

**“How to Win Friends & Influence People” by Dale Carnegie April 10, 2024**

**Cheesy Pesto Chicken Bake** *(Keto, Low Carb & GF)*

**Molly Hall**

3-4 chicken breasts  
8 oz. cream cheese, softened

1/3 cup store-bought basil pesto  
1 cup mozzarella cheese, grated

Preheat oven to 375°. Grease large baking dish.

Mix cream cheese and pesto. Place chicken breasts in baking dish and spread cheese/pesto mix on top. Top with mozzarella cheese.

Bake uncovered for 30-45 minutes or until internal temperature of 165°.

**Garden Rice**

1 bunch green onions, chopped  
1 red bell pepper, chopped  
3/4 lb. zucchini, sliced thin  
3/4 lb. yellow squash, sliced thin  
2 large carrots, sliced thin  
1 1/2 sticks butter (divided)  
1 (12 oz.) can Mexicorn, drained

1 tsp. lemon pepper seasoning  
1/2 tsp. coriander  
3/4 tsp. oregano  
1 tsp. salt  
1 tsp. parsley  
1 1/2 cup raw rice

Cook rice according to directions, set aside. Sauté onion, pepper, zucchini, yellow squash and carrots in 1/2 stick butter until tender. Add corn and all seasonings. Melt 1 stick of butter and pour over cooked rice and toss. Add veggies and toss gently. Place in buttered casserole and heat covered in 350° for 20 minutes until heated.

## Spinach & Pecan Salad

1 cup pecans  
1/3 cup brown sugar  
2 T. butter, melted  
1/4 tsp. cinnamon  
Spinach  
2 apples, sliced

Dressing: 1/2 cup white wine vinegar  
1/2 cup vegetable oil  
1/4 cup brown sugar  
1/4 tsp. salt  
1/4 tsp. cinnamon

Stir together pecans, brown sugar, butter and cinnamon. Spread nut mixture on a lightly greased baking sheet. Bake 325° for 15 min, stirring often. Cool and break apart. For dressing, mix all ingredients and stir well. Plate spinach, top with sliced apples, drizzle desired amount of dressing on top and add toasted pecans.

## Peach Cobbler

6 cups peeled & sliced peaches (fresh or frozen)  
1/2 cup sugar  
3/4 cup water  
3/4 cup unsalted butter

2 1/4 c. self-rise flour  
2 1/2 c. sugar  
3/4 tsp. fine sea salt  
1 1/2 tsp. vanilla  
2 1/4 cup whole milk  
Ground cinnamon or  
Pumpkin spice (opt)

In a saucepan, combine peaches with 1/2 cup sugar and water. Bring to a boil, then simmer for 10 minutes. Remove from heat and set aside.

Preheat oven to 350°. Add butter to a 9 X 13 baking dish. Place dish in oven while it preheats to melt butter.

In a bowl, whisk together 2 1/2 cups sugar with flour and salt. Add vanilla and milk and stir until smooth.

When oven is heated and butter is melted, pour the batter over the butter. **DO NOT STIR.** Spoon peaches on top, then gently pour any remaining syrup in saucepan over the top. **AGAIN....DO NOT STIR.**

If desired, sprinkle with cinnamon or pumpkin spice. Bake 30-35 minutes or until golden and bubbly. Let cool slightly before serving.