

## Creamy Italian Spiral Salad

2 packages (16 oz each) multicolor spiral pasta  
1 medium bunch broccoli, cut into florets  
1 medium head cauliflower, cut into florets  
1 package (10 oz) frozen peas and carrots, thawed  
2 cups cherry tomatoes, quartered  
1 cup shredded Parmesan cheese  
6 green onions, chopped  
1/2 cup chopped green pepper  
1 can (2 1/4 oz) sliced ripe olives, drained  
2 bottles (16 oz. each) creamy Italian salad dressing

Cook pasta according to package directions, drain and rinse in cold water. In large bowl, combine the pasta, broccoli, cauliflower, peas and carrots, tomatoes, Parmesan cheese, onions, green pepper and olives. Add the dressing, mix well. Cover and refrigerate for 2 to 3 hours or until chilled.  
Yield: 30 (3/4 cup) servings.

## Seasoned French Fries

5 cups frozen crinkle-cut French fries  
1 t. onion salt  
1/4 t. paprika  
1/3 cup grated Parmesan cheese  
Arrange French fries in a greased 15-inch x 1-inch baking pan. Sprinkle with onion salt and paprika, stir to coat. Bake at 450° for 15-20 minutes or until lightly browned. Sprinkle with Parmesan cheese, stir to coat. Yield: 4 servings

### Things to Do as A Family During the Holidays

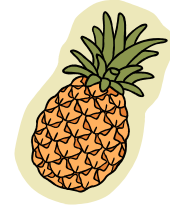
- Share what you are thankful for.
- Take a drive and look at the Holiday Displays.
- Make your family list for Santa.
- Do something special for someone else.

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## Italian Pineapple Chicken

4 boneless skinless chicken breast  
1/2 cup Italian Salad Dressing  
2 T. Olive or Vegetable Oil  
1 can (8oz) sliced pineapple, drained  
1/3 cup shredded Swiss Cheese, optional



Flatten chicken to 1/2 inch thickness. Pour salad dressing into a shallow bowl; dip chicken in dressing. In a large skillet, heat oil. Add chicken; cook over medium-high heat for 5-7 minutes on each side or until juices run clear. Remove and keep warm.  
Add pineapple slices to the skillet, cook for 30 seconds on each side or until lightly browned. Place a slice on each chicken breast half. Sprinkle with cheese if desired.

**USDA Meat & Poultry Hotline**  
**1-800-674-6854**  
**Answers to all your food Safety Questions!**

## Lemon Pork Chops

4 bone-in pork chops  
1/2 t. salt  
1/4 t. pepper  
1 medium onion, cut into 1/4 inch slices  
1 medium lemon, cut into 1/4 inch slices  
1/4 cup packed brown sugar  
1/4 cup ketchup

Place the pork chops in a slow cooker. Sprinkle with salt and pepper. Top with onion and lemon. Sprinkle with brown sugar, drizzle with ketchup. Cover and cook on low for 5 hours or until meat juices run clear.  
Yield: 4 servings.

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