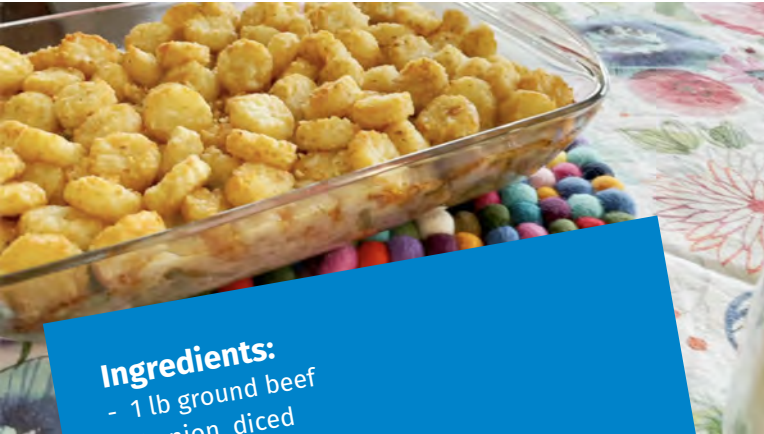


MINNESOTA FAVORITE

Tater Tot Hot Dish



Ingredients:

- 1 lb ground beef
- 1 onion, diced
- 2 cups milk
- 2 heaping Tbsp cornstarch
- 2 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 (15 oz) cans green beans, drained
- 32 oz bag tater tots
- 1 cup shredded cheddar cheese

Directions:

Start by preheating the oven to 400F degrees and grease a 9x13 glass pan. Alternatively, you could use two smaller glass pans, cook one today, and freeze the other one to bake later!

In a large pan, brown a pound of ground beef or ground turkey. After browned, add diced onions and sauté for 5 min until onions are translucent.

In a bowl whisk together milk and cornstarch. Then add the milk mixture to the hot pan of ground meat and onions and stir 3-4 min until its thickened!

Remove the pan from the heat, stir in the Worcestershire sauce, drained green beans, shredded cheese, salt and pepper. Then pour this mixture into your greased glass pan.

Bake for 20 to 25 minutes or until its bubbling and tots are golden brown. Let it cool for about 15 minutes and then serve.

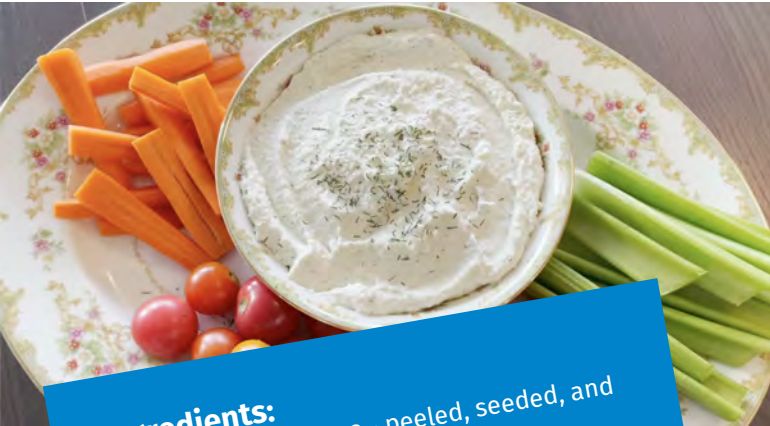


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KENTUCKY FAVORITE

Benedictine Dip



Ingredients:

- 2 English cucumbers - peeled, seeded, and cut into 2-inch pieces
- 2 tablespoons minced white onion
- 1 (8 oz) package cream cheese, softened
- ½ teaspoon dried dill
- 1 dash hot pepper sauce (such as Tabasco®), or, to taste
- 1 drop green food coloring, or as needed (Optional)
- cayenne pepper to taste

Directions:

Process cucumber pieces in a food processor until finely chopped. Set a strainer over a bowl and press out the liquid from both cucumber and onion using the flat side of a spoon. Keep the liquid in case you need it to thin out your dip.

Return cucumber and onion mixture to the food processor. Add cream cheese, dill, hot pepper sauce, green food coloring, and cayenne pepper. Process the mixture until smooth, scraping down the sides of the food processor bowl a few times to make sure everything is integrated. If too thick, add reserved liquid a teaspoon at a time.



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USA FAVORITE

Buffalo Cauliflower Bites



Ingredients:

- 1 head cauliflower; chopped into bite size pieces
- ½ cup brown rice flour
- ½ cup water
- Pinch of kosher salt
- Pinch of granulated garlic powder
- Non-stick spray

Sauce

- 1 tbsp butter, melted
- ½ cup Frank's® RedHot® sauce

Directions:

Preheat oven to 450F degrees.

In a small bowl, combine brown rice flour, water, garlic powder and salt. Mix thoroughly with a whisk.

Dip cauliflower pieces in the batter until evenly coated, then place on a lightly greased, non-stick baking sheet. Bake for about 10 minutes or until the batter hardens, then flip with a spatula and bake for another 5 minutes.

Whisk together Frank's® RedHot® sauce and butter in a small bowl. When the cauliflower is finished baking, take a pastry brush and evenly brush each piece with the hot sauce mixture.

Bake coated cauliflower for an additional 8-10 minutes, or until cauliflower is crispy, and sauce looks absorbed. Remove from oven. Let cauliflower bites sit out for at least 20 minutes before serving.



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NORTH CAROLINA FAVORITE

Sweet Potato Pie



Ingredients:

- 2 big (or 4 small) sweet potatoes
- ¾ cup granulated sugar
- ½ cup firmly packed brown sugar
- ½ cup instant french vanilla pudding mix
- ¾ cup evaporated milk
- 2 large eggs, room temperature
- 6 tbsp butter or margarine, softened
- 1 tsp ground cinnamon
- 1 ½ tsp vanilla extract
- Frozen pie crust
- Whipping cream (for topping)
- Toasted pecans (optional)

Directions:

Preheat oven to 425F degrees, wash and dry sweet potatoes. Poke them all over with a fork, put them on a cookie sheet and bake them for 40-60 minutes until soft. Once cooled, mash them and measure out 2 ¼ cups.

Prepare frozen pie shell as directed.

In a large bowl combine the granulated sugar, brown sugar, instant French vanilla pudding mix, evaporated milk, room temperature eggs, softened butter, cinnamon and vanilla extract. Add mashed sweet potatoes and beat all ingredients with a hand mixer until well blended.

Spread mixture evenly into the prepared pie shell and place in a 425F degree oven for the first 15 minutes. Then reduce oven temperature to 350F degrees and bake for an additional 40 minutes or until set. Check if it's set by sticking a toothpick or a butter knife in the center of the pie; if it comes out clean, the pie is done.

Let cool and chill thoroughly. Top with whip cream and toasted pecans before serving.



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