

Sheila's Favorite Recipes



PORK TENDERLOIN

My husband and son LOVE this recipe.

1 TSP SEA SALT.

1/2 TSP FRESHLY GROUND BLACK PEPPER

1 TSP ITALIAN SEASONING

1 TSP GARLIC POWDER

1 TSP GROUND CORIANDER OR GROUND CUMIN

2 TBSP OIL (*vegetable oil, avocado oil or extra light olive oil – I use avocado oil*)

1 PORK TENDERLOIN (*about 1 1/2 lb*)

Combine all the dry ingredients. Trim the pork of any fat or 'silver skin' then pierce it all over with a fork (this will help the pork absorb the herbs.) Coat the pork with a tablespoon of the oil then roll in the herb mix. Heat a tablespoon of oil in an oven-safe pan or skillet and sear pork all over. It takes me about five minutes to get a good crust on all sides. Bake in a 350 degree oven for about 30/35 minutes turning once half way through. (I use a meat thermometer and take pork out when it gets to 160.) Take pork out and let it rest under foil for about 10 minutes then slice. I serve it with mashed potatoes and corn then I get out of the way as Barry and

Christian devour it!

CHICKEN IN A BAG

*This is the easiest thing
in the world to make so...I make it often.*

You'll need a **REYNOLDS OVEN COOKING BAG** and a sachet of **LIPTON RECIPE SECRETS ONION SOUP MIX**.

Wash and trim **6 CHICKEN BREASTS**. (adjust number to your family size.) Throw them in the bag. Sometimes I get my son to hold the bag open and I attempt to throw from a distance. I do not recommend this!

Add the mix to **2 OR 3 CUPS OF WATER** (depending on how many breasts you're using) and add to bag.

Then you just add as many **VEGETABLES** as you like. I usually add *Yukon gold potatoes, chopped carrots onion and celery*. Season to taste. Put the bag in a baking pan with high sides, pierce it a couple of times and cook for about 45 minutes at 350 degrees.

Tasty and easy, one of my favorite combinations!

MACARONI PIE

I will never forget the first time I met my, then finance's, mom and dad. William and Eleanor lived in Charleston, South Carolina and loved to cook good southern food. Our first meal was fried chicken, green beans, home baked rolls and macaroni pie. The pie was William's specialty! After Eleanor passed from cancer, William lived with us for almost two years. We loved having him and we loved his pie!

Preheat the oven to 350 degrees.

Bring a large pot of **SALTED WATER** to a boil then add **2 POUNDS OF ELBOW MACARONI**. (He liked a big pie!) Cook for 8-10 minutes until al dente, (still firm to the bite) then drain and put to one side. Beat **3 EGGS** and **3 CUPS OF MILK** together. In a 9 x 13 inch baking dish put about a third of the pasta then add one and **A THIRD CUPS OF STRONG SHREDDED CHEDDAR CHEESE**. Put in another third of the pasta and another cup and a third of cheese. Repeat with last of the pasta and one and a third cup of cheese. Pour the egg and milk mixture over the top. Sprinkle with **PAPRIKA** and **PEPPER** and bake for about an hour.

Yummy!

APRICOT AND CASHEW CHICKEN

This is a quick easy recipe when you don't have a lot of time and you're asking the Lord, "What else can I do with chicken?!"

A 12 OUNCE JAR OF APRICOT PRESERVE (or 'jam' as we call it in Scotland)

A QUARTER OF A CUP OF DIJON MUSTARD

ONE TEASPOON OF CURRY POWDER

FOUR SKINLESS, BONELESS, CHICKEN BREAST HALVES

A CUP OF CHOPPED CASHEWS

Preheat oven to 375 degrees

Combine the apricot jam, mustard and curry powder in a large skillet and heat over low heat, stirring until the jam is melted and smooth.

Place cashews in a shallow dish. Dip the chicken breasts in skillet sauce and roll in nuts to coat. Then place them in a lightly greased 9x13 inch baking dish.

Bake for 30 minutes. Boil any remaining sauce and serve on the side with the baked chicken.

I usually serve this with rice. It's quick and yummy.

GRANNY'S BREAD PUDDING WITH SAUCE

One of the joys of traveling and speaking is that I get to share the platform with some amazing women and Miss Kay, from Duck Dynasty is one of those amazing women. This is a recipe she gave me and we love it.

HALF A STICK OF BUTTER

I WHITE LOAF OR FRENCH BREAD TORN INTO PIECES

I use brioche as it's so buttery

3 LARGE EGGS

2 CUPS OF SUGAR

HALF A TEASPOON OF SALT

A QUART OF WHOLE MILK

Layer a 9 by 13 inch casserole dish, glass if possible with the bread.

Melt the butter in the microwave. Don't let it boil just melt.

In a large bowl beat the eggs then add the sugar and salt. Add the melted butter then the milk. Pour the mixture over the bread and let it stand for 30 to 45 minutes to let it sink in. Bake in a 350 degree oven for 45 minutes until golden brown.

THE SAUCE

ONE AND A HALF CUPS OF SUGAR

ONE AND A HALF STICKS OF BUTTER, BARELY MELTED

14 OUNCES OF SWEETENED CONDENSED MILK

Miss Kay likes Eagle brand

ONE LARGE EGG YOLK

TWO TEASPOONS VANILLA EXTRACT

HALF A TEASPOON RUM FLAVORING

Combine the sugar, melted butter and condensed milk in a saucepan off the stove. When well blended, cook on medium heat until thick. In a small bowl beat the egg yolk. Add the warm sauce to the egg yolk a tablespoon at a time, stirring as you add. Stir in the vanilla and rum flavoring. Pour over individual servings of the pudding.

*This is so ridiculously good.
Weight Watcher points? About 500!!!*