

SAVORY MEALS FOR ONE OR TWO

Plus Kitchen Tips.



Life is more fun when you know what you're having for dinner!

**Research, reduced recipes, writing and taste testing by Anne Engen.
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Welcome to Savory Meals For One or Two, plus Kitchen Tips.

The writer spent 8 months researching, taste testing and scoring dozens of recipes. The criteria was a savory main dish, 300 to 500 calories per serving. Few or no “fancy” ingredients, and easy to prepare.

Here is the score card.

Excellent

Pretty good

Too much work

Husband and stray cat refuse to eat. (Yes they had standards.)

Beside the recipes, we'll learn where to find meats in small amounts, and how to get creative with leftovers.

The second part of this lesson is called Kitchen Tips and we hope to have time to share our own kitchen tips ideas.

The Savory Meals are alphabetical listed.

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Class, how do you define the word “Savory” ? (Listen to their answers.)

Appetizing to the taste or smell? Just yummy? Makes you want seconds. Page 1

Beef **Easy Beef Stroganoff in the Slow Cooker**

¾ pound cubed beef stew meat

1 cup thickly sliced mushrooms (or more)

½ can condensed cream mushroom soup (high-quality)

½ cup milk

1 onion, chopped

1 Tablespoon Worcestershire sauce

one clove garlic, diced

Fresh or dried parsley

3 oz. cream cheese

¼ cup sour cream used before serving

Step 1. Combine beef, mushrooms, soup, milk, onion and Worcestershire sauce in slow cooker.

Step 2. Cook on High for 3 to 4 hours, or low for 5 to 7 hours.

Step 3. Stir in cream cheese until well dissolved; cook 1 more hour.

Step 4. Serve over cooked pasta, rice, mashed potatoes, or cauliflower potatoes.

Step 5. Top with tablespoons of **sour cream**.

Sprinkle with pepper, parsley and other herbs if you like.

Sloppy Jane Sandwiches (why should Sloppy Joe get all the credit)

½ pound ground beef

½ onion, chopped

½ cup ketchup

2 tablespoons water

1 tablespoon brown sugar

1 teaspoon each Worcestershire sauce, mustard, and chili powder

1 teaspoon white vinegar (this balances the sweetness and spices)

¼ teaspoon each garlic powder, salt and onion powder.

Step 1. Heat a large skillet over medium-high heat and stir in ground beef and onion. Stir and crumble beef until brown and no longer pink, about 10 minutes. Drain if needed.

Step 2. Add ingredients and bring to a boil. Reduce heat to low, cover and simmer until sauce has thickened. Maybe 30 minutes.

Serve on two toasted buns, or try on baked potatoes, or over cooked rice.

Chicken Skillet Chicken Curry with Butternut Squash

1 **apple**, peeled, cored, chopped
½ **onion**, chopped
2 cups cubed **butternut squash** (or more)
1 tablespoon **butter and oil**
1 can **cream of chicken soup**
½ cup **milk or cream** OR use chicken broth.
½ cup sliced **mushrooms** (or more)
1 generous teaspoon **curry powder** (less if you're not sure you like curry)
1/8 teaspoon **pepper**, ½ teaspoon **salt**.
½ pound or more **skinless chicken thighs**, cut into 1 inch pieces
½ tsp. **smoked paprika**.

Step 1. In heavy skillet cook apple and onion in butter & olive oil, until tender.

Step 2. Stir in curry. (Heat makes curry bloom.) Simmer for another 2, 3 minutes.

Step 3. Add soup, cream, pepper, salt and stir, bring to a simmer.

Step 4. Add ½ pound or more skinless thighs and smoked paprika. Stir.

Bring to a simmer and cook 20 or 30 minutes, stir occasionally.

Serve over hot rice, toast, or mashed potatoes. Can freeze leftovers.

Pecan Crusted Chicken

6 oz. Jar **apricot preserves**
1/8 cup **Dijon style mustard**
½ teaspoon **curry powder**
2 **skinless boneless chicken breast halves**
½ cup **coarsely chopped pecans**. (or more)

Step 1. Preheat oven to 375, lightly grease 8x8 or 9x9 baking dish.

Step 2. Combine preserves, mustard and curry powder in skillet and heat over low heat, stirring constantly until preserves are melted.

Step 3. Place pecans in shallow dish. Dip chicken breast in skillet sauce, then roll in nuts to coat and place in baking dish.

Step 4. Bake for 20 to 25 minutes @ 375.

Chicken Bulgogi (traditional Korean barbecue)

Place $\frac{3}{4}$ pound of **skinless, boneless chicken breasts** on a plate in freezer. Start gathering and cutting your choice of vegetables. Carrot straws, narrow slices of yellow or orange peppers, small broccoli florets, cauliflower or mushrooms.

1/2 cup chopped **onion**

5 tablespoons **soy sauce**

2 $\frac{1}{2}$ tablespoons **brown sugar**

2 tablespoons minced **garlic**

1 tablespoons **sesame oil**

1 tablespoon of **sesame seeds**.

$\frac{1}{8}$ teaspoon of **cayenne** (tiny tiny pinch the first time you make it.)

Salt and ground black pepper to taste.

Best eaten with rice.

Freeze without broccoli.

Take chicken out of freezer after 20 minutes. Cut into thin strips.

Step 1. Whisk onion, soy sauce, brown sugar, garlic, sesame oil, cayenne pepper salt and pepper together in a bowl until marinade is smooth.

Step 2. Cook and stir chicken, marinade and veggies together in a large skillet over medium-high heat until chicken is cooked through, about 12 minutes. Don't cook out all the sauce. If you need more sauce use a sweet soy sauce.

Check the 1 pound tubed ground meats at your grocery. Perfect for meatloaf'. There is ground chicken, turkey, Italian seasoned chicken, pork, or zesty flavors.

1 # ground **meat** (Check the ingredients which usually contains salt.)

$\frac{1}{3}$ cup **milk**

$\frac{1}{4}$ teaspoon **sage**

$\frac{1}{4}$ teaspoon **dry mustard**, Plus one **egg**

3 tablespoons of diced **onion** and some **diced garlic**

1 $\frac{1}{2}$ slices of **bread**, torn into small bits, **OR** $\frac{1}{3}$ cup **dried bread crumbs**.

Mix together, take a heaping teaspoon of mixture, put on small microwave safe dish.

Flatten it a bit, cook for 30 seconds, Cool it, taste for salt and seasonings.

Mix equal amount of ketchup and barbecue sauces, cover top of meatloaf.

Bake in oven for 30 to 45 minutes. Or Microwave on high for 14 to 17 minutes.

Chicken Marsala

2 Tablespoons **flour**

¼ teaspoon **salt**

pinch of ground black **pepper**

¼ teaspoon of dried **oregano**

2 medium skinless, boneless **chicken** breast halves, pounded ¼ inch thick

2 tablespoons **butter**

2 tablespoons **olive oil**

½ cup or more sliced **mushrooms**

¼ cup **Marsala wine** (cooking wine)

2 Tablespoons cooking **sherry**

Step 1. In a shallow dish, mix together flour, salt, pepper and oregano and coat pieces in flour mixture.

Step 2. In a skillet, melt butter in medium heat add olive oil, stir.

Place chicken in pan and lightly brown, turn over chicken pieces.

Step 3. Add mushrooms and pour in wine and sherry. Cover skillet.

Step 4. Simmer chicken 10 minutes, turning once, until no longer pink.

Chicken Cordon Bleu

1 **chicken breast** cut in half horizontally, then pounded to ¼ inch thick.

1 large **egg**

½ teaspoon **Dijon mustard**

1/3 cup **flour**, and 1/3 cup **Parmesan cheese**

½ teaspoon **garlic powder**

½ cup **oil**

1/8 pound thin **deli ham** (think sandwich cuts)

1/2 cup of **shredded Swiss cheese** or 2 thick slices of Oregon's best Swiss Cheese

Step 1. Preheat oven to 375. Season chicken cutlets with salt and pepper,

Step 2. Get 4 sturdy paper plates or bowls. Whisk egg & Dijon mustard in **one**.

Step 3. Combine flour, Parmesan cheese and garlic powder in number **two**.

Step 4. Dip chicken into egg mixture, let excess drip off, place in bowl **three**.

Step 5. Dredge chicken in flour mixture then set on plate number 4.

Heat oil in skillet over medium heat, add chicken, cook until golden brown, 3 or 4 minutes. Flip over and cook 3 – 4 minutes more. Place on baking sheet, top with ham slices, cover with Swiss cheese, heat in oven to melt cheese.

Chicken Divan

2 cooked **chicken breasts** diced large

½ pound **broccoli** steamed tender

1 can cream of **chicken soup** (if using low salt soup, add ¼ Tsp. lemon/pepper)

¼ cup **mayo OR sour cream**

¼ teaspoon **lemon juice**

¼ teaspoon **curry OR oregano**

slivered **almonds and/or buttered Panko crumbs and/or cheddar cheese**

Step 1. Spray 8 x 8 pan

Step 2. Layer broccoli florets and chunks of chicken in pan.

Step 3. Mix soup, mayo, lemon juice, seasonings, spread over chicken.

Step 4. Add toppings. Spray a square of foil, cover dish. Chill to blend flavors.

Step 5. Heat oven to 350. Take pan out of fridge.

Step 6. Bake 30 minutes, remove foil to toast your toppings.

Baked Chicken Thighs with Apple and Onion

2 large bone-in, **chicken thighs**

salt and pepper

1 tablespoon vegetable **oil**

½ medium **onion**

½ cup **apple cider** and ¼ cup **chicken stock**

1 teaspoon fresh **thyme** or 2 teaspoons leaves (or use a bit of powder thyme)

1 medium **apple**, cut into slices

1/8 cup **heavy cream**, or whatever you have, ½ tablespoon cornstarch.

Step 1. Preheat oven to 350 degrees. Season both thighs with salt and pepper.

Step 2. Heat oil in oven-proof skillet. Add thighs to hot oil, cook until browned on both sides, about 4 minutes per side. Transfer chicken to a plate.

Step 3. Add sliced onions to skillet, saute about 3 minutes. Pour in apple cider and chicken stock, scraping bottom of pan to loosen browned bits.

Step 4. Stir in thyme & salt, simmer until onions are soft, turn off heat.

Step 5. Add chicken back to skillet, spoon some sauce over the top. Arrange sliced apples around the chicken. Cover skillet with lid or foil.

Step 6. Bake in oven for 15 minutes. Whisk cream and cornstarch together in small cup, stir into sauce, spoon some over chicken. Bake another 15 minutes more, until chicken reaches 165 degrees near bone.

Eggs How to Hard-Cooked Eggs.

Bring 1 inch water to rolling boil in medium saucepan over high heat. Place eggs in steamer basket. Transfer basket to saucepan. Cover, reduce heat to medium-low, and **cook eggs for 13 minutes**. While eggs cook, combine 2 cups ice and 2 cups cold water in medium bowl. Use tongs or spoon to transfer eggs to ice bath; let sit for 15 minutes. Peel and enjoy. (From Cook's illustrated magazine)

Quiche Supreme

1 9 inch deep dish frozen pie crust

½ Tablespoon finely chopped **green bell pepper (or any colored pepper)**

½ small **onion**, finely chopped

1 cup chopped **mushrooms**

3 **eggs**

This quiche freezes well after baking.

1 cup **heavy cream**

4 ounces shredded **Monterey Jack cheese**

4 ounces shredded **Swiss cheese**

6 ounces cooked **chopped ham OR pork sausage**

¼ teaspoon **vinegar**

Pinch of dried **tarragon, garlic powder, nutmeg, dried parsley, salt & pepper**

Step 1. Preheat oven to 350, pre-bake crust for 10 minutes, set aside to cool.

Step 2. Saute bell pepper, onion and mushrooms until onion is soft, set a side.

Step 3. In a bowl mix eggs and cream together. Stir in Jack and Swiss cheese, ham or sausage, sauteed vegetables, vinegar and spices. Pour into crust.

Step 4. Bake in preheated oven for 55 to 60 minutes until filling is set.

Creamy Cottage Cheese Scrambled Eggs

1 tablespoon **butter**

¼ cup **cottage cheese**

4 **eggs**, beaten

1 teaspoon of chopped **chives**, or to taste

Step 1. Melt butter in skillet over medium heat. Pour in eggs, let cook undisturbed until bottom of eggs begins to firm, one to two minutes.

Step 2. Stir cottage cheese and chives into eggs and season with black pepper.

Step 3. Cook and stir until eggs are nearly set, 3 or 4 minutes more.

Pork “Better than Going Out” Sweet and Sour Pork

½ pound pork loin, cut into bite-sized pieces

2 teaspoons Chinese five-spice powder

1/8 cup vegetables oil

2 cups of red, yellow and orange bell peppers, cut into bite sized pieces

¼ of red onion, cut into bite-sized pieces

2 cloves of garlic, chopped (*Prep veggies early in your day, store in fridge*)

½ cup or more chopped broccoli

½ cup fresh pineapple, cut into bite-size chunks

¼ cup sweet and sour sauce (don't buy, make your own, it's wonderful)

Step 1. Place **pork** in a bowl, mix in **Chinese five-spice powder**.

Step 2. Heat 1 TB spoon **oil** in pan, stir-fry pork for 5 minutes.

Remove pork to a plate.

Step 3. Add remaining oil as needed; stir-fry colorful **peppers with onion and garlic** until crisp-tender, 3 to 5 minutes. Stir in broccoli and pineapple, stir-fry for 3 minutes more.

Step 4. Stir **pork** and **sweet and sour sauce** into pan, stir-fry until pineapple is lightly browned, about 2 minutes. Serve with rice.

Sweet and Sour Sauce (enough for several servings, make before cooking pork)

1 cup pineapple juice (don't have enough, add lemonade)

¾ cup light brown sugar

1/3 cup rice vinegar or apple cider vinegar

3 Tablespoons ketchup

2 Tablespoons soy sauce

Bring to a boil in saucepan.

Mix 1 ½ Tablespoons cornstarch

dissolved in 2 Tablespoons cool water

Add to slurry, simmer, stir until thickened.

Pour some over your serving

Cool, store unused sauce in fridge.

Baked Pork Chops in Mushroom Sauce

2 pork chops
olive oil cooking spray
½ teaspoon garlic powder, ¼ tsp. chili powder and ¼ tsp. paprika
½ can condensed cream of mushroom soup
1 plump ripe tomato, diced, include all juice
½ sweet or yellow onion, thinly sliced
option, add some sliced mushrooms
brown sugar

Step 1. Preheat oven to **350 degrees**

Step 2 . Heat heavy skillet over medium high heat.

Step 3. Spray **pork chops** with cooking spray and **season with garlic powder, chili powder and paprika.** (great with smoked paprika)

Step 4. Brown chops in hot skillet, turning frequently until lightly browned, 5 to 8 minutes total. Transfer to casserole or baking dish.

Step 5. Mix **mushroom soup and juicy diced tomatoes** together and pour over pork chops. Place **onion slices** on top, sprinkle with **brown sugar.**

Cover dish tightly with foil. Bake 40 minutes. 231 calories per serving

Peaches and Pork, ready in less than 30 minutes

small package of **thin cut pork loin chops**
2 cups of bite size chopped **yellow and orange bell peppers**
½ cup of chopped **onion**
1 small can of **sliced peaches**, partly drained. You may want to serve only ½ can.

Step 1. Season the amount of thin cut pork loin chops you wish to eat.

Step 2. Saute peppers and onion in medium pan until tender.

Step 3. Open peaches, add to tender peppers and onion, simmer

Step 4. Grill pork, 3 minutes per side. Then pour peaches and peppers over your thin cut pork loin chops. Eat when everything is hot.

Seafood Doubled-Glazed Salmon

This is a different way to cook salmon as your piece will be moist and tender. No frantic worry that you might over roast or grill your expensive salmon.

2 servings of salmon (1 inch thick or less)
1/8 cup table salt for brining
1/8 cup sugar for brining
1 recipe glaze (recipes follow), divided
½ teaspoon vegetable oil

Step 1. Dissolve **salt and sugar** in 1 quart cold water in a container. Submerge **salmon fillets** in brine and let stand at room temperature for 15 minutes.

Step 2. Heat oven to 300 degrees. Oven rack in middle position.

Step 3. Make Smoky Maple Glaze OR Lemony Thyme Glaze.

Smoky Maple Glaze

1/3 cup white wine OR red wine vinegar
3 tablespoons maple syrup + 1 tablespoon brown sugar
4 teaspoons soy sauce
1 ½ teaspoon cornstarch
1/8 teaspoon or more liquid smoke

Combine all ingredients in small saucepan, stir until no lumps remain. Simmer over medium-high heat, stir frequently. Cook for one minute. Remove from heat.

Lemony Thyme Glaze

1/4 cup lemon juice 4 teaspoons soy sauce
2 tablespoons of sugar 1 ½ teaspoons cornstarch 6 sprigs fresh thyme
Combine all in small saucepan, stir, bring to simmer over medium heat, cook.
Remove from heat, discard thyme strings just before using.

Step 3. Remove **salmon** from brine, pat dry.

Step 4. Heat **oil** in oven safe nonstick skillet over medium-high. Place **fillets**, flesh side down, in skillet and cook for 2 to 3 minutes, until flesh side is browned. Flip fillets and reduce heat to low. Cover tops of fillets with 1 to 2 tablespoons of your sauce. Transfer skillet to oven, bake for 10 minutes a little longer if 1 inch thick. Brush with more glaze. Sprinkle with parsley. Enjoy

Put unused glazes in small jars in refrigerator for next time. Mark jars.

How to cook Shrimp, America's most popular seafood.

When buying shrimp check this – wild shrimp tend to be sweeter as they eat algae. Farm raised shrimp have added salt or chemicals such as sodium tripolyphosphate (STPP) to prevent water loss during thawing. STPP leaves slight metallic taste. And rubbery texture when cooked. Check package label: should only read “Shrimp”. Shell-on Shrimp is cheaper and in better shape than shell off shrimp.

Two methods for defrosting bagged shrimp. 12 hours in refrigerator or submerge bag in cold water for about an hour, weighing it down and flipping bag over.

Pan-searing

Step 1. Lightly oil **shrimp** (NOT skillet). Toss 1 tablespoon oil to coat shrimp.

Step 2. Season with 1/8 teaspoon **sugar** to boost browning and sweetness.

Step 3. Start cold in a slick pan, add shrimp in single layer. A cold start means the shrimp will heat up gradually, so the muscle won't contract and buckle.

Step 4. Once the shrimp are spotty brown and pink at the edges on the first side, 3 or 4 minutes, cut the heat and quickly turn each piece, let residual heat gently cook the shrimp the rest of the way.

20 minute Honey Garlic Shrimp.

¼ cup honey, 1/8 cup soy sauce, 1 garlic clove minced (or ½ tsp jarred minced)

½ pound medium uncooked shrimp, peeled & deveined, 1 tsp olive oil.

Step 1. Whisk **honey, soy sauce, garlic together** in bowl. Divide in half.

Step 2. Place **shrimp** in bag, pour in half of sauce. Chill 15 minutes or more .

Step 3. Heat **olive oil** in skillet over medium high heat. **Discard** used marinade and cook shrimp on one side until pink, about 45 seconds, flip shrimp over.

Pour last half of marinade over shrimp, cook 1-2 more minutes.

Garnish with **chopped green** onion if you like. Double for 4 servings.

1. Cocktail Sauce

Whisk together 1 cup ketchup,
1/4 cup horseradish, 1 teaspoon
lemon juice, ½ teaspoon Old Bay
seasoning & 1/8 tsp. Cayenne pepper.

Serve with lemon wedges

2. Cheap Cocktail Sauce

Stir together Heinz Chili Sauce
and whipped cream from a can.
Use equal parts or more cream
than chili sauce.

Soup - Green Dragon Soup

For 2 servings

1 cup dry split peas
3 cups water with 1 Tablespoon chicken bouillon
½ teaspoon curry and ½ teaspoon coriander
1 cup carrots cut into “nickels”
½ package of maple breakfast sausage piggies

Green Dragon Soup for 5 + servings Double recipe.

Step 1. Bring **chicken broth** to a boil.

Step 2. Rinse **split peas**, make sure no debris is included in peas.

Step 3. Add washed split peas to broth along with spices. **SIMMER** soup.

Step 4. Grill breakfast **sausage piggies** according to package. Turn often.

Step 5. Keep stirring soup. Cut piggies into nickels and add with carrots to soup.
Simmer until carrots are tender. Taste and adjust flavor.

Name comes from running a food program for preschoolers who wrinkled their noses at the name split pea soup. So I named it Green Dragon Soup. Ohhhhh!

Quick Tomato Soup

1/8 cup **butter**
1/8 cup **flour**
½ teaspoon **curry powder** and 1/8 tsp. onion powder
2 11.5 cans of **tomato juice** (good brand)
1/8 cup **sugar**

Step 1. Melt butter in sauce pan. Stir in flour, curry powder and onion powder.

Step 2. Gradually add tomato juice and sugar. Cook, uncovered, until thickened. Top with croutons OR bacon and cheese OR chickpeas, cumin, paprika & crumbled feta OR add garam Marsala, turmeric and chili powder for Indian-spiced tomato soup. Soup crackers or buttery crackers on top.

What to do with leftovers

We all save the last of the meatloaf or vegetables or fruit or bacon or ground meat, putting each in a small container that you shove in your refrigerator. At the end of your week you should pull them out and ask -

What could you put in a sandwich or soup?

What could you stir into scrambled eggs?

Could they go into a turkey or chicken pot pie?

Have you ever built your own pizza

Canned pizza dough is found next to canned biscuits.

Use ½ of a can of dough for a small pizza. Follow directions to pre bake dough, top with pizza sauce, next is proteins, next fruit or veggies, top with several kinds of cheese, sprinkle with Italian seasonings. Bake according to directions.

Pot Pies Two ways to make chicken, turkey or mixed meats pot pies.

1 ½ cup chopped mixed veggies (cooked is best)

1 ½ cut-up cooked turkey, chicken or other meats

1 can cream of chicken soup, or low sodium soup, or home made gravy.

Step 1. Mix together, pour into oven proof pie dish. Sprinkle with poultry seasonings.

Step 2. For a topping, mix 1 cup biscuit mix, ½ cup milk and one egg.

Pour over your vegetables and meats.

Step 3. Bake in 375 degree oven for 30 minutes.

Second choice for topping your pot pie.

Step 1. Take a frozen pie crust out of freezer. Turn it upside down on top of a square of wax paper on your counter. Let sit for 20 minutes.

Step 2. Gently push the softened pie crust flat. It will crack a bit, but use wet fingers to carefully patch cracks in your pie crust.

Step 3. Slide pie crust off onto your pot pie. Cut vents in crust,

Step 4. Bake at 375 or higher for 30 minutes.

Protect edges of pie crust with strips of aluminum foil.

You deserve some chocolate

The best small-batch creamy chocolate pudding for 2

$\frac{3}{4}$ teaspoon **vanilla extract**

3 tablespoons **sugar**

1 tablespoon **Dutch-processed cocoa**

2 teaspoons **cornstarch**

(If you enjoy bitter sweet chocolate add $\frac{1}{8}$ teaspoon of espresso powder)

$\frac{1}{4}$ teaspoon table **salt**

3 tablespoon **heavy cream**

1 large **egg yolk**

$\frac{3}{4}$ cup **whole milk**

1 $\frac{1}{2}$ tablespoon **unsalted butter**, cut into 2 pieces

1 $\frac{1}{2}$ ounces **bittersweet chocolate**, chipped fine

Step 1. Stir together **vanilla** and if wanted, espresso powder in bowl; set aside.

Step 2. Whisk **sugar, cocoa, cornstarch, and salt** together in large saucepan.

Step 3. Whisk in **cream and yolk** until fully incorporated, scrape all edges of pan.
Whisk in **milk** until incorporated.

Step 4. Place saucepan over medium heat; cook, whisking constantly, until mixture is thickened and bubbling over entire surface, 4 to 6 minutes.
Cook 30 seconds longer, remove from heat, add butter and chocolate.
Whisk until melted and fully incorporated. Whisk in vanilla mixture.

Step 5. Pour pudding through fine-mesh strainer into bowl. Press lightly greased parchment paper against surface of pudding, place in refrigerator to cool, at least 1 $\frac{1}{2}$ hours or up to 2 days. Stir briefly and serve.
Enjoy this silky-smooth pudding from Cook's magazine staff.

Kitchen Tips sent to Cook's Magazine

1. To make airier and smoother scrambled eggs and omelets use an immersion blender.
2. To clean your waffle iron, wrap the end of a chopstick or skewer in a bit of damp paper towel and drag through the iron's grooves.
3. Making a platter of sliced fruit to take to a gathering? To prevent browning sprinkle a bit of lemonade mix over your fruit, also adds sweetness.
4. Separate bacon strips with ease before you open the package. Grab the package's short ends and twist them in opposite directions to loosen the stuck-together slices.
5. Instead of using plastic wrap to cover foods in your microwave, use a paper coffee filter. Most are the perfect size to cover bowls and plates.
6. When you can't squeeze any more chocolate or other ice cream toppings out of the bottle, add some milk and shake to make a favorable drink. Plus your bottle is ready for recycling.
7. If you are cutting an avocado in slices or cubes to take to a party or picnic, submerge them in a tasty vinaigrette so they don't brown.
8. When making a deep dish pizza, use a spring-form pan. Once the pizza is baked, simply loosen the collar and slide out your perfect pizza.
9. Making a fruit quick bread and some don't care for nuts or raisins, build a dam across your pan using graham crackers to divide the pan in half. Place a nut or some raisins on top of the half including them.
10. You know those freshness seals on small-mouthed jars with tiny tiny tabs! They are annoying and difficult to peel off. Keep a pair of sanitized needle-nose pliers in your kitchen drawer to grab and pull off the seal. If all fails, use the needle-nose pliers to stab the seal.

11. Turn a broth box into an ice pack. Add soap and water to your empty box shake and rinse. Fill with water, leaving an inch of room at the top. Place in freezer. The boxes stack nicely, making them perfect for use in a cooler or insulated carrier.
12. Use a canning jar lid to clean out the seeds in a large zucchini, melon, squash, or pumpkin. The edge of the lid is sharp and you can easily maneuver your way along the curves of your seedy vegetables.
13. When a bottle of ketchup or mustard is almost out add a bit of oil, garlic and spices then shake it. Use it to marinade small batches of pork or chicken.
14. Some time ago we learned that carbon dioxide exhaled into bags of salad greens slowed the process of ripening and wilting. It just wasn't very sanitary. Now there is a cleaner approach - use a soda maker. It dispels carbon dioxide gas into a zipper-lock bag. These greens last almost twice as long (nine days) versus (5 days) for those without that carbon dioxide gas.

Share your kitchen tips.