

21 Rum Punch

Title: 21 Rum Punch

Category: Drink

Yield: 40 servings

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

Title: Ahi Poke

Yield: 6 servings

Preparation Time: 2 hours 15 minutes

Category: Appetizer

Cuisine: Asian/Japanese

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

Title: Aromatic beef stew with butternut squash

Yield: 4 servings

Source: Ellie Krieger, Today Show

Website: <http://today.msnbc.msn.com/id...>



Ingredients

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

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 ¾ 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

Title: Baked Asparagus with Balsamic Butter

Category: Side

Yield: 4 servings

Cuisine: American

Cooking Time: 10 minutes

Rating: ★★★★★

Preparation Time: 5 minutes

Ingredients

1 bunch fresh asparagus, trimmed

2 tbs butter

1 tbs soy sauce

1 tsp balsamic vinegar

cooking spray

salt and pepper to taste

Instructions

Preheat oven to 400 deg F. Arrange asparagus on baking sheet. Coat with cooking spray, and season with salt and pepper. Bak asparags 10-12 minutes in the oven until tender. Melt the butter in a saucepan over medium heat. Remove from heat and stir in soy, balsamic vinegar. Pour over the baked asparagus.

Baked Asparagus with Balsamic Butter Sauce

Title: Baked Asparagus with Balsamic Butter Sauce

Yield: 4

Cooking Time: 12 minutes

Preparation Time: 10 minutes

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

Calypso Pork Chops Recipe

Title: Calypso Pork Chops Recipe

Yield: 6 servings

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Category: Entree

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

Carrot Ginger Vinaigrette

Title: Carrot Ginger Vinaigrette

Cuisine: American

Yield: 6 servings

Rating: ★★★★★

Preparation Time: 1 hour

Source: Fork Restaurant

Category: Salad Dressing

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.

Cheesy Chicken Rice Casserole

Title: 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®)	1/4 teaspoon ground black pepper
1 1/3 cups water	2 cup frozen mixed vegetables
3/4 cup uncooked regular long-grain white rice	4 skinless, boneless chicken breast half (about 1 pound)
1/2 teaspoon onion powder	1/2 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

Title: Cheesy Chicken Enchiladas

Yield: 8 servings

Cooking Time: 15 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: Mexican

Rating: ★★★★★

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.

Chicken Broccoli Alfredo

Title: 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

Title: 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 stuffing 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.

Chili

Title: 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 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 mixture 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

Title: Chili Seasoning

Yield: 1 servings

Preparation Time: 10 minutes

Category: Spice

Cuisine: Mexican

Rating: ★★☆☆☆

Source: Web

Website: <http://www.geocities.com/rpca...>

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 dissolve this in water (or beer) and add to the meat just after browning.

Coconut Mango Rice

Title: 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 ½ lime

Instructions

In a saucepan, bring to a boil and simmer the rice, water, coconut 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.

Crispy Spinach

Title: Crispy Spinach

Yield: 4 servings

Category: Side

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]

Curry-Spiced Bloody Marys

Title: Curry-Spiced Bloody Marys

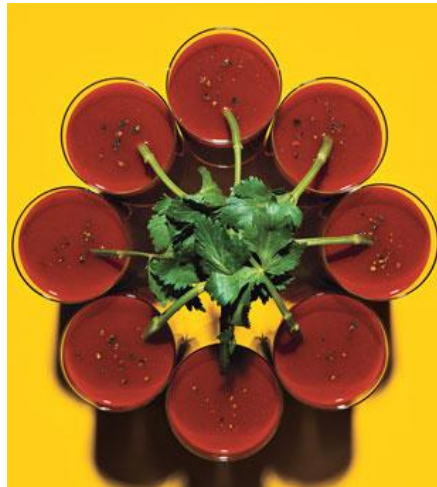
Yield: 8 servings

Category: Beverage

Cuisine: Indian

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.

Easy Sticky Buns

Title: 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)

Title: Flank Steak Marinade (leftover ginger/carrot)

Cuisine: American

Yield: 1 batch

Rating: ★★★★★

Preparation Time: 10 minutes

Source: Homemade

Category: Marinade

Ingredients

4 oz tamarin (dark soy)

3 cloves garlic (adjust as required)

4 oz orange juice

3 tbs Carrot/Ginger Vinaigrette sludge (see separate recipe)

2 tbs Borsari orange/ginger season salt (or McCormick Montreal Seasoning)

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.

Grilled Pineapple Shortcake

Title: 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 ¾-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.

Heirloom Tomato and Peach Salad

Title: Heirloom Tomato and Peach Salad

Cuisine: American

Yield: 6 servings

Rating: ★★★★★

Preparation Time: 20 minutes

Source: Fork Restaurant

Category: Salad

Ingredients

4 tomatoes (large heirloom)

12 basil leaves, chiffonade

1 pint grape tomatoes

½ red onion, sliced thin

1 pint pixie tomatoes (or multicolored cherry tomatoes)

4 ripe peaches, quartered

1 recipe Carrot Ginger Vinaigrette Salad Dressing

Notes

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

Italian-Style Slow-Roasted Pork Roast | Wegmans

Title: 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

Title: 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

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)

Kielbasa with Brussels Sprouts in Mustard Cream Sauce

Title: Kielbasa with Brussels Sprouts in Mustard Cream Sauce

Yield: 4 servings

Cooking Time: 1 hour

Preparation Time: ½ hour

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

Title: Korean Flank Steak

Source: Rachel Ray

Yield: 4 servings

Website: <http://www.everythingrachelr...>

Rating: ★★★★★

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

Title: LEMON BARBECUED SWORDFISH STEAK

Source: Cooks.com

Yield: 4 servings

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

Title: Lemon Quinoa Salad
Yield: 6 servings
Cooking Time: 15 minutes
Preparation Time: 15 minutes
Category: Side
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

Title: Mac Daddy Mac n' Cheese

Yield: 8 servings

Cooking Time: 50 minutes

Preparation Time: 20 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★★★★

Website: <http://www.foodnetwork.com/re...>



Ingredients

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

Title: Marcella's Potato Salad

Yield: 10 servings

Cooking Time: ½ hour

Preparation Time: ½ hour

Category: Salad

Cuisine: American

Rating: ★★★★★

Source: Marcella (Carey) Calvert

Ingredients

5 lb potatoes

¾ cup diced celery

2 medium onions (chopped)

6 eggs (well beaten)

½ cup vinegar

½ cup water

3 tbs sugar

3 tbs mayonnaise

½ lb bacon

Instructions

Boil potatoes (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.

Mom C's Chicken Divan

Title: Mom C's Chicken Divan

Yield: 6 servings

Cooking Time: 45 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: American

Rating: ★★★★★

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 shredded 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 ¾ 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 ¾ 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

Title: Mom J's Shrimp and Asparagus

Category: Entree

Yield: 4 servings

Cuisine: Asian/Japanese

Cooking Time: 15 minutes

Rating: ★★★★★

Preparation Time: 15 minutes

Source: Mrs. R. Jackson

Ingredients

¼ cup Olive Oil (for cooking). You can also use some
sesame oil for flavor

¼ cup soy sauce

¼ cup toasted sesame seeds

1 large sweet or vidalia onion (Sliced)

1 lb med shrimp (shells removed)

1 cup rice or soba noodles

1 lb asparagus (cut in half)

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.

Mushroom Gryere Tarts

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

Title: 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

Title: Orecchiette with Mini Chicken Meatballs

Yield: 6 servings

Cooking Time: 15 minutes

Preparation Time: 45 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★★★★

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 ¾-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 ½ 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

Title: Ovi's Pork Chop Marinade

Category: Marinade

Yield: 4 servings

Cuisine: American

Cooking Time: 15 minutes

Source: Ovi

Preparation Time: 10 minutes

Ingredients

3 Tbs Brown sugar

several peppercorns

1 tsp sea or kosher salt

1 cup apple cider

1 tbs fresh thyme

Instructions

Dissolve sugar 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

Title: Pan- Roasted Halibut

Yield: 4 servings

Rating: ★★★★★★

Source: Chef Patrice Rames of Bistro St. Tropez

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.

Pork Chop Marinade

Title: Pork Chop Marinade

Yield: 4 servings

Preparation Time: 10 minutes

Category: Marinade

Cuisine: American

Rating: ★★★★★

Ingredients

½ cup dark brown sugar

¼ cup sea salt

water (to dissolve)

1 cup apple cider

several sprigs fresh thyme

1 tbs peppercorns

Instructions

In just enough water, dissolve brown sugar and salt. Add other ingredients and mix well. Place 4 pork chops in a deep dish and marinate 2-3 hours.

Red Quinoa-Avocado Salad

Title: Red Quinoa-Avocado Salad

Yield: 10

Preparation Time: 20 minutes

Category: Salad

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

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

Saffron Aioli (use on roasted asparagus)

Title: Saffron Aioli (use on roasted asparagus)

Yield: 6 servings

Preparation Time: 10 minutes

Category: Sauce

Rating: ★★★★★

Source: Saffron Aioli 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 asparagus.

Great on a turkey sandwich if you have leftovers!

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

Title: 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

Title: Sausage Egg Bake

Yield: 6 servings

Cooking Time: 45 minutes

Preparation Time: 15 minutes

Category: Breakfast

Cuisine: American

Rating: ★★★★★

Ingredients

1 lb sausage (chopped)

2/3 cup milk

2 cans (10 oz) cream of potato soup

9 eggs (or eggbeaters)

1 cup shredded 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.

Sausage Egg Bake

Title: Sausage Egg Bake

Yield: 6 servings

Cooking Time: 45 minutes

Preparation Time: 15 minutes

Category: Bre

Cuisine: American

Source: Nana Jackson

Website: <http://www.rpcalvert.com/reci...>

Ingredients

1 lb sausage (chopped)

2/3 cup milk

2 cans (10 oz) cream of potato soup

9 eggs (or eggbeaters)

1 cup shredded cheddar cheese

Instructions

Saute 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.

Notes

Can use Western Style of Egg Substitute

Spicy Asian Slaw

Title: Spicy Asian Slaw

Yield: 4

Preparation Time: 10 minutes

Cuisine: American

Rating: ★★★★★

Source: Sunmaid Raisins

Website: <http://www.sunmaid.com/en/rec...>

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%

Summer Paella

Title: Summer Paella

Yield: 4 servings

Cooking Time: 55 minutes

Preparation Time: 20 minutes

Category: Entree

Cuisine: Spanish

Rating: ★★★★★

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

Title: 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

Title: Sweet 'n Sour Cabbage with Maple, bacon, and lemon

Source: CuisineAtHome, April 2007

Category: Salads-Slaws-Dressings

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
1/2 teaspoon red pepper flakes]
1 cup red onion -- thinly sliced
1/4 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

Texas Chicken Spaghetti

Title: 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

Title: 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, coriander, cumin, and ginger; stir until smooth. Gradually stir in half&half, water, and boullion. Microwave at HIGH for 4 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.

Whiskey Glazed Corned Beef

Title: Whiskey Glazed Corned Beef

Yield: 4 servings

Cooking Time: 4 hours

Preparation Time: 15 minutes

Cuisine: Entree

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 beef to 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

Title: 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