

Crock Pot Chicken Cordon Bleu

After three days of amazing holiday weekend barbecues, I am ready for something without sauce, sides of beans or cool whip desserts. I have had the pleasure of attending festivities at friends' homes so I actually haven't had to do much cooking! My crock pot has been sitting pretty for a few days now and I will neglect it no longer— it's time for a new recipe. I've had some requests for more chicken recipes, so today I am presenting you with a classic favorite, plus an alternative way to do it.



Chicken Cordon Bleu is a popular dish, but I think it's more American than French cuisine. Stuffed meat isn't that new of a concept and there is nothing actually blue in this dish. From what I understand, Cordon Bleu actually means "blue ribbon" in French and is an award given to culinary masterpieces. Here in

the states, I advocate for using deli ham and Swiss cheese in your chicken, but if you'd like to make it more exotic, feel free to try prosciutto and Gruyere cheese for more bite.

You need to start by venting your frustrations on a piece of meat. Place each boneless/skinless chicken breast in a zipped plastic bag and go to town on it. Use a rolling pin, a mallet, a can of soup... anything that will apply weighted pressure. You want the meat to be tenderized and spread thinner.

If you'd like to make this dairy-free/kosher/healthier, try using different filling in your meat. I suggest trying a combination of fresh spinach, sliced mushrooms and roasted garlic instead of ham and Swiss in your chicken rolls. You

can use all the same directions, just substitute your inner components. Feel free to experiment and find out what earns the “blue ribbon” in your kitchen. Enjoy!

4 boneless/skinless chicken breasts

1/4 lb. deli ham, sliced thin

1/4 lb. swiss cheese, sliced thin

4 t. dijon mustard

1 t. celery seed

1 T. dried parsley flakes

salt and pepper

1 c. white wine

Beat chicken into flat, thin pieces. Lay flat and smear with mustard. Layer one piece of cheese and one piece of ham, then start at end and begin rolling chicken. Place each roll seam side down in the crock pot. Sprinkle seasonings on chicken rolls, then pour wine into crock pot, but do not rinse the seasonings back off. Cook on low for 4 hours. Remove rolls from pot and let cool for a few minutes so that juices can settle. Serve hot.

Crock Pot Sweet Potatoes-- kid friendly!

I’m always looking for new foods that will be tasty to my palate, but that my kids will still eat. This recipe is a

compromise of an easy go-to baby food and a flavorful combination of sweets. The sweet potatoes turn out smooth in the crock pot and you don't have to worry about burned edges or the sugary syrup burning like when you cook sweet potatoes in the oven. I'd suggest serving this with something more bland- grilled chicken or tilapia maybe or even something easy like chicken nuggets or hot dogs. Any meal that can feed the masses and enjoyed by all is a winner in my household!

I like sweet potatoes almost any way they are prepared. At Thanksgiving, I love the marshmallows crisped to a sweet burn up on top; I love the Hawaiian dish made with crushed pineapple and coconut milk and I also love tzimmes (do a search on my site for the recipe!). Today's recipe is similar to tzimmes, but a better take on the old world concoction. This is a little lighter and the little oranges have a sweeter flavor.

Serve this to your whole family and even if your kids want to dip the potatoes in ketchup (like mine sometimes do), remember that they are getting lots of great vitamins and nutrients from this delicious, vegetarian side dish!

4 sweet potatoes, peeled and chunked

1 can (11 oz.) mandarin oranges in juice (not syrup) DO NOT DRAIN

3 T. honey

Coat crock pot in non-stick spray. Dump in sweet potatoes. Pour oranges and juice on top of potatoes. Drizzle honey over everything. Cover and cook on high for 3 hours.

Crock Pot Turkey A La King

Hear ye, hear ye... thy dinner is potting! Thy royal family shall enjoy a delicious banquet of wild bird prepared in a lavish sauce that is truly fit for a king. Only, I don't have a royal chef, a housekeeping staff, a castle moat or a dragon. I think the term "a la king" actually refers to the "richness" of the sauce on the meat. But instead of doing shredded or cubed chicken, I've decided to continue the royal renaissance theme to the meal and use whole turkey legs instead.

You don't need to be savage in eating the turkey legs, simply serve them over pasta or rice or even biscuits and use a fork and knife instead of your hands. Enjoy this tender meat and please realize that you don't need to be royalty to enjoy a divine meal.

3-4 turkey legs (2-3 lbs)

1 can condensed cream of mushroom soup

1 can condensed cream of celery soup

1/2 c. milk

3 T. flour

1 t. black pepper

1 t. paprika

1 t. celery seed

1 medium onion, diced

1 stalks celery, diced

1 roasted red pepper, sliced

Place turkey legs in crock pot laying flat (it's best to use an oval shaped crock pot). Add onion and celery. Mix flour, seasonings, milk and soups in a separate bowl and then pour on top of meat and vegetables. Cook on low 6 hours. Add sliced roasted red pepper as garnish when serving.

Crock Pot Apple Brown Betty

Your crock pot isn't just for cooking main dishes, I'm on a kick cooking desserts too! If you are a fan of baked apples or even just apple sauce, you'll love this take on what I call "apple brown betty". If you look up the meaning, it's still unclear who this "betty" is and why her apples were so brown. Most sources date the dish back to colonial times and confirm that the dessert is truly as American as... well, apple pie.

The flavor and composition of my apple brown betty is similar to a cobbler, so if you'd like to try this with peaches, berries or any combination of fresh fruit, give it a try and please post a comment and let us all know how it turns out. Enjoy!

6-8 medium apples, peeled, cored and sliced

1/3 cup brown sugar, packed

1 T. vanilla

1 t. cinnamon

1/4 t. nutmeg

For the crumbles—

2 cups of granola

1/2 c. sugar

1 t. cinnamon

2 t. melted butter

Put apples in crock pot first and then rest of filling ingredients. Toss together so that the apples get coated. Then, in a separate bowl, mix together crumbles ingredients and then pour on top of apples, but do not mix. Cook on low for 3 hours. Serve a scoop of dessert with a scoop of ice cream– the warm sweetness and the cold creaminess are a delightful combination.

Crock Pot Carrot Cake



I would like to begin this post with an argument. The title of carrot cake is really a misnomer. This shouldn't be considered a dessert. It is based foremost on a VEGETABLE for goodness sake! It is a carbohydrate next and then a treat after that. It is vegetarian, kosher, can be low

fat and I'd almost put the gold sticker of "healthy" on it!

Based on these clear and evident facts, I would like to share with you my recipe for crock pot carrot cake. Serve it for breakfast, after lunch, for an afternoon or evening snack or

just about any point of the day. Chalk it up as doing a good deed for yourself. And trust me, this tastes soooo much better than drinking v8!

1 c. flour

1 c. oatmeal

1/2 c. sugar

1/2 c. applesauce

2 t. potato starch

1/4 c. apple juice

1/4 c. vegetable oil

1 t. baking powder

1 t. baking soda

1 t. cinnamon

1 c. grated carrots

1 t. vanilla

1/2 c. raisins

1/2 c. chopped walnuts (optional)

Mix all ingredients in a separate mixing bowl by hand. Coat a loaf pan with non-stick spray and then pour batter in. Place entire loaf pan in crock pot (use oval shaped crock pot to make it fit). Cook on high until center of cake is no longer jiggly— about 2-2.5 hours. Let cool and then smear with whipped cream cheese or cream cheese frosting.

Crock Pot Inside Out Stuffed Peppers

Stuffed peppers are a delicious union of textures and are meant for slow cooking. But sometimes, the prep work of cutting and chopping and mixing and stuffing is just too much. Consider this my recipe for “inside out stuffed peppers”. I’ve figured out a way to get that same great result with even less time. It might not have the same presentation as beautifully stuffed bells, but if you are looking for ease and a great meal, this is a good sloppy way to serve a favorite dish. Enjoy!

1 lb. ground turkey or chicken

2 T. dried parsley

1/2 c. uncooked rice

1 t. salt

1/2 t. ground pepper

1/2 t. red pepper flakes

1 t. worchestershire sauce

1 16 oz. bag frozen chopped peppers

1 medium onion, sliced

2 c. spaghetti sauce

Mix together first seven ingredients. Put frozen peppers and onions in bottom of crock pot. Form 12-14 meatballs from the

mixture and arrange in a single layer in the crock pot. Pour spaghetti sauce on top evenly. Cook on high for 3-4 hours.

Vinaigrette Salad

***"To make a good salad is to be a brilliant diplomatist –
the problem is entirely the same in both cases.***

To know exactly how much oil one must put with one's vinegar."

Oscar Wilde 1856-1900, British Author

Dinner was not a crock last night. We grilled out brats and had cold side dishes, drank chilled wine and enjoyed time with friends. Sometimes I really enjoy the contrast of a hot main dish and the refreshment of cold accompaniments. I made a



vinaigrette salad last night that everyone seemed to really enjoy, so I thought I'd share the recipe with you too. Tomorrow I'll use the crock pot, but this was a nice change.

Making a vinaigrette salad takes only a few ingredients, but just the right balance (as Oscar Wilde said in the quote listed above). You want chemistry and harmony and simplicity in the perfect mix. Depending on the potency of your ingredients, you may want to divide the dressing measurements in half and add a bit at a time until you get a good balance.

Remember that when the vegetables marinate, they will absorb some oil and vinegar and release some water, so you might want to drain the salad a little bit before serving. Enjoy!

1 English cucumber, peeled and cut into chunks

2 c. cherry or grape tomatoes, cut in half

1/2 medium sweet onion, cut into chunks

1 15 oz. can garbanzo beans, drained and rinsed

1 15 oz. can green beans, drained and rinsed

3 T. fresh parsley, chopped

1/4 c. extra light olive oil

3 T. red wine vinegar

1/2 t. salt

1 t. coarsely ground pepper

Mix all vegetable together, then drizzle with oil, vinegar and seasonings. Toss salad together and then add parsley and mix one more time. Refrigerate at least an hour and then drain, if needed, before serving.

[Crock Pot Scalloped Potatoes](#)



After some trial and error with cooking potatoes in the crock pot, I've finally got some advice for you. First off...don't try to make mashed potatoes. The long amount of time and lack of high heat sort of ruin the effect. But, if you want to make them on the stove and then keep them heated in a crock pot, that

works out fine.

I really wanted to make a side dish of potatoes that was easy to cook and didn't take an excessive amount of prep work (or extra dishes or pots). These scalloped potatoes turned out bubbly and flavorful without having to add a canned creamy soup. Give this a try, especially if you have two crock pots, so you can do a meat main dish in one and this delicious accompaniment in the other. Enjoy!

4-5 medium-sized potatoes, skin on

1 medium onion

1/4 c. flour

2 T. parsley flakes

1 T. salt

1 t. black pepper

1 1/2 c. milk

paprika

1 c. shredded cheese (try cheddar or mozzarella)

Use a food processor to slice potatoes and onions thin (this is much thinner than what you can do with a knife!). Put in

pot and then mix in flour and seasonings. Smooth out mixture so that is it flat, then pour milk over entire surface area. Potatoes should not be completely covered by milk. Shake paprika on top as garnish. Cook on high for 2-3 hours or low for 3-4 hours. Stir in shredded cheese before serving.

(This is a really good recipe to use a [crock pot liner](#), the edges crisp first and get stuck to the sides. If you use a liner, it is much easier to clean out the pot! You can buy some by clicking [here](#).)

Crock Pot Country Ribs

Let's make a play list for today's recipe to put you in the mood! By the time you sing along to *Sweet Home Alabama* (Lynyrd Skynyrd), *Little Bitty* (Alan Jackson) and the beginning of *Sweet Caroline* (Neil Diamond), you'll have a pot full of home cookin' set for a down-home country feast. Whether you live in the north, south, east or west, you'll enjoy this soothingly savory dish that goes great with any variety of side dishes. I'll be serving mine with steamed broccoli and maybe some scalloped potatoes. If I can figure out how to do the potatoes in the crock pot, you'll see it posted later this week!

Once your meal is made, add some more songs to your play list so you can dance around and sing when you are doing the dinner dishes later tonight. Enjoy!

1.5-2 lbs pork country ribs

1 cup ketchup

1/4 c. brown sugar

1/2 c. apple juice

2 T. apple cider vinegar

2-3 cloves garlic, chopped

1 t. celery seed

1/2 t. ground mustard

2 T. parsley flakes

Spray pot with non-stick spray. Place country ribs side by side in one layer (best if using an oval shaped crock pot). Mix remaining ingredients in a separate bowl and then pour on top of meat. Cook on low for 6-8 hours.

Crock Pot Apple Sauce

Applesauce is awesomeness. I don't ever remember hearing children's song lyrics that explained this or country songs about missing it, but I'm pretty sure we can all agree that it is comforting and simple, sometimes sweet and sometimes tart and when you up or down, it just brings you back. This is a staple food for most kids and even adults. Applesauce only takes a minimal number of ingredients and is something that everyone from age three to 1-oh-3 will eat. I add a few extra ingredients to mine because I like to eat it warm and I think this combination makes it a little more scrumptious. So make yourself a pot this weekend and hum a little ditty about it being good to the core.

3 lbs golden delicious apples (10-12 apples=cored, peeled and sliced)

1/2 c. water

1/4 c. brown sugar

3 T. instant tapioca

1/4 t. black pepper

1 t. vanilla

1 t. cinnamon

1/2 c. raisins (optional)

Put apples in the crock pot first. Mix together all dry ingredients and sprinkle on top of apples, then add water and vanilla and mix to turn everything a few times. Cook on low for 6 hours. If you prefer smooth instead of chunky applesauce, then use an immersion hand blender to puree apples to desired consistency. Add raisins during last hour, after pureeing. Serve warm or cold.