

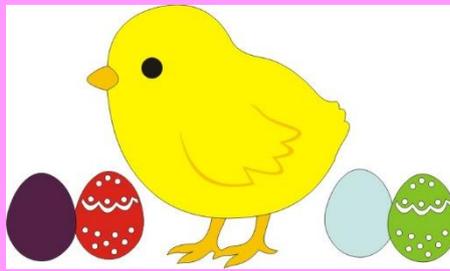
Recipes for Easter

Ham and Potato Casserole



- 2 C cubed potatoes**
- 2 large carrots, sliced**
- 2 ribs of celery, sliced**
- 3 C water**
- 2 C diced, cooked ham**
- 1/4 C chopped green bell pepper**
- 8 oz. mushrooms, sliced**
- 1/4 C chopped onion**
- 3 T white wheat flour***
- 1 1/2 C milk**
- 1/4 tsp. pepper**
- 1 C extra sharp cheddar cheese, divided**
- 1/2 C whole wheat bread crumbs***

C = Cups



Begin by placing the diced potatoes, sliced celery and carrots in a large stock pot. Cover with 3 C water and simmer until veggies are tender.

Meanwhile, sauté the mushrooms, onion, bell pepper and ham together in a skillet until the mushrooms are cooked and ham is warmed.

Then, combine the flour and 1/2 C of milk together; whisk until flour is dissolved in the milk.

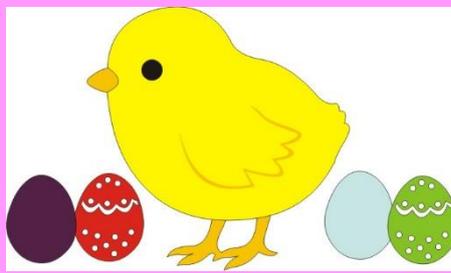
(This is my cheaters way of making a roux... no butter needed!)

Add in the remaining milk, and heat in a sauce pan until boiling. Stir the entire time -- and remove from heat when mixture thickens.

Add in the cheese and allow the heat from the mixture to melt the cheese.

When the veggies are tender, drain any excess liquid and then spread into a lightly greased 9x13 glass baking dish.

Top with the ham and pepper mixture. Pour the cheese sauce over the veggies. Then, sprinkle the whole wheat bread crumbs over the top. Bake at 375 for 25 minutes until the hot dish is bubbly and the bread crumbs are lightly browned. I often broil the dish for the last few minutes to help crisp up the bread crumbs. Enjoy!



Loaded Sweet Potatoes

Ingredients

4 medium sweet potatoes

1 can (15 oz.) black beans, rinsed and drained

1/4 c. crumbled feta

1/4 c. roasted red peppers

3 tbsp. extra-virgin olive oil

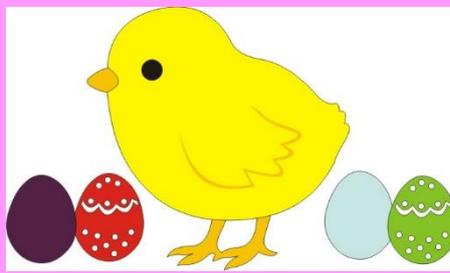
3 tbsp. finely chopped parsley

1/4 tsp. salt

Directions

With a small knife, poke sweet potatoes all over; arrange in a large microwave-safe baking dish. Microwave on High 10 to 12 minutes or until easily pierced with knife.

Combine black beans, feta, roasted peppers, olive oil, parsley, and salt. Cut lengthwise slits in tops of sweet potatoes. With fork, scrape sweet potato flesh to fluff; add black bean mixture to each potato half, packing to fit. Bake at 400 degrees F on foil-lined baking sheet 10 minutes or until beans are hot.



Bacon egg bread



Ingredients

1 free-range egg

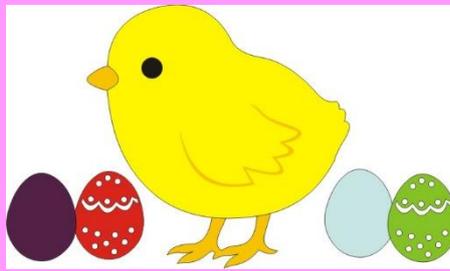
3 tbsp milk

2 slices crusty white bread, buttered

15g/½oz smoked pancetta or bacon, chopped

salt and freshly ground black pepper

- 1. Break the egg into a mug, add a pinch of salt and pepper and beat well. Beat in the milk. Tear the bread into pieces and push into the eggy milk. Allow to stand for 5 minutes (or overnight).**
- 2. Scatter the pancetta over the top and season with more pepper.**
- 3. Microwave on high power for 2 minutes. Allow to stand for 30 seconds, then microwave for another minute. Leave to cool for 1 minute and it's ready to eat!**



Easy scones

Ingredients

225g/8oz self-raising flour

1 tsp baking powder

pinch salt

25g/1oz caster sugar

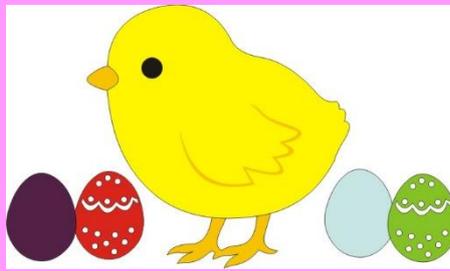
50g/2oz unsalted butter, slightly softened

150ml/¼ pint milk

1 egg, beaten, or plain flour, for brushing or dusting

Method

- 1. Pre-heat the oven to 220C/425F/Gas 7.**
- 2. Sift together the flour, baking powder and salt into a bowl. Stir in the sugar, add the butter and rub quickly into the flour, creating a fine breadcrumb consistency.**
- 3. Add the milk, a little at a time, working to a smooth dough.**
- 4. This is now best left to rest for 5-15 minutes before rolling.**
- 5. Roll out the dough on a lightly floured work surface until 2cm/¾in thick. Using a 5cm/2in pastry cutter, cut the dough, using one sharp tap and not twisting the dough as you cut. Twisting the scone mix will result in an uneven rising.**
- 6. Once cut, the scones can be either brushed with the beaten egg for a shiny glaze, or dusted with the flour for a matt finish.**
- 7. Place the scones on a greased baking tray and bake in the pre-heated oven for 10-12 minutes until golden-brown. Allow to cool slightly, and serve while still warm**



Vegan chocolate banana ice cream

Ingredients

1 frozen banana

1 tsp cocoa powder

Method

In a blender, blitz the frozen banana with the cocoa powder until smooth. Eat straight away.