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Measurement Equivalents

bon appétit
LIQUID/DRY MEASURE EQUIVALENTS

1 gallon
.....
4 quarts
8 pints
16 cups
128 ounces
3.8 liters

1 quart
.....
2 pints
4 cups
32 ounces
.95 liters

1 tablespoon
.....
3 teaspoons
 $\frac{1}{2}$ fluid ounce
15 milliliters

1/4 cup
.....
4 tablespoons
12 teaspoons
2 ounces
60 milliliters

1 pint
.....
2 cups
16 ounces
480 milliliters

1 cup
.....
8 ounces
240 milliliters

1 cup

8 ounces
240 milliliters

1 Gallon

4 quarts
8 pints
16 cups
128 ounces
3.8 liters

1 Pint

2 cups
16 ounces
480 milliliters

1 Quart

2 pints
4 cups
32 ounces
.95 liters

1 Tablespoon

3 teaspoons
1/2 fluid ounce
15 milliliters

1/4 Cup

4 tablespoons
12 teaspoons
2 ounces
60 milliliters

Appetizers



Bacon-Wrapped Jalapeno Poppers

Makes 8 Servings

I brought these to Aunt Sharon's house for Memorial Day 2019. Everyone loved them!



8 ounces cream cheese
8 ounces shredded sharp cheddar cheese
16 jalapeño peppers or more depending on size

8 slices bacon or more depending on peppers
1/4 cup panko bread crumbs
toothpicks

1. Preheat oven to 400°. Place a cookie cooling rack on a rimmed baking sheet.
2. Cut bacon slices in half and cook until soft not crisp (so you can wrap around the jalapeno).
3. Halve jalapeno peppers lengthwise and remove the seeds and membranes.
4. Mix cream cheese and cheddar cheese together in a bowl until evenly blended.
5. Fill each jalapeno half with the cheese mixture. Press the cheese side into the panko and wrap with a half a slice of bacon. Use toothpicks to hold in place.
6. Place on rack and bake in preheated oven until bacon is crispy, about 15 minutes.

To serve later: After the poppers cool, pat with paper towels to remove any excess fat. When ready to serve, preheat oven to 350° and heat for approximately 10 minutes. Watch to make certain the cheese doesn't ooze out.

Guacamole

6

Makes 4 Servings

So Easy!



2 medium haas avocados
2 small roma tomatoes, finely diced
1 1/2 tablespoons red onions, minced

1 1/2 teaspoons freshly ground black pepper
1 1/2 tablespoons fresh lemon juice
1/2 teaspoon salt

1. Halve the avocados and remove the pits.
2. Use a spoon to scoop out the pulp and place it in a bowl.
3. Halve the roma tomato lengthwise, scoop out the seeds and finely dice.
4. Add the tomato, onion, pepper, lemon juice and salt.
5. Mash with a fork until the avocado is mostly smooth with a few lumps here and there.

Serve with tortilla chips.

Olive-Cheese Balls

Makes 10 Servings

Yield: 40

Make ahead for a party or for YOU for snacking!



40 small pimiento-stuffed olives, drained and patted dry
2 cups (8 ounces) shredded cheddar cheese

1 1/4 cups all-purpose flour
1/2 cup (1 stick) butter, melted

1. Drain and pat dry 40 small olives. I place paper towels on a plate, then the olives, top with more paper towels and another plate. I flip the plate after a minute or so.
2. Stir cheese and flour in a large bowl. Then stir in melted butter.
3. Working with your hands, mold about a teaspoon of dough around each olive; shape into a ball.
4. Place olive balls in ice trays (like I do bacon) and freeze until firm (a couple of hours), then wrap tightly or place in freezer bags for up to a week.

To Cook: Preheat oven to 400°. Place desired frozen olive balls on an ungreased cookie sheet and bake for 20-25 minutes.

Tropical Queso DeFreir Jalapeno Popper Cups with Bacon

Makes 12 Servings

Yield: 12 Cups

Notes:

You should be able to find wonton wrappers in any grocery store. Buy fresh not frozen. Generally, they are in the produce section by the tofu.

You should be able to find a Misto sprayer at any major grocery store or you can buy it at Amazon.com



24 wonton wrappers

1 (8-ounce) package cream cheese, softened

1 (10-ounce) package Tropical Queso DeFreir, shredded

2 tablespoons pickled jalapeño peppers, chopped or

more if you like it spicy

3 slices cooked thick-cut bacon, crumbled

12 slices pickled jalapeño peppers for garnish if desired

fresh cilantro for garnish if desired

1. Preheat oven to 400°.
2. Grease a muffin tin or spray with olive oil spray (I use a Misto sprayer filled with extra virgin olive oil).
3. Place 2 wonton wrappers into each cup. One overlapping the other.
4. Mix the cream cheese and chopped jalapeno peppers.
5. Fill cups with cream cheese mixture and top with shredded Tropical Queso DeFreir.
6. Top with bacon and jalapeno slices.
7. Bake in preheated 400° oven for about 10 minutes or until cheese is melted and tops are golden brown.
8. Garnish with fresh cilantro, if desired.

Bread and Muffins

This is a picture of the Rustic Italian Bread in this chapter.



Banana Bread Muffins

Preparation: 15 mins , Cook Time: 25 mins

Yield: 12 muffins



2 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (1 stick) butter, softened

3/4 cup brown sugar
2 large eggs, beaten
4 overripe bananas, mashed
1 teaspoon vanilla extract

1. Preheat oven to 350°.
2. Butter 12 muffin cup pan.
3. In a large bowl combine flour, baking soda and salt. Set aside.
4. In a medium bowl cream together butter and brown sugar.
5. Stir in eggs, mashed bananas and vanilla until well blended.
6. Stir banana mixture into flour mixture.
7. Fill the muffins tins evenly to the top.
8. Bake 25 minutes or until a toothpick comes out clean.
9. Cool in muffin tins on a cookie rack for 10 minutes then gently lift them out and cool completely on the cookie rack. Store in tight fitting container.

Basil, Queso Blanco, Rotel Muffins

Makes 12 Servings

Yield: 12 muffins

Note: Can substitute. Cheese could be Feta and Rotel could be roasted sweet red peppers for example. Have fun changing the recipe with what you have on hand.



2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 cup sugar
1 egg
1 cup buttermilk or 4 tbsp buttermilk powder and 1

cup water
1/4 cup extra virgin olive oil
1 cup shredded Tropical Queso Blanco
1/2 cup hot rotel diced tomatoes, drained
3 tablespoons minced fresh basil leaves or 1
tablespoon dried basil

1. Preheat oven to 375°.
2. Butter muffin cups.
3. In a large bowl, combine the flour, baking powder, salt, baking soda and sugar (if using buttermilk powder add with dry ingredients).
4. In another bowl, combine the egg, buttermilk and oil (if using buttermilk powder add the 1 cup water here). Stir into dry ingredients just until moistened.
5. Fold in cheese, tomatoes and basil.
6. Fill greased muffin cups 3/4 full.
7. Bake at 375° for 16-20 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from the pan on a wire rack. Serve warm.

Note: Freeze leftovers individually in plastic and place in Ziploc freezer bag. To reheat, half muffins and toast. Top with butter or cream cheese.

Homemade Tortillas

12

Makes 8 Servings

Yield: 8 tortillas

EASY!



2 cups all-purpose flour
1/2 teaspoon salt

3/4 cup water
3 tablespoons olive oil

- 1) In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes in plastic wrap.
- 2) Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle.
- 3) In a large skillet coated with cooking spray, cook tortillas over medium heat for about 1 to 2 minutes on each side or until lightly browned. Keep warm.

Honey Whole Wheat Bread

Makes 24 Servings

Yield: 2 pound loaf



1 1/2 cups warm water
1 tablespoon active dry yeast or 1 package
3 cups 100% whole wheat flour
1 1/2 cups bread flour
1 teaspoon wheat gluten, optional

2 teaspoons salt, optional
1/3 cup extra virgin olive oil
1/3 cup honey
oats, optional
salt, optional for top

1. Mix water and yeast and let sit for at least 5 minutes, or until mixture get creamy and a bit bubbly.
2. In a separate large bowl, mix flours, gluten and salt.
3. Add oil and honey to the water mixture.
4. Make a well in the flour mixture and pour in the water mixture. Mix until dough forms then place on a floured work surface. Knead until smooth, about 10 to 15 minutes.
5. Place dough in oiled bowl, cover with a towel or saran wrap and let rise until doubled.
6. Once double, punch dough down and shape as desired on a parchment lined cookie sheet or two 9x5 loaf pans. Sprinkle with oats and salt. Let rise until doubled again.
7. Bake at 350° for 35 - 40 minutes depending upon shape. It should sound hollow when tapped.



3 cups all-purpose flour
1 tablespoon ground cinnamon
1 teaspoon baking soda
1 teaspoon salt

1 1/4 cups vegetable oil
3 eggs, lightly beaten
2 cups sugar
2 cups peeled, pitted and chopped peaches

1. Preheat oven to 400°. Lightly grease 16 muffin cups.
2. In a large bowl, mix the flour, cinnamon, baking soda, and salt.
3. In a separate bowl, mix the oil, eggs and sugar. Stir the oil mixture into the flour mixture just until moist. Fold in the peaches. Spoon into the prepared muffin cups.
4. Bake 25 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before turning out onto wire racks to cool completely.

Rustic Italian Bread - Switch it up any way you want

This is the bread I made during the Sandy Storm when we couldn't buy bread.

A very easy way to make your own bread and you can switch it up any way you want. For instance, you can change the flour to bread flour, wheat flour, semolina flour. I suggest you use 2 cups of bread flour and any other combination. We even used 1 cup of corn flour to make bread for chili.

See the Bread Chapter picture.



2 cups lukewarm water (you may not use all of it)
3 cups all-purpose flour (I like to use 2 cups bread flour and any other flour)
2 teaspoons sugar
1 teaspoon salt

2 1/2 teaspoons (1 packet) active dry yeast
1 tablespoon extra virgin olive oil
1 tablespoon sesame seeds (or any herb blend, salt or optional)

1. In a 1 cup liquid measurer or small bowl combine 1 cup of warm water (I take it from the tap, make sure it's not hot) and active dry yeast. Let it stand until creamy about 8 minutes.
2. In another large bowl add flour, salt and sugar. Give the yeast mixture a stir and then add it to the flour mixture, mixing it in with a fork until sticky, add the additional cup of water a little at a time and continue to form it into a ball. Note: You may not need all the water. Just make sure the dough is a tad bit moist. Add a little bit of flour at a time to get it to a less sticky consistency.
3. Sprinkle with a bit more all-purpose or bread flour and work it with your hands to make a ball. It's not necessary kneading, you are just rolling and tucking in gently to get a smooth ball. Don't worry about how much flour you use to get it into a smooth non-sticky ball.
4. Take the dough and gently mold it into a smooth but firm ball with an elastic feel.
5. Keeping the dough in the bowl, cover the bowl with a clean kitchen towel or saran wrap and let it rise. About an hour.
6. Once it rises take a little more flour, pat it down and roll it into a ball again. PREHEAT OVEN TO 375 BEFORE LAST RISING.
7. Put the dough back into the bowl and let it rise 1 more time for an hour. When you let the bread rise twice it makes for a better bread but if you are short on time then don't worry about it, once is enough.
8. After you are done with the rising, take the dough and put it on a parchment paper lined baking tray. Shape the dough elongated and oval-shaped, with tapered and rounded ends. Don't fuss too much with the shape ... it's rustic bread.
9. Coat the dough with 1 tablespoon of extra virgin olive oil. This will make it nice and crunchy on the outside.
10. Sprinkle the olive oiled top with sesame seeds, sea salt or herbs.
11. Score the top of the dough with a sharp knife at a 45-degree angle.
12. Bake in preheated 375° oven until you hear a hollow sound when you tap the bottom. About 30 minutes.
13. Allow the bread to cool slightly before serving and enjoy!

Southern Rosemary Muffins with Honey Peach Butter

Makes 6 Servings

Preparation: 10 min , Cook Time: 20 min

Yield: 12 muffins

This is a fragrant muffin that pairs perfectly with the honey peach butter. Your dad and I would have parties in the 80's and everyone thought these savory muffins were amazing.

Good served with grilled or roast chicken, rice pilaf and buttered peas.

MUFFINS:

2 cups all-purpose flour
1 teaspoon dried rosemary crushed
2 tablespoons sugar
4 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter melted

2/3 cup buttermilk**1 egg beaten****1 tablespoon melted butter****PEACH BUTTER:****1/2 cup butter softened****6 tablespoons peach preserves****2 teaspoons honey**

1. Preheat oven to 400°.
2. Butter the muffin tins.
3. In a large bowl, combine the flour, rosemary, sugar, baking powder and salt.
3. In another medium bowl, mix the melted butter, buttermilk and egg.
5. Make a well in the dry ingredients. Pour in the liquid. Stir only until mixture is moistened. There will be lumps in the batter.
6. Spoon into buttered muffin tins. Drizzle with butter.
6. Bake at 400° for 20 minutes.
7. While muffins are baking, beat the butter until fluffy. Mix in the peach preserves and honey.

Serve peach butter with the hot muffins.

Sunday Morning Corn Muffins

Preparation: 10 min , Cook Time: 20 min

Makes 20 Servings

Yield: 20 muffins

These are no ordinary corn muffins! They have a cake-like tenderness, real corn and are delectably sweet. Easy to make! The last time I made them was for "The Big Event" party in Smallwood.



2 all-purpose flour
1 cup whole grain cornmeal
2 teaspoons baking powder
1/4 teaspoon salt
3/4 cup butter, softened

1 1/2 cups granulated sugar
3 eggs
1 1/2 cups buttermilk
1/4 corn canned or frozen

1. Preheat oven to 400°.
2. In a medium mixing bowl, combine the flour, cornmeal, baking powder and salt.
2. In large bowl, beat by hand the butter and sugar until creamy. Beat in the eggs, one at a time by hand. Blend well.
3. Add the dry ingredients alternately with the buttermilk. Blend until barely mixed. There will be some lumps in the batter.
4. Stir in the corn. Spoon batter into buttered muffin cups using a 1/4 cup measuring scoop. Note: Do not use cupcake wrappers or tins. The muffins will not brown the same.
5. Bake at 400° for 20 minutes.
6. Serve hot from the oven, warm or at room temperature.

Tips: The corn can be mashed slightly in a food processor or a blender before adding to the batter but I like it whole.

Good served with: Cioppino or any fish stew, tossed romaine salad and dry white wine. Also good with chili. For dessert, peaches and ice cream.

Whole Wheat Irish Soda Bread Muffins

Makes 6 Servings

Preparation: 30 mins , Cook Time: PT20M

Yield: 12 servings

**baking spray**

1 cup white whole wheat flour
1 cup unbleached all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

3 tablespoons chilled butter

1 cup 1% buttermilk (I use powdered buttermilk and water)
3 tablespoons honey
1 large egg, beaten
6 ounces raisins

- 1) Preheat oven to 375°F. Spray muffin tin with baking spray.
- 2) In a large bowl combine all dry ingredients (flour, baking powder, baking soda, and salt). Using a pastry cutter or two knives, cut in butter until mixture resembles coarse crumbs.
- 3) In a small bowl, stir together buttermilk, honey and egg until blended.
- 4) Add buttermilk mixture to dry ingredients and stir to combine. Stir in raisins.
- 5) Spoon batter into prepared pan.
- 6) Bake 20 to 25 minutes, or until toothpick inserted in center of one muffin comes out clean.
- 7) Remove tin and cool on a wire rack for about 5 minutes before removing muffins from tin; finish cooling on rack.
- 8) Serve warm or cool completely and store muffins in an airtight container or ziplock bags at room temperature.

Beef

Well Loved Lovey Bear



Beef Fajitas - Grilled Marinated Flank Steak

Makes 6 Servings

The flank steak is very tender using this marinade. You can substitute using skirt steak.



1 teaspoon garlic powder
1 teaspoon salt
1/4 cup fresh lime juice
1 1/2 teaspoons cumin
2 tablespoons extra virgin olive oil
2 pounds beef flank steaks trimmed and cut into large pieces to fit on a grill or in a ridged grill pan

3 assorted colored bell peppers sliced thin
1 large red onion or sweet onion, sliced thin
1/4 cup fresh cilantro sprigs
12 7 - 8 inch flour tortillas warmed
guacamole
tomato salsa
sour cream

In a large, heavy-duty freezer Ziploc bag, combine garlic powder, salt, lime juice, cumin, and olive oil. Seal and shake to combine. Place skirt steak, bell peppers, onion and cilantro sprigs into the bag, squeeze out the air and turn to coat the meat, distributing vegetables evenly. Refrigerate at least 2 hours but best overnight to allow marinade to penetrate.

Preheat the grill to high heat.

While grill is heating, remove skirt steak from marinade to a platter, shaking off liquid and reserving marinade with the vegetables.

Preheat a heavy skillet to the smoking point. Drain vegetables and cilantro and quickly stir fry over high heat until slightly charred and softened, but not mushy. Set aside and keep warm.

Grill skirt steak over high heat quickly until medium rare, about 2 minutes per side. Slice meat against the grain into strips and serve immediately with warm tortillas, the seared pepper vegetable mix, guacamole, salsa and sour cream.

To eat, place strips of meat with grilled vegetable, guacamole, salsa and sour cream into the tortilla and fold it up taco or burrito style.

Notes: If you like your meat spicy, add 1 minced serrano chile to the marinade. If you do not have a grill, you can use a cast iron or heavy grill pan on the stove top. It is important that the pan be very hot before quickly searing the meat.

Best Beef Stroganoff

Makes 4 Servings

Preparation: 15 mins , Cook Time: 30 mins

Have some red wine with this meal. Remember when we went out for dinner and the table next to us gave us their leftover wine? They thought you were at least 21! You loved the way this place looked. Pepe Giallo's back room 195 10th Ave NYC

I've made this recipe with left over filet mignon taken home from an evening out.



1 pound filet mignon or beef sirloin
2 tablespoons extra virgin olive oil
1/2 onion
8 ounces baby bella mushrooms
1 clove garlic, crushed
1/2 cup chicken broth
1/2 cup red wine

1 tablespoon Worcestershire sauce
1/2 teaspoon black pepper
2 tablespoons ketchup
1 tablespoon parsley, chopped or 1 teaspoon dried parsley
1 cup sour cream

Slice the steak into 2"x1"x1/4" pieces. Heat oil in large skillet and brown beef in single layer (make two batches if necessary). Remove beef from pan and keep warm. It's important to remove the beef as soon as it's lightly browned - don't worry about cooking through, because it will cook through when returned to the sauce.

In same pan, sauté onions, mushrooms, and garlic. Cover if necessary, to keep pan from drying out. When vegetables are tender, deglaze pan with chicken broth and wine. Reduce heat to low. Add Worcestershire sauce, ketchup, pepper and parsley. Stir, and taste sauce for salt - you probably won't need any due to the salt in the other ingredients. Return beef to skillet and stir to combine.

Place sour cream in a small bowl, and add 3 tablespoons of the hot pan sauce, on tablespoon at a time. This warms and thins the cream so it doesn't curdle when added to the pan. Meantime, the sauce in the pan should have reduced, and just barely coats the beef and mushrooms.

Add the sour cream mixture to the pan and stir to combine. Sometimes, the sauce will look a bit "grainy" at this point - just increase the heat and reduce a little, and it'll become creamy again.

Serve over rice or egg noodles.

Corned Beef Dinner

Makes 6 Servings

Cook Time: 3 hours

This was the recipe I used the first time I made corned beef. It was St. Patrick's Day. Michael wasn't home when I began cooking. He was "shocked and horrified that anyone could even consider baking a corned beef". He loves this recipe! This is St. Patrick's Day in the Foote household.



4 pounds corned beef brisket
1 (10 3/4-ounce) can Campbells condensed french onion soup
4 peppercorns
1/2 teaspoon garlic powder
1 bay leaf
1/2 teaspoon rosemary, crumbled

6 medium-sized carrots, pared and cut into 1 1/2" pieces
6 medium-sized potatoes, pared and quartered
2 celery stalks, cut into 1" pieces
1 medium-sized cabbage, cut into wedges
3 tablespoons flour
3 tablespoons butter, softened

NOTE: Next time try soaking the corned beef to remove some of the salt.

1. Tear off a 26-inch length of 18-inch wide heavy-duty foil and place in center of reusable 11 5/8 x 9 1/4 x 1-1/2 inch casserole pan.
2. Place beef in center of foil. Pour soup over meat; add peppercorns, garlic, bay leaf and rosemary. Seal up foil.
3. Bake at 350° for 2 hours.
4. Remove foil container from oven. Carefully open. Arrange carrots, potatoes, celery and cabbage around meat. Re-seal. Return to oven.
5. Bake another hour until meat and potatoes are tender.
6. Remove meat and vegetables to heated serving platter. Strain broth into small saucepan. (You should have about 1 3/4 cups.) Combine flour and butter; stir into broth bit by bit. Cook over moderate heat, stirring, until thickened and bubbly. Serve with meat.

Elaine's amazing stuffed peppers

Makes 6 Servings

These are beef and sausage ... truly amazing!



3/4 pound ground sausage
1/2 pound ground beef
6 large peppers (I use different colors)
1 clove garlic
1 onion, chopped
1 cup cooked rice

1 (10 3/4-ounce) can rotel diced tomatoes
2 cups shredded Cheddar cheese
3 tablespoons chopped fresh parsley
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
extra virgin olive oil

1. Preheat oven to 375°.
2. In a large skillet, brown sausage, beef, garlic and onion in oil.
3. In a large bowl, add the chopped parsley and cooked rice. Stir in Ro-tel and 1/2 cup of cheddar cheese. Season with salt and pepper. Add to the meat mixture and turn off heat. It doesn't matter if the cheese isn't melted.
4. Cut off the tops of peppers and trim the bottom so they sit flat in your dish.
5. Place peppers in baking dish and stuff until full.
6. Drizzle peppers with extra virgin olive oil.
7. Cover with foil and bake at 375° for 40 minutes.
8. Remove from oven and take off the foil. Use remaining shredded cheese to top peppers and bake uncovered another 15 minutes.

Korean Ground Beef and Rice

Makes 4 Servings

Preparation: 5 minutes , Cook Time: 15 minutes

Feel free to add vegetables like snow peas, broccoli, red peppers, carrots, pickled cucumbers, etc.



1 pound ground beef
3/4 teaspoon garlic powder
1/4 cup packed brown sugar
1/4 cup reduced-sodium soy sauce
2 teaspoons toasted sesame oil
1/4 teaspoon ground ginger

1/4 teaspoon red pepper flakes
1/4 teaspoon pepper
1 teaspoon garlic chili sauce
2 cups hot cooked basmati rice
sliced green onions for garnish
toasted sesame seeds for garnish

1. In a large skillet cook the ground beef breaking it into crumbles over medium heat until no longer pink. Drain.
2. In a small bowl whisk garlic powder, brown sugar, soy sauce, sesame oil, ginger, red pepper flakes, pepper and garlic chili sauce. Pour over the ground beef and let simmer for another minute or two.
3. Serve over hot rice and garnish with green onions and toasted sesame seeds.

Taco Lasagna

Makes 8 Servings

Preparation: 20 min , Cook Time: 25 min

Great pot luck dinner!

1 pound ground beef
1/2 cup chopped green peppers (optional)
1/2 cup chopped onions
2/3 cup water
1 envelope taco seasoning mix (or see my recipe)
1 (15-ounce) can black beans, rinsed and drained
1 (10-ounce) can rotel diced tomatoes, undrained
6 burrito size flour tortillas or more

1 (16-ounce) can refried beans
3 cups (12 ounces) shredded mexican cheese blend (can add more)
1 (6-ounce) can sliced black olives (optional)
1 (8-ounce) jar taco sauce
sour cream (optional)
scallions (optional)
fresh cilantro (optional)

1. In a large skillet, cook the beef, green pepper and onion over medium heat until meat is no longer pink; drain. Add water and taco seasoning; bring to a boil. Reduce heat; simmer, uncovered, for 2 minutes. Stir in black beans and tomatoes. Simmer, uncovered, for 10 minutes.
2. Place two tortillas in a greased 13x9 inch baking dish. Spread with refried beans, beef mixture; sprinkle with 1 cup cheese and black olives. Repeat layers. Top with remaining tortillas. Spread the taco sauce over the top.
3. Cover and bake at 350° for 25-30 minutes or until heated through. Uncover and top with additional cheese, if desired. Heat uncovered until the cheese is melted.
4. Serve with sour cream, scallions and fresh cilantro if desired.

Note: You can add more or less ingredients for each layer as desired.

Leftover Prime Rib Pot Pie



1 box Pillsbury refrigerated pie crusts
2 small onions
3/4 cup cut (1x1/2x1/2 inch) carrots
2 (15-ounce) cans whole white potatoes sliced
2 cups cooked prime rib cut into 1/2 inch cubes
1 10.8 ounce package Steamfresh garlic baby peas & mushrooms
1 (10-ounce) can Campbells mushroom gravy

2 tablespoons cornstarch
1/2 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon black pepper
1 egg yolk
2 teaspoons water
1 teaspoon sesame seeds

1. Heat oven to 425°. Prepare pie crusts as directed on package for two-crust pie using 9-inch glass pie pan.
2. In large nonstick skillet, cook onions and carrots over medium-high heat for 4 to 6 minutes in extra virgin olive oil. Stir in beef, potatoes, peas and mushrooms.
3. In a small bowl, combine gravy, cornstarch, thyme, salt and pepper; mix well. Stir into beef mixture; cook until heated. Pour mixture into crust-lined pan. Top with second crust; seal edges and flute. Cut small slits in several places in top crust.
4. In another small bowl, combine egg yolk and water; blend well. Brush top crust with egg mixture; sprinkle with sesame seed.
5. Bake at 425° for 30 to 40 minutes or until crust is golden brown and filling is bubbly. Cover edge of crust with strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool 10 minutes before serving.

Note: Allowing the pie to cool 10 minutes before serving lets it "set" so the pieces cut easier.

Balsamic Meatloaf

Makes 2 Servings

EASY!!!

*This is a great recipe for two.
Michael likes to make this recipe often now that he is retired.
He uses the toaster oven.*



1/2 yellow onion
1 clove garlic, minced or 1 teaspoon garlic powder
1/4 ounce parsley, finely chopped
1/4 cup panko bread crumbs
10 ounces ground beef
1 egg, beaten

1/2 teaspoon salt
1/2 teaspoon pepper

1 tablespoon balsamic vinegar
2 tablespoons ketchup

1. Adjust rack to middle position and preheat oven to 450 degrees.
2. Using the large holes of a grater, grate onion into a large bowl. Add garlic, parsley, panko, beef, egg, salt and pepper to the bowl with onion.
3. Mix with hands to combine.
4. Shape into two 1-inch-tall loaves, then place on a lightly oiled baking sheet (Michael likes to line the pan with parchment paper for less cleaning).
5. Combine balsamic vinegar and ketchup in a small bowl. Brush the meatloaves with the ketchup mixture.
6. Roast meatloaves in oven until cooked through, about 20 minutes total.



2 cups flour or more to coat meat
2 pounds chuck stew meat cut into 2 to 3-inch cubes
olive oil
1/2 cup chopped celery (save the celery leaves)
1/2 cup chopped onions
2 cloves garlic chopped
beef broth
celery leaves (the more the better)
1 large bay leaf
1/2 teaspoon thyme
1/2 teaspoon parsley

1/2 teaspoon sage
1/2 teaspoon rosemary
1/2 teaspoon thyme
1 1/2 cups carrots
1 1/2 cups potatoes or barley partially cooked in beef broth (about 3/4 cup - 1 cup uncooked)
1 small onion diced
2 stalks celery diced
salt to taste
Worcestershire sauce to taste
2 tablespoons gravy master

1. Drop about 1 cup of flour into a paper or plastic bag. Shake the bag with about a pound of chuck stew meat (cut into 2 to 3-inch cubes). Repeat for the other pound of beef.
2. Heat some olive oil in a stew pot and brown the floured beef. It will take a few shifts so put the browned meat in a covered dish until finished. The meat will continue to shed fluid in the dish. Reserve the meat juice.
3. Deglaze the pot with a little oil and the chopped onion and celery until they are soft, and the garlic is brownish.
4. Add the meat to the pot and cover with beef broth and reserved meat juice. Add the celery tops and spices. Bring to a boil. Simmer covered slowly for about 45 minutes to 1 hour until the meat is tender. Stir occasionally.
5. Add the carrots, potatoes (if using) or partially cooked barley, onion and celery. Add more broth if necessary. Cover and simmer until vegetables are tender (about 30minutes). Salt to taste and drop in a couple of tablespoons of gravy master.
6. Enjoy with bread or saltines.

Mom's Meatballs for Spaghetti or Subs

Makes 6 Servings

The milk and onion keep these meatballs moist.



MEATBALLS:

1 pound ground beef
 1/2 cup dry Italian bread crumbs
 1/4 cup milk
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 1 small onion, chopped (about 1/4 cup)
 1 egg

SAUCE:

2 (28-ounce) cans crushed tomatoes can substitute 1 can with a 28 oz can of sauce or diced tomatoes
 2 teaspoons garlic powder
 2 teaspoons onion powder
 2 tablespoons dried basil leaves
 1 tablespoon dried oregano leaves
 1 tablespoon sugar or add some red wine or beer
 1 pinch red pepper flakes or to taste

MAKE THE MEATBALLS:

1. Heat oven to 400°.
2. Mix all ingredients.
3. Shape into twenty 1 1/2-inch meatballs.
4. Place in rectangular pan, 13 x 9 x 2 inches.
5. Bake 20 minutes turning once.

MAKE THE SAUCE:

1. Mix all sauce ingredients. Heat to almost boiling; reduce heat. Cover and simmer for 30 minutes, stirring occasionally.
2. Add cooked meatballs to the sauce. Simmer at least 60 minutes carefully stirring occasionally.

Salisbury Steak with Baby Bella mushrooms

Makes 6 Servings

Serve with garlic mashed red potatoes and green beans.

2 (10 1/2-ounce) cans Campbells condensed french onion soup (see substitute in Soup Chapter)
1 1/2 pounds ground beef
1/2 cup dry Italian bread crumbs
1 egg
1/4 teaspoon salt
1/8 teaspoon ground black pepper

1 package baby bella mushrooms, sliced
1 tablespoon extra virgin olive oil
2 tablespoons all-purpose flour
1/2 cup ketchup
2 tablespoons Worcestershire sauce
1 teaspoon mustard powder
1/2 cup water

1. Preheat oven to 350°
2. In a large bowl, mix together 1/3 cup condensed french onion soup with ground beef, breadcrumbs, egg, salt and black pepper.
3. Shape into 6 oval patties.
4. In a large skillet over medium-high heat, brown both sides of patties.
5. Pour off excess fat and put meat in baking dish.
6. Cook Baby Bella mushrooms in extra virgin olive oil. Place over patties.
7. In a small bowl, blend flour and remaining soup until smooth.
8. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat and mushrooms.
9. Bake for about 30 minutes.

Slow Cooker Beef and Broccoli

Makes 6 Servings

Preparation: 10 minutes , Cook Time: 2 hours

So easy and great over rice!

1 cup beef broth
1/4 cup reduced-sodium soy sauce
1/4 cup oyster sauce
1/4 cup light brown sugar
1 tablespoon sesame oil

3 cloves garlic, minced
2 pounds boneless beef chuck roast, thinly sliced
2 tablespoons cornstarch
2 heads broccoli, cut into florets

1. In a medium bowl, whisk together beef broth, soy sauce, oyster sauce, sugar, sesame oil and garlic.
2. Place beef into a 6-qt slow cooker. Add sauce mixture and gently toss to combine. Cover and cook on low heat for 2 1/2 hours or until tender.
3. In a small bowl, whisk together 1/4 cup water and cornstarch.
4. Stir cornstarch mixture and broccoli into the slow cooker. Cover and cook on high heat for an additional 30 minutes.
5. Serve immediately.

Slow-Cooker Short Rib Ragu over Egg Noodles

Preparation: 30 min , Cook Time: 7 hours

Makes 12 Servings

Yield: 12 servings

Any starchy side, such as potatoes or polenta, will work in place of the pasta.



1 tablespoon olive oil
2 pounds boneless beef short ribs, cut into 2-inch pieces (I've used bone in from Omaha Steaks)
8 ounces sliced mushrooms, optional
1 small onion, chopped
2 small carrots, peeled and chopped
2 bay leaves
1 can (12 ounces) tomato paste
1/2 cup dry red wine

3 garlic cloves, minced
1 tablespoon Italian seasoning
1 teaspoon crushed red pepper flakes
1/2 teaspoon salt
1/2 teaspoon pepper
1 can (28 ounces) diced tomatoes
1 pound egg noodles
parmesan cheese, grated or shaved, optional

In a large skillet, heat oil over medium-high heat; brown meat in batches. Transfer meat to a 5- or 6-quart slow cooker. Add mushrooms, onion, carrots and bay leaves.

In the same skillet, add tomato paste, wine, garlic and seasonings. Cook and stir over medium heat until fragrant and slightly darkened, 2-4 minutes. Stir in diced tomatoes until blended. Transfer mixture to slow cooker; cover. Cook on low until beef is tender, 7-9 hours. Remove bay leaves.

Cook pasta according to package directions for al dente. Serve ragu over pasta. If desired, serve with Parmesan cheese.

Fun and Easy!



1 pound ground beef, browned and drained
3 tablespoons taco seasoning mix (see my recipe or for a saltier version use 1 envelope)
1 (10-ounce) can RO*TEL diced tomatoes & green

chilies
1 1/2 cups sharp cheddar cheese, shredded or Mexican blend
48 wonton wrappers

1. Preheat oven to 375°. Generously coat a standard size muffin tin with nonstick cooking spray.
2. Combine cooked beef, taco seasoning and tomatoes in a bowl and stir to combine. Line each cup of prepared muffin tin with 2 wonton wrappers. Add 1 1/2 tablespoons of taco mixture. Top with 1 tablespoon of cheese. Press down and add another layer of wonton wrappers, taco mixture and a final layer of cheese.
3. Bake at 375° for 11 to 13 minutes until cups are heated through and edges are golden.

Chicken and Turkey

You loved that jacket!



Asian Glazed Chicken Thighs

Makes 4 Servings

Preparation: 5 minutes , Cook Time: 30 minutes

Great over rice with peas.



1/2 cup rice vinegar or white wine vinegar
5 tablespoons honey
1/3 cup soy sauce
1/4 cup toasted sesame oil
3 heaping tablespoons garlic chili sauce

3 tablespoons minced garlic
1 tablespoon cornstarch
4 skin on, bone in chicken thighs (about 2 pounds)
1 tablespoon chopped green onions
toasted sesame seeds, optional

1. Whisk first 6 ingredients in a bowl until smooth. Pour half the marinade into a large plastic zipper bag; retain the other half of the sauce. Place chicken thighs into the bag containing marinade, squeeze all the air out of the bag and seal. Shake a few times to coat chicken; refrigerate for 1 hour, turning bag once or twice.
2. Preheat oven to 400°.
3. Pour the other half of the marinade into a saucepan and whisk in 1 tablespoon of cornstarch. Over medium heat, bring to a boil, and cook for 3 to 5 minutes, stirring often, to thicken sauce. Remove the chicken from the bag; discard used marinade. Place chicken into a 9x13 inch baking dish and brush with 1/3 of the thickened marinade from the saucepan.
4. Bake 30 minutes at 400°. Baste. Reduce to 350° and continue to cook 30 minutes more.
5. Let stand 5 minutes. Meanwhile, bring remaining marinade back to a boil for 1 or 2 minutes. Sprinkle toasted sesame seeds and green onion on top of the chicken, if desired. Serve chicken with marinade.

Baked Chicken Thighs in Wine with Baby Bella Mushrooms

Makes 4 Servings

Great served with rice and peas.



2 pounds chicken thighs with skin on
2 cups sliced baby bella mushrooms (1 package)
3/4 cup pinot grigio or white wine
1/4 cup flour
4 tablespoons butter

1 teaspoon paprika
1/4 teaspoon ground thyme
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 400°. Melt the butter in a 13 x 9 baking pan and then stir in paprika, thyme, salt and pepper. Cover the chicken pieces in flour (I use a baggie) then roll in the butter mixture on both sides until they are well coated. Arrange them skin side up in the baking dish. Bake for about 30 minutes until brown. Reduce the oven to 350°. Add the mushrooms and wine. Continue to cook for about 30 minutes.

Note: You can omit the mushrooms if you like.

Baked Chicken with Fresh Tomatoes

Makes 2 Servings

Preparation: 5 minutes , Cook Time: 50 minutes

Yield: Serves 2 to 6



1 pound bone-in, skin-on chicken thighs, trimmed of excess fat

1/4 teaspoon himalyin salt

1 cup of cherry tomatoes (about 15 cherry tomatoes)

3 wholes cloves garlic, peeled

3/4 tablespoon balsamic vinegar

3/4 teaspoon olive oil

1 sprig fresh rosemary

1. Arrange chicken thighs in casserole dish, sprinkle with salt: Place chicken thighs in a baking dish that allows for a little room between the thighs. Sprinkle both sides of the chicken thighs with salt.
2. Preheat oven to 375°F (190°C).
3. Prep cherry tomatoes with garlic, vinegar, oil: Cut the cherry tomatoes in half. Place in a bowl with the whole garlic cloves. Sprinkle with balsamic vinegar and olive oil.
4. Place tomatoes, garlic, rosemary around chicken: Pour the cherry tomatoes over the chicken pieces and arrange so that they are squeezed around the chicken pieces. You want the chicken skins to be exposed so they brown in the oven. Lay sprigs of rosemary over the tomatoes. (If you are using dry rosemary instead of fresh sprigs, just mix it in with the tomatoes.)
5. Bake: Bake, uncovered for 45 minutes, until the chicken is well browned on the top and cooked through. Remove from oven and cool for 5 minutes. Skim the excess chicken fat with a ladle. Serve with toasted crusty bread, buttered noodles, or rice.

Chicken Enchiladas

Makes 4 Servings

Surprisingly quick to assemble. You've had this recipe many times. The tedious part is shredding the chicken.



4 boneless skinless chicken breast halves
2 cups chicken broth (optional, can use water)
1 onion chopped
1/2 pint sour cream
1 cup shredded Cheddar cheese
1 tablespoon dried parsley
1/2 teaspoon dried oregano leaves
1/2 teaspoon ground black pepper
1/2 teaspoon salt optional

1/4 cup jarred, pickled jalapeño peppers chopped (optional)
1/2 cup water
1 tablespoon chili powder
1 garlic clove minced or 1/4 teaspoon of garlic powder
8 10-inches flour tortillas
2 (12-ounce) jars taco sauce
3/4 cup shredded Cheddar cheese

Preheat oven to 350°.

In a medium pot over medium heat, cook chicken in the chicken broth until no longer pink and juices run clear. Remove from broth. Discard broth. Shred the chicken with two forks and return it to the skillet. Add onion, sour cream, 1 cup of cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, green chiles, water, chili powder and garlic.

Roll even amounts of the mixture in the tortillas. Cover the bottom a 9x13 inch baking dish with taco sauce (about 1 jar). Arrange the rolled tortillas in the baking dish. Cover with remaining taco sauce and 3/4 cups of cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

Chicken Murphy

Makes 4 Servings

This is versatile. You can use any kind of potato. You can add peppers and onions. The photo has red potatoes and the last of our summer green peppers. A must is the Italian sausage and brined red cherry peppers.



4 baking potatoes, peeled, cut up or 2 (15oz) cans of whole potatoes
1/2 teaspoon salt
5 cloves garlic, peeled and crushed
6 red cherry peppers

red cherry pepper brine to taste
1 (14.5-ounce) can diced tomatoes, drained
1 pound hot or sweet Italian sausage
2 pounds chicken thighs, skin on
1 tablespoon extra virgin olive oil

In a 9 x 13-inch baking dish layer ingredients in the order listed. Brush the olive oil on the chicken and sprinkle with pepper.

Bake at 350° for 1 hour and 15 minutes uncovered.

Note: Can add onions, green or red peppers or mushrooms. Can substitute baking potatoes for canned potatoes.

Chicken Pot Pie

Makes 6 Servings

I no longer serve this as one pie. I make the filling, put it in a ramekin and top with the pie crust.



1 box Pillsbury refrigerated pie crusts softened as directed on box

3 pounds boneless, skinless chicken breasts can use less if you like

1/3 cup butter

1/3 cup chopped onion or 1 1/2 teaspoons of onion powder

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon pepper

1 3/4 cups chicken broth

1/2 cup milk

1 (12-ounce) package Green giant Valley Fresh Steamers frozen mixed vegetables, thawed

1 cup or less frozen sweet peas, thawed

1/2 cup or less frozen green beans, thawed

Heat oven to 425°.

Put the remaining chicken in a large saucepan and cover with water. Using medium heat cook the chicken until no longer pink. Try not to boil the chicken so that it does not become dry. Discard water. Using two forks, shred chicken and place in a large mixing bowl or pan and set aside.

In a 2-quart saucepan, melt butter over medium heat. Add onion; cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened.

Stir thawed mixed vegetables with the chicken then add the thickened sauce. Mix well.

Spoon chicken mixture into crust-lined pan. Top with second crust; seal edge and flute. Cut slits in several places in top crust.

Bake 30 to 40 minutes or until crust is golden brown. During last 15 to 20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Let stand 5 minutes before serving.



1 pound leftover turkey cut into 1" chunks
1 medium onion chopped fine
3 cloves minced garlic
1 medium green pepper cut into 1" dice
1 medium zucchini, half grated, half cut into 1" dice
1 carrot, half grated, half cut into 1" dice
3 ounces diced jalapenos
2 tablespoons cumin

2 tablespoons chili powder
1 tablespoon salt
1/2 teaspoon dry cilantro
1/4 teaspoon black pepper
1/4 teaspoon cayenne powder
3 (15-ounce) cans drained black beans
2 (14 1/2-ounce) cans diced tomatoes
1 (2.25-ounce) can sliced black olives
1/2 cup fresh cilantro

1. Heat the oil in a 3 quart saucepan. Add onion and minced garlic. Once soften, add turkey, green pepper, zucchini, carrot, jalapenos and spices. Cook for 5 minutes.
2. Add the beans, tomatoes and olives. Cover with a lid and simmer for 10 minutes.
3. Top with the cilantro and serve

Sesame Chicken

Quick, Easy and tastes great! Try with pork. We have this over basmati rice.



6 boneless skinless chicken breast halves
1/2 cup honey
1/2 cup soy sauce
1 cup water
2 tablespoons cornstarch
1 teaspoon ground ginger fresh is better

1 teaspoon red pepper flakes
3 tablespoons sesame seeds toasted
Add whatever vegetable you like; broccoli, green beans, snap peas, etc. I cook them first, leave at room temperature and add them last to warm because I don't like them mushy.

- 1) Cut chicken breast into 1-inch strips or bite sized pieces.
- 2) Heat a large non-stick skillet over medium-high heat and add 2 tablespoons of vegetable oil.
- 3) Cook chicken for about 6 minutes or until no longer pink.
- 4) Mix honey, soy sauce, water, corn starch, ginger and red pepper flakes. Whisk until no corn starch lumps appear. Pour sauce mixture into skillet with chicken.
- 5) Cook until sauce thickens slightly. You can add more water if sauce is too thick.
- 6) Toast sesame seeds in a dry nonstick pan for a minute or so. Do not let them pop. Don't skip the toasting because it adds a lot of flavor.
- 7) Sprinkle the chicken with the sesame seeds.
- 8) Cover and simmer for 10 minutes or until chicken starts to soak up the sauce.
- 9) Add vegetables and serve over rice.

Pork and Lamb

Pork with a Bit of Pink Is Perfectly Fine. ... A juicy pork chop with some pink in the middle has finally been given the official okay by the USDA. Previously the agency recommended that pork be cooked to 165 degrees, same as poultry. For professional chefs, the 145 degree number has been common practice.



Amazing Baby Back Ribs Recipe

Makes 4 Servings

Preparation: Prep 30 m Cook 1 h 5 m Ready In 1 h 35 m , Cook Time: 1 h 5 m

This recipe is supposed to serve 4 but you and I or Michael and I have eaten it all! You might want to cook extra servings.

Do you remember grilling this recipe for me?



1 tablespoon ground cumin

1 tablespoon chili powder

1 tablespoon paprika

Salt and freshly ground black pepper to taste

3 pounds pork baby back ribs

1 cup barbeque sauce See Elaine's ketchup based barbeque sauce recipe)

1. Preheat a gas grill for high heat or arrange charcoal briquettes on one side of the barbeque. Lightly oil the grate.
2. In a small jar, combine cumin, chili powder, paprika, salt, and pepper. Close the lid and shake to mix.
3. Trim the membrane sheath from the back of each rack. Run a small, sharp knife between the membrane and each rib, and snip off the membrane as much as possible. Sprinkle as much of the rub onto the top of the ribs. To prevent the ribs from becoming too dark and spicy, do not thoroughly rub the spices into the ribs.
4. Lay the ribs top side up on the top rack of the grill (away from the coals, if you're using briquettes). Reduce gas heat to low, close lid, and leave undisturbed for 1 hour. Do not lift the lid at all.
5. Brush ribs with barbecue sauce and grill an additional 5- 10 minutes. Serve ribs as whole rack or cut between each rib bone and pile individually on a platter.

Pork and Poblano Tacos

Makes 2 Servings

2 tablespoons minced red onions	1 tablespoon fajita spice blend (see recipe)
1 poblano pepper, cored, seeded and finely chopped	10 ounces ground pork or ground beef
1 roma tomato, cored, seeded and finely diced	1 (.34 ounce) package chicken stock concentrate
1 kiwifruit, peeled and finely dices, optional	2 tablespoons tomato paste
1/4 ounce roughly chopped fresh cilantro	6 flour tortillas
1 lime, cut into wedges	2 teaspoons vegetable oil
4 tablespoons sour cream	salt
	pepper

1. Toss together minced onion, tomatoes, kiwis, half the cilantro and a squeeze of lime juice in a medium bowl. (TIP: You can leave the onion and kiwi out for picky eaters and add them as a garnish at the end.) Season with salt and pepper.
2. In a separate small bowl, stir together sour cream and a squeeze of lime juice. Season with salt and pepper.
3. Heat a large drizzle of oil in a large pan over medium-high heat. Add sliced onion, poblano, and half the fajita spice. Cook, tossing occasionally, until softened and lightly charred, 3-4 minutes.
4. Add pork, another large drizzle of oil, and remaining fajita spice to pan, breaking up meat into pieces. Cook until pork is browned at edges and no longer pink, 4-5 minutes. Season with salt and pepper.
5. If there's excess grease in your pan, carefully pour it out. Reduce heat under pan to medium low. Stir in stock concentrates, 1/4 cup water, and 2 TBSP tomato paste.. Cook, stirring, until everything is coated in a thick sauce, 1-2 minutes. Season with salt and pepper.
6. Wrap tortillas in a damp paper towel and microwave on high until warmed through, about 30 seconds. No microwave: Warm them wrapped in aluminum foil in the oven at 425 for 5 minutes. Divide between plates and fill each with filling from pan. Spoon salsa over top. Dollop with crema and sprinkle with remaining cilantro. Serve with any remaining lime wedges on the side.

Rack of Lamb with Rosemary and Thyme

Makes 2 Servings

This can serve 2 to 4 people depending on the sides.



1. Heat oven to 450°. Season lamb with salt and pepper.
2. Heat oil in a 12" cast-iron skillet over medium-high heat.
3. Add lamb fat side down and cook, using tongs to flip and sear the bottom and sides of the rack, until browned, about 10 minutes. Turn lamb fat side up in the skillet and scatter herbs over the top.
4. Add garlic to skillet and transfer to oven. Roast until an instant-read thermometer inserted into center of the meat reads 130° for medium rare, about 10 minutes. Let cool for 8-10 minutes before slicing into chops and serving.

A rich red wine such as a Bordeaux goes well with this dish.

Breaded Baked Pork Chops (Better than Shake and Bake!)



4 boneless pork chops
1 cup dry Italian bread crumbs
1/4 cup Parmesan cheese
1 tablespoon oregano
1/2 tablespoon McCormick rubbed dalmatian sage

1 teaspoon rosemary
1 teaspoon freshly ground black pepper
1/8 teaspoon salt
4 tablespoons butter

1. Preheat oven to 425°.
2. Melt butter and keep warm in large bowl.
3. Combine Italian breadcrumbs, parmesan and spices in a large baggie.
4. Dip pork chops in butter and then into bag containing bread crumb mixture and coat thoroughly.
5. Place on baking dish and cook for 20 minutes or 30 minutes for double thick chops.

Honey Butter Sauce Slow Cooker Pork Loin Roast or Pork Shoulder

Makes 4 Servings

This pork is wonderful! Easy too. Serve over rice with peas.

Note: Should be made with skinless pork, trimmed of excess fat. You don't want loads of surface fat melting into the braising liquid which becomes the sauce.



3.5 - 5 pounds pork loin roast or shoulder/boston butt
1 1/2 tablespoons extra virgin olive oil

SPICE RUB:

2 teaspoons paprika
2 teaspoons thyme
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon cayenne pepper, optional
1/2 teaspoon pepper
2 teaspoons salt

HONEY BUTTER SAUCE:

3/4 cup honey (hint to spice it up use some Honey You Are Hot (see recipe))
1/2 cup (1 stick) butter
1 1/4 teaspoons garlic powder
1/4 cup apple cider vinegar
1/2 teaspoon salt
1/2 teaspoon pepper

THICKENER:

3 teaspoons cornstarch or corn flower mixed with a splash of water

1. Rub pork with about 1 teaspoon oil. Mix Rub ingredients together then sprinkle over pork. Pat to adhere all over.
2. Heat 1 tablespoon of oil in a large skillet over medium heat. Add pork and sear all around until deep golden brown (don't let the spices burn). Place pork in slow cooker.
3. Wipe pan used for pork. Add butter and melt. Add remaining sauce ingredients, mix, then simmer rapidly for 30 seconds.
4. Pour sauce over pork. Cover slow cooker.
5. Cook pork loin on low for 4 to 5 hours or Cook pork shoulder on low for 10 hours.
6. Remove pork onto serving platter, cover loosely with foil and rest for 10 to 20 minutes.
7. Pour all juices in slow cooker into a large saucepan. Add cornstarch water. Whisk on medium high for 5 minutes or until it reduces to a syrupy consistency.
8. Slice pork into thick slices. Serve with the Honey Butter Sauce.

Korean Style Pork Chops

Makes 4 Servings

Be careful not to overcook pork.



MARINADE:

1/4 cup soy sauce
2 tablespoons honey
4 cloves garlic, minced or 1 tsp garlic powder
1 teaspoon ginger, minced or 1/8 tsp ground ginger
1 teaspoon sesame oil

2 teaspoons sriracha sauce
black pepper to taste

PORK:

1 tablespoon extra virgin olive oil
4 pork chops

1. Preheat oven to 400°.
2. In a liquid measuring cup mix soy sauce, honey, garlic, ginger, sesame oil, sriracha sauce and black pepper. Pour over pork chops and let marinate for at least 20 minutes. Longer is better if you have the time.
3. Heat the olive oil in a large skillet for medium high heat. Add pork chops, without marinade, and cook for about 4 minutes for the first side or until it gets a nice brownish color. Flip the pork chops and pour the remaining marinade over them. Cook another 2 minutes on the other side.
4. Place the skillet in the oven to finish cooking them. Roast for about 4 minutes or until pork shops are cooked through depending upon their thickness.

Mom's Sunday Pork Gravy with Pasta using the Crock pot

Makes 6 Servings

The picture was taken December 2019.



2 tablespoons extra virgin olive oil
3 pounds or 4 pounds pork loin country-style ribs
6 cloves garlic, slivered
1/2 cup red wine
1 (28-ounce) can crushed tomatoes
1 (28-ounce) can tomato purée

2 teaspoons onion powder
1 tablespoon dried basil leaves
1 tablespoon sugar
1 teaspoon crushed red pepper flakes
salt to taste
pasta

1. In a large Dutch oven, heat oil and brown ribs.
2. Remove ribs and add garlic to pan.
3. Cook for a few minutes or until garlic is slightly golden.
4. Add wine to deglaze the pan.
5. Add tomatoes, puree, onion powder, sugar and pepper. Place ribs back in pot and cover.
6. Simmer on low for 3 to 4 hours or until meat falls apart. Or place in a crock pot on high and cook 3 to 4 hours.
7. Remove bones.
8. Add salt to taste and serve over pasta.

Fish

I know you are not a big fan of fish but I thought you might like to try these recipes some day.



Black Beans with Shrimp

Makes 4 Servings

Preparation: 12 mins , Cook Time: 22 mins

**2 tablespoons extra virgin olive oil****1 large onion, thinly sliced****3 cloves garlic, large , minced****10 B&G hot jalapeno pepper slices , finely chopped****1 (14 1/2-ounce) can Del Monte diced tomatoes with basil, garlic & oregano****1 tablespoon red wine vinegar****2 teaspoons ground cumin****1/2 teaspoon cayenne pepper****1/2 teaspoon dried oregano leaves****1/2 teaspoon salt****1/4 teaspoon freshly ground black pepper****1 pound medium shrimp, peeled, deveined****1 (15-ounce) can black beans rinsed****1/3 chopped fresh cilantro****sour cream for garnish**

1. Heat oil in large heavy skillet over medium-high heat.
2. Add onion, garlic, and jalapeno. Cook, stirring occasionally, until softened, about 5 minutes.
3. Stir in tomatoes with juice, vinegar, cumin, cayenne, oregano, salt, and pepper.
4. Simmer covered 5 minutes.
5. Stir in beans. Cook until heated.
6. Gently stir in shrimp and cook just until pink, about 2 minutes.
7. Top with cilantro.
8. Serve hot or at room temperature, topped with a dollop of sour cream.



FOR THE PASTA

- 1 (9-ounce) package fresh fettucini
- 1/2 cup diced onions
- 1 tablespoon minced garlic
- 1 tablespoon unsalted butter
- 1/2 cup frozen corn
- 1/2 cup chicken broth
- 1/4 cup cream
- 1 cup halved grape tomatoes or more
- 1/2 cup fresh basil leaves or more
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon fresh lemon juice
- Salt and freshly ground black pepper to taste

FOR THE SCALLOPS

- 16 scallops or as many as you like
- 1 tablespoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon brown sugar
- 1/2 teaspoon salt
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried thyme leaves
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 1 tablespoon extra virgin olive oil

1. Cook fettucine in pot according to directions, drain as set aside.
2. Sauté onion and garlic in butter in pan over medium heat until soft, about 5 minutes.
3. Stir in corn, broth and cream; simmer until corn is cooked through and mixture is slightly thickened, 5-8 minutes.
4. Stir in reserved pasta, tomatoes, basil, parmesan cheese and lemon juice. Season to taste with salt and pepper. Keep warm over low heat.
5. Combine the scallop spices and sugar in a bowl. Coat 1 side of each scallop with the spice mixture.
6. Heat skillet over medium-high heat until very hot. Add oil and sear scallops, spice side down until blackened, about 3 minutes. Flip scallops and sear until cooked through, 2 minutes more. Serve over pasta.

Grilled Swordfish with Herbs

Makes 4 Servings

You can cook halibut, cod, salmon or other fish steaks, cut 1-inch thick using the same method. Cooking time may vary, as swordfish is a very compact fish, but the amount of marinade will be the same.

Good served with blistered tomatoes (see recipe), tossed green salad and buttered hot cooked pasta.



4 about 1 1/2 pounds swordfish steaks cut 1-inch thick
3/4 cup olive oil
2 teaspoons dried oregano leaves crumbled
1 1/2 tablespoons dried basil leaves crumbled
2 tablespoons lemon juice

4 cloves garlic minced or pressed OR 1/2 tsp garlic powder
1/2 teaspoon salt
1 teaspoon coarse black pepper
chopped fresh parsley for garnish

1. Cut fish into serving portions. Rinse quickly in cold water. Pat dry with paper toweling.
2. Combine oil, oregano, basil, lemon juice, garlic, celery salt and pepper.
3. Pour marinade over fish. Marinate 30 to 60 minutes, turning once.
4. Remove fish. Reserve marinade for basting.
5. Place fish on greased grill, 4 to 6 inches from medium hot coals. Grill, basting often with marinade, 6 to 7 minutes (or place under broiler, 4 to 6 inches from the heat).
6. Turn fish over. Continue cooking until fish is slightly opaque and just begins to flake when tested with a fork, another 3 to 4 minutes, basting with marinade.
7. Arrange steaks on heated platter. Garnish with chopped parsley, if desired.

Pan-fried Cod with Lemon Caper Sauce

Makes 4 Servings

Quick and Easy!

Note: Heating lemon juice gives it a metallic taste and takes away from its bright, fresh citrus flavor, so it is better to squeeze fresh lemon wedges over the fish just before serving.

Can substitute Flounder, Haddock or any White fish.



4 (6-ounce) cod filets, without skin (about 1 1/2 pounds)
Simply Organic Seafood Grilling Seasons
all-purpose flour, for dusting
2 tablespoons extra virgin olive oil

1/4 cup white wine
2 tablespoons capers
2 tablespoons unsalted butter
fresh italian parsley, for garnish

1. Season fish with seafood seasoning, then lightly dust with flour. Pat to remove any excess flour.
2. In a large, nonstick skillet, heat the oil over medium-high heat. Cook the fish until crisp and golden, about 3 minutes first side, 2 minutes second side. Remove fish and set aside.
3. Add the wine and capers to the hot skillet and scrape up any browned-on bits in the bottom of the pan. Gently boil the mixture for 1 minute to concentrate the wine and evaporate the alcohol. Remove the pan from the heat and add the butter. Swirl the pan until the butter is just melted.
4. Pour the caper butter over the fish, then top with squeezed lemon juice. Serve immediately.

Smoky Maple-Mustard Salmon

Makes 4 Servings

Preparation: 5 mins , Cook Time: 15 mins

It doesn't get much easier or more delicious. And it's low calorie!

Serve with Healthy Potato Salad and champagne.



3 tablespoons mustard, whole grain or yellow
1 tablespoon pure maple syrup
1/4 teaspoon smoked paprika or ground chipotle
pepper see notes

1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
4 4 -ounce skinless center-cut wild-caught salmon
fillets or 1 (16oz) fillet

1. Preheat oven to 450°. Line a baking sheet with parchment paper.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Nutrition:

Per servings: 148 calories; 4 g Fat; 1g Sat; 2g Mono; 53 mg cholesterol; 4 g carbohydrates; 23 g protein; 0 g fiber; 276 mg sodium 434 mg potassium

Pasta



Classic Macaroni and Cheese

Makes 8 Servings

Oh how you loved Mac and cheese!



1 (16-ounce) package De Cecco Elbows
3 tablespoons butter
3 tablespoons all-purpose flour
2 1/2 cups milk
1/2 teaspoon salt
1/4 teaspoon onion powder or 1/4cup finely

chopped onion
1/8 teaspoon pepper
1/2 teaspoon ground mustard
6 cups (24 oz shredded) Cabot White Extra Sharp Cheddar Cheese divided
panko bread crumbs

1. Cook elbows according to package directions; drain.
2. Pre heat oven to 350°.
3. In a medium saucepan, melt butter. Stir in flour. Gradually stir in milk. Cook, stirring constantly over medium heat, until sauce thickens (it takes a long time, maybe 15 minutes). Stir in salt, onion powder, pepper and ground mustard. Add 1/2 of the cheese; stir until cheese melts. Stir cheese sauce into elbows. Spoon into a greased 2-quart baking dish. Top with remaining cheese. Cover with panko breadcrumbs.
4. Bake 35 to 40 minutes until brown and bubbly.

Jumbo shells stuffed with cheese and meat

Makes 8 Servings

Preparation: 35 min , Cook Time: 30 min

You can make the shells in advance and freeze them until ready to use.



12 ounces jumbo pasta shells

1 pound ground beef or sausage with the casings removed

26 ounces spaghetti sauce or more if you'd like

2 eggs

32 ounces ricotta cheese

2 cups pre-shredded mozzarella cheese

2 cups shredded Parmesan cheese

2 teaspoons dried basil leaves

2 teaspoons garlic powder

1 teaspoon onion powder

1 teaspoon dried oregano leaves

1 teaspoon salt

3 teaspoons dried parsley

1. Boil shells as directed on the package and drain.
2. Preheat oven to 350°.
3. Brown ground beef or sausage (drain if needed), then combine with spaghetti sauce.
4. Combine the egg, ricotta cheese, mozzarella cheese, basil, garlic powder, minced onion, oregano, salt, parsley flakes, and only 1 cup of the parmesan cheese.
5. Put the mixture in the shells; about 1 1/2 tablespoons into each one. Place them in a 3-quart casserole dish.
6. Pour the meat sauce over the top.
7. Bake uncovered for 30 minutes at 350°.
8. Sprinkle the remaining parmesan cheese over the shells and allow to cook for 10 more minutes.

Kira's lemon capellini



1/2 cup extra virgin olive oil
1/2 teaspoon garlic powder
2 tablespoons lemon juice
1/2 teaspoon thyme

2 1/2 teaspoons large capers
sliced green olives
1/2 pound capellini

Make the sauce:

In a small pan over low heat, warm the oil. Add the garlic and sauté until fragrant about 1 to 2 minutes. Add in lemon juice, thyme and capers. Put the sauce in a large serving pasta bowl. Add sliced green olives.

Cook the pasta:

Meanwhile, bring a large pot of water to a boil over high heat. Add 2 capfuls of vegetable oil. Cook the pasta for 4 minutes stirring occasionally to prevent sticking, until al dente, according to the package instructions. Drain the pasta, reserving about 1/2 cup of the cooking water.

Add the pasta to the sauce and toss to combine. Add as much of the cooking water as needed to loosen the sauce. Season with salt and pepper and serve immediately.

Shrimp Fra Diavolo

Makes 2 Servings

This is a light sauce that is delicious. This is a quick elegant meal to serve if unexpected company arrives.



8 ounces linguini
12 large shrimp peeled and deveined , can use more or less
3/4 teaspoon red pepper flakes 1 tsp if not using Rotel but I use it even if I use Rotel
1/2 teaspoon salt
2 tablespoons extra virgin olive oil
1/2 yellow onion chopped
2 cloves garlic finely chopped

1/2 cup white wine or vermouth , I use Pinot Grigio
1 (10-ounce) can RO*TEL diced tomatoes & green chilies or diced tomatoes
2 tablespoons chopped fresh oregano or 1/2 tablespoon dried oregano (Fresh is better)
2 tablespoons chopped fresh basil leaves or 1/2 tablespoon dried basil (Fresh is better)
linguini or spaghetti

1. Toss the shrimp with the salt and pepper flakes.
2. Heat the oil in a skillet over medium-high heat, add the shrimp, and cook for about 1 minute or less per side until slightly pink. Remove from pan and set aside. **DO NOT OVERCOOK.**
3. Reduce heat to medium, add onion to skillet, and cook until soft and translucent - about 5 minutes.
4. Add garlic and cook another minute.
5. Add wine and reduce to almost nothing. If using dried herbs, add the herbs now otherwise wait until step 8.
6. Add tomatoes. Turn off heat and boil water for the pasta.
7. When water is ready for the pasta, cook according to package direction and turn heat to medium for sauce mixture. Reserve 1/4 cup of pasta water.
8. Cook tomato mixture 10 minutes, then add herbs, reserved shrimp, and reserved pasta water and cook another couple of minutes to warm shrimp. Taste and adjust seasoning.

9. Serve over pasta.

Note: Buy frozen shrimp, thaw according to package directions.

Smoked Salmon cream sauce over pasta

Makes 4 Servings

Yield: About 2 cups

This sauce is quick to prepare and goes well with most types of fish



1 1/4 cups fish stock or chicken broth
2/3 cup heavy cream or half and half
2 tablespoons butter, softened
4 teaspoons cornstarch
4 ounces smoked salmon, chopped

1 tablespoon seafood seasoning, I use Simply Organic Seafood grilling season
1 teaspoon lemon juice, optional
1 cup frozen green peas, thawed
1 pound penne pasta or egg noodles

1. Heat water for pasta.
2. Place fish stock and cream in a saucepan and bring to a boil; then reduce the heat.
3. Blend the butter and cornstarch together and add to the sauce in pieces like a beurre manie.
4. Simmer for about 3 minutes, then stir in the smoked salmon, seasoning, lemon juice and peas if using.
5. Turn off heat.
6. Cook pasta according to package directions and place sauce on medium to low heat.
7. Add a few tablespoons of pasta water to sauce.
8. Serve sauce over pasta.

Note: This will freeze but for a short time only.

Spicy Chicken Sausage Pasta

Makes 4 Servings

Preparation: 15 minutes , Cook Time: 15 minutes

I like to use Salumeria Biellese chicken sausage with red peppers. 378 8th Ave, NYC



16 ounces penne pasta
2 tablespoons extra virgin olive oil
1 package Salumeria Biellese chicken sausage with red peppers (about 1 pound) cut into bite size pieces
1/2 yellow onion
1/4 cup white wine or chicken broth
2 cloves garlic, minced

1 (10-ounce) can rotel diced tomatoes, drained (I like hot but you can use original or mild)
4 ounces cream cheese, room temperature
1/2 cup shredded Asadero or shredded mozzarella or freshly grated parmesan, room temperature or whatever melted cheese you like
1/4 cup fresh basil leaves, chopped
Salt and freshly ground black pepper

1. Cook pasta according to package directions, and reserve 1/2 cup of the pasta water.
2. Heat a large sauté pan over medium heat. Once hot, add the olive oil and sausage, and brown for about 3-5 minutes.
3. Add onion and cook for an additional 5 minutes, or until onion is soft.
4. Add 1/4 cup white wine, let it cook for about 2 minutes.
5. Stir in the garlic, tomatoes and cook stirring often, until warmed through, another 2 minutes.
6. Stir in cream cheese, reserved pasta water, and asadero cheese. Mix until cheese has melted, and cream cheese has incorporated.
7. Remove from heat, stir in pasta and basil and serve immediately.

**FOR THE MANICOTTI:**

12 dry lasagna sheets

SAUTE:2 1/2 cups peeled and diced butternut squash cube
it no larger than game dice

1 cup sliced leeks

pinch red pepper flakes

2 tablespoons unsalted butter

1/4 cup low-sodium vegetable broth or chicken
broth

2 teaspoons sugar

2 cups sliced swiss chard

1 tablespoon minced fresh sage

1/2 teaspoon kosher salt

1/2 teaspoon black pepper

BLEND:

1 pound shredded fontina cheese or gruyere cheese

1 cup part-skim ricotta

3/4 cup grated Parmesan cheese

1 egg

FOR THE BECHAMEL:

3 tablespoons unsalted butter

1/4 cup all-purpose flour

3 cups skim milk

1 teaspoon kosher salt

1/4 teaspoon white peppers

1/4 teaspoon nutmeg

1/4 teaspoon cayenne pepper

1. Preheat oven to 425°; coat a large baking dish with nonstick spray.
2. For the manicotti, boil lasagna sheets until pliable, 2 minutes; drain.
3. Sauté squash, leeks, and pepper flakes for the filling in 2 Tbsp. butter in a nonstick skillet until leeks are soft, 5 minutes. Add broth and sugar; cover and simmer until liquid evaporates and squash is soft, 5–7 minutes. Stir in chard and sage; cover and sweat until chard wilts, 2 minutes. Season filling with 1/2 tsp. (each) salt and black pepper. Blend 1 cup Fontina or Gruyère, ricotta, Parmesan, and egg together in a large bowl. Fold in squash mixture.
4. For the béchamel, melt 3 Tbsp. butter in a large saucepan over medium heat. Stir in flour, cook 1 minute, then whisk in milk. Bring mixture to a simmer, stirring constantly, until thickened; remove from heat and add 1/2 tsp. salt, white pepper, nutmeg, and cayenne. Coat the bottom of the baking dish with 1 cup béchamel.
5. Fill and roll manicotti; top with remaining béchamel and 1/2 cup Fontina or Gruyère. Bake manicotti, uncovered, until cheese is golden and sauce is bubbly, 25 minutes. Let manicotti stand 5 minutes before serving.

Thai Salmon Pasta

Makes 6 Servings

Preparation: 20-30 mins

One of Michael's favorite and mostly pantry items. You can freeze the leftover sauce.

1 (14.75 ounce) can salmon, drained and flaked (remove skin & bones as desired)
1 (16-ounce) package linguine
1 tablespoon sesame oil
1 tablespoon vegetable oil
2 cups bean sprouts or 1 (14.5 oz can) drained
1 cup shredded carrots
1/2 cup chopped green onions

1/2 cup chopped fresh cilantro

PEANUT SAUCE:

1/2 cup chunky peanut butter
1 tablespoon chili paste
1/4 cup honey
1/4 cup soy sauce

1. Prepare pasta according to package directions. Set aside.
2. Make Peanut Sauce: In small bowl, whisk to combine peanut butter, chili paste, honey and soy sauce. Heat in microwave for 30 seconds to warm. Set aside.
3. In medium saucepan, sauté salmon in hot sesame and vegetable oil for 2-3 minutes turning gently. Combine salmon, linguine, peanut sauce, bean sprouts, carrots, green onions and cilantro, toss gently.

Pizza

Remember when I received the food processor and I perfected the pizza recipe?



New York Style Pizza Dough

Preparation: 2 hours

Makes 4 Servings

Yield: 2 crusts



2 1/4 teaspoons (1 package) instant dry active yeast
1 cup warm water (not hot!)
1/2 tablespoon sugar

3 cups bread flour, or as needed
2 tablespoons extra virgin olive oil
1 1/2 teaspoons salt

1. In a large mixing bowl, add water, yeast, sugar and 1/2 cup of the flour. Stir well and let sit for 20 minutes. It will get bubbly.
2. Add olive oil, salt and 2 cups of the flour and mix with a wooden spoon until it's together enough to turn out onto a lightly floured work surface to knead.
3. Knead for about 10 minutes, while adding more flour a little at a time, to produce a soft, elastic and slightly sticky dough. Do not add too much flour, just enough to keep it from sticking to the work surface as you knead.
4. Form the dough into a ball and place in a large oiled bowl. Drizzle a few drops of oil and coat the top of the dough to prevent the surface from becoming dry.
5. Cover with a kitchen towel and place in a warm spot for 2 hours or until the dough doubles in size.
6. Punch down the dough and divide into 2 balls and place in large Ziploc bags and refrigerate overnight. (This is key for the NY Style pie)
7. When ready to use, remove from fridge and let the dough come to room temperature before using.



1 pizza crust
1 cup pizza sauce
4 ounces pizza cheese blend

1 (1.75-ounce) package pepperoni (I buy for \$1 at the \$ Store)
2 tablespoons cornmeal

1. Preheat oven to 450°.
2. Place crust on cornmeal coated parchment paper lined cookie sheet. Bake for 5 minutes. You can use a pizza stone if you have one.
3. Remove from oven and coat the crust with the pizza sauce, sprinkle the cheese evenly, then layer with pepperoni.
4. Bake again for 8-10 minutes, or until the crust starts to brown and the cheese becomes bubbly.

Pizza Sauce

Makes 24 Servings

Preparation: 5 minutes

No cooking and quick to make!

1 (15-ounce) can tomato sauce with herbs
1 (6-ounce) can tomato paste with roasted garlic
1 tablespoon dried oregano leaves
1 1/2 teaspoons garlic powder

1 teaspoon paprika
1/2 tablespoon dried basil leaves
1/2 teaspoon sugar
3/4 teaspoon onion powder

1. In a medium bowl, mix tomato sauce and tomato paste until smooth; stir in remaining ingredients.

Tomato Pizza with Fresh Mozzarella

Makes 2 Servings

Nice use of summer tomatoes and basil.



1 pizza crust
cornmeal, optional
2 tablespoons olive oil

2 tomatoes, sliced thin
8 ounces fresh mozzarella, sliced
6 basil leaves

1. Preheat oven to 450°.
2. Place crust on a cornmeal sprinkled parchment paper lined cookie sheet. Bake for 8-10 minutes. You can use a pizza stone if you have one.
2. Remove from the oven and coat the crust with the olive oil then layer the tomatoes and mozzarella on top. Finish with the basil leaves.
3. Bake directly on the oven rack again for 8-10 minutes, or until the crust starts to brown and the cheese becomes bubbly.

Two Cheese Convection Pizza with Fresh Tomatoes, Basil and Garlic

Makes 2 Servings

Fast week night meal and so tasty.

I designed this recipe for the Breville convection toaster oven.



1 tablespoon cornmeal

1 12" round Pillsbury refrigerated pizza dough

4 teaspoons extra virgin olive oil, divided

1 1/2 cups grated mozzarella cheese

2 tomatoes, thinly sliced

1/4 cup Parmesan cheese

1 cup or more fresh basil leaves, torn

2 large garlic cloves, minced

1. Position the Breville toaster oven rack on the bottom.
2. Sprinkle the cornmeal on the 12" Breville pizza pan.
3. Carefully unroll the pizza dough and place dough size down on the pizza pan. Remove the paper. Slightly roll up edges to hold the ingredients on the dough while cooking.
4. Drizzle 2 teaspoons of the oil on the dough. Using your hand smooth over the surface of the dough.
5. Sprinkle the mozzarella over the dough leaving a 1-inch border so the cheese doesn't spill over the pan.
6. Arrange the tomato slices in a single layer over the cheese.
7. Sprinkle with the Parmesan.
8. Arrange the basil leaves on top, sprinkle with garlic and drizzle 2 teaspoon of olive oil over the pizza.
9. Place the pie on the bottom rack of the Breville. Set the oven to Pizza, convection, 450°.
10. After 15 minutes, the Breville will ding. Slide the Pizza onto a cutting board and cut into wedges and serve immediately.

Potatoes and Rice



Cheesy Gnocchi Casserole with Prosciutto and Peas

Makes 4 Servings

You can substitute ham, pancetta or bacon for the prosciutto.



1 tablespoon unsalted butter
1 onion, chopped
8 ounces prosciutto
1/2 teaspoon chopped fresh thyme
1/2 cup low-sodium chicken broth
1 17.5-ounce package potato gnocchi

1 cup frozen green peas, thawed
1/4 cup heavy cream
1/4 teaspoon each Salt and freshly ground black pepper
1 cup Gruyere cheese or fontina, swiss, smoked gouda

1. Preheat the broiler to high heat.
2. Melt the butter in a large ovenproof skillet over medium heat. Add the onions and cook until softened, about 3 minutes.
3. Add the prosciutto and thyme and continue to cook until the meat is lightly browned.
4. Add chicken broth and 3/4 cup water and bring to a simmer.
5. Add gnocchi, stir well, cover and cook until the gnocchi are slightly tender, about 5 minutes.
6. Remove from heat. Uncover and stir in the peas, cream, 1/4 teaspoon salt and 1/4 teaspoon pepper.
7. Sprinkle the cheese over the top and broil until golden and bubbly, about 3 minutes.
8. Serve.

Gnocchi

Makes 4 Servings

Preparation: 30 min , Cook Time: 30 min

Yield: 4

2 starchy potatoes (like russet)
2 cups all-purpose flour

1 egg

Bring a large pot of salted water to a boil. Peel potatoes and add to pot. Cook until tender but still firm, about 15 minutes. Drain, cool and mash with a fork or potato masher.

Combine 1 cup mashed potato, flour and egg in a large bowl. Knead until dough forms a ball. Wrap in plastic wrap and let rest 30 minutes. Cut into 4 pieces. Shape the pieces of the dough into long "snakes". On a floured surface, cut snakes into half-inch pieces. Lightly flour pieces. Using the tines of a fork roll pieces to create ridges for the sauce to stick better.

Bring a large pot of lightly salted water to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until gnocchi have risen to the top; drain and serve with favorite sauce.

Oven-Crisp Garlic Paprika Potato Wedges

Makes 4 Servings

Any potatoes you've got on hand - even large baking potatoes - can be used in this recipe. The key is cutting them into small, uniform pieces so they'll bake evenly in just 20 minutes.



1 1/2 pounds small red potatoes
1 tablespoon extra virgin olive oil
4 teaspoons finely minced garlic

1 teaspoon paprika
3/4 teaspoon coarse salt
1/4 teaspoon freshly ground black pepper

1. Preheat oven to 475°. Quarter potatoes and place in large bowl. Drizzle olive oil over potatoes and toss.
2. Sprinkle garlic, paprika, salt and pepper over potatoes; toss to coat well.
3. Line a baking sheet with foil and lightly spray with olive oil (using MISTO sprayer). Arrange potatoes on prepared baking sheet. Roast for 20 minutes, stirring once or twice during cooking.
4. Raise heat to broil. Broil potatoes until crisp, watching closely not to over-brown, about 1-2 minutes.

Quick Jambalaya

Makes 4 Servings

Jambalaya was born in New Orleans in the 18th century when Spanish settlers tried to recreate paella using Louisiana ingredients. This is a quick weeknight meal.

The picture is Michael and I on the St. Charles Streetcar (February 2019). It is the oldest continuously operating streetcar line in the world, as it has been in operation since 1835.

Can add veggies too. Try corn or broccoli florets.

Can substitute the proteins with one protein or more proteins adding to 1 pound. Example; 1/2 pound kielbasa and 1/2-pound chicken or 1 pound kielbasa.



1 (8-ounce) package Zatarain's Jambalaya Rice Dinner Mix
1/4 pound kielbasa
1/4 pound cooked chicken (use left over rotisserie)
1/4 pound ham

1 (14 1/2-ounce) can diced tomatoes
1 tablespoon extra virgin olive oil
1/4 pound cooked shrimp
hot pepper sauce to taste (optional)

1. Mix 2-1/2 cups water, rice mix, kielbasa, chicken, ham, diced tomatoes and extra virgin olive oil.
2. Bring to a boil. Reduce heat to low. Cover.
3. Simmer 25 minutes or until rice is tender.
4. Add in cooked shrimp if using.
5. Remove from heat. Let stand 5 minutes.
6. Fluff with fork before serving

Scalloped Potatoes

Makes 6 Servings

Preparation: 30 m , Cook Time: 45 m

Yield: 6

3 pounds potatoes, thinly sliced
1/2 onion, thinly sliced
9 tablespoons all-purpose flour, divided
6 tablespoons butter, diced and divided

salt and ground black pepper to taste
3 cups whole milk, or as needed
8 ounces shredded Cheddar cheese

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

Spread about 1/4 of the potato slices into the bottom of the prepared baking dish. Top with about 1/3 of the onion slices. Sprinkle 3 tablespoons flour over the potato and onion. Arrange 2 tablespoons butter atop the flour. Season the entire layer with salt and pepper. Repeat layering twice more ending with a potato layer.

Heat milk in a saucepan until warm. Pour enough warm milk over the mixture in the baking dish so the top of the liquid is level with the final layer of potatoes.

Bake in preheated oven until potatoes are tender, 45 to 60 minutes. Top with cheddar cheese and melt before serving.

Sauces, Salsas, Salad dressing, Spices, Stuffing etc.



Balsamic Dressing

Makes 4 Servings

Preparation: 10 min

Yield: .5 cup

The higher quality of the ingredients, the higher quality of the dressing.

This is Michael's favorite dressing!



2 tablespoons balsamic vinegar
 1 tablespoon red wine vinegar
 1 tablespoon spicy brown mustard
 1 teaspoon light brown sugar

1/4 teaspoon garlic powder
 1/2 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 1/3 cup extra virgin olive oil

1. Mix all ingredients EXCEPT the oil together.
2. Add oil to mixture and mix well with whisk or shake in mason jar.

Balsamic sauce for Steak, Pork or Chicken

Makes 2 Servings

Preparation: 15 minutes , Cook Time: 30 minutes

1/4 cup plus 2 tablespoons balsamic vinegar
 2 tablespoons butter

2 tablespoons brown sugar
 2 tablespoons shallots approximately 3

1. Mince shallots.
2. Place butter in pan over medium heat and sauté shallots until clear.
3. Add brown sugar and balsamic vinegar.
4. Bring to a boil and stir until sauce thickens slightly and turn to very low.
5. Immediately ladle over freshly grilled meat.

Buffalo Chicken Wing Sauce

2/3 cup Franks red hot sauce
 1/2 cup cold unsalted butter
 1 1/2 tablespoons white vinegar

1/4 teaspoon Worcestershire sauce
 1/4 teaspoon cayenne pepper
 1/8 teaspoon garlic powder

Combine all ingredients in a pot and place over medium heat. Bring to a simmer while stirring with a whisk. As soon as the liquid begins to bubble on the sides of the pot, remove from heat, stir with the whisk, and set aside for use.

Easy Homemade Gravy

Yield: 2 cups

3 tablespoons butter, cut into small pieces
 3 tablespoons all-purpose flour
 3 cups chicken broth or turkey broth

palmful of poultry seasoning or ground sage
 Salt and freshly ground black pepper to taste
 italian parsley optional for garnish

1. In a saucepan over medium heat, melt the butter and sprinkle with the flour. Let bubble for 30 seconds, then slowly whisk in the stock until smooth. Bring to a simmer, then add the poultry seasoning, salt and pepper. Cook for 2-3 minutes, until thickened.

Easy Refrigerator Pickles or Green Tomatoes or anything you want pickled

Makes 28 Servings

Yield: 7 cups



6 cups thinly sliced pickling cucumbers (about 2 pounds)

2 cups thinly sliced onions

3 cups white vinegar

1 1/2 cups sugar

1 1/2 teaspoons salt

1 teaspoon mustard seeds

1 teaspoon celery seeds

1 teaspoon ground turmeric

1 teaspoon crushed red pepper flakes

1/2 teaspoon freshly ground black pepper

4 cloves garlic, thinly sliced

1. Place 3 cups of cucumber in a 9 x 13inch glass dish or large glass bowl; top with 1 cup of onion. Repeat with remaining cucumber and onion.
2. Combine vinegar and remaining ingredients in a saucepan; stir well. Bring to a boil; cook 1 minute. Pour over cucumber/onion mixture; let cool. Cover and chill at least 4 days. Package in Ball jars.

Note: Pickles may be stored in the refrigerator for up to one month.

Elaine's Ketchup Based BBQ Sauce

Preparation: 10 minutes



1 1/2 cups brown sugar
1 1/2 cups ketchup
1/2 cup red wine vinegar
1/2 cup water
1 tablespoon Worcestershire sauce
2 1/2 tablespoons dry mustard

2 teaspoons paprika
2 teaspoons salt
1 1/2 teaspoons black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon liquid smoke

In a blender, combine all ingredients. Blend until smooth.

Fajita Spice Blend

1 tablespoon chili powder
1 tablespoon paprika
1 teaspoon brown sugar
1 teaspoon salt

1/2 teaspoon black pepper
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon ground oregano

Mix all ingredients.

Honey You Are HOT!

You can use any dried pepper flakes. We use this in many recipes but it is especially good over my homemade ricotta cheese.



1 jar any kind of honey (we grew our own and dried them)
as much as you can handle cayenne pepper flakes

Place pepper flakes in honey. Close lid and turn upside down occasionally. Better the longer is sits.

Pork dry spice rub

2 parts paprika, 2 parts chili powder, 1 part light brown sugar, 1 part salt, 1 part ground black pepper, 1 part crushed red pepper, and 1 part cumin. The rub can be made in any quantity and stored for use later.

Mushroom Sauce

Makes 2 Servings

Good over steak but chicken might be good as well.

2 (8-ounce) packages baby bella mushrooms
2 tablespoons balsamic vinegar
1 tablespoon corn flour (can substitute another flour)

1 (12-ounce) package evaporated milk
1 tablespoon butter
Salt and freshly ground black pepper to taste

1. Put the butter in a medium sized fry pan with the mushrooms and cook them on medium heat until they start to soften slightly.
2. Add 3/4 can of evaporated milk and the balsamic vinegar and keep it at a medium heat.
3. While the mushrooms are cooking in the milk (this won't take long) quickly mix a little of the milk with the corn flour to form a paste. Add this to the sauce and keep stirring until thickened. If it becomes too thick add more evaporated milk till you get the consistency you desire. If it is not thick enough, make more corn flower paste and add it a little at a time.
4. Add salt, pepper and more balsamic vinegar to taste.

Mustard - Spicy Brown



1/4 cup yellow mustard seeds
1/4 cup black mustard seeds
1/2 cup 5 % apple cider vinegar

1/4 cup water
2 teaspoons sugar
3/4 teaspoon salt

1. Combine mustard seeds, apple cider vinegar and water in a medium bowl. Cover with plastic wrap and let stand at room temperature for at least 8 hours up to 24 hours. (I soak for 4 days)
2. Process soaked mustard seeds with sugar and salt in a food processor until coarsely ground and thickened, scraping down as needed.
3. Transfer mustard to glass container and let stand at room temperature until it achieves desired spiciness (no need to let it stand at room temperature if you soak for 4 days), then refrigerate for up to 2 months.

Pesto - Basil

Yield: 1 1/3 cups

One cup is enough for 1 pound of pasta. It's also good on boiled potatoes or in soups



**4 ounces Parmesan cheese, at room temperature,
cut
into 1-inch pieces
4 small cloves of garlic
2 2/3 cups tightly packed fresh basil leaves**

**1/3 cup pine nuts
3/4 teaspoon salt
1/3 cup extra virgin olive oil**

Use metal blade to chop cheese and garlic, about 30 seconds. Add remaining ingredients, except oil, and process until combined, about 8 pulses. With machine running, pour oil through feed tube. Process until combined, about 10 seconds. Scrape bowl and continue processing until smooth, about 20 seconds.

Pico De Gallo

Serve on quesadillas or with chips

**2 diced roma tomatoes
1/2 white onion
3 tablespoons fresh cilantro chopped finely**

**1 tablespoon jalapeno chiles minced
1 tablespoon fresh lime juice
1 teaspoon kosher salt**

Combine all the ingredients in a mixing bowl and mix well.

Pineapple Stuffing for Ham

Makes 10 Servings



8 slices firm white bread, cut in cubes, baked at 250° for 1/2 hour and cooled
1/2 cup (1 stick) very soft butter
1/4 cup brown sugar

1/4 cup sugar
4 eggs, whisked lightly
1 (20-ounce) can crushed pineapple with juices
1/2 (20-ounce) can pineapple chunks without juices

1. Preheat oven to 350°.
2. In a large bowl, cream butter and sugars. Add whisked eggs and beat well. Fold in pineapple and bread cubes.
3. Spoon mixture into buttered 8' by 8" baking dish and bake for 55-60 minutes or until top is nicely crunchy, golden brown and everything is cooked through.

Southwest Seasoning

2 tablespoons chili powder
2 tablespoons paprika
1 tablespoon garlic powder
1 tablespoon ground coriander
1 tablespoon dried oregano leaves
1/2 tablespoon San Francisco sherpa pink

himalayan gourmet salt
2 teaspoons ground cumin
1 teaspoon black pepper
1 teaspoon cayenne pepper
1 teaspoon crushed red pepper flakes

Combine all ingredients and store in an airtight container.

Steak Sauce

Makes 4 Servings

Preparation: 5 minutes



6 tablespoons ketchup
2 tablespoons Worcestershire sauce
1/4 teaspoon onion powder
1/4 teaspoon garlic powder

1/2 teaspoon mustard powder
1/2 teaspoon Thai fish sauce or oyster sauce
1 teaspoon balsamic vinegar

1. Stir all ingredients or shake in a ball jar. Serve.

Stir-fry Sauce

Use on chicken, shrimp, vegetables or noodles.

3 tablespoons oyster sauce
2 tablespoons Golden Mountain Sauce (can substitute using soy sauce)
1 tablespoon Thai fish sauce

2 tablespoons chili paste, optional or can add more
1 tablespoon lime juice or lemon juice
2 tablespoons white wine, optional
2 tablespoons brown sugar

Combine the ingredients together, stirring to dissolve sugar.

Taco Seasoning

Makes 10 Servings

Preparation: 1 min

Make your own instead of buying the processed package.



1 1/2 teaspoons chili powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried oregano leaves

1/2 teaspoon paprika
1 1/2 teaspoons ground cumin
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/2 tablespoon flour

1. In a small bowl, mix all ingredients. Store in an airtight container.
2. Use 3 tablespoons per pound of meat with 2/3 cups of water. Let it simmer down.

Note: Make sure to level your tablespoon of chili powder with a knife unless you like it very spicy.

Note 2: I like to grind my black pepper into a container and use it right away. The flavor pops more.

Soups and Stews



Beef and Barley Soup

Makes 8 Servings

Cook Time: 2 1/2 hours

This soup tastes like Michael's beef stew but is easier to make.



1 1/2 pounds beef chuck or boneless beef top round steaks, cut into bite size cubes (Michael uses beef chuck in his stew)
2 tablespoons extra virgin olive oil
2 (32-ounce) packages beef broth (use the best broth you can find)
1 teaspoon salt
1/8 teaspoon pepper
1 cup chopped carrots
1/2 cup chopped celery
1/4 cup chopped onions

3 tablespoons minced fresh parsley
1 cup frozen green peas
1 cup pearl barley
CROUTONS:
Rustic (see recipe) leftover bread, cut into 2 inch pieces
extra virgin olive oil spray
dried rosemary, crushed (I use a small mortle and pestle)
onion powder
beef

1. In a Dutch oven, brown beef in oil; drain. Stir in the broth, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Add the carrots, celery, onion and parsley; cover and simmer for 45 minutes or until meat and vegetables are tender.
3. Meanwhile, bring 1 cup barley and 2 cups of water or broth to a boil. Reduce heat to a simmer; cook, covered, until tender and most of the liquid is absorbed, 40-50 minutes.
4. Add peas and cooked barley to the soup.

To make the croutons:

1. Preheat oven to 300°.
2. Spray the bread on all sides and coat with spices to taste.
3. Bake in preheated oven for 15 to 20 minutes or until crisp.

Black Bean Soup

Makes 6 Servings

Quick, easy and oh so tasty!

1 tablespoon olive oil
1 large onion or 1 tablespoon of onion powder
1 stalk celery chopped (1/2 cup)
2 carrots chopped (1 cup)
4 cloves garlic chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1/4 teaspoon pepper

3 (14-ounce) cans chicken broth
4 (19-ounce) cans black beans drained and rinsed
1 (15.25 ounce) can whole kernel sweet corn drained
1 (16-ounce) container Santa Barbara Hot Salsa
fresh cilantro
thinly sliced green onion
sour cream
Tostitos Restaurant Style Chips Super Size

1. In 4-quart saucepan or Dutch oven, heat oil over medium-high heat. Cook onion, celery, carrots and garlic in oil 5 min, stirring occasionally. Add chili powder, cumin, onion powder if using and pepper; cook 1 min. Stir in broth, 2 cans of the black beans and the corn. Heat to boiling, stirring occasionally.
2. Meanwhile, place remaining 2 cans of black beans in blender or food processor. Cover and blend on high speed until smooth. Stir into boiling soup mixture. Stir salsa into boiling soup mixture.
3. Reduce heat to medium; simmer 15 min. Garnish with chopped cilantro, thinly sliced green onions and sour cream. Serve with Tostitos Restaurant Style Chips.

Note: Make sure to use the garnishes. They enhance the flavor of the soup.

Condensed French Onion Soup Substitute

Makes for a great gravy!

I didn't have Campbells in the cabinet one day. We like this better.



3/4 cup boiling water
2 teaspoons Better than bouillon - beef
1 small onion (about 1/2 cup chopped)
1 tablespoon olive oil

1 tablespoon molasses
1/4 cup cold water
2 tablespoons cornstarch

1. Dissolve bouillon in boiling water in a 2-cup glass liquid measuring cup. Add onions to the broth.
2. In a medium saucepan heat oil and molasses over medium heat. Add onions and sauté for 5-7 minutes until the onions are soft and sticky.
3. Dissolve cornstarch in cold water and add to onion mixture. Season with salt and pepper to taste. Bring it to a boil and stir until thickened.

Corn Chowder with Sausage or Bacon

Makes 6 Servings

Preparation: 15 minutes , Cook Time: 30 minutes

EASY!!!

6 peeled and cubed potatoes or two 15oz cans
 1 teaspoon salt
 1/2 teaspoon dried marjoram
 3 cups chicken broth or water
 1 pound pork sausages or 1/2 cup cooked bacon or smoked sausage

1 onion chopped
 1 (15.25 ounce) can whole kernel corn
 1 (14.75 ounce) can creamed corn
 1 (12-ounce) can evaporated milk
 black pepper to taste

- 1) Combine potatoes, salt, marjoram, and water in a soup pot. Boil until potatoes are just tender. No need to boil potatoes if using canned potatoes.
- 2) Brown sausage and onion in a skillet over medium heat. Drain off excess fat and add to the potatoes.
- 3) Stir in the cans of corn and the evaporated milk. Heat through and add black pepper to taste.

Ham and White Bean Soup

Makes 9 Servings

Preparation: 30 minutes , Cook Time: 2 hours 30 minutes

1 pound dry great northern beans
 8 cups chicken broth or water (broth is more flavorful)
 1/2 teaspoon salt
 1 ham hocks or better yet left over ham bone
 1 cup chopped carrots
 1/2 cup celery, chopped

1 cup chopped onions
 1 teaspoon garlic powder
 1 teaspoon mustard powder
 2 bay leaves
 2 cups chopped ham
 1/2 teaspoon ground white pepper or more to taste
 salt to taste

1. Rinse the beans, sorting out any broken or discolored ones. In a large pot, cover the beans with water and soak the beans overnight. Rinse the beans and clean the pot. Return the beans to the pot and add the remaining ingredients except the chopped ham and white pepper. Stir well and bring to a boil, reduce heat to low and simmer for 60 minutes.
2. Remove the ham bone and discard. Stir in the chopped ham and simmer for 30 more minutes. Season with ground white pepper to taste.

Mexican Chicken Corn Chowder

Makes 8 Servings

Preparation: 20 min , Cook Time: 35 min

Rich and delicious!

1 1/2 pounds boneless, skinless chicken breasts
32 ounces chicken broth
water

1 clove garlic
1 small onion (about 1/2 cup, chopped)
3 tablespoons butter
1 cup chicken broth
1 teaspoon ground cumin

2 cups half and half or cream or half of each
2 (one pound) Monterey Jack cheese shredded
1 (14.75 ounce) can cream-style corn
1 (4-ounce) can diced green chiles
1/2 cup hot jalapeno pepper slices, chopped
1 dash hot pepper sauce
white pepper to taste
1 chopped tomato
cilantro

In a large pot simmer the chicken breast and broth until the chicken is no longer pink. Add water to cover the chicken. Do not boil as it will toughen the chicken. Remove chicken from broth and discard the broth. Shred the chicken with two forks and set aside.

In a Dutch oven sauté garlic and onion in butter. Pour in 1 cup of broth and season with cumin. Bring to a boil. Reduce heat to low, cover, and simmer for 5 minutes.

Stir in cream, cheese, corn, chilies, hot pepper sauce and chicken. Cook, stirring frequently, until the cheese is melted. Garnish with chopped tomato and cilantro.

New England Clam Chowder

Makes 6 Servings

3 tablespoons butter
1 medium onion, finely diced
3 cloves garlic, minced
2 stalks celery (reserve tender leaves) trimmed,
quartered lengthwise, then sliced into 1/4-inch
pieces
4 tablespoons all-purpose flour

2 cups chicken broth
4 (6 1/2-ounce) cans chopped clams in juice
1 cup heavy cream
2 bay leaves
1 pound red potatoes, cut into 1/2-inch cubes
1/2 teaspoon white peppers
crouton (See recipe for Pan Toasted Croutons)

1. Heat the butter in a large pot over medium-high heat. Add the onion and celery and sauté until softened, mixing often.
2. Add garlic and cook for 1 minute more.
3. Stir in the flour to distribute evenly.
4. Slowly add the chicken broth, then add juice from the 4 cans of chopped clams (reverse clams), cream, bay leaves and potatoes. Stir to combine. Bring to a simmer, stirring often (the mixture will thicken), then reduce the heat to medium-low and cook 20 minutes, stirring often, until the potatoes are nice and tender.
5. Add clams and white pepper. Cook another 2 minutes to heat. Do not cook longer as clams will be rubbery.
6. Serve topped with croutons.

Manhattan Clam Chowder

Makes 4 Servings

Cook Time: 30 mins

1 1/2 tablespoons extra virgin olive oil
1 large onion, chopped
2 stalks celery, chopped
8 cloves garlic, minced
1/4 teaspoon red pepper flakes
1/4 cup tomato paste
6 sprigs parsley
6 sprigs thyme
1 bay leaf

1 or 2 large potato, diced
5 (8-ounce) jars clam juice
1 (28-ounce) can whole, peeled tomatoes (use liquid), roughly chopped
3 (10-ounce) cans Crown Prince boiled baby clams , drained
2 teaspoons salt
freshly ground black pepper

1. Heat the oil in a large pot over medium heat. Add the onion, celery, garlic and crushed red pepper and cook, covered, stirring occasionally, until soft, about 8 minutes. Stir in tomato paste and cook, stirring, for about 1 minute more.
2. Tie herbs together with twine or put in a soup ball and add to the pot. Pour in the clam juice and add the potatoes. Bring to a boil. Lower the heat and simmer, covered, until the potatoes are tender, about 10 - 15 minutes.
3. Stir in the tomatoes and clams. Cover and bring to a low simmer. Remove herbs. Season with pepper to taste. Serve immediately so the clams do not get rubbery.

Italian Pasta and Bean Soup w/Tortellini

Makes 8 Servings

Preparation: 15 mins , Cook Time: 6 hours

1/2 (46-ounce) can vegetable juice
1 (28-ounce) can crushed tomatoes
2 tablespoons fresh basil leaves
Salt and freshly ground black pepper to taste
1 medium onion chopped

2 medium zucchini cut into 1-inch pieces
1 (15 1/2-ounce) can great northern beans drained and rinsed
1 (8-ounce) package cheese tortellini

In a large crock-pot, combine all the ingredients except tortellini.

Cover and cook on low for at least 6 hours.

When ready to serve, increase heat to high and add tortellini.

Cook an additional 20 minutes or until tortellini are soft.

For best results, use fresh tortellini instead of frozen.

Salmon Chowder

Makes 4 Servings

Preparation: 10 mins , Cook Time: 45 mins

This is so rich! I made it for Grammy and she loved it.



3 tablespoons butter
3/4 cup diced yellow onions
1/2 cup diced celery
2 medium carrots diced
1 teaspoon garlic powder or 8 garlic cloves minced
2 cups diced potatoes or 2 cans
2 cups fish broth or chicken broth
1 teaspoon salt
1 teaspoon ground white pepper

2 tablespoons Simply Organic Seafood Grilling
Seasons or 1 tsp dried dill
1 (16-ounce) can salmon drained and bones
crushed (great calcium)
1 (12-ounce) can evaporated milk
1 (15-ounce) can creamed corn
1/2 pound American cheese diced
fresh dill

1. In a large saucepan over medium heat melt the butter and sauté the onions, celery, carrots and garlic powder until onions are just translucent.
2. Stir in potatoes, broth, salt, pepper and seafood seasoning.
3. Bring to a boil, reduce heat to medium low and simmer for 20 minutes, stirring often.
4. Stir in evaporated milk, corn and cheese.
5. Heat and stir until cheese melts.
6. Stir in salmon to heat through.
7. Serve garnished with fresh dill if desired.

Split Pea Soup with Ham

Makes 6 Servings

You can cook this in a crock pot if you like. First bring to a boil then put it in the crock pot on low for 3 hours. The uncured ham shank makes the soup less salty, very meaty and flavorful.

Note: Serving size is based on the soup being a main meal served with a salad. Serve hot with croutons or crusty bread.

DO NOT ADD ADDITIONAL SALT DURING COOKING - THE SPLIT PEAS WILL NOT SOFTEN



16 ounces split peas,dried
3 carrots,chopped
1 pound uncured ham shank or 1 Cook's bone in Ham Steak (about 1.25 lbs) or better yet a meaty ham bone from Easter or Christmas , optional
8 cups water

3/4 cup chopped onions or 2 teaspoons of onion powder
1 teaspoon garlic powder
1/2 teaspoon freshly ground black pepper
1/2 teaspoon dried marjoram leaves
1/4 teaspoon ground thyme

1. Sort and wash peas and place in a Dutch oven.
2. Add remaining ingredients and bring to a boil. Cover, reduce heat and simmer 2 to 3 hours until peas are tender.
3. Remove ham and cut into small pieces. Discard bone. Return ham to the pot.

Slow Cooker Zucchini Soup

Makes 6 Servings

Preparation: 30 minutes , Cook Time: 4 hours 15 minutes

The sausage makes this soup! That being said, feel free to change the amount of sausage. I lower the amount of sausage when I'm dieting using 4 Shoprite sausages.

This is great as a thick soup served with French bread or served over rice or noodles. Better the next day!



1 1/2 pounds sweet Italian sausages
2 cups 1/2-inch pieces celery
2 pounds zucchini, cut into 1/2-inch slices
2 (28-ounce) cans diced tomatoes with juice
2 green bell peppers, cut into 1/2-inch slices
1 cup chopped onions
2 teaspoons salt

1 teaspoon white sugar
1 teaspoon dried oregano leaves
1 teaspoon Italian seasoning
1 teaspoon dried basil leaves
1/4 teaspoon garlic powder
6 tablespoons grated Parmesan cheese or to taste

1. Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Mix celery into cooked sausage; cook and stir until celery is softened, about 10 minutes.
2. Combine sausage mixture, zucchini, tomatoes with juice, bell peppers, onion, salt, sugar, oregano, Italian seasoning, basil, and garlic powder in a slow cooker.
3. Cook on low for 4 to 6 hours. Garnish each serving with 1 tablespoon of Parmesan cheese.

Tomato and Cannellini Bean Soup

Makes 6 Servings

You can swap other greens, like spinach, for the chard in this bean soup recipe. It tastes even better after being chilled for a day or two.

**BEANS:**

1 cup dried cannellini or other small white beans, soaked overnight

1 onion, quartered through root end

4 cloves garlic, crushed

2 bay leaves

salt

SOUP:

4 tablespoons extra virgin olive oil, divided, plus more for drizzling

1 (28-ounce) can whole, peeled tomatoes, drained

1/2 teaspoon crushed red pepper flakes or more salt

1 onion, chopped

1 fennel bulb, cored, chopped

4 cloves garlic, very thinly sliced

1 tablespoon sherry vinegar

4 cups low-sodium vegetable broth

1 bunch swiss chard, stems removed, leaves torn into pieces

chopped, unsalted, roasted almonds (for garnish)

Beans:

Combine beans, onion, garlic and bay leaves in a large pot and add cold water to cover by 2". Bring to a simmer over medium heat, add several pinches of salt, and reduce heat to low. Continue to cook at a bare simmer until beans are creamy but still hold their shape, 35-45 minutes. Let beans cool in cooking liquid; discard bay leaves.

Do Ahead: Beans can be cooked 3 days ahead. Cover and chill.

Soup:

Heat 2 tablespoons of oil in a large heavy pot over medium-high. Add tomatoes, 1/2 tsp red pepper flakes and a pinch of salt and cook tomatoes, undisturbed, until caramelized and borderline blackened on one side, about 5 minutes. Break up tomatoes, scraping bottom of pot, and continue to cook, scraping and stirring occasionally, until tomatoes are caramelized all over, about 5 minutes more. Transfer tomatoes to a plate.

Heat another 2 Tbsp of oil in the same pot over medium heat. Add onion, fennel, garlic and a pinch or so of red pepper flakes, if desired; cook, stirring often, until vegetables are soft and starting to brown around edges, 8-10 minutes. Stir in vinegar and tomatoes, scraping up browned bits. Drain beans and add to pot along with broth (for a thicker soup, use half of the broth plus 2 cups bean-cooking liquid). Bring to a simmer; season with salt.

Cook until flavors meld, 30-45 minutes.

Just before serving, stir in chard and cook until wilted. Ladle soup into bowls, top with almonds and drizzle with oil.

Do Ahead: Soup (without chard) can be made 4 days ahead. Let cool; cover and chill.

Slow-Cooker Stew Meat Chili

Makes 8 Servings

Preparation: 20 mins , Cook Time: 6 hrs 5 mins

Yield: 8 servings

Garnish with sour cream, chopped red onion and cheddar cheese.

So Easy!

1 1/2 tablespoons olive oil	1 cup beef broth
1 pound cubed beef stew meat	1 large onion, diced
2 tablespoons chili powder	2 small poblano pepper, diced
1 teaspoon ground cumin	2 tablespoons barbecue sauce, optional
2 tablespoons all-purpose flour	1 1/2 tablespoons brown sugar
1 (28-ounce) can diced tomatoes	1 teaspoon garlic powder
2 (15 1/2-ounce) cans black beans, rinsed and drained	3/4 teaspoon salt
1 (15 1/2-ounce) can kidney beans	beef broth to thin chili if it is too thick

1. Heat oil in a large skillet over medium-high heat. Add stew meat and brown for 2 minutes, stirring often. Add chili powder and cumin; cook and stir until fragrant, about 1 minute. Stir in flour and cook for 1 minute more. Transfer meat to a large slow cooker.
2. Add remaining ingredients; stir until well combined.
3. Cover and cook on Low, stirring occasionally, until beef is tender, 6 to 8 hours. Thin the chili beef broth as it cooks, if consistency is too thick.

Vegetables

What a clever garden Michael built!



Balsamic Onions for burgers or steak

Makes 4 Servings

Great for cheese stuffed burgers or a topping for steak.

3 small red onions
1/4 cup good balsamic vinegar
1/4 cup good extra virgin olive oil
1 teaspoon salt

1/2 teaspoon freshly ground black pepper
1 tablespoon brown sugar
1 teaspoon dried thyme leaves

1. Preheat oven to 375°.
2. Cut the onions in half and slice 1/4-inch-thick and place on a baking sheet lined with parchment paper.
3. Place remaining ingredients in a small mason jar and shake to blend ingredients.
4. Pour the sauce over the onions and toss to coat.
5. Bake for 10 minutes, stir and bake for 10 minutes more, stir again and bake 10 minutes more. Note: You can continue to bake the onions until desired char

Blistered Tomatoes

Makes 2 Servings

Have as a side, turn into a pasta sauce, great side for chicken or pork, top potatoes or rice.



4 ounces grape tomatoes, halved lengthwise
2 cloves garlic, thinly sliced
Salt and freshly ground black pepper to taste

1/2 ounce fresh basil leaves, chopped
extra virgin olive oil

1. Heat a pan over medium heat.
2. Add garlic and a drizzle of oil.
3. Cook until fragrant, about 30 seconds.
4. Add tomatoes and cook, stirring often, until they burst, 3-4 minutes.
5. Season with salt and pepper, then stir in chopped basil.

Tip: If the tomatoes won't soften, poke them with a wooden spoon to break them up.

Creamed Spinach

Makes 8 Servings

Preparation: 35 minutes

Perfect side for steak!

4 tablespoons unsalted butter
1 medium yellow onion minced
3 cloves garlic minced
4 teaspoons kosher salt divided
1 teaspoon freshly ground black pepper
1/2 teaspoon freshly grated nutmeg or a pinch of

ground nutmeg
1/4 cup all-purpose flour
3 1/2 cups half-and-half
4 (16-ounce) packages fresh leaf spinach
2 ounces cream cheese
1/2 cup grated Parmesan cheese

1. Bring a small amount of water to a boil with two teaspoons of salt.
2. Add the spinach and cook just until wilted, about 1 minute. Drain the spinach in a strainer or colander. Rinse with cold water until cool and squeeze the water out of spinach making bundles with your hand.
3. Chop the spinach bundles into a 3/4-inch width.
4. In a large skillet melt the butter with the garlic and onions. Cook on medium low for 8-10 minutes or until the onions are translucent.
5. Add in the remaining salt, black pepper and nutmeg.
6. Add in the flour and mix with a wooden spoon over low and cook for 2-3 minutes until the aroma is a bit nutty.
7. Add the half and half and cook until boiling.
8. Add in the cream cheese. Cook for 6-8 minutes or until the mixture has thickened.
9. Add in the spinach and the Parmesan cheese and stir to combine.

Corn and Kale Salad

Makes 6 Servings

Preparation: 15 m , Cook Time: 10 m

Yield: 6

Great with barbecue

4 ears sweet corn, husked or 3 cups canned corn
2 bunches kale - stems removed and discarded, leaves torn into bite-size pieces
1 teaspoon salt, or more to taste
1 large red bell pepper, chopped
1/2 cup red onion, finely chopped
1/4 cup pineapple juice or any citrus juice

1/4 cup olive oil
2 tablespoons salsa
2 teaspoons fajita spice blend, or to taste (See recipe under spices)
1 teaspoon garlic powder
1 teaspoon onion powder
salt and pepper, to taste

- 1) Bring a large pot of water to a boil. Add corn to boiling water and turn off heat. Let corn soak in hot water for 5 minutes. Remove the corn, reserving the cooking water in the pot. Set corn aside to cool before slicing kernels from the cobs into a mixing bowl.
- 2) Return the pot of water to a boil; add kale and 1 teaspoon salt. Boil kale until bright green and tender, about 5 minutes; drain and set kale aside to cool. Once cool enough to handle, squeeze as much liquid from the kale as you can. Chop leaves and add to bowl with corn kernels.
- 3) Stir red bell pepper, red onion, pineapple juice, olive oil, salsa, Fajita spice seasoning, garlic powder, and onion powder into the corn and kale.
- 4) Let flavors blend for at least 4 hours at room temperature, stirring occasionally. Stir and serve.

Green beans with Baby Bella mushrooms and Shallots

Makes 4 Servings

The amount of green beans to mushrooms is a guide. Use more or less to taste or what you have on hand.



1 pound fresh green beans, trimmed
2 tablespoons extra virgin olive oil
1/3 cup (about 2 medium) shallots, sliced

3/4 pound fresh baby bella mushrooms
Salt and freshly ground black pepper

1. Bring a large pot of water to a boil.
2. Place green beans in the boiling water and continue to boil for 8 minutes. Drain and put aside.
3. Heat the oil over medium-high heat in a large nonstick skillet. Add the shallots and cook, stirring, until softened slightly, about 2 minutes.
4. Add the mushrooms and cook, stirring occasionally, until the water they release has evaporated and they begin to brown, about 10 minutes. Cover, to speed up the cooking of the mushrooms, then uncover to allow the juices to evaporate.
5. Add the green beans and stir to rewarm. Season with salt and pepper and serve.

Mom's Asparagus

Makes 2 Servings



1 bunch fresh asparagus
2 tablespoons extra virgin olive oil

San Francisco sherpa pink himalayan gourmet salt
or any salt to taste

1. Wash asparagus in a tub of water.
2. Snap ends. The end should have a natural snap.
3. Heat a skillet over medium-high heat and then add about 2 tablespoons of extra virgin olive oil.
4. Add asparagus, and cook for about 8-10 minutes, turning asparagus to ensure even cooking.
5. Remove from pan and salt to taste.

Mom's Green beans



fresh green beans
water
extra virgin olive oil

San Francisco sherpa pink himalayan gourmet salt
or any salt

1. Boil water in a pot large enough to fit the green beans.
2. Carefully place green beans in the boiling water.
3. Boil for exactly 8 minutes.
4. Drain water.
5. Coat with extra virgin olive oil and salt to taste.

Roasted Cauliflower & 16 Roasted Cloves of Garlic

Makes 4 Servings



1 large cauliflower (trimmed and cut into bite size pieces, washed with water still on)
16 cloves garlic peeled and lightly crushed
1 teaspoon dried rosemary

1 teaspoon salt
1/2 teaspoon black pepper
1/2 cup extra virgin olive oil

1. Preheat oven to 450°.
2. Mix oil, rosemary, salt, pepper and garlic together.
3. Toss in cauliflower and place in a large casserole dish in one layer.
4. Roast in a preheated 450° oven for 20 minutes; give a toss and bake for 10 more minutes.

Spicy Italian Stuffed Zucchini Boats or Eggplant Boats

Makes 2 Servings

Yield: Makes 2-4 servings

Note: I have used Rotel drained instead of tomato, not used the mushrooms and added 2 tablespoons of breadcrumbs, 3 Italian sausages skinned and browned with 1/2 cup onion.



2 medium zucchini
2 garlic cloves, minced
1 medium tomato, seeded and finely chopped
1/2 cup finely chopped fresh mushrooms
1/2 teaspoon dried basil

1/2 teaspoon dried oregano
1/4 teaspoon crushed red pepper flakes
2 tablespoons olive oil
3/4 cup shredded parmesan cheese, divided
2 teaspoons fresh basil, chopped

Preheat oven to 400° degrees F.

Cut zucchini in half lengthwise; scoop out pulp and seeds, leaving 1/4-inch shell (use a small spoon for this). Reserve pulp from two zucchini and chop. Combine zucchini pulp, garlic, tomato, mushrooms, basil, oregano, crushed red pepper flakes, olive oil and 1/2 cup cheese in a medium bowl. Divide mixture among zucchini shells.

Place stuffed zucchini in a 13 x 9 baking dish; cover with foil. Bake for 25 minutes or until zucchini is tender. Sprinkle with remaining cheese. Bake uncovered 5 minutes more or until cheese is melted. Top with fresh basil.

Enjoy!

Stir Fried Collards

Makes 8 Servings

This recipe can be halved.



16 ounces fresh collard greens, rinsed and hard stems removed

1 tablespoon extra virgin olive oil

1 medium onion, sliced thin

1/2 green pepper, optional

1/2 red pepper, optional

4 cloves garlic, peeled and chopped

1 teaspoon salt

1/2 tablespoon sugar, optional

1/4 tablespoon pepper

1. Heat a large pot. Add oil and sauté onion, peppers and garlic in oil over medium heat for 5 minutes or until just soft.
2. Add fresh collard greens and turn heat up to medium-high.
3. Add salt, sugar and pepper. Cook for 5-7 minutes or until desired consistency.
4. Server hot over rice or alone as a side dish.

Desserts



Ice Cream Base - No Machine

Makes 8 Servings

Preparation: 20 minutes

Yield: 3 pints

**2 cups heavy whipping cream, cold****1 (14-ounce) can sweetened condensed milk, cold or****see sweetened condensed milk recipe****1 teaspoon vanilla extract, optional**

1. Place sweetened condensed milk in the fridge to keep cold.
2. Using a hand or stand mixer fitted with a whisk attachment, whip the cold cream on medium high speed until soft peaks form.
3. Turn off the machine and pour the cold condensed milk into the whipped cream.
4. Turn the speed up to high and whisk until the mixture is thick and stiff peaks form. Turn off the machine and stir in vanilla extract (optional).

Making Ice Cream Flavors:

1. This is your base and you can add in your desired flavors and fixings. Generally, use two cups ice cream base and mix in to create your flavors.
2. Once you finish creating your flavors, transfer your ice cream mixture to an airtight container and freeze for a minimum of 6 hours or overnight before eating.
3. Keep stored in the freezer for up to 6 weeks.

Great for Christmas gifts!



1 cup white sugar
1/2 cup light corn syrup
1/4 teaspoon salt
1/2 cup water

1 1/2 cups lightly salted peanuts
2 tablespoons butter, softened or melted
2 teaspoons vanilla extract
1 teaspoon baking soda

1. Have all the ingredients for this recipe measured out and ready.
2. Butter a large nonstick cake pan. Set aside.
3. In a heavy 2-quart saucepan, over medium heat, bring to a boil sugar, corn syrup, salt and water. Stir until sugar is dissolved. Set candy thermometer in place and continue cooking. Stir frequently until temperature reaches 300 degrees F.
4. Remove from heat; immediately stir in butter, vanilla and baking soda; pour at once onto the cake pan. Tilt the cake pan so that the mixture spreads.
5. Cool. Snap candy into pieces.
6. Store in airtight container.

Pecan brittle: Substitute pecans for peanuts.

Chocolate-dipped peanut brittle: Prepare brittle as directed. Melt 2 (2oz) chocolate bark coating squares. Dip peanut brittle pieces into melted chocolate. Place on wax paper and let harden.

Apple Crisp

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Makes 6 Servings

Perfect on a fall day after apple picking! In our house this only serves 3!



6 sliced tart apples, peeled or not (I like peeled but not is better for you)

1 cup sifted all-purpose flour

1 cup sugar, depending on tartness of apples, could be less

1 teaspoon baking powder

1/2 teaspoon salt

1 egg

1/2 cup melted butter, butter dish, remaining melt.

1/2 teaspoon ground cinnamon

1/4 cup chopped walnuts, optional

1. Butter an 8-inch baking dish. Arrange sliced apples in the buttered baking dish.
2. In a large bowl, combine flour, sugar, baking powder, salt, and egg; blend well. Sprinkle mixture evenly over apples.
3. Drizzle remaining melted butter evenly over crumb mixture.
4. Sprinkle with cinnamon and walnuts.
5. Bake at 350° for 30 to 40 minutes.
6. Serve warm, with ice cream or whipped cream.

Apple Pie



**1 box Pillsbury
6 thinly sliced, peeled apples (about 6 large apples)
3/4 cup sugar
2 tablespoons all-purpose flour**

**3/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1 tablespoon lemon juice**

Heat oven to 425°. Place 1 pie crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom.

In a large bowl, gently mix filling ingredients; spoon into crust-lined pie plate. Top with second crust. Wrap excess top crust under bottom crust edge, pressing edges together to seal; flute. Cut slits or shapes in several places.

Using a pastry brush, brush milk on top of crust and sprinkle with some sugar.

Bake 40 to 45 minutes or until apples are tender and crust is golden brown. Cover edge of crust with 2 to 3-inch wide strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool on cooling rack at least 2 hours before serving.

Easy!



3 eggs, lightly beaten
1 cup sugar
1/2 cup light corn syrup
1/2 cup dark corn syrup
1/2 cup unsalted butter melted
2 tablespoons bourbon whiskey

1 teaspoon vanilla extract
1/4 teaspoon salt
1 unbaked 9-inch pie shell
1 1/4 cups coarsely chopped pecans
pecans to decorate the top

1. Preheat oven to 375°.
2. Mix together eggs, sugar, corn syrups, butter, bourbon, vanilla and salt until well blended.
3. Prick the sides and bottom of the pie shell with a fork at 1/2-inch intervals.
4. Spread coarsely chopped pecans on the bottom and pour the mixture over them.
5. Place pecans on top in any decorative fashion you desire.
6. Bake for 35 to 45 minutes, until just set around the edges but still slightly loose in the center. It will continue to set as it cools.
7. Place on a rack to cool slightly.
8. Serve with homemade whipped cream or vanilla ice cream.

Buttermilk Coffee Cake

Makes 12 Servings

Double the topping and it's even better!



CAKE

1 stick butter, softened
2 cups sugar
2 eggs
1 teaspoon vanilla extract
4 cups flour
3 teaspoons baking powder
1 teaspoon baking soda
2 cups buttermilk (You can use powdered

buttermilk found in the baking aisle) follow package directions
1 cup walnuts (optional but I love the walnuts)

TOPPING:

5 tablespoons butter
1/2 cup sugar
2/3 cup flour

1. Preheat oven to 350°.
2. Cream butter and sugar; add eggs, one at a time, beating after each. Add vanilla. Add dry ingredients alternately with buttermilk. Beat until smooth. Fold in nuts.
3. Put in a 9 x 13-inch pan.
4. Mix topping ingredients with a pastry blender to form crumbs. Sprinkle topping over cake mixture.
5. Bake at 350° for 40 - 45 minutes until a toothpick comes out clean.

Chocolate-Peanut Butter Truffle Pie

Ultra-rich dessert! A Christmas tradition for many years.



1 box Pillsbury refrigerated pie crusts
Truffle Filling
1/2 cup [duplicate 1] whipping cream
1 cup [duplicate 1] dark chocolate chips
1/2 teaspoon vanilla extract
Peanut Butter Filling
1 cup whipping cream

1 (8-ounce) package cream cheese softened
1 cup creamy peanut butter
1 cup powdered sugar
Topping
1/4 cup dark chocolate chips
1 tablespoon shortening
2 tablespoons coarsely chopped salted peanuts

1. Heat oven to 450°. Bake pie crust as directed on box for One-crust baked shell, using 9-inch glass pie plate. Cool completely on cooling rack, about 15 minutes.
2. Meanwhile, in 2-quart saucepan, heat 1/2 cup whipping cream over medium-high heat until hot. Remove from heat; stir in 1 cup chocolate chips and the vanilla until smooth. Spread truffle filling in bottom of baked crust. Freeze 15 minutes.
3. Meanwhile, in medium bowl, beat 1 cup whipping cream with electric mixer on high speed until stiff peaks form. Set aside. In another medium bowl, beat cream cheese, peanut butter and powdered sugar with electric mixer on medium speed until smooth; fold in whipped cream. Carefully spread over truffle filling. Refrigerate until set, about 2 hours.
4. In small microwavable bowl, microwave 1/4 cup chocolate chips and the shortening uncovered on high 30 to 60 seconds, until melted. Drizzle chocolate over pie; sprinkle with peanuts. Cut into wedges to serve. Cover and refrigerate any remaining pie.

Decadent Trifle

Make a small bowl for yourself or a large bowl to share.

This was in a book I read. The Nantucket Inn by Pamela Kelley

brownies (see Fudgy Cocoa Brownie recipe)
kahlua
chocolate sauce

homemade whipped cream
crushed toffee candy bits
sliced strawberries

Layers of brownies, drizzled with Kahula and chocolate sauce and layered with homemade whipped cream, crushed toffee bits and sliced strawberries. Make as many layers as you wish or your bowl can fit.

Elaine's Oatmeal Cookies

122

Makes 30 Servings

Yield: 5 dozen

These were your dad's favorite cookies! You might want to make them as a gift for him.



1 1/4 cups butter
3/4 cup brown sugar
1/2 cup sugar
1 egg
1 teaspoon vanilla extract
1 1/2 cups flour
1 teaspoon baking soda
1 teaspoon salt

1 teaspoon cinnamon
1/4 teaspoon nutmeg
3 cups oats
1 cup golden raisins
1 cup coconut
1 cup chopped walnuts
1 cup chocolate chips
1 cup peanut butter chips

1. Heat oven to 375°.
2. Beat butter and sugars until fluffy.
3. Beat in egg and vanilla.
4. Combine flour, baking soda, salt and spices.
5. Add to butter mixture.
6. Stir in oats.
7. Fold in remaining ingredients.
8. Drop by rounded tablespoonfuls onto ungreased cookie sheet.
9. Bake for 8 minutes.
10. Cool for 1 minute on cookie sheet.
11. Remove carefully to cooling rack.

Note: Do not substitute margarine for butter and do not bake over 8 minutes.

Fudgy Cocoa Brownies

Makes 6 Servings

Preparation: 30 mins



1/2 cup unsalted butter, melted and hot
1 tablespoon olive oil
1 1/8 cups sugar
2 large eggs

2 teaspoons pure vanilla extract
1/2 cup all purpose (or plain) flour
1/2 cup unsweetened cocoa powder
1/4 teaspoon salt

- 1) Preheat oven to 350°F.
- 2) Lightly grease an 8-inch square baking pan with cooking oil spray. Line with parchment paper; set aside.
- 3) Combine hot melted butter, oil and sugar together in a medium-sized bowl. Whisk well for about a minute. Add the eggs and vanilla; beat until lighter in colour (another minute).
- 4) Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT over beat; doing so will affect the texture of your brownies).
- 5) Pour batter into prepared pan, smoothing the top out evenly. (OPTIONAL: Top with chocolate chunks or chocolate chips.)
- 6) Bake for 20-25 minutes, or until the center of the brownies in the pan no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan out of the oven). If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies.
- 7) Remove and allow to cool to room temperature before slicing into brownies.

OPTIONAL ADD INS:

Crushed walnuts, peanuts, almonds, pecans, chocolate chips, peanut butter chips, chocolate chunks, dried fruit (cranberries, raisins, etc)

Grandma Jo's Cream Cheese Cake

Makes 8 Servings

*Mom's Tips for Perfect Cheesecake:**Make sure your oven is at the right temperature**Have all ingredients at room temperature**Do not over-mix the cheesecake batter**Leave cheesecake in the cooling oven**Cool completely at room temperature**Don't over-mix your batter. You have to mix the cream cheese enough to remove any lumps, but too much air into the mix can cause the cake to rise too rapidly in the oven, then fall, then crack.*

2 pounds (4 blocks) cream cheese
1 1/2 cups sugar
4 eggs
1/4 cup cornstarch
2 tablespoons lemon juice

1 teaspoon vanilla extract
1/2 cup melted butter, cooled
1 pint sour cream
graham cracker crumbs or Graham cracker crust
recipe below

If using my crust recipe below, make crust first.

Preheat oven to 325°

1. Cream 2 pounds of cream cheese using a handheld mixer, stand mixer or blender at medium-high speed in a large bowl (about 2 minutes).
 2. Add 1 1/2 cups of sugar and blend. From here on I blend using a wooden spoon and the blender so I don't over blend. I'm not sure how Grandma Jo does it.
 3. Add 4 eggs, one at a time, mixing well after each egg.
 4. Add 1/4 cup of cornstarch, 2 tablespoons of lemon juice, 1 teaspoon of vanilla. Mix well.
 5. In a small bowl, mix 1/2 cup of cooled melted butter with 1 pint of sour cream.
 6. Add the butter/sour cream mixture to the cheese mixture. Mix well.
 7. Pour into a butter greased 9 or 10 inch spring form pan dusted with graham cracker crumbs.
 8. Bake 1 hour and 10 minutes at 325°. Let the cake remain in the oven with the heat off for 2 hours. Be sure to let the cake cool before removing from the pan.
- Use a knife to loosen the chilled cheesecake from the rim of the springform pan, then remove the rim

Can be frozen for 1 month.

Mom's graham cracker crust recipe:

1 and 1/2 cups (150g) graham cracker crumbs (about 10 full sheet graham crackers)
5 Tablespoons (70g) unsalted butter, melted
1/4 cup (50g) granulated sugar

Make the crust: Using a food processor, pulse the graham crackers into crumbs. Pour into a medium bowl and stir in sugar and melted butter until combined. (You can also pulse it all together in the food processor.) Mixture will be sandy. Press firmly into the bottom and slightly up the sides of a 9-inch or 10-inch springform pan. No need to grease the pan first. I use the bottom of a measuring cup to pack the crust down tightly. Pre-bake for 8 minutes. Remove from the oven. Allow crust to slightly cool as you prepare the filling.

Mom's topping suggestions: salted caramel, strawberry topping, chocolate ganache, red wine chocolate ganache, fresh fruit, whipped cream, or raspberry sauce.

Irish Ginger Cookies

Makes 12 Servings

Preparation: 24 cookies , Cook Time: PT15M

Yield: 24 cookies

A soft, chewy, moist center with a sugary, crunchy coating.

These are baked by Michael now that he is retired.



1 cup brown sugar
1 large egg
1/4 teaspoon salt
3/4 cup butter, softened
2 cups all-purpose flour

1/2 teaspoon baking soda
1 teaspoon ground cloves
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1 cup confectioner's sugar

1. Preheat oven to 350 degrees and prepare a baking sheet with a silicone liner or parchment paper. Set aside.
2. Using a hand-held mixer, blend the brown sugar and butter until light and fluffy.
3. Add the egg and salt. Mix into the butter mixture.
4. Add the flour, baking soda, ground ginger, ground cinnamon, and ground cloves. Mix until just incorporated. Do not over mix.
5. Use a small cookie scoop, about 1 tablespoon in size, to scoop the cookie batter into even portions. Roll into balls and roll into the confectioner's sugar until well coated.
6. Place the dough on the baking sheet, about 1 inch apart. Bake for 15 minutes. Remove from oven and immediately transfer to a wire cooling rack to completely cool.

Orange Angel Food Cake with Fresh Berries and Whipped Cream

Makes 8 Servings

This is a perfect summertime dessert. You can also serve it alone with a scoop of ice cream. Do you remember this cake?



1 1/2 cups superfine sugar (don't use regular sugar)
 1 cup unbleached all-purpose flour
 1/2 teaspoon salt
 12 large egg whites, at room temperature
 1 teaspoon cream of tartar
 1 1/2 teaspoons pure vanilla extract

zest of 1 small orange, finely grated
 1 pint fresh raspberries
 1 pint fresh blueberries
 1 cup heavy cream
 mint sprigs, for garnish

1. Preheat oven to 325°.
2. In a small bowl, whisk together 1/2 cup of the sugar with the flour and salt.
3. In a clean, dry large bowl using a dry wire whip or beaters, beat the egg whites until they are foamy. Sprinkle with cream of tartar, and beat until soft peaks form. Beat in the vanilla, orange zest and the remaining 1 cup of sugar, a tablespoon at a time, and continue beating until the peaks are stiff, but not dry. Using a rubber spatula, fold the flour mixture into the batter. Do not overmix.
4. Scrape the batter into an ungreased 10-inch tube pan or angel food cake pan. (I like to use an angel food cake pan).
5. Bake for 50 to 55 minutes, until the cake springs back when lightly touched. Invert the pan over the neck of a wine bottle. When completely cool, run a kitchen knife around the side of the pan to loosen. Invert the cake onto a platter.
6. While the cake is cooling, toss the raspberries and blueberries in a bowl, cover until ready to serve.
7. In a large bowl, using an electric mixer set on high speed, whip the cream until it forms very soft peaks. You can add some superfine sugar if you want it sweet. Cover and chill for at least 1 hour.

Serve the cake slices topped with the berries and a large dollop of whipped cream. Garnish each serving with a mint sprig.

Shortbread

Makes 24 Servings

Preparation: 10 mins , Cook Time: 45 mins

Yield: 24 cookies

This is extremely easy with only 3 ingredients

The original recipe (called Shortbread Stars) came from McCall's recipe box collection from the 1980's. This is a modification to the original recipe using a 9 x 13 pan rather than chilling, rolling out and cutting into shapes.



1 cup butter, softened
1/2 cup sugar

2 1/2 cups flour

1. Preheat oven to 300°.
2. Cream butter and sugar together.
3. Add flour and mix until texture is like clay.
4. Press dough into ungreased 9 x 13-inch pan, prick all over with a fork. Sprinkle with sugar.
5. Bake for about 40-45 minutes until lightly browned and golden around the edges.
6. Let stand for 5 minutes, then cut into 24 squares while warm or break up any which way you like.
7. Leave in pan to cool thoroughly. Shortbread will not be crisp until cool.

Variations:

1. After cutting shortbread into squares (while still warm) scatter 1 cup of chocolate chips over the top, let the chocolate soften completely, then spread as thin a layer as possible. Let cool completely.
2. Stir 1 cup chocolate or butterscotch chips into the dough before pressing into the pan.
3. Try a layer of caramel and a layer of chocolate on top.

If You Don't Have ...

You always had a fashion flair!

It's best to use ingredients the recipe recommends, but if you have to substitute ...



Active dry yeast

1 tablespoon dry or 1 package compressed yeast

All-purpose flour - 1 cup

1 cup plus 2 tablespoons cake flour

Baking powder - 1 teaspoon

1 teaspoon baking soda plus 1/2 teaspoon cream of tartar

Brown sugar - 1 cup packed

1 cup granulated sugar or 2 cups powdered sugar

Buttermilk

1. Measure 1 3/4 teaspoon cream of tartar plus 1 cup milk. Whisk to combine and let stand at room temperature for 5-10 minutes, until curdled and then stir. The mixture then becomes your buttermilk replacement — use the same measurement you need for your given recipe.
2. To make your own buttermilk using lemon juice, you are going to add 1 tablespoon of lemon juice to a liquid measuring cup. Then, add regular milk (whole milk works best) until the amount reaches one cup. Let the milk and lemon juice mixture stand at room temperature for 10 minutes. The milk should look curdled after about 10 minutes. Stir and you have a homemade buttermilk substitute to use in your recipe! Alternatively, if you don't have fresh milk, you can combine 1/3 cup powdered milk + 1 cup water. Then, add 1 tablespoon fresh lemon juice. Let sit for 10 minutes before using.
3. 2 tablespoons of regular milk plus enough plain yogurt to equal one cup. Whisk well to combine and you have a buttermilk substitute. Then, use as your recipe instructs. If you are using plain GREEK yogurt, you'll want to use 3 – 4 tablespoons of milk because Greek yogurt tends to be a bit thicker than plain traditional yogurt. Either type of yogurt works well as a buttermilk substitute.
4. To make a sour cream buttermilk substitute, combine 3-4 tablespoons of regular milk plus enough sour cream to equal 1 cup. Whisk well to combine and you have a buttermilk substitute. Stir to combine and then use your as your buttermilk substitute in your recipe.
5. To make a buttermilk substitute using white vinegar, add 1 tablespoon of white vinegar to a liquid measuring cup. Then, add milk until the amount reaches 1 cup. Let the mixture stand at room temperature for 5-10 minutes. It should look curdled. Stir and you have homemade buttermilk for your buttermilk substitute! Alternatively, if you don't have fresh milk, you can combine 1/3 cup powdered milk + 1 cup water. Then, add 1 tablespoon white vinegar. Let sit for 10 minutes before using.
6. Buttermilk powder is buttermilk that has been pasteurized, then concentrated with an evaporator, and then dried to produce a powder. You can purchase buttermilk powder at most any grocery store. To make buttermilk using buttermilk powder, follow the instructions on the buttermilk powder container. The instructions on the buttermilk powder that I have state to combine 1 cup of water with 1/4 cup powder to equal 1 cup of fresh buttermilk.

Cake flour - 1cup

1 cup minus 2 tablespoons all-purpose flour

Cornstarch

2 tablespoons all-purpose flour or 4 teaspoons quick-cooking tapioca

Dairy in baking

When replacing milk with nondairy milk, it is substituted cup for cup.
Rice milk, coconut milk, almond milk, soy milk, and hemp milk are great options
For 1 cup of:

Buttermilk: 1 tablespoon lemon juice or apple cider vinegar + 1 cup nondairy milk. Let stand for 10 minutes.
Yogurt, cream, or sour cream: nondairy yogurt, such as coconut milk yogurt to retain texture
Butter: coconut oil, shortening, or nondairy buttery spread (cup for cup)
Melted butter: applesauce (cup for cup, usually up to 3/4 cup)

Eggs in baking

When a recipe calls for 3 or more eggs for one batch, substitutions typically do not work

(1 Egg) can be substituted with:

1/2 mashed banana
1/4 cup unsweetened applesauce (or other pureed fruit such as pears or prunes)
1/4 cup canned pumpkin puree
1/4 cup plain yogurt or sour cream
1/4 cup pureed tofu + 1 tablespoon flour
1/4 cup oil
1 tablespoon ground flaxseed + 3 tablespoons warm water. (Mix and let stand for 5 minutes until gel-like.)
commercial egg replacer
2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder
1 tablespoon apple cider or white distilled vinegar + 1 teaspoon baking soda
2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder
1 tablespoon apple cider or white distilled vinegar + 1 teaspoon baking soda

Flour in baking

When cooking gluten-free, it's not always a cup-for-cup replacement. Amounts may vary, and other chemical agents may be needed. Gluten-free flours can require more moisture and often thickeners/binders such as xanthan gum or guar-gum added.

1 cup whole-wheat flour: 1/2 cup all purpose + 1/2 cup whole-wheat flour
1 cup all-purpose: 1/2 cup whole-wheat + 1/2 cup all-purpose (white). If you make this 100% whole-wheat, baked goods will be "dense."
1 cup all-purpose (white) flour: 1 cup soft white wheat also called whole-wheat baking flour
Almond flour: substitute 1:1 with all-purpose (white) flour. Note: Almond flour typically requires more egg or binding agent, so the recipe might need to be altered.
Coconut flour: To reduce the coconut flour in a recipe, substitute 2 tablespoons coconut flour + general all-purpose flour for the rest. Recipes that call for coconut flour have often been developed specifically for the ingredient; I recommend seeking an alternative recipe altogether.
Buckwheat flour: Just like substituting for whole-wheat above. 1/2 cup buckwheat + 1/2 cup all-purpose to 1 cup all-purpose.

Fresh herbs chopped - 1 tablespoon

3/4 to 1 teaspoon dried herbs

Half and Half

Yield: 1 cup

For one cup of half-and-half substitute:

1. Mix 1/2 cup whole milk + 1/2 cup light cream.
2. Mix 3/4 cup whole milk + 1/4 cup heavy cream.
3. Mix 2/3 cup skim or low-fat milk + 1/3 cup heavy cream.
4. Place 4 teaspoons melted unsalted butter in a measuring cup, then add enough whole milk to equal 1 cup.

Honey - 1 cup

1 1/4 cups sugar plus 1/4 cup liquid

Lemon juice - 1 teaspoon

1 teaspoon vinegar

Milk - 1 cup

1/2 cup evaporated milk plus 1/2 cup water or nonfat dry milk mixed according to package directions.

Semisweet chocolate - 1 ounce

1 ounce unsweetened chocolate plus 1 tablespoon sugar

Tomatoes canned - 1 cup

About 1 1/3 cups cut-up fresh tomatoes, simmered 10 minutes

Unsweetened chocolate - 1 ounce

3 tablespoons unsweetened cocoa plus 1 tablespoon vegetable shortening

Wine - 1 cup

1 cup apple juice, apple cider, chicken or beef broth

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