

# SANDY'S SUCCULENT SNACKS

*Submitted by: Sandy Thompson, PGCM*

## PUMPKIN MUFFINS

(When you have a cheat day)

1 box Classic Yellow Cake Mix  
1 can (15 oz) Pure Pumpkin...

No oil, no eggs, no water, nothing else  
Combine both ingredients, pour into muffin tin  
Bake at 350 degrees for 20-25 minutes



## APPLE PIE BITES

1 tube Crescent rolls  
1 Slice apple per triangle  
Sprinkle with cinnamon & sugar  
Roll up & Bake for 11-13 minutes at 350 degrees.



## Oven-Baked Zucchini Fries

makes approximately 8 servings

### Ingredients

3 zucchini (1 lb.)  
1/4 cup Grated Parmesan Cheese  
1 packet Shake & Bake Coating Mix  
1 small egg

Heat oven to 450°F.

Trim the zucchini -cut crosswise in half, then cut each piece into 1/4-inch sticks. Add cheese to coating mix in shaker bag; shake gently to combine.

Whisk egg in medium bowl. Add zucchini; toss to coat. Use tongs to place 1/4 of the zucchini in shaker bag; close bag and shake to evenly coat. Spread onto baking sheet sprayed with cooking spray. Repeat with remaining zucchini.

Bake for 12 to 13 min. or until golden brown, turning the baking tray 180 degrees after 7 min to facilitate even baking.



# CLEAN CORN ON THE COB

How to cook corn perfectly, without having to peel all the husks and silky strings off! Slides right out of the husk!

1. Remove a few of the outer husks that might be dirty.
2. Cut the bottoms off of the corn. Be sure to cut above the part of the cob where the husk is attached. It would be above the part of the cob where it starts to round down.
3. Place a moist paper towel on the bottom of the microwave or on top of the carousel and place the corn on the paper towel.
4. Use this guide for your cook time. Remember the cooking time can vary for each microwave.

- 1 ear - 2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 6 ears - 8 to 9 minutes



5. After cooking, let the corn sit about 3 minutes. It will continue to cook and will be cooler and easier to handle.
6. Pick the cooked corn up by the top (you might want to use an oven mitt if it is too hot to handle) and squeeze and lightly shake out the ear of corn. It should just slide out leaving the silk and all of the husks intact.