

## **Thai Cashew Chicken**

### **Chemicals needed (Ingredients):**

1 lb. chicken breast  
2 bell peppers (any color)  
1/2 sweet onion  
2 1/2 tablespoons of soy sauce  
2 1/2 tablespoons of oyster sauce or hoisin sauce  
2 1/2 tablespoons of sugar  
1/2 tablespoon of sesame oil  
1/2 cup of roasted cashews  
1 cup of rice flour or all-purpose flour  
1 tablespoon of vegetable oil

### **Reaction Procedure (Directions):**

STEP 1: Cut chicken, bell peppers, onions into bite-sized pieces. Season chicken with 1/2 tablespoon of soy sauce, 1/2 tablespoon of oyster sauce or hoisin sauce, 1/2 tablespoon of sugar. Bread the chicken with rice flour or all-purpose flour, then deep fry them to make Thai style popcorn chicken.

STEP 2: In a separate bowl, mix 2 tablespoons of soy sauce, 2 tablespoons of oyster sauce or hoisin sauce, 2 tablespoons of sugar and 1/2 tablespoon of sesame oil.

STEP 3: Heat 1 tablespoon of vegetable oil in a non-stick pan with high heat add cut onions and bell peppers. Then add the sauce from STEP 2 followed by the popcorn chicken from STEP 1. Stir them together. Finish up by adding 1/2 cup of roasted cashews.

Enjoy! This dish is <sup>23</sup>Na (**sodium**) amazing!

Note: This recipe is usually served with rice.

## **Scalloped Oysters**

### **Ingredients:**

Canned smoked oysters (2 preferably)  
Whipping cream, one pint  
Butter or margarine, approximately 1/4 cup  
Soda crackers; may be saltines  
Pepper to taste

### **Directions:**

Preheat oven to 350 degrees.

Crumble a fistful of soda crackers into a greased baking dish, covering the bottom with a layer. Arrange one can of smoked oysters, drained, onto the crumbled soda crackers. Spot with approximately a tablespoon of butter or margarine. Add pepper to taste.

Crumble another fistful of soda crackers onto the smoked oysters, covering them. Arrange the second can of smoked oysters, drained, onto the crumbled soda crackers. Spot with approximately a tablespoon of butter or margarine. Add pepper to taste.

Crumble a third fistful of soda crackers onto the smoked oysters, covering them. Pour whipping cream, in toto, into dish.

Bake, uncovered, in oven, approximately 35 minutes. Dish will turn golden to medium brown. Do not overcook, for the oysters will turn rubbery. Let cool slightly, no more than three minutes, before serving.

This dish serves as a dressing.

## **Mint Chocolate Cheesecake**

### **Ingredients:**

For the crust:

9 oz. box of Nabisco Famous Chocolate Wafers  
3 tablespoons butter (melted)  
1 tablespoon sugar

For the cheesecake:

2 8 oz. cream cheese cube (room temperature)  
3 eggs  
2 tablespoons of white or dark crème de cacao  
1/4 cup green crème de menthe

For the icing:

4 oz. box of German chocolate  
1/2 cup sour cream

### **Directions:**

Butter and flour an 8 inch springform pan

#### **Crust**

1. Crush entire box of 9 oz. Nabisco Famous Chocolate wafer cookies in bowl (I use a potato masher)
2. Add 3 tablespoons melted butter and 1 tablespoon sugar
3. Stir to combine
4. Spread into the bottom of the springform pan and pat it down

#### **Cheesecake**

1. Beat two 8 oz. cream cheese cubes (at room temperature) on low speed
2. Add 3 eggs beating well after each addition
3. Beat until smooth
4. Add 2 tablespoons white (or dark) creme de cacao
5. Add 1/4 cup green creme de menthe (If using clear creme de menthe I recommend adding a few drops of green food coloring to make the cheesecake a festive Christmas green.)

Bake at 350 degrees for 40 minutes, then cool on wire rack completely

#### **Icing**

1. Melt one 4 oz. box of German chocolate (on stovetop)
2. Add 1/2 cup sour cream to melted chocolate
3. Spread with a spoon carefully over cooled cheesecake

Refrigerate until ready to serve.

## **Chocolate Crinkles**

(they are fudgy and moist)

### **Ingredients:**

1/2 cup vegetable oil  
4 squares unsweetened chocolate (4 oz.) melted  
2 cup granulated sugar  
4 eggs  
2 teaspoon vanilla  
2 cup flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup confectioners sugar

### **Directions:**

Mix oil, chocolate and granulated sugar. Blend in one egg at a time until well mixed. Add vanilla. Measure flour and stir flour, baking powder and salt into oil mixture. Chill several hours or overnight.

Heat oven to 350 degrees. Drop teaspoonfuls of dough into confectioners sugar. Roll in sugar, shape into balls. Place about 2 inches apart on greased baking sheet.