

No-Bake Chocolate Oatmeal Cookies

2 cups granulated sugar
8 tablespoons (1 stick) margarine or butter
1/2 cup low-fat milk
1/3 cup baking cocoa
3 cups oats (quick, uncooked)

Step 1: In large saucepan, combine sugar, margarine, milk and cocoa.

Step 2: Bring to boil over medium heat, stirring frequently.

Step 3: Continue boiling 3 minutes, stirring frequently.

Step 4: Remove from heat.

Step 5: Stir in oats.

Step 6: Drop by tablespoonfuls onto waxed paper.

Step 7: Let stand until firm. Store tightly covered.



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OCONEE COUNTY EXTENSION

Yogurt Parfait

1/2 cup strawberry yogurt
1/2 cup drained pineapple tidbits
1/2 cup drained, sliced canned peaches
1 tbsp. granola or cheerios

Step 1: Spoon 1/4 cup of yogurt into a clear glass or desert bowl.

Step 2: Top with peaches.

Step 3: Spoon 1/4 cup of yogurt again.

Step 4: Top with pineapples.

Step 5: Sprinkle on granola or cheerios.

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Garlic Parmesan Chicken

2 cups dry bread crumbs
1/2 cup grated Parmesan cheese
1(3 ounce) can French-fried onions
1 teaspoon mustard powder
1/2 cup butter
2 cloves garlic, chopped
1 tablespoon Worcestershire sauce
1 pound boneless skinless chicken tenderloins

Step 1: Preheat oven to 350 degrees F.

Step 2: Lightly grease a 9x13 inch baking dish.

Step 3: In a shallow dish or bowl, combine the bread crumbs, cheese, onions, and mustard powder; set aside.

Step 4: Melt butter in a small saucepan; add garlic and Worcestershire sauce, and sauté garlic until tender. Remove from heat.

Step 5: Dip chicken breasts in garlic butter mixture, then roll in bread crumb and cheese mixture, coating thoroughly.

Step 6: Place coated chicken in the prepared baking dish. Drizzle with any remaining garlic butter mixture.

Step 7: Bake in the preheated oven for 30 to 40 minutes, or until chicken is no longer pink and juices run clear.

Southern Coleslaw

1 head cabbage, finely shredded
2 carrots, finely chopped
2 tablespoons finely chopped onion
1/2 cup mayonnaise
1/3 cup white sugar
1/4 cup milk
1/4 cup buttermilk
2 tablespoons lemon juice
2 tablespoons distilled white vinegar
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Step 1: Finely shred/chop cabbage.

Step 2: Finely chop carrots and onions.

Step 3: Mix cabbage, carrots, and onion in a large salad bowl.

Step 4: Whisk mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt, and black pepper in a separate bowl until smooth and the sugar has dissolved.

Step 5: Pour dressing over cabbage mixture and mix thoroughly. Cover bowl and refrigerate slaw (the longer the better). Mix again before serving.

Oven Fried Potatoes

4 medium potatoes
2 teaspoons vegetable oil
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon onion powder

Step 1: Preheat oven to 400 degrees F.

Step 2: Scrub potatoes, do not peel.

Step 3: Cut potatoes into 1/2-inch wedges, lengthwise; blot with paper towel to dry cut surfaces. Place on baking pan covered with foil.

Step 4: Brush potatoes with oil.

Step 5: Mix spices together.

Step 6: With cut surface up, sprinkle potatoes with spices.

Step 7: Bake 30-40 minutes or until potatoes are lightly browned and tender.