

Fudge Pie

Submitted by Sheila Fleming

1 stick butter (melted)
3 Tbsp. Cocoa
¼ c. plain flour
1 cup sugar
2 eggs

Mix all together. Pour into a pie shell. Bake 35-40 min. at 325°. Enjoy.

Chicken Lettuce Wraps

Submitted by Diversicare

Ingredients:

2 c. warm cooked chicken , diced
2 green onions, chopped
½ c. shredded carrots
¼ c. water chestnuts, diced
1 Tbsp. low sodium soy sauce
1 Tbsp. rice wine vinegar
9 butter lettuce leaves

Directions:

1. In medium bowl, mix together diced chicken, green onions, carrots, water chestnuts, soy sauce, and rice wine vinegar.
2. Scoop 1/3 cup chicken mixture into each lettuce leaf. Enjoy.

Nutritional Facts:

Servings: 9 Serving Size: 1
Calories: 70 Fat: 2.5 g.
Protein: 9g. Carbs: 2 g.
Fiber: 1 g. Sugars: 1 g.
Sodium: 95 mg.

Baked Rice Pilaf

Submitted by Dorothy Barnett

¼ c. butter (1 stick)
1 medium onion, minced
1 c. uncooked white rice
¾ c. water
1 can beef consommé
1 can sliced mushrooms
¼ c. slivered almonds

Melt butter in skillet, saute rice and onion for 10 min. until rice and onions are pale yellow.

Add water, consommé and drained mushrooms. Bring to a boil, then turn into casserole and cover.

Bake at 400° for 25 min. or until rice is tender and water is absorbed.

Serves 8-10.

Salad 5 Cup

Submitted by Carolyn Roberts

1 c. crushed pineapple, drained
1 c. miniature marshmallows
1 c. coconut, grated
1 c. sour cream
1 c. mandarin oranges, drained

Mix all ingredients in a large bowl.
Refrigerate overnight.