

SOUTHERN PLATE EBOOK SERIES

featuring

**10 SCRUMPTIOUS
RECIPES FOR SPRING**

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CONTENTS

Italian Chicken and Potatoes

A Simple Crock Pot Meal: Chicken and Potatoes serves up chicken and vegetables with a juicy pop of flavor.

Ham Egg Cheese Casserole

This is a favorite for a protein rich supper, weekend brunch, or breakfast for a group over the holidays or any celebration and can be made in the Insta Pot or Crock Pot, and oven direction are provided.

Cornbread Casserole

There may be a million different ways to make cornbread but usually only one way is the best. But I guarantee when you give this a try you may just find a #2!

Candied Carrots

These cute little baby carrots have just a hint of honeyed sweetness but are not overly sweet. Perfect for Easter and springtime suppers.

Deviled Eggs

Always included for any celebration these little treats can easily add that old fashioned flavor back into your diet and they are low carb to boot!

Lemon Blossoms

These super simple Lemon Blossoms taste like sunshine! An old favorite from Grandma's recipe box, lemon blossoms are sure to be a favorite.



Cream Cheese Strawberry Cobbler

There are some things in life that just have to be experienced and one of them is this scrumptious Cream Cheese Strawberry Cobbler.

Cheesecake Fluff

Love a cool and fruity dessert and cheesecake? This recipe combines the best of both worlds for a delightfully simple dessert that is almost too easy to be believed.

Lemon Angel Food Cake Roll

Did your mama make y'all Angel Food Cake growing up? How about Swiss Rolls/Jelly Rolls? Well don't you worry because this here cake roll is the best of them both!

Simple Party Punch

Learn how to make this DELICIOUS party punch that my family enjoys on special occasions. Each time I serve it, I always get asked for the recipe!



ITALIAN CHICKEN AND POTATOES

Ingredients

- 2 pounds skinless boneless chicken breasts
- 4 to 6 medium red potatoes cut into large chunks
- 1 tablespoon dry Italian seasoning the herbs, not the dressing mix
- 1 can 14.5 ounces chicken broth
- 1/2 cup bottled Italian salad dressing

Place the chicken in the bottom of a 6-quart slow cooker. Add the potatoes and sprinkle with the Italian seasoning. Pour the chicken broth and the Italian dressing over everything.

Cook until the chicken is cooked through, 7 to 8 hours on low, 3 to 4 hours on high.





Instant Pot[®] IP-DUO

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8:8:88

Low Pressure High Pressure

Less Normal More

Soup

Meat /Stew

Bean /Chili

Poultry

Slow Cook

Sauté

Rice

Multigrain

Porridge

Steam

Pressure

Adjust

Yogurt

Manual

Timer

Keep Warm /Cancel

HAM EGG CHEESE CASSEROLE

Ingredients

- 32 ounce bag frozen cubed hash browns
- 1 large onion diced
- 1-2 cups Cooked and Crumbled Turkey Breakfast Sausage
- 2 cups shredded cheddar cheese
- 10-12 large eggs
- 1 cup whole milk
- 1 teaspoon salt
- 1 teaspoon pepper

Spray the insert of a slow cooker, instant pot, or 5 quart dutch oven with nonstick cooking spray. Place 1/3 of hash browns in bottom. Top with 1/3 onions, 1/3 ham, and 1/3 cheese. Repeat two more times.

In large mixing bowl, beat together eggs, milk, salt, and pepper until well blended. Pour over ham and potato layers.

To make in an oven: Bake, uncovered, at 325 for 90 minutes, or until the eggs are set.

To make in a slow cooker: Place crock in slow cooker, cover with lid, and bake on low 7-8 hours or high, 3-4 hours.

To make in an Instant Pot: Place insert in Instant Pot. Press "Slow Cooker", then "Adjust" until the light comes on under "less", adjust time using plus and minus sign to get it to 7 hours. If you'd like to cook it faster, press "Slow Cooker", don't adjust to less, then adjust time to 3-4 hours.





CORNBREAD CASSEROLE

Ingredients

- 2-8 ounce corn muffin mix the size that makes 6 muffins, plus ingredients called for on package to make batter. In this recipe it was 2 eggs and milk.
- 10 oz Sharp Cheddar cheese shredded
- 5-6 slices Ham or preferred lunch meat protein
- 1 onion small
- 2 Tablespoons Spicy Brown Mustard or sauce that you like with your lunch meat

Preheat oven to 400. Prepare corn muffin mix batter according to package directions.

Add chopped onion and spicy brown mustard to batter, stir until well mixed.

Spread half of batter into a greased 8x8 or 9x9 baking dish. Top with meat followed by cheese slices, cutting them to fit if needed.

Top with remaining batter and gently spread to cover.

Bake for 25-30 minutes, or until cornbread is golden. Allow to cool 5 minutes before cutting. Serve hot and enjoy!

Notes

I have used salami or beef smokies in place of the ham and both have turned out great.





CANDIED CARROTS



Ingredients

- 2 pounds baby carrots
- 1 teaspoon salt
- 1/4 cup brown sugar
- 1/4 cup butter
- 1/4 - 1/2 cup honey depending on how sweet you like them

Place carrots in pot and add enough water to cover them. Bring to a boil and reduce heat to simmering, cover and continue cooking for about thirty minutes, or until they can be easily pierced with a fork.

Pour off half of the water and add all other ingredients. Cover again with lid and bring to a boil once more, then reduce heat and simmer ten to fifteen minutes. Enjoy!



Cheer
Cheer





DEVILED EGGS

Ingredients

- 6-7 piece eggs
- 3-4 tablespoons Mayonnaise
- 1 tablespoon Mustard
- 1-2 tablespoon Sweet Pickle Relish
- 1 piece Salt and Pepper to taste
- 1 piece Paprika, to sprinkle on top optional

Place eggs in pot and add enough water to cover by one inch. Add a pinch of salt. Place on medium to medium high heat and bring to a boil. Remove from heat and cover, let sit fifteen minutes.

Alternatively: You can place eggs in egg cooker found [here](#), add required amount of water, turn on and walk away until it chimes that the eggs are done.

Allow eggs to cool until easy to handle. Carefully peel. Slice each egg in half and spoon out yolk onto separate plate or bowl. Add all other ingredients and mash with fork until creamy and well blended. Spoon contents into plastic bag and seal. Cut off corner and squeeze back into egg halves. Sprinkle with paprika, if desired.



LEMON BLOSSOMS

Ingredients

- 3 Cups All Purpose Flour
- 1 Cup Sugar
- 1 Cup Butter softened
- 1/3 Cup fresh or bottled lemon juice
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Glaze

- 1-1/2 cups confectioner's sugar
- 3 tablespoons lemon juice
- few drops yellow food coloring optional

In large mixing bowl combine butter and sugar. Mix well with electric mixer until creamy and combined. Add in lemon juice and mix again.

In separate bowl stir together with a spoon flour, baking powder, baking soda, and salt. Add this to the butter mixer and beat with an electric mixer until well incorporated and a dough forms. Cover or wrap dough and refrigerate for an hour.

Roll out dough to 1/4 inch thickness on floured surface. Cut with small circle cutter (I used 1-1/2 inch). Place on ungreased baking sheets and bake at 400 for about 8 minutes. Remove to cool.

To make glaze

Combine glaze ingredients and stir with a spoon until lumps disappear. Spoon a little bit into center of each cookie and spread around with the back of a spoon. Make more glaze if needed. Allow to dry for an hour or so and then stack cookies and store in cookie jar.





CREAM CHEESE STRAWBERRY COBBLER

Ingredients

- 1/2 stick butter
- 1 cup All purpose flour
- 1 cup Swerve or sugar or your favorite sweetener
- 1 cup milk or greek yogurt
- 1/2 tsp baking powder
- 1/2 tsp cinnamon Optional
- 1/2 tsp vanilla extract Optional
- 2 cups strawberries cut into halves or thirds
- 4 oz cream cheese softened and cut into squares

Preheat oven to 400 degrees Pour melted butter into the bottom of a 9x13-inch glass baking dish.

Mix milk or yogurt, flour, swerve, baking powder and vanilla extract and cinnamon (both optional) together in a small bowl; scoop out over the butter in the baking dish. Do not mix the butter and the batter.

You can smooth the batter down a little if you like without mixing it and the butter and then arrange strawberry pieces on top of the batter. Place the cream cheese squares around the strawberries.

Bake in preheated oven until top is nice and golden brown and edges are bubbling. May need to cover with foil if edges brown but no bubbling, 30 to 45 minutes.

Notes

If you want a different sweetener than Swerve here is a list of a bunch of different choices with handy conversions





CHEESECAKE FLUFF

Ingredients

- 8 ounces cream cheese at room temp
- 1/2 cup Splenda or granulated sweetener of your choice
- 8 ounces cool whip
- 21 ounce can Cherry Pie Filling

In large mixing bowl, place cream cheese, sugar, and cool whip. Beat with an electric mixer until fully blended and creamy, about 1-2 minutes.

Add in the entire contents of the can of cherry pie filling. Stir by hand until fully blended. Store this, covered, in the refrigerator until ready to serve.

Notes

Read post for substitutions, tips, and additional suggestions.



LEMON ANGEL FOOD CAKE ROLL

Ingredients

- 1 box Angel food cake mix
- 1 cup Lemon curd
- 1 box Jell-O Cheese Cake Pudding mix; Sugar Free Fat Free
- 2 cups Cool Whip Whipped Topping Fat (Free Version, not lite)
- 1/4 cup Powdered Sugar

Preheat oven to 350 degrees. Prepare a 10x15x1 baking sheet with parchment paper and very lightly spray the sides with a non stick spray.

Prepare the angel food cake mix according to the instructions on the box.

Pour the prepared cake mix on the baking sheet. It will fill up good and that's normal. Bake the cake for 15-20 mins or until the top is golden brown. The cake will rise in the oven. Take it out and let cool for 5 mins and the top will come back down.

Lay a tea towel out and sprinkle with powdered sugar. Take a knife and separate the cake from the baking sheet around the edges and flip it over onto the dusted towel. The parchment paper will be stuck to the bottom of the cake. Carefully remove the parchment paper.

Starting at a short end of the tea towel, tightly roll up the cake and allow it to completely cool on a wire cooling rack. or however you can let it cool.

Prepare the filling now by mixing the lemon curd, and pudding mix and folding in the whipped topping.

When the cake is cooled completely, carefully unwrap it from the towel. Spread the filling mixture all over the cake about 1/2 inch thick from the edges to give the filling room to spread when it's rolled. Tightly roll the cake back up without the towel, cover it, and place the cake into the freezer to set. Once set the way you like it slice off the end for a pretty appearance and keep slicing for you, your family or your guests. ENJOY!

Notes

If you use the above ingredients the Weight Watchers points should add up to 6 but if you switch out the lemon curd with some lemon yogurt you might be able to get the points down to 4.



SIMPLE PARTY PUNCH



Ingredients

- 46 ounce can Pineapple Juice
- 2 Liter Sprite or Sprite Zero*
- 2 Cups Splenda or Sugar
- 2 packages flavored drink mix such as Kool Aid

In punchbowl, pour pineapple juice. Add drink mix and sugar/Splenda. Stir until dissolved. Pour in Sprite and serve.

*** Can use 7-up, Ginger Ale, or other clear carbonated beverage of your choice.**

Notes

I keep my sprite and juice in the fridge so that my punch is good and cold and I don't need an ice ring.



**We hope you enjoyed these
Scrumptious Recipes for Spring!**

You may also be interested in:

Baked Ham Recipe with Easy Glaze

German Potato Salad

Smoked Ham and Veggies Pasta Salad

Bananas in Red Stuff

Sweet Soy Pork Tenderloin

Mandarin Orange Cake

Hush Puppies Southern Style

Super Easy King Cake

MeMe's Mashed Potatoes

Peanut Butter Pie