

*The Pioneer Woman*

by Ree | *The Pioneer Woman*  
Salads

Webpage  
<http://thepioneerwoman.com>

# Killer Kale Salad

*Prep: 10 Minutes*

*Level: Easy*

*Cook: 25 Minutes*

*Serves: 6*

## Ingredients

- 4 slices Thin Bacon, Cut Into Bits
- 1 Tablespoon Butter
- 1 whole Medium Red Onion, Halved And Sliced
- 8 ounces, weight White Mushrooms, Sliced
- 1/2 cup White Wine
- Salt And Pepper, to taste
- 4 ounces, weight Goat Cheese Crumbled
- 3/4 cups Olive Oil
- 1/4 cup Balsamic Vinegar
- 1/2 teaspoon Dried Thyme Leaves
- Salt And Pepper, to taste
- 1 bunch Kale

## Preparation

Fry the bacon bits until slightly crisp. Drain on a paper towel.

Pour out most of the grease and add the butter to the skillet. Add the onions and cook them over medium-low heat for 10 to 15 minutes, until soft. Remove them to a plate. Add the mushrooms, stir, then add the wine, and salt and pepper. Turn the heat to medium-high and cook the mushrooms for several minutes, until most of the wine has evaporated and the mushrooms are soft. Remove them from the heat and set them aside.

Add the olive oil, vinegar, thyme, salt, and pepper to a mason jar and shake it to combine.

Remove the kale leaves from the stalks, then roll them up in batches and slice very thinly. Place the kale in a bowl. Add half the dressing and toss. Then add mushrooms, onions, and bacon and toss again. Finally, add the goat cheese and more dressing if needed, and toss. (Reserve extra dressing for another use.)

Serve it up and enjoy!



## Honey Garlic Chicken Wings

### INGREDIENTS

#### Marinade

2 limes, zest of.....

1/3 cup lime juice

1/4 cup honey

2 garlic cloves, crushed

2 tablespoons soy sauce

1/4 teaspoon Tabasco sauce

3 lbs chicken wings

salt

source ~ foodcom

### DIRECTIONS

Mix marinate ingredients together in a zip lock bag marinate for 3-4 hours. Line cookie sheet with foil. Bake 400 for 15 minutes. Turn and brush with marinate, cook for another 20-25 minutes.

# Country Apple Fritter Bread - Awesome!

Serves 8

## Bread Loaf

1/3 cup light brown sugar

1 teaspoon ground cinnamon

2/3 cup white sugar

1/2 cup butter, softened

2 eggs

1 1/2 teaspoons vanilla extract

1 1/2 cups all-purpose flour

1 3/4 teaspoons baking powder

1/2 cup milk or almond milk

2 apples, peeled and chopped (any kind), mixed with 2 tablespoons granulated sugar and 1 teaspoon cinnamon

## Old-Fashioned Creme Glaze

1/2 cup of powdered sugar

1-3 tablespoons of milk or cream- (depending on thickness of glaze wanted)

## Instructions

- 1 Preheat oven to 350 degrees. Use a 9x5-inch loaf pan and spray with non-stick spray or line with foil and spray with non-stick spray to get out easily for slicing.
- 2 Mix brown sugar and cinnamon together in a bowl. Set aside.
- 3 In another medium-sized bowl, beat white sugar and butter together using an electric mixer until smooth and creamy.
- 4 Beat in eggs, 1 at a time, until blended in; add in vanilla extract.
- 5 Combine & whisk flour and baking powder together in another bowl and add into creamed butter mixture and stir until blended.
- 6 Mix milk into batter until smooth.
- 7 Pour half the batter into the prepared loaf pan; add half the apple mixture, then half the brown sugar/cinnamon mixture.
- 8 Lightly pat apple mixture into batter.
- 9 Pour the remaining batter over apple layer and top with remaining apple mixture, then the remaining brown sugar/cinnamon mixture.
- 10 Lightly pat apples into batter; swirl brown sugar mixture through apples using knife or spoon.
- 11 Bake in the preheated oven until a toothpick inserted in the center of the loaf comes out clean, approximately 50-60 minutes.
- 12 To make glaze, mix powdered sugar and milk or cream together until well mixed.
- 13 Let cool for about 15 minutes before drizzling with glaze.

## Optional

Next time I think I would add in walnuts. You can always use other fruit, or you could add in chocolate chips too! (Of course!)

Substitutions: I've also substituted this with 1/2 cup Greek Yogurt, 1/3 cup milk and add 1/4 teaspoon baking soda instead of 1/2 cup milk as called out in the bread loaf ingredients.

Baking options: Bake 30-40 min. for 2 loaf recipe, 15-20 minutes for muffins or 50 -60 minutes for one full loaf recipe or until toothpick inserted in center comes out clean.



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[Adult League Schedules](#)

[Adult League Standings](#)

[Referee Schedules](#)

## CONTACT INFO

Phone: (804) 358-3000

Fax: (804) 358-1018

[rvc@rvc.net](mailto:rvc@rvc.net)

2921 Byrdhill Rd.  
Henrico, VA 23228

[Directions to the club](#)

## NEWSLETTER

presents

# The 11th Annual Union First Market Ban Monument City Classic

*The Largest Volleyball Tournament in VA Under One Roof is creating four new divisions that will compete in the Richmond Volleyball Club*

**Martin Luther King Weekend**

*The Monument City Classic is a "Stay and Play" Event*

All matches will play a best of three to 25 with any third games to 15. All divisions will be guaranteed 7 matches.

Format for the Monument City Classic will be wave play.

The 18 Open, 17 Open, 17 Club, 16's Open, and 15 Open divisions will begin play at 8:00am on Saturday, January 17, 2015 in the convention center. The 16 Club, 15 Club, 14 Open, 14 Club, 13 Club, and 12 Club will begin play at 3:00pm on Saturday January 17, 2015 in the convention center

The 13 Select, 14 Select and 17 Select will begin play at 8:00am on Saturday, January 17, 2015 at the Richmond Volleyball Club; 2921 Byrdhill Road; Henrico, VA. The 15 Select and 16 Select will begin play at 3:00pm at the Richmond Volleyball Club; 2921 Byrdhill Road; Henrico, VA.

The 18 Open, 16 Select, 15 Select, and 14 Select will play one four team pool or game equivalent on Saturday and Sunday and conclude with a four team bracket on Monday with a two match guaranty. The last match will be scheduled no later than 4:00pm on Monday. Each team should play eight matches or game equivalent. See [flow chart](#) for 18 Open. See [flow chart](#) for 16 Select, 15 Select, and 14 Select.

The 13 Club, 14 Club, 14 Open, 15 Club, 15 Open, 16 Club, 16 Open, 17 Club, and 17 Open divisions will play one four team pool or game equivalent on Saturday and Sunday and conclude with a three team pool on Monday. The last match will be scheduled no later than 4:00pm on Monday. Each team should play eight matches or game equivalent. See [flow chart](#).

The 12 Club division will play a nine team pool over three day. The 17 Select division will play an eight team pool over three days followed by a sigle elimination bracket on Monday. See [flow chart](#).

## Cauliflower Fried Rice

Prep time	Cook time	Total time
10 mins	15 mins	25 mins

Serves: 4

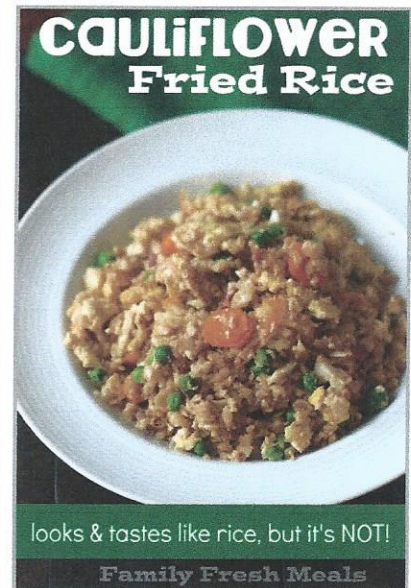
### Ingredients

- - 3 cups of raw grated cauliflower (use a cheese grater or food processor)
- - ½ cup frozen peas
- - ½ cup carrots, thinly sliced
- - 3-4 garlic cloves, minced
- - ½ cup onion, diced
- - ½ TBSP olive oil
- - 2 eggs (or 4 egg whites) scrambled
- - 3 TBSP soy sauce



### Instructions

1. In a large pan, saute garlic and onions in olive oil on a medium/high heat, until onions become soft and transparent. (about 2-3 minutes)
2. Next add in peas, and carrots and cook until carrots begin to soften and peas are heated through, about 3-4 minutes
3. Next stir in scrambled eggs , cauliflower and soy sauce. Cook stirring frequently for about 5-7 more minutes.
4. Enjoy adding in your favorite protein and veg. Possible add-ins: baby corn, broccoli, cabbage, bok choy, water chestnuts, chicken, tofu, and shrimp!

Recipe by Family Fresh Meals at <http://www.familyfreshmeals.com/2013/03/cauliflower-fried-rice.html>





 **Want to change up your chicken?**  
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## Zucchini, Squash, and Corn Casserole

Read Reviews (12)

**Southern Living**

(<http://www.southernliving.com/>)

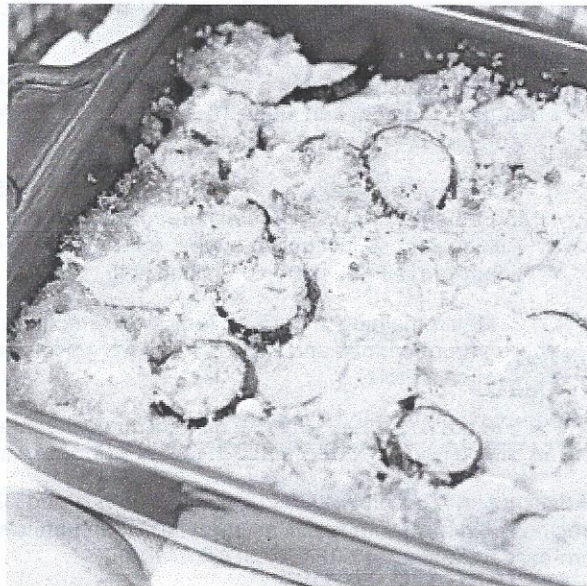


Photo: Hector Sanchez; Stylist: Buffy Hargett

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Soft, white breadcrumbs double as a feather-light binder and golden crumb topping. To make them, pulse torn slices of day-old sandwich bread in the food processor.

Makes 8 to 10 servings

### Ingredients

+ Add To Shopping List

- 1 1/2 pounds yellow squash, cut into 1/4-inch-thick slices
- 1 1/2 pounds zucchini, cut into 1/4-inch-thick slices
- 1/4 cup butter, divided
- 2 cups diced sweet onion

# Caramel Apple Sheet Cake

Author: Nikki

This delicious apple cake is perfectly moist and has caramel frosting infused in each and every bite! It is heavenly!

## Ingredients

- o 2 cups flour plus 2 Tablespoons flour
- o 2 cups sugar
- o 1 teaspoon cinnamon
- o ½ cup butter
- o 1 cup water
- o ½ cup shortening
- o ½ cup buttermilk
- o ½ teaspoon baking soda
- o 2 eggs
- o 1 teaspoon vanilla
- o 2 cups peeled and chopped green apples

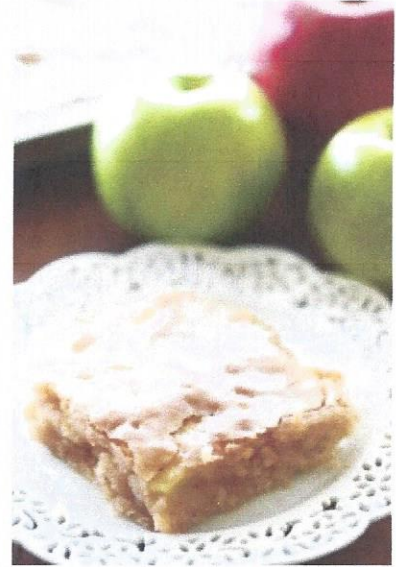
## Frosting

- o ½ cup butter
- o 6 Tablespoons milk
- o 3½ cups powdered sugar
- o ½ teaspoon vanilla
- o ½ cup caramel sauce (I use caramel ice cream topping)

## Instructions

1. In a large mixing bowl, measure flour, sugar and cinnamon and stir to combine. Set aside.
2. In medium sauce pan combine butter, water, and shorting. Bring to a boil. After mixture reaches a boil add it to the four mixture and stir to combine. Add buttermilk, then baking soda, then eggs, then vanilla in that order, mixing in between each addition. Stir in apples.
3. Pour into a 15x13 inch greased jelly roll pan.
4. Bake at 400 degrees F for 20 minutes. Let cool for about 10-15 minutes.
5. While cake is cooling, make frosting by combining butter, and milk in a medium mixing bowl. Microwave until butter is melted. Add powdered sugar, vanilla, and caramel sauce and stir until smooth. Pour frosting evenly over cooled cake.

Recipe by **Chef in Training** at <http://www.chef-in-training.com/2015/09/caramel-apple-sheet-cake/>



## ALL-OCCASION SUGAR COOKIES

yield: About 50 2-inch cookies    prep time: 30 minutes (active) 2 hour (inactive)    cook time: 10 minutes  
total time: 3 hours



### INGREDIENTS:

2 cups all-purpose flour  
½ teaspoon salt  
½ teaspoon baking powder  
1 stick plus 2 tablespoons (10 tablespoons) unsalted butter, at room temperature  
1 cup sugar  
1 large egg  
1 large egg yolk  
1 teaspoon pure vanilla extract

Sugar or cinnamon sugar, for dusting (optional)

### DIRECTIONS:

Whisk the flour, salt and baking powder together.

Working with a stand mixer, preferably fitted with a paddle attachment, or with a hand mixer in a large bowl, beat the butter at medium speed for a minute or so, until smooth. Beat in the sugar and continue to beat for about 2 minutes, until the mixture is light and pale. Add the egg and yolk and beat for another minute or two; beat in the vanilla. Reduce the mixer speed to low and steadily add the flour mixture, mixing only until it has been incorporated – because this dough is best when worked least, you might want to stop the mixer before all the flour is thoroughly blended into the dough and finish the job with a rubber spatula. When mixed, the dough will be soft, creamy and malleable.

Turn the dough out onto a counter and divide it in half. If you want to make roll-out cookies, shape each half into a disk and wrap in plastic. If you want to make slice-and-bake cookies, shape each half into a chubby sausage (the diameter is up to you – I usually like cookies that are about 2 inches in diameter) and wrap in plastic. Whether you're going to roll or slice the dough, it must be chilled for at least 2 hours. (Well wrapped, the dough can be refrigerated for up to 3 days or frozen for up to 2 months.)

**Getting Ready to Bake:** Center a rack in the oven and preheat the oven to 350 degrees F. Line two baking sheets with parchment or silicone mats.

If you are making roll-out cookies, working with one packet of dough at a time, roll out the dough between sheets of plastic wrap or wax paper to a thickness of ¼ inch, lifting the plastic or paper and turning the dough over often so that it rolls evenly. Lift off the top sheet of plastic or paper and cut out the cookies – I like a 2-inch round cookie cutter for these. Pull away the excess dough, saving the scraps for rerolling, and carefully lift the rounds onto the baking sheets with a spatula, leaving about 1½ inches between the cookies. (This is a soft dough and you might have trouble peeling away the excess or lifting the cutouts; if so, cover the dough, chill it for about 15 minutes and try again.) After you've rolled and cut the second packet of dough, you can form the scraps into a disk, then chill, roll, cut and bake.

If you are making slice-and-bake cookies, use a sharp thin knife to slice the dough into ¼-inch-thick rounds, and place the rounds on the baking sheets, leaving about 1½ inches between the cookies.

Bake the cookies one sheet at a time for 9 to 11 minutes, rotating the sheet at the midpoint. The cookies should feel firm, but they should not color much, if at all. Remove the pan from the oven and dust the cookies with sugar or cinnamon sugar, if you'd like. Let them rest for 1 minute before carefully lifting them onto a rack to cool to room temperature.

Repeat with the remaining dough, cooling the baking sheets between batches.

**Storing:** The cookies will keep at room temperature in a tin for up to 1 week. Wrapped well, they can be frozen for up to 2 months.

# Crock Pot Barbecue Beef Brisket

Posted By [Stacy](#) On May 25, 2012 @ 6:00 am

## Slow Cooker Barbecue Beef Brisket

### Ingredients:

- 2 -3 lbs Beef Brisket
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Crushed Red Pepper
- 1/4 tsp Celery Seed
- 1/8 tsp Pepper
- 1/2 cup Ketchup
- 1/4 cup Sucanat or Brown Sugar
- 2 Tbsp Apple Cider Vinegar
- 2 Tbsp Worcestershire Sauce
- 1/2 tsp Dry Mustard

### Directions:

1. In a small bowl mix chili powder, garlic, crushed red pepper, celery seed and pepper and rub onto meat.
2. Place meat in crock-pot.
3. Mix ketchup, sucanat/sugar, vinegar, Worcestershire sauce and dry mustard and pour over meat.
4. Cover and cook on low for 8-10 hours or high for 4-5 hours.
5. Cut thin slices along the grain or just shred it.

Recipe adapted from [Food.com](#)

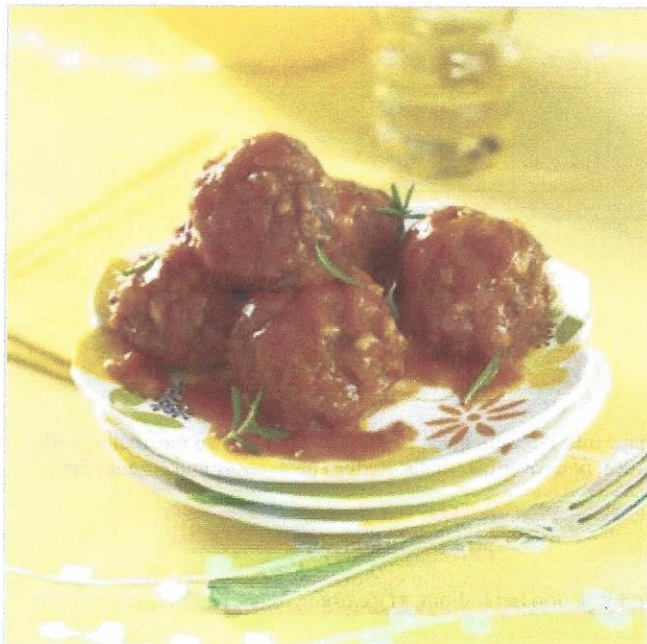
**Note:** Worcestershire may contain anchovies, wheat or soy! Try this [allergy-free recipe here](#). FYI: treacle=molasses

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Article printed from Stacy Makes Cents: <http://www.stacymakescents.com>

URL to article: <http://www.stacymakescents.com/crock-pot-barbecue-beef-brisket>

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## Porcupine Meatballs Recipe

These well-seasoned meatballs in a rich tomato sauce are one of my mom's best main dishes. I used to love this meal when I was growing up. I made it at home for our children, and now my daughters make it for their families. -Darlis Wilfer, Phelps, Wisconsin

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**TOTAL TIME:** Prep: 20 min. Cook: 1 hour

**YIELD:** 4-6 servings

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### Ingredients

1/2 cup uncooked long grain rice

1/2 cup water

1/3 cup chopped onion

1 teaspoon salt

1/2 teaspoon celery salt

1/8 teaspoon pepper

# SLOW COOKED CHICKEN MARSALA



Entertaining? Here's a no-fuss main dish that looks elegant but is actually easy.

## INGREDIENTS

- 2 cloves garlic, finely chopped
- 1 tablespoon vegetable oil
- 8 boneless skinless chicken breasts
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 jars (6 oz each) Green Giant™ sliced mushrooms, drained
- 1 cup sweet Marsala wine or Progresso™ chicken broth (from 32-oz carton)
- 1/2 cup water
- 1/4 cup cornstarch
-

Preheat oven to 450°F.

- kosher salt and fresh pepper
- juice of 1/4 lemon
- 2 tbsp Parmigiano Reggiano, freshly grated

Directions:

Preheat oven to 450°F.

Combine cauliflower, olive oil, lemon juice, garlic, salt and pepper well so all the florets are coated and seasoned. Place in a large shallow roasting pan and place in the center of the oven.



Roast for about 25-35 minutes, turning florets occasionally so they are evenly cooked. Remove from oven and top with cheese and some lemon zest and additional salt and pepper if needed.

Makes 5 cups.

[Print Friendly](#)



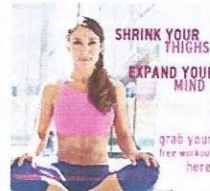
Madison, my youngest daugh...



Quick Mexican Brown Rice

We LOVE Mexican food in my house, tacos, taco chili, enchiladas, you name it! This Mexican inspired side dish is perfect for those nigh...

SHRINK SESSION



45 CROCK POT RECIPES



HEATHER K JONES

recipes

TOP 5 PINNED RECIPES



Skinny Taco Dip (777,584 pins)

0 PP

1 PP

10 PP

11 PP

2 PP

3 PP

4 PP

5 PP

6 PP

7 PP

8 PP

9 PP



Baked Chicken Parmesan

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## Butternut Squash and Carrot Soup

### Ingredients

- 3** cups peeled, diced butternut squash (about 1 small squash)
- 2** cups thinly sliced carrots (4 medium)
- 3/4** cup thinly sliced leek or chopped onion
- 1** tablespoon butter or margarine
- 2** 14 1/2 ounce cans reduced-sodium chicken broth
- 1/4** teaspoon ground white pepper
- 1/4** teaspoon ground nutmeg
- 1/4** cup half-and-half or light cream
- Creme fraiche or dairy sour cream (optional)
- Toasted pumpkin seeds (pepitas) (optional)
- Fresh tarragon sprigs (optional)

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## Directions

-  arrots, and leek in hot butter over medium heat  
broth. Bring to boiling; reduce heat. Simmer,  
ables are very tender. Cool slightly.
2. Place one-third of the squash mixture in a food processor or blender. Cover and process or blend until almost smooth. Repeat with remaining squash mixture. Return all of the mixture to saucepan. Add white pepper and nutmeg; bring just to boiling. Add half-and-half; heat through. If desired, garnish each serving with creme fraiche, pumpkin seeds, and/or fresh tarragon.

## Nutrition Facts (Butternut Squash and Carrot Soup)

Per serving: 82 kcal cal., 3 g fat (2 g sat. fat, 0 g polyunsaturated fat, 1 g monounsaturated fat), 9 mg chol., 364 mg sodium, 12 g carb., 2 g fiber, 4 g sugar, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

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## Taste of Home

# Slow Cooker Pork Chops Recipe

Everyone will enjoy these fork-tender pork chops with a creamy, light gravy. Serve with mashed potatoes and coleslaw or a salad. —Sue Bingham, Madisonville, Tennessee

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**TOTAL TIME:** Prep: 15 min. Cook: 3 hours  
servings

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**YIELD:**4

### Ingredients

- 3/4 cup all-purpose flour, *divided*
- 1/2 teaspoon ground mustard
- 1/2 teaspoon garlic pepper blend
- 1/4 teaspoon seasoned salt
- 4 boneless pork loin chops (4 ounces *each*)
- 2 tablespoons canola oil
- 1 can (14-1/2 ounces) chicken broth

## Thumbprint Snowman Cookies

Cute double thumbprint cookies made into adorable snowmen- because two cookies are always better than one.



### INGREDIENTS:

#### Cookies:

- 1/2 cup butter, softened
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 tablespoon milk
- 1 teaspoon vanilla
- 2 cups all-purpose flour

Icing (to fill cookies)

#### Icing:

- 1 1/4 cups powdered sugar
- 2 Tablespoons milk
- 1/2 teaspoon almond extract or vanilla (optional)
- Gel paste food coloring (black, orange) for decoration

### DIRECTIONS:

1. Preheat oven to 375° F. In a large bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar, brown sugar, baking powder, and salt. Beat until mixture is combined, scraping sides of bowl occasionally. Beat in egg, milk, and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour.
2. Shape dough into 3/4-inch balls. For each full snowman cookie, on an ungreased or parchment paper-lined cookie sheet, place 2 dough balls side by side with one side touching. Press thumbs into each ball to form an indentation in each. Repeat with remaining dough balls, leaving about 2 inches between cookies. For heads only, use one dough ball.
3. Bake for 7 to 9 minutes or until edges are lightly browned. Remove from oven and transfer cookies to a wire rack. Let cookies cool. Fill each indentation with the icing (I used decorating bags and #2 or #3 tip. Let icing dry for several hours.
4. Tint some of the royal icing black, and some orange. Using a small decorating (#1) tip and black icing, apply buttons and eyes. With the orange, add a carrot nose.
5. Let cookies dry completely, ENJOY!

### NOTES:

- To Store: Place filled cookies in a single layer in covered storage containers and store at room temperature up to 3 days or freeze up to 3 months.

GUEST POST by [Munchkin Munchies](#), recipe adapted from Better Homes & Gardens February 2005

MORE DELICIOUS COOKIE RECIPES FROM SUE:

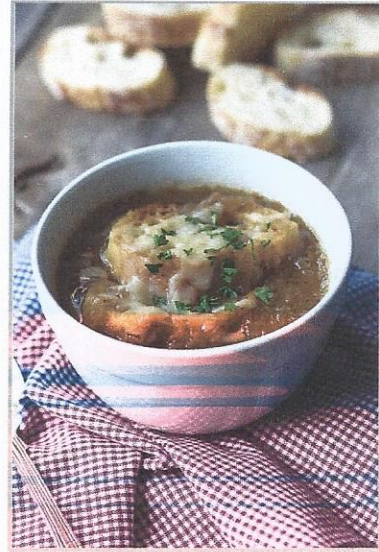
## Caramelized Onion Soup

Author: Mary Ann Dwyer

Servings: 4

### Ingredients

- ¼ cup olive oil
- 2 large white onions, thinly sliced then quartered (5 cups)
- 2 large yellow onions, thinly sliced then quartered (5 cups)
- 8 cloves garlic, minced
- 1 bundle fresh thyme
- 1½ tsp. kosher salt
- 1 tsp. ground black pepper
- 1 tsp. granulated sugar
- ½ cup sherry
- 1 Tbsp. butter
- 2 Tbsp. all-purpose flour
- 4 cups beef broth
- 8 small slices baguette bread, toasted
- ¾ cup gruyere cheese, shredded
- fresh flat leaf parsley, finely chipped



### Instructions

1. In a large dutch oven, heat oil over medium heat.
2. Add onions, garlic, thyme, salt, pepper and sugar and turn to medium low.
3. Cook for 50-60 minutes, until nicely browned, stirring often and scraping up browned bits from the bottom of the pot.. If onions start to stick, reduce the heat.
4. Add the sherry and continue to cook until almost evaporated, about 4 minutes.
5. Discard the thyme bundle.
6. Stir in butter until melted.
7. Add the flour and cook for one minute.
8. Slowly stir in the broth and increase the heat to medium.
9. Simmer for 20 minutes.
10. Place some soup in each bowl, top with two slices baguette, some shredded gruyere and another small ladle of soup.
11. Sprinkle with fresh parsley.

Recipe by The Beach House Kitchen at <http://thebeachhousekitchen.com/2015/10/12/caramelized-onion-soup/>



## INGREDIENTS

- 2 cups (500 mL) mini pretzel twists
- 5 tbsp (75 mL) butter, melted
- 1/3 cup (75 mL) powdered sugar
- 1 bar (1.4 oz/40 g) milk chocolate English toffee candy
- 1/4 cup (50 mL) caramel sauce
- 6 oz (175 g) cream cheese, softened
- 1/2 cup (125 mL) thawed frozen whipped topping
- Additional caramel sauce for drizzling

## DIRECTIONS

1. Preheat oven to 375°F (190°C). Spray cups of **Deluxe Mini-Muffin Pan** with nonstick cooking spray.
2. Finely chop half of the pretzels in **Manual Food Processor** until fine crumbs form. (Don't worry if there are some small pretzel pieces.) Pour into **Classic Batter Bowl**. Repeat with remaining pretzels. Add butter and sugar and mix well.
3. Spoon about 1 tbsp (15 mL) of pretzel mixture into each cup of pan. Press down using **Mini-Tart Shaper** to form indentations. Bake 6 minutes.



## INGREDIENTS

- 1 pkg (8 oz or 250 g) cream cheese, softened
- 1/2 cup (125 mL) part-skim ricotta cheese
- 1/2 cup (125 mL) powdered sugar
- 1 tsp (5 mL) ground cinnamon
- 1/2 cup (125 mL) shelled pistachios
- 1/2 cup (125 mL) mini semi-sweet chocolate morsels
- 1 cup (250 mL) sweetened flaked coconut

## DIRECTIONS