# 21 Rum Punch

Yield: 40 servings

Rating: ★★★★★

Category: Drink

Source: Psycho/Anthony

## Ingredients

- 2 bottles Mike's Hard Lemonade
- 2 bottles 7UP
- 2 lemons (juiced)
- 2 limes (juiced)
- 2 oranges (juiced)
- 1 can pineapple (chunks w/ juice)
- 1 quart orange juice
- 2 cups grenadine
- 2 cups sugar
- 21 cups of rum (different brands)
- 1 gallons rainbow sherbet

## Instructions

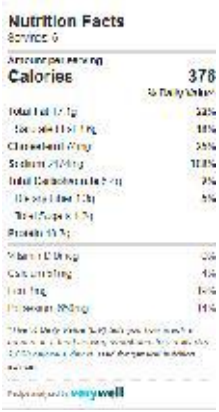
Mix all ingredients in a large container....a 5 gallon Home Depot Homer Budket is appropriate (clean) for prep. Serve as you wish.

## Notes

This will knock your socks off. Please drink responsibly.

# Ahi Poke

Yield: 6 servings
Preparation Time: 2 hours 15 minutes
Category: Appetizer
Cuisine: Asian/Japanese
Rating: ★★★★☆
Website: http://www.rpcalvert.com/reci…




## Ingredients

2 pounds fresh tuna steaks, cubed
1 cup soy sauce
¾ cup chopped green onions
2 tablespoons sesame oil
1 tablespoon toasted sesame seeds
1 tablespoon crushed red pepper
2 tablespoons finely chopped macadamia nuts

## Instructions

In a medium size non-reactive bowl, combine Ahi, soy sauce, green onions, sesame oil, sesame seeds, chili pepper, Let marinate for about 2 hours in refrigerator.

## Notes

This is a standard raw tuna (poke) salad served in most Hawaiian homes. Although unconventional, it is sure to please the more adventurous seafood lovers. Be sure to use fresh tuna for the very best flavor, although fresh frozen tuna Minutes. .

# Aromatic beef stew with butternut squash

Yield: 4 servings
Category: Dinner
Cuisine: American
Rating: ★★★☆☆
Source: Ellie Krieger, Today Show
Website: http://today.msnbc.msn.com/id…

## Ingredients

- 2 teaspoons olive oil
- 1 pound stew beef (round or chuck), cut into chunks
- 1 large onion, chopped
- 1 tablespoon minced peeled fresh ginger
- 2 cloves garlic, minced
- 1 pound peeled cubed butternut squash, cut into 1[1/2]-inch cubes (about 2[1/2] cups)
- One 14.5-ounce can no-salt-added diced tomatoes
- One 8-ounce can no-salt-added tomato sauce
- 1 ½ cups low-sodium beef broth
- 1 ½ teaspoons ground cumin
- 1 teaspoon ground cinnamon
- ½ teaspoon crushed red pepper flakes
- 3 cups cooked whole-wheat couscous
- ¼ cup sliced almonds, toasted in a dry skillet over medium-high heat, stirring frequently, until golden brown and fragrant, about 2 minutes
- 4 teaspoons minced fresh parsley

## Instructions

Heat the oil in a 4-quart saucepan over medium-high heat. Add the beef and cook until browned on all sides, about 5 minutes. Transfer the meat to a plate, leaving the juices in the saucepan. Add the onion and cook, stirring, until softened and translucent, about 6 minutes. Add the ginger and garlic and cook, stirring, for 1 additional minute. Return the beef to the pot and stir in the squash, diced tomatoes, tomato sauce, beef broth, cumin, cinnamon, and red pepper flakes. Bring to a boil, then reduce the heat to a simmer. Cover and cook until the beef is tender, 30 to 35 minutes.

Spoon the stew over the couscous, and sprinkle each serving with almonds and parsley.

Servings: Makes 4 servings; serving size: 1 3/4 cups

## Notes

Far from your run-of-the-mill beef stew, this one transports you to another land with a unique combination of everyday ingredients. In it tender beef is nestled with chunks of sweet butternut squash in a rich Moroccan spiced tomato sauce. That exotic inspiration continues as it is served over fluffy couscous and topped with crunchy almonds. It’s just as easy, if not easier, than the same-old stew, but so much more rewarding.

Tracy Notes: Used 1.5lb beef cubes. For more of a kick, add 1 tbs of red pepper flakes.

# Baked Asparagus with Balsamic Butter Sauce

Yield: 4
Cooking Time: 12 minutes
Preparation Time: 10 minutes
Category: Side
Cuisine: American
Rating: ★★★★☆
Source: Acme
Website: http://allrecipes.com/Recipe/…

## Ingredients

- 1 bunch fresh asparagus, trimmed
- cooking spray
- salt and pepper to taste
- 2 tablespoons butter
- 1 tablespoon soy sauce
- 1 teaspoon balsamic vinegar

## Instructions

1. Preheat oven to 400 degrees F (200 degrees C).

2. Arrange the asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper.

3. Bake asparagus 12 minutes in the preheated oven, or until tender.

4. Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar. Pour over the baked asparagus to serve

# Baked Rigatoni with Ricotta and Collard Greens

Yield: 8 servings
Cooking Time: 45 minutes
Preparation Time: 10 minutes
Category: Side
Cuisine: American
Rating: ★★★★☆
Source: My Recipes
Website: http://www.myrecipes.com/reci…

## Ingredients

- 1 (16-ounce) package rigatoni or penne pasta
- ¼ cup butter
- 1 medium onion, chopped (about 1 cup)
- 3 garlic cloves, minced
- 1 pound collard greens, washed, drained, and chopped
- ¼ cup all-purpose flour
- 1 ½ cups milk
- 1 cup shredded mozzarella
- 1 cup ricotta cheese (we use 2 cups, small container)
- 2 teaspoons sugar
- 2 teaspoons salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon red pepper flakes
- ½ cup grated Parmesan cheese

## Instructions

1. Prepare pasta according to directions. Drain and set aside. Preheat oven to 350°. Lightly grease a 13- x 9-inch baking dish.

2. Heat butter in a Dutch oven over medium-high heat; sauté onion 5 minutes or until just brown. Add garlic, and cook about 1 minute. Reduce heat to medium-low, and add greens; cover and cook 15 to 20 minutes or until greens are tender, stirring occasionally.

3. Sprinkle greens with flour. Cook uncovered, stirring constantly, 1 minute. Gradually add milk, stirring well. Cook 5 minutes, stirring often, until thickened and smooth. Remove from heat; stir in cooked pasta, mozzarella, and next 5 ingredients. Place into prepared dish, and sprinkle evenly with Parmesan.

4. Bake at 350° for 15 to 20 minutes.

## Notes

For a lighter version, omit flour and substitute 1 1/4 cups chicken broth for milk. You can also substitute spinach or kale.

# Boru Irish Vodka Sauce

Yield: 4

Cooking Time: 20 minutes

Preparation Time: 10 minutes

Category: Sauce

Cuisine: American

Rating: ★★★★½

Source: Nuovo Pasta

## Ingredients

- 3 tbs butter
- ½ onion, diced
- 1/3 cup of Boru Irish Vodka (or vodka of choice)
- 1 can Crushed Tomatoes (28 oz)
- ¾ cup heavy cream
- Salt and Pepper to taste

## Instructions

In a skillet over medium head, saute onion in butter until slightly brown. Add vodka slowly to the pan and simmer for 10 minutes. Mix in crushed tomatoes and cook for an additional 10 minutes. Pour in heavy cream and cook for another 10 minutes. Season with salt and pepper. Spoon warm sauce over pasta and enjoy.

## Notes

We used Boru shamrock shaped ravioli (about a pound) that we picked up at Costco around St. Pat's day.

# Bruce's Butternut Squash Chili

Yield: 10 servings

Cooking Time: 4 hours

Preparation Time: ½ hour

Category: Entree

Cuisine: American

Rating: ★★★★★

Source: Bruce M

## Ingredients

- 2 lbs ground wild boar (can use bison, elk, or ground beef)
- 2 large shallots (finely chopped)
- ½ cup chipotle hot sauce or 1/4 cup adobo paste (to taste)
- 2 cloves garlic (finely minced or pressed)
- 8 oz beer (porter or bock)
- 4 Tbs maple syrup
- 1-2 oz Bourbon (to taste)
- 24 oz pasta sauce
- 1-½ butternut squash
- 2 cans white kidneys (cannelini), drained
- 1 tsp dried cilantro (if desired)
- 1 package Siesta Carnitas Seasoning (can use taco)
- 2 tbs cayenne pepper

## Instructions

Preheat oven to 350F. Peel the butternut squash until any green lines are gone. Split the squash lengthwise, remove seeds. Coat with olive oil and place on baking sheet face down. Par-bake for about 20 min or until it is just tender (test with fork). You do not want to turn it into mush. Remove and set aside to cool.

Saute the boar in olive oil or butter until just brown in a skillet (we love cast iron). Remove and set aside, leaving drippings in pan. Sautee the chopped shallots and garlic in same skillet until shallots are translucent.

In a crock pot, combine all ingredients (except squash) and mix thoroughly. Heat on high for about an hour, mixing occasionally. While that is cooking, cube the cooled squash (3/4" to 1" cubes). Add squash to the crock pot, gently mix, and cook on lower setting for another few hours to meld the flavors.

## Notes

If you don't have a crock pot, you can do all of this in a 12 qt/large stock pot. Just mix occasionally to avoid burning.

Wild Boar is not an absolute. Some find it gamey. It pairs nicely with the sweetness of the squash and th bourbon.

Since you may have 1/2 of a cooked squash left, you can easily make butternut squash/apple soup. Chop 1/2 vidalia onion. Peel and chop 2 medium apples. Sautee onion/apples until apples are just soft. Place in a medium pot and just cover with chicken stock. Add a tablespoon of fresh ginger (less if dried) if you have it. Bring to boil for 5 min, then simmer, covered for 10 min. Let cool. Transfer to blender and blend until combined.

# Butternut Squash, Chicken and Wild Rice Casserole

Yield: 6 servings

Cooking Time: ½ hour

Preparation Time: 1 hour

Category: Dinner

Cuisine: American

Rating: ★★★★½

Source: The Web

Website: https://www.ambitiouskitchen.…

## Ingredients

- 1 cup uncooked wild- and- brown- rice blend
- 1 ½ pounds boneless, skinless chicken thighs, trimmed of excess fat
- 4 tablespoons extra virgin olive oil, divided
- ½ teaspoon kosher salt, divided
- ½ teaspoon ground black pepper, divided
- 1 small butternut squash (about 1½ pounds)
- 1 medium yellow onion, cut into ¼- inch dice (about 1½ cups)
- 1 tablespoon chopped fresh thyme, plus additional for garnish
- ¾ cup dried cranberries
- ½ cup shredded Parmesan cheese (about 2 ounces), divided
- ½ cup roughly chopped raw pecans or walnuts
- 1 cup roasted brussel sprouts (variation/optional)

## Instructions

Cook the rice according to the package instructions. Drain off any excess cooking liquid and set aside (you should have about 3 cooked cups).

Place a rack in the center of your oven and preheat the oven to 425 degrees F. For easy cleanup, lay a large piece of aluminum foil or parchment paper in the bottom of a 9×13- inch baking dish. Arrange the chicken thighs in a single layer on top, tucking the loose side portion of each thigh underneath. Drizzle with 2 tablespoons of the oil. Sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Bake on the center rack of the oven until the chicken thighs reach 165 degrees F on an instant- read thermometer at the thickest part, about 20 minutes. Immediately transfer from the dish to a plate and cover. Let rest 10 minutes. Reduce the oven temperature to 350 degrees F. Discard the foil or parchment and keep the pan handy.

While the chicken cooks, peel the butternut squash and trim off the top and bottom ends. Cut the neck away from the round base, then stand the base up on its ■at end and cut it in half from top to bottom. Scoop out the seeds and discard. Cut the squash (both base and neck) into ½- inch cubes (you should have about 4 cups cubes).

In a large, deep skillet with a tight- ■tting lid, heat the remaining 2 tablespoons oil over medium heat. Add the squash, onion, and remaining ¼ teaspoon salt and ¼ teaspoon pepper. Sauté until the onion begins to soften, about 2 minutes. Cover and cook, stirring occasionally, until the squash is tender but still retains some chew, 6 to 8 minutes.

Once the chicken has rested, cut it into bite- sized pieces. Add it to the pan with the squash, then add the thyme, cranberries, ¼ cup of the Parmesan, and the rice. Stir to combine.

Lightly coat with nonstick spray the same 9×13- inch dish you used to bake the chicken (no need to wash it in between). With a large spoon, scoop the squash and rice mixture into the dish, spreading it into an even layer.

Bake for 15 minutes, then remove the casserole from the oven and sprinkle the nuts and remaining ¼ cup Parmesan on top. Bake 8 to 10 additional minutes, until the cheese is melted and the nuts are toasted and crisp. Sprinkle with additional chopped fresh thyme and serve warm.

## Notes

We added the sprouts for some color and different flavor.

# Calypso Pork Chops Recipe

Yield: 6 servings
Cooking Time: 15 minutes
Preparation Time: 10 minutes
Category: Entree
Cuisine: American
Rating: ★★★★☆
Website: http://www.cooksrecipes.com/p…

## Ingredients

- 6 boneless pork chops, about 4 ounces each
- 1 cup chicken broth
- ½ cup orange juice
- 2 tbs dark rum (optional)
- 2 tbs lime juice
- 2 tbs brown sugar
- 1 clove garlic, minced
- ½ tsp salt
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves

## Instructions

Combine all ingredients in a self-sealing plastic bag; seal bag and refrigerate for 4 to 24 hours.

Remove chops from marinade; discarding leftover marinade.

Grill chops quickly over indirect heat in covered grill about 10 to 12 minutes, turning once to brown both sides.

## Notes

You will love the grilled flavor of these delicious chops. The marinade is made with basic ingredients you probably already have in your pantry. Serve chops with steamed green beans, rice, and corn bread.

Nutrition Facts

Calories 247 calories

Protein 31 grams

Fat 9 grams

Sodium 386 milligrams

Cholesterol 93 milligrams

Saturated Fat 3 grams

Carbohydrates 31 grams

# Carribean Rice and Bean Salad

Yield: 12 servings

Cooking Time: 15 minutes

Category: Side

Cuisine: 20 minutes

Source: Maureen Calvert

## Ingredients

1 cup uncooked jasmine rice
2 cups water (to cook the rice)
2 pinches saffron threads. about 1/8 teaspoon
1 can black beans, drained and rinsed
½ yellow bell pepper, diced
½ red or orange bell pepper, diced
1 small tomato, seeded and diced
¼-½ jalapeno pepper (depending on how spicy you like it)
¼ cup chopped fresh cilantro
salt and pepper to taste
1 avocado, sliced for garnish
1 dditional cilantro leaves for garnish
1/3 cup olive oil
¼ cup white vinegar
1 teaspoon coarse sea salt
1-½ teaspoon cumin
½ teaspoon chili powder blend
1 teaspoon dijon mustard
Freshly ground black pepper
1 garlic clove, minced

## Instructions

1. In a small sauce-pan over medium heat, bring water to a boil. Add saffron and rice, stir well place lid on pot and reduce heat to simmer. Cook until water has absorbed and rice is tender, about 20 minutes. Or, alternatively cook in a rice maker according to directions.

2. Make the vinaigrette by combining vinaigrette ingredients (last 8 ingredients above) in a small bowl with a whisk until emulsi■ed, set aside. While rice is cooking chop and combine peppers. tomatoes, cilantro, and black beans. Add half of the vinaigrette and toss to combine, season with salt and pepper to taste and set aside,

3. When the rice is cooked, place in a medium bowl and toss with the other half of the vinaigrette while rice is still warm. Season with salt and pepper to taste.

4. Combine rice and bean mixture and serve garnishing with avocado and additional cilantro.

# Carrot Ginger Vinaigrette

Yield: 6 servings

Preparation Time: 1 hour

Category: Salad Dressing

Cuisine: American

Rating: ★★★★☆

Source: Fork Restaurant

## Ingredients

½ lb carrots, chopped
1 piece Ginger (3"), peeled, cut in chunks
1 tsp chopped shallot
1 clove garlic, peeled and roughly chopped
2 tbs lime juice
2 tbs rice wine vinegar
½ cup olive oil
½ tsp sugar
1 tsp salt

## Instructions

Puree all ingredients in a food processor. Strain through a fine mesh strainer. Set aside. (This can take up to an hour).

## Notes

We save the leftover carrot/ginger "sludge" and use in our flank steak marinade.

# Carrot, Fennel, and Orange Soup

Yield: 8 servings

Cooking Time: 25 minutes

Preparation Time: 15 minutes

Category: Soup

Cuisine: American

Rating: ★★★★☆

Source: From Asparagus to Zucchini

## Ingredients

- 1 medium fennel bulb (sometimes called anise), stalks trimmed flush with bulb, and bulb sliced thin crosswise
- 2 tablespoons unsalted butter
- 1 ½ pounds carrots, sliced thin (about 4 cups)
- 2 garlic clove, sliced thin
- 6 cups chiken stock
- 1 teaspoon salt, or to taste
- 1/3 cup fresh orange juice
- ¼ cup sour cream
- Garnish: 1 tablespoon fresh chervil leaves or fennel fronds

## Instructions

In a 3-quart heavy saucepan cook fennel bulb in butter over moderate heat, stirring, until softened and beginning to turn golden. Add carrots and garlic and cook, stirring, 1 minute. Add stock and salt and simmer, covered, 20 minutes, or until carrots are very tender.

In a blender purée mixture in batches with orange juice, sour cream, and salt and pepper to taste until smooth, transferring to another heavy saucepan. Heat soup, stirring, just until heated through (do not let boil).

Serve soup garnished with chervil leaves or fennel fronds.

## Notes

We belong to a CSA and sometimes have a ton of carrots. This is a great way to use them and incorporate fennel.

# Charleston Style Shrimp and Grits

Yield: 4 servings

Cooking Time: 45 minutes

Preparation Time: 15 minutes

Category: Breakfast

Cuisine: Southern

Rating: ★★★★☆

Source: Cafe Atlantic Cookbook

## Ingredients

- 1 lb large shrimp (peeled and deveined)
- 4 cups cooked grits
- 1 tsp salt
- ¼ cup sharp cheddar (grated)
- 2 tbs butter
- 6 slices bacon (cooked/crumbled, reserve fat)
- 1 medium onion (chopped)
- ½ medium green pepper (chopped)
- 1 tbs minced garlic
- 2 tbs bacon fat
- 1 tbs minced fresh or pickled jalapeno
- 2 tbs cocktail sauce
- ½ tsp salt
- ¼ tsp pepper
- 1 28 oz can diced tomatoes

## Instructions

The first six ingredients are for the shrimp/grits/topping. The others are for the creole sauce. Sautee onions, peppers, and garlic in bacon fat until softened. Add the rest of the sauce ingredients and simmer 30-45 minutes until thickened.

Cook grits according to package instructions, adding salt, cheese and butter. Sautee shrimp until almost cooked through. Add creole sauce to the shrimp and simmer for a few minutes. Pour on top of the cheese grits and garnish with crumbled bacon.

## Notes

We used leftover steamed shrimp, and diced up fresh tomatoes for our version. We also used pepper-jack cheese.

# Cheesy Chicken Rice Casserole

Yield: 4 servings
Cooking Time: 50 minutes
Preparation Time: 5 minutes
Category: Entree
Cuisine: Comfort Food
Rating: ★★☆☆☆
Source: Campbell's Soup
Website: http://www.campbellskitchen.c…

## Ingredients

- 1 can (10 3/4 ounces) Campbell's® Condensed Cream of Chicken Soup (Regular, 98% Fat Free or Healthy Request®)
- 1 1/3 cups water
- ¾ cup uncooked regular long-grain white rice
- ½ teaspoon onion powder
- ¼ teaspoon ground black pepper
- 2 cup frozen mixed vegetables
- 4 skinless, boneless chicken breast half (about 1 pound)
- ½ cup shredded Cheddar cheese

## Instructions

Heat the oven to 375°F.

Stir the soup, water, rice, onion powder, black pepper and vegetables in a 2-quart shallow baking dish.

Top with the chicken. Cover the baking dish.

Bake for 50 minutes or until the chicken is cooked through and the rice is tender. Top with the cheese. Let the casserole stand for 10 minutes. Stir the rice before serving.

## Notes

Cost per recipe: $9.09 Cost per recipe serving: $2.27

Total cost of meal (including serving suggestion): $14.62

Alfredo: Substitute broccoli flowerets for the vegetables and substitute 1/4 cup grated Parmesan for the Cheddar cheese. Add 2 tablespoons Parmesan cheese with the soup. Sprinkle the chicken with the remaining Parmesan cheese.

Lower Fat: Use Campbell's® 98% Fat Free Cream of Chicken Soup instead of regular soup and use low fat cheese instead of regular cheese.

Mexican: In place of the onion powder and black pepper use 1 teaspoon chili powder. Substitute Mexican cheese blend for the Cheddar.

Italian: In place of the onion powder and black pepper use 1 teaspoon Italian seasoning, crushed. Substitute 1/3 cup shredded Parmesan for the Cheddar.

Nutrition Information

Using Campbell's® Condensed Cream of Chicken Soup : Calories 410, Total Fat 13g, Saturated Fat 5g, Cholesterol 94mg, Sodium 699mg, Total Carbohydrate 36g, Dietary Fiber 3g, Protein 36g, Vitamin A 28%DV, Vitamin C 28%DV, Calcium 14%DV, Iron 16%DV

Using Campbell's® Condensed 98% Fat Free Cream of Chicken Soup : Calories 379, Total Fat 10g, Saturated Fat 5g, Cholesterol 94mg, Sodium 556mg, Total Carbohydrate 36g, Dietary Fiber 2g, Protein 35g, Vitamin A 29%DV, Vitamin C 28%DV, Calcium 14%DV, Iron 16%DV

Using Campbell's® Condensed Healthy Request® Cream of Chicken Soup : Calories 385, Total Fat 10g, Saturated Fat 5g, Cholesterol 91mg, Sodium 447mg, Total Carbohydrate 37g, Dietary Fiber 2g, Protein 35g, Vitamin A 25%DV, Vitamin C 28%DV, Calcium 14%DV, Iron 16%DV

# Cheesy Chicken Enchiladas

Yield: 8 servings

Cooking Time: 15 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: Mexican

Rating: ★★★½☆

Source: Maureen Calvert

## Ingredients

- 1 medium onion (chopped)
- 1-½ cups shredded cooked chicken (2 breasts)
- 8 6" tortilla shells
- 2 tbs butter
- 1 tsp cumin
- 12 oz piccante or salsa
- 3 oz cream cheese
- 2 cups shredded cheddar cheese

## Instructions

We use split chicken breasts. Boil the breasts until cooked (20 min or so). Check by cutting open. You should see no pink. Take a fork and shred the meat off the bones. Set aside.

In a large heavy pot, sautee onion in the butter until tender. Add the chicken, 1/4 cup of piccante/salsa, cream cheese and cumin and cook until heated through. Stir in one cup of the cheese, reserving the balance for topping. Mix thoroughly until the cheese is melted.

Spoon about 1/3 of a cup of the chicken mixture into a shell. Roll neatly. It should be about 1-1/4 in in diameter. Place side-by-side in a baking dish (we use 8X8X2). Top with additional salsa and shredded cheese.

Bake at 350 deg F for 20 minutes or so, until heated through and the cheese topping has melted.

Serve with a side of black beans.

## Notes

This freezes well.

# Cheesy Mexican Calzones Recipe from Crystal Farms

Yield: 4 servings
Category: Entree
Rating: ★★½☆☆
Website: http://www.crystalfarmscheese…

## Ingredients

- ½ pound lean ground beef
- 1 cup prepared salsa
- ½ cup corn niblets
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 1 package (8 ounces) refrigerated crescent roll dough
- 1 cup (4 ounces) Crystal Farms® Shredded Mexican Cheese

## Instructions

Heat oven to 375° F. Brown ground beef in 10-inch nonstick skillet; drain grease. Reduce heat to medium-low. Stir in salsa, corn, cumin and salt. Cook 3 to 5 minutes until corn is tender.

Unroll crescent roll dough separating into 4 rectangles. Place on ungreased cookie sheet. Press each piece of dough into an 8x4-inch rectangle; sealing the center seam.

Spoon ½ cup beef mixture onto one end of each rectangle to within ½-inch of edges. Top with shredded Mexican 4 cheese. Carefully fold dough over filling (calzone will be full) pressing seams to seal tightly. Lightly prick top of each calzone with a fork to allow steam to escape.

Bake 15 to 20 minutes or until deep golden brown. Remove from cookie sheet

## Notes

[Instructions:Cheesy Mexican Calzones

These tasty, beef and cheese pockets are easy to make with refrigerated dough. At less than $2.25 per serving they'll easily become a weekly family favorite.

# Chicken Broccoli Alfredo

Yield: 4 servings
Cooking Time: 20 minutes
Preparation Time: 15 minutes
Category: Entree
Cuisine: American
Rating: ★★★★☆
Source: Campbell's Soup
Website: http://www.campbellkitchen.co…

## Ingredients

- ½ of a 16 ounce package linguine
- 1 cup fresh or frozen broccoli florets
- 2 tablespoons butter
- 4 skinless, boneless chicken breast halves (about 1 pound), cut into 1 1/2-inch pieces
- 1 can (10 3/4 ounces) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request®)
- ½ cup milk
- ½ cup grated Parmesan cheese
- ¼ teaspoon ground black pepper

## Instructions

Prepare the linguine according to the package directions in a 3-quart saucepan. Add the broccoli during the last 4 minutes of the cooking time. Drain the linguine mixture well in a colander.

Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until well browned and cooked through, stirring often.

Stir the soup, milk, cheese, black pepper and linguine mixture in the skillet and cook until the mixture is hot and bubbling, stirring occasionally. Serve with additional Parmesan cheese.

## Notes

Linguine is mixed with pieces of tender chicken and broccoli flowerets and coated with a rich, satiny Alfredo sauce featuring Campbell's® Condensed Cream of Mushroom Soup, milk, Parmesan cheese and black pepper to make a quick and fabulous dish.

Tip: You can substitute spaghetti or fettuccine for the linguine in this recipe.

Options:

Grilled Chicken & Broccoli Alfredo: Substitute grilled chicken breasts for the skinless, boneless chicken.

Shrimp & Broccoli Alfredo: Substitute 1 pound fresh extra large shrimp, shelled and deveined for the chicken. Cook as directed for the chicken above, until the shrimp are cooked through.

Spanish-Inspired Tip: Reduce the chicken to 1/2 pound and omit the Parmesan cheese. Prepare as directed above. Stir 1/2 pound peeled cooked shrimp, 1/4 pound chorizo or ham, diced and 1 teaspoon paprika into the soup mixture.

Indian-Inspired Tip: Omit the Parmesan cheese. Substitute 3 cups cooked basmati rice and 3/4 cup cooked broccoli flowerets for the linguine and uncooked broccoli.  Stir 1 teaspoon curry powder and 1/2 teaspoon ground cumin into the skillet with the chicken. Sprinkle with toasted slivered almonds, if desired.

Asian-Inspired Tip: Omit the Parmesan cheese. Substitute 1 package (6 ounces) rice noodles for the linguine. Prepare as directed above. Stir 1 tablespoon soy sauce, 2 cloves garlic, minced and 2 teaspoons minced fresh ginger root in the skillet and cook with the chicken

# Chicken and Stuffing Bake

Yield: 6 servings

Cooking Time: ½ hour

Preparation Time: 10 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★☆☆☆

Source: Campbell's Soup

## Ingredients

- 4 Cups Pepperidge Fram Herb Seasoned Stuffing
- 1 ¼ cups water
- 4 tbs butter
- 6 skinless, boneless chicken breast halves
- 1 can (10-3/4 oz) Campbells Cream of Chicken Soup
- 1 tbs chopped fresh parsley (or 1 tsp dried)

## Instructions

Prepare stuffing using water and butter according to package directions.

Spoon sutffing across center of 13X9X2 shallow baking dish. Place chicken on each side of stuffing. Sprinkle chicken with paprika.

Stir soup, milk, and parsley in bowl. Pour over chicken. Cover.

Bake at 400 deg F for 30 minutes or until chicken is cooked through.

## Notes

Easy, one dish, weekday meal.

# Chicken, Zucchini and Bow Ties

Yield: 6 servings

Cooking Time: 20 minutes

Preparation Time: 20 minutes

Category: Entree

Cuisine: American

Rating: ★★★★☆

Source: Rachel Ray

## Ingredients

Coarse Salt
1 pound bow-tie pasta
¼ cup extra virgin olive oil
6 garlic cloves, minced
2 medium zucchini, cut into matchsticks
Coarse black pepper
1 cup grated Parmigiano-Reggiano
1 cup fresh basil leaves, torn or shredded (20 leaves)
2 chicken breast: cooked (boiled, baked, grilled -- whatever you want) and diced (we prefer marniated and grilled)

## Instructions

Bring a large pot of water to a boil and salt it. Cook the bow ties al dente, with a bite. Heads up: You will need a couple of ladles of starchy cooking water.

Heat a large, deep skillet over medium heat. Add the EVOO and the garlic. Cook for 2 minutes, then add the zucchini. Cook gently for 8 to 10 minutes. Season with salt and pepper and add a couple of ladles of cooking water. Drain the pasta and add to the zucchini. Dice and add the chicken. Toss with the cheese and turn off the heat. Sit for 2 minutes, until the liquids are absorbed. Serve in shallow bowls with lots of shredded basil on top.

## Notes

Nice one-pot type dish....great leftovers.

# Chili

Yield: 8 servings

Cooking Time: 45 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: Mexican

Rating: ★★★★★

Source: Personal

## Ingredients

- 2 ½-3 lb 80% lean ground beef
- 1 pkg McCormick Chili Seasoning (you chose the heat)
- 4 cloves garlic (pressed or chopped fine)
- 2 large green bell peppers chopped (you can also use yellow or red for color)
- 2 cans cans crushed tomatoes (28 oz each)
- 1 tsp dried basil
- 1 tsp dried oregano
- Shredded Cheddar Cheese optional
- Sour Cream optional
- 2-3 leaves Bay leaves
- 1 pepper Finely Chopped Jalapeno (heat) optional
- 2 large sweet or vidial onions chopped
- 1 can 40 oz Red kidney beans

## Instructions

In a heavy salted pot (I use a 12 qt stock pot for 8 servings), brown the ground beef (I normally put a little PAM on the pot). When just about browned, add the garlic being careful not to burn the garlic. Drain the fat off of the beef. Per the directions, prepare the McCormick chili seasoning and add to the beef. Stir and heat for a few minutes until mixed.

Set the beef aside. Saute the onions and pepper until the onions are translucent. You can use some of the fat that you drained off (if you wish) or use some olive or canola oil.

Combine the beef and onions/peppers back into the pot. Add the canned tomatoes, the spices (and optional jalapeno if desired), and bring the misture to a boil (should take about 10-15 minutes). Reduce heat and add in the kidney beans. Simmer (partially covered) on low for about 25-30 minutes stirring occasionally to ensure the bottom of the pot does not burn. Some of the liquid should cook off and the mixture will thicken. You can simmer longer if there is too much liquid.

Serve hot, or reheat in individual bowls in the microwave. Top with shredded cheddar and a dollop of sour cream if desired.

## Notes

I sometimes use beer in the Chili Seasoning mix to add a little flavor.

# Chili Seasoning

Yield: 1 servings

Rating: ★★★☆☆

Preparation Time: 10 minutes

Source: Web

Category: Spice

Website: http://www.geocities.com/rpca…

Cuisine: Mexican

## Ingredients

- 4 tsp all-purpose flour
- 1-¼ teaspoons chili powder
- 1 teaspoon crushed red pepper
- 1 teaspoon dried minced onion
- 1 teaspoon dried, minced garlic
- ¾ teaspoon white sugar
- ¾ teaspoon ground cumin
- ¾ teaspoon dried parsley
- ¾ teaspoon salt
- ¼ teaspoon dried basil
- 1/8 teaspoon ground black pepper

## Instructions

In a bowl, stir together flour, chili powder, red pepper, onion, garlic, sugar, cumin, parsley, salt, basil and pepper. Store in an airtight container.

## Notes

This chili seasoning features flour, chili powder, red pepper, onion, garlic and cumin.

I use this quantity for 2.5-3lbs of ground beef when making chili. You can disolve this in water (or beer) and add to the meat just after browning.

# Christmas Salad Vinaigrette

Yield: 6 servings

Preparation Time: 1 hour

Category: Salad

Cuisine: American

Rating: ★★★★★

## Ingredients

- 1 cup of halved cherry tomatoes (we have used grape tomatoes)
- 1 cup of sliced raw mushrooms
- 1 cup of vegetable oil
- 1/3 cup of cider vinegar
- 4 cups fresh brussel sprouts
- 1 ½ teaspoon of salt
- ½ teaspoon of garlic salt
- 2 tablespoons of minced green onion
- 2 tablespoons of minced green pepper
- 2 tablespoons of chopped parsley
- 4 drops Tabasco sauce

## Instructions

Cook Brussels sprouts. Cut in halves or quarters. Add to tomatoes and mushrooms. Combine oil, vinegar, salt, garlic salt, onion, pepper, parsley and Tabasco sauce. Put in jar. Shake well to mix. Pour over Brussels sprout mixture. Chill. Stir occasionally. It is best if made 24 hours ahead of time.

## Notes

Festive - great colors. We have at Christmas!

# Cocoa Rum Balls

Yield: 36 cookies

Cuisine: American

Category: Dessert

Rating: ★★★★★

## Ingredients

- 3 ¼ cups vanilla wafer crumbs (an 11 oz box is just about right)
- 1 ½ cups chopped nuts
- ¾ cup powdered sugar
- ¼ cup unsweetened baking cocoa
- ½ cup light rum
- 3 tablespoons light corn syrup
- Coating:
- Unsweetened cocoa powder, or powdered sugar, or a combination of both

## Instructions

Combine wafer crumbs, nuts, powdered sugar and cocoa in a large bowl. Stir in rum and corn syrup and mix well.

Measure out about 1 TBS and shape into balls and roll in desired coating.

Store in airtight container 2 to 3 days to for flavors to marry. Re-roll in desired coating before serving.

## Notes

You can add a little orange juice if the batter seems dry, but only add one teaspoon at a time. It is workable even when it feels dry.

# Coconut Mango Rice

Yield: 6 servings

Cooking Time: 20 minutes

Preparation Time: 10 minutes

Category: Side

Cuisine: American

Rating: ★★★★☆

Source: Cuisine at Home

## Ingredients

- ½ cup long grain white rice
- ½ cup coconut milk
- ½ cup water
- 1 tbs sugar
- pinch of salt
- ½ cup mango, peeled, pitted, diced
- 2 tbs fresh cilantro leaves
- juice of 1/2 lime

## Instructions

In a saucepan, bring to a boil and simmer the rice, water, cocunut milk, sugar, and salt. Reduce heat to low, cover, and simmer until tender (15-20 minutes). Remove from heat, let stand (covered) 5 minutes. Fluff with a fork. Stir in mango, cilantro, and lime juice just before serving.

# Crab Cakes

Yield: 4 servings

Cooking Time: 15 minutes

Preparation Time: 15 minutes

Category: Seafood

Cuisine: Seafood

Rating: ★★★★★

Source: Cafe Atlantic Cookbook

## Ingredients

- 4 pieces white bread, crusts removed, processed in food processor to make crumbs (we used panko bread crumbs)
- 2 cups mayonnaise
- 2 tbs dijon mustard
- 1 lb cooked crab meat
- 1 tbs Old Bay
- ¾ tsp hot sauce
- 1 tbs worcestershire sauce
- ¼ cup dried parsley
- 2 eggs
- ¾ tsp dry mustard

## Instructions

Whisk together everything except the crab and the bread crumbs. Toss the crab/bread crumbs together in a separate bowl. Slowly add the sauce to the mixture until the mixture is the right consistency to form patties.

You can flour (white) and deep fry at 350 degrees until brown or sautee/broil without flouring.

# Cream of Turnip Soup

Yield: 8 servings

Cooking Time: ½ hour

Preparation Time: 20 minutes

Category: Soup

Cuisine: Irish

Rating: ★★★★½

Source: Dave Szatkowski

## Ingredients

- 2 cups turnips (coarsely chopped)
- 2 cups leeks (coarsley chopped)
- 2 cups onions (chopped)
- 2 cups celery (chopped)
- 4-6 oz butter (enough to sautee the veggies)
- 32 oz chicken stock
- 6 tbs flour
- 1 cup heavy cream
- salt and pepper (to taste)

## Instructions

1. Place the celery, onion and leeks into a pot with the butter allow the vegetables to sweat.
2. Once the vegetables have sweated for a few minutes add the flour and stir well.
3. Add the chicken stock bit by bit mixing well.
4. When the stock is added, add the turnip.
5. Simmer for about 15 minutes until the turnip is tender.
6. Remove from the heat.
7. Using a blender, blend the soup until smooth.
8. Pass through a sieve to catch any remaining lumps.
9. Put back on the heat for about 5 minutes, salt/pepper to taste, adding cream as required.

## Notes

This is also good cold

# Crispy Spinach

Yield: 4 servings
Category: Side
Cuisine: American
Rating: ★★★★☆
Source: All Recipes
Website: http://allrecipes.com/Recipe/…

## Ingredients

4 peanut oil for frying
1 (10 ounce) package washed fresh spinach
salt and pepper to taste

## Instructions

Heat oil in deep-fryer to 375 degrees F (190 degrees C). Place a large handful of fresh spinach in fryer basket, and submerge to cook for about thirty seconds. Drain spinach on paper towels, and repeat with remaining batches. Add a little salt and pepper to taste.

Nutritional Information

Amount Per Serving  Calories: 210 | Total Fat: 22.2g | Cholesterol: 0mg

## Notes

Amount Per Serving  Calories: 210 | Total Fat: 22.2g | Cholesterol: 0mg

Total Fat: 22.2g

Cholesterol: 0mg

Sodium: 346mg

Total Carbs: 2.4g

Dietary Fiber: 1.9g

Protein: 2g ]

# Curried Chickpeas and Potatoes

Yield: 4 servings

Cooking Time: ½ hour

Preparation Time: 10 minutes

Category: Stew

Cuisine: Vegan

Rating: ★★★★☆

Source: Christina Cooks

Website: http://christinacooks.com/bes…

## Ingredients

- 1 tablespoon avocado oil
- 1 red onion, diced
- 3 cloves fresh garlic, minced
- Sea salt
- 1-inch piece fresh ginger, finely minced
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon chipotle or other chili powder
- 2 cups diced new or fingerling potatoes, do not peel
- 1 cup canned organic chickpeas, rinsed well
- 1 cup spring or filtered water
- Fresh lemon juice to taste
- 2–3 leaves fresh kale (or other dark leafy green), coarsely chopped

## Instructions

Place oil in a deep skillet over medium heat. Add onions, garlic, and ginger and a pinch of salt. Sauté for 2 minutes. Stir in spices to coat the onions. Add potatoes and cook, stirring, until the potatoes are browned at the edges and tender, about 6 minutes. Add chickpeas and water. Season to taste with salt. Bring to a boil, cover; reduce heat to low and cook until all liquid has been absorbed, about 7–10 minutes. Remove from heat, stir in lemon juice and kale (until it just wilts) and serve.

## Notes

A quick and tasty main course, this will leave you with no excuses to order take out. This spicy stew will satisfy you on many levels, but don’t let the ingredient list scare you. It’s lots of little pinches of spices and you can omit any that you wish and still have a great nutrient-dense stew.

# Curried Zucchini Soup

Yield: 6 servings

Cooking Time: ½ hour

Preparation Time: 15 minutes

Category: Soup

Cuisine: American

Source: Cafe Atlantic Cookbook

## Ingredients

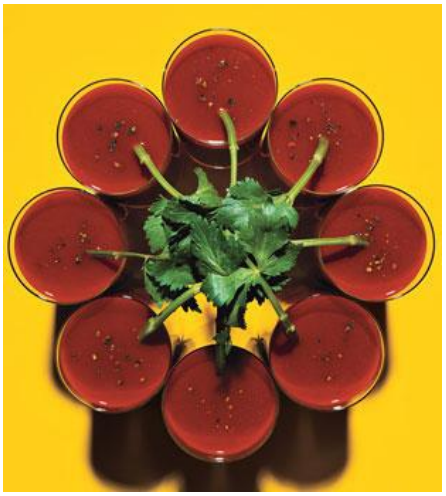
- 8 zucchini (cut in slices)
- 2 yellow onions (chopped)
- 2 tbs curry powder
- 6 cups vegetable or chicken stock
- 12 oz half half

## Instructions

Simmer in stockpot until tender. Let cool and puree in food processor until smooth. add 1-1/2 cups half/half and salt/pepper to taste. Garnich with plain yogurt and grated carrots or scallions.

# Curry-Spiced Bloody Marys

Yield: 8 servings
Category: Beverage
Cuisine: Indian
Rating: ★★★½☆
Source: Bon Appetit, April 2010
Website: http://www.bonappetit.com/rec…



## Ingredients

- 10 cups tomato juice (preferably organic)
- 1 2/3 cups vodka
- ½ cup fresh lemon juice
- ½ cup fresh lime juice
- ¼ cup balsamic vinegar
- 2 tablespoons plus 2 teaspoons Madras curry powder
- 2 teaspoons (or more) fine sea salt
- 1 teaspoon freshly ground black pepper
- Crushed ice
- Celery sticks (for garnish)

## Instructions

Combine first 6 ingredients in large pitcher. Whisk in 2 teaspoons sea salt and pepper. Season with more salt, if desired. Cover; chill. DO AHEAD Can be made 8 hours ahead. Keep chilled. Whisk before serving.

Fill tall glasses with ice. Pour in Bloody Mary mixture. Garnish with celery sticks.

## Notes

If you like bloody marys and you like curry - this is nice.

# Easy Smokey Rhubarb BBQ Sauce

Yield: 3 Cups

Cooking Time: 20 minutes

Preparation Time: 15 minutes

Category: Sauce

Cuisine: American

Rating: ★★★★½

Source: The Web

Website: https://www.rhubarbarians.com…

## Ingredients

- 5 cups rhubarb stalk, washed and cut into 1" pieces, about 4 stalks
- 4 Tablespoons brown sugar
- 3 Tablespoons maple syrup
- ½ cup ketchup
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons soy sauce
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon dijon mustard
- 2-3 chipotle chiles in adobo sauce, finely chopped, about 1- 1½ heaping Tablespoons, depending on how smoky you prefer
- 1 Tablespoon garlic, pressed or finely minced
- 1 Tablespoon fresh ginger, finely minced

## Instructions

1. Combine all ingredients in a large saucepan. Stir well to combine.

2. Heat over medium heat, until bubbling.

3. Reduce heat to low, and simmer until rhubarb is broken down and very soft, stirring often, about 15 minutes.

4. Puree with an immersion blender, or regular blender. Season with salt and pepper. Let cool completely.

5. Store in an airtight glass container in the refrigerator for up to a month, or freeze.

# Easy Sticky Buns

Yield: 12 buns
Cooking Time: ½ hour
Preparation Time: ½ hour
Category: Breakfast
Cuisine: American
Rating: ★★★★☆
Source: Mrs. Carolyn Smith
Website: http://www.foodnetwork.com/re…

## Ingredients

- 12 tablespoons (1 1/2 sticks) unsalted butter, at room temperature
- 1/3 cup light brown sugar, lightly packed
- ½ cup pecans, chopped in very large pieces
- 1 package (17.3-ounces/ 2-sheets) frozen puff pastry, defrosted (Defrost and keep cold)
- For Filling
- 2 tablespoons unsalted butter, melted and cooled
- 2/3 cup light brown sugar, lightly packed
- 3 teaspoons ground cinnamon
- 1 cup raisins

## Instructions

Preheat the oven to 400 degrees F. Place a 12-cup standard muffin tin on a sheet pan lined with parchment paper.

In the bowl of an electric mixer fitted with the paddle attachment, combine the 12 tablespoons butter and 1/3 cup brown sugar. Place 1 rounded tablespoon of the mixture in each of the 12 muffin cups. Distribute the pecans evenly among the 12 muffin cups on top of the butter and sugar mixture.

Lightly flour a wooden board or stone surface. Unfold 1 sheet of puff pastry with the folds going left to right. Brush the whole sheet with the melted butter. Leaving a 1-inch border on the puff pastry, sprinkle each sheet with 1/3 cup of the brown sugar, 1 1/2 teaspoons of the cinnamon, and 1/2 cup of the raisins. Starting with the end nearest you, roll the pastry up snugly like a jelly roll around the filling, finishing the roll with the seam side down. Trim the ends of the roll about 1/2-inch and discard. Slice the roll in 6 equal pieces, each about 1 1/2 inches wide. Place each piece, spiral side up, in 6 of the muffin cups. Repeat with the second sheet of puff pastry to make 12 sticky buns.

Bake for 30 minutes, until the sticky buns are golden to dark brown on top and firm to the touch. Be careful - they're hot! Allow to cool for 5 minutes only, invert the buns onto the parchment paper (ease the filling and pecans out onto the buns with a spoon) and cool completely.

## Notes

Will overflow...use rimmed pan under muffin tin.

# Flank Steak Marinade (leftover ginger/carrot)

Yield: 1 batch

Preparation Time: 10 minutes

Category: Marinate

Cuisine: American

Rating: ★★★★½

Source: Homemade

## Ingredients

- 4 oz tamarin (dark soy)
- 4 oz orange jiuce
- 2 tbs Borsari orange/ginger season salt (or McCormick Montreal Seasoning)
- 3 cloves garlic (adjust as required)
- 3 tbs Carrot/Ginger Viniagrette sludge (see separate recipe)

## Instructions

Mix all ingredients in a large zip lock bag. Marinates up to 5 lbs of flank steak. Marinate for at least 3 hours, preferably overnight.

# Gouda and Spinach Stuffed Pork Chops

Yield: 4 servings

Cooking Time: 45 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: American

Rating: ★★★★½

Source: Allrecipes.com

## Ingredients

- 4 (6 ounce) thick cut pork chops
- 8 slices smoked Gouda cheese
- ½ pound fresh spinach, rinsed and torn into bite-size pieces
- 3 tablespoons horseradish mustard
- 1 cup panko crumbs or breadcrumbs
- Creole-style seasoning to taste

## Instructions

Preheat the oven to 400 degrees F (200 degrees C). Coat a 9x13 inch baking dish with cooking spray.

Lay each chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, leaving three sides intact. Stuff each chop with spinach, and then with cheese.

Place panko crumbs in a shallow dish. Coat each chop with a thin layer of horseradish, and then roll in crumbs. Arrange chops in prepared baking dish. Sprinkle with Creole seasoning to taste.

Bake in preheated oven for 45 minutes, or until brown and crispy.

# Greek Dressing

Yield: 120 ounces

Rating: ★★★★☆

Preparation Time: 10 minutes

Website: http://allrecipes.com/recipe/…

Category: Salad Dressing

## Ingredients

- 48 ounces olive oil
- 5 1/3 tablespoons garlic powder
- 5 1/3 tablespoons dried oregano
- 5 1/3 tablespoons dried basil
- 4 tablespoons pepper
- 4 tablespoons salt
- 4 tablespoons onion powder
- 4 tablespoons Dijon-style mustard
- 64 ounces red wine vinegar

## Instructions

In a very large container, mix together the olive oil, garlic powder, oregano, basil, pepper, salt, onion powder, and Dijon-style mustard. Pour in the vinegar, and mix vigorously until well blended. Store tightly covered at room temperature.

# Green Pea Dip

Yield: 6 servings

Preparation Time: 20 minutes

Category: Appetizer

Cuisine: American

Rating: ★★★½☆

Source: OK Magazine - Catherine Lowe

## Ingredients

- 12 oz frozen peas, defrosted
- 6 oz feta cheese
- 4 garlic cloves
- 1/3 cup olive oil
- ¼ cup pine nuts (toasted)
- pine nuts for garnish
- ½ tsp salt
- ¼ tsp black pepper
- ½ tps crushed red pepper
- juice of one lemon

## Instructions

Blend all ingredients in a food processor until creamy. Serve with chips and crudites.

# Grilled Pineapple Shortcake

Yield: 8 servings

Cooking Time: 20 minutes

Preparation Time: 10 minutes

Category: Dessert

Cuisine: American

Rating: ★★★★★

Source: Family Circle

## Ingredients

¾ cup orange-pineapple juice
1 tablespoon cornstarch
¾ cup coconut-flavored rum (see Note)
3 tablespoons dark-brown sugar
1 teaspoon rum extract
½ teaspoon coconut extract
1 peeled and cored pineapple (about 9 ounces)
1 small prepared pound cake (about 11 ounces)
1 pint light pineapple-coconut ice cream (such as Haagen-Dazs)

## Instructions

1. Stir together 1 tablespoon of the juice and the cornstarch. Set aside. In a small saucepan, combine the remaining juice, rum and brown sugar. Bring to a boil over medium-high heat and simmer for 10 minutes. Stir in cornstarch mixture and extracts. Cook another 2 minutes. Set sauce aside.

2. Cut pineapple into 8 slices, each about 3/4-inch thick. Cut pound cake into 8 slices, each about 1-inch thick. Heat gas grill to medium or prepare charcoal grill with medium-hot coals.

3. Brush pineapple with some of the rum sauce. Grill 5 minutes, turning once, until grill marks form. Set aside. Grill pound cake slices 2 minutes or until grill marks appear, turning once.

4. Serve pound cake slices, topped with grilled pineapple and a scoop of ice cream. Drizzle with remaining sauce.

Note: You could substitute additional juice for the rum, if desired.

# Grilled Wings with Shishito Peppers

Yield: 6 servings
Cooking Time: 20 minutes
Preparation Time: 20 minutes
Category: Appetizer
Cuisine: American
Rating: ★★★★★
Website: https://realfoodbydad.com/gri…

## Ingredients

1 large shallot, finely chopped
1 cup fresh lime juice
Kosher salt, freshly ground pepper
½ cup toasted sesame oil
½ cup vegetable oil
¼ cup soy sauce
2 tablespoons honey or maple syrup
3 pounds chicken wings, flats and drumettes separated if desired
Kosher salt, freshly ground pepper
1-½ cups shishito peppers
2 tablespoons vegetable oil
1 red jalapeño or Fresno chile, thinly sliced

## Instructions

Note: The vinaigrette can be made 1 week ahead. Cover and chill. Shake to reincorporate just before serving.

Prep Chicken

Season chicken wings with salt and black pepper. Transfer the wings to a large resealable plastic bag and add 1 cup vinaigrette. Seal bag and shake to coat. Chill for at least 2 hours and up to 1 day.

Prepare grill: Heat grill to medium heat. Grill chicken, turning occasionally, until wings are evenly charred and cooked through, 8–10 minutes if separated, 12–15 minutes if left whole. Transfer to a platter.

Meanwhile, toss shishito peppers and oil in a medium bowl; season with salt and black pepper. Grill, turning occasionally, until charred in spots and blistered, about 3 minutes. Transfer to platter with wings.

Scatter jalapeño over wings and shishito peppers. Drizzle with ¼ cup vinaigrette.

# Grouse Mountain - Maple Brussel Sprouts

Yield: 4 Servings

Cooking Time: 20 minutes

Preparation Time: 10 minutes

Category: Side

Cuisine: American

Source: https://tasteofvail.com/resta…

## Ingredients

2 Cups – Brussel sprouts (cleaned, halved)
3 Tbsp – Smoked maple Gastrique (equal parts smoked maple syrup and apple cider vinegar reduced by half)
2 Tbsp – Crispy Bacon (minced)
Sea Salt to taste

## Instructions

1. Drizzle with EVOO and salt/pepper in a bowl or ziplock and roast on parchment covered baking sheet at 375 until golden brown - check at 12 minutes and adjust as required (we like them al dante).

2. Drain on paper towel then toss with gastrique, bacon and season with salt.

# Gruyere Stuffed French Toast

Yield: 4 servings
Cooking Time: 20 minutes
Preparation Time: ½ hour
Category: Brunch
Cuisine: American
Rating: ★★★½☆
Source: Rachel Ray
Website: http://www.rachaelrayshow.com…

## Ingredients

- 8 sliced bacon, cut into 1/4 inch lardons (filling)
- extra Virgin Olive oil (filling)
- 1 onion, cut into 1/4 dice (filling)
- Kosher Salt (filling)
- Pinch of crused red pepper (filling)
- 1 large beefsteam tomato, siided and cut in 1/2 dice (filling)
- 2 sprigs of fresh oregano, finely chopped (filling)
- 4 large eggs (toast)
- 1 cup whole milk (toast)
- pinch of cayenne (toast)
- kosher salt (toast)
- 8 slices tight-crumbed white bread (toast)
- 1-½ cup grated gruyere cheese (toast)
- Extra virgin Olive Oil (fried eggs)
- 4 large eggs (fried eggs)
- 1 bunch of chives, chopped (fried eggs)

## Instructions

This recipe has three elements: filling, french toast, and fried egg. The ingredients note where each belongs.

FOR THE FILLING:

1. Toss the bacon into a large sauté pan with a few drops of olive oil. Bring the pan to medium heat and cook the bacon until brown and crispy, 6-7 minutes. Add the onion and season with salt and the crushed red pepper. Continue to cook, stirring occasionally, until the onion is soft and very aromatic, 8-10 minutes.

2. Add the tomato, season with more salt, and cook for another 8-10 minutes or until the tomatoes are soft and mushy and most of the liquid has evaporated. Taste and re-season if needed. Stir in the oregano and let cool.

FOR THE FRENCH TOAST:

1. Preheat the oven to 200■F. This is to keep the cooked ones warm.

2. In a wide, flat dish, combine the eggs, milk, cayenne (if using), and a pinch of salt. Beat until smooth and homogeneous.

3. Lay 4 slices of bread on a work surface. Using half the Gruyère, sprinkle each piece of bread lightly with cheese. Spoon a quarter of the bacon filling onto each piece of bread and then sprinkle with the remaining cheese. Top each slice with another piece of bread and press to secure.

4. Working in batches, soak each “toast” in the egg mixture for about 1 minute; flip and soak the other side.

5. While the toasts are soaking, coat a large sauté pan with olive oil and bring the pan to medium heat. Working in batches so you don’t crowd the pan, cook the toasts for 2-3 minutes per side. It will take some practice to get the temp right -- not too hot (will burn bread, and not melt cheese)! We use Med-low on a 11K BTU burner with a griddle on top. The toasts should be golden brown, lovely, and crisp—YUM! Transfer the toasts to a baking sheet and place in the oven to keep warm.

FOR THE FRIED EGGS AND ASSEMBLY:

1. Coat a large nonstick sauté pan lightly with olive oil and bring to medium heat. Add the eggs to the pan, working in batches if necessary. Cook them until the whites are cooked through and the yolks are warm and runny, 3-4 minutes.

2. Remove the toasts from the oven and top each with a perfectly fried egg. Sprinkle with chives if you like and serve immediately.

This takes some work, but the filling could be made the night before. Also, we eat it like a grilled cheese sandwich with the egg on the side for dipping!

# Heirloom Tomato and Peach Salad

Yield: 6 servings

Preparation Time: 20 minutes

Category: Salad

Cuisine: American

Rating: ★★★★☆

Source: Fork Restaurant

## Ingredients

- 4 tomatoes (large heirloom)
- 1 pint grape tomatoes
- 1 pint pixie tomatoes (or multicolored cherry tomatoes)
- 1 recipe Carrot Ginger Vinaigrette Salad Dressing
- 12 basil leaves, chiffonade
- ½ red onion, sliced thin
- 4 ripe peaches, quartered

## Notes

Fairly labor intensive (with the dressing prep). Worth the work.

# Hot Wing Chicken Dip

Yield: 10 servings

Cooking Time: ½ hour

Preparation Time: 10 minutes

Category: Appetizer

Cuisine: American

Rating: ★★★★★

Source: Maureen Calvert

## Ingredients

- 1 cup ranch dressing
- 3 cups cheddar cheese, shredded (We use kirkland mexican 3 cheese)
- 1 cup Hot Sauce (like Franks)
- 12 oz cream cheese
- 2 large (12.5 oz) cans of chicken
- Crackers/Tortilla chips/Pita chips

## Instructions

1. Preheat oven to 350 degrees. Reserve ½ cup cheese. Mix all items in a large bowl. Spread into a 13x9 baking pan. Spread extra cheese on top.

2. Bake for 25-30 minutes or until melted.

## Notes

Serve hot with pita chips for dipping. (or crackers or tortilla chips). If you halve the recipe (5 servings), you can use 8X8.

# Howie's Cajun Scallops

Category: Spice
Cuisine: Seafood
Rating: ★★★★☆

## Ingredients

- 1 tsp red pepper flakes
- 1 tsp ground black pepper
- ½ tsp ground white pepper
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp ground thyme
- ¼ tsp oregano
- 1 tsp paprika
- sea scallops

## Instructions

Mix together dry ingredients and store in a dry, airtight container.

Melt enough butter to coat the scallops totally in a bowl. Coat the scallops with the spice mixture thoroughly. Meanwhile, melt more butter in a frying pan until really hot (we prefer cast iron). When butter has melted (before it turns to brown butter) fry the scallops for 2-3 min per side (to taste). Keep an eye on them as differnt pans cook differently!

We multiply this receipt X6 and store enough for a whole season of scallops.

# Irish Soda Bread

Yield: 8 Servings

Rating: ★★★★☆

Cooking Time: 1 ½ hours

Source: Maureen Calvert

Preparation Time: 20 minutes

## Ingredients

- 6 cups flour
- 6 tsp. baking powder
- 1 tsp. salt
- 2 cups sugar
- 1 stick soft butter or margarine
- 3 eggs
- 3 cups of milk (whole or buttermilk)
- 1 box raisins (pound), plump by boiling for 2-3 minutes

## Instructions

Preheat oven to 350 degrees.

In large bowl, mix dry ingredients. Cut in butter. Beat eggs slightly with some of the milk. Add egg mixture and remaining milk to the flour mixture. Stir until blended. Fold in raisins. Pour into a well greased & floured 12” round cake pan (iron skillet or tube pan in original recipe). Bake for 1½ hours or until knife inserted in middle comes out clean.

Tip: A pan of water placed on lower rack of oven during baking helps keep crust from becoming to hard and outside raisins from burning.

# Italian-Style Slow-Roasted Pork Roast | Wegmans

Yield: 8
Cooking Time: 7 hours
Preparation Time: 15 minutes
Category: Entree
Cuisine: American
Rating: ★★★★☆
Source: Wegmans
Website: http://www.wegmans.com/webapp…

## Ingredients

- 3 small onions, peeled, halved, and sliced
- 2 navel oranges, unpeeled, thinly sliced
- 1 (7-10 lb) pork shoulder
- 6 cloves Food You Feel Good About Peeled Garlic, minced
- 1 Tbsp fennel seed
- Salt and cracked black pepper

## Instructions

1. Day before: Combine onion and orange slices in roasting pan. Diagonally score fat-side (top) of pork about 3/4-inch deep in a diamond pattern. Rub garlic, then fennel seeds into top of pork. Season well with salt and pepper. Place pork on top of onion and orange slices. Cover with plastic wrap; refrigerate overnight.

2. Day of meal: Preheat oven to 275 degrees. Remove plastic wrap. Bake uncovered, 7-8 hours.

3. Remove from oven; carefully place roast on clean platter and allow to rest. As roast rests, ladle hot juices into gravy separator. Reserve de-fatted juices (au jus); keep warm. Reserve onions if desired.

4. Serve au jus with pork.

## Notes

Chef Tip(s):

Like a thicker gravy? Combine 2 Tbsp cornstarch and 2 Tbsp cold water in small bowl; set aside. Add 1 carton (11 oz) Food You Feel Good About Poultry Gravy to de-fatted juices. Bring to a simmer in pan and add corn starch mixture. Cook, whisking 2 min.

# Jalapeno Chicken Poppers

Yield: 30 servings
Cooking Time: 1 hour
Preparation Time: ½ hour
Category: Appetizer
Cuisine: American
Rating: ★★★★☆
Website: http://www.rpcalvert.com/reci…

## Ingredients

- 15 jalapeno peppers – ½'d and seeded (wear gloves)
- 1 lb chicken cut into thin strips (uncooked)
- 1 lb bacon cut in half
- 1 tbs Onion powder
- 1 tbs Garlic powder
- 1 tbs Black pepper
- 2 tsp paprika
- 1 tsp sesame seed
- Cream Cheese optional
- vadalia onion (cut into small strips)

## Instructions

Mix dry spices in plastic zip lock.

Coat chicken strips with the spice mixture. Set aside.

Cut onion into small strips.

Place onion in bottom of pepper.

Add chicken strip

Add 1/2t of cream cheese (optional)

Wrap in bacon – secure with toothpick

Bake at 350 for 45min to an hour (until bacon is cooked)

# Jalapeno Viniagrette

Yield: 6

Cuisine: Great on Halibut, Great on Black Bean Burger

Preparation Time: 10 minutes

Rating: ★★★★★

Category: Salad Dressing

## Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons very finely chopped red onions
- kosher salt
- 1 tablespoon honey
- 1 tablespoon chopped cilantro
- ½ teaspoon Dijon mustard
- ½ teaspoon very finely chopped garlic
- ¼ cup extra virgin olive oil, plus
- 1 teaspoon extra virgin olive oil
- 1 medium jalapeno
- fresh ground pepper

## Instructions

Combine the vinegar and onion with a half teaspoon of salt. Let stand for 10 minutes and then whisk in the honey, cilantro, mustard, garlic and quarter cup olive oil and jalapeno. Wisk well. Chill.

# Kielbasa with Brussels Sprouts in Mustard Cream Sauce

Yield: 4 servings
Cooking Time: 1 hour
Preparation Time: ½ hour
Category: Dinner
Cuisine: Comfort Food
Rating: ★★★★☆
Source: Allrecipes.com
Website: http://allrecipes.com/Recipe/…

## Ingredients

1 shallot, peeled and quartered
4 large garlic cloves
2 tablespoons extra-virgin olive oil
1 ½ pounds Brussels sprouts, halved
2 tablespoons coarse Dijon mustard
1 teaspoon olive oil
1 pound kielbasa sausage, cut on the bias into 1/4-inch slices
1 tablespoon olive oil
¼ cup heavy cream
1 cup white kidney beans, drained and rinsed
kosher salt (to taste)
ground black pepper (to taste)

## Instructions

Place shallot and garlic cloves over two layers of aluminum foil. Coat with 2 tablespoons of extra-virgin olive oil and season with salt. Wrap the shallot and garlic with the foil, creating a pouch. Bake in the preheated oven until the garlic is tender, about 30 minutes. Place shallot and garlic in a bowl and mash using a fork. Set aside.

Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil. Add the Brussels sprouts, cover, and steam until just tender, 2 to 6 minutes depending on thickness. Set aside.

Heat 1 teaspoon olive oil in a large, deep skillet over medium-high heat. Lay the kielbasa into the hot skillet and cook, turning occasionally, until evenly browned and crispy, about 3 minutes on each side. Remove the kielbasa from the skillet with a slotted spoon to retain the grease in the skillet; drain the sausage slices on a paper towel-lined plate.

Add 1 tablespoon of olive oil to the skillet. Cook the mashed shallot and garlic in the hot oil for 1 minute. Stir in the mustard and cream. Reduce the heat to medium-low and add the Brussels sprouts and beans. Toss to coat and season with salt and pepper. Continue cooking until heated through. Serve the kielbasa over the Brussels sprouts and beans.

Preheat an oven to 400 degrees F (200 degrees C).

Place shallot and garlic cloves over two layers of aluminum foil. Coat with 2 tablespoons of extra-virgin olive oil and season with salt. Wrap the shallot and garlic with the foil, creating a pouch. Bake in the preheated oven until the garlic is tender, about 30 minutes. Place shallot and garlic in a bowl and mash using a fork. Set aside.

Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil. Add the Brussels sprouts, cover, and steam until just tender, 2 to 6 minutes depending on thickness. Set aside.

Heat 1 teaspoon olive oil in a large, deep skillet over medium-high heat. Lay the kielbasa into the hot skillet and cook, turning occasionally, until evenly browned and crispy, about 3 minutes on each side. Remove the kielbasa from the skillet with a slotted spoon to retain the grease in the skillet; drain the sausage slices on a paper towel-lined plate.

Add 1 tablespoon of olive oil to the skillet. Cook the mashed shallot and garlic in the hot oil for 1 minute. Stir in the mustard and cream. Reduce the heat to medium-low and add the Brussels sprouts and beans. Toss to coat and season with salt and pepper. Continue cooking until heated through. Serve the kielbasa over the Brussels sprouts and beans.

## Notes

We roast the sprouts in the oven at 400 deg for about 10 min. We sprinkle with olive oil and salt/pepper.

# Korean Flank Steak

Yield: 4 servings

Rating: ★★★★½

Category: Entree

Source: Rachel Ray

Cuisine: American

Website: http://www.everythingrachaelr…

## Ingredients

- 2 tablespoons grill seasoning blend (recommended brand McCormick Montreal Steak Seasoning)
- ¼ cup Tamari dark soy
- 1 tablespoons honey
- 1 teaspoons hot red pepper flakes
- 2 large cloves garlic, chopped [I usually add at least 4 cloves. More garlic = better.]
- 2 teaspoons toasted (dark) sesame oil, eyeball it
- 2 scallions, finely chopped
- Vegetable oil, for drizzling plus, 2 tablespoons, twice around the pan
- 2 pounds flank steak (or flat iron steak)

## Instructions

In a ziplock bag, combine grill seasoning, dark soy, honey, hot pepper flakes, garlic, sesame oil, scallions and a drizzle of vegetable oil. Put the steak in the marinade bag. Let sit for a few hours.

Preheat grill stove top grill pan or outdoor grill to medium high. When the grill pan or grill is screaming hot, add meat and cook 5 minutes on each side for medium rare, 7 to 8 minutes on each side for medium well doneness.

To serve, let meat rest 5 minutes for juices to redistribute. Thinly slice the meat on a heavy angle against the grain (the lines in the meat).

# LEMON BARBECUED SWORDFISH STEAK

Yield: 4 servings

Cooking Time: ½ hour

Preparation Time: 15 minutes

Category: Dinner

Cuisine: American

Rating: ★★★☆☆

Source: Cooks.com

Website: http://www.cooks.com/rec/doc/…

## Ingredients

- 3 pounds swordfish steaks, 1 inch thick
- 1 tablespoon fresh lemon peel, grated
- ¾ cup freshly squeezed lemon juice
- ¾ cup vegetable oil or olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon basil
- ½ teaspoon oregano
- 2 teaspoons Gold's prepared horseradish
- 1 pinch each garlic and onion powder
- 1 pinch paprika

## Instructions

Spray an ovenproof dish lightly with Pam or olive oil spray. Place fish in the dish and spray fish also.

Combine remaining ingredients (except for garlic powder. onion powder, and paprika) and marinate in refrigerator overnight.

The next day, drain and reserve marinade for basting; pour marinade into a small saucepan, bring to a boil and allow to cool.

Meanwhile, grease the grill lightly with Pam or olive oil spray. Season the fish well with salt, pepper, garlic powder, onion powder and paprika.

Place swordfish steaks over hot coals and grill approximately 10 minutes per side, basting often with the reserved marinade.

Serve with fresh lemon slices.

# Lemon Quinoa Salad

Yield: 6 servings
Cooking Time: 15 minutes
Preparation Time: 15 minutes
Category: Side
Cuisine: American
Rating: ★★★★☆
Source: TV
Website: http://cooking.jeffersonhospi…

## Ingredients

- 1 cup quinoa
- 2 cups water
- 1 Tbsp lemon zest
- Lemon juice from 2 lemons
- 1 red bell pepper, deseeded and chopped
- ¼ medium red onion, chopped
- ½ cup cilantro, chopped
- 1 tsp olive oil

## Instructions

Rinse quinoa in clean water and drain. Bring 2 cups of water to a boil, and add in rinsed quinoa. Simmer for about 15 minutes until all water is absorbed. Quinoa should emit a small tail and become tender. Add remaining ingredients to the quinoa, and refrigerate for one half hour before serving

# Mac Daddy Mac n' Cheese

Yield: 8 servings
Cooking Time: 50 minutes
Preparation Time: 20 minutes
Category: Entree
Cuisine: Comfort Food
Rating: ★★★★½
Website: http://www.foodnetwork.com/re…

## Ingredients

- 2 shallots, peeled
- 3 cloves garlic
- 1 tsp olive oil
- 3 pieces pieces bacon, diced, cooked, reserving 1 tablespoon bacon fat
- 2 tbs flour
- 4 cups heavy cream
- 1 tsp chopped fresh thyme
- 1 cup shredded pepper jack cheese
- 2 cups shredded cheddar cheese
- Salt and freshly ground black pepper
- 1 lb penne pasta, cooked
- ½ cup Panko bread crumbs
- 2 tbs melted butter
- 2 tbs chopped fresh parsley

## Instructions

Preheat oven to 350 degrees F. Place shallots and garlic in a small aluminum foil pouch and drizzle with olive oil. Roast 20 to 30 minutes or until tender. Remove from foil and chop.

In a large saute pan, reheat reserved bacon fat over medium heat. Add roasted shallot and garlic and saute for 1 minute. Add flour and stir for 1 minute. Whisk in heavy cream and thyme. Reduce by a third. Stir in cheeses until melted, creamy and thickened.

Season to taste with salt and pepper. Remove from heat and gently stir in pasta. Place in a 9X13 casserole dish. In a small bowl, mix together diced bacon, bread crumbs, butter and parsley. Top Mac n Cheese with Panko mixture and bake uncovered at same heat until bubbling and lightly browned on top, 20 to 25 minutes.

## Notes

This is a very rich dish. This can be a meal on it's own, or you can use as a (very filling) side to pork chops.

# Marcella's Potato Salad

Yield: 10 servings

Cooking Time: ½ hour

Preparation Time: ½ hour

Category: Salad

Cuisine: American

Rating: ★★★★☆

Source: Marcella Calvert

## Ingredients

- 5 lb potatoes
- ¾ cup diced celery
- 2 medium onions (choppped)
- 6 eggs (well beaten)
- ½ cup vinegar
- ½ cup water
- 3 tbs sugar
- 3 tbs mayonnaise
- ½ lb bacon

## Instructions

Boil potates (I peel first, some cook in jacket, cool, then peel). Cut into bite size pieces. Mix in celery and onions. Add salt and pepper to taste. Set aside.

Fry bacon (retain drippings) and cut up into small pieces. Set aside.

Combine eggs, vinegar, mayonnaise, water, and spices in a small saucepan. Whisk together and boil dressing until thick (keep an eye on it so you don't end up with scrambled eggs!!!).

Combine dressing, bacon drippings, potato mixture. Add bacon pieces. Mix thoroughly.

Chill before serving. Add salt/pepper to taste.

# Michael Symon's Zucchini Crudo - The Chew

Yield: 6 servings
Preparation Time: ½ hour
Category: Side
Cuisine: Salad
Rating: ★★★★☆
Website: http://abcnews.go.com/GMA/rec…

## Ingredients

- 2 zucchini (about ¾ pound), thinly sliced
- 2 yellow summer squash (about 1½ pounds), thinly sliced
- 1 tablespoon plus ¼ teaspoon kosher salt
- 1 teaspoon minced garlic
- 1 shallot, finely sliced
- 3 Grated zest and juice of 3 lemons, or to taste
- ½ cup extra-virgin olive oil
- 1/3 cup slivered or sliced almonds, toasted
- 1/3 cup chopped fresh dill

## Instructions

Combine the zucchini and yellow squash in a colander in the sink and sprinkle 1 tablespoon of the salt over it. Toss to coat, and set aside for 10 to 15 minutes, no longer.

In a large bowl, combine the garlic and shallot, sprinkle with the remaining ¼ teaspoon salt, and whisk in the lemon zest and juice. Whisk in the olive oil in a steady stream, then the almonds and dill. Taste for seasoning and acidity (it should be nicely acidic). Add the zucchini and squash to the dressing, toss, and serve immediately.

# Mint Sauce

Yield: 8 servings

Cooking Time: 10 minutes

Preparation Time: 10 minutes

Category: Sauce

Cuisine: American

Rating: ★★★★☆

Source: Rachel Ray

Website: http://www.rachaelray.com/rec…

## Ingredients

- 1 cup white balsamic vinegar
- ½ cup water
- 1/3 cup sugar
- 1 tablespoon sea salt
- 4 large shallots, coarsely chopped
- 1 cup mint
- 1 cup flat leaf parsley

## Instructions

Bring vinegar and water to a boil with the sugar in a small pot. Add salt and stir to dissolve the sugar and salt completely. Reduce the heat to low.

Place the shallots and herbs in a food processor and pulse to finely chop. Transfer to a small plastic food storage container. Pour the hot brine over top of the shallots and herbs to cover; place a lid on the container and chill until ready to serve or let marinate at room temperature until lamb is ready to serve.

# Mizuna Kale Sauteed With Chicken

Yield: 6 servings

Cooking Time: 20 minutes

Preparation Time: 20 minutes

Category: Entree

Cuisine: Asian

Rating: ★★★★☆

Source: JR Organics CSA - San Diego

Website: http://www.jrorganicsfarm.com…

## Ingredients

- 1 egg white, lightly beaten
- 1 ½ teaspoon tamari or soy sauce
- 2 cloves garlic, finely chopped
- 1 pound boneless, skinless chicken breast, very finely chopped
- 2 teaspoons canola or peanut oil
- 1/3 cup finely chopped carrot
- 1/3 cup finely chopped yellow onion
- ¼ cup finely chopped water chestnuts
- ½ teaspoon chile paste with garlic
- 1 tablespoon lime juice
- 1 Bunch mizuna, trimmed
- 1 Bunch kale, trimmed
- ¼ cup finely chopped green onions

## Instructions

In a medium bowl, mix egg white with 1/2 teaspoon of the tamari, garlic and chicken.

Cover and refrigerate for 1 hour.

Heat 1 teaspoon of the canola or peanut oil in a wok or large skillet over high heat.

Add chicken mixture and cook, stirring constantly, 4 to 6 minutes, or until chicken is cooked through and appears opaque.

Transfer chicken to a plate and set aside.

Heat remaining 1 teaspoon oil in wok.

Add carrots, onions, kale and water chestnuts and cook, stirring constantly, for 1 minute.

Add remaining 1 teaspoon tamari, chile paste, lime juice and mizuna and cook, stirring often, until slightly wilted. (The Mizuna should be barely cooked).

Return chicken to wok and toss well.

Garnish with green onions and serve with basmati rice or short grain brown rice.

## Notes

If you don't have mizuna, just use a little more kale. We serve over soba noodles or brown rice.

# Mom C's Chicken Divan

Yield: 6 servings

Cooking Time: 45 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: American

Rating: ★★★★½

Source: Mrs. V. Calvert

## Ingredients

- 3 ea split chicken breasts (bone-in)
- 2 ea bunches broccoli
- 2 cans cream of chicken soup
- 1 ¾ cups shreadded cheddar cheese
- 1 ½ cups mayonnaise
- 1 cup bread crumbs
- 3 tbs melted butter
- 1 tbs lemon juice
- 2 tsp curry powder

## Instructions

Cut broccolli into large florets. Steam broccoli (do not overcook - keep it *al dente*). Arrange broccoli in 9X13 glass pyrex dish.

Roast or boil the chicken breasts until when pierced liquid runs clear. Remove the bones from the chicken breasts and cut into large chunks (about 2X bitesize). Place chicken on top of the broccoil.

Combine cream of chicken soup with mayonnaise, curry powder and lemon juice in small saucepan and heat until smooth. Add the 1 cup of the cheddar cheese (you'll need the other 3/4 for the topping) and continue to heat until smooth. Pour this mixture over the chicken/broccoli in the baking dish.

In small saucepan melt the butter and remove from heat. Combine the bread crumbs. and remaining 3/4 cup of cheddar until mixed. Spread this over the top of the chicken/broccoli for a crusty topping.

Bake at 350 degrees for about 45 minutes.

## Notes

You can use boneless chicken breasts if you wish.

Serve with rice pilaf and buttered carrots. Add broiled peaches with chutney for a special side.

# Mom J's Shrimp and Asparagus

Yield: 4 servings

Cooking Time: 15 minutes

Preparation Time: 15 minutes

Category: Entree

Cuisine: Asian/Japanese

Rating: ★★★★½

Source: Mrs. R. Jackson

## Ingredients

- ¼ cup Olive Oil (for cooking). You can also use some sesame oil for flavor
- 1 large sweet or vidalia onion (Sliced)
- 1 lb med shrimp (shells removed)
- 1 lb asparagas (cut in half)
- ¼ cup soy sauce
- ¼ cup toasted sesame seeds
- 1 cup rice or soba noodles

## Instructions

Start preparing the rice or soba noodles.

Concurrently, heat the oil in a wok or large frying pan until it starts to "pop." Sautee the onions and asparagus until tender. Add the shrimp and cook until just pink. Add soy sauce and coat well. Remove from heat and top with toasted sesame seeds.

Serve over the rice or soba noodles.

# Moroccan Lamb and Lemon Tagine

Yield: 6
Category: Entree
Cuisine: Moroccan
Source: Costco
Website: http://thebournebistro.blogsp…

## Ingredients

- 3 pounds boneless leg of lamb, cut into 2 inch chunks
- 1 ½ cups finely diced onions
- 1 tablespoon minced garlic
- 1 ½ teaspoons ground ginger (Used fresh grated ginger)
- 1 Tablespoon paprika
- ½ tsp ground cumin
- ½ tsp turmeric
- ½ tsp black pepper
- 1 tsp salt
- Pinch of saffron, I had some in stock) optional
- 1 tsp dried mint (I used 1 tbsp fresh mint)
- ¼ cup chopped fresh cilantro stems (save leaves for garnish) (This is the only ingredient I was unsure about because I have always been told that cilantro stems are bitter)
- 1 ½ cups water
- 3 carrots, peeled and cut into 1 1/2 inch chunks
- 1 fresh lemon cut into eighths lengthwise and seeded
- ½ cup fresh lemon juice, plus more to taste
- 20 kalamata or mild green olives, well washed and pitted
- 2 cups crookneck squash, or yellow zucchini, cut into 1 1/2 inch chunks or whole okra (or combination of all three) I used the zucchini.
- Cilantro leaves for garnish

## Instructions

Combine the first 12 ingredients in a large heavy pot with a lid or a Dutch oven. Add the water: bring to a boil. Reduce the heat to a simmer, cover the pot and cook for 1 to 1 1/2 hours or until the lamb is tender. Add more water if needed.

Add the carrots and lemon wedges, making sure they are covered with liquid (add more water, if needed) and cook for 10 more minutes. Add lemon juice, olives and squash, and cook covered for 10 to 15 minutes more or until the carrots and squash are tender. Remove the solids from the pot with a slotted spoon, leaving the liquid behind.

Arrange the meat and vegetables in a shallow serving dish or deep platter. Degrease the sauce and reduce it by boiling to concentrate the flavors. It should have a soup-like consistency. Taste for salkt, pepper and lemon, and adjust as desired. Pour the sauce over the meat and vegetables. Garnish with cilantro leaves

# Mrs. Johnson's Crock Pot Chicken/Pasta

Yield: 4 s

Cooking Time: 8 hours

Preparation Time: 10 minutes

Category: Entree

Cuisine: Amer

Rating: ★★★½☆

Source: Mrs. Johnson

## Ingredients

- 2 lbs + boneless chicken breasts
- 1 can golden mushroom soup (can use cream of)
- 1 pkg Good Season's (dry) Italian Seasoning mix
- 8 oz Chive and Onion Cream Cheese
- 1 cup water
- 1 lb pasta (bowtie, broad noodle, etc.)

## Instructions

Put everything in the crock pot. Cook on low for 8-10 hours. Take meat out of crock pot and shred with fork. Leave the juice in the pot. Put the shredded meat back in the crock and mix thoroughly.

Cook your pasta of choice while you're shredding the meat. Drain pasta. Put pasta in bowls and top with the chicken mixture.

## Notes

Easy crock pot meal.

# Mushroom Gryere Tarts

Yield: 8 servings

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Category: Appetizer

Cuisine: American

Rating: ★★★★☆

Source: Wegmans

## Ingredients

- 1 Tbsp Wegmans Basting Oil
- 1 Tbsp shallots, chopped
- 1 pkg (4 oz) Phillips Gourmet Mushroom Blend, chopped rough
- Salt and pepper to taste
- 3 Tbsp Sun-Maid California Golden Raisins
- ¼ cup white wine
- ¼ cup Wegmans Fresh Heavy Cream
- ½ cup (2 1/2 oz) Gruyere cheese, shredded (Cheese Shop)
- 1 pkg (15 count) Athens Mini Fillo Dough Shells, thawed (Frozen Foods)
- 2 Tbsp fresh chives, chopped

## Instructions

Preheat oven to 350 degrees.

1. Heat basting oil in saute pan on MEDIUM, until oil faintly smokes. Add shallots and mushrooms; cook, stirring, until softened, 2-3 min. Season to taste with salt and pepper.

2. Add raisins and white wine, simmer until liquid is reduced by half (1-2 min). Add heavy cream; simmer 1-2 min, until liquid is reduced and mixture thickens. Remove from heat; fold in cheese.

3. Place shells on baking sheet; toast in oven 1-2 min. Remove from oven; fill each with about 1/2 Tbsp filling. Return to oven; bake about 5 min. Let rest 1-2 min; garnish with chopped chives.

## Notes

Option(s):

Can be made ahead, chilled and reheated in 350 degree oven for about 5 min.

# Mussels In Belgian Beer

Yield: 4 servings
Cooking Time: 6 minutes
Preparation Time: 10 minutes
Category: Entree
Cuisine: Seafood
Rating: ★★★★☆
Source: Web
Website: http://www.wttw.com/main.taf?…

## Ingredients

- 2 tablespoons olive oil
- 2 shallots, sliced
- 1 small rib celery, thinly sliced
- 2 pounds mussels, cleaned, debearded
- 1 bottle (12 ounces) Belgian wheat ale
- ¼ teaspoon fresh thyme leaves or 1/8 teaspoon dried
- 1 bay leaf
- 2 tablespoons butter
- ½ teaspoon salt
- Freshly Ground Pepper

## Instructions

Heat oil over medium-high heat in a large skillet; add shallots and celery. Cook until softened, about 5 minutes.

Add mussels; add beer, thyme, bay leaf, butter, salt and pepper to taste. Cover. Cook until mussels are open, about 4-6 minutes, keeping pan moving frequently. Discard mussels that do not open. Serve in shallow bowls.

## Notes

Serve these mussels with plenty of good bread for sopping up the cooking juices and wash them down with a cold, Belgian wheat ale, such as Witterkerke (which you can also use for cooking the mussels).

# Orecchiette with Mini Chicken Meatballs

Yield: 6 servings
Cooking Time: 15 minutes
Preparation Time: 45 minutes
Category: Entree
Cuisine: Comfort Food
Rating: ★★★★½
Source: Giada
Website: http://www.foodnetwork.com/re…

## Ingredients

1 lb orecchiette pasta
¼ cup plain bread crumbs
¼ cup chopped fresh flat-leaf parsley
2 eggs, lightly beaten
1 Tbs whole milk
1 tbs ketchup
¾ cup grated Romano
¾ tsp salt
¾ tsp freshly ground black pepper
1 lb ground chicken
¼ cup olive oil
1 ½ cups low-sodium chicken stock, hot
4 cups cherry tomatoes, halved
½ cups freshly grated Parmesan
8 oz bocconcini mozzarella, halved
½ cup chopped fresh basil leaves

## Instructions

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.

In a medium bowl, stir together the bread crumbs, parsley, eggs, milk, ketchup, Romano cheese, and the salt and pepper. Add the chicken and gently stir to combine.

Using a melon baller (or a teaspoon measure), form the chicken mixture into 3/4-inch pieces. With damp hands, roll the chicken pieces into mini meatballs.

In a large (14-inch) skillet, heat the oil over medium-high heat. Working in batches, add the meatballs and cook without moving until brown on the bottom, about 2 minutes.

Turn the meatballs over and brown the other side, about 2 minutes longer. Add the chicken stock and tomatoes. Bring to a boil. Using a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Reduce heat to low and simmer until tomatoes are soft and meatballs are cooked through, about 5 minutes.

Drain the pasta, reserving about 1 cup of the pasta water. Transfer pasta to a large serving bowl and add the Parmesan. Toss to lightly coat orecchiette, adding reserved pasta water, if needed, to loosen the pasta.

Add the meatball mixture, mozzarella cheese, and 1/2 cup of the basil. Gently toss to combine. Garnish with the chopped basil.

## Notes

Takes more time than you think. Nice meal. Really a weekend endeavour when you have some time...

# Ovi's Pork Chop Marinade

Yield: 4 servings

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Category: Marinade

Cuisine: American

Rating: ★★★★☆

Source: Ovi

## Ingredients

- 3 Tbs Brown sugar
- 1 tsp sea or kosher salt
- 1 tbs fresh thyme
- several peppercorns
- 1 cup apple cider

## Instructions

Dissolve salt and brown sugar in just enough water. Add apple cider, thyme and peppercorns. Mix.

Pour over pork chops and marinate for several hours.

# Pan- Roasted Halibut

Yield: 4 servings
Cooking Time: ½ hour
Preparation Time: 15 minutes
Category: Dinner
Cuisine: American
Rating: ★★★★☆
Source: Chef Patrice Rames of Bistro …
Website: http://www.nbcphiladelphia.co…

## Ingredients

1 tbl Spanish olive oil
4 tbl minced shallots (about 8 shallots depending on the size)
4 tbl balsamic vinegar
4 toasted bread crumbs
1 tps chopped fresh thyme
1 chopped rosemary
Salt and pepper
4 halibuts filet of 6 to 8 oz each
3 tbl Dijon mustard
salt and pepper

## Instructions

Heat the olive oil in a small pan. Add the shallots and cook slowly stirring with a wood spoon until caramelized (medium brown colored). Add the balsamic vinegar and cook until liquid is reduced by half, then add the herbs, salt and pepper and bread crumb mix until it form a paste. Cool and reserve.

Add olive oil to an oven-safe sauté pan on medium high heat. Seared the filet on both side (skin side up first) for 2 minutes. Then lightly brush filets with mustard and top with the herb crust, pressing down to cover whole filet. Finish in the oven for 10 minutes at 400 degrees.

# Ranchero Beans

Yield: 6 servings

Cooking Time: 20 minutes

Preparation Time: 40 minutes

Category: Side

Cuisine: Southwest

Rating: ★★★★☆

Source: Nancy Jackson

Website: http://www.foodnetwork.com/re…

## Ingredients

- ½ pound sliced bacon, cut crosswise in 1/2-inch pieces
- 2 bay leaves
- 1 teaspoon dried oregano
- 2 teaspoons ground cumin
- 1 medium yellow onion, finely chopped
- 1 jalapeno chile one seeded, ribbed and chopped
- 1 (14-ounce) can chopped tomatoes with liquid
- 1 (12-ounce) can pinto beans, washed and drained
- ½ teaspoon salt
- 1/8 teaspoon fresh ground black pepper

## Instructions

Heat a large skillet over high heat for 2 minutes. Add the bacon and fry until crispy, about 6 minutes, stirring frequently. Transfer the bacon to a paper towel-lined plate to drain, discard all but 1 tablespoon of bacon fat. Add the bay leaves, oregano, cumin, onions, chile, tomatoes and beans to the skillet. Cook the beans on a low flame for about 20 to 30 minutes, stirring occasionally.

Serve hot in bowls.

# Red Quinoa-Avocado Salad

Yield: 10
Preparation Time: 20 minutes
Category: Salad
Cuisine: American
Rating: ★★★★★
Source: Wegmans
Website: http://www.wegmans.com/webapp…

## Ingredients

- 1 pkg (7 oz) Food You Feel Good About Red Quinoa (Grocery Dept), cooked per pkg directions, chilled
- 1 pkg (12 oz) Food You Feel Good About Just Picked and Quickly Frozen Super-Sweet Corn, thawed
- 1 cup finely chopped fresh cilantro
- 1 cup green onions, thinly sliced on the bias
- 2 plum tomatoes, 1/4-inch dice (about 1 cup)
- 2 avocados, peeled, pitted, cubed small
- ½ cup Food You Feel Good About Lemon Vinaigrette (Produce Dept)
- ½ tsp salt
- ½ tsp pepper

## Instructions

Add cooked quinoa, corn, cilantro, green onions, and tomatoes to mixing bowl. Fold in avocados and dressing; mix until well-combined. Season with salt and pepper; serve.

## Notes

Nutrition Info: Each serving (1 cup) contains 210 calories, 27 g carbohydrate, (4 g fiber), 5 g protein, 9 g fat, (1 g saturated fat), 0 mg cholesterol, and 240 mg sodium.

Calories: 210

# Roasted Beet Hummus

Yield: 6 1/3 cup servings

Rating: ★★★★½

Cooking Time: 1 hour

Source: The Web

Preparation Time: 20 minutes

Website: https://minimalistbaker.com/r…

Category: Salads-Slaws-Dressings

## Ingredients

- 1 medium roasted beet
- 1 can 15-oz. can cooked chickpeas (mostly drained // 1 can yields ~1 3/4 cup)
- 1 large lemon (zested)
- ½ large lemon (juiced)
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic (minced)
- 2 Tbs heaping Tbsp tahini
- ¼ cup extra virgin olive oil

## Instructions

1. Roast beet - drizzle with EVVO, wrap in foil, oven for 1hr @375 (until tender)

2. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.

3. Add remaining ingredients except for olive oil and blend until smooth.

4. Drizzle in olive oil as the hummus is mixing.

5. Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it’s too thick, add a bit of water. Will keep in the fridge for up to a week

# Roasted Green Beans

Yield: 6 servings
Cooking Time: 10 minutes
Preparation Time: 15 minutes
Category: Side
Cuisine: American
Rating: ★★★★½
Source: The Phoenix Newspaper


## Ingredients

1 lb green beans, trimmed
½ cup walnuts, coarsely chopped
½ cup thinly sliced red onion
2-3 tbs crumbled feta cheese
salt and pepper to taste
¼ cup red wine vinegar
1 tbs fresh lemon juice
2 tsp sugar
2 tsp chopped fresh oregano (of 1/2 dried)
1 tsp garlic, minced
¼ cup olive oil

## Instructions

1. Place beans on baking sheet in single layer. Drizzle with oilve oil, sprinkle with salt/pepper. Toss to coat.

2. Roast beans for 5 minutes, toss, and roast for an additional 5 minutes.

3. Prepare viniagrette by wisking together the last 6 ingredients above and add the sliced onions.

4. Toss together the beans adn walnuts with the dressing.

5. Garnish with crumbled feta.

Great warm or Cold!

# Saffron Aïoli (use on roasted asparagas)

Yield: 6 servings
Preparation Time: 10 minutes
Category: Sauce
Cuisine: American
Rating: ★★★★☆
Source: Saffron Aïoli Recipe
Website: http://www.epicurious.com/rec…

## Ingredients

¼ cup red wine vinegar
1 tablespoon honey
Large pinch of saffron threads
1 cup mayonnaise
2 garlic cloves, minced

## Instructions

Whisk vinegar, honey, and saffron threads in heavy small saucepan over medium-high heat. Bring to boil. Remove from heat. Cool completely. Mix mayonnaise and garlic in medium bowl to blend. Mix in cooled vinegar mixture. Season aioli to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

## Notes

This is good for about 2 lbs of asparagas.

Great on a turkey sandwich if you have leftovers!

# Salmon with Sweet Chili Glaze, Sugar Snap Peas, and Pea Tendrils

Yield: 6 servings
Cooking Time: 10 minutes
Preparation Time: 15 minutes
Category: Entree
Cuisine: Asian
Rating: ★★★★☆
Source: Bon Appetit, April 2010
Website: http://www.bonappetit.com/rec…

## Ingredients

Nonstick vegetable oil spray
¼ cup Asian sweet chili sauce
3 tbs soy sauce, divided
2 tbs finely grated peeled fresh ginger, divided
6 ea 6-ounce salmon fillets with skin
2 tbs vegetable oil
3 cloves garlic cloves, minced
8 oz sugar snap peas, trimmed
1 ½ tbs Chinese rice wine or dry Sherry
3 cups pea tendrils or pea sprouts (about 6 ounces)

## Instructions

Line rimmed baking sheet with foil. Coat with nonstick spray. Whisk chili sauce, 2 tablespoons soy sauce, and 1 tablespoon ginger in small bowl. Place salmon fillets, skin side down, on prepared sheet. Spoon chili sauce marinade over and let stand at room temperature 30 minutes.

Preheat broiler. Spoon any marinade remaining on baking sheet over salmon fillets. Broil salmon without turning until browned in spots and almost opaque in center, 6 to 10 minutes, depending on thickness of fillet.

Meanwhile, heat vegetable oil in wok or heavy large skillet over medium-high heat. Add remaining 1 tablespoon ginger and minced garlic; stir until aromatic, about 30 seconds. Add sugar snap peas and stir until crisp-tender, about 2 minutes. Add remaining 1 tablespoon soy sauce, rice wine, and pea tendrils and stir just until wilted, about 1 minute. Drizzle with sesame oil.

Place 1 salmon fillet on each plate. Spoon warm pea mixture over salmon fillets and serve

## Notes

Nutritional Information

Calories (kcal) 423.8

%Calories from Fat 38.4

Fat (g) 18.2

Saturated Fat (g) 2.3

Cholesterol (mg) 107.5

Carbohydrates (g) 21.4

Dietary Fiber (g) 3.1

Total Sugars (g) 5.1

Net Carbs (g) 18.4

Protein (g) 44.8

# Sausage Egg Bake

Yield: 6 servings

Cooking Time: 45 minutes

Preparation Time: 15 minutes

Category: Breakfast

Cuisine: American

Rating: ★★★★½

## Ingredients

- 1 lb sausage (chopped)
- 2/3 cup milk
- 2 cans (10 oz) cream of potato soup
- 9 eggs (or eggbeaters)
- 1 cup shreadded cheddar cheese

## Instructions

Sautee sausage. Beat the eggs. Mix eggs, milk, and soup in bowl. Put sausage in bottom of 13X9X2 Baking Pan. Pour mixture over. Top with Cheese. Bake at 375 deg F for about 45 minutes.

# Smoked Blue Fish Pate

Yield: 10 appetizer servings

Rating: ★★★★★

Preparation Time: 20 minutes

Source: The Web

Category: Appetizer

Website: http://www.rpcalvert.com/reci…

Cuisine: American

## Ingredients

- ½ pound smoked bluefish (for alternatives, see web link)
- ¼ pound cream cheese, softened
- ½ cup minced red onion
- 1 tablespoon chopped dill
- 1 tablespoon small capers
- Zest and juice of a lemon
- A few splashes of Tabasco or Worcestershire sauce to taste
- 2 tablespoons brandy or bourbon optional
- Salt and pepper

## Instructions

Flake the bluefish. Toss all the ingredients in a large bowl and mash them together into a rough pate. If you want a smoother pate, increase the cream cheese and mash everything up even more. Serve with crackers or flatbread.

## Notes

https://honest-food.net/

# Spicy Asian Slaw

Yield: 4

Rating: ★★★★☆

Preparation Time: 10 minutes

Source: Sunmaid Raisins

Category: Side

Website: http://www.sunmaid.com/en/rec…

Cuisine: American

## Ingredients

- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon dark sesame oil
- ¼ teaspoon crushed red pepper flakes
- 4 cups (8-oz.) packaged coleslaw mix (shredded fresh cabbage carrots)
- ½ cup Sun-Maid Natural Raisins
- 1/3 cup thinly sliced green onions
- ¼ cup peanuts or chopped cashews optional

## Instructions

COMBINE vinegar, soy sauce, sesame oil, and pepper flakes. Mix well.

ADD coleslaw mix, raisins, and green onions. Toss well.

CHILL at least 1 hour or up to 24 hours before serving. Sprinkle with peanuts, if desired

## Notes

Nutrients per Serving (1 cup) without nuts: Calories 130; Protein 5g; Fat 3.5g (Sat. Fat .5g); Carbohydrate 22g; Dietary Fiber 3g; Cholesterol 0mg; Sodium 490mg

Daily Values: Vitamin A 160%

# Sugar Free Smoky Rhubarb BBQ Sauce

Yield: 1 batch

Cuisine: American

Category: Sauce

Rating: ★★★★☆

## Ingredients

2 cups raw rhubarb, chopped 1/4 cup chipotles in adobo sauce 1/3 cup granulated sugar substitute (I used Swerve) 1/3 cup apple cider vinegar 1/2 cup water 1/2 tsp mustard powder 1 tsp allspice 1 tsp onion powder 3/4 tsp kosher salt 1/8 tsp ground cloves 2 Tbsp sugar free ketchup 1 Tbsp avocado or coconut oil 1 tsp paprika 1 tsp ground ginger 1/4 tsp ground coriander 1/4 tsp garlic powder 1 tsp fish sauce

## Instructions

Combine the rhubarb, chipotle, sweetener, apple cider vinegar, and water in a medium saucepan. Bring to a boil and then simmer for 10 minutes.

Puree the mixture (a hand held immersion blender works best for this) and return to the stove.

Add the mustard powder, allspice, onion powder, salt, ground cloves, ketchup, oil, paprika, ginger, coriander, garlic powder, and fish sauce to the pan and stir well until combined.

Cook over low heat for another 5 minutes.

# Summer Paella

Yield: 4 servings

Cooking Time: 55 minutes

Preparation Time: 20 minutes

Category: Entree

Cuisine: Spainsh

Rating: ★★★★½

Source: Acme

## Ingredients

- 5 italian sausage (hot), cut into 1in pieces
- 1 lb fresh chicken breast, cut into pieces
- 1 onion, chopped
- 1 green bell pepper, seeded and cut into pieces optional
- 2 cloves of garlic, minced
- 5 italian sausage (mild), cut in 1in pieces
- 2 cups long grain rice
- 2 cans (14.5 oz) peeled and diced tomatoes, juice reserved
- 2 bay leaves
- 2 tsp salt
- 1 tsp dried oregano
- ¾ tsp ground turmeric
- 3 ½ cups chicken broth
- 2 lbs large shrimp, peeled and deveined

## Instructions

Heat wok (or large frying pan) over medium-high heat . Fry the sausage pieces until browned on all sides (do not clean the drippings from the pan!!!). Remove sausage, and fry the chicken in the sausage drippings until browned. Remove chicken and sautee onions, green pepper, and garlic for 5 min or until tender. Stir in the uncooked rice, tomatoes, bay leaves, salt, oregano, and turmeric. Cook and stir for 1 min, then mix in the reserved tomato juice and chicken broth. Add chicken pieces, cover and simmer for about 20 minutes. Add sausage to the mixture and continue to simmer to 15 minutes. Add in the shrimp, cover and cook 10 minutes longer or until the shrimp is cooked.

# Sunkissed Marinade

Yield: 1 servings

Cooking Time: 2 hours

Preparation Time: 5 minutes

Category: Marinade

Cuisine: American

Rating: ★★★★☆

Website: http://www.geocities.com/rpca…

## Ingredients

- ½ cup soy sauce
- ½ cup light molasses or honey
- 2 tsp ground ginger
- 1 (12 oz) can frozen orange juice concentrate, thawed
- 2 lb london broil (to marinate)

## Instructions

Combine ingredients. Marinate london broil for 2-3 hours.

# Sweet 'n Sour Cabbage with Maple, bacon, and lemon

Yield: 6 servings

Rating: ★★★★½

Category: Salads-Slaws-Dressings

Source: CuisineAtHome, April 2007

Cuisine: Irish

Website: http://www.forums.cuisineatho…

## Ingredients

- 4 strips thick-sliced bacon -- diced
- 1 teaspoon all-purpose flour
- 2/3 cup dry white wine
- 2/3 cup apple juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons pure maple syrup
- 2 tablespoons Dijon mustard
- ½ teaspoon red pepper flakes]
- 1 cup red onion -- thinly sliced
- ¼ cup chopped fresh parsley]
- salt and lemon juice to taste
- 1 bag coleslaw mix (16 oz)

## Instructions

Instructions:Saute bacon in a saute pan over medium heat until crisp. Transfer to a paper towel-lined plate; pour off all but 1 Tbs drippings.

Whisk in flour; deglaze with wine. Add apple juice, apple cider vinegar, pure maple syrup, Dijon mustard, and red pepper flakes and simmer until slightly syrupy, 5 minutes.

Pour hot mixture over coleslaw and onion in a bowl; toss. Finish with remaining ingredients

## Notes

Serve this at St. Pats with the Whiskey Glazed Corned Beef. Good update of meat/cabbage concept.

# Texas Chicken Spaghetti

Yield: 8
Cooking Time: ½ hour
Preparation Time: 45 minutes
Category: Entree
Cuisine: American
Rating: ★★★★☆
Source: Nana Jackson

## Ingredients

- 8 chicken breast halves
- 1 ½ lb thin spaghetti
- 1 tbs oregano
- ¾ tbs dried basil
- ½ tsp garlic salt
- ½ tsp Worcestershire sauce
- 1 large onion (save 1/4, and chop the remaining)
- 2 cans (Ro-tel) diced tomatoes and green chiles (10oz cans)
- 1 stalk celery (whole)
- 12 oz Your favorite spaghetti sauce
- 2 lbs Velveeta Cheese (cubed)
- 5 stalks celery (chopped)
- 1 large green pepper (chopped)

## Instructions

Spray large skillet with non-stick cooking spray (PAM). Sautee peppers, onion (3/4), 5 stalks celery until tender. Add spices and Worcestershire sauce. Leave in skillet.

In a large (8 qt) saucepan, add water, 1 stalk celery and 1/4 of the onion, and chicken. Bring to boil and continue to cook for about 20 min until chicken is cooked through.

Remove chicken, and cut into bite size pieces. Keep the water in the pot. Add chicken to the vegetables in the skillet. Add the two cans of diced tomatoes and the spaghetti sauce.

Cook the spaghetti in the pot/water that was retained from the chicken.

Melt the Velveeta cheese in the skillet with the vegetables and chicken mixture.

Retain 2 cups of the water in which the spaghetti was cooked. Drain the spaghetti.

Add spaghetti to the skillet. Mix thoroughly. If the mixture becomes too dry, add some of the water retained from the spaghetti.

# Turkey Curry

Yield: 4 servings

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Category: Entree

Cuisine: Indian

Rating: ★★★★☆

Source: GE Profile Cookbook

## Ingredients

- 3 tbs butter
- ½ cup onion (chopped)
- 1 med apple (peeled and coarsely chopped)
- ¼ cup raisins
- 3 tbs all-purpose flour
- 1 tsp curry powder
- ½ tsp coriander
- ¼ tsp cumin
- ¼ tsp ginger
- 1 cup half
- 1 cup hot water
- 1 tsp chicken boullion granules (or 1 cube)
- 3 cups cooked turkey (chopped)

## Instructions

In 2 qt casserole, place butter, onion, apple, and raisins. Microwave at HIGH for 3 to 4 minutes. Add flour, curry powder, corainder, cumin, and ginger; stir until smooth. Gradually stir in half&half, water, and boullion. Microwave at HIGH for4 to 6 minutes, until thickened, stirring every two minutes. Add turkey and microwave at HIGH 1 to 2 minutes until heated through. Serve over rice.

# Turkey Quinoa Taco Bake

Yield: 8

Cooking Time: ½ hour

Preparation Time: 20 minutes

Category: Dinner

Cuisine: Mexican

Rating: ★★★★½

Website: http://loriesmississippikitch…

## Ingredients

- 3 cups water
- 1-½ cups quinoa (I like to use organic)
- 2 tablespoons extra virgin olive oil
- 2 cups chopped leftover turkey (white and dark)
- 1 medium onion , chopped
- 2 garlic cloves, minced
- 2 (15-ounce) cans fire roasted diced tomatoes (I like to use organic)
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon oregano
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 (14-ounce) can black beans, drained and rinsed
- 4 heaping cups Monterey Jack Cheese, divided
- 1 (4-ounce) can sliced olives optional
- Chopped green onions for garnish optional

## Instructions

1. Preheat oven to 350 degrees.

2. Bring water and quinoa to a boil in a medium saucepan over high heat. Reduce heat to low, cover and let cook for 15 minutes (or according to package directions). Turn off heat and set aside.

3. Heat a large skillet over medium-high heat. Add the onion and garlic and cook until onions are soft. Stir in the tomatoes, chili powder, cumin, oregano, salt, and pepper. Stir in the beans and quinoa. At this point, add the turkey.

4. Place half of the quinoa mixture into a 13 x 9-inch baking dish. Top with half of the cheese. Spread the remaining quinoa mixture over the cheese, then top with remaining cheese and the olives. Bake for about 30 minutes or until bubbly and cheese is melted. Remove from oven and let cool for about 15 minutes before serving. Sprinkle with green onions for color.

## Notes

You can use 1lb of ground turkey if you wish. Also, this recipe uses about 10 oz of dry quinoa (yields about 4.5 cups). You can scale this up/down as you see fit. We used one 7 oz box (yielded about 3 cups).

# Ultimate Pork Chops

Yield: 4 servings

Cooking Time: 15 minutes

Preparation Time: ½ day

Category: Dinner

Cuisine: American

Rating: ★★★★½

Source: Web

Website: http://www.plainchicken.com/2…

## Ingredients

¼ cup kosher salt
¼ cup sugar
2 cups water
2 cups ice
4 (1-inch thick) bone-in pork chops
3 Tbsp paprika
1 tsp garlic powder
1 tsp cumin
1 tsp onion powder
1 tsp ground mustard
1 tsp black pepper
1 tsp chili powder

## Instructions

In a large pan, combine salt, sugar and water. Cook over medium heat until sugar and salt are dissolved. Remove from heat. Add ice to cool brine to room temperature.

Place pork chops in a gallon sized resealable plastic bag; add cooled brine. Seal bag. Refrigerate 8 to 12 hours.

Remove pork chops from brine. Rinse and pat dry.

Combine ingredients for rub. Sprinkle on both sides of pork chops.

Prepare grill and cook pork chops until they reach an internal temperature of 145ºF.

# Whiskey Glazed Corned Beef

Yield: 4 servings
Cooking Time: 4 hours
Preparation Time: 15 minutes
Category: Entree
Cuisine: Irish
Rating: ★★★★☆
Website: http://www.rpcalvert.com/reci…


## Ingredients

- 1 corned beef brisket (4 lb)
- ¼ Cup ketchup
- ¼ cup whiskey (Jameson's... It's an Irish dish)
- ¼ cup apple cider vinegar
- 2 tbs brown sugar
- 2 tbs soy sauce
- 1 tsp dry mustard
- ½ tsp ground ginger
- ¼ tsp red pepper flakes

## Instructions

Submerge corned beef, fat side up, in water in a large pot. Cover and simmer over low heat until beef is tender when pierced with a fork (3 to 3 1/2 hours). You can chill overnight after boiling, just bring the meat to a simmer again the next day and continue with recipe)

Preheat oven to 450 degrees; line a baking sheet with foil, top with a rack and coat with non stick spray. (I used a broiling pan) Transfer beefto prepared rack, fat side up. Use a knife to trim off the fat.

Whisk all remaining ingredients together in a saucepan and bring to a boil over high heat until thickened, 3-4 minutes. Spoon glaze on to beef, roast for 10 minutes or until glaze is dark and sticky. Remove from oven and let rest for 15 minutes.

Transfer to cutting board and cut against the grain.

## Notes

This glaze would make a really great rib sauce!!!!

# Wild Mushroom and Gruyere Tartlets

Yield: 15 servings
Cooking Time: 10 minutes
Preparation Time: 10 minutes
Category: Appetizer
Cuisine: American
Rating: ★★★★★
Source: Wegmans
Website: https://www.wegmans.com/webap…

## Ingredients

- 1 Tbsp Wegmans Basting Oil
- 1 Tbsp shallots, chopped
- 1 pkg (4 oz) Phillips Gourmet Mushroom Blend, chopped rough
- Salt and pepper to taste
- 3 Tbsp Sun-Maid California Golden Raisins
- ¼ cup white wine
- ¼ cup Wegmans Fresh Heavy Cream
- ½ cup (2 1/2 oz) Gruyere cheese, shredded (Cheese Shop)
- 1 pkg (15 count) Athens Mini Fillo Dough Shells, thawed (Frozen Foods)
- 2 Tbsp fresh chives, chopped

## Instructions

Preheat oven to 350 degrees.

1. Heat basting oil in saute pan on MEDIUM, until oil faintly smokes. Add shallots and mushrooms; cook, stirring, until softened, 2-3 min. Season to taste with salt and pepper.

2. Add raisins and white wine, simmer until liquid is reduced by half (1-2 min). Add heavy cream; simmer 1-2 min, until liquid is reduced and mixture thickens. Remove from heat; fold in cheese.

3. Place shells on baking sheet; toast in oven 1-2 min. Remove from oven; fill each with about 1/2 Tbsp filling. Return to oven; bake about 5 min. Let rest 1-2 min; garnish with chopped chives.

Option(s):

Can be made ahead, chilled and reheated in 350 degree oven for about 5 min

# Winter Fruit Salad with Lemon Poppyseed Dressing

Yield: 6 Servings

Preparation Time: 25 minutes

Category: Salad Dressing

Cuisine: American

Source: Pinterest

Website: https://www.allrecipes.com/re…

## Ingredients

½ cup white sugar
½ cup lemon juice
2 teaspoons diced onion
1 teaspoon Dijon-style prepared mustard
½ teaspoon salt
2/3 cup vegetable oil
1 tablespoon poppy seeds
1 head romaine lettuce, torn into bite-size pieces
4 ounces shredded Swiss cheese
1 cup cashews
¼ cup dried cranberries
1 apple - peeled, cored and diced
1 pear - peeled, cored and sliced

## Instructions

In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process just a few seconds more to mix.

In a large serving bowl, toss together the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, apple, and pear. Pour dressing over salad just before serving, and toss to coat.

## Notes

Base recipe for 6 yields about 12 oz of salad dressing.