



Kelly's Kitchen Corner July 2023

Baked Beans for One 2 Servings

1 tsp. olive oil, plus ½ tsp. for the baking dish
1 slice bacon
½ c. chopped onions
1 (15 oz.) can Great Northern beans, rinsed and drained
1 T. ketchup

1 T. molasses
½ T. apple cider vinegar
½ tsp. Worcestershire sauce
1 T. brown sugar
½ tsp. dry mustard



Preheat oven to 350 degrees. Heat olive oil in a saucepan over medium heat. Add bacon and cook until crisp; remove bacon and set aside to drain on a paper towel-lined plate. Add chopped onions to the plate and cook for 3 minutes, stirring occasionally. Add garlic and cook for 30 more seconds. Stir in beans and the remaining ingredients. Reduce the heat to low stir to mix until heated through. Crumble the cooked bacon and add. Lightly grease a 5-inch baking dish. Pour beans into the dish. Bake uncovered for 30 minutes.

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Country Style Potato Salad 4 -1 Cup Servings

3 medium baking potatoes
1 c. chopped celery
½ c. minced onion
1 c. fresh or frozen peas
1 T. prepared mustard

½ c. mayonnaise
½ c. non-fat plain yogurt
pepper to taste



Wash potatoes, leave the skin on and cut them into bite-sized chunks. Place in pan and cover with water. Bring to a boil, lower to a simmer, and cook uncovered until potatoes are tender, about 20 minutes. Drain in a colander and sprinkle lightly with cold water. In the meantime, put the rest of the ingredients in a large bowl. Add drained potatoes to the bowl. Mix well and refrigerate until ready to use.

Source: Alice Henneman, University of Nebraska-Lincoln Extension

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