

# Recipes from FGCM Central District Fall Meeting 2017

## By Bittersweet Garden Club

### Rice a Roni Hot Chicken Salad – page 181

3 to 4 chicken breasts, seasoned, cooked, and cut into bite sized pieces	1 can sliced water chestnuts
1 package chicken flavor Rice a Roni	1 8 oz. can mushroom stems and pieces
1 can (1 ¾ c.) chicken broth	½ c. mayonnaise
½ c. chopped onions	1 can cream of chicken soup
2 c. French green beans, frozen	1 can French fried onions (about 2 cups)

Prepare Rice a Roni per package directions, except substitute the chicken broth for the water and cook only 10 minutes. Add onions, beans, water chestnuts, mushrooms, mayonnaise, cream of chicken soup and chicken. Cook until thick. Place in 9 x 13 pan, cover, and bake at 350° for 45 minutes or until bubbly and thick. Remove cover, top with French fried onions and bake 15 minutes longer, uncovered.

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### Fall Salad – page 89

1 lg. bundle romaine	<b>Dressing:</b>
1 head iceberg	1 tsp. dry mustard
½ c. Craisins	2 tsp. poppy seed
1 c. bacon, fried and crumbled	½ tsp. garlic powder
2 Honey Crisp apples, sliced thin	3 T. sugar
½ c. candied pecans	1/3 c. red wine
1 c. chopped green onion	2 T. honey
4 oz. feta cheese	1 c. oil

Toss the salad greens with the Craisins, bacon, apples, and onions. Combine the dressing ingredients and whisk well. Pour over salad and add the pecans and cheese at the end.

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### Pumpkin Bars – page 367

2 c. flour	1 tsp. cinnamon
1 tsp. baking soda	2 c. sugar
2 tsp. baking powder	4 eggs
1 c. oil	1 (15 oz.) can pumpkin
1 tsp. salt	

Pour all ingredients in mixer. Blend well. Pour into 12 x 16 inch pan. Bake at 350° for 20 to 25 minutes. When completely cooled, add frosting.

#### **Frosting**

3 oz. cream cheese	1 tsp. vanilla
¾ stick (6 T.) butter	¾ box (approx. 3 cups) powdered sugar
1 tsp. milk	

Mix together.

# Old-Fashioned Apple Cake with Caramel Sauce – page 279

8 servings

## **Cake**

½ cup unsalted butter, softened  
1 cup sugar  
1 egg  
1 teaspoon baking soda  
¼ teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
1 cup flour  
2 granny smith apples, chopped fine  
½ cup chopped pecans

## **Caramel sauce**

½ cup unsalted butter  
1 cup minus 1 Tablespoon brown sugar  
½ teaspoon salt  
1 teaspoon vanilla  
½ cup whipping cream

## **Cake:**

Cream butter and sugar, then add egg and beat.

Add rest of dry ingredients and beat until mixed. Fold in apples and pecans.

Pour into greased 9" round (or 8" square) cake pan. Use parchment or waxed paper on the bottom for easier removal. *Optional: add parchment collar around sides.*

Bake at 350° for 35-40 minutes or until center the top springs back when touched with a finger. Cool slightly. Center may sink somewhat.

Cool a bit, turn out onto rack to cool or serve warm.

Meanwhile, make caramel sauce.

*Tip: The sauce can be made ahead of time and then reheated over hot water. A refrigerated cake will keep for a week.*

## **Caramel sauce:**

Melt butter in a medium sauce pan over medium heat. Add brown sugar and whisk vigorously to combine.

Add cream. Bring to a boil, then reduce to a low simmer and cook for 5 minutes, stirring frequently. Add vanilla and a pinch of sea salt. Stir until combined. Serve warm or allow to cool. Stir vigorously, then store in refrigerator. Mixture will thicken as it cools. After refrigeration, warm slightly in the microwave or on the stovetop.

Drizzle lots of caramel sauce over cut cake slices when serving.

Sprinkle chopped pecans on top of that if desired.