

# Happy Halloween Recipes

## Monster Meatloaf

- 1 cup mushrooms, coarsely chopped
- 1/4 medium onion, chopped
- 10 oz frozen chopped spinach, thawed, drained
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1 lb. ground turkey breast
- 3/4 cup old fashioned oatmeal, uncooked
- 1/2 cup skim milk
- 1 egg, lightly beaten
- 1 teaspoon Italian herb seasoning
- 3 cup spaghetti sauce
- 2 pimento stuffed olives (for eyeballs)
- Few corn kernels (teeth)

Preheat oven to 375F. Sauté mushrooms and onion in a heavy nonstick skillet over medium low heat 4-5 minutes, or until onion is tender. Remove from heat (drain off any excess oil) and stir in spinach, 1/4 cup mozzarella cheese and Parmesan cheese. Combine turkey and next 4 ingredients in a bowl. Season with salt and pepper to taste. Mix lightly but thoroughly. To form the monster corpse, in an ungreased baking pan, sculpt 2/3 of meat mixture into a body. Make a deep indentation down center of torso and fill with spinach mixture. Top with remaining meat mixture, sealing edges to completely cover filling. Make eyes on the monster by using the olives. Use corn to make teeth and a pimento from an olive to make a tongue. Pour spaghetti sauce around body and bake 45-50 minutes or until cooked through. Sprinkle torso with remaining 1/4 cup mozzarella cheese and return to oven 1-2 minutes or until cheese is melted. After baking, you may stick a knife into the monster's torso for effect if you like. Let stand 5 minutes before slicing.

## Skeleton Bone Biscuits

- 4 egg whites
- 1 teaspoon grated orange peel
- 1 3/4 cup sugar
- 1/2 teaspoon baking powder
- 1 3/4 cup flour
- 1 1/2 cup salted almonds (slivered or chopped)

With an electric mixer on medium speed, beat egg whites and sugar with orange peel and baking powder until blended. Gradually add nuts and flour, beating until mixture is thoroughly blended. Cover and chill until firm enough to handle, at least an hour or up to a day. Lightly flour your hands and pinch off a three-tablespoon size piece of dough. On a lightly floured board, use the palms of both hands to evenly roll an 8-inch long rope. Cut rope in half; roll each half out again to 8 inches. Fold an inch of each end back onto rope and pinch ends to make bone shapes. Repeat to shape all the dough. Place bones an inch apart on a buttered and flour-dusted baking sheets. Bake in a 325F for about 20 minutes oven until cookies are lightly browned on bottoms.



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## Eyeballs

- 1/2 cup butter, softened
- 1 1/2 cup peanut butter
- 1 lb. icing sugar
- 1 tablespoon vanilla extract
- 12 oz white chocolate

Cream the butter and peanut butter together. Add the icing sugar and vanilla and blend thoroughly. Shape into small 1 inch balls and refrigerate on waxed paper for half an hour. Melt the white chocolate (you can use a microwave for this). With a toothpick, dip the 'eyeballs' into the chocolate, covering all but a small circle on the top. Let cool on waxed paper.

## Witches' Fingers (or Witches' Hands)

- 1 tablespoon vegetable oil
- 4 boneless chicken breasts
- 1 cup flour
- 1 egg, beaten
- 1 cup breadcrumbs (any style you like)
- 10 pitted black olives, halved lengthwise
- Shredded lettuce

Grease a baking sheet with the oil and set aside. Cut the chicken breasts part way to create five fingers (the uncut part being the palm of the hand). Dust the chicken in flour, dip in the egg and coat in the breadcrumbs. Place on the baking sheet (or

you can use a pan and the stove top) and bake until each side is golden and cooked through. To serve arrange the chicken on the shredded lettuce. At the tip of each finger garnish with a olive 1/2 with cut side down. Now you have witches' fingers!

## Caramel Cinnamon Apples

- 1 tablespoon unsalted butter
  - 4 Jonathan or Macintosh apples, peeled, cored and thinly sliced
  - 3 tablespoon sugar
  - 1/4 teaspoon cinnamon
  - 2 tablespoon pecans, chopped
  - 1/2 cup caramel topping
- Melt butter in a heavy nonstick skillet over medium high heat. Sauté apples, sugar and cinnamon 12-15 minutes, stirring frequently, or until apples begin to turn golden. When apples begin to caramelize, remove from heat. Stir in pecans. Serve with caramel topping.

