

Mr. Food®

ABC's

OF  
Back-To-School

26 Kid-Friendly Recipes from Mr. Food



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# ABC's of Back-to-School: 26 Kid-Friendly Recipes from Mr. Food

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Dear Friends,

We know that back-to-school is a busy time of year. If you have children, you know that life can get hectic between school functions, soccer practices, and dance recitals. Not to mention getting the kids up and dressed each morning – which sometimes feels like a grand accomplishment in itself!

And to think of filling up those lunchboxes, fixing healthful after-school snacks, and then getting dinner on the table every day? It sounds like a lot of work, and it is – but we're here to make things easier for you. That's right; we've rounded up our very best kid-approved recipes for breakfasts, snacks, weeknight dinners, and desserts. We've got healthful options they'll love, like our **Oatmeal Bars** and **Yogurt Smoothie**; easy and always-popular dinner ideas like **Beefy Taco Bake** and **Buttermilk Chicken Nuggets**; and we've even got some extra-fun treats to make with the kids, like **Dirt Cups** and **Itsy Bitsy Pizza Bagels**!

No kids in the house? Help a busy mom or dad in your life by sharing this free eCookbook. We're sure they'll be delighted to know that you thought of them, and even more delighted once they try out a recipe or two. Our favorite part about this eCookbook is the way we wrote it for you: One recipe for each letter of the alphabet! So now you can enjoy reading the book with your kids, and you can let them choose their favorite recipes, all sure to be filled with lots of...

**"OOH IT'S SO GOOD!!®"**

*Mr. Food*



P.S. Enjoy this eCookbook packed with 26 kid-friendly recipes sure to satisfy all year long. Remember, the "ABC's of Back-to-School: 26 Kid-Friendly Recipes from Mr. Food" eCookbook is available FREE, with others also available for free download from [www.MrFood.com](http://www.MrFood.com). We have lots more eCookbooks available – so go on, tell your friends to visit MrFood.com, so that they too can get their very own FREE copies!

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is for Apple...

# Apple Pie Parfaits

Apple Pie Parfaits are a fun dessert twist on plain apple pie. You can make 'em in no time with leftover apple pie or buy a whole pie just for these! Either way, you're sure to create smiles with this easy dessert.

## Ingredients

1 (9-inch) frozen or prepared apple pie

2 cups (1 pint) heavy cream

Serves: 6

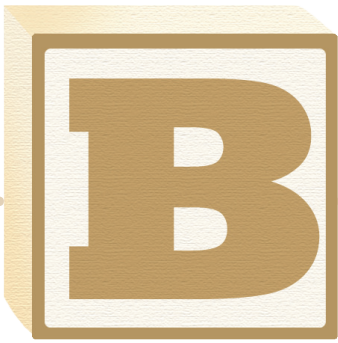


## Directions

1. If using a frozen pie, bake it according to the package directions. Let cool for at least 2 hours.
2. Cut the pie into 6 or 8 slices, then cut each slice into about 12 chunks.
3. In a large bowl, beat the heavy cream until stiff peaks form. Spoon one third of the whipped cream evenly into 6 to 8 parfait glasses. Layer half of the pie chunks over the cream then repeat the layers.
4. Top with the remaining whipped cream and chill at least 1 hour before serving.

## Notes

Garnish each serving with a bit of extra whipped cream and a couple of thin apple slices, if you'd like.



is for Banana...

# Banana Split Pancakes

Make a classic breakfast food taste like dessert with sweet Banana Split Pancakes. This recipe is sure to have the whole family begging for seconds!

## Ingredients

2 cups biscuit baking mix  
1 1/2 cups milk  
1/4 cup chocolate-flavored syrup, plus additional for topping  
1 egg  
1/3 cup mini semisweet chocolate chips  
2 tablespoons shortening, divided  
4 medium bananas, sliced  
3 cups sliced strawberries  
1 cup whipped cream or whipped topping  
8 maraschino cherries with stems

Serves: 8

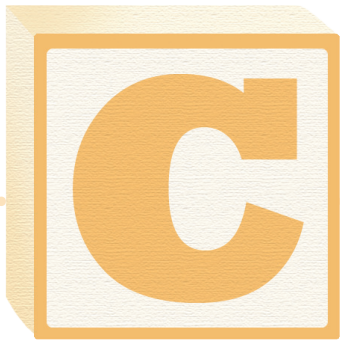
Cooking Time: 5 Minutes



## Directions

1. In a large bowl, combine biscuit mix, milk, 1/4 cup chocolate syrup, and the egg. Mix until thoroughly combined. (Batter will be thin.) Stir in chocolate chips.
2. Heat a griddle or skillet over medium heat. Melt 1 teaspoon shortening, then pour 1/4-cupfuls of batter onto the griddle, making sure to scoop up chips from the bottom of the bowl. Cook 1 minute, or until bubbles start to form on top of pancakes. Flip pancakes, and cook 1 to 2 more minutes, or until golden. Repeat with remaining batter, adding more shortening as needed. Cover to keep warm.
3. Place 1 pancake on each plate; place a small amount of banana and strawberry slices on each pancake. Dollop each with whipped cream, drizzle with chocolate syrup, and top with a cherry.





is for Casserole...

# Yankee Doodle Macaroni Casserole

When Yankee Doodle went to town, maybe he was looking for a hot bubbly casserole brimming with cheese and macaroni, just like this one!

## Ingredients

- 1 (8-ounce) package elbow macaroni
- 2 cups (8 ounces) shredded sharp Cheddar cheese
- 1 medium-sized onion, finely chopped
- 1 (2-ounce) jar chopped pimientos, drained
- 4 slices white bread, cut into small pieces
- 1/2 cup milk
- 1/4 cup (1/2 stick) butter, melted
- 1/4 cup chopped fresh parsley
- 3 eggs, beaten
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Serves: 6

Cooking Time: 1 Hour 15 Minutes



## Directions

1. Preheat oven to 300°F. Coat an 8-inch square baking dish with cooking spray; set aside.
2. Cook macaroni according to package directions; drain, rinse, and drain again.
3. In a large bowl, combine remaining ingredients; mix well. Add macaroni and mix until well combined then spoon mixture into prepared baking dish.
4. Bake 50 to 55 minutes, or until center is set.





is for Drumstick...

## Oven "Fried" Drumsticks

This healthier recipe for fried chicken minus the frying will surely fit your goal to eat right. It's an oven-baked chicken with a crispy coating that tastes terrific!

### Ingredients

1/4 cup all-purpose flour  
1 egg  
1/4 cup low-fat (1%) milk  
1 cup coarsely crushed oven-toasted corn cereal  
1/2 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon paprika  
1/2 teaspoon dried basil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
8 chicken drumsticks, skin removed  
Cooking spray

Serves: 6

Cooking Time: 50 Minutes



### Directions

1. Preheat oven to 375°F. Coat a rimmed baking sheet with cooking spray.
2. Place flour in a shallow dish. In a second shallow dish, beat eggs with milk. In a third shallow dish, mix crushed cereal with seasonings.
3. Dip chicken in flour then into egg mixture then into cereal mixture, coating evenly with each. Arrange chicken on prepared baking sheet and coat with cooking spray.
4. Bake 25 minutes then turn chicken and bake 25 more minutes, or until chicken is golden and no pink remains.



is for Eggs...  
**Morning Pizza**

There are different kinds of pizzas available at our supermarkets and take-out restaurants. Here's another variation: breakfast pizza. It's covered with fluffy scrambled eggs and crispy bacon and smothered in melted cheese. Slice and go!

### Ingredients

- 1 tablespoon butter
- 6 eggs, beaten
- 1 (12-inch) prepared pizza shell
- 1/3 cup real bacon bits (see Note)
- 3 (2¼-ounce) slices American cheese, cut into 1/2-inch strips

**Serves:** 6

**Cooking Time:** 22 Minutes



### Directions

1. Preheat oven to 450 degrees F. In a large skillet, melt butter over medium-low heat. Add eggs and scramble until firm.
2. Place pizza shell on a pizza pan, spoon scrambled eggs over the top and sprinkle with bacon bits.
3. Place strips of cheese over bacon and bake 7 to 8 minutes, or until crust is crisp and brown. Slice and serve.

**Notes** Substitute any of your favorite pizza toppings, from canned mushrooms and olives to pepperoni, for the bacon bits.



is for Fries...

# Baked Sweet Potato Fries

Baked Sweet Potato Fries are a healthy, yet hearty go-along option. There's no hassle when we hand-cut and freshly bake our own sweet potato fries, making them an easy from-scratch side dish.

## Ingredients

4 large sweet potatoes (about 2 pounds), peeled and cut lengthwise into 1/2-inch-thick strips

1/3 cup vegetable oil

1/2 teaspoon salt

Serves: 4

Cooking Time: 20 Minutes



## Directions

1. Preheat oven to 450°F.
2. In a large bowl, combine potatoes and oil; toss to coat completely. Spoon potatoes onto rimmed baking sheets in a single layer.
3. Bake 15 to 18 minutes, or until golden. Turn potatoes over and bake 5 to 8 minutes, or until golden.
4. Drain on a paper towel-lined platter. Sprinkle sweet potato fries with salt, and serve.





is for Gummy Worms...

## Dirt Cups

It's back-to-school time, so why not have a little fun with the kids when they get home? They'll really "dig" making these.

### Ingredients

1 (4-serving size) package instant chocolate pudding and pie filling

1 1/2 cups milk

1 (8-ounce) container frozen whipped topping, thawed

1 (16-ounce) package cream-filled chocolate sandwich cookies, finely crushed

10 (6- to 8-oz) plastic or paper cups  
Gummy worms and frogs, candy flowers, chopped peanuts, and/or granola for decoration (optional)

**Serves:** 10    **Prep Time:** 10 Minutes    **Chilling Time:** 1 Hour

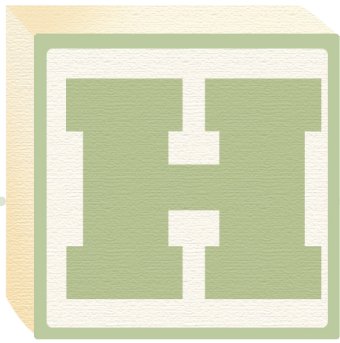


### Directions

1. In a large bowl, whisk pudding and milk until smooth. Allow pudding to thicken 5 minutes, then stir in whipped topping and half the crushed cookies.
2. Place 1 tablespoon of remaining crushed cookies into individual cups. Fill each cup three quarters full with pudding mixture, then top with remaining crushed cookies.
3. Cover and chill about 1 hour before serving. Decorate as desired.

### Notes

You can crush the cookies by hand or in a food processor. To make Sand Cups, substitute vanilla pudding for the chocolate pudding and a 12-ounce package of cream-filled vanilla sandwich cookies or vanilla wafers, finely crushed, for the chocolate sandwich cookies. Use gummy worms and sharks and/or chopped peanuts for decoration.



is for Honey...

# Apple Honey Cooler

Here's a refreshing take on apple juice that'll have 'em begging for more. Loaded with healthy ingredients like orange juice, honey, and fresh apple slices, this is one smart sipper!

## Ingredients

- 1 quart chilled apple cider or juice
- 2 cups chilled fresh-squeezed orange juice
- 1/4 cup honey
- 2 teaspoons grated orange rind
- 6 apple slices for garnish

**Makes:** 6 cups **Prep Time:** 5 Minutes



## Directions

1. Combine all ingredients in a large covered container or bowl and shake or stir to blend. Keep chilled until ready to serve.
2. When ready to serve, pour over ice in tall glasses. Garnish each glass with an apple slice.

# I

is for Ice Cream...

## Surprise Sundae Cups

Surprise Sundae Cups are a great new twist on a favorite dessert. They're ice cream cupcakes with a surprise center. Kids of all ages are gonna love these!

### Ingredients

4 cups (1 quart) chocolate or vanilla ice cream

12 miniature peanut butter cup candies

1/4 cup semisweet chocolate chips

1/4 cup chopped walnuts

Serves: 12    Chilling Time: 3 Hours

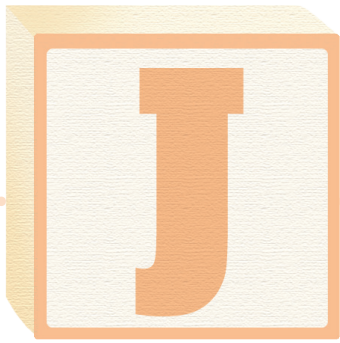


### Directions

1. Line 12 muffin tins with paper liners; place 1/3 cup ice cream in each cup. Press a candy into the center of each cup of ice cream, completely covering the candy with ice cream.
2. In a small saucepan, melt chocolate chips over very low heat. Stir just until melted, removing saucepan from heat as soon as chips are melted.
3. Drizzle about 1 teaspoon melted chocolate then 1 teaspoon chopped walnuts over each ice cream cup. Cover muffin tin(s) and place in freezer for at least 3 to 4 hours.

**Notes** If you let the kids eat these with plastic spoons, they'll feel like they've got walk-away ice cream surprises!





is for Jelly...

# Peanut Butter and Jelly Cookies

These yummy Peanut Butter and Jelly Cookies are going to be the most popular thumb-print cookies you ever make. You're sure to earn a thumbs up from any peanut butter and jelly-lover.

## Ingredients

1 cup sugar  
1/2 cup (1 stick) butter, softened  
1 cup creamy peanut butter  
2 eggs  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup strawberry preserves  
1/4 cup chopped peanuts (optional)

**Makes:** 3 Dozen Cookies

**Baking Time:** 12 Minutes



## Directions

1. Preheat oven to 350 degrees F. Coat 2 baking sheets with cooking spray.
2. In a large bowl, cream sugar, butter, and peanut butter with an electric mixer on low speed. Beat in eggs and vanilla. Add flour, baking soda, and salt; mix well.
3. Shape dough into 1-inch balls and place on prepared baking sheets. Press thumb into center of each cookie to make an indentation. Fill each indentation with a teaspoon of strawberry preserves. Sprinkle with peanuts, if desired.
4. Bake 12 to 15 minutes, or until light golden. Cool 10 minutes then remove to rack to cool completely.



is for Kebabs...

## Hot Dog Kebabs

Not your usual kebabs, these Hot Dog Kebabs are fun and colorful, and they taste great, too! You'll love the flavor-packed sauce over bite-sized pieces of hot dogs, bell peppers, corn, and onions for a sure-fire hit with the kids and everybody!

### Ingredients

- 1/2 cup chili sauce
- 3 tablespoons brown sugar
- 2 tablespoons deli mustard
- 1 (16-ounce) package quarter-pound kosher beef franks, cut into 16 pieces (see Note)
- 2 ears fresh corn, cut into 1-inch slices
- 1 green bell pepper, cut into 12 pieces
- 1 small red onion, peeled and cut into half-moons
- 1 red bell pepper, cut into 12 pieces
- 4 (12-inch) metal skewers

Serves: 4



### Directions

1. Preheat grill to medium heat.
2. In a medium bowl, combine chili sauce, brown sugar, and mustard; mix well and set aside.
3. On each skewer, thread a piece of frank, corn, green pepper, onion, and red pepper; repeat 2 more times and end with an additional piece of frank.
4. Brush skewers with half the sauce then grill 4 to 5 minutes on medium heat. Brush with remaining sauce then turn kebabs and grill 4 to 5 more minutes or until vegetables are tender and franks are heated through.

**Notes** I like to use quarter-pound kosher franks for this recipe because their size works well on the skewers and their taste teams perfectly with the zippy sauce.

*Recipe courtesy of Hebrew National Kosher Beef Franks*



is for Lollipop...

# Popcorn Lollipops

Popcorn is a whole grain, making it a good choice when reaching for a snack. This meet-in-the-middle idea includes a few indulgences to satisfy our cravings without going overboard!

## Ingredients

- 1 (3-ounce) bag fat-free butter flavor microwave popcorn
- 10 chocolate-covered caramels, unwrapped
- 2 teaspoons low-fat milk
- 10 large marshmallows
- 12 popsicle sticks

Serves: 12

Cooking Time: 15 Minutes



## Directions

1. Preheat oven to 350 degrees F. Prepare popcorn according to package directions. Open bag carefully and pour into large bowl; discard unpopped kernels.
2. Place chocolate-covered caramels in a medium-size microwave-safe bowl. Microwave 15 to 20 seconds, stir, and continue to microwave until candies are melted. Add milk and stir until smooth. Pour over popcorn and use your hands to mix well.
3. Spoon mixture into an 8-inch square baking dish, then pat down. Place marshmallows on top of popcorn mixture and bake 5 minutes.
4. Spoon popcorn mixture back into bowl and let cool about 1 minute. Mix popcorn mixture until evenly coated. Spray your hands with cooking spray and form popcorn mixture into 12 lollipop-size balls. Coat baking dish with cooking spray and place popcorn balls back into baking dish.
5. Bake 5 minutes; remove from oven. Place popsicle sticks in center of balls and carefully press popcorn mixture around sticks to keep them in place. Let popcorn balls cool, then serve.





is for Mac 'n' Cheese...

# Mac and Cheese Cups

Muffin tin cups take the worry out of dishing up just the right serving size when we prepare our creamy homemade macaroni and cheese. These Mac and Cheese Cups are sure to make things easy for you.

## Ingredients

12 round butter-flavored crackers  
1 (8-ounce) package elbow macaroni  
1 (10.75-ounce) can condensed Cheddar cheese soup  
1/2 cup milk  
3 cups shredded sharp Cheddar cheese, reserving 1/4 cup for garnish  
1 egg, lightly beaten  
1 tablespoon butter  
1/2 teaspoon salt  
1/4 teaspoon black pepper

**Yields:** 12

**Cooking Time:** 35 Minutes



## Directions

1. Preheat oven to 375 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. Place a cracker in the bottom of each muffin cup and set aside.
3. Cook macaroni according to package directions; drain and return to pot. Stir in remaining ingredients, except reserved cheese. Evenly spoon mixture into muffin cups and sprinkle with reserved cheese.
4. Bake 15 to 18 minutes, or until heated through. Let sit 4 to 5 minutes then remove from muffin tin by running a knife along the edges to loosen. Serve immediately.

**Notes** How about rounding out your easy macaroni and cheese meal with a cool and crunchy green salad?



is for Nuggets...

# Buttermilk Chicken Nuggets

Why pay for packaged or fast-food chicken nuggets when you can enjoy restaurant-quality versions of the dish right at home? Buttermilk Chicken Nuggets are fast and easy.

## Ingredients

1 1/2 pounds boneless, skinless chicken breasts, cut into 1-1/2-inch pieces

1 cup buttermilk

1/2 cup Italian-flavored bread crumbs

1 (1-ounce) package dry ranch dressing mix

1/4 teaspoon ground red pepper, optional

1 egg

Cooking spray

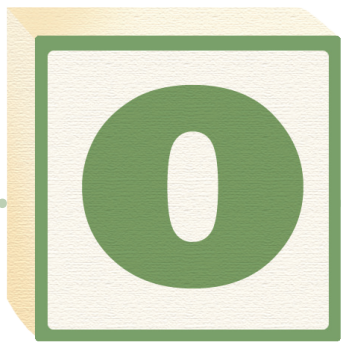
Serves: 6

Cooking Time: 15 Minutes



## Directions

1. Preheat oven to 425°F.
2. In a large bowl, combine chicken and buttermilk; mix well.
3. In a resealable plastic storage bag, combine bread crumbs, dressing mix, and ground red pepper (if desired); seal bag and shake to mix well.
4. In a shallow dish, beat egg well. Drain chicken and add to egg, turning to coat. Place chicken in storage bag; seal bag and shake to coat chicken.
5. Place breaded chicken on a rimmed baking sheet and coat lightly with cooking spray. Bake 15 minutes, or until no pink remains and juices run clear.



## is for Oatmeal... **Oatmeal Bars**

Melt-in-your-mouth Oatmeal Bars are a healthy cookie option that taste so good, no one will even realize how wholesome and nutritious they are!

### Ingredients

3/4 cup (1-1/2 sticks) butter

1 tablespoon maple or maple-flavored syrup

1 teaspoon baking soda

1/2 teaspoon ground allspice

2 cups quick-cooking or old-fashioned rolled oats

1 cup all-purpose flour

1 cup sugar

1/4 cup chocolate chips or raisins (optional)

**Yields:** 21 bars **Cooking Time:** 20 Minutes



### Directions

1. Preheat oven to 350°F. Coat a 9 x 13-inch baking dish with cooking spray.
2. Melt butter and syrup over low heat on stovetop or in microwave.
3. In a large bowl, combine butter mixture, baking soda, and allspice; mix well and let cool.
4. Add rolled oats, flour, sugar, and chocolate chips or raisins, if desired; mix well. Press dough into prepared baking dish.
5. Bake 15 to 20 minutes, or until a wooden toothpick inserted in center comes out clean. Let cool 10 minutes then immediately cut into bars; let cool completely then cut again.



is for Pizza...

# Htsy Bitsy Pizza Bagels

Your kids will be in their glory when you tell them they're going to make their own individual pizzas. Ask them which is more fun -- making them or eating them!

## Ingredients

1 (9-ounce) bag miniature bagels, thawed if frozen

1/2 cup pizza or spaghetti sauce

1 cup (4 ounces) shredded mozzarella cheese

20 slices pepperoni (1 ounce) or 1 (2.5-ounce) jar mushroom stems and pieces, drained

Serves: 20

Cooking Time: 10 Minutes



## Directions

1. Preheat oven to 350°F. Line a cookie sheet with aluminum foil.
2. Split bagels in half and spread 1 teaspoon sauce on each half. Sprinkle each half with 1 heaping teaspoon mozzarella cheese. Add 1 slice of pepperoni or distribute mushroom pieces evenly over and place on a prepared cookie sheet.
3. Bake 10 to 12 minutes, or until cheese is melted.

## Notes

Before baking these, you can wrap them well and freeze for later use. When you want to bake them, just take them right from the freezer and lay them on a cookie sheet. Pop them in a 350°F. oven for 12 to 15 minutes and they'll be ready!



# Q

is for Quesadillas...

## Chicken Quesadillas

Instead of serving up another boring sandwich, add a little spice to lunchtime with a quesadilla. What a crispy, tasty way to brighten up your day!

### Ingredients

- 1 (10-ounce) can chunk chicken, drained and flaked
- 2 cups (8 ounces) shredded Mexican cheese blend
- 8 (10-inch) flour tortillas
- 2 teaspoons vegetable oil

Serves: 4

Cooking Time: 20 Minutes



### Directions

1. In a large bowl, combine chicken and shredded cheese; mix well. Sprinkle evenly over each of 4 tortillas and top with remaining tortillas, making sandwiches.
2. In a large skillet, heat 1/2 teaspoon oil over medium heat. Place one tortilla sandwich in skillet and cook 3 to 4 minutes, or until cheese is melted, turning halfway through cooking.
3. Remove to a covered platter and repeat with remaining sandwiches until all are cooked. Cut each quesadilla into 4 wedges and serve.

**Notes** After cutting each quesadilla, how about adding a dollop of sour cream with some salsa, and a sprinkling of sliced scallions?



is for Raisins...

# Chocolate Chip Raisin Rewards

Wrap these in plastic wrap and they'll travel anywhere with you. Great for picnics, car trips, lunch boxes, anytime.

## Ingredients

1 cup all-purpose flour  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
8 tablespoons (1 stick) butter, softened  
1/2 cup packed brown sugar  
1 egg  
2 tablespoons milk  
1 teaspoon vanilla extract  
1/2 cup raisins  
1/2 cup chocolate chips  
1/2 cup chopped walnuts

**Makes:** 16 Squares **Cooking Time:** 25 Minutes



## Directions

1. Preheat oven to 350°F. Coat an 8-inch square baking dish with cooking spray.
2. In a medium bowl, combine flour, baking powder, baking soda, and salt. Cream butter in a large bowl; gradually add brown sugar and beat until smooth and well blended. Beat in egg, milk, and vanilla. Gradually beat in flour mixture. Stir in raisins, chocolate chips, and nuts. Spread into prepared baking dish.
3. Bake 25 to 30 minutes. Cool on wire rack, then cut into squares.



is for Soup...

# Cheesy Chicken Corn Soup

Cheesy Chicken Corn Soup is chock-full of goodies that will make you feel satisfied and warm all over.

## Ingredients

- 3 (10-3/4-ounce) cans cream of chicken soup, undiluted
- 1-3/4 cups chicken broth
- 1 (16-ounce) package frozen whole kernel corn
- 2 cups chopped cooked rotisserie chicken
- 1 (10-ounce) can diced tomatoes and green chilies
- 1 (8-1/2-ounce) can cream-style corn
- 1 (8-ounce) loaf pasteurized cheese product, cubed (like Velveeta)
- 1 garlic clove, minced
- 1/4 teaspoon black pepper

Serves: 7

Cooking Time: 40 Minutes



## Directions

1. In a Dutch oven, stir together cream of chicken soup and broth until blended.
2. Add remaining ingredients and bring to a boil over medium heat. Reduce heat and simmer 30 minutes or until smooth and thoroughly heated, stirring often.



is for Taco...

# Beefy Taco Bake

Get the excitement and great taste of beef tacos without the work of making individual tacos. This beefy taco bake is sure to make your family happy and your life easier!

## Ingredients

1 pound ground beef  
1 (10-3/4-ounce) can condensed tomato soup  
1 cup salsa  
1/2 cup milk  
6 (6- to 8-inch) flour or 8 corn tortillas, cut into 1-inch pieces  
1 cup shredded Cheddar cheese, divided

Serves: 4



## Directions

1. Preheat oven to 400°F. Coat a 2-quart baking dish with cooking spray.
2. Stir in soup, salsa, milk, tortillas, and 1/2 cup cheese; spoon into prepared baking dish.
3. In a large skillet, brown ground beef over medium-high heat, stirring until crumbled; drain.
4. Cover and bake 30 minutes, or until hot. Sprinkle with remaining 1/2 cup cheese, and serve.





is for Upside-Down Cake...

# Confetti Upside Down Cake

Bring the circus to town with Confetti Upside-Down Cake! You've never seen a cake this beautiful and brightly colored.

## Ingredients

4 tablespoons (1/2 stick) butter, melted

2/3 cup packed light brown sugar

10 maraschino cherries, cut in half

1 (15.25-ounce) can fruit cocktail, drained

1 (18.25-ounce) package yellow cake mix

1 cup water

1/3 cup vegetable oil

3 eggs

2 tablespoons rainbow sprinkles

Serves: 12

Cooking Time: 30 Minutes



## Directions

1. Preheat oven to 350°F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Add melted butter to baking dish and sprinkle with brown sugar. Arrange cherry halves evenly over sugar and sprinkle with fruit cocktail; set aside.
3. In a large bowl, beat cake mix, water, oil and eggs according to package directions. Stir in sprinkles and pour into prepared baking dish.
4. Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean.
5. Let cake stand 5 minutes; loosen gently with a knife and invert onto a serving platter.



is for Vanilla...

# Vanilla Sugar Cookies

This is a versatile cookie 'cause it's perfect as is, or you can use the same dough with other flavorings and come up with really fun variations.

## Ingredients

3/4 cup (1-1/2 sticks) butter, softened  
1 cup sugar  
1 egg  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
2 cups all-purpose flour

**Makes:** 3-1/2 to 4 Dozen Cookies **Cooking Time:** 20 Minutes



## Directions

1. In a large bowl, beat together butter and sugar with an electric beater. Add egg, vanilla, and salt; beat until smooth. Stir in flour and knead lightly until a soft dough forms.
2. Divide dough in half then wrap each half in wax paper to form a cylinder about 1-1/2" in diameter.
3. Refrigerate dough until firm, about 2 hours. Cut dough into 1/4-inch slices and arrange on baking sheets coated with cooking spray. Bake 12 to 15 minutes in a preheated 350°F oven.



is for Wrap...

# Buffalo Chicken Wraps

The meaty taste of chicken and blue cheese is nicely offset by cool, crunchy celery and lettuce in our tasty Buffalo Chicken Wraps. If you can't choose between a chicken wrap and buffalo chicken, grab this meal-in-one!

## Ingredients

- 1 package (6) jalapeño Cheddar wraps
- 6 tablespoons chunky blue cheese or ranch dressing
- 9 small romaine lettuce leaves with ribs removed, shredded
- 3 (10-ounce) packages sliced, cooked chicken breast
- 1/2 cup Buffalo wing sauce
- 3 celery stalks, diced

Serves: 6



## Directions

1. Place the Jalapeño Cheddar Wraps on a cutting board. Spread each wrap with 1 tablespoon blue cheese dressing. Sprinkle the lettuce evenly over the dressing.
2. In a large bowl, combine the remaining ingredients; mix well. Place an equal amount of mixture in the center of each wrap, over the lettuce.
3. Fold in the sides of each wrap to cover half of the chicken mixture. From the end closest to you, roll up each wrap firmly, rolling away from you. Cut each wrap in half and serve immediately, or roll each in wax paper and refrigerate until ready to serve.



is for X-tra...

# Extra Thick Chocolate Shake

Hooray! No more having to search for a home-style diner to get a real, thick chocolate shake. Now you can order up one of these in your own kitchen.

## Ingredients

3 large scoops vanilla ice cream  
2 cups milk  
1/4 cup chocolate-flavored syrup  
1 teaspoon vanilla extract  
1/4 cup whipped cream or frozen whipped topping, thawed

Serves: 4

Prep Time: 5 Minutes



## Directions

1. In a blender, combine ice cream, milk, syrup, and vanilla; blend on high speed until thoroughly mixed.
2. Pour into 4 glasses and top each with a teaspoon of whipped cream. Serve immediately.





is for Yogurt...

# Yogurt Smoothie

This Yogurt Smoothie is a drink that has it all! It looks super, the taste is even better, and it's nutritious. The best part is that it's so yummy, no one will ever guess how nutritious it is!

## Ingredients

2 (8-ounce) cans pineapple chunks, with 1/2-cup juice reserved

1 (16-ounce) can pears, with 1/2-cup juice reserved

1 cup frozen strawberries

3 tablespoons sugar

1 cup plain yogurt

1 cup ice cubes

Serves: 6



## Directions

1. Combine all ingredients except the ice in a blender; blend until smooth. Blend in the ice cubes until smooth, and serve.

**Notes** The great thing about this drink is that you can use whatever fruit you happen to have in the house -- canned, frozen, or fresh. It all works!



is for Ziti...

## Better Baked Ziti

Baked ziti is a favorite Italian pasta dish, and our Better Baked Ziti is so convenient to make, you can easily turn out a restaurant-style baked pasta dish even on a busy weeknight. Now isn't that better than a high-priced restaurant tab?

### Ingredients

- 1/2 pound ziti
- 1 (15-ounce) container ricotta cheese
- 3 cups (12 ounces) shredded mozzarella cheese, divided
- 3 cups spaghetti sauce, divided
- 1/2 cup grated Parmesan cheese

Serves: 8

Cooking Time: 30 Minutes



### Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking pan with cooking spray.
2. In a large pot of boiling, salted water, cook ziti until just barely tender; drain and place in a large bowl.
3. Mix ricotta cheese and half the mozzarella cheese with the ziti. Cover bottom of prepared pan with half the spaghetti sauce. Spoon ziti mixture into pan; cover with remaining spaghetti sauce. Sprinkle with Parmesan cheese and top with remaining mozzarella cheese.
4. Bake 20 to 30 minutes, or until cheese melts and is light golden.

### Notes

The hearty-style prepared spaghetti sauces are especially good with this, and when you don't have ziti on hand, it's fine to simply substitute other shapes.