

**WEEK  
5**

## ENGLISH MUFFIN PIZZAS

- 4 English muffins, split
- 1/2 c pizza sauce
- 2 c shredded mozzarella cheese
- Toppings of your choice

1. Preheat the oven or toaster oven to 375°.
2. Place the English muffin halves cut side up onto a baking sheet. Spoon some of the pizza sauce onto each one.
3. Top with mozzarella and other toppings.
4. Bake for 10 minutes, or until the cheese is melted and browned on the edges.

For a crispier “crust” you can lightly toast the muffins prior to making the pizzas.

## 3-INGREDIENT PUMPKIN COOKIES

- 1 box spice cake mix
- 1 15-oz can pumpkin
- 1 cup chocolate chips

1. Preheat oven to 350°.
2. Grease cookie sheets.
3. Mix all 3 ingredients together and drop by rounded teaspoons onto greased cookie sheets. Bake for 18-20 minutes. Allow to cool 5 min before removing from cookie sheet.

Not the prettiest cookie, but good!



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## SALSA CHICKEN

- 2 lbs boneless, skinless chicken breasts or thighs
- 1 large jar chunky salsa
- 1 can black beans, rinsed

Place all ingredients in crock pot and cook on low for 6 hours. Serve over rice.

## PEPPERS & RANCH

2 green bell peppers, 1 red and 1 yellow pepper. Hollow out 1 green pepper and fill it with Ranch dressing. Cut remaining 3 peppers into strips & arrange on plate around Ranch-filled pepper.

## EASY CHOCOLATE PIE

- 1 graham cracker crust, or refrigerated pie crust, baked according to package directions and cooled
- 1 6 oz package chocolate or chocolate fudge cook 'n serve pudding
- 2 1/2 c milk
- 1/2 c chocolate chips
- 1 T butter

Thoroughly combine pudding mix and milk in microwave-safe bowl. Cook in microwave on high for 2 minutes. Stir and cook another 2 minutes. Stir, and continue to cook in 2 minute intervals, stirring between in, until pudding begins to boil. Add butter and chocolate chips and stir until melted. Immediately pour into pie crust. To prevent “skin” from forming on surface of pie, top with plastic wrap, pressing lightly so that plastic wrap



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