

High Calorie Recipes

High Calorie Vegetable Recipes

Broccoli with cheese and butter or sauté broccoli in garlic and oil
Puree cauliflower, add butter, half and half, and top with cheese
Creamed spinach- add olive oil, heavy cream, and top with cheese
Spinach mixed into cream cheese and sour cream to make a dip
Creamed corn- cook with butter or olive oil and heavy cream
String beans- sauté in oil or butter and sliced almonds
Mashed potatoes with heavy cream, butter, sour cream, and cheese
Sautéed squash with oil and garlic
Sweet potatoes- mashed with butter and marshmallows
Carrots with brown sugar and butter
Raw carrots, broccoli, celery, cucumbers, and peppers with ranch dressing or hummus
Add peanut butter to celery or apple slices
Roasted vegetables- Drizzle carrots, sweet/white potatoes, onion, squash, etc in oil and place on baking sheet in the oven at 450 degrees for 45 minutes.

Fortified Baby Food

Adding 1 tsp of olive or canola oil and 1 Tbsp of non-fat dried milk to any baby food will add about 78 calories and 3 grams of protein.

Mighty Milk

½ cup whole milk
½ cup heavy cream

Or

1 cup whole milk
2 Tbsp non-fat dry milk

Powerful Oatmeal

½ cup quick cook oatmeal
½ cup heavy whipping cream
½ cup water

Combine oats, cream, and water in a bowl. Microwave on high for 2 minutes, mix well.

Banana Bread

1/3 c. butter, melted
1/3 c. light brown sugar
3 ripe bananas, mashed
2 eggs
1½ c. flour
¼ tsp. salt
1 tsp. baking soda
½ c. whole milk, heavy cream, or whipping cream
¾ c. chopped walnuts

Preheat oven to 350° F. Mix above ingredients. Pour batter in greased 8-inch bread pan. Bake for 1 hour. Spread with butter and serve warm.

High Calorie Pancakes

1 1/2 c all purpose flour
3 T sugar
1 T baking powder
1 tsp cinnamon
1/2 tsp nutmeg
2 eggs
1.5 c Vanilla PediaSure 1.5
4 T heavy whipping cream
1 T lemon juice
1/8 c veg. oil
2 tsp vanilla

Mix dry ingredients together and then add wet ingredients. Cook pancakes in skillet on stove top.

High Calorie Muffins

1 stick butter
1.5 cups sugar
2 eggs
2 cups flour
1 teaspoon salt
1/2 teaspoon baking soda
2 mashed bananas
1 teaspoon vanilla
1/2 cup sour cream
1 cup chopped walnuts or pecans (optional)
1 cup chocolate chips (optional)

Mix together the butter and sugar and eggs. Mix together the dry ingredients first, then add to the butter/sugar/egg mixture. Next add the banana, sour cream, and vanilla. Last add the nuts and chocolate chips. Pour into muffin tins and bake at 350 degrees for 30 minutes.

PB and Jelly French Toast

2 slices of bread
2 Tbsp peanut butter
1 Tbsp jelly
1 egg
2 Tbsp heavy cream
2 Tbsp butter

Make the PB and Jelly sandwich. Lightly beat egg and cream together. Dip sandwich in egg/cream mixture, cover well. Melt butter in pan, place sandwich in pan and brown both sides.

Peanut Butter Muffins

2 eggs

1 c. milk

¼ c. banana (about 1 banana), mashed with a fork

¼ c. peanut butter

1/3 c. vegetable oil

¼ c. frozen apple juice concentrate, thawed (left out of the freezer until it's soft)

¼ c. nonfat dry milk

2¼ c. flour

1½ tsp. baking powder

1 tsp. baking soda

Preheat oven to 350° F (180° C). Crack the eggs into a small bowl and use a fork to beat them a little bit. In a large bowl, combine the milk, mashed banana, peanut butter, vegetable oil, apple juice, dry milk, and the eggs from the small bowl. Mix with a mixing spoon until the mixture is creamy. Add the flour, baking powder, and baking soda into the large bowl. Mix again. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up. Bake for about 15 minutes. When your muffins are finished baking, remove from muffin tin and cool them on a wire rack.

Loaded baked potato or baked potato mashed potatoes:

Add cheese, butter, sour cream, heavy cream, etc.

Sausage Meatballs

1 lb. pork sausage, raw

¾ c. all purpose baking mix

2 c. grated cheddar cheese

½ c. onion, chopped finely

Preheat oven to 375° F. Combine all ingredients in a large bowl and mix well. Form mixture into 1" balls. Place on cookie sheet and bake for 15 to 20 minutes or until cooked through. Center temperature of the sausage balls must exceed 165° F.

Sweet potatoes

Sweet potato mixture:

1 29-oz. large can of yams, mashed

1 egg, beaten

1/3 c. butter, melted

1/3 c. brown sugar

Topping:

1/3 c. brown sugar

1/3 c. butter, melted

1 c. cornflakes, crumbled

Mix all ingredients in the sweet potato mixture. Bake for 15 minutes for 350 degrees. Mix together topping mixture. Once sweet potatoes are finished baking, top with topping.

Peanut Butter Noodles

1/2 c peanut butter

1/4 c red wine vinegar

1/4 c soy sauce

1/4 c water

3 Tbsp sugar

2 cloves garlic, minced

2 c frozen green vegetables, such as chopped broccoli or peas, thawed

4 c cooked pasta, such as spaghetti or spirals

Put the peanut butter, red vinegar, soy sauce, olive oil, and sugar in mixing bowl. Stir well with spoon until smooth and then add garlic. Stir well.

Pour the peanut butter mixture into a skillet and cook it on stove for 1 minute over medium heat, stirring constantly with wooden spoon. Add thawed frozen green veggies and cooked pasta to skillet. Cook, stirring constantly, for 3-5 minutes. Makes 4 servings.

Paula Dean's Macaroni and Cheese

4 cups cooked elbow macaroni, drained

2 cups grated cheddar cheese

3 eggs, beaten

1/2 cup sour cream

4 tablespoons butter, cut into pieces

1/2 teaspoon salt

1 cup milk

Preheat oven to 350 degrees F. Once macaroni is cooked and drained, place in a large bowl and while still hot and add the cheddar. In a separate bowl, combine remaining ingredients and add to the macaroni mixture. Pour macaroni mixture into a casserole dish and bake for 30 to 45 minutes. Top with additional cheese if desired.

Broccoli Cheese Rice Casserole

1 (10 ounce) package frozen chopped broccoli

1-1/2 cups instant rice

1/2 (10.75 ounce) can condensed cream of mushroom soup

1/2 (10.75 ounce) can condensed cream of chicken soup

1/2 cup and 2 tablespoons water

1/2 (16 ounce) package processed American cheese, cubed

1-1/2 teaspoons butter

1/2 bunch celery, chopped

1/2 large onion, chopped

Salt and pepper to taste

Cook broccoli and rice according to package directions. Preheat oven to 350 degrees F.

In a medium saucepan over low heat, mix cream of mushroom soup, cream of chicken soup, and 1 1/4 cups water. Gradually stir in cheese until melted. Be careful that the cheese doesn't burn.

Melt butter in a large skillet over medium-high heat, and sauté celery and onion until soft.

In a large mixing bowl, combine broccoli, rice, soup and cheese mixture, celery and onion. Season with salt and pepper. Pour mixture into a 9x13 inch baking dish. Bake in the preheated oven for 45 minutes, until bubbly and lightly brown.