

Soups & Vegetables

Ryan's Pizza Soup (by Ryan and Dr. Jesse)

1 1/4 C sliced mushrooms
1 C chopped tomatoes
1/2 C chopped onion
1/2 C cooked Italian sausage
1 tsp vegetable oil
1/4 tsp Italian seasoning
2 C water
1/4 C grated Parmesan cheese
1 (15 oz.) can pizza sauce
Shredded Mozzarella cheese
1 C chopped pepperoni

Sautee onion and mushroom in oil until tender. In large saucepan, combine pizza sauce, water and seasoning. Add onion, mushrooms, pepperoni, sausage and tomatoes. Bring to a boil over medium heat. Reduce heat to simmer, covered, for 20 minutes. Stir occasionally. Stir in Parmesan cheese and garnish with mozzarella cheese.

"You'd better cut the pizza in four pieces because I'm not hungry enough to eat six."â€”Yogi Berra

Cyndy's Country Potato Salad (by Cyndy and Dr. Jesse)

3/4 C reduced calorie mayonnaise
1/4 tsp. pepper
1/4 C sour cream
2 lbs red potatoes, cooked and cubed
3 Tbsp white wine vinegar
1 1/2 frozen green peas, thawed
2 Tbsp each of fresh dill and parsley
1/2 C sliced green onions
2 tsp sugar 1 1/2 tsp salt

In large bowl, combine mayonnaise, sour cream, vinegar, dill and parsley, salt, sugar, and pepper. Add potatoes, peas and green onions. Combine gently. Cover and chill to blend flavors. Serves 8.

Kathy's Likity Split Citrus Salad

1 avocado
1/4 C slivered red onion
1 small head Boston lettuce

2 Tbs sliced black olives
2 oranges, peeled & sliced
1/3 C Italian salad dressing
1 small head radicchio

Peel and slice avocado. Cover with plastic wrap until ready to use to prevent browning or oxidation. Arrange lettuce on plate. Arrange radicchio leaves on top of lettuce, and top with orange slices. Next, place avocado slices. Sprinkle red onions and black olives. Drizzle dressing. Cover with plastic wrap until ready to serve. Serves 4.

Terry's SpringTime Salad

1 Bag fresh spinach
2 pints hulled & halved strawberries

Dressing:

1/2 C Sugar
1/4 tsp Worcestershire sauce
2 Tbs sesame seeds
1/4 tsp paprika
1 Tbs poppy seeds
1/2 C vegetable oil
1 1/2 tsp minced onion
1/4 C cider vinegar

Combine spinach and strawberries. For dressing, whisk together sugar, sesame seeds, onion, paprika, Worcestershire, and vinegar. Keep whisking while adding oil slowly. Top salad with desired amount of dressing.