

Chicken Patty Parmesan



Ingredients:

- 2 1/2 cups spaghetti sauce*
- **4-8 frozen chicken patties**
- 1 cup shredded mozzarella cheese
- Parmesan cheese
- Spaghetti noodles -

Directions:

Gather the ingredients. Preheat the oven to 400°.

Prepare a pot of water to boil for the spaghetti noodles.

Line a 9"x13" casserole dish with 1 cup of spaghetti sauce. Place frozen chicken patties into the dish. Sprinkle the mozzarella cheese on top of the chicken patties. Spoon the remaining spaghetti sauce over the chicken and

cheese.

Sprinkle the parmesan cheese over the top.

Bake at 400° for 23–25 minutes.

While the chicken is baking, prepare the spaghetti noodles according to package instructions.

Serve the chicken parmesan on a bed of spaghetti.

*If your kiddos don't like red sauce, you can substitute alfredo sauce for the spaghetti sauce and make it a chicken alfredo meal instead!

Other chicken patty tips:

If you have an air fryer, try preparing the patties according to your fryer's specifications (about 8-10 minutes) for a little more crunchy patty.

Kids tired of chicken patty sandwiches? Try cutting up the cooked patties and wrapping them up in a flour tortilla with some spicy ranch dressing, lettuce, shredded cheese and tomatoes. Bam! Chicken tacos!

Caramel Apple Raisin Bundt Cake



Cake Ingredients:

- **1 1/2 cups Apple Sauce**
- 1 cup sugar
- 1 cup packed brown sugar
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/3 tsp nutmeg
- 3 large eggs
- 2 3/4 cups all-purpose flour
- 1/4 cup corn starch
- 1 1/2 tsp baking soda
- 1/4 tsp salt
- **3 heaping cups of peeled and chopped apples, chopped into 1/4 inch**

diced pieces

Optional: **3-4 small boxes of raisins** (reduce the apples to about 2 1/2 cups if using raisins or your bundt pan may not hold it all)

Caramel glaze:

- 1/4 cup unsalted butter
- 1 cup packed brown sugar
- 1/3 cup cream
- 1/4 tsp salt
- 2 cups powdered sugar
- 1/3 cup coarsely chopped pecans

Directions:

Preheat oven to 325°. Coat a bundt pan with cooking spray and sprinkle a generous amount of flour to coat the bundt pan and help prevent sticking.

In a large bowl, whisk together the apple sauce, sugars, vanilla and spices. Then whisk in the eggs, one at a time.

In a second bowl, whisk together the dry ingredients. Fold these into the wet ingredients. Fold in the apples (and raisins).

Pour batter into prepared bundt pan. Bake at 325° for 65-75 minutes or until a toothpick inserted comes out clean. The cake will be nicely browned, risen and may have small cracks.

Let the cake cook on a rack for 15-20 minutes. If properly prepared, the cake should be easy to turn onto a platter. If not, run a thin knife around the edges to gently loosen. Cool completely.

When the cake is completely cooled, make the glaze. Heat the butter, brown sugar, salt and cream in a sauce pan, stirring constantly, until boiling. Remove from heat, whisk in the powdered sugar until smooth, then immediately pour over the cake, working quickly. Top with pecans while glaze is still soft (you need to be quick, it hardens very quickly once removed from the heat).

Slice and serve. Should be stored in the refrigerator if possible and consumed within 3-4 days.

Carpenter's Waldorf Apple Salad



Dressing:

1/2 cup mayo
1/2 cup sour cream
1/4 cup sugar

Salad:

4 cups chopped apples (use a mix of red and granny smith)
1/3 cup chopped celery
1 cup chopped nuts (walnuts or pecans)
2/3 cups dried cranberries or raisins
1/2 tablespoon lemon juice

Optional:

1 small can pineapple tidbits (drained)
1 cup mini marshmallows

Directions

Mix together the dressing ingredients in a small bowl, set aside.

Chop the apples, celery and nuts. Place in a medium sized bowl. Add in cranberries or raisins. Add in optional ingredients. Mix together with lemon juice.

Pour in dressing. Mix well.

Refrigerate.

Fitzpatrick's Carrot Soup



Ingredients:

2 lbs baby carrots chopped (makes the smashing and blending easiest!)
3-5 cups chicken or vegetable broth (canned or other)
1/2 half onion finely diced (your choice, I used yellow. Red would be a bit spicier)
1 tbsp oil (I used olive, vegetable is great or bacon grease for flavor would be good)
1 tsp each salt, pepper and if available: cumin, garlic powder, basil and rosemary (all dried)
2 tsp each curry powder and ginger powder
(Add paprika or more of the ginger and curry for spicier flavor to taste)

Directions

In large soup pot, use oil/bacon grease to sauté onion until soft. Add broth (3c for thicker soup 4c for thinner) and carrots to pot. Bring to boil and simmer, stirring occasionally, until carrots are soft enough to mash or blend, about 25-30 minutes. Use a potato masher (my favorite, thicker and slightly lumpy consistency) or spoon to mash carrots to consistency you like, or use hand mixer or blender to make a smoother and creamier soup. Top with croutons, crushed cashews, or serve with bread or crackers.

This can be made in a crock pot as well. Freeze leftovers in jars for easy reheating. Enjoy!