



The Table Recipe Sheet

Banana Sushi

Cut bananas in 2" pieces

Provide the "glue" for ingredients to stick to the banana by using cream cheese, almond butter, etc. Spread a layer on the outside of a banana piece sparingly so it is not gooey but will allow everything to adhere.

Set up bowls of different toppings to dip the banana pieces, such as:

Chia seeds

Fruity Pebbles

Mini chocolate chips

Coconut

Cinnamon sugar

Rice Krispies

Roll a piece of banana in a topping or several toppings.

Eat with chopsticks or use a toothpick.

Recipe by Shelley Pulliam

Chicken Tortilla Soup

*Place 4-5 chicken breasts in boiling water - keep leftover broth
Tear chicken apart when cooked*

Add:

1 big family size can of Chicken and rice soup

tablespoon of minced onions

1 can of a white bean: navy bean or Northern bean

can of cheddar cheese soup

can of Cream of chicken soup

small can of green chili

can of Rotel - mild or hot

Add a can of chicken broth if it is too thick

Sprinkle on top:

avocados - black olives - chips - sour cream - YUM YUM!

Recipe by Pam Kanaly

Coconut Cream Cake

1 yellow box of cake mix (made by recipe)

add 1 tsp. coconut flavoring

1 cup coconut

Grease 9x13 pan

bake 350 - 35 minutes

Punch holes in cake with a fork while it's hot

Mix together:

2/3 cup Eagle Brand Milk

1/2 cup powdered sugar

1 Tablespoon vanilla and coconut flavoring

Add water to make 1 3/4 cup

Pour over hot cake

Frosting:

Whip 2 cups heavy cream with 1/2 sugar and frost cake when cool.

Sprinkle coconut on top - YUM YUM!

Recipe by Pam Kanaly

Easy Pizza Casserole Recipe

1 lb of ground beef (or Italian Sausage)

6 oz pepperoni

3 cups of Mozzarella cheese

28 oz can of crushed tomatoes

1 teaspoon of garlic salt

1 Tablespoon of Italian Seasoning

16 oz of penne pasta

1/4 up of Parmesan cheese

Preheat oven to 350 degrees. Brown the ground beef and drain any sausage.

Pour in the crushed tomatoes, Italian seasoning, and the garlic salt. Stir to combine.

Meanwhile boil pasta according to directions but cook to al dente, meaning you want the pasta to be firm and undercooked.

Drain pasta and pour half of the pasta in a 9×13 baking dish.

Spoon half the meat mixture over the pasta.

Top with half the Mozzarella cheese.

Lay half the pepperonis on top.

Then later the remaining pasta, meat sauce, cheese and pepperoni.

Sprinkle the parmesan cheese on top.

Cover with foil and bake for 30 minutes at 350 degrees F.

Remove foil and bake another 15 minutes until bubbly and brown.

Allow to cool for 5 minutes and then serve.

Recipe by Loryn Wheeler

Breakfast Pizza

1 13.8 oz tube Refrigerated Pizza Crust

2 tbsp Olive oil divided

8 Eggs

1/3 cup Milk

6 Pieces of Bacon cooked and chopped

2 cups Shredded Cheddar Jack Cheese

Salt and Pepper to taste

Preheat oven to 425 degrees.

Unroll the pizza crust into a 15x10x1 inch sheet cake pan, stretch to fill the pan and curl up the edges to form a crust.

Brush crust with olive oil and prick with a fork to avoid bubbles.

Bake until lightly browned about 7-8 minutes.

In a medium size bowl whisk together the eggs, milk salt and pepper.

In a medium skillet heat a little oil over medium heat. Add egg mixture and cook until soft scrambled.

Spoon egg mixture over crust, add bacon and cheese. Bake for another 7 minutes or until cheese is melted.

Recipe by Mel Hiatt