

Recipes Upon Request

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Corn Salad and or Dip
By Helen Hickman at the Quad4 Picnic May 26, 2008

Ingredients:

- 2 (15oz.) cans of whole kernel corn
- ½ cup chopped onions.
- 2 cups grated cheddar cheese.
- 1 ½ cups Mayo or Miracle Whip.
- 1 (9 ¾oz.) bag of Fritos Chili Cheese Chips.

Directions:

Combine all ingredients except chips in a bowl.
You can crush the chips and add them to the salad or dip them in the salad.
Enjoy.

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Rice Pilaf
By Susan Travis

Ingredients:

- 2 cups uncooked basmati brown rice
- ¼ cup red onion (chopped small)
- ¼ cup carrot (grated)
- ¼ cup red pepper (chopped small)
- ½ medium sized red apple (small slices)
- Small bottle of Italian dressing
- Fresh cilantro for garnish &/or include a small amount into rice dish for taste.

Directions:

Place the two cups of uncooked basmati brown rice in a hot, large skillet and dry roast the rice until it is slightly golden (no oil, butter, etc).
When the rice is slightly golden, add it to 4 ¼ cups of cool water and cook on the stove approximately 40-45 minutes or until the water is completely reduced.
Put the rice in a bowl and set it aside to cool and/or put in the refrigerator until you need it.

Prepare red onion, carrot, red pepper and apple. Add it to the rice.

Separate the oil from the herbs in the Italian dressing bottle. Pour about ¼ cup of the herbs from the dressing onto the rice and vegetables include a small amount of oil. Mix well.

Add cilantro for garnish on top of dish. (For additional flavor you can add a small amount of cilantro to the rice and vegetables before mixing it all together.)

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