

Braces Friendly Recipes

Apple (Not Too) Crisp

Ingredients:

4 cups (about 8 large apples) peeled, coarsely sliced apples
(MacIntosh and Rome apples work well; avoid Delicious apples)
¼ cup water
1 teaspoon cinnamon
¾ cup all-purpose flour
¾ cup sugar
1/3 cup margarine, chopped into small bits

Directions:

Preheat oven to 350°. In a 9"X13" pan, spread sliced apples. Sprinkle with the water and cinnamon. In a small bowl, combine flour, sugar and margarine with a pastry cutter or fork, until mixture becomes fine crumbs. Sprinkle crumb topping over apples. Bake for 35-40 minutes at 350°. Cover with foil while warm to soften topping. Makes about eight servings.

Baked Ham n' Egg Hash Browns

Ingredients:

3 cups frozen shredded hash-brown potatoes, uncooked
¾ shredded Monterey Jack or cheddar cheese
1 cup diced cooked ham or shredded deli ham
4 eggs, beaten
1 (12 oz.) can evaporated milk
1/8 teaspoon salt

Directions:

Preheat oven to 350°. Grease a 2-quart casserole. Spoon shredded potatoes on the bottom, top with the cheese and ham. In a large bowl, whisk together the eggs, evaporated milk and salt. Pour egg mixture over ham mixture in casserole. Bake for 40-45 minutes at 350°; if chilled, bake 55-60 minutes. Let stand five minutes before serving. Makes about six servings.

Best Baked Spaghetti

Ingredients:

1 lb. ground beef
1 medium onion, chopped or 1 Tablespoon dried onion
1 clove garlic, chopped
3 (8 oz.) cans tomato sauce
½ cup Burgundy or merlot wine (Burgundy gives a deeper flavor)
1 teaspoon dried oregano
1 Tablespoon sugar
½ teaspoon salt
½ cup grated American cheese, about 4 slices, or ½ cup grated mild cheddar cheese
½ lb. dry spaghetti, broken in half

Directions:

Preheat oven to 350°. In a large no-stick frying pan or Dutch oven, sauté meat, onion and garlic. Add tomato sauce, wine, oregano, sugar and salt. Simmer, cover, 1 hour, stirring occasionally. (It really makes a difference if you can take this amount of time! Otherwise 20 minutes will serve to heat everything.) Cook spaghetti and drain. Put half the spaghetti in a greased 3-quart casserole, and then add half the sauce and ¼ cup of the grated cheese. Add the remaining spaghetti and sauce, and stir everything with a large spoon. Sprinkle the remaining cheese on top. Best if baked for 45 minutes at 350°. Makes about six to eight servings.

Quick Cake-Mix Cookies**Ingredients:**

1 box cake mix (Any flavor, the size it takes to make two 9" rounds)
3 eggs
½ cup water
½ cup vegetable oil
¾ cup all-purpose flour
½ teaspoon baking soda

Directions:

Preheat oven to 350°. In a large bowl, combine all ingredients using an electric mixer until well blended and creamy (about 1 minute). Using a tablespoon, drop onto a greased cookie sheet. Bake 9 minutes at 350°. Makes about 4 dozen. Store in a covered container.

Red Beans and Rice**Ingredients:**

3 ½ cups water (total)
1 (15 oz.) can red kidney beans, drained
½ cup onion or 2 Tablespoons dried onion
¾ cup chopped green pepper (or any sweet bell pepper)
¼ teaspoon minced garlic
½ teaspoon dried oregano
½ teaspoon salt
1 cup dry long-grained rice
(optional: 2 teaspoons dried basil or 6 crushed basil leaves)

Directions:

In a large saucepan, combine 1 ½ cups only of the water with the beans, onion, bell pepper, garlic and oregano. Bring to a boil, then lower the heat to simmer and cook for 20 minutes. Add salt, optional basil and remaining 2 cups of water. Bring to a boil again, then lower the heat to simmer and stir in the rice. Cook for 20 minutes, or to your favorite level of softness. Makes about six to eight servings.

Soy Simmered Chicken Wraps**Ingredients:**

3 boneless chicken breast halves
2 large onions, chunked
Small flour tortillas (pkg. of ten) wheat or white
(optional: 10-16 oz. of cooked chopped broccoli)
¼ cup soy sauce
¼ cup water
2 Tablespoons honey
1/8 teaspoon ginger
2 Tablespoons peach or apricot jam
1 Tablespoon cornstarch

Directions:

In a slow cooker, or a large pan on the stove, layer the onions and the chicken breast. Allow at least three hours in the slow cooker on medium, or at least one hour on the stove---the longer the better, but you don't have to do anything to it while it cooks. Spoon out the chicken onto a cutting board, and with a knife and fork, shred the chicken as finely as you'd like. In a small saucepan, stir all sauce ingredients together over medium heat until the mixture starts bubbling, then let it simmer for five minutes on low heat to thicken. In a serving bowl, stir sauce and onion into chicken; if you'd like, add cooked chopped broccoli. Makes about six to eight servings.

Three-Cheese Macaroni Extravaganza - NEW!**Ingredients:**

2 cups uncooked macaroni noodles
Water for boiling noodles
(optional: 1 or 2 onions, chopped)
(optional: 1 to 2 Tablespoons margarine for sautéing onions)
½ cup grated Parmesan cheese (fresh is best, but the canned type works too)
½ cup shredded Mozzarella cheese
½ cup shredded mild or sharp cheddar cheese
1½ cups milk
½ cup bread crumbs or dry stove-top stuffing

Directions:

Preheat oven to 350°. In a medium pot, boil macaroni in water until you can just cut it with the side of a fork; drain and set aside. In a medium saucepan, sauté the onions in the margarine until they are clear and tender.

In a 3-quart greased casserole, stir together the macaroni and milk. Sprinkle with the cheeses and onion, then stir it all together. Sprinkle the bread crumbs on top. Cover and bake for 40 minutes at 350 degrees. Serves six to eight.

Twisty Soft Pretzels**Ingredients:**

¾ cup warm water
½ envelope yeast
1 teaspoon sugar
2 cups all-purpose flour
½ teaspoon salt
1 egg, beaten
Pinches of salt or cinnamon-sugar

Directions:

Preheat oven to 425°. In a small bowl, stir together warm water, yeast and sugar. In a large mixing bowl, mix salt and flour with a large spoon. After 5 minutes, stir yeast mix into flour mix. With well-floured hands, shape dough into 6-inch rods, initials, animals or traditional twisted pretzel shapes. Brush them with the beaten egg and place on a greased cookie sheet. If desired, sprinkle them with extra salt or cinnamon-sugar. Bake for 12 minutes at 425°.

*All recipes found from "The Braces Cookbook: Recipes You and Your Orthodontist Will Love" by Pamela and Brenda Waterman. www.bracescookbook.com