



MEAT, POULTRY & SEAFOOD

ARTICHOKE AND CHICKEN

Patsy Costello

1 lg. can artichoke hearts,
packed in water and drained
2 c. grated Parmesan cheese

2 c. mayonnaise
2 c. cooked chicken, cut in bite-
size pieces

Mash artichoke hearts. Mix with Parmesan cheese and mayonnaise. Put in Pyrex dish and bake at 350° for 30 minutes.

BAKED CHICKEN

Faye Farrell

1 whole fryer
1 can cream of chicken soup

1 c. milk
Salt and pepper

Cut up fryer. Salt and pepper to taste. Place in oblong baking dish. Be sure to spray dish with Pam spray. Place in oven, uncovered. Cook about 45 minutes at 500°. Mix well 1 can of cream of chicken soup and 1 cup of milk. Pour over chicken; cover with foil. Bake for about 15 to 20 minutes more or until chicken is done. Serve with rice.

BARBECUED MEATS

Faye Farrell

Place uncooked, seasoned and cut up chicken, ham or pork chops in crockpot. Pour a little barbecue sauce on each piece. Add **no** water. Cover and cook on low 8 to 10 hours or high for 4 to 6 hours.

BARBECUED RIBS

Faye Farrell

3 lbs. spareribs
Salt and pepper

1 onion, sliced
1 (16-oz.) bottle barbecue sauce

Put sliced onion in crockpot. Slice ribs into serving pieces and put in crockpot. Pour in barbecue sauce. Cover and cook on low 8 to 10 hours or high 4 to 5 hours.

