Allow butter to stand at room temperature until softened. (Resist the urge to microwave it, I promise, it really turns out better this way)

Prepare baking pans, your preference. I like to melt butter and coat (just a small tab of butter) and flour pans. Set aside. I've used both circular and square baking dishes, use your preference.

In a large mixing bowl, stir together the flour, cocoa powder, baking soda, baking powder; and salt; set aside.

In another bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Gradually add sugar, about 1/4 cup at a time, beating on medium speed until well combined. Add eggs, one at a time, mix well. Add vanilla, mix.

Add flour mixture and milk to beaten mixture, beating on low speed just until combined after each addition. Mix until combined.

Spread batter evenly into the prepared pan(s). Can make either a 2 or 3 layer cake, your preference.

Bake in a 350 degrees for 35 to 40 minutes or until a wooden toothpick inserted in the center comes out clean. Let cool completely before icing.

For Butter Cream Icing:

1 cup of butter, softened

3 – 4 cups powdered sugar – taste after 3 cups, and add additional to your liking

1 tsp. Lemon zest (optional)

Dash of salt

Dash of vanilla (optional)

Allow butter to stand at room temperature until softened. (Resist the urge to microwave it, I promise, it really turns out better this way)

Mix powdered sugar with butter. Start with 3 cups of powdered sugar, taste after adding this amount and add more until you like it.

Perfect Pumpkin Pie

Submitted by DJ McCartney

Charleston Association of Legal Assistants

1	Pie shell
2	Eggs slightly beaten
1 16oz can	Solid Pumpkin
¾ Cup	Sugar
1 tsp	Cinnamon
½ tsp	Ginger
¼ tsp	Cloves
1 12oz can	Evaporated milk

Preheat oven and baking sheet to 375.

Prepare pie shell and place in 9" pie plate, crimp edge to stand ½ inch above rim of pie plate

Combine filing ingredients in order given above, mixing as each is added.

Place pie shell on preheated baking sheet. Pour filling into pie crust shell.

Bake in center of oven for 70minutes, or until knife inserted in center comes out clean.

Cool on wire rack. Garnish with Cool Whip topping and walnuts if desired.

Miniature Tea Cheesecakes

Submitted by Penny Higdon, NCCP

Metrolina Paralegal Association

Squeeze Parkay

Box crushed graham crackers

2 – 8 oz packages cream cheese, softened

3 egg yolks

¾ cup sugar

3 egg whites, whipped

8 oz sour cream

2 T sugar

Preheat oven to 350°

Squeeze Parkay margarine into miniature muffin tins. Spread thin. Fill each tin with graham crackers to coat – shake out excess. Cream together cream cheese, sugar and egg yolks. Fold in whipped eggs. Fill each tin with cream cheese mixture more than halfway. Bake for 15 minutes. Let cool in pan 10 minutes. Mix together sour cream and 2 T sugar. Top each cheesecake. Makes 4 dozen.