

Ken's BLT Mac & Cheese



"When creamy mac-n-cheese meets the BLT-inspired ingredients of savory bacon, spinach, and tomato, the result is an all-new American classic," a quote right from the Betty Crocker Cookbook, the origin of my version of this great recipe. Of course, in the Road 8 days, Tomatoes and Spinach are from the garden, giving it another special taste. **INGREDIENTS:**

- 1 loaf (32 oz) - Prepared Cheese product, cut into large cubes
- 1/4 cup - Butter [***] 5 cups - Whole Milk
- 1 16 oz. package - Elbow Macaroni
- 2 cups - Sharp Cheddar Cheese (8 oz) shredded
- 2 cups - small Cherry Tomatoes [**] 1 bag (9 oz) - fresh Spinach
- 1 lb. - Bacon, crisply cooked, crumbled
- 1 cup - Progresso® plain or Italian-style Panko Crispy Breadcrumbs

DIRECTIONS: 1.) In large microwavable bowl, place Cheese cubes, Butter, and Milk. Microwave uncovered on High 8 to 10 minutes. Stir with whisk; microwave on High 4 minutes longer. Stir again; repeat microwaving until all Cheese is melted, and mixture can be stirred smoothly, a total of about 15 minutes.

2.) Heat oven to 350°F. Cook macaroni in boiling salted water for 3 minutes or until Macaroni is firm then drain. Place in 15x10-inch (4-quart) glass baking dish. Pour melted Cheese Sauce over Macaroni; mix well. Stir in Shredded Cheese, Tomatoes and Spinach.

4.) Cover dish with foil; bake 30 minutes. Uncover, sprinkle Bacon and Breadcrumbs evenly over top. Bake 5 minutes longer or until top is lightly browned. Cool for at least 10 minutes before serving. A little chopped sautéed Onion can be added for variety along with a little Ground Mustard.

Ken's Sausage & Pepper Baked Ziti



This recipe for baked ziti combines sausage, tomatoes, bell peppers, and a blend of Mozzarella cheese and Pecorino Romano cheese to make a delicious, hearty pasta dinner. Origin is unknown.

INGREDIENTS:

- 1 1/2 pd. - Fresh Sausage Links (salt & pepper only) cut crosswise into 1-inch chunks [***] 1 pound - Ziti or Penne Pasta
- 4 medium - Garlic Cloves, thinly sliced
- 2 large - Green, Yellow, and/or Red Bell Peppers, cut into 1/2-inch slices
- [***] 1 jumbo - Onion, cut in half, then cut crosswise into 1/4-inch slices
- [***] 1 can (28 oz.) - Whole Tomatoes in puree
- 1 can (15 ounces) - tomato puree [***] 1/2 tsp. Salt
- 1 package (8 oz.) - low-fat Mozzarella Cheese, cut into 1/2-inch cubes [***]
- 1/2 cup - Pecorino Romano Cheese, freshly grated

DIRECTIONS:

1.) Prepare sauce: In a deep non-stick 12-inch skillet, cook sausage over medium-high heat for 5 minutes or till browned on all sides, stirring occasionally. Reduce heat to medium, discard all but 2 tablespoons sausage fat. To sausage in skillet, add garlic, peppers, and onion, and cook, covered, 10 minutes or until vegetables are tender, stirring occasionally. Stir in tomatoes with their puree, tomato puree and salt; heat to boiling over medium heat, breaking up tomatoes with side of spoon. Reduce heat to low; cover and simmer for 10 minutes. 2.) Meanwhile, preheat oven to 400°F. Heat large, covered saucepan of salted water to boiling over high heat. add pasta; cook 2 minutes less than cooking time recommended on package label. 3.) Drain pasta. return pasta to pot; stir in sauce to coat. Add mozzarella; toss to combine. Transfer pasta mixture to ungreased 13' x 9' glass or ceramic baking dish and spread evenly, sprinkle with Romano. Bake uncovered, 20 to 25 minutes or until top browns and sauce is bubbling. Let stand for 10 minutes for easier serving.

Uncle Paul's Cornmeal Mush



Uncle Paul never said where the recipe came from, whether it was his original or from his dad or mom. It is a great breakfast or anytime dish.

INGREDIENTS:

- 10 cups - fresh cold Water (divided)
- 2 cups Corn Meal
- 2 tsps. Salt

DIRECTIONS:

- 1.) Pour 6 cups Hot Water in a pan, add 2 tsps. Salt, stir to dissolve salt.
- 2.) Mix Cornmeal in 4 cups colds Water in saucepan.
- 3.) Slowly pour mixture into 6 cups salted hot Water and stir until thick. Pot lid on and cook for 1/2 hour, stir occasionally.

Ken's Chicken & Vegetable Italiano



This recipe surfaced as I developed an interest in Italian dishes. The internet was no help in discovering anything looking like my version, so the origin remains a mystery. It is an exceptionally good recipe to add to your table.

INGREDIENTS:

- 1 lb.- Whole-Wheat Penne Pasta [***] 2 tbsp - Olive Oil
 - 3 Boneless, skinless - Chicken Breast halves, cut into strips
 - 1/2 6oz. pkg. - Frozen Bell Pepper and Onion Stir-fry
 - 2 - Cloves Garlic, minced
 - 1 14.5-oz. can - no-salt Stewed Italian Tomatoes
 - 1 tbsp - Dried Parsley [***] 2 tsp - Dried Basil
 - 1 14.5-oz. can - Fat-free Chicken Broth
 - 3 - Fresh Red or Yellow Plum Tomatoes, cut into pieces
- Grated fresh Parmesan Cheese

- DIRECTIONS:**
- 1.) Cook pasta as directed on package for al dente. Drain; set aside. Meanwhile, heat oil in large pot or a Dutch Oven, over medium heat. Season chicken to taste; add to oil, cooking and stirring until browned and no longer pink. Transfer chicken to a plate.
 - 2.) Stir bell pepper and onion stir-fry, garlic, stewed tomatoes, parsley, basil and chicken broth into pot. Simmer 10 minutes.
 - 3.) Add reserved chicken, fresh tomatoes, and cooked pasta; stir and toss just until heated. Season to taste. Garnish with Parmesan cheese.