

No Mess No Fuss Meals

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It seems like we are always in a hurry, always wanting to save a few steps in meal preparation. The easiest way to have "No Mess, No Fuss Meals" is if we could all hire a personal chef or buy all our meals already prepared, but this isn't always practical and we would probably get tired of it anyway. However there are sometimes when washing dishes isn't practical or we just want an easy meal to prepare with little or no clean up and there are products on the market that can help us do just that.

Oven cooking bags have been around for a long time. Oven bags are heat-resistant nylon oven bags for cooking warm, hearty dinners without basting or tending. Simply put chicken or meat in the oven bag along with your favorite vegetables, sauce or spices, place it in a baking pan and pop it in the oven. Dinner will come out juicy and delicious with no messy pan to scrub.

Now there are slow cooker liners that are available too; they work just like your oven cooking bags. They are heat-resistant nylon and fit into your slow cooker. Rival, the maker of the CrockPot, says you can also use the oven cooking bags in your slow cooker (they sell one too) and also foil packets. The slow cooker liners are just better shaped for the slow cooker.

Foil packet cooking is also quick and easy. It allows you to customize your meals to suit the individual tastes in your family. If someone doesn't like an ingredient, such as peppers or onions, just leave that ingredient out of their foil packet. Use heavy duty aluminum foil and make packets out of a 12x18-inch sheet.

Pre-made foil "Hot Bags" are available for a no mess way to make great tasting dinners in the oven or on the grill. These bags cook enough food to serve 5 or 6. Since everything goes right in the foil bag, prep time is kept to a minimum. Over the high heat of the grill or in a hot oven, your meal cooks quickly. Plus cleanup is quick since there are no messy pans to scrub.

No matter which method you choose, experiment with your favorite recipes. Personalize these recipes to suit your family's needs. Check out some of these recipes, tips and hints.

Happy cooking,

Connie Moyers
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Oven Cooking Bags

- No mixing bowls required. Mix all ingredients in the oven bag. Blend any liquids in the recipe with the flour by squeezing the bag. This will make the sauce smoother, and prevent the flour from clumping at the bottom of the bag. Your meal can be prepped and ready for the oven in as little as 10 minutes.
- Cooking times for turkeys and large roasts are much faster in an oven cooking bag than open roasting for two reasons. First, oven bags keep moist heat close to the meat which speeds the cooking time. Second, the moist heat protects the turkey and roasts from drying out so a higher (350 degrees) oven temperature can be used.
- Even lean cuts of meat become tender and juicy in oven bags. Oven bags hold in the moisture and keep natural juices in the meat.
- Bags come in two sizes. There is no need for turning, basting or interrupting the cooking time and clean up is a breeze.
- Oven bags can also be used in the microwave oven.

Easy Beef Stew

1 large size oven cooking bag
¼ cup flour
1 can (14 ½ ozs.) Italian stewed tomatoes, undrained
1 envelope onion soup mix
¼ teaspoon pepper
2 lbs. beef for stew, fat trimmed
4 medium carrots, cut into 2-inch pieces
4 medium potatoes, quartered

Preheat oven to 325 degrees. Shake flour in oven bag; place in 13x9x2-inch or larger baking pan with sides at least 2 inches deep. Add tomatoes, soup mix and pepper. Squeeze oven bag to blend in flour. Add beef, carrots and potatoes to bag. Turn bag to coat ingredients with sauce. Arrange ingredients in an even layer in bag. Close oven bag with nylon tie. Cut six ½-inch slits in top. Tuck ends of bag in pan.

Bake 1 ½ to 2 hours or until beef is tender. Stir before serving.
Makes 8 servings.

Always shake one tablespoon of flour in an oven bag before cooking. This flour should remain in the bag during cooking to blend the fat and juices and to protect against bursting. More than one tablespoon of flour may be added to the bag for recipes with thickened sauces or gravy.

Easy Chicken & Rice Dinner

1 large size oven cooking bag
2 tablespoons flour
2 cups instant rice, uncooked
2 cans (10 ½ ozs. ea.) condensed chicken broth
2 medium zucchini or yellow squash, sliced
1 medium red bell pepper, cubed
4 boneless, skinless chicken breast halves
Seasoned salt
Lemon pepper

Preheat oven to 350 degrees. Shake flour in oven bag; place in 13x9x2-inch baking pan. Add rice, chicken broth, zucchini and red bell pepper to oven bag. Squeeze bag to blend in flour. Generously sprinkle chicken with seasoned salt and lemon pepper. Add chicken to bag. Arrange chicken over vegetables in an even layer. Close bag with nylon tie; cut six ½-inch slits in top. Tuck ends of bag in pan. Bake 35-40 minutes until meat thermometer in chicken reads 170 degrees. Remove chicken breasts and stir rice before serving. Makes 4 servings.

Two-At-Once Roast Chicken

1 turkey size oven cooking bag
1 tablespoon flour
2 medium onions, cut in eights
4 stalks celery, sliced
2 whole roasting chickens (5-7 lbs. ea.)
Vegetable or olive oil
Seasoned salt
Pepper

Preheat oven to 350 degrees. Shake flour in oven bag; place in roasting pan at least 2-inches deep. Add vegetables to oven bag. Brush chickens with oil; sprinkle chickens with seasoned salt and pepper. Place chickens in oven bag on top of vegetables. Close oven bag with nylon tie; cut six ½-inch slits in top. Bake until chickens are tender, 1 ¾ -2 hours. Makes 13-18 servings.

Use leftover chicken for other recipes such as chicken salad, chicken and dumplings, or chicken casserole. Add cooked chicken to stir-fried vegetables or pasta. Sauté with peppers and onions for fajitas or hot dinner sandwiches.

Southwestern Round Steak

1 large size oven bag
1 tablespoon flour
1 jar (16 ozs.) chunky salsa
1 -1½ lbs. boneless beef round steak, ½-inch thick, tenderized

Preheat oven to 350 degrees. Shake flour in oven bag; place in a 13x9x2-inch baking pan. Add salsa to oven bag. Squeeze oven bag to blend in flour. Add steak to bag. Turn oven bag to coat steak with salsa. Close oven bag with nylon tie; cut six ½-inch slits in top. Bake 45-55 minutes or until steak is tender. Thinly slice steak before serving. Makes 4-6 servings.

Tangy Chicken

1 large size oven bag
2 tablespoons flour
1 jar (12 ozs.) orange marmalade
1 bottle (8 ozs.) Catalina dressing
1 envelope dry onion soup mix
4 boneless, skinless chicken breast halves

Shake flour in oven bag; place in a large glass casserole that will fit in your oven or microwave oven. Add marmalade, dressing and dry soup mix to cooking bag squeezing to blend flour and mix, add chicken breasts and move bag around to coat the chicken. Close bag with nylon tie; cut six ½-inch slits in top. Bake in the oven at 350 degrees for 45 minutes or microwave 5 minutes on HIGH power. Rotate dish, microwave 5 to 7 minutes longer on HIGH until chicken is tender. Let stand in oven bag 5 minutes. Makes 4 servings

Microwave Salsa Chicken

1 large size oven bag
2 tablespoons flour
1 jar (16 ozs.) mild chunky style salsa
4 boneless, skinless chicken breast halves
1 medium green bell pepper, cut in rings

Shake flour in oven bag; place in a large glass casserole that will fit in your microwave oven. Add salsa to bag. Squeeze oven bag to blend in flour. Add chicken to oven bag. Turn bag to coat chicken with sauce. Arrange chicken in an even layer in the oven bag with meaty portions toward outside. Place pepper rings over chicken. Close oven bag with nylon tie; cut six ½-inch slits in top. Microwave 5 minutes on HIGH power. Rotate dish, microwave 5 to 7 minutes longer on HIGH until chicken is tender. Let stand in oven bag 5 minutes. Makes 4 servings.

Have you misplaced the oven bags nylon ties? Cut a half-inch strip from the open end of the bag. Use it like a piece of string to tie the open end closed. Do not use plastic trash bag ties. They will melt. Plastic/paper covered wire ties should not be used; they can catch fire and cause the bag to melt.

Chili-Lime Pork

1 large size oven bag
1 tablespoon flour
3 tablespoons honey
2 tablespoons chili powder
2 teaspoons grated lime peel
2 ½ lbs. boneless top loin pork roast
3 medium sweet potatoes, peeled and cut in quarters

Preheat oven to 325 degrees. Shake flour in oven bag, place in 13x9x2-inch baking pan. Combine honey, chili powder and lime peel. Pat surface of pork dry. Spread half of chili mixture evenly over bottom of pork. Add pork to oven bag; spread remaining chili mixture over top of pork. Arrange sweet potatoes around pork in an even layer in bag. Close oven bag with nylon tie; cut six ½-inch slits in top. Bake 1 to 1 ¼ hours or until meat thermometer reads 160 degrees. Slice pork; spoon juices over pork before serving. Makes 8 servings.

When you have 10 minutes (the night before or in the morning), prepare a meal in an oven bag and refrigerate. The family member that arrives home first pops it in the oven. Dinner is ready when you get home.

Apricot Glazed Pork

1 large size oven bag
1 tablespoon flour
1 jar (12 ozs.) apricot preserves
¼ cup apple cider vinegar
1 tablespoon minced garlic
2 teaspoons dried rosemary
½ teaspoon salt
½ teaspoon coarsely ground pepper
4 lbs. pork loin blade roast
1 pkg. (16 ozs.) peeled baby carrots

Preheat oven to 325 degrees. Shake flour in oven bag; place in 13x9x2-inch baking pan. Add apricot preserves, vinegar, garlic, rosemary, salt and pepper to oven bag. Squeeze bag to blend in flour. Add pork roast to bag. Turn bag to coat roast with sauce. Arrange carrots around pork roast in an even layer in bag. Close oven bag with nylon tie; cut six ½-inch slits in top. Tuck ends of bag in pan. Bake 2 to 2 ¼ hours or until pork is tender and meat thermometer reads 160 degrees. Spoon glaze over pork before serving. Makes 8 servings.

Velveeta Cheese Fudge

1 large size oven cooking bag
1 box (8 ozs.) Velveeta cheese
1 cup butter or margarine
2 lbs. powdered sugar
 $\frac{1}{2}$ cup cocoa
2 teaspoons vanilla
1 cup chopped nuts

Melt cheese and butter in large cooking bag in microwave for 1 $\frac{1}{2}$ minutes on HIGH power. Carefully knead mixture. Gradually add powdered sugar and cocoa and knead bag to mix well. Mix in vanilla and nuts. Pat into a greased 13x9x2-inch pan and chill.

Line 13x9x2-inch pan with aluminum foil before adding fudge. Chill until set then turn out on a cutting board. Peel off foil and cut into even, pretty pieces.

Banana Split in the Bag

1 large size cooking bag
1 tablespoon flour
 $\frac{1}{4}$ teaspoon cinnamon
1 jar (12 ozs.) caramel ice cream topping
1 jar (8 ozs.) pineapple chunks packed in pineapple juice, well drained
3 medium ripe bananas, cut in fourths
 $\frac{1}{2}$ cup maraschino cherries with stems, drained
 $\frac{1}{2}$ cup pecan halves
Vanilla ice cream

Shake flour and cinnamon in cooking bag; place in 12x8x2-

inch microwave safe baking dish. Roll down top of bag. Add ice cream topping; squeeze bag gently to blend. Add pineapple, bananas, cherries and pecans; squeeze bag gently to coat fruit and pecans with sauce. Close bag with nylon tie; make six $\frac{1}{2}$ -inch slits in top. Microwave on high 2-3 minutes or until hot. Carefully cut or slit top of bag and spoon sauce over ice cream. Makes 4 servings.

Microwave Caramel Corn

$\frac{1}{2}$ cup butter or margarine
 $\frac{1}{4}$ cup corn syrup
1 cup brown sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
4 to 6 quarts popped corn (I use 2-3 bags microwave popcorn)

Combine butter, syrup, brown sugar and salt in a 2-quart glass measuring cup. Microwave until boiling, then cook 2 $\frac{1}{2}$ minutes on HIGH. Stir in baking soda. Pour over popped corn in a large oven bag. Stir lightly to combine. Place bag in microwave and cook 2 $\frac{1}{2}$ minutes on HIGH, stirring and shaking bag after 1 minute spread out to cool or leave in bag. Break apart by manipulating the bag. **CAUTION THIS MIXTURE IS VERY HOT!**

Slow Cooking with Liners

- The new heat resist nylon slow cooker liners are made to fit 3 to 6.5 quart round or oval slow cookers. The liners help you avoid all that soaking and scrubbing that is associated with slow cooking.
- The moist low heat of slow cooking is great for tenderizing less expensive, tougher cuts of meat. They become juicy and delicious feasts. Trim as much of the visible fat as possible before cooking.
- If time is scarce in the mornings to prepare a meal to cook all day in your slow cooker, prepare the ingredients the night before. Follow package directions for lining the slow cooker bowl with a liner. Place food in lined-slow cooker bowl, cover and refrigerate. When ready to cook, place slow cooker bowl in slow cooker heating unit. Then turn on slow cooker and cook according to recipe.

Saucy Beef & Vegetables

1 slow cooker liner
2-3 lbs. beef round steak, coarsely chopped
1 onion, chopped
1 green pepper, sliced
2 cups carrots, peeled and chopped
1 zucchini, thinly sliced
1 pkg. (1 ½ ozs.) spaghetti sauce mix
1 can (15 ozs.) diced tomatoes
1 can (8 ozs.) tomato sauce

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Add ingredients in order listed. Cover and cook on LOW setting for 8 hours. Makes 8-12 servings.

Keep the lid on until the end of your cooking time unless instructed by the recipe. Each peek or stir allows significant heat to escape and adds about 20 minutes to the cooking time.

Slow Cooker Pot Roast

1 slow cooker liner
¼ cup water
4 medium red potatoes, cut into quarters
1 medium onion, cut in quarters
1 pkg. (16 ozs.) peeled baby carrots
1 envelope (1 ozs.) onion soup mix, divided
¼ teaspoon each salt, pepper and dried thyme
2 ½ to 3 lbs. boneless beef chuck roast

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Place water and three-fourths of the vegetables in the lined-slow cooker. Reserve 1 tablespoon onion soup mix. Sprinkle remaining onion soup mix over vegetables; stir gently to coat evenly. Sprinkle and rub salt, pepper and thyme over pot roast. Place pot roast on top of vegetables. Place remaining vegetables around pot roast, sprinkle vegetables with remaining onion soup mix. Place lid on slow cooker. Cook on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours until beef is tender. Makes 10-12 servings.

Yummy BBQ Chicken

1 slow cooker liner
4 boneless, skinless chicken breast halves
 $\frac{3}{4}$ cup chicken broth
1 cup barbecue sauce
1 sweet onion, sliced
Salt and pepper to taste

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Place ingredients in a slow cooker; stir gently. Cover and cook on HIGH setting for 3 hours or on low settings for 6 to 7 hours. Makes 4 servings.

Chicken-Artichoke Pasta

1 pkg. (16 ozs.) frozen grilled chicken breast strips
1 teaspoon chicken bouillon granules
 $\frac{1}{4}$ cup water
1 jar (17 ozs.) Alfredo sauce
1 jar (6 $\frac{1}{2}$ ozs.) marinated artichoke hearts, drained
1 pkg. (5 ozs.) angel hair pasta, cooked

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Place chicken strips in a slow cooker with bouillon and water. Cook on LOW setting for 2 to 3 hours. Stir in sauce and artichokes; turn slow cooker to HIGH setting and heat an additional 30 minutes. Serve over prepared pasta. Makes 4 servings.

Scalloped Ham & Potatoes

1 slow cooker liner
4 potatoes, peeled and sliced
2 onions, chopped
1 $\frac{1}{2}$ cup cooked ham, cubed
2 tablespoons butter
2 tablespoons flour
 $\frac{1}{2}$ teaspoon pepper
1 can (10 $\frac{3}{4}$ ozs.) Cheddar cheese soup
1 $\frac{1}{3}$ cup water

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Layer potatoes, onions and ham in slow cooker; set aside. Melt butter in a saucepan over medium heat or in microwave; stir in flour and pepper until smooth. Combine soup and water; gradually add to flour mixture. Bring to a boil; heat and stir until thickened and bubbly. Pour over ham; cover and cook on LOW setting for 8-9 hours. Makes 6 servings.

Easy Cheesy Potatoes & Sausage

1 slow cooker liner
1 pkg. (32 ozs.) frozen hashbrowns, partially thawed
1 lb. Kielbasa, sliced
1 onion, diced
1 can (10 $\frac{3}{4}$ ozs.) Cheddar cheese soup
1 $\frac{1}{4}$ cup milk

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Combine all ingredients in slow cooker; mix well. Cover and cook on HIGH setting for 3 hours or on LOW setting for 8 to 10 hours. Makes 4 servings.

Red & White Chili

1 slow cooker liner
6 cups cubed cooked chicken or turkey
2 cans (15.5 ozs. ea.) navy beans, drained
1 cup chicken broth
1 large onion chopped
1 large red bell pepper, finely chopped
1 jalapeno pepper, seeded and finely chopped
2 cloves garlic, minced
2 teaspoons ground cumin
1 teaspoon dried oregano leaves
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cayenne pepper

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Place all ingredients in slow cooker; stir gently to mix. Place lid on slow cooker. Cook on LOW for 6 to 7 hours or HIGH for 3 to 4 hours until hot and sauce thickens slightly. Makes 8 servings.

Chunky Beef Vegetable Soup

1 slow cooker liner
3 cups V-8 juice
2 cups hot water
1 lb. beef stew meat
8 cups frozen mixed vegetables
2 medium potatoes, cubed
1 small onion, chopped
 $\frac{1}{4}$ cup ketchup
 $\frac{1}{2}$ teaspoon pepper

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Pour the vegetable juice and water into the slow cooker. Add beef, vegetables, ketchup and pepper; stir gently. Place lid on slow cooker. Cook on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours until beef is tender. Makes 4-6 servings.

Enjoy your favorite recipes for slow cooking without changing the cooking time or taste when you use slow cooker liners.

Glazed Cinnamon Apples

1 slow cooker liner
6 large Granny Smith apples, peeled,
cored and cut in eight wedges
1 tablespoon fresh lemon juice
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup packed light brown sugar
2 tablespoons flour
1 teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
6 tablespoons butter, melted
Vanilla ice cream (optional)
Crumbled oatmeal or ginger snap
cookies (optional)

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Place apples in slow cooker; drizzle with lemon juice. Mix granulated sugar, brown sugar, flour, cinnamon and nutmeg in a medium bowl or zip top bag; mix with apples. Drizzle with butter. Place lid on slow cooker. Cook on LOW for 3 hours or HIGH for 2 hours until apples are done. Serve warm, alone or over ice cream topped with crumbled cookies, if desired. Makes 6-8 servings.

Serve food directly from lined slow cooker. Do not lift or transport liner with food inside. Cool slow cooker completely, remove liner and toss.

Triple Chocolate Delight

1 slow cooker liner
1 pkg. (18 $\frac{1}{2}$ ozs.) chocolate cake mix
1 pkg. (3.9 ozs.) instant chocolate pudding mix
2 cups sour cream
1 cup water
 $\frac{1}{2}$ cup oil
4 eggs, beaten
1 pkg. (6 ozs.) semi-sweet chocolate chips
Vanilla ice cream or whipped topping (optional)

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Spray inside of liner with cooking spray. Mix all ingredients well and pour into slow cooker. Cover and cook on LOW setting for 6 to 8 hours. Serve warm, topped with vanilla ice cream or whipped topping if desired. Makes 12 servings.

Country Cherry Cobbler

1 slow cooker liner
2 cans (21 ozs.) cherry pie filling
1 pkg. (18 $\frac{1}{2}$ ozs.) yellow cake mix
 $\frac{1}{4}$ cup butter, softened
 $\frac{1}{2}$ cup chopped nuts
Vanilla ice cream or whipped topping

Place liner in slow cooker. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Spread pie filling in slow cooker; set aside. Combine dry cake mix and butter with a fork until coarse crumbs form; sprinkle over pie filling. Sprinkle nuts on top. Cover and cook on LOW setting for 3 hours. Serve warm with ice cream or whipped topping, if desired. Makes 12 servings.

Quick & Easy Packet Cooking

- When you are in a hurry, turn to Quick & Easy packet cooking. Some recipes can be cooked in 20 minutes.
- Customize your meals to suit the individual tastes in your family. If someone doesn't like an ingredient, such as peppers or onions, just leave that ingredient out of their foil packet.
- For the family eating at different times, make up individual packet meals and refrigerate. Packets can be baked in the oven one at a time or all at once as family schedules permit.
- Cook main dish and vegetable packets in same oven. Use both oven racks to cook an entire meal in packets. The packets on the bottom rack closest to the heat will take the minimum amount of recipe cooking time. The packets on the top rack may take up to 5 minutes longer than the recommended recipe cooking time.
- Commercially made foil hot bag meals are great for cooking in the oven and on the grill for family size recipes, instead of individual size.

How to make foil packets:

1. Using heavy duty aluminum foil, tear the foil sheet off the roll to make a 12x18-inch sheet for the packet.
2. Center the food on the foil sheet. This makes it easy to wrap the food to make the foil packet look neat.
3. Foil sheet may be sprayed with a nonstick cooking spray if working with ingredients like potatoes that may stick to the foil.
4. Layer colorful vegetables on top of the chicken or fish to make an attractive presentation when cooked foil packets are opened.
5. For each foil packet, bring up the two sides of the foil and double fold with about 1-inch wide folds. Leave room for heat circulation inside the packet as the food

cooks. Double fold each end to form the foil packet.

6. Always place the foil packet(s) on a cookie sheet or in a shallow jelly roll pan. Four packets will easily fit on a cookie sheet. The cookie sheet makes it easier to slide packets in and out of the oven. The cookie sheet will catch any drips in case the foil is accidentally torn.
7. Be careful when removing the cooked foil packets from the cookie sheet. Foil packets cook at 450 degrees and the foil is very hot. Use a pot holder.
8. After cooking, carefully open both ends of the foil packet first. Allow the hot steam to escape from the foil packet. Then open the top of the foil packet. Spoon the food from the foil packet onto the plate or serve the delicious, home-cooked food right from the packet.

Chicken Packets

4 boneless skinless chicken breast halves
4 potatoes, sliced
1 large onion, sliced
Jalapeno slices, if desired
Salt and pepper, to taste

Tear 4 pieces of heavy-duty aluminum foil into 12x18-inches. Place chicken breast on foil, top with potato and onion slices, add jalapenos, if desired. Salt and pepper to taste. Fold foil and seal. Place on a cookie sheet or jelly roll pan. Bake at 350 degrees for 45 minutes to 1 hour. You can start with frozen chicken breasts, just cook a little longer, or these can be prepared ahead of time and frozen; put in the oven to cook. Be sure your chicken breast are cooked long enough until they are no longer pink in the centers and the juices run clear or they measure 170 degrees on a meat thermometer. Makes 4 servings.

If you don't have heavy duty foil, use two layers of regular aluminum foil.

Chicken & Artichoke Dinner

3 cups instant rice, uncooked
3 cups warm water
6 small boneless skinless chicken breast halves (1 ½ lbs.)
1 can (13 ¾ ozs.) artichoke hearts, drained, quartered
2 large tomatoes, chopped (about 2 cups)
½ cup Zesty Italian Dressing
¼ cup Basil Pesto Sauce

Preheat oven to 400 degrees. Mix rice and water; spoon evenly onto center of each of six large sheets (12x18-inches) of heavy-duty foil. Top each with one chicken breast. Cover evenly with the artichokes and tomatoes, then drizzle evenly with the combined dressing and pesto. Fold foil and seal. Place on a cookie sheet or jelly roll pan. Bake 30 to 35 minutes, or until chicken is cooked through (170 degrees.) Remove packets from oven let stand 5 minutes. Makes 6 servings.

Oriental Chicken Dinner

3 cups instant white rice, uncooked
3 $\frac{1}{4}$ cups warm water, divided
6 small boneless skinless chicken breast halves (1 $\frac{1}{2}$ lbs.)
3 cups frozen oriental mixed vegetables
 $\frac{1}{4}$ cup peanut butter
 $\frac{1}{2}$ cup Honey Mustard Barbecue Sauce
2 teaspoons soy sauce

Preheat oven to 400 degrees. Mix rice and 3 cups of the water; spoon evenly onto center of each of six large sheets (12x18-inches) of heavy-duty foil. Top each one with chicken breast and $\frac{1}{2}$ cup of vegetables. Drizzle evenly with combined peanut butter, barbecue sauce, soy sauce and remaining $\frac{1}{4}$ cup water. Fold foil and seal. Place foil packets in single layer on cookie sheet or jelly roll pan. Bake 30 to 35 minutes or until chicken is cooked through (170 degrees). Remove packets from oven; let stand 5 minutes. Makes 6 servings.

For more recipes check out
www.reynoldskitchen.com
or
www.kraftfoods.com

Chicken and Broccoli Dinner

1 pkg. (6 ozs.) stuffing mix for chicken
1 $\frac{1}{2}$ cups water
6 small boneless skinless chicken breast halves
4 cups broccoli florets
 $\frac{1}{2}$ cup shredded Cheddar cheese
 $\frac{1}{4}$ cup real bacon bits
 $\frac{1}{2}$ cup Ranch Dressing

Preheat oven to 400 degrees. Combine stuffing mix and water; spoon evenly onto centers of six large sheets (12x18-inches) of heavy-duty foil. Top each one with one chicken breast and 2/3 cup broccoli. Sprinkle evenly with cheese and bacon bits, then drizzle with dressing. Fold foil and seal. Place foil packets in single layer on cookie sheet or jelly roll pan. Bake 30 to 35 minutes or until chicken is cooked through (170 degrees). Remove packets from oven; let stand 5 minutes. Makes 6 servings.

Corn & Salsa Chicken

4 boneless, skinless chicken breast halves
1 cup chunky salsa
1 can (15 $\frac{1}{4}$ ozs.) whole kernel corn, drained or 1 pkg. (10 ozs.) frozen corn
1 cup shredded Cheddar cheese

Tear 4 sheets (12x18-inches) of heavy-duty aluminum foil. Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Center one chicken breast half on each sheet foil. Spoon salsa over chicken. Top with corn. Fold foil and seal. Bake 18 to 22 minutes on cookie sheet in oven or grill 12 to 15 minutes in covered grill. Sprinkle with cheese before serving. Makes 4 servings.

Hobo Dinners

1 lb. ground beef
2 carrots, sliced
4 potatoes, sliced
1 large onion sliced
Salt and pepper, to taste

Tear 4 pieces of heavy-duty aluminum foil into 12x18-inches. Divide meat into 4 equal patties and place on foil. Top with carrots, potatoes and onions. Salt and pepper to taste. Fold foil and seal. Place on a cookie sheet or jelly roll pan. Bake at 350 degrees for 45 minutes to 1 hour. Makes 4 servings.

Beef & Potatoes with Mushroom Gravy

1 lb. boneless beef sirloin steak,
½ -inch thick
½ teaspoon garlic powder
¼ to ½ teaspoon pepper
4 medium red potatoes, cut in bite-size pieces
1 small red or green bell pepper, cut in strips
1 can (10 ¾ ozs.) cream of mushroom soup, undiluted
1 ½ tablespoons Worcestershire sauce

Tear 4 pieces of heavy-duty aluminum foil into 12x18-inches. Preheat oven to 450 degrees or preheat grill to MEDIUM-HIGH. Cut steak lengthwise in half and then crosswise into 1/8-inch thick strips. Sprinkle beef with garlic powder and pepper. Combine beef, potatoes, red pepper, soup and Worcestershire sauce. Center one-fourth of mixture on each sheet of heavy-duty foil. Fold foil and seal. Bake 25 to 30 minutes on cookie sheet in oven or grill 15 to 18 minutes in covered grill. Makes 4 servings.

Tex-Mex Meat Loaves

1 lb. extra lean ground beef
¼ cup finely crushed tortilla chips
¼ cup finely chopped onion
2 teaspoons chili powder
2 teaspoons Worcestershire sauce
½ teaspoon garlic salt
¾ cup barbecue sauce, divided
1 can (15 ¼ ozs.) whole kernel corn, drained or 1 pkg. (10 ozs.) frozen corn

Tear 4 pieces of heavy-duty aluminum foil into 12x18-inches. Due to the nature of meatloaf, spraying foil with nonstick spray or using the new non-stick foil will prevent sticking. Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Combine ground beef, tortilla chips, onion, chili powder, Worcestershire sauce and garlic salt with ¼ cup barbecue sauce. Shape mixture into 4 meat loaves, flattening slightly. Center one meat loaf on each sheet. Top with corn. Spoon remaining barbecue sauce over meat loaf and corn. Fold foil and seal. Bake 18 to 20 minutes on a cookie sheet in oven or grill 12 to 14 minutes in covered grill. Makes 4 servings.

Classic Salmon

4 salmon portions (6-8 ozs. ea.)
2 teaspoons seafood seasoning
2 teaspoons parsley flakes
4 teaspoons butter, cut in pieces

Tear 4 pieces of heavy-duty aluminum foil into 12x18-inches. Preheat oven to 450 degrees. Center one salmon portion on each sheet of foil. Sprinkle each portion with ½ teaspoon seafood and ½ teaspoon parsley flakes. Dot each salmon portion with 1 teaspoon butter. Fold foil and seal. Bake 18 to 20 minutes on cookie sheet in oven. Makes 4 servings.

Fish Florentine

2 cups instant rice, uncooked
2 cups warm water
1 lb. flounder fillets, cut in half crosswise
4 cups fresh spinach leaves, coarsely chopped
 $\frac{1}{4}$ cup chive and onion cream cheese spread or regular cream cheese
 $\frac{1}{2}$ cup Sun Dried Tomato Vinaigrette Dressing

Preheat oven to 375 degrees. Mix rice and water; spoon evenly onto center of each of 4 large sheets (12x18-inches) of heavy-duty aluminum foil top evenly with half of the fish. Cover with the spinach, cream cheese spread and remaining fish pieces. Drizzle each with 2 tablespoons of the dressing. Fold foil and seal. Bake 15 minutes on a cookie sheet in oven. Remove packets from oven; let stand 5 minutes before serving.
Makes 4 servings.

Sausage & Potatoes

1 lb. polish sausage, cut into 1-inch pieces
3 potatoes, peeled and diced
1 onion, diced
 $\frac{1}{2}$ cup baby carrots
 $\frac{1}{4}$ head of green cabbage, shredded
Salt and pepper to taste
 $\frac{1}{4}$ cup butter or margarine
1 cup water or ice cubes

Tear 4 pieces of heavy-duty aluminum foil into 12x18-inches. Preheat oven to 450 degrees or preheat grill to MEDIUM-HIGH. Layer the vegetables and sausage on each piece of foil. Salt and pepper; add butter and $\frac{1}{4}$ cup water or ice cubes to each packet. Fold foil and seal. Bake 40 to 50 minutes on a cookie sheet in oven or on grill for approximately 30 minutes. Makes 4 servings.

Apricot-Glazed Pork Chops

2 boneless pork chops (4 ozs. ea.)
Seasoned salt and pepper
2/3 cup apricot preserves
1 tablespoon soy sauce
 $\frac{1}{2}$ teaspoon garlic powder
1 pkg. (16 ozs.) frozen stir fry vegetables with broccoli, onion and bell peppers

Tear 2 pieces of heavy-duty aluminum foil into 12x18-inches. Preheat oven to 450 degrees or preheat grill to MEDIUM-HIGH. Due to the nature of this recipe, spraying foil with nonstick spray or using the new non-stick foil will prevent sticking. Center one pork chop on each sheet of foil. Sprinkle with salt and pepper. Combine apricot preserves, soy sauce and garlic powder. Spoon 1 tablespoon mixture over each pork chop. Arrange vegetables beside pork chops; drizzle with remaining sauce. Fold foil and seal. Bake 18 to 20 minutes on cookie sheet in oven or grill 10 to 12 minutes in covered grill. Makes 2 servings.

Cooking in packets or foil bags locks in all the natural juices of your foods. Lean meats, poultry, fish and vegetables stay tender and flavorful without added fat.

Southwestern Chicken & Corn Dinner

1 pre-made foil bag
1 tablespoon flour
9 bone-in skinless chicken pieces
4 teaspoons Mexican seasoning
blend, divided
3 ears fresh corn on cob, cut in
pieces
1 medium green bell pepper, cubed
1 medium red bell pepper, cubed
1 medium onion, cut in eights

Preheat grill to MEDIUM-HIGH or oven to 450 degrees. Place the foil bag in a 1-inch deep pan. Sprinkle flour inside bag. Sprinkle half of seasoning over chicken, turning to coat evenly. Arrange chicken and vegetables in bag in an even layer. Sprinkle remaining seasoning over vegetables. To seal, double fold open end of bag. To cook, slide bag onto grill or leave in pan and place in oven. Grill 25 to 30 minutes in covered grill or bake 50 to 55 minutes in oven. Use oven mitts and a knife to cut bag open. Fold back top for steam to escape.
Makes 5-6 servings.

Note: Six small ears of frozen corn on the cob can be substituted for fresh corn, but defrost corn before adding to foil bag.

To make your own Mexican Seasoning, combine 1 teaspoon chili powder, 1 teaspoon ground cumin, 1 teaspoon garlic salt, $\frac{1}{2}$ teaspoon dried oregano and $\frac{1}{2}$ teaspoon pepper.

Barbecue Sausage & Potato Dinner

1 pre-made foil bag
1 tablespoon flour
 $\frac{1}{2}$ cup barbecue sauce
2 pkgs. (16 ozs. ea.) smoked
sausage, cut in 1-inch slices
1 small onion, thinly sliced
4 medium potatoes, cut in $\frac{1}{2}$ -inch cubes
1 medium green bell pepper, cubed
2 tablespoons vegetable oil
1 teaspoon seasoned salt
 $\frac{1}{4}$ teaspoon pepper

Preheat grill to MEDIUM-HIGH or oven to 450 degrees. Place the foil bag in a 1-inch deep pan. Combine flour and barbecue sauce; stir in sausage. Spoon sausage mixture on one side of foil bag. Arrange onion slices on other side of foil bag. Combine potatoes, green pepper, oil, seasoned salt and pepper; layer evenly on top of onions. To seal, double fold open end of foil bag. To cook, slide the foil bag onto grill or leave foil bag in supporting pan and place in oven. Grill 18 to 23 minutes in covered grill or bake 40 to 45 minutes in supporting pan in oven. Use oven mitts and a knife to cut bag open. Fold back top for steam to escape. Makes 4-6 servings.

Cajun Spiced Corn

1 pkg. (10 ozs.) frozen whole kernel corn
1 small onion, chopped
1 cup chopped tomatoes
 $\frac{3}{4}$ cup chopped green bell pepper
2 teaspoons Cajun seasoning
1 tablespoon butter or margarine

Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Tear a sheet of heavy-duty aluminum foil 18x24-inches. Center vegetables on sheet of foil. Sprinkle with Cajun seasoning; stir to blend. Top with butter. Fold foil and seal. Bake 20 to 25 minutes on cookie sheet in oven or grill 12 to 14 minutes in covered grill. Makes 4 servings.

Corn-On-The Cob

4 ears of corn-on-the cob, husked
 $\frac{1}{4}$ cup butter or margarine, softened
Seasoned salt
Pepper
2 ice cubes

Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Tear a sheet of heavy-duty aluminum foil 18x24-inches. Center corn on sheet of foil. Spread butter on corn. Sprinkle with seasoning. Top with ice cubes. Fold foil and seal. Bake 35 to 40 minutes on cookie sheet in oven or grill 15 to 20 minutes in covered grill, turning packet over once. Makes 4 servings.

To add moisture to vegetable or other packets, ice cubes work well without being messy.

Yellow Squash, Tomato & Onions

1 medium onion, chopped
2 medium yellow squash, cut in $\frac{1}{4}$ -inch slices
4 large Roma tomatoes, quartered
 $\frac{1}{4}$ cup chopped fresh basil
Salt and pepper
1/3 cup shredded Parmesan cheese

Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Tear a sheet of heavy-duty aluminum foil 18x24-inches. Center onion on sheet of foil, top with yellow squash and tomatoes. Sprinkle with basil, salt and pepper. Fold foil and seal. Bake 18 to 22 minutes on cookie sheet in oven or grill 13 to 15 minutes in covered grill. Open foil packet; sprinkle vegetables with cheese. Let stand about 3 minutes until cheese melts. Makes 4 servings.

Packet Potatoes

1 onion, thinly sliced
4 medium red potatoes, cut in bite-size pieces
2 tablespoons olive or vegetable oil
1 teaspoon seasoned salt
 $\frac{1}{2}$ teaspoon dried dill weed (optional)
 $\frac{1}{4}$ teaspoon pepper

Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Tear a sheet of heavy-duty aluminum foil 18x24-inches. Due to the nature of potatoes, spraying foil with nonstick spray or using the new non-stick foil will prevent sticking. Center onion on sheet, layer potatoes evenly on top of onion. Drizzle with oil. Sprinkle with seasonings. Fold foil and seal. Bake 30 to 35 minutes on cookie sheet in oven or grill 15 to 20 minutes in covered grill. Makes 4 servings.

Easy Grilled S'Mores

4 graham crackers, broken into halves
2 (1.55 ozs. ea.) milk chocolate candy bars, divided in half crosswise
4 large marshmallows

Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Tear a sheet of heavy-duty aluminum foil 8x12-inches. For each S'More, top one graham cracker square with one candy bar half, one marshmallow and another graham cracker square. Repeat with remaining graham crackers, candy and marshmallows. Center one S'More on each sheet of aluminum foil. Fold foil and seal. Bake 4 to 5 minutes on cookie sheet in oven or grill 4 to 5 minutes in covered grill. Makes 4 servings.

Banana Boats

4 firm ripe bananas, peeled and sliced in half lengthwise
 $\frac{1}{4}$ cup brown sugar
4 teaspoons butter or margarine
 $\frac{1}{2}$ teaspoon ground cinnamon
Toppings: milk chocolate morsels, mini marshmallows, and nuts if desired
Whipped topping, if desired
Cherries, if desired

Preheat oven to 450 degrees or grill to MEDIUM-HIGH. Tear a sheet of heavy-duty aluminum foil 12x18-inches. Center one banana on sheet of foil. Top with brown sugar and butter. Sprinkle with cinnamon. Top with chocolate morsels, marshmallows and nuts, if desired. Fold foil and seal. Bake 10 to 12 minutes on cookie sheet in oven or grill 4 to 6 minutes in covered grill. Serve with whipped topping and cherries, if desired. Makes 4-6 servings.

Bake It, Take It

It seems like we always need to take a dish somewhere, to work, to a potluck or to someone who needs help. There are so many new products on the market now that make it easy to bake it and take it where ever you need to without the worry of breakage or trying to make sure you get your container back. There are polypropylene pans with lids, disposable aluminum cookware and a new line of pressed paperboard bakeware available on the market.

Some tips for using them are:

- Always follow the manufacturer's instructions.
- Wash before using.
- It is usually a good idea to place this bakeware on a cookie sheet when placing in the oven for support.
- Many of these can be re-used for several times.
- Many of them can be used from freezer, to oven, to table and most are microwaveable.
- Use these to make ahead casseroles, cakes and pies to store in the freezer.

Best Ever Brisket

6 lbs. brisket, trimmed
1 teaspoon garlic salt
1 teaspoon onion salt
1 ½ teaspoons salt
1 ½ teaspoons black pepper
1 ½ teaspoons celery salt
2 tablespoons Worcestershire sauce

Sauce

½ cup sugar
1 cup barbecue sauce
1 cup broth from cooked brisket
1 cup Russian salad dressing

Mix seasonings and Worcestershire together and rub into meat. Wrap tightly in heavy duty aluminum foil. Place in a large, disposable aluminum foil pan and cook 7-8 hours at 275 degrees. When done remove all fat, keep one cup of broth (skim the fat off, or keep more and let cool then remove fat). Slice, put brisket in pan, then mix sauce, pour over slices and bake at 300 degrees for 1 hour.
Makes 16 servings.

Hominy Casserole

1 can (30 ozs.) hominy, white or yellow
1 can (8 ozs.) chopped green chile
2 cups grated Cheddar cheese, divided
1 carton (8 ozs.) sour cream

In a disposable baking pan that has been sprayed with cooking spray, combine hominy, green chile, 1 cup cheese and sour cream. Cover with the remainder of the cheese and bake at 350 degrees for 20 to 25 minutes. Or microwave until heated through and cheese is melted.

Easy Pecan Pie

4 egg whites
1 cup sugar
18 broken Ritz crackers
1 cup pecans
Frozen whipped topping, if desired

In a large mixing bowl, beat egg whites, gradually adding sugar, until stiff. Fold in the pecans and Ritz crackers. Pour in a disposable aluminum pie pan. Bake 40 minutes, cool. Top individual pieces with frozen whipped topping, if desired.



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