

## ***Rocky Road Halloween Squares***

1-12 oz. pkg. chocolate chips  
1-14 oz. can sweetened condensed milk  
2 T. butter  
2 c. dry roasted peanuts  
1-10-1/2 oz. pkg. miniature white marshmallows

Melt morsels with sweetened condensed milk and butter; remove from heat. In large bowl, combine nuts and marshmallows; fold in chocolate mixture. Spread in wax paper-lined 13" x 9" pan. Chill 2 hours.

## ***White Bar-B-Que Sauce #1***

**The perfect dip for just about anything off the grill!**

1 quart salad dressing  
1 T. worchestershire sauce  
4 T. lemon juice  
3 T. white vinegar  
1/2 c. sugar  
1 tsp. each: red & black pepper and paprika

## ***White Bar-B-Que Sauce #2***

1 quart mayonnaise  
3/4 quart apple cider vinegar  
1/2 c. corn syrup  
1/4 T. cayenne pepper  
Prepared horseradish  
Lemon juice  
Salt & black pepper

Place all ingredients in a food processor or blender. (May have to be done in two batches) Blend for one minute until thoroughly combined and mixture is smooth.

## ***Red Beans & Rice***

1 lb. red beans  
1-3/4 quart water  
Hambone  
1 c. onion, chopped  
1 c. parsley  
2 large cloves garlic  
1 T. salt  
Dash red pepper  
Jalapeno peppers  
1 tsp. black pepper  
1/2 tsp. sugar  
Dash Tabasco  
1/4 tsp. oregano  
1/4 tsp. thyme leaves  
1 T. worcestershire sauce  
1/2 8 oz. can tomato sauce  
Lawry's season salt  
1/4 tsp. paprika  
Cooked rice

Cook beans 3 hours. Add seasonings and cook slowly 1-1/2 hours. Cool and mash a few beans and return to pot. Reheat and serve over cooked rice.

## ***Brown Rice***

1-7 oz. box Minute rice  
1 can beef broth  
Water & margarine per instructions on box

Cook rice per directions on box

Mix in:  
2 tsp. soy sauce  
2 tsp. worcestershire sauce  
2 tsp. teriyaki sauce  
2 c. green onions  
1 tsp. bacon drippings  
Salt to taste

## ***Honey Mustard Dressing***

3/4 c. plain nonfat yogurt  
1/4 c. reduced calorie mayonnaise  
1/4 c. honey  
2 T. dijon mustard  
2 T. coarse grain prepared mustard  
1 T. rice vinegar

Combine in tupperware bowl and chill thoroughly. Serve as salad dressing, dip or marinade for chicken or other meats.