



Catalina Chicken stir fry

- 1 lb. boneless skinless chicken - cut up
- 1/4 cup (or a bit less - "to taste") soy sauce
- 1/2 tsp. Garlic powder
- 3/4 cup Catalina Dressing (use the light version)
- 1 pkg. frozen stir fry vegetables or whatever veggies you like best (or 3 cups fresh veggies)
- 1 pkg. of boil in bag rice (cooked) or 2 cups cooked rice

cook chicken until done - add sauce, garlic powder, and dressing - cook until it starts to reduce a bit and change color.
Add veggies - cook until done stirring occasionally- add rice -turn off heat and let sit for 5 minutes

serves 4

Sombrero taco-pasta Salad

- 1 package spiral noodles (16 oz)
- 1 pound ground beef or ground sirloin
- 3/4 to 1 cup water
- 1 envelope taco seasoning
- 2 C. (8 oz) shredded cheddar cheese
- 1 green pepper, Chopped
- 1 onion - Chopped use a medium onion - or to taste
- 1 tomato chopped
- 1 to 2 cans (2-1/4 ounce size cans) sliced ripe olives, drained
- 1 bottle (16 oz) catalina or western dressing

cook pasta.

Meanwhile - in a pan, cook beef over medium heat until done. Drain off fat. Add water and taco seasoning, simmer uncovered for approx. 15 minutes.

Rinse pasta in cold water and drain - put pasta in large bowl. Add beef mixture, cheese, green pepper, onion, tomato and olives.

Mix well.

Add dressing and toss to coat evenly. Cover and refrigerate.

10 servings

Puppy chow

- 1 12 oz box crispix cereal - put in large bowl
- 1 stick butter (or margarine)
- 1 C peanut butter
- 1 C. chocolate chips

1/4 to 1/2 bag of powdered sugar

melt butter, peanut butter and chocolate chips, stir until smooth. Pour over Crispix and stir/fold well until all is coated.
Dust with powdered sugar (best to dump into paper bag and shake till it is coated well)

store in container with cover - it keeps longer if refrigerated - but it usually does not last that long!

Ice cream Jell-O

1 pack Jell-O - regular size - any flavor

1 pint vanilla ice cream (1/2 of a quart)

dissolve Jell-O with 1 Cup boiling water in a medium size bowl. when dissolved - add vanilla ice cream - stir in with whisk it will start to thicken - if you need to add more ice cream. place in the bowl you want to serve it in - refrigerate until completely set.