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 **NATE & APRIL** 

**COOK-FF**

**WEDNESDAY, MAY 25, 2016**



# Zucchini Pizza Bites

## Ingredients:

3 zucchini, sliced into rounds

Extra Virgin olive oil

¼ c marinara sauce

1/3 c. mini pepperoni

Dried oregano

Total time: 20 minutes

Serves 4

- Preheat oven to 400 degrees F. Place sliced zucchini on a baking sheet and brush with olive oil.
- Bake until slightly tender, 5 minutes.
- Spoon a layer of sauce over each slice, then top with mozzarella and mini pepperoni.
- Sprinkle dried oregano and bake zucchini is tender and cheese is melted

# BBQ Chicken Cornbread Skillet

## Ingredients:

1 box Jiffy corn muffin mix	Black pepper
½ c sour cream	chicken
2 tbsp butter, melted	1 1/3 BBQ sauce
1 egg	Juice of a lime
½ c corn kernels	1c Cheddar cheese
1 red onion chopped	1c Gouda shredded
¼ cup chopped green onion	salt to taste

Time: 50 minutes

Serves 6

- Preheat oven to 400 degrees F.
- Prepare cornbread base: In medium bowl, mix together corn muffin mix, sour cream, butter, egg and corn. Pour into a large cast iron skillet. Bake for 20 minutes or golden brown on top. Let cool slightly in the pan.
- Saute onions over medium heat. Season with salt & pepper until cooked soft. Add chicken and stir. Stir in a 1 cup of BBQ sauce and lime juice. Season to taste and sauté until warm.
- Poke entire surface of cornbread with fork. Pour BBQ sauce over the cornbread. Add the meat to the mixture and top with shredded cheese. Cover with foil and bake for 20 minutes. Remove foil and broil until cheese begins to brown about 5 minutes. Top with green onions

# S'mores Crescent Roll-up's

## Ingredients:

All-purpose flour, for rolling  
1 tube crescent roll dough  
2c mini chocolate chips  
1c mini marshmallows  
1c graham crackers, crushed

25 minutes

Serves 8

- Sprinkle surface with flour
- On top of floured surface, unroll crescents and separate into triangles
- Meanwhile, in microwave-safe bowl, microwave 1 cup chocolate chips in 30 second increments until melted. Set aside
- Top each crescent, spread 1 tsp of melted chocolate, then top with 1 tsp of mini choc chips, marshmallows, and graham cracker pieces. Roll into crescent shape and transfer to baking sheet.
- Bake at 325 degrees F until golden brown, 15 minutes
- Drizzle with more melted chocolate

# Fruit Salsa with Cinnamon Chips

## Ingredients:

10 flour tortillas  
Cooking spray  
1/3 c sugar  
1 tsp cinnamon  
2 granny smith apples  
1 lemon  
1lb strawberries  
1/2 lb raspberries  
4 tbsp fruit glaze

20 minutes

Serves 4 - 6

Preheat oven to 350 degrees. Combine cinnamon & sugar. Set aside.

Working with 3 tortillas at a time, spray both sides of of the tortilla and sprinkle each side lightly with cinnamon sugar. Stack 3 tortillas and using a pizza cutter, cut tortillas into 12 wedges. Place on a baking sheet and bake 8-11 minutes or until crisp.

Zest the lemon and set aside. Peel and finely chop apple, squeeze 2 teaspoons lemon juice over apples and mix well to combine.

Finely chop strawberries and kiwi. Gently combine all ingredients, the raspberries will break apart a bit but that's what you want. Allow to sit at room temperature at least 15 minutes before serving.

# Caprese Stuffed Chicken Foils

## Ingredients:

2 oz. fresh mozzarella pearls

¼ cup thinly sliced fresh basil

10 cherry tomatoes, halved

2 tsp. balsamic vinegar

½ tsp. salt, divided

½ tsp. ground black pepper, divided

2 chicken breasts

¼ tsp Italian seasoning

1 medium zucchini

1 medium yellow squash

40 Minutes

Serves 2-3

- Preheat oven to 400 degrees F.
- In a small bowl, add the mozzarella, sliced basil, halved tomatoes, vinegar, ¼ teaspoon salt, and ¼ teaspoon pepper. Gently mix to combine. Set aside.
- Cut the ends off the zucchini. Cut it in half, lengthwise. Then, cut it into ½ inch slices (making a half moon shape). Repeat with the yellow squash.
- Tear off two long pieces of aluminum foil (about 1½ feet each). Divide the zucchini and yellow squash between the two pieces of foil, gathering the squash in the middle of each sheet.
- Drizzle the squash with the olive oil. Sprinkle the squash with the Italian seasoning. Then, sprinkle with a pinch of salt and pepper. Set aside.
- Place one of the chicken breasts on a cutting board and cover it with a piece of plastic wrap. Use a mallet to pound the chicken thin and flat (about ½ inch thickness throughout). Repeat with the other chicken breast.
- Divide the tomato mixture between the two chicken breasts. Arrange the tomato mixture in a strip 1 inch away from one of the edges of the chicken. Starting with the edge closest to the filling, roll the chicken around the filling. Use 2-3 toothpicks to secure the seam. Try to keep the toothpicks from sticking too far out of the chicken or else they could puncture the foil.
- Place the stuffed chicken breasts on top of the squash piles. Sprinkle each chicken breast with a pinch of salt and pepper.
- Bring the longest ends of the foil up over the chicken and roll them together. Then roll the short ends in, making sealed packets. Place the packets on a large baking sheet.
- Bake for 25 minutes, until the center of the chicken is 165 degrees F. Let them cool for 5 minutes.
- Drizzle the chicken with extra balsamic vinegar before serving.

# Pink Lemonade Cheesecake Parfaits

## Ingredients:

2 cups graham cracker crumbs  
1 tbsp granulated sugar  
3 tbsp unsalted butter melted  
1 cup heavy whipping cream very cold  
8 oz cream cheese softened  
3/4 cup powdered sugar  
1 tsp dry pink lemonade mix

20 Minutes

Serves 4

- 1. In a small bowl, mix together graham cracker crumbs and granulated sugar. Using a fork, continue to stir while pouring in melted butter. Fluff with a fork until there are no large clumps and all the graham crackers are damp. Set bowl aside. 2. Using a stand mixer (or a hand mixer + large bowl), beat cold whipping cream on high speed until it doubles in size and forms stiff peaks. Set bowl aside. 3. Using a hand mixer (or your stand mixer again, if you're able), beat the cream cheese, powdered sugar, and pink lemonade mix until there are no longer any clumps of cream cheese visible. 4. Pour cream cheese mixture in with fluffed heavy cream. Mix together on medium speed. If desired, add food coloring at this time. I used 2 drops of red gel food coloring. 5. Decorate serving glasses as you see fit, whether it be to have one layer each of graham crackers and cheesecake (as pictured) or multiple layers of both. When adding graham cracker layers, do not worry about packing it down like you would for a standard cheesecake crust, because you are not baking this. Just lightly pour the graham cracker in and keep it loose. 6. Chill cheesecakes at least 1 hour before serving. Add sprinkles if on top desired.