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**Crockpot Ribs**

Prep Time: 10 minutes

Cook Time: 4-8 hours

Servings: 6-8

INGREDIENTS:

3 lbs. Pork Spare Ribs

(3/4 of bottle) Jack Daniels brand Honey Hickory BBQ Sauce

1/4 of medium onion sliced salt, pepper, meat tenderizer\*

Directions:

Season both sides of meat with salt, pepper and meat tenderizer slice ribs to fit in slow cooker place ribs and onion in slow cooker and cook on high 3 hours or low 5 hours. During last hour of cooking add BBQ sauce.

**Poppy Seed Chicken**

INGREDIENTS:

2 pkgs Uncle Ben's Wild Brown Rice

4-6 chicken breasts

(super fast to boil or use canned or leftovers)

1 can of cream of mushroom

1 can of cream of celery

8oz sour cream

2 cups cornflakes

1 stick of butter

poppy seed

Directions:

Cook the rice according to instructions on package.  Break up chicken into bite sized pieces.  Mix two cans of soup and sour cream together.  Layer rice in a 9X13 dish followed by chicken then followed by mixture.  Crush and sprinkle cornflakes over the top.  Melt butter and pour over the top.  Sprinkle approximately 2 tbsp over the top). Cook on 350 until bubbly and a little browned (about 30 minutes)

**Priscilla's Mother-in-law's Chicken Dish**

INREDIENTS:

1 Whole Chicken

Olive Oil

Seasonings of your choice

Directions:

Preheat oven to 400 degrees.

Wash the chicken and then cut longways down the back (opposite side of breasts) from the neck to the hind parts. Wash the inside. On a greased, shallow baking dish, open the chicken and press so that it is flat on the dish. Rub olive oil generously into the chicken on both side. Season with your favorite flavors on both sides and rub in. Place flat (inside of chicken facing down) on baking dish. Cook for 50 minutes to an hour.

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**Super Simple Chicken Pot Pie**

INGREDIENTS:

About two chicken breasts

1 15-oz jar of Alfredo Sauce.

(Classico Roasted Garlic Alfredo)

1/2 cup frozen peas and carrots.

Salt & pepper to taste

1 tsp Thyme

1 package Pillsbury pie crusts.

1 egg (mix w/water for egg wash)

½ c water

Directions:

Preheat the oven to 375.

1. Stir together the chicken, pasta sauce, veggies & seasonings.
2. Line a pie pan with one piece of the pie dough. Fill with the chicken mixture. Top with remaining piece of pie dough and crimp the edges.
3. Use a brush to apply an egg wash to the top of the pie
4. Bake for 25 to 35 minutes or until crust is golden brown and pie is hot and bubbly!

**Spaghetti Squash**

INGREDIENTS:

1 Spaghetti Squash

1 (28 oz) can tomato sauce

1 (6oz) can tomato paste

1 onion

1 pound ground beef or turkey.

2 tsp minced garlic (substitute garlic powder if necessary)

1 1/2 tsp salt

1 tsp oregano

(Spaghetti Sauce Optional)

\*Spaghetti Squash is a specific kind of squash so look for a large oval-shaped squash colored item. It is seasonal and prominent during the fall.

Directions:

1. Poke holes in the squash with a fork and bake it on 350

degrees for anywhere from 30 minutes to one hour depending on the size. It is done when the outside is very soft to the touch.

1. About 15 minutes before the squash is done. Start on your sauce. If you are making a meat sauce brown your ground beef or turkey w/1 chopped onion first then add the sauce to it and simmer until your squash is done.
2. Add tomato sauce, tomato paste, garlic, salt & oregano to meat. Dump each item into skillet that already contains the meat, stir, and simmer for about 15 minutes or until the squash is done. You can always jazz up the sauce with other stuff you like. The sauce is simple and cheap to make but you can also skip making your own sauce and just dump the optional Spaghetti sauce in.
3. Cut the squash in half, scoop or fork out the seeds, then begin to fork out the spaghetti squash onto a plate. It comes out just like spaghetti!  Pour your sauce on top and there you have it! Lo-Carb Spaghetti!