



2009
EDITION

THE PRINCESS HOUSE FAMILY COOKBOOK



*Pictured above is the Consultant Starter Set. Ask how you can get it for only \$25!
And yes, it does include the Miracle Dish!!

3 Qt. Casserole Dish Recipes aka "The Miracle Dish"

FANTASTIC CHICKEN & RICE

2-3lbs Frozen Chicken Pieces

1 Cup Rice (not minute)

2 Cups Water

1 Can Cream of Mushroom Soup

Salt & Pepper To Taste

Pour rice and water in bottom of dish. Add 1 can of Cream of Mushroom soup, mix well. Place frozen chicken pieces on top of rice and soup. Add salt and pepper to taste. Place lid on Miracle Dish locking all moisture into dish.

Oven Time 1hr and 15 Minutes

350 Degrees

AMAZING APPETIZER MEATBALLS

1 Bag Frozen Swedish Meatballs (approx)

1 Jar Grape Jelly 32 oz

2 Jars Heinz Chili Sauce

Heat chili sauce and grape jelly together. Place frozen meatballs in Miracle Dish and mix in sauce. Place in oven with lid to heat through. Make plenty they go FAST!

Oven Time 20-30 (approx)

350 Degrees

BOUNTIFUL BREAD BASKET

Butter (do not spray Pam)

1 Package French bread loaf dough

Rub butter or margarine all over the outside of the Miracle Dish. Work and pat French Loaf Bread Dough outside of dish. Press firmly so that flowers are indented in bread. To get flowers on the inside and outside of bread basket, simply roll a Fantasia Footed Tumbler on the outside of dough before placing into the oven (like a rolling pin). Place in oven on an oven pan, let bake as directed. When lightly browned, remove from oven and let cool. Last remove your flowered bread bowl from the dish. Add you favorite dip or biscuits and serve.

LONDON BROIL or POT ROAST

4lb Frozen London broil or Pot Roast

½ Cup Water (for gravy)

5-6 Small Potatoes

4-5 Baby Carrots

1 whole onion, cut

Place 4lb frozen London Broil or Roast in dish
Add water. Place carrots in first then add potatoes and onion
Place lid on Miracle Dish locking all moisture into dish

Oven Time 2 Hours

325 Degrees

YELLOW RICE WITH SALSA & CHICKEN

1 Bag Yellow Rice with seasoning pack

1 Jar Salsa of your choice

1 Cup Water

3-4 Boneless Skinless Chicken Breasts

Mix all ingredients into Miracle Dish. Stir Together.

Place in microwave for 20 minutes or until done

MIRACLE CHICKEN

4 -5lb. Thawed whole Chicken (remove goodies)

Miracle Blend Rub (Recipe Follows)



Place 3-4lb thawed whole chicken into Miracle Dish. Cover with Miracle Blend Rub. Place lid on Miracle Dish locking all moisture into dish. Microwave 30 Minute. **Do not add water**
Variations: Jar of Salsa, Bar-B-Que, Grapeseed Oil & Rosemary, Lemon Pepper Seasoning, Garlic, Lemon, Basil, Orange & Oregano

Miracle Blend Rub: Mix 1 tbs. Miracle Chicken Blend with 1 tbs. Grapeseed Oil.

MIRACLE CAKE

1 Box Any type cake mix

1 Can Any type of pie filling

3 Large Eggs

Mix all above ingredients together. Pour in Miracle Dish. Cook UNCOVERED in microwave for 10 minutes. Take out and place lid on for approx. 5 minutes. Then flip and serve on lid while still warm. Serve with favorite ice cream. (If cake center is not completely cooked, microwave in 2 min. increments until done.)

Suggestions: Vanilla Cake mix with Blueberry Pie Filling, Yellow Cake Mix with Peach Pie Filling, Spice Cake Mix with Apple Pie Filling, Chocolate Cake Mix with Cherry Pie Filling, Yellow Cake with Pumpkin Pie Filling

WATERMELON ICE CREAM CAKE

1 Container Lime (Green) Sherbet

1 Container Pineapple or Lemon (White) Sherbet

1 Container Strawberry Ice cream

Mini chocolate chips



Place green sherbet in the bottom and all around the sides of the 3 qt casserole. Do the same thing with the white sherbet to form a second layer. Mix the chocolate chips lightly into the strawberry ice cream. Fill the remainder of the 3 qt Casserole with the ice cream/chocolate chip mixture. Cover and place in freezer to set firm. When ready to serve remove from freezer and allow to sit out for about 5 minutes and flip out onto the lid. Slice and serve like a piece of watermelon.

GARLIC CHICKEN

4-6 lbs Chicken Breasts (Thawed, boneless, & skinless)

½ Stick Butter

4-6 Garlic Cloves Chopped

½ Cup White Wine or Sherry

Layer Chicken Breasts in bottom of Miracle Dish. Pat on ½ of the Butter and Garlic (save some for next step). Add another layer of Chicken. Pat on remainder of Butter & Garlic. Pour Wine or Sherry over top. Cover and Bake.

Oven Time Approx. 40 minutes

350 Degrees

TURKEY SAUSAGE – CHICKEN BAKE

4-6 Turkey Sausage Links
1-2 Green Pepper cut up (depends on taste)
2 Onions cut up
2 Tomatoes cut up
1 Whole Chicken cut up into pieces
1 Packet Seasoning Adobo

Place Turkey Sausage in Miracle Dish. Place peppers, onions, tomatoes on top. Place Chicken over vegetables and season with Adobo. Place lid on Miracle Dish.
Microwave Time 30-35 Minutes

BLACK FOREST CAKE

1 Box Devil's Food Chocolate Cake Mix
1 Can Cherry Pie Filling

Pour Cherry Pie Filling in bottom of dish. Mix Cake Mix according to box instructions. Pour over pie filling. Place in oven UNCOVERED without lid. When done place lid on dish and flip! WOW!

Volcano Variation:

To make Volcano Cake substitute Chocolate Cake with Red Velvet cake. When you slice cake the inside is red like a volcano and cherries fall down the sides! Great for birthdays, add a dinosaur and have fun! Let cool then flip and serve.
Oven Time 50-60 minutes 350 Degrees

LOIN OF PORK

3-4lbs Boneless Loin of Pork
To Taste Garlic Slivers
1 Packet Gravy Master
To Taste Salt & Pepper

Make slits in Pork & place slivers of garlic into Pork slits. Place in Miracle Dish. Take about 2 TBSP of Gravy Master and rub over the Pork Loin. Sprinkle salt & pepper over top. Cover Dish & place in oven. (This can also be made with sauerkraut on bottom of roast)
Oven Time 45 Minutes 350 Degrees

BAKED ZITI

8oz Ziti noodles uncooked
1 Large Jar Spaghetti Sauce
1 Cup Water
8oz Container Ricotta Cheese (if desired)

Mix all ingredients together in Casserole dish. Top with 1 ½ cups of mozzarella cheese. Bake for 45 minutes with lid on. Take lid off and bake for an additional 10-15 minutes to brown cheese!
Oven Time 60 minutes total 350 Degrees

PINEAPPLE UPSIDE DOWN CAKE

1 Box Yellow Cake Mix (not the butter recipe)
1 Can Pineapple Chunks or Rings
5-10 Maraschino Cherries
¾ Stick Butter or Margarine
1 Cup Brown Sugar



Mix cake mix according to box instructions (substitute water with drained pineapple juice). Melt butter in bottom of the Miracle Dish. Add brown sugar and stir together. Place pineapple rings around the bottom and along sides of dish. Add Cherries inside each of the pineapple holes. Pour cake mix over this. Sprinkle a little more brown sugar on top of mix-sweet crunchy bottom then place in oven UNCOVERED. When done place lid on dish and flip upside down! WOW!

Pina Colada Variation:

To make Pina Colada Pineapple Upside Down Cake add ¼ cup of Coconut Rum and 1 cup of coconut to mix! Yummy!
Oven Time 60 minutes 350 Degrees

PORK CHOPS IN VIDALIA ONION SAUCE

Pork Chops
To Taste Salt & Pepper
1-2 Potatoes
1-2 Cups Vidalia Onion Salad Dressing/Marinade

Place Pork Chops in casserole. Slice potatoes in thin slices and place in top of pork chops. If desired slice an additional onion and place on top of potatoes slices. Pour onion sauce over entire mixture. Cover and place in oven
Oven Time 30-40 Minutes 350-375 Degrees

CHICKEN POT PIE

Boneless Chicken Cooked
2 Large Cans of Mixed Vegetables
1 Can Cream of Chicken Soup
½ cup Bisquick
2 eggs
1 cup milk

Cut up chicken into chunks Mix in Vegetables and Cream of Chicken Soup. Put all in to 3 qt casserole. Top with Bisquick mixed with eggs and milk. Pour over top of mixture
Oven Time 30 minutes 375 degrees

SHRIMP & RICE

1 Bag Frozen Shrimp
1 Cup Rice
2 Cups Frozen Peas
2 Packets Sazon Goya con Azafran seasoning
1 TBSP Garlic Powder
1 TBSP Olive Oil
1 ½ Cups Water

To Taste Salt & Pepper
Pour all ingredients into Miracle Dish. Stir Together. Place in microwave for 20 minutes or until done. Can be placed in 350 degree oven for 40 minutes instead of microwave if you choose.

SIMPLE SCAMPI

1lb Shrimp, Peeled and Deveined
1 Tbls Naturally Simple Scampi Blend
3 Tbls Butter Flavored Grapeseed Oil

Adjust oven rack to highest position and heat broiler. Place all ingredients in lid, stir to coat. Place under broiler for 4 minutes. Turn each one and broil for another 2 minutes. Serve with Angelhair Pasta.

CAROL'S FAVORITE FIESTA DIP

8-oz. package cream cheese
15-oz. can no-bean chili
1 small jar salsa (optional)
8-oz. package shredded cheddar cheese
Tortilla chips

Microwave cream cheese in the lid of the Fantasia 3-Quart Covered Casserole for 30 seconds to soften. Remove from microwave and spread cream cheese evenly on bottom of Casserole lid. Pour chili over cream cheese. Spread salsa over chili, if desired. Top with shredded cheddar cheese and microwave for 5 minutes, or until cheese is melted. Serve tortilla chips in base of Casserole.

ANGELA'S EASY CHEESY SCALLOPED POTATOES

5-7 "Red-Skinned" Potatoes
1/8 Cup Butter Flavored Grapeseed Oil
To Taste Salt & Pepper
5 Slices Kraft American Cheese
1/2 Cup Heavy Cream

Using the lid as a cutting board, scallop the potatoes. Place in Miracle Dish. Add Butter Flavored Grapeseed Oil (may sub. Olive Oil) Salt and Pepper. Place lid on dish. Toss to coat. Microwave on high for 10 minutes. Place cheese slices on top of potatoes. Pour heavy cream in and microwave for 3-5 minutes. Stir and Serve!

CINDY'S SUPER SPAGHETTI BAKE

2lbs. Ground Beef
Jar Spaghetti Sauce
5 Slices Kraft American Cheese
Small can of Evaporated Milk
8 oz. Shredded Cheddar
Angel Hair Pasta

To brown ground beef, crumble meat in dish, cover with lid microwave for 10 minutes. Meanwhile, cook angel hair pasta. Drain meat, break larger pieces apart with fork. Then add Spaghetti Sauce, sliced cheese, evap. milk and cooked pasta. Stir well. Top with shredded cheddar, microwave for 5 minutes with lid on.

Other 3 Quart Covered Casserole, a.k.a Miracle Dish Uses Veggie Steamer – add Fresh Vegetables and small amount of water. Cover and microwave for 5 minutes or desired tenderness.
Ice Bucket -fill casserole with ice and placing bottles or cans inside. Use lid underneath to catch condensation.

SLOW COOKING STROGANOFF SAUCE

Add the following to cut up beef chinks or cut up chicken breast (apx 2 lbs.)
1 package dry onion soup mix
Garlic powder to taste
Pepper to taste
1 Large can either Cream of Chicken or Cream of Mushroom soup (do not dilute)

Slow cook with mixture covered for 3-4 hours at 350. Meat will be unbelievably tender. Just before serving, stir in 1 pint of sour cream. This is fabulous over wide egg noodles or rice.

CORNISH HENS

2 Cornish hens or 1 fryer chicken
Stuffing (Stovetop flavor of choice)
Cut up Vegetables

Season outside of hens or chicken as desired. Stuff. Put cut up vegetables on bottom of casserole. Set hens or chicken on top of veggies.

Oven Bake covered at 350 degrees 1 1/2 Hours

MICROWAVE MEATLOAF

2 lbs. lean Chopped meat or Ground Turkey
1/2 cup Onion
1/2 tbls Miracle Chicken Blend
1/2 cup Bread Crumbs
2 Eggs
Milk to moisten



Mix all ingredients in Miracle Dish. Add enough milk to moisten. Cover and microwave for 20-22 minutes. Serve with Brown Gravy or Ketchup with Brown Sugar.

LOIN OF PORK

3-4 lb. Boneless Loin of Pork
Garlic Powder
Gravy Master or Kitchen Bouquet
Salt and Pepper

Place loin in dish. Sprinkle garlic powder on top and rub gravy master over pork and season with salt and pepper.
Cover and bake in Oven at 350 40-45 minutes

CHICKEN DIVINE

3 lbs. Chicken – partially boiled
1 Can Cream of Mushroom
1 Cup Mayo
1 Tbls Lemon Juice
1/2 tsp Curry Powder
1 small bag of Broccoli
2 Cups Cheddar Cheese, Shredded
1 Cup Breadcrumbs

Mix together the soup, mayo, lemon juice, and curry powder. Cut up the chicken and layer with broccoli in Miracle Dish. Pour the soup mixture over the top. Sprinkle the cheese and breadcrumbs on the top and dot with butter. Bake for 35-40 minutes at 300. Serve over rice.

Fantasia 6 Quart Casserole a.k.a. "The Big Daddy"

"FINGERLICKIN" GOOD BAR'B'QUE

Use beef ribs or pork ribs – as much as will fit into the 6 Qt and still allow the cover to seat firmly. Cook for the first hour at 350. Take out of oven, drain grease and add Bar-B-Que Sauce of your choice. Return to oven and bake about 1 ½ hours at 325.

GREAT MEATBALL APPETIZER

2 Large bags of Swedish meatballs
1 jar of Grape jelly or 1 Can of Cranberry Sauce
1 Bottle Heinz Chili Sauce

Stir all together and bake at 350 'til hot, about 45 minutes.

Did you know ?

The lid of the "Big Daddy" will hold a box of cake mix, and make the perfect huge Easter Egg Cake.

The lid of "The Big Daddy" will hold 2 boxes of Brownies if you are feeding a larger crowd. (use the Miracle Dish lid for 1 box)

"The Big Daddy" is the perfect choice for roasting Hams and Turkeys.

"The Big Daddy" will bake 2 Whole Chickens at the same time. Plus you can cut your cooking time in half, if it will fit in your microwave!

"The Big Daddy" can be used for broiling.

Fantasia Single Serve Casserole

SINGLE SERVE SALMON

Put tsp. Grapeseed Oil on Fish. Sprinkle with Savory Garlic and Herb blend. Cover and microwave for 2 min.
For Shrimp and Scallops – 2 min.
Thinner Fish like Tilapia – microwave for 1 ½ minutes.

AUTUMN CHICKEN POT PIE

1 2/3 cups frozen mixed vegetables, thawed
1 cup cut-up cooked chicken
1 10 3/4-oz. can condensed cream of chicken soup
1 cup biscuit mix
1/2 cup milk
1 egg
Fantasia® Single Server Covered Casseroles

Heat oven to 400°. Stir together vegetables, chicken and soup in mixing bowl. Divide content into ungreased Single Serve Casseroles. Set aside. Combine remaining ingredients in bowl with fork until blended. Pour mixture on each casserole. Bake about 30 minutes or until golden brown. Makes 2 servings.

HEARTY BAKED POTATO

2 baking potatoes
1 1/2 cups pasta sauce with mushrooms
4 Tbsp. nonfat sour cream
4 Tbsp. diced fresh tomato
Fantasia Single Server Casseroles

Wash potatoes well and pierce all over with a fork. Bake in microwave for 12-15 minutes or until almost done. Split potatoes in half lengthwise and place into 528 Fantasia Single Server Casseroles. Fill potatoes with sauce. Cover and refrigerate until ready to cook. Cook covered in microwave for 8-10 minutes per potato or in preheated 375° oven for 20-30 minutes or until potato is tender. Garnish each potato with 2 tablespoons each of sour cream and tomato. Serves 2. Each serving: 309 calories, 1 gram fat.

Fantasia Bake 'N' Serve

CINNAMON ROLL FAKE OUTS

Little Debbie Pecan Twirls
Small Container of Cream Cheese Icing
½ Cup Chopped Pecans
Fantasia Bake 'N' Serve

Preheat oven to 300°F. Place twirls on Bake 'N' Serve. Ice with cream cheese icing. Top with Pecans. Bake 5 minutes, serve warm.

FRUIT PIZZA

Pillsbury Sugar Cookie Dough
8 oz Cream Cheese
8 oz. Cool Whip
8 oz. Confectioner's Sugar
Fresh Fruits (Strawberries, Kiwi, Grapes, Peaches)
Fantasia Bake 'N' Serve



Spray Bake N Serve. Spread sugar cookie dough out on dish. Bake according to directions. Let cool. Mix 8,8,8 = 8oz. Cream Cheese, 8oz. Cool Whip and 8oz. of Confectioners' Sugar. Top with fruit.

PARTY PIZZA SQUARES

1 package refrigerated regular or low-fat crescent rolls
8 oz. regular or low-fat cream cheese, softened
1 1/2 Tbsp. regular or low-fat mayonnaise
1 Tbsp. Princess House® Savory Garlic & Herb Blend
1 1/2 cups chopped vegetables (Bell Pepper, Carrots, Broccoli)
Fantasia Bake 'N' Serve

Preheat oven to 350°F. Unroll crescent dough on Fantasia Bake 'n Serve Tray. Press perforations to seal. Bake 12-15 minutes or until light golden brown. Remove from oven and cool completely. Mix cream cheese, mayonnaise and Savory Garlic & Herb Blend. Spread thin layer over cooled crust. Top with chopped vegetables. Cut into 2-inch squares and serve. Serves 10.

ROASTED ASPARAGUS

4 bunches fresh asparagus spears, trimmed
8 medium shallots, thinly sliced
1/2 cup extra-virgin olive oil
1/4 cup and 2 Tbsp. red wine vinegar, divided
salt and pepper to taste
Fantasia Bake 'N' Serve

Preheat oven to 400°F (200°C). Place asparagus and shallots in a large bowl. Pour olive oil and 2 tablespoons of vinegar over them. Season with salt and pepper and toss to coat evenly. Spread asparagus in a single layer on Fantasia Bake 'N' Serve Tray. Bake 20 minutes, or until tender and bright green. Shake tray about halfway through to roll asparagus spears over so they cook evenly. Remove from oven and drizzle the remaining vinegar over the asparagus. Toss lightly to coat. Serve immediately

PIZZA

Pillsbury Canned French Bread Loaf
Pizza Sauce
Pepperoni
Onion
Mushrooms
Mozzarella And Cheddar Cheese
Fantasia Bake 'N' Serve

Spray Bake N Serve. Use canned French bread loaf dough for thick crust Bake 7 minute or use Canned Pizza Dough for thin crust (bake 5 minutes.) Add Pizza sauce, then toppings. Bake another 20 min for thin or 25 min for thick.

HOT ARTICHOKE HEARTS

1 (6-Oz.) Jar Marinated Artichoke Hearts, Drained
1/4 Cup Drained Roasted Red Bell Peppers (From 7.25-Oz. Jar)
2 Tsp. Chopped Fresh Basil
6 Slices Bread
2 Tbsp. Olive Oil
1/2 Tsp. Dried Italian Seasoning
Fantasia™ Bake 'N' Serve Tray

Finely chop artichoke hearts and roasted peppers; place in medium bowl. Add basil; mix well. Use heart shaped-cookie cutter and cut 2 hearts from each bread slice. Place hearts on ungreased cookie sheet. Broil 4-6" from heat for 30-60 seconds. Turn hearts; brush with oil; sprinkle with Italian seasoning. Broil an additional 30-60 seconds until lightly toasted. To serve, place heart-shaped herb toast on Fantasia Bake 'n' Serve Tray. Spoon about 1 Tbsp. artichoke mixture onto each heart. Makes 12 appetizers.



Stainless Steel Griddle

CHICKEN FAJITA PIZZA

1 10-Oz. Can Of Refrigerated Pizza Crust
1 Lb. Boneless, Skinless Chicken Breasts, Cut Into Bite-Size Pieces
1 Tbsp. Princess House® Pure Grapeseed Oil
1 Cup Sliced Green Bell Pepper
1 Cup Thinly Sliced Onion
2 Tbsp. Princess House® Sizzlin' Fajita Seasoning Blend
1/2 Cup Peach Salsa
2 Cups Shredded Low-Fat Monterey Jack Cheese
Fantasia® Bake 'N' Serve Tray
Princess Heritage® Stainless Steel Griddle

Preheat oven to 425°F. Unroll pizza crust onto greased Bake 'n' Serve Tray; flatten dough and build up edges slightly. Prick dough several times with a fork. Bake 10-15 minutes or until lightly browned. Meanwhile, in the Griddle, sauté chicken in oil for 5 minutes. Add green pepper, onion and blend; cook 3 minutes or until vegetables are crisp-tender. Spoon salsa over crust then top with chicken and cheese. Bake 12-15 minutes or until crust is golden brown and cheese is melted.

PAN SEARED SEA SCALLOPS

2 Tsp. Princess House® So Simple Scampi Blend
2 Tsp. Princess House® Miracle Chicken Blend
1/2 Cup All-Purpose Flour
1 Lb. Sea Scallops
Princess House® Pure Grapeseed Oil
Princess Heritage® Stainless Steel Griddle



Combine So Simple Scampi Blend, Miracle Chicken Blend and flour in a bowl, mix well. Add scallops and coat evenly with flour mixture. Sauté scallops in Griddle in small amount of Pure Grapeseed Oil until brown on both sides. Serves 4.

CHEESY CHICKEN

5 Boneless Skinless Chicken Breast
Princess House Pure Grapeseed Oil
Princess House Savory Garlic and Herb Blend
Bar-B-Que Sauce
1 Cup Mozzarella Cheese
1/2 Cup Chopped Scallions
Diced Tomatoes
Princess Heritage® Stainless Steel Griddle

Rub chicken pieces with Grapeseed oil and season with blend. Cook on Griddle, be careful not to overcook. Chicken is ready when an internal temp. reads 165 degrees. Once chicken is cooked, layer the top of each breast with Bar-B-Que Sauce, Cheese, Scallions, and Diced Tomatoes. Place in a 375 preheated oven, until cheese melts, approximately 10 minutes. Serve with Mashed Potatoes.

Princess Heritage Hot Beverage

Mugs and Teapot

SPICED COFFEE

1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/4 tsp. ground ginger
1/4 tsp. ground cloves
1/4 tsp. ground mace

Princess Heritage® Hot Beverage Mugs

Mix all ingredients together. Pour Spiced Coffee mix into a small bag, secure with ribbon and brewing instructions and place in mug. To make a full pot of coffee, add 1 1/2 - 2 Tbsp. of spice mix to coffee grounds. Brew coffee as usual. Top with whipped topping and cinnamon stick if desired.

HOLIDAY CITRUS POTPOURRI

3-4 cinnamon sticks
3 bay leaves
1/4 cup whole cloves
1/2 lemon, sliced wedges
1/2 orange, sliced wedges
1 quart water



Princess Heritage® Teapot with Infuser

Bring all ingredients to a boil and simmer as long as desired. Add water as necessary. Store in refrigerator. Reuse for several days.

VALENTINE TREAT FOR TOTS

2 boxes (4 oz. serving) instant gelatin
Whipped topping
Colored sprinkles

Heart-shaped cookies/candy for garnish
Princess Heritage® Hot Beverage Mugs

Prepare gelatin according to package instructions. Spoon gelatin and whipped topping into the Mugs, alternating layers of gelatin and whipped topping. Top with a scoop of whipped topping. Garnish with sprinkles and a heart shaped cookie.

BROWNIE IN A MINUTE

Brownie Mix of Choice

Mix Brownies according to package directions. Store any unused mix in air tight container in the refrigerator. Place 1 heaping tablespoon of mixed brownies in the Hot Beverage Mug and microwave for 1 minute. Instant Satisfaction!

CORN MUFFINS AND CHILI

Jiffy Cornbread Mix

1 Cup Mont/Jack Cheese

Chili

Mix Jiffy Cornbread Mix according to package directions. Stir in 1 cup shredded Mont/Jack Cheese. Place 1 heaping tablespoon in Hot Beverage Mug, microwave for 30 seconds. Add cooked chili and a dollop of sour cream for a neat presentation.

Assorted Princess House Dishes

PARADISE FRUIT CHILLER

2 cups cranapple drink
1 cup pineapple juice
1 cup orange juice
1/4 tsp. ground ginger
Princess Heritage® Pitcher
Princess Heritage® Water/Iced Tea Glasses

Combine all ingredients in Princess Heritage® Beverage Pitcher. Stir well. Chill and serve over ice in Princess Heritage® Water/Iced Tea Glasses. Garnish with fresh fruit as desired.

WORLD'S EASIEST CAKE

1 medium can crushed pineapple (don't drain)
1 can pie filling (cherry or blueberry)
1 pkg. yellow cake mix
1 cup crushed walnuts
1/2 lb. butter or margarine (cubed)
Fantasia® Baking Dish

Pour fruit into a greased and floured 557 Fantasia® Baking Dish. Swirl gently with knife. Sprinkle dry cake mix over fruit. Sprinkle walnuts and lay cubed butter over the top. Bake at 350° for 1 hour.

FIESTA GUACAMOLE DIP

3 ripe avocados (halved, peeled and seeded)
2 tsp. lemon juice
1/2 cup salsa
1/2 cup sour cream
Tortilla chips
Princess Heritage® Chip 'n Dip Bowl

Here's How:

Mash avocados and mix well with the rest of ingredients. Serve with tortilla chips.

Many of our recipes call for Grapeseed Oil. Princess House is a supporter of Go Red for Women! Try using Princess House Grapeseed Oil (available regular or butter flavored) in place of butter or other oils.

- Pure Grapeseed Oil has no sodium, additives or preservatives.
- It's not hydrogenated and has no trans-fats or cholesterol.
- Studies have shown that grapeseed oil can help raise good cholesterol (HDL) an average of 13% and lower bad cholesterol (LDL) an average of 7% after just 3 weeks!
- It's a powerful antioxidant and a significant source of vitamin E, which helps stave off heart disease and maintain healthy skin and muscle, and may help prevent certain cancers.
- It's loaded with linoleic acid (commonly known as Omega 6), an essential fatty acid vital to life. It also contains both Omega 3 and Omega 9 fatty acids.
- It contains proanthocyanidins, a class of nutrients called bioflavonoids (commonly referred to when we hear about the antioxidant power of red wine), which protect us from internal and environmental stresses, helping to lower blood pressure and blood sugar.
- It has a high flash point — 419°F — which means you need less oil to cook with and your food absorbs less oil and retains more of its natural juices.

Bibliography



Cindy White, Waycross GA

Cindy has been married to Hampton White for 13 years. They have two children, Mikey, 17 and Hope, 8. Cindy is employed full time with the Ware County Tax Commissioners' Office. She began her Princess House business in March of 2007 and leads her Area of 27 consultants. She has joined Princess House on two all expenses paid travel trips and earns over \$??? additional income for her family.

Carol Allen, Waycross GA

Carol is married to Wendell Allen. They have an 18 year old daughter, Brittany, who is in her senior year of high school. Carol is an MRI Technician at Open MRI of Waycross. She is a member of Swamp Road Baptist Church. Carol is a Unit Organizer. She began her Princess House business in August of 2007. She enjoys getting out and meeting all the new people and showing them how Princess House products can make their lives easier.

Tereasa Chaney, Blackshear GA

Tereasa is married to Virgil Chaney. She and her husband own and operate Chaney's Sewing Center in Waycross, Georgia. They have 2 children, Christopher and Caitlyn. She is excited about welcoming her first grandchild who is expected to arrive in February. Tereasea began her Princess House business in April of 2008 and in three short months became our area's fastest Unit Organizer. She and her husband Virgil joined the three other Waycross Area team members on an all expense paid vacation in Maui just 6 months into her Princess House business.

Angela Anderson Strickland, Waycross GA

Angela is married to Joey Strickland. He is very supportive in her Princess House business. He is always willing to lend an extra hand when needed. They have 2 boys, Dawson, whom is 7 and Jonathan who is 4. Angela works in her family's restaurant, the Green Garden Sandwich Shop, where most of the cooking is done in Princess House dishes. Unit Organizer Angela A. Strickland has mentioned more than once that the best thing about her Princess House business is the friends she has made. "I started for the free products, love the extra money, and thrive with the great friendships I have found." The Princess House Opportunity offers something for everyone.

Kristie Eunice, Waycross GA

Kristie is a full time account manager for Satilla Regional Hospital. She has a wonderful son, Koby