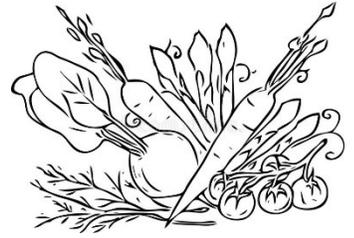


Mashed Potatoes



2 pounds baking potatoes, peeled and quartered
2 Tablespoons butter
1 cup milk
salt and pepper to taste

1. Bring a pot of salted water to a boil.
2. Add potatoes and cook until tender but still firm, about 15 - 20 minutes; drain.
3. Mash the potatoes with a masher.
4. Add 2 Tablespoons of butter; mash.
5. Slowly blend milk into potatoes; mix until smooth and creamy.
6. Season with salt and pepper to taste.

Modifications:

Add a little garlic or onion powder.
Use chicken stock instead of milk.
Add sour cream or cheese.

Sweet Potatoes

5 sweet potatoes, pared and cut into large pieces
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup packed brown sugar
3 tablespoons orange juice
1 (10.5 ounce) package miniature marshmallows

1. Place sweet potatoes in a large electric skillet with enough salted water to cover. Bring to a boil, and cook until tender, about 15 minutes. Remove from heat; drain.
2. Add the butter, brown sugar, orange juice to the potatoes; stir until the potatoes are evenly coated. Top with miniature marshmallows.

Brussels & Bacon

Bacon
Brussel sprouts
Salt

1. Put 1 – 2 slices of bacon in a skillet and cook until crisp.
2. While the bacon is cooking, rinse the Brussel sprouts. Cut them in half and remove any damaged outer leaves.
3. Remove the bacon from the pan, but leave the bacon grease. Add the Brussels to the pan and cook for about 10 minutes over a medium heat, while stirring so they don't burn.
4. Salt to taste.

Green Beans, Zucchini, & Bacon

Green beans (fresh or canned)

Zucchini, sliced into ¼-thick slices

Bacon

1. Cook 2 slices of bacon in a skillet.
2. Fill a saucepan with water and add a good amount of salt (not a sprinkle). Bring the water to boil. Add the fresh green beans and cook for 4 – 5 minutes. Drain.
3. Remove the bacon from the skillet, but leave the bacon grease.
4. Sauté the zucchini in the bacon grease.
5. Add the green beans to the zucchini. Top with crushed bacon pieces.

Tomato & Okra

Tomatoes, cut into eighths

Onion, cut into large pieces (1-inch square)

Okra, cut into bite-size pieces

Oil

Pinch of sugar

Salt & pepper

1. Cook the okra in salted water; Drain.
2. Add oil to a skillet on medium heat. Sauté the onion in the oil.
3. Add the okra and tomato.
4. Cover and lower the heat. Cook until the tomato is soft.
5. Add a pinch of sugar to reduce the acidity of the tomatoes. Salt and pepper to taste.

Roasted Vegetables

Baby carrots

Brussel sprouts

Asparagus

Olive oil

Salt and pepper

1. Heat the oven to 425°F.
2. Put the carrots in a bowl and pour about 1 -2 Tablespoons of olive oil on them. Toss to coat.
3. Put the carrots on a sheet pan. Salt the carrots. Bake for 20 – 25 minutes until slightly browned and tender.
4. Cut the Brussel sprouts in half and remove damaged outer leaves. Put the Brussel sprouts in the bowl with olive oil. Toss to coat.
5. Put the Brussel sprouts on a sheet pan. Salt them. Bake for 25 – 30 minutes until brown and crispy on the outside.
6. Break the bottom part of the asparagus stems off. Put them in the bowl with olive oil and toss to coat.
7. Put the asparagus on a sheet pan. Salt them. Bake for 10 minutes.