

# Why Not Dessert First?



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## **Why Not Dessert First?**

This is a question I have always asked when it comes to meals and meal planning. If you talk about this idea enough you will find there are many others around who share the thought that perhaps we should have dessert first in our lives. Savor the sweet as we reward ourselves for the work done to earn a meal. Of course there are generations of tradition in our culture and all those that make up our great land that prevent a wide spread movement in this direction but it is certainly something we can play around with and have fun in our lives once in awhile. Right?

With that in mind this cook book starts at dessert and moves forward from there.

Bon Appetit!

# Dessert First

## The Best Banana Bread Recipe

Banana bread is a sweet-tasting bread which is cooked into loaves made from mashed bananas. It is a quick bread that utilizes baking soda to help it rise or acts a leavening agent for the bread. Many cooks like to make variations in their banana bread recipe by adding nuts or raisins or other ingredients. It is a simple recipe that does not need complex ingredients and does not even need an electric beater if you do not have one.

Banana bread was popularized in mid 1900's when baking soda was also popularized. In some Asian countries, banana bread is a regular food and can also be served as an alternative to white bread.

## Banana Bread Recipe



Here is a banana bread recipe that are easy to make and very delicious. What you will need for this banana bread recipe:

- 1 cup butter for shortening
- 5 over-ripe bananas, mashed well
- 2 ½ cups sugar
- 4 eggs
- ¾ cup buttermilk
- 3 cups flour
- 1 ½ teaspoon baking soda

½ teaspoon salt  
1 cup chopped nuts  
1 ½ teaspoon vanilla

For this banana bread recipe, combine shortening, bananas and sugar. Slowly add eggs, one at a time and beat well. Sift baking soda, flour and salt together. Alternately add the other dry ingredients along with the buttermilk to the batter mixture. Add the vanilla and nuts and mix the banana bread recipe mixture well.

You will need two greased loaf pans for the entire banana bread recipe mixture. Do not fill to the top since the banana bread recipe will rise, you might like to give at least an inch space from the rim of the loaf pans. Bake the mixture for seventy to eighty minutes at 325 degrees or until a toothpick comes out clean from the bread.

This banana bread recipe does not call for any complicated procedure to make it and it taste great as well. Children love the sweet taste and so do adults. It can also keep for several days which make it worth cooking. It is also a great way of making use of overripe bananas that almost everybody hates to eat.

Banana bread is also a nutritious alternative to white bread and can also be made with wheat bread or whole grain. There are many variations to the traditional banana bread but the more effective banana bread recipe calls for overripe bananas. If you do not use overripe bananas, the tendency is that the top of the banana bread loaf will remain moist and you will have a hard time distinguishing if it is already done or not.

**Down Home Memories with This Blackberry Cobbler Recipe**

Some people say that the key to any great blackberry cobbler recipe is the crust while others say that it is the blackberry itself. Everyone has their own opinions on crust and in fact, there are countless recipes for the crust itself that could take days to wade through. However, with blackberries, there are a few particular things to watch out for when you go picking them.

For your blackberry cobbler recipe, you want to pick blackberries that are plump and have a nice deep color. In addition, for a blackberry to be ready for picking, the leafy hull at the top of the berry must be gone. In addition, check your blackberries for any signs of decay which could occur if they were lying on the ground after a rain storm.

### A Quick and Easy Blackberry Cobbler Recipe

While fresh blackberries are the best for a blackberry cobbler recipe, you can use frozen berries as well. The key is to defrost what you need and pat dry to remove excess moisture.

#### **Ingredients**

1 cup of all purpose flour  
1½ cups of sugar  
½ teaspoon salt  
1 teaspoon baking powder  
7 tablespoons butter (still cold)  
¼ cup water, boiling  
¼ cup water, cold  
2 tablespoons cornstarch  
1½ teaspoon lemon juice  
4 cups blackberries (rinsed and pat dry)

#### **Blackberry Cobbler Recipe Directions**

Preheat your oven to 400°F. In one large bowl, mix ½ cup of the sugar, flour, salt and baking powder together and then cut in the cold butter until the flour mixture looks crumbly. Next, stir in the boiling water into the flour mixture until it is moist evenly.

In a different bowl, mix the cold water and cornstarch together until dissolved. Next, add the remaining sugar, lemon juice and blackberries, then pour in a large seasoned cast iron skillet. Bring the berry mixture to a boil, constantly stirring so as to avoid burning.

The next step in the blackberry cobbler recipe is placement of the dough. Take the berry mixture off the heat and drop spoonfuls of dough onto the top of the hot berry mixture, placing with an even hand. Bake for approximately 20 - 30 minutes until the dough turns golden brown.

\* It is important to note that this cobbler does bubble as it bakes, so you might want to line your oven with foil or place the cast iron skillet on top of a foil-lined pan to catch any drips.

#### Slight Changes for this Blackberry Cobbler Recipe

You can make some slight adjustments to this blackberry cobbler recipe according to taste and items on hand. For instance, you can mix together both brown and white sugar together to create the 1½ cups needed for the recipe. In addition, if you do not have a cast iron skillet, you can use another type of skillet that can go from the stovetop to the oven.

Some people love to eat this cobbler while it is fresh out of the oven while others may prefer it cool or cold. Vanilla ice cream or whipped topping is a favorite addition to a fresh out of the oven blackberry

cobbler recipe too. The great thing about cobbler is that there is no right or wrong way to eat it!

## **Wonderful Whipped Cream Cheesecake Recipe**



Cheesecake recipes provide a rich dessert that is fit for a king. Like the name suggests, a cheesecake is made from cheese and its delectable flavor is enhanced with your favorite dessert choice. You can make a cheesecake in a short time and many cheesecakes are served chilled.

### Cream Cheese Filling And A Pie Crust

Many bakers make their own cheese filling from scratch using a baker's cheese, cottage cheese or farmer's cheese and eggs. The following recipe for chocolate cheesecake uses the popular Philadelphia brand of cream cheese and a chocolate piecrust. You can substitute an ordinary piecrust or a graham cracker piecrust for this dessert and your cheesecake recipe will turn out just as delicious.

### Bake This Dessert At A Low Temperature

A cheesecake recipe only requires a low heat temperature to bake it and when the middle is almost firm, many bakers will turn off the heat and leave the oven door open to finish the baking. Your cheesecake will shrink as it cools although not very much unless the baking temperature was too high. You can chill your cheesecake overnight before serving, as this will enhance the firmness of the cheesecake.

### Ingredients

16 oz. cream cheese, room temperature and softened  
1/2 cup sugar  
1/2 teaspoon pure vanilla extract  
2 eggs  
4 squares of semi-sweet baking chocolate, melted  
1 chocolate or graham cracker piecrust, ready made

#### Directions

1. Preheat oven to 350 degrees Fahrenheit. Blend your cream cheese, sugar and vanilla extract by hand or with a hand mixer. Add the eggs and continue to blend. Add the melted chocolate and blend thoroughly.
2. Put the cream cheese mixture into your piecrust.
3. Bake for forty minutes or until the center is just about firm. You may leave in the cooling oven to finish baking or you may cool on the countertop. When the cheesecake is cool, put it into the refrigerator for a few hours or for overnight before you serve this dessert.

You can garnish your cheesecake recipe with curls of chocolate, crushed mint candy, slices of your favorite chocolate bar, whipped topping, strawberries, blueberries or other favorite candy or fruit. Another favorite way to serve this dessert is to create a chocolate glaze or to serve the cheesecake with a chocolate sauce, whipped cream and maraschino cherries. You can make a cheesecake recipe that will be remembered and desired by your friends and family and you can be sure you will be asked when you will be making your cheesecake recipe again.

#### **A Chocolate Cake Recipe for Every Taste and Need**

For many people, when you ask them what their favorite cake flavor is, the answer is likely to be chocolate. In fact, some people love chocolate so much that they

would probably worship at an altar to ensure a steady supply! So how do you decide which chocolate cake recipe you will bake for that special occasion or those just because moments when you need a chocolate fix?

## No Chocolate Cake Recipe Created Equal

It is not in the least bit hard to find a chocolate cake recipe, whether it is in a cookbook or even on the internet. The problem lies in the fact that there are literally thousands and thousands of recipes to choose from! How do you choose between ten different Death by Chocolate recipes or one hundred World's Best Chocolate Cake recipes? The answer is that you select the recipe based on the ingredients you have on hand as well as the ingredients that you could substitute in a recipe.

Some chocolate cakes may use water for part of the liquid in the recipe while others use buttermilk or even a soda to create a subtle, unique flavor and texture. One chocolate cake recipe may call for those bittersweet baking chocolate squares while another may allow you to substitute cocoa powder with vegetable oil. For people with gluten and wheat allergies, you can find a chocolate cake recipe, actually hundreds of them, which do not require flour as an ingredient.

Regardless of what kind of chocolate cake you like, you will find a chocolate cake recipe to suit your needs. There is chocolate fudge cake, devil's food cake, German chocolate cake, Swiss chocolate cake, chocolate pound cake and even chocolate angel food cake. You can even find a chocolate cake recipe that is "tainted" by other ingredients like nuts, marshmallows, zucchini, beets, peanut butter and more. Where there is a will and a taste bud, there is a variation of the chocolate cake recipe.

## Choosing your Cake Recipe

Sometimes, you have to choose your chocolate cake recipe by the number of people you are trying to feed. If a cake is needed for a birthday or just because, you can pull out your trusty Betty Crocker cookbook or even look on the back of your cocoa powder can for ideas. For a ladies luncheon or get-together, a chocolate bundt cake is attractive.

For a large crowd, the best chocolate cake recipe you can bake is the Texas chocolate sheet cake. It is quite easy to double or even triple the recipe. A sheet cake is baked in a large 11x17 baking pan instead of a tradition round cake pan or 9x13 pans. Of course, you are back to the dilemma of which recipe to choose! Just follow the advice earlier of choosing the cake recipe that you have the most ingredients for or could make substitutions without affecting the integrity of the cake.

### **The World's Best Chocolate Chip Cookie Recipe**



This is a contest for the best chocolate chip cookie recipe on the planet. Many people have tried to recreate this age old classic of gooey chocolate and scrumptious cookie but only a few have actually gotten it right. Every single cookbook you look into will have a version of this popular American favorite. A contest is now being held to find the absolute best chocolate chip cookie recipe on the planet.

So gather your favorite chocolate chip cookie recipe and your grandmother's favorite too and come on down and show the world whose chocolate chip cookie recipe

is the best. The winner will receive a lifetime supply of the ingredients needed to make these special cookies, as well as their chocolate chip cookie recipe published in the new cookbook, "The Best Recipes on the Planet". The winner will also receive world wide acclaim because, after all who could be more famous than the person that came up with the world's best chocolate chip cookie recipe?

### Required Ingredients

Even though this chocolate chip cookie recipe must be your own, the basic ingredients are required. There must be the dry ingredients, which includes the all purpose flour, the baking soda and, of course, the universal ingredient to all dishes...the salt. Everyone must also have the sugars. The white granulated sugar is a must, along with the super sweet brown sugar. It is your choice whether you use light brown sugar or dark brown sugar.

Super soft butter is always a very important ingredient and can be added as fat free or margarine or Crisco. Eggs...well that is pretty self explanatory. Do not forget to add the vanilla. Vanilla may seem like a useless ingredient but it will make or break the cookie regardless of what ever else is added into it. Last, but not least, you must use chocolate chips! What chocolate chip cookie recipe would be complete without them? It does not matter what flavor of chocolate chips are used because in today's world there are many different flavors of chocolate chips to choose from.

### Originality

There is one other very important rule that must be followed. The chocolate chip cookie recipe must be original. The recipe on the back of the chocolate chip cookie bag is not acceptable. Anyone can make that

recipe in fact; it is the same chocolate chip cookie recipe that is included in the "Cooking for Dummies Cookbook". Your recipe must include some sort of secret ingredient to make it different from the rest. Good luck and may the best cookie win!

## **What Ingredients Are In An Ice Cream Recipe**

Ice cream is one of the all time favorite desserts of children and adults alike. The variety of flavors, colors and textures that ice cream has is enough to make your head swirl. The numerous manufacturers of ice cream products like to concoct new ice cream recipes several times in a year. An ice cream recipe may be a big hit to people while others bombed out and are just labeled as limited. There are people who specifically think of a certain ice cream recipe for specific occasions or just to have new combination of flavors.

For those who wish to make homemade ice cream, there are plenty listings of ice cream recipe to choose from and these are not as difficult as you might imagine. There are many different kinds of ice cream machines and ice cream makers for sale for home use. These are not as big as the heavy-duty ice cream makers of the manufacturers but these will suffice for home use.

### Common Ingredients in An Ice Cream Recipe

Although, there are many varieties of ice cream, there are also some basic ingredients that ice cream recipes have in common. These are cream or milk, egg yolks and sugar. These common ingredients usually found in the most common ice cream recipe and are usually mixed together to create a base for your ice cream. You can add whatever flavors you might like after or whatever colors you might want. Other additions might consist of

marshmallow or nuts, along with syrup, chocolate chips and others.

The ice cream maker is also a huge contribution to homemade made ice cream. These kitchen appliances usually have instructions on what to do with your ice cream recipe mixture after you have mixed it. Usually, the making of home made ice cream recipes is a slow procedure as there is constant stirring and movement involved (done by the ice cream maker) to avoid the ice cream forming into bigger ice crystals. Some ice cream recipes even ask for salt to be added to the ice cream mixture.

Because of the ice cream's popularity, many companies have started making sugar free and low fat ice cream recipe to cater to those who need these. The different kinds of ice cream are also marketed in different ways. Others are sold in supermarkets while others are brought to your doorstep by ice cream trucks or other conveyances. Ice cream is usually served in ice cream cones. Other packagings of ice cream products are plastic cups or heavy-duty paper tubs.

### **Classic Homemade Chocolate Homemade ice cream recipe**



Making your own homemade ice cream recipe in your hand churner is an old fashioned treat that the best commercially made ice creams cannot match. The texture and creaminess is out of this world and is sure to please everybody. At one time,

people had to wait for the iceman to deliver their block of ice so that they could make their homemade ice cream recipe.

### Old Fashioned Treat That Cannot Be Beat

Nowadays, you can easily pick up ice in bags or get it from your freezer and you are almost ready to prepare your homemade ice cream recipe. To increase the amount of ice cream that you create, make your ice cream mixture the day before you freeze your mixture. You will have to follow the directions that came with your churner which will specify how quickly to churn your ice cream at the different stages of its creation.

When you are making your homemade ice cream recipe, it is important that you do not allow the ice cream to melt at all because this will cause a loss of some of the creamy texture and volume. You can add fruit, nuts and candy to your chocolate homemade ice cream recipe.

### Ingredients

2 oz. chocolate  
2 cups milk  
1 cup sugar  
1/8 teaspoon salt  
1 1/2 teaspoons pure vanilla extract  
1 cup whipping cream  
1 cup cream

### Directions

1. Place the chocolate and the milk in a double boiler over water. Gently melt the chocolate into the milk.
2. Add the sugar and the salt to the chocolate milk mixture. Take the double boiler away from the heat and begin to whip the mixture with a wire whisk until the chocolate milk mixture is cooled and frothy.

3. Add the vanilla, whipping cream and cream to this mixture. This is your ice cream mixture. You can now save this mixture for churning the next day. You can garnish this dessert with chocolate sauce, peppermint candy and caramel sauce.

When it is time to churn your ice cream, you will need a few extra hands to help you churn your homemade ice cream recipe, which is great because, everybody can feel that they contributed to this great treat and it adds to the fun and enjoyment of this frozen dessert. Ice cream is always a great favorite for people everywhere and you can build happy memories for your friends and family by adding ice cream churning to your repertoire of fun activities for everybody.

### **A Key Lime Recipe to Tickle the Taste Buds**

One of the most refreshing pies that are especially popular in the summer is the key lime pie. With a refreshing sweet tart taste, this citrusy custard-like dessert is a cooling way to get your sweets in on a hot day. Unlike many other pies, the key lime pie recipe has come out relatively unscathed in terms of the number of variations out there. Yes, there are some differences between one key lime recipe and another, but overall, anyone would recognize this favorite green pie that makes your taste buds want to pucker up.

#### Differences in the Key Lime Pie Recipe

Everyone who loves key lime pie has a favorite type of crust. Some people prefer the flaky, bakery style crust while others love the graham cracker crust. Overall, the graham cracker holds up well over the period of several days (that is if your pie even lasts that long!) while the flaky bakery crust can get soggy after

the first day or two from the filling.

Each key lime pie recipe differs in toppings too and may include a meringue offering or a simple whipped topping. The meringue topping is made from egg whites and sugar and must be baked briefly in the oven so that it can "cook" and brown. A whipped topping can be added to your pie any time you have a hankering for it during those times when a "naked" key lime pie just won't do.

### Quick and Basic Key Lime Pie Recipe

To make it easy on you, this key lime pie recipe uses a pre-made graham cracker crust that is readily available at grocery stores. In addition, you can use bottled lime juice but it won't taste quite as fresh as squeezing fresh key limes for the juice.

### Ingredients

½ cup fresh lime juice (this could be anywhere from 3 to 6 key limes)  
4 egg yolks  
4 teaspoons lime zest (using a small grater is a great way to get the zest)  
1 can sweetened condensed milk (use a 14 ounce can)  
1-9 inch graham cracker crust

In a medium bowl, whisk the lime zest and egg yolks together for about one to two minutes to achieve a light green hue. Next, beat in the condensed milk and then add in the juice and mix again. Allow this key lime mixture to stand at room temperature until thickened.

While the flavors are marrying at room temperature in this easy key lime pie recipe, preheat the oven to 325°F. Once the key lime mixture has sufficiently thickened, pour into the graham cracker crust and bake

in the oven for about 15 minutes. When the center of the key lime mixture sets but still is wiggly, you can remove the pie from the oven and allow cooling to room temperature.

Once your pie has achieved room temperature, chill it in the refrigerator for several hours. You can serve your pie topped with whipped cream or serve it plain. This basic key lime pie recipe should serve you well no matter what the occasion may be!

### **Easy Peach Cobbler Recipe**

A peach cobbler recipe is a favorite dessert for both the cook and the ones who get to eat it. For the cook, there is not too much preparation for this dessert apart from making dough, preparing the fruit mixture and baking.

Preparation of this peach cobbler recipe can be made even simpler by using a prepared biscuit mixture instead of making your own dough from scratch. The cook also has a choice whether to put the dough below the fruit or above it. Either way, this dessert will be delicious.

A peach cobbler recipe is similar to a deep-dish pie only the dough bakes to a cake like texture and it does not take as long to cook the cobbler as it does the pie. It is also hard to go wrong with this peach cobbler recipe because if you follow the directions, the only problem could be an undercooked cobbler which you can just easily put back into the oven until it is done.

Dough Ingredients

1 3/4 cup all purpose flour  
2 1/2 teaspoons double acting baking powder  
1 1/4 teaspoon salt  
1 tablespoon sugar  
1/4 cup butter  
3/4 cup cream or milk

#### Fruit Filling Ingredients

1 egg or 2 egg yolks  
2 tablespoons flour  
2/3 to 1 cup sugar  
1/3 cup melted butter  
4 - 5 cups fresh peaches, peeled, seeded and halved or quartered

#### Directions For Fruit Filling

1. Beat the egg and add the melted butter to it. Blend in the flour and sugar. Set this mixture aside.
2. Prepare your fresh fruit by peeling, seeding and halving or quartering.
3. Put the egg mixture and the fruit into a pot. Bring the mixture to a slight boil and remove from the heat. Set aside.

#### Directions For The Dough

1. Preheat your oven to 425 degrees Fahrenheit and butter and flour an 8 x 8 baking pan or something suitable that is similar in size.
2. Your flour should be sifted before it is measured and when you have your correct flour amount, add the baking powder, salt and sugar into it, and sift again.
3. Using a pastry cutter or two knives, cut in the butter until the texture is consistent throughout the flour mixture.
4. Add the milk or cream to your flour mixture with a

fork.

5. On a floured surface, gently knead your dough for thirty seconds. Press to a 1/4 inch thickness with your hands.

6. Depending on whether you want your fruit on the top or bottom, put either your dough or the fruit mixture into your baking pan. If your dough is on top, dot the surface with butter and you may also sprinkle cinnamon on the top as well. Bake your peach cobbler recipe for thirty minutes.

### **Homemade Hot Chocolate—A Recipe For Success**



On a cold winter's day or evening, one of the most commonly consumed beverages is hot chocolate. Hot chocolate is a delectable treat, no matter if it is ordered pre-made from a coffee shop, made from a mix, or made from scratch. However, using your own recipe for homemade hot chocolate produces a beverage with so much more meaning.

#### **Advantages Of Making Hot Chocolate From Scratch**

Using your own recipe for homemade hot chocolate produces results that are superior to both using a mix and ordering a cup of hot chocolate from a coffee shop. Making the beverage from scratch is both quick and easy—anyone can make homemade hot chocolate with their own recipe!

Additionally, there are many recipes for homemade hot chocolate out there, and they allow the consumer to customize the beverage to fit their needs. You can vary the type and amount of ingredients to make a cup

of hot chocolate that tastes just the way you like it!

### Making The Mix—A Recipe For Homemade Hot Chocolate

To make homemade hot chocolate, there are only a few basic ingredients that are needed. These ingredients include: two cups of powdered sugar, one cup of cocoa, two-and-a-half cups of powdered milk, one teaspoon of salt, two teaspoons of cornstarch, one pinch of cayenne pepper, and hot water.

The steps you need to follow to make homemade hot chocolate from a recipe are very simple. All you have to do is combine all the ingredients into a bowl and mix evenly. Then, heat four to six cups of water, or use milk if you desire. Take a mug and fill it halfway full with the mixture, and pour the hot water on top. Stir and enjoy!

### Storing And Sharing

One thing that is great about making homemade hot chocolate using a recipe is that the leftover mix can easily be stored for another day. Simply store the hot chocolate mix in an airtight container, and it can be stored indefinitely.

Homemade hot chocolate made from a recipe also makes a great gift during the holiday season. Just place the hot chocolate mixture in a decorated jar or container, and use ribbon to tie a copy of the recipe to the lid of the jar. Anybody is sure to appreciate being the recipient of such a thoughtful gift.

Mmmmm, Delicious!

Following a recipe to make hot chocolate produces a streaming cup of cocoa every time. Nothing can beat hot chocolate made from scratch!

## **A Rice Pudding Recipe for a Global Dessert**

Rice, a main food staple around the world, has been cultivated for thousands of years, originating in Asia. The creation of the first rice pudding recipe is almost as old and was likely created as a way to liven up this normally bland food. The basis for each rice pudding recipe is rice, some type of sweetening agent and often milk as well as a host of other ingredients.

### The Rice Pudding Recipe in Different Forms

Virtually every part of the world has its own version of rice pudding, making it a global dessert. Even recipes within one country can include a diverse selection of ingredients as well as even how the rice pudding recipe is cooked. The ingredients used as well as the preparation methods are what dictate the types of rice pudding that can be found all over the world.

The types of rice used in a rice pudding recipe can be vastly different from one country to another. For instance, in the United States, long or short grain white rice is the primary type of rice used. However, in Thailand or Malaysia black rice is often used in the rice pudding dishes. Other types of rice that are often used, depending on availability and country include brown rice, basmati and jasmine rice.

The milk and spices are different from one rice pudding recipe to another, depending on your little corner of the world. Some of the milk commonly used includes whole milk, coconut milk, evaporated milk, half and half, whipping cream, almond milk, soy milk and even goat's milk. Spices used also differ from country to country with the most popular for rice pudding dishes being cinnamon, ginger, nutmeg, cardamom, saffron,

anise and even lavender.

The sweeteners and flavorings used tend to be rather disparate from culture to culture which should come as no surprise. Vanilla, lemon, pistachio, orange, almond, rose water and cocoa lead the pack in terms of flavorings for the rice pudding recipe. Sweeteners include granulated sugar, brown sugar, sweetened condensed milk, honey, maple syrup and other syrups made from cooking down fruit.

### Rice Pudding Recipe Add-ins

Each culture may add its own extra ingredients to enhance the taste of their rice pudding. One of the most popular ingredients to add-in for extra flavor is raisins. Berries, nuts, cocoa powder, butter, cherries and practically anything that sounds to you could be added to a rice pudding recipe.

Because eggs are included in most rice puddings, the recipes are often cooked through boiling or baking methods. Each one provides a distinct flavor to a recipe and often times, both methods are used, with the rice pudding starting in a double boiler and then finishing in the oven. If you decide to travel around the world, be sure to try the rice pudding at each destination. You will see and taste for yourself why each rice pudding recipe can be vastly different.

### **Strawberry Shortcake—A Recipe For A Delicious And Healthy Dessert**

Cakes, cookies, and pies are just a few of the many desserts that are both known and loved. Many people can't say no to a sweet treat, but others feel the need to refuse desserts that they consider to be high in

calories and sugar. This makes it hard to find a dessert recipe that pleases everyone. However, strawberry shortcake recipes can do just that! Although they are relatively healthy compared to most other desserts, strawberry shortcake recipes are extremely delicious as well!

### Following A Strawberry Shortcake Recipe



The first step in following a strawberry shortcake recipe is to make the filling. In order to make the filling, you will need one-half teaspoon of vanilla extract, one cup of heavy whipping cream, two tablespoons of sugar, four cups of sliced strawberries, and two tablespoons of sugar. First, combine the berries and sugar in a bowl and allow them to macerate in the refrigerator for several hours. In a separate bowl, whip the cream with the sugar and vanilla; cover and refrigerate.

The next part of the strawberry shortcake recipe involves making the shortcake portion of the dessert. The ingredients needed for this include: two-thirds cup of cream or buttermilk, two cups of self-rising flour, eight tablespoons of unsalted butter, one large egg, and two tablespoons of sugar.

First, preheat the oven to 450 degrees. Combine the sugar and flour in the bowl of a food processor and pulse several times. Divide the butter into eight pieces and add to the mixture. Pulse approximately fifteen times to mix. Next, whisk together the egg and cream, add this to the mixture, and pulse once again.

Place the dough in a pan and bake for fifteen to twenty minutes on the middle rack of the oven. Invert and allow to cool.

Next, you will need to assemble the strawberry shortcake. Split the shortcake in two and place one round on a platter. Place half of the berries and cream on top, and then add the second shortcake round. Top with the remaining berries and cream. Now it is time to serve and enjoy!

### Healthy Alternatives

To make the strawberry shortcake recipe even healthier, there are several substitutions you can make. First, you can substitute half of the sugar with calorie-free Splendid. Replacing only half the sugar will allow you to keep the same taste. You can also select low-fat cream to use in the recipe.

### Recipe For Success

You can't go wrong if you follow this strawberry shortcake recipe. Not only will you please the sugar-loving crowd, but you will also create a dessert that appeals to the health conscious.

## **The Ever Versatile Sugar Cookie Recipe**

Sugar cookies are versatile, easy to make and are perhaps the most popular cookie on the planet! The first sugar cookie recipe can be traced back to the mid 18th century and has gone through a number of transformations over the years. Snickerdoodles, a delectable variation of the sugar cookie, has hints of cinnamon and is just one of many of these forms.

## Why Sugar Cookie Ingredients Make a Difference

You would think that one sugar cookie recipe is rather close in ingredients and preparation as another. However, nothing could be farther from the truth and is the reason why many people stick with their "tried and true" sugar cookie recipe that was handed down from grandma. It can be quite mind-boggling sifting through hundreds of recipes for sugar cookies on the internet or even through your cookbooks.

The primary ingredient sugar is not cut and dried when it comes to a sugar cookie recipe. You could use the regular granulated white sugar; however there are super fine granulated sugar versions that could be incorporated into a recipe and even brown sugar, a southern favorite. The flavoring extract often used in a sugar cookie recipe is vanilla, but you could substitute it for almond extract or even butter extract for a totally new taste.

Even the binding part (the ingredients that make the flour and sugar stick together) of any sugar cookie recipe can be vastly different. Some recipes use lard while other recipes use vegetable shortening, butter or a combination of all of them. Butter is typically used with most recipes to give the sugar cookie a nice flavor. If the sugar cookie recipe calls for lard in addition to the butter, you can expect the cookie to be crisp and delightfully crumbly. However, if the recipe used vegetable shortening with the butter, you can expect a crisp, yet chewy cookie instead.

## Your Sugar Cookie Recipe Options

Practically everyone has had a sugar cookie in some form or another. Therefore, by deciding the type of sugar cookie you want, you could greatly reduce the number of recipes you may weed through in finding just

the right one. For instance, there are sugar cookie recipes for cut-outs as well as drop cookies, refrigerator cookies and even cookies from a mold or press.

A drop sugar cookie recipe is rather quick and easy with you just "dropping" the dough by spoonfuls on a baking sheet. A refrigerator cookie involves you refrigerating the dough, sometimes rolling it into a log shape so that it is easy to cut slices for baking. Sugar cookie cutouts involve rolling out the dough onto a floured cutting board and using cookie cutters to make shapes. With a press or mold, the dough is conformed into a certain shape.

The bottom line is that each sugar cookie recipe will produce a slightly different cookie. The only thing that should always stay the same is how you bake it. Always use a baking sheet with a sheet of parchment paper covering it as this not only keeps cookies from sticking, but you will rarely have a problem with burning your cookies.

### **Easy Parmesan Zucchini Bread Recipe**

If you have plenty of zucchini, you will enjoy making this easy Parmesan zucchini bread. Zucchini is an abundant vegetable for the farmers who decide to put this into their garden. If you are not a gardener and you have a craving for a hearty loaf of zucchini bread, you will also enjoy making this zucchini bread recipe.

Zucchini, Onions And Parmesan Cheese

Unlike many other zucchini breads, this zucchini bread is not sweet or spicy bread. This zucchini bread recipe gets its flavor from the zucchini, onions and

Parmesan cheese. You will find this bread is suitable for all meals and you will even be able to make hearty sandwiches with it or toast it for your breakfast.

This zucchini bread recipe is also a quick bread that uses baking powder and baking soda to allow the bread to rise. The zucchini bread recipe is also enriched with the addition of buttermilk although you can substitute cream, milk or water for this addition.

### Ingredients

3 cups all purpose flour  
1 teaspoon salt  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
3 tablespoons Parmesan cheese  
2 eggs  
1 cup buttermilk  
1/3 cup sugar  
1/3 cup butter, melted  
1 cup shredded zucchini  
1 tablespoon grated onion

### Directions

1. Preheat oven to 350 degrees Fahrenheit. Oil and flour a baking pan that is sized 9" x 5".
2. In a large bowl, add and mix the flour, Parmesan cheese, salt, baking powder and baking soda. Blend well and set aside.
3. In a medium bowl, beat the eggs. Add the buttermilk, sugar and butter and beat the mixture with a fork until it is well blended.
4. Add the egg mixture to the dry ingredients and only blend until the flour is moistened and the batter is still lumpy.
5. Add the zucchini and onion to your zucchini bread batter.

6. Pour your batter into the greased and floured baking pan. Put it into the oven and bake for one hour or more. Check for doneness by putting a toothpick into the middle of the loaf. If the toothpick comes out clean, your zucchini bread is done.

7. Place your bread in the pan on a rack to cool for ten minutes. Remove from the pan.

This zucchini bread recipe is suitable for all cooks, including novices. You can serve this bread as nutritious bread for your soup or it also is suitable for the dinner table.

### **BANANA OATMEAL COOKIES**

Prep and Cook Time:

20 min.

Ingredients:

1 cup sugar

3/4 cup shortening

1 egg

3/4 teaspoon cinnamon, ground

1/4 teaspoon nutmeg, ground

1 teaspoon salt

1 cup banana, mashed

1-1/2 cups flour

1-3/4 cups quick cooking oats

1/2 cup nuts, chopped

Directions:

In a bowl, with an electric mixer on medium speed, cream together sugar and shortening. Add egg, cinnamon, nutmeg, and salt; mix well.

Beat in mashed bananas. Add flour and quick cooking oats. Fold in chopped nuts. Drop by teaspoonfuls onto ungreased baking sheets. Bake at 350 degrees for 10 to 15 minutes.

### **BANANA WAFER PUDDING**

Prep and Cook Time:

15 min.

Ingredients:

1 (14 ounce) can sweetened condensed milk

1 1/2 cups cold water

1 (3.4 ounce) package instant vanilla pudding mix

2 cups heavy cream

3 bananas, sliced

1/2 cup lemon juice

36 vanilla wafers

Directions:

In a medium bowl, stir together condensed milk and water. Beat in pudding mix until smooth. Chill in refrigerator 5 minutes.

In a separate bowl, whip cream until stiff peaks form. Fold whipped cream into chilled pudding mixture.

Dip sliced bananas in lemon juice. Shake off excess.

In a 2-1/2 quart serving bowl, spoon 1 cup pudding mixture. Top with one-third each of the wafers, bananas and remaining pudding. Repeat layers twice. Chill until serving.

### **BLUEBERRY DUMP CAKE**

Prep and Cook Time:

30+ min.

Ingredients:

1 (18.25 ounce) box yellow cake mix

4 cups fresh blueberries, or thawed

1/2 cup granulated sugar

1/2 cup butter or margarine, melted

1 teaspoon ground cinnamon

Directions:

Preheat oven to 350 degrees F.

Mix blueberries, sugar and cinnamon in the bottom of a 13 x 9-inch pan. Cover blueberries with dry

cake mix. Pour butter over cake mix, but do not stir.

Dessert in a Flash

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Bake for 30 minutes or until light brown. Serve warm or cold, topped with ice cream.

### **CORNMEAL WAFFLES**

Prep and Cook Time:

20 min.

Ingredients:

1 cup yellow cornmeal

1 cup flour

2 tablespoons sugar

4 teaspoons baking powder

1/2 teaspoon salt

1-3/4 cups milk

2 eggs, lightly beaten

1/3 cup butter, melted

Directions:

In a large bowl, combine cornmeal, flour, sugar, baking powder and salt. In a separate bowl with an electric mixer at medium speed, beat together milk, eggs and butter. Add to dry ingredients and mix to blend.

Pour batter onto a hot, greased waffle iron and bake until browned and crisp. Serve with butter and syrup or jam.

### **CRESCENT TWIST APPETIZERS**

Prep and Cook Time:

18 min.

Ingredients:

1 can Crescent Dinner Rolls

1 tbl. melted butter

2 tbl. shredded Cheddar cheese

Dessert in a Flash

6

Garlic salt

Directions:

Preheat oven to 375\*.

Separate dough into 4 rectangles. Press perforations to seal. Brush two of the rectangles with melted butter; sprinkle with Cheddar cheese and Parmesan cheese.

Sprinkle with garlic salt. Place remaining 2 rectangles on top of seasoned rectangles. Cut each crosswise into ten 1/2 inch strips. Twist each strip 5 to 6 times.

Place on ungreased cookie sheet; securing ends by pressing to the sheet.

Bake for 10-12 minutes until golden brown.

### **QUICK & EASY COOKIES**

Prep and Cook Time:

15 min.

Ingredients:

1/2 cup peanut butter

1/2 cup sweet milk

1/4 cup cocoa

1/4 cup margarine

2 cups sugar

1 tsp. vanilla

3 cups Rice Krispies

Directions:

Heat milk, butter, vanilla. Stir in cocoa and sugar.

When sugar has dissolved, let boil 2 minutes. Be careful to not let burn. Remove from heat. Add peanut butter and stir. Stir in Rice Krispies to coat. Drop by spoonfuls onto wax paper.

Let cool.

### **FUDGE MADE EASY**

Prep and Cook Time:

15 min.

Ingredients:

12 oz milk chocolate chips

6 oz semisweet chocolate  
1 can sweetened condensed milk (14 oz)  
1/3 cup confectioners sugar  
1 tsp vanilla  
1 cup chopped nuts

**Directions:**

Grease an 8" x 8" pan. Microwave the chips and condensed milk, uncovered, in a 2 quart bowl, on high, for 2 minutes. Stir until smooth. Stir in sugar and vanilla; then add nuts until well blended. Pour into a prepared pan, and spread evenly. Chill until firm.

**QUICK BANANA PUDDING**

Prep and Cook Time:

15 min.

Ingredients:

1 package 3 1/2-oz. instant vanilla pudding mix  
2 cups milk  
1/2 pound vanilla wafers  
3 bananas, sliced  
8 ounces non-dairy whipped topping, thawed

**Directions:**

Prepare instant vanilla pudding mix with milk according to package directions. Refrigerate temporarily. Meanwhile layer wafers across bottom of an 8-inch round baking pan. Pour pudding mix over wafers. Slice bananas; layer atop pudding. Top with whipped topping. Serve immediately or refrigerate.

**QUICK CORNBREAD**

Prep and Cook Time:

30 min.

Ingredients:

1 cup flour  
1 cup cornmeal  
1 tablespoon baking powder  
1 cup milk

1/4 cup oil

1 egg

Directions:

Combine flour, cornmeal, baking powder, milk, oil, and egg. Mix well.

Pour into a well greased 8'' baking dish. Bake at 450 degrees for 25 minutes.

### **PEANUT BUTTER FUDGE**

Prep and Cook Time:

15 min.

Ingredients:

1 cup creamy peanut butter

1 cup butter or margarine

1 cup chopped nuts

1 lb. box powdered sugar

Directions:

Melt peanut butter and butter in a medium saucepan, stirring constantly. Add nuts and stir to combine. Remove from heat and sift in powdered sugar, stirring until well blended. Pat out in a 9x9x2- inch pan; refrigerate until firm. Cut into squares.

## **The Land of Cooking**

### **Cooking On Television**

Who likes cooking? Are you kidding...cooking is the new pink! If you have never tried cooking it is definitely something everyone should try. Even those people who are self proclaimed "idiots" in the kitchen can not help but to be sucked into the world of olive oil, spices and pie crusts. Cooking is not only the new hottest trend on television but online cooking sights are popping up everywhere as well.

There is even a whole television channel devoted

entirely to cooking. Everyone from Emeryl to Rachael Ray has their own show. Even game shows are getting in on the action and giving away restaurants to the best chef. All of these television chefs are making cooking look fun and even the worst of cooks is giving it a try. You would be amazed at the recipes these people come up with that even the most unlikely of cooks can not screw up.

## Reality Television

Not only are networks coming up with game shows about cooking, but they have even created reality television cooking game shows. Chefs come from all over to compete in these everyday challenges to see if they have what it takes to be the boss and run a restaurant.

Some of the recipes that these particular chefs come up with are amazing. The environments are very stressful because during these challenges not only are their careers on the line, but so are the careers of everyone on their team. These reality shows really are interesting to watch and actually teach us new recipes in the process. Anyone watching the show or just channel surfing can not help but get sucked into these action packed mouth watering competitions.

## Cooking Shows

In major contrast to reality shows, there are the much laid back non-competitive cooking shows whose entire goal is to teach new, and most of the time, easy and idiot proof recipes to the public. These shows are usually thirty minutes to an hour long and feature a different chef on each show. Some of these chefs are well known and mildly entertaining and some are not, but they are all extraordinary chefs.

These shows may take us on the road to meet chefs

across the country working in small town diners and cafes or they may take us to the mega kitchens in the hotels in Las Vegas. Many new aspiring chefs are born out of watching these types of cooking shows and many recipe files grow thicker and thicker as a result of this very informative, very tasty bits of television.

### **Cooking for a Crowd Not So Bad With Some Forethought and Planning**

The secret to cooking for a crowd is all about planning and anticipating as well as creative substitutions. Whether you are hosting the family reunion, a holiday event or even a huge block party, the principles of planning are always going to be the same. It can be easy to pull off a huge meal with style and still have enough energy to mingle with guests too.

#### Planning the Menu when Cooking for a Crowd

Your menu is probably the most important part of cooking for a crowd and will dictate the rest of the event. If possible, choose some dishes that can be made a few weeks in advance and frozen until the big day. This will greatly ease the stress of trying to make everything fresh the day of your event.

When you are searching for a main meat dish, look to your grill instead of your oven or stove top when cooking for a crowd. You could marinate your meat a day before hand and grill outdoors leaving your kitchen open for other food preparations. You could even borrow a grill or two from the neighbors if you need additional grilling space. In addition, you could look to a local catering place and order just the main dish to ease the burden of cooking for a crowd.

The same idea of consulting with a caterer or even a

deli can be used for one or two side dishes. Coleslaw and potato salad are two popular side dishes that tend to be time intensive if homemade. Luckily, the deli section of your local grocery often has great prices for these sides. To make cooking for a crowd even easier, look to gourmet bagged salads and loaves of homemade bread to round out the meal.

For dessert options, look to your local bakeries for cakes, cookies and pies, especially if you don't have the time nor not kitchen space to make them on your own. Call on a few close friends or family attending and ask them to bring a dessert or buy a variety of ice creams and toppings and have an ice cream sundae party after dinner.

### Setting Up and Serving when Cooking for a Crowd

When cooking for a crowd, the easiest way to serve the food is via a buffet line and either recruit some teenagers looking to earn a few buck to serve or have everyone help themselves. When having the event outdoors, set up picnic tables covered in inexpensive tablecloths or you could even rent tables and chairs for the day. For indoor dining, sometimes the dining table is not quite large enough to accommodate everyone. When cooking for a crowd, you might consider removing most of the furniture in your living room and setting up tables and chairs in there.

Keep in mind food safety as well when cooking. Have chafing dishes set up and use crockpots to keep food warm. For chilled food items, serve them in bowls nestled in bowls of crushed ice, especially if there are any items with mayonnaise in them. Unless this is a formal meal that requires the use of china and linens, use paper plates, napkins and plastic cups as they are perfect for easy clean-up when cooking for a crowd.

The bottom line is that you should have a game plan and schedule set in place so that all duties are covered and nothing is forgotten in the mass of people. Delegate duties whenever possible and utilize resources such as a caterer or bakery. Part of the fun of cooking for a crowd is being able to visit with each and every one of them and you cannot do that if you are tied to the kitchen.

### **Cooking Light In America**

Is it true that America is getting fat? There is a simple solution to this ever growing problem. Everyone should be taught how to cook light. With the massive popularity of television cooking shows teaching America how to cook light, the art of cooking should be a piece of sugar free chocolate cake! The first step in this process is to eliminate the giant candy bars and the super size combo meals. Portion control is a big part of cooking light and we can not teach it if we do not preach it.

The next step to teaching cooking light is to not even go out for fast food or eat candy bars in movie theaters, but to go to the grocery store and stay at home and learn how to cook for a healthy lifestyle. For those who think that you actually have to know how to cook...guess what...you do not. And for those of you that think cooking light takes too long...guess what... it does not. There are plenty of recipes that take thirty minutes or less to make and do not require a lot of fancy ingredients.

### **Exercise**

In addition to cooking light, everyone should exercise. Exercise and healthy eating; the combination of the two

is the only way to guarantee weight loss. Cooking light by itself will not do the trick and this is why a lot of people fail in their diet regimen. Recreational gyms are good places to go, but they can be expensive. Exercise tapes at home are always a good alternative, but so is a good long walk around the block. Whatever your choice of exercise may be, always do it in conjunction with cooking light and you will surely reach your weight goal.

## Recipes

Where might someone find all the wonderfully scrumptious cooking light recipes? Of course there are a great many cookbooks with lots of wonderful cooking light recipes, but did you know that the internet has a lot of great recipes too. Have you ever looked on the back of a soup can? You would be surprised at the recipes you will find there. What about magazines or newspapers; many great recipes are slipped in and overlooked.

Their discovery could mean happiness for hungry people everywhere. Last, but certainly not least, are the recipes that come out of your own head. Once you understand that the concept of cooking light is not as hard as you thought it would be, you will be surprised at all of the recipes that will start pouring into your head.

## **Unusual Terms From Cooking Recipes**

Many people want to learn techniques and ways to cook. Baking is sort of a precise art while cooking meals are usually dependent on the cook's preference. Cooking recipes for cakes and other pastries usually have terms that need to be understood and followed to make a

successful cake. Cooking recipes for meals usually have simpler terms and it is usually the ingredients that may need defining.

### Uncommon Cooking Terms

Baste means to brush the meat you are cooking with liquid fat or juices while roasting. This action will prevent the meat from drying and integrate more flavor into it. In some cooking recipes, the term confit means to gradually cook pieces of meat in their own juices or fats. Gratin means to combine food with a liquid ingredient like milk, tomato sauce, béchamel sauce or cream. In cooking recipes, you might find the term Julienne, it means to cut into thin, long strips.

Some cooking recipes might call for a medallion. This means a round piece of meat not the medal that comes to mind. To score means to make some cuts on a piece of meat in order to tenderize it. Some cooking recipes ask for aspic; this is a clear gel like substance formed from broth or even juice. A Dutch oven is a pot made from cast iron which is used to make stews, braises and pot roasts. If some cooking recipes call for Duxelles, you will now know that it means a fine shallot-scented mushroom hash.

Most Thai and Asian cooking recipes might need fish sauce. Fish sauce is a semi-transparent amber liquid made from fermented fish. Other Asian cooking recipes also use lemongrass, which is used to give flavor and aroma to most food. Japanese cuisine, especially the makis, usually use these dried seaweed sheets for rolls and soups. Quenelle is a paste derived from fish, meat or poultry mixed with panade, cream and eggs. It can also be a rounded dumpling made from the paste which is poached in stock.

These terms are just a few of the cooking recipes more

uncommon terms. These terms are usually used for cooking meals and not parties or cakes which used somewhat different terms. Cooking recipes abound in the Internet and you can even copy some of them because most contributors post their recipes free of charge. For those who wish to try and cook meals, it is best to familiarized yourself with the recipe and its terms before starting to cook it.

## **Dinner Time!**

### **Delicious Chicken and Cucumber Salad Recipe**

Chicken salad recipes are very popular wherever you go and this is because chicken salads are very satisfying, nutritious and delicious. A chicken salad recipe is also very easy to prepare because all you have to do is cook, cool, cut the chicken into bite size pieces and after that, you just chop your vegetables, and toss the whole thing with your easy to make salad dressing.

#### **Few Ingredients Add Up To Delicious Salad**

The chicken salad recipe that is presented here is a very simple recipe with only a few ingredients. This is part of its appeal because the simple flavoring adds up to an incredibly tasty dish. Once you taste this chicken salad recipe, you will know why this simple dish is such a popular salad even for the pickiest of eaters.

This salad calls for macaroni or your favorite pasta for salads. You will need to cook the pasta until it is very al dente. If you cook it for too long, it may be mushy by the time it is served. Your pasta will continue to soak up the dressing when you are chilling it so you do not have to worry that your pasta will be

too firm. By the time you serve your chicken salad, your noodles will be just right.

### Salad Ingredients

2 cups cooked pasta  
1 1/2 cups chicken, cooked and chopped  
1 rib celery, chopped  
1 cucumber, chopped

### Salad Dressing Ingredients

3/4 cup mayonnaise  
1/2 small onion, diced  
1/2 teaspoon salt  
1/4 teaspoon pepper

### Directions

1. Create your salad dressing by mixing the mayonnaise, onion, salt and pepper until they are thoroughly blended in a medium bowl.
2. Toss the chicken, celery and cucumber together in a large bowl.
3. Pour your salad dressing over your salad ingredients and toss together. If your salad is too dry, add more mayonnaise until you get the texture that you desire. Add more seasoning, if necessary.
4. You can serve your salad right away or you can mingle the flavors by chilling your salad in the refrigerator for a few hours or for overnight.

Although this salad is delicious as it is, you may want to dress it up with a few of your favorite ingredients. You may want to add more vegetables to it such as broccoli, carrots, black olives, cheese, green peppers or tomatoes or you may even decide to spice it up with hot peppers, salsa or garlic. This chicken salad recipe is great on its own and you can be sure that

this is a healthy addition to your table.

## **Dress Up Your Own Cole Slaw Recipe**

Cole slaw is a popular side dish that might have seen its humble beginnings in ancient Rome in some form or fashion. While many people see cole slaw as an American dish these days, it does have a following all around the world in a number of forms. The basis of a traditional cole slaw recipe is typically shredded cabbage, but beyond that, you can expect the ingredients to change quite a bit from dish to dish. It's all a matter of ingredients you might have on hand as well as what your taste buds are craving.

### The Traditional Cole Slaw Recipe

What many people in the American South call cole slaw is a concoction of shredded cabbage, usually the white variety, with shredded carrots thrown in for some color. The dressing is often sweet and tangy with the sweet coming from salad dressing mayonnaise and the tangy coming from vinegar. In grocery stores, you can buy the cabbage already pre-shredded in bags to make your cole slaw recipe easier to prepare. Some bagged varieties even include red cabbage for some additional color along with the shredded carrots.

### Variations of the Cole Slaw Recipe

Where you live in America will often dictate how your cole slaw recipe is prepared and how it will taste. In the South, you might encounter the traditional cole slaw with mayonnaise dressing along with the addition of mustard. In others, onions are sometimes added or even apples, pineapple, celery, green pepper and

raisins.

In addition to the cold cole slaw recipe variations, there are also a number of warm versions as well that have quite a following. Most of the time, when a cole slaw recipe calls itself 'warm' that really refers to the way the dressing is prepared, which usually a vinegar based dressing brought to a boil before being poured over the cabbage and tossed together. A freezer version of coleslaw even exists for those "just in case" times that you want to prepare in advance.

Due to many Asian influences in the country, there is a popular Asian cole slaw recipe that is floating around that incorporates shredded Chinese cabbage or red cabbage, bok choy, bean sprouts, sesame oil, rice vinegar, toasted sesame seeds, cilantro and a few other ingredients. Other variations of Asian cole slaw include uncooked oriental flavor Ramen noodles with the spice packet used in the dressing and the noodles used for some crunch.

#### A Cole Slaw Recipe Wrap-up

The bottom line is that there is probably a cole slaw recipe for every taste, ethnic menu and season. Your job is to determine what you are in the mood for and then go about finding the right recipe. When it comes to a cole slaw, your best bet is to look to the internet for inspiration as you will get a global idea of what recipes are out there - much more than if you cracked open your Betty Crocker or Good Housekeeping cookbooks.

## **Dutch Oven Cooking And Its Origin**

Dutch oven cooking is the practice of cooking stews and other foods with a cast iron pot. Dutch oven cooking pots will also need tight lids for the proper cooking of the food. Cast iron pots are heavier than most and are usually made as a whole. Dutch oven cooking is usually used for casseroles, roasts and stews. These dishes are usually slow cooked and Dutch oven cooking pots fit the bill in slow cooking since they act as pressure cookers with their tight lids and intense heat.

### History of Dutch Oven Cooking

Utensils similar to Dutch oven cooking pots and casseroles have been noted in Europe during the late seventh century. Although, the English were initially the first to introduce this way of cooking, it was the Dutch who perfected the way of producing these iron pots. They did this by using dry sand to produce their molds. This method gives their pots a smoother finish and surface.

The more effective way of making the Dutch oven cooking pots soon arrived in Great Britain and the English were soon producing the pots. It was assumed that because the method originated from the Netherlands, this is the reason why they are called Dutch oven cooking pots.

These Dutch ovens soon reached the United States and here some modifications were made to facilitate better cooking. Legs were added to the pots to add lift to it when sitting on coals and the lid had an added flange to keep the coals from going into the food. Dutch oven cooking used to entail putting coals on the lid for better convection.

Nowadays, Dutch oven pots may vary in the way they are made and in the material they are made with. Some are

made with aluminum and ceramic while others are still made with the traditional cast iron. The aluminum pots are not as effective as the traditional cast iron pots because aluminum dents easily and is softer than iron. Dutch oven cooking is usually more effective when coals are placed on top of the lid to facilitate all around heat.

The traditional Dutch oven cooking pots are usually seasoned before you can cook anything containing tomatoes, vinegar or other acidic ingredients. When the pot turns black and smooth, they are as effective as Teflon coated pots and pans in many cooking methods. The enamel based pots are not as effective in deep frying as the cast iron ones since enamel can not withstand high heat.

### **What Is The Recipe For Meat Loaf?**

What is meat loaf? That is the very important question that needs to be answered before we can even begin to answer the question of what is the recipe for meat loaf. Meat loaf is an age old dish. It is a mixture of ground beef, milk, soup, and eggs. In fact the first recipe for meat loaf was recorded In 1899. Meat loaf has been a source of great childhood memories for many people.

For other people a comfort food comes to mind when thoughts of meat loaf pop into their heads. Families come together around a dining room table for this scrumptious treat. There are many ways to prepare this much desired meal and so there are a great many recipes for meat loaf in existence. The key is finding one that matches your specific tastes.

Types Of Meat Loaf

There are many, many different recipes for meat loaf. We will start with a traditional recipe for meat loaf. The recipe of ground beef, milk, onion soup, and an egg is a pretty standard recipe for meat loaf; however, there are some recipes that are way beyond this old standard. We will start with the apple meat loaf which consists of adding apples and apple juice to the main ingredients.

Next, we have the Asian meat loaf which consists of brown sugar, soy sauce, gingerroot, and honey. This particular recipe gives a flavor of the orient to any meat loaf. For a little spice add some bell pepper, Cajun seasoning and Worcestershire sauce to your recipe for meat loaf and you are sure to get a nice kick out of your dish. For the Italian lover add pizza sauce and mozzarella cheese for the ultimate Italian fix. These are just a few of the different types of recipes for meat loaf that you can make.

#### English Meat Loaf

One of the most flavorsome recipes for meat loaf that you will ever find is English meatloaf. The original recipe dates back to the year 1320. Consisting of guinea fowl, partridge and other gamey red meats that the English are known for, this English meat loaf recipe is unparalleled in the western world. To get the best texture in this meat loaf, each of the ingredients is ground extremely small using a kitchen utensil that was only available in medieval times.

Today this instrument is called a grinder, back in the day it was nothing more than a series of steel bars that the ingredients were forced through. Because welding had yet to be invented each of these bars were held together with string of catgut which provided another interesting unique taste and texture to this

recipe for meat loaf. As you can see meat loaf is a staple of life in many cultures around the world and has been for quite some time.

### **An Easy Meatloaf Recipe a Dime a Dozen**

For every cook in the kitchen across the world, there is an easy meatloaf recipe. No meatloaf is created equal which makes it quite hard to find a recipe because there are so many to choose from. The types of meat are different as well as the add-in ingredients and where you live also might dictate the spices and condiments used to create this easy meal.

#### Ingredients to Expect in an Easy Meatloaf Recipe

The most popular ingredient hands down in an easy meatloaf recipe is ground beef because it's cheap, readily available and easy to work with. However, you can make a lighter version using lean ground beef, ground turkey, ground chicken or even ground sausage. Some people may spice things up a bit by adding two different types of ground meat together for their easy meatloaf recipe.

There are also some ingredients that are used to bind the ground meat together in the recipe. Eggs are often one of these binding ingredients as well as some dry ingredient like bread crumbs, oatmeal, crushed cracker or even crushed potato chips. In terms of the liquid that can be found in most recipes for meatloaf, the majority of the time, it is either ketchup or tomato sauce. Some people will add a splash or two of hot sauce or Worcestershire sauce for a piquant flavor as well as herbs and spices along with some chopped onions

and green peppers.

### Handy Cooking Tips for your Easy Meatloaf Recipe

One of the most important tips for a great meatloaf is not to over mix your ingredients. When you squeeze and knead the ground meat mixture, you could be leaching out moisture which could result in a drier meatloaf. Therefore, when following your easy meatloaf recipe, use your fingers to mix until the ingredients are just blended.

Secondly, if possible, soak your binding ingredient like bread crumbs or oatmeal in the liquid that is called for in the recipe. This will prevent your meatloaf from having dry spots whereas if you add in the binding ingredient already moisten by your liquid, your meatloaf will be totally moist.

Whatever your easy meatloaf recipe says, do not bake your meatloaf in a shallow pan where it will cook in its own fat and juices. Instead, bake your meatloaf on top of a broiler pan, the kind with the slits on the top and the bottom will catch the drippings. Now, your meatloaf will not get soggy on the bottom and you still have your drippings in case you want to make gravy for your mashed potato or rice accompaniment.

An easy meatloaf recipe is, well, very easy to come by. Countless cookbooks and internet websites have them. What is so great about meatloaf is its versatility and the fact that you can put anything you want in there based on the contents of your pantry and refrigerator.

### **Get Out Your Leftovers for Your Fried Rice Recipe**



Fried rice is practically a staple at many oriental food places, particularly Americanized Chinese restaurants and buffets. In a world of picky eaters where oriental food holds many mysteries, fried rice is relatively safe because you can readily see what is in it. The fact that it is delicious is the reason why many people strive to create their own fried rice recipe.

There is really no one in particular fried rice recipe that you should follow. In fact, each time you make it, you will come up with something totally new. The basis of the recipe starts with leftover rice you have in your refrigerator and then adding other ingredients that you might have on hand. However, there are a few basic things you should be aware of that pertains to any fried rice recipe you may try to create.

### **The Basics of the Fried Rice Recipe**

The secret to a great fried rice recipe starts with the rice that you use. Whatever you do, do not use freshly cooked rice as it will not create the fluffy, separated rice that you would expect. Instead, use leftover rice you might have on hand in the fridge or if you must cook rice for the fried rice recipe, spoon the cooked rice onto a dish and spread it out so it can cool and dry out a bit. You will end up with a fried much pile if you try to use freshly cooked rice that is still moist and steamy.

Other fried rice recipe ingredients all depends on what you have on hand in the refrigerator. Do you have any

leftover carrot and pea medley from meatloaf night or perhaps steamed broccoli or corn? These are great additions to fried rice but you must remember to drain any juices or pat down vegetables to absorb any excess moisture. Leftover ham, bacon, chicken, pork or even beef are also delightful additions that must be cut up into bite size pieces for your recipe.

In terms of seasonings and condiments, you have a broad hand and can incorporate anything you want such as soy sauce, oyster sauce or even fish sauce. Each type of sauce you could use has a different salt content and flavor so you will want to choose which one would best complement the other ingredients you have.

Some thinly sliced celery, green onion, green or red bell peppers and even hot peppers are additional ingredients that you can add to make your fried rice recipe really pop. In some cultures, fresh herbs are often chopped up and added at the last minute to any fried rice recipe preparation and include sweet basil, lemongrass or even cilantro. Use these fresh herbs sparingly as they are more potent than dried herbs and can potentially "take over" the flavor of the rice.

### Cooking your Fried Rice

Your wok is the most important tool you need in order to create an awesome fried rice dish. You must have the temperature on high and keep it on high as you cook, so that means no multi-tasking in the kitchen when cooking your fried rice recipe! When the wok is hot, add a thin layer of oil such as olive oil or even sesame oil. Some people will use a combination of olive oil and sesame oil as the sesame oil is rather strong and too much can overpower a dish.

Expect the oil to pop on the hot surface as it forms a non-stick coating which will prevent your rice and

ingredients from clumping together. Add the freshly sliced ingredients you have on hand and stir constantly for about 30 seconds before you add in the rice and leftovers. When you add the rice, break up the clumps for easier cooking and then add the sauce you have on hand. Just a few minutes before serving, add any fresh herbs you may have and stir. Turn off the heat and prepare to enjoy your own homemade fried rice recipe.

### **Find a Refreshing Cold Soup with a Gazpacho Recipe**



Gazpacho is an anomaly in the soup world because it is served cold rather than hot. Borrowed largely from Spain, the gazpacho recipe proves to be a great way to beat the heat while filling you up at the same time. Gazpacho has a hearty, piquant flavor and consistency and has ties to the ancient Romans.

In one original gazpacho recipe that can be traced back to its ancient Roman roots, the ingredients were a combination of garlic, olive oil, stale bread, salt and vinegar. The gazpacho recipe morphed and once Spain discovered the new world hundreds of years ago, they were introduced to bell peppers and tomatoes which were quickly incorporated into the heartier fare we recognize today.

#### **The Basis of the Gazpacho Recipe**

The basis of the original gazpacho recipe, one you can still find today in Spain, starts with day old bread. You have to soak this day-old bread in water to get it soggy and then squeeze out the water. Next, the bread is then put into a food processor along with some olive oil, red wine vinegar and bit of minced garlic. This concoction is pureed in the food processor into a

creamy consistency and serves as the base of this cold soup.

The next step in this gazpacho recipe is to add your onions, tomatoes, bell peppers (in your choice of colors) and even avocado. Again, puree these vegetables with your bread base and then serve with some green cilantro as a garnish. You can also make a number of variations to this theme using different types of vegetables that are in season. Again, using the bread base for the gazpacho recipe, choose green vegetables like asparagus, broccoli, artichoke hearts, green peppers and more. This will create a green rather than the traditional red look of gazpacho.

Go Wild with your Gazpacho Recipe

The great thing about your basic gazpacho recipe is that you can tweak it to your heart's desire with a selection of fresh herbs, hot peppers and seasonings. For instance, if you want a more oriental flair, use bok choy, bean sprouts and rice vinegar in place of the red wine vinegar in the bread base. A gazpacho recipe with an Italian flavor could include fresh basil or oregano when adding the vegetable ingredients.

The best place to look for a gazpacho recipe is the internet but be prepared for a plethora of options! You will find some recipes that bypass the bread base while others may incorporate fruit like watermelon or strawberries. Be adventurous and let your taste buds be your guide when it comes to recipes you want to try.

### **Tasty Lasagna Recipe**

Lasagna recipes are such favorites throughout the world that it seems that different cultures from different eras have made a claim to being the inventors of this

excellent dish. It is claimed that the ancient Romans called one of their cooking pots a "lasanum" and the Italians used a similar word to describe the cooking dish that is used for baking lasagne. The word lasagna has come to mean both the food and the baking dish that is used to bake it in.

### Tempting And Delicious Dish



A dish of lasagna is very tempting to look at because of the rich red sauce, layers of flat pasta with meats between the layers and its wonderful assortment of cheese types that are used in the lasagna recipe. You can fill your lasagna recipe

with whatever vegetables, cheeses and toppings that you like.

A traditional way to serve lasagna is with a green salad, garlic bread and a red wine such as a rose or Chianti. You can make a simple green salad with vinegar and oil dressing or you can choose to make a heartier salad with the works including tomatoes, black olives and feta cheese. The flavors will meld with each other to create a great dining experience.

### Sauce Ingredients

2 cans peeled tomatoes  
32 oz. tomato paste  
2 teaspoons salt  
3 teaspoons dried oregano  
2 cups onion, minced  
2 cloves garlic, minced  
1/3 cup olive oil

2 pounds ground hamburger  
3/4 lb. lasagna noodles  
2 tablespoons olive oil  
3/4 lb. Ricotta cheese  
1/3 lb. Mozzarella cheese  
1/2 lb. Parmesan cheese

#### Directions

1. In a large pot, combine tomatoes, tomato paste, salt and oregano. This will be your sauce base.
2. In the 1/3 cup of olive oil, sauté the onions and garlic cloves. When your onions are translucent and the garlic is golden, add the ground meat. Cook until the meat is no longer red. Add this mixture to the tomato sauce.
3. In another large pot, boil water and then add the lasagne noodles and cook until they are tender. You may salt the water. Add two tablespoons of olive oil to the boiling noodles. When the noodles are tender, drain the noodles and set them aside.
4. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a suitable baking dish or pan. At the bottom of the pan, add a layer of tomato sauce then a single layer of noodles followed by layer of a mixture of your cheeses. Repeat this twice, which should fill the pan nicely. Your final layer should be sauce with Parmesan cheese sprinkled on top.
5. Bake for forty minutes. Let the hot dish cool for ten minutes before cutting and serving the lasagna.

Once you are familiar with making a lasagna recipe, you will find it easy to create the different lasagna recipes that can be found.

**Beyond Mac 'n' Cheese—A Recipe For Macaroni Salad**

Are you tired of making the same old macaroni and cheese dish over and over again? This comfort food classic is very delicious, but everyone could use a little change every once and a while. If you are looking to spice up your pasta dish, consider trying out this recipe for macaroni salad.

Macaroni salad becomes an instant favorite of just about everyone who tries it. This dish features many of the same ingredients as macaroni and cheese, with even more added flavor!

### Following A Macaroni Salad Recipe

This recipe for macaroni salad requires the following ingredients: two chopped hard-cooked eggs, one-fourth cup of chopped onion, one-fourth cup of chopped celery, two cups of cooked macaroni, two teaspoons of vinegar, two teaspoons of sugar, one-half teaspoon of prepared mustard, one-half cup of either mayonnaise or salad dressing, one-half teaspoon of salt, and pepper to taste.

To prepare this recipe, begin by combining the macaroni, eggs, onion, and celery in a large bowl. In a separate bowl, mix the vinegar, mayonnaise, mustard, sugar, pepper, and salt. and stirring well. Gradually add the mayonnaise mixture, so that you can control the creaminess of the macaroni salad. Cover and chill the dish in the refrigerator for several hours before serving.

### Customizing The Macaroni Salad Recipe

Macaroni salad is an extremely diverse dish that is diverse enough to please just about everyone. Both gourmet diners and picky eaters will be able to find a variation of the recipe that they enjoy.

There are many ways that you can customize macaroni salad to comply with your taste buds and preferences. Firstly, the amount and types of spices that you choose to use can be used to make the dish all your own. Do you like spicy food? Maybe you could add a Cajun spice to the dish.

You could also add more vegetables to change the flavor or texture. Some vegetables that are commonly found in similar recipes for macaroni salad include: green or black olives, grape tomatoes, and red pepper. Other people like to add chopped ham or crumbled bacon to add more flavor. Whatever you add depends on your flavor preferences and those of the people you are serving!

What A Treat!

This macaroni salad dish will be such a treat for those people expecting to taste traditional macaroni and cheese. Making macaroni salad is a great way to add an exciting twist on a true-and-tried family favorite.

### **Easy and Basic Meatloaf Recipe**

This meatloaf recipe is easy to make and it will provide a delicious addition to your meal. Meatloaf recipes are a favorite with cooks everywhere because of how easy the meatloaf recipe lends itself to being customized to the cook's preferences.

Any meatloaf recipe can use hamburger, veal or pork in it so even though this recipe calls for ground hamburger, you could also use a mixture of those three meats or any proportion of the meats in your meatloaf recipe. If you do use pork, you will have to make sure that you thoroughly cook your meatloaf.

Cooking your meatloaf recipe is convenient because all you have to do is mix your ingredients and put your meatloaf in the oven. If you want a regular meatloaf, put your meatloaf in a bread pan and if you want a fancier arrangement, put your meatloaf into a ring pan so that when you serve your meatloaf, you can put your potatoes or vegetables in the center of the circular loaf. Another way to bake your meatloaf is in a muffin pan where everyone gets his or her own individual serving.

There are several ways that you can add more flavors to your meatloaf and that is by making a furrow in the top of your meatloaf and putting ketchup, chili sauce, cream of chicken soup or salsa into the "ditch". You could also put your ketchup or your favorite stuffing in between two layers of your meatloaf. You can also add grated carrots, bacon, peas, corn, green pepper or any of your favorite vegetables to the meatloaf.

### Ingredients

1 1/2 pounds ground beef  
1 cup broken crackers or 3/4 cup dry breadcrumbs  
1 beaten egg  
1 small onion, finely chopped  
1 teaspoon salt  
1/4 teaspoon pepper

### Directions

1. Preheat oven to 350 degrees Fahrenheit and lightly grease your baking pan or dish. In a small bowl, beat your egg and set it aside.
2. Place your hamburger, crackers, chopped onion and your seasoning. Add the beaten egg to this mixture. Blend this mixture together.
3. When you have blended your meatloaf ingredients,

either mold your meatloaf shape or use your pans to create the mold form. Put your meatloaf in the pan and bake for one hour if it is one meatloaf.

4. When the meatloaf pulls away from the sides of your pan and has clear juices, your meatloaf is done. Check it by slicing in the middle to make sure there is no pink meat. Serve your meatloaf.

If you have never used a meatloaf recipe before, you will love making this dish. It is delicious and satisfying and is even suitable for use in sandwiches as leftovers.

### **Nutritious Greek Pasta Salad Recipe**

Using a pasta salad recipe to create nutritious and appealing meals for your family is easy and versatile. You can add your favorite fresh foods to your salads and customize your pasta salad recipe to match your preferences. The following Greek pasta salad recipe gets its major flavoring from the pepperoni, feta cheese and the herbs.

#### **Pasta Must Be Cooked Al Dente**

Prepare your pasta first by boiling it until it is very al dente. You want it al detente because after you have mixed the noodles with the rest of your ingredients, you want the pasta to remain firm. If you allow your pasta to cook until they are soft, they will be mushy when you serve your pasta salad.

After you have cooked your pasta, drain them, put them on a cookie sheet so they can dry off, and cool down. You do not need to rinse your pasta after it is drained because at this point, you are trying to remove as much water as you can from the pasta. It is not a problem if they stick together, because the salad dressing will

separate the pasta. Pretty noodles to use in a pasta salad include small shells, macaroni, farfalle, fusilli, rotelle, penne and ziti. You can also use colorful pasta in your pasta salad recipe to boost the appeal of your salad.

#### Dressing Ingredients:

1/2 cup olive oil  
1/2 cup red wine vinegar  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons dried basil  
1 1/2 teaspoons dried oregano  
3/4 teaspoon ground black pepper  
3/4 teaspoon white sugar

#### Salad Ingredients:

2 1/2 cups cooked pasta  
3 cups sliced mushrooms  
15 cherry tomatoes, halved  
1 cup sliced red bell peppers  
3/4 cup crumbled feta cheese  
1/2 cup chopped green onions  
1 small can of whole black olives  
3/4 cup sliced and diced pepperoni sausage

#### Directions

1. Blend your dressing ingredients thoroughly in a large bowl. If the dressing ingredients are not blended well enough, the vinegar will soak into your pasta and the oil will coat your salad ingredients.
2. Add cooled pasta, mushrooms, tomatoes, red bell pepper, feta cheese, green onions, black olives and sausage. Toss your salad ingredients with the dressing until all your ingredients are evenly coated.
3. Cover and chill your pasta salad for at least two hours or overnight if that is your preference. If you

prefer or if your pasta is too soft, you can toss your salad ingredients with the dressing fifteen minutes before serving. This pasta salad recipe will provide enough for four servings.

## **Make The Best Pie With A Pizza Dough Recipe**



Have you ever had a piece of pizza so delicious that you wondered what went into making it? There are many elements that go into making a good pizza—the cheese, the sauce, the dough—and any one of them can play an important part in the pizza's overall

taste. A good pizza dough recipe is the secret of any delicious pizza.

### **A Recipe For Pizza Dough**

To make good pizza dough, any recipe will require you to have a few basic ingredients. These ingredients include: two tablespoons of honey, one-fourth cup of olive oil, one-half teaspoon of salt, two tablespoons of yeast, three and one-half cups of flour, and one cup of warm water (the water should be between 95 and 115 degrees Fahrenheit).

There are three ways to mix pizza dough in this recipe: using a bread machine, using a food processor, and by hand. If you choose to use a bread machine to mix the pizza dough, then all you have to do is select the "dough only" setting, throw in all the ingredients, and push start. That's all there is to it! If you don't have a bread machine, then there are a few more steps

involved in mixing the pizza dough.

If you mix the pizza dough ingredients in a food processor, you will first need to pour warm water into the food processor. Then add salt and honey, and mix for about twenty seconds on low using the dough blade. Next add olive oil and flour, and mix on high for about two minutes. The dough should begin to ball up, but if it does not, then add flour or water in small increments as needed. Finally, knead the dough for a minute and let it rise in a dry place for forty-five minutes; knead it again and let it rise for another hour and a half.

Mixing the pizza dough by hand involves the same steps, except you will use a spoon to mix the ingredients in a bowl. After that, you will follow the same procedures for kneading and rising. When the dough has fully risen, you can roll out the dough and begin to add the sauce, cheese, and toppings.

Save It For Later

This pizza dough recipe allows the chef of having the option to refrigerate or freeze the dough. Although the dough can only be stored for about a day, making pizza dough in advance can save lots of time when making pizza. Make sure that you completely thaw the dough before using it if you decide to store it in the freezer or refrigerator!

Bon Appetit!

A good recipe for pizza dough can make the difference in any pizza. After you make the dough, you can customize your pizza with cheese and toppings, but it is the soft, chewy dough that will make all the difference!

## **Creamy Potato Salad Recipe**

This creamy potato salad recipe is perfect served cold on a summer day and its healthy ingredients make it a hearty side dish that will satisfy even the fussiest of eaters. The potato salad recipe is a classic recipe from the New World that is now enjoyed around the world.

### What Type Of Potato

Although any type of potato will taste fine in your potato salad recipe, some people prefer the waxier gold, yellow and red potatoes because they can be handled much more than the drier Russets that can fall apart if they are handled too much. If you do not have the waxy potatoes, do not worry about it because your Russet potatoes or other mealier potatoes will be just fine.

### Preparing Your Potatoes

When you are preparing your potatoes for a potato salad recipe, there are a few ways that you can tackle this part of the job. You can cook the potatoes whole in their skin, cool them and peel the skin off or you can scrub the potatoes and boil them with their skins on with the intention of making your potato salad with potatoes with the skin.

A third way is to peel the potatoes, cut them into bite size pieces and then boil them. However, you choose to cook your potatoes, as soon as the potatoes are tender, drain them. The potatoes will continue to cook until they cool so do not let them get too soft before draining them or your potato salad could be mushy.

### Salad Ingredients

8 - 10 potatoes, cooked, cut into bite size pieces  
1 large tomato, diced  
1 cucumber, diced  
3 large green onions, finely chopped  
2 ribs celery, diced  
2 - 3 hard boiled eggs, chopped  
1 green pepper, finely chopped

#### Salad Dressing Ingredients

1 cup mayonnaise  
1-teaspoon mustard  
Salt and pepper to taste

#### Directions

1. Boil, drain and cool your potatoes. Cut into bite size pieces and put into a large bowl. Add your chopped vegetables and eggs.
2. Blend the ingredients of your salad dressing and when it is mixed well, pour the salad dressing over your salad ingredients.
3. You can serve this immediately or you can chill for a few hours or overnight before you serve your potato salad.

It is easy to customize your potato salad recipe with your favorite ingredients such as chives, basil, parsley and carrots. You can also create a spicier potato salad by adding salsa, chili peppers and garlic. You can use this basic potato salad recipe just as it is because this is a delicious potato salad that will be a hit with your company.

#### **The Fabulous Flavors Of Pulled Pork Recipes**

Pulled pork is one of the best dishes for any dining situation. This versatile dish can be dressed up or

dressed down in order to compliment any meal. From barbeques to a gourmet dinner, there is no dining experience that would not be enhanced by a pulled pork recipe. By simply changing the flavors, you almost create a new dish entirely.

### Following A Basic Pulled Pork Recipe

A pulled pork recipe calls for several ingredients to be used. To create the brine, you will need two quarts of bottled water, 12 ounces of pickling salt, and eight ounces of molasses. To create the rub, you will need: one tablespoon of paprika, one teaspoon of whole fennel seed, one tablespoon of chili powder, one tablespoon of onion powder, one teaspoon of whole coriander, and one teaspoon of whole cumin seed. For the pork, you will need six pounds of untrimmed boneless pork shoulder halves. This type of pork is also called Boston butt.

The first step in following the pulled pork recipe is to combine the ingredients of the brine, and then submerge the Boston butt and cover. Allow the meat to sit refrigerated in the brine for at least eight hours, preferably twelve. Next, combine the fennel seed, cumin seed, and coriander in a grinder and grind until fine. Mix these seasonings with the paprika, onion powder, and chili powder.

Remove the meat from the brine and coat with the rub. The amount of rub you use depends on how strong you want the flavor to be. Next, preheat the smoker to 210 degrees Fahrenheit. Cook the meat in the smoker for ten to twelve hours. Remove the meat from the pot and allow to sit for an hour, before finally using two forks to pull the meat apart.

### Making The Meal

Knowing how to follow a pulled pork recipe is great,

but how can it be used for multiple meals? Depending on how you alter the brine and spices, this recipe for pulled pork can be adapted for just about any meal. If you use barbecue sauce in place of molasses, you have the beginnings of a perfect barbeque sandwich. However, using salsa will allow you to produce a dish with a Mexican flair.

Additionally, the manner in which the pulled pork recipe is served has a lot to do with how the dish can be served at any meal. If you serve the meat on a sandwich, it is the perfect dish for a barbeque or casual meal. However, serving the meat on a salad instantly makes the pulled pork recipe more formal and sophisticated.

Simply Sensational

Pulled pork instantly makes any meal better thanks to its many fabulous flavors. Easy, convenient, and delicious, pulled pork is a great choice for a last minute dinner at home or a gourmet feast.

### **Choose Your Salmon Recipe By Its Preparation Method**



Salmon is one of the tastiest fish to come from the waters of the Pacific and Atlantic Oceans. Indeed, you can also find salmon in the Great Lakes of Michigan as well as several other kinds of lakes all around the world.

This global presence means that you can find a good salmon recipe almost anywhere in the world.

Salmon are born in fresh bodies of water and then migrate out to the ocean. When it is time to spawn, the salmon then return to fresh water for reproduction. It

is said that salmon return to the same place where they were born. Salmon, more often than not, have a pretty pinkish tinge to the inner flesh of the fish. This pink color is not the normal white color of salmon. The color can be blamed on the shrimp that salmon eat. Most wild caught salmon will have this color. As for farm raised salmon, their fish feed is laced with astaxanthin, the same chemical that turns shrimp pink. Most people prefer a pink flesh salmon for their favorite salmon recipe.

### Salmon Recipe Preparations

Salmon is a relatively firm flesh fish which makes it a candidate for a good grilling salmon recipe. There is something about cooking over an open flame that brings out the wholesome flavor of the fish. Of course, there is something to be said for pan searing a salmon fillet to retain the entire fish flavor as well as seal in the juices for moisture.

You might find a salmon recipe or two that requires boiling this fish. Boiling does not retain the flavor as much as baking or broiling and is typically done just to cook the fish so that it can be flaked or shredded for seafood salads or even croquettes.

Because there are a number of varieties of salmon out in the oceans, your salmon recipe will dictate what cut of fish you are planning to cook. Fillets generally will have the skin still intact on one side. This makes for easy smoking, grilling and baking. Steaks are firmer and more substantial against an open flame in the barbecue pit.

### **Basic Baked Salmon Recipe**

When it comes to baked salmon, choose your favorite cut of fish. Prepare a shallow baking pan and line it with foil, then lightly grease with a cooking spray or vegetable shortening. Don't forget to pre-heat your oven to 425°F.

## Ingredients

Olive oil

Seasonings (choose from a particular cuisine like Mexican or Italian)

Minced Onion

Minced Garlic

In a small bowl, pour enough olive oil to adequately coat the fish on both sides. Mix in with the olive oil your favorite spices. Choose basil, oregano, marjoram and minced garlic for an Italian flair of this salmon recipe. For a Mexican flair, add a little freshly chopped cilantro along with a little oregano along with chipolte pepper, comino and minced garlic.

Once all of the spices and the olive oil have been mixed together, you will want to place your salmon in the baking pan. Spread the olive oil mixture on the top of the fish and bake for approximately 30 minutes, depending on the thickness of the filet. Your salmon recipe is done if you can easily flake the fish with a fork.

## **Ingredient For A Great Salsa Recipe**

Salsa is often used to describe a sauce of Mexican origins. Although the word salsa is also used to describe a dance, music and some kinds of Italian and Spanish sauces, in English, it describes the Mexican sauce. The traditional salsa recipe from Mexico is

spicy and hot but sometimes the level of taste of the salsa depends on the preference of the maker. Salsa is usually used as dips for nachos and other corn based food.

Salsas became popular in the United States of America during the Second World War when there was shortage of the production of catsup. This is why most Americans are more familiar with the salsa roja or red sauce made from cooked tomatoes.

### The Makings of Great Salsa Recipe

There are a great many salsa recipes around. The traditional salsa recipe usually contains spices and tomatoes although there are also salsas that do not contain tomatoes. Most salsa mixtures are produce using a bender these days but before you would have needed a traditional Mexican mortar and pestle to make great pasta.

A well loved salsa recipe is the red sauce and the raw sauce. The red sauce is made from cooked tomatoes and several spices and herbs. It is usually used as a condiment in the United States and Mexico. The raw sauce salsa recipe calls for raw tomatoes, chili peppers, lime juice, cilantro leaves, onions and others fresh herbs and spice. These are all coarsely chopped and mixed well.

Sometimes, if you do not know any salsa recipe, you can mix together some tomatoes and other spices to make your own salsa. Other more exotic salsa combinations are with chocolate and another salsa recipe calls for avocado. Pineapples, mango or mint are also some of the additional ingredients for a great salsa recipe.

Commercially prepared salsa is also fast becoming a trend in the United States of America and around the

world. These are more of the red sauce varieties and come in exotic containers and often sold in supermarkets and grocery stores as dips. The raw sauce is often mixed with vinegar to improve the products longevity in the shelves. Without the vinegar, the salsa recipe will go stale in just a short while.

The more popular brands of salsa are Tostitos, Old El Paso, La Victoria, Newman's Own and Taco Bell. These are used mainly for dips and other chips made from potatoes or ground corn.

### **Cooking for a Crowd Not So Bad With Some Forethought and Planning**

The secret to cooking for a crowd is all about planning and anticipating as well as creative substitutions. Whether you are hosting the family reunion, a holiday event or even a huge block party, the principles of planning are always going to be the same. It can be easy to pull off a huge meal with style and still have enough energy to mingle with guests too.

#### Planning the Menu when Cooking for a Crowd

Your menu is probably the most important part of cooking for a crowd and will dictate the rest of the event. If possible, choose some dishes that can be made a few weeks in advance and frozen until the big day. This will greatly ease the stress of trying to make everything fresh the day of your event.

When you are searching for a main meat dish, look to your grill instead of your oven or stove top when cooking for a crowd. You could marinate your meat a day before hand and grill outdoors leaving your kitchen open for other food preparations. You could even borrow a grill or two from the neighbors if you need

additional grilling space. In addition, you could look to a local catering place and order just the main dish to ease the burden of cooking for a crowd.

The same idea of consulting with a caterer or even a deli can be used for one or two side dishes. Coleslaw and potato salad are two popular side dishes that tend to be time intensive if homemade. Luckily, the deli section of your local grocery often has great prices for these sides. To make cooking for a crowd even easier, look to gourmet bagged salads and loaves of homemade bread to round out the meal.

For dessert options, look to your local bakeries for cakes, cookies and pies, especially if you don't have the time nor not kitchen space to make them on your own. Call on a few close friends or family attending and ask them to bring a dessert or buy a variety of ice creams and toppings and have an ice cream sundae party after dinner.

### Setting Up and Serving when Cooking for a Crowd

When cooking for a crowd, the easiest way to serve the food is via a buffet line and either recruit some teenagers looking to earn a few buck to serve or have everyone help themselves. When having the event outdoors, set up picnic tables covered in inexpensive tablecloths or you could even rent tables and chairs for the day. For indoor dining, sometimes the dining table is not quite large enough to accommodate everyone. When cooking for a crowd, you might consider removing most of the furniture in your living room and setting up tables and chairs in there.

Keep in mind food safety as well when cooking. Have chafing dishes set up and use crockpots to keep food warm. For chilled food items, serve them in bowls nestled in bowls of crushed ice, especially if there

are any items with mayonnaise in them. Unless this is a formal meal that requires the use of china and linens, use paper plates, napkins and plastic cups as they are perfect for easy clean-up when cooking for a crowd.

The bottom line is that you should have a game plan and schedule set in place so that all duties are covered and nothing is forgotten in the mass of people.

Delegate duties whenever possible and utilize resources such as a caterer or bakery. Part of the fun of cooking for a crowd is being able to visit with each and every one of them and you cannot do that if you are tied to the kitchen.

## **Vegetarian Meals**

### **ASPARAGUS, TOFU STIR FRY**

Prep and Cook Time:

15 min.

Ingredients:

1 medium onion cut in half and sliced medium thick

1 TBS vegetable broth

4 medium cloves garlic, chopped

2 TBS minced fresh ginger

3 cups thin asparagus cut in 2 inch lengths

1 medium red bell pepper, thin julienne in 1 inch lengths

4 oz extra firm tofu, cut in ½ inch cubes

1 TBS soy sauce

2 TBS rice vinegar

1 tsp toasted sesame seeds

salt and white pepper to taste

Directions:

Heat 1 TBS broth in a wok or 10-12 inch skillet.

Healthy Stir Fry onion in broth over medium high heat for about 2-3 minutes stirring

constantly. Add garlic, ginger, asparagus, peppers and continue to stir fry for another 2-3 minutes, stirring constantly.

Add tofu, soy sauce and vinegar, turn heat to low and cover for about 2 minutes, or until vegetables are tender, yet still crisp. Season with salt and pepper and sprinkle with sesame seeds.

### **BLACK BEAN BURRITO, INDIAN STYLE**

Prep and Cook Time:

28 min.

Ingredients:

1 medium onion cut in half and sliced thin

4 medium cloves garlic, chopped

1 tsp minced fresh ginger

1½ cups sweet potatoe or yam cut in ½ inch cubes

1 cup green peppers, thin julienne

1 cup red peppers, thin julienne

Vege Meals in a Flash

4

1 tsp garam masala

½ cup + 1 TBS vegetable broth

1 15 oz can black beans, drained

\*optional 2 oz Chevre goat cheese

salt and black pepper to taste

4 whole wheat tortillas

Topping

\*(optional) prepared salsa

1 head of romaine lettuce, shredded (remove outer leaves and discard)

Directions:

Prepare vegetables by chopping and slicing.

Heat 1 TBS broth in a 12 inch stainless steel skillet.

Healthy Sauté onion, garlic, ginger,

and peppers in broth over medium heat for about 5 minutes, stirring frequently. Add

garam masala, yams and mix well. Add 1/2 cup broth and cook covered on low heat for about 10 minutes, or until vegetables are tender. Add beans making sure they are drained well first and mix. Cook for another 5 minutes and season with salt and pepper. While vegetables are cooking shred lettuce. You also might want to wrap tortillas in foil and place in the oven to warm while you are preparing the rest of the ingredients. Place vegetable mixture in tortilla and top with some goat cheese. Roll and top with salsa and shredded lettuce.

### **VEGETARIAN STIR FRY**

Prep and Cook Time:  
20 min.

Ingredients:

1 medium onion cut in half and sliced medium thick  
1 TBS vegetable broth  
4 medium cloves garlic, pressed  
1 TBS minced fresh ginger  
1 red bell pepper cut into ½ inch pieces  
1 cup sliced fresh shiitake mushrooms, (remove stems)  
2 cups sliced green cabbage  
5 oz extra firm tofu cut into ½ inch cubes  
2 TBS soy sauce  
1 TBS rice vinegar  
2 TBS chopped fresh cilantro  
1 TBS sesame seeds  
salt and white pepper to taste

Directions:

Prepare ingredients to stir-fry. Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Healthy Stir-Fry onion for about 2 minutes in broth over medium high heat stirring constantly.

Add red pepper and mushrooms. Continue to stir-fry for another 2 minutes. Add garlic, ginger and continue to cook stirring for another 2-3 minutes.

Add cabbage, and rest of ingredients and cook for another 2 minutes. Sprinkle with sesame seeds.

## **BLACK BEAN CHILI**

Prep and Cook Time:

30 min.

Ingredients:

1 medium onion chopped

1 medium green bell pepper diced about ¼ inch pieces

1-1/2 cups + 1 TBS vegetable broth

6 medium cloves garlic, chopped

2 cans black beans, drained

1 can (8oz) tomato sauce

1 can (15oz) diced tomatoes, (do not drain)

2 TBS ground cumin

2 TBS red chili powder

2 TBS dried oregano

1 cup corn kernels, fresh or frozen

¼ cup fresh chopped cilantro

salt & black pepper to taste

Directions:

Heat 1 TBS broth in a medium size soup pot. Healthy

Sauté onion and bell pepper in

broth over medium heat for about 5 minutes stirring

frequently, until translucent. Add

garlic, cumin, red chili powder and continue to sauté for another minute.

Add 1 ½ cups broth and rest of ingredients, except cilantro and corn. Simmer for another

20 minutes uncovered. Add corn and cook for another 2

minutes. Add chopped cilantro

and season with salt & pepper to taste.

## **VEGETARIAN CHILI**

Prep and Cook Time:

15 min.

Ingredients:

1 (28 ounce) can tomatoes, undrained  
1 (16 ounce) jar Thick 'N Chunky Salsa  
1 (15 ounce) can black beans, rinsed, drained  
1 (10 ounce) package frozen whole kernel corn  
1 cup halved zucchini slices  
1 teaspoon chili powder  
1 (8 ounce) package shredded mild Cheddar Cheese

Directions:

Mix tomatoes, salsa, beans, corn, zucchini and chili powder in saucepan.

Bring to boil on medium-high heat.

Reduce heat to low; simmer 10 minutes.

Sprinkle 2 tablespoons cheese onto bottom of each serving bowl; top with chili. Sprinkle each with additional 2 tablespoons cheese.

## **SANTA FE VEGGIE QUESADILLAS**

Prep and Cook Time:

25 min.

Ingredients:

1 (12 inch) flour tortilla  
3/4 cup shredded Cheddar/Monterey Jack cheese blend  
1/2 cup whole kernel corn, drained  
1/2 cup diced red bell pepper  
1/2 cup black beans, drained  
1 chopped green onion

Directions:

Prepare a lightly oiled large skillet over medium heat.

Place the tortilla in the skillet and flip it once to ensure an even coating of oil on both sides.

Allow the tortilla to heat on one side for 1 minute.

Beginning at the center of the tortilla,

evenly spread the cheese blend until the tortilla's entire surface is covered. Top the cheese with corn, red bell pepper, black beans and green onion. When the cheese is completely melted, carefully slide the tortilla from the pan onto a cutting board. Slice into wedges and serve warm.

### **VEGETABLE SALSA SOUP**

Prep and Cook Time:  
28 min.

Ingredients:

6 (14.5 ounce) cans chicken broth  
1 (16 ounce) jar medium salsa  
2 cups chopped carrot  
2 cups celery, chopped  
1 cup frozen mixed vegetables

Directions:

In a pot over medium high heat, combine the broth, salsa, carrots, celery and mixed vegetables. Simmer together for 20 minutes, or until vegetables are tender.

### **CREOLE EGGPLANT**

Prep and Cook Time:  
30 min.

Ingredients:

1 onion, peeled and chopped  
1 green bell pepper, seeded and chopped  
1 can (8-oz.) tomato sauce  
1 clove garlic, crushed  
1/2 teaspoon salt  
1/4 teaspoon dried crushed oregano  
1/4 teaspoon black ground pepper  
1/4 teaspoon hot pepper sauce  
1 eggplant, peeled, sliced, diced

### Directions:

In a heavy skillet combine onion, green bell pepper, tomato sauce, garlic, salt, oregano, pepper, and hot pepper sauce. Cover and cook over low heat for 10 minutes; stir in eggplant. Cover and cook an additional 20 minutes, stirring occasionally.

## Special Tomato Bruschetta

To get that authentic Mediterranean flavour, use balsamic vinegar instead of lemon juice. And remember to use the freshest, ripest tomatoes you can find!

### *Ingredients*

- 4 muffins
  - 4 garlic cloves, crushed
  - 2 tbsp butter
  - 1 tbsp chopped basil
  - 4 large tomatoes
  - 1 tbsp tomato paste
  - 8 black olives, pitted and halved
  - 1<sup>3</sup>/<sub>4</sub> ounce mozzarella cheese, sliced
  - Salt and pepper, to taste
  - 1 tbsp olive oil
  - 2 tsp lemon juice
  - 1 tsp clear honey
  - Basil leaves, to garnish
1. Place muffins onto a cutting board and using a sharp knife, slice each muffin in half. Transfer muffin halves into a toaster or oven and toast until they turn crisp and golden.
  2. Preheat oven to 300°F. Place butter, garlic and chopped basil into a small mixing bowl and using a small spoon, stir until well combined. Once all muffins are toasted, spoon garlic mixture of each muffin half.

3. Pour boiling water into a large bowl. Using a sharp knife, slice a small cross shape at the bottom of each tomato and then place into the bowl of boiling water. After the tomatoes begin to soften, which shouldn't take longer than a couple minutes, remove tomatoes, one at a time from the boiling water using a fork. Using your fingers, peel away the flesh from the tomatoes.

4. Once all flesh is removed, chop tomatoes into small dice. Pour diced tomatoes, tomato paste and sliced olives into a mixing bowl and blend together. Spoon onto the muffins.

5. In a separate small bowl, mix together olive oil, lemon juice and honey. Using a spoon, drizzle mixture over tomato covered muffins and lightly place mozzarella slices on top. Sprinkle on salt and pepper.

6. Place muffins onto 1 large or 2 medium sized baking sheets and place into the preheated oven. Bake until cheese melts, about 1½ to 2 minutes.

7. Transfer ready muffins onto a platter or tray and garnish with fresh basil leaves. Serve immediately.

Serves 4

### **Mouth Watering Spring Rolls**

Stored in the fridge in an airtight container they will keep for up to 2-3 days.

#### *Ingredients*

#### *To make the spring rolls*

- ¾ cup broken rice vermicelli noodles
- 6 fresh shiitake mushrooms

- ½ cup carrots, slivered
- 1 cup bok choy, thinly sliced
- 1 cup green onion, slivered
- 2 tbsp chopped coriander
- Salt and freshly ground black pepper, to taste
- 2 tbsp soy sauce
- ½ tsp granulated sugar
- 1 tsp sesame oil
- 2 tsp chopped fresh ginger
- Eight 8-inch square spring roll skins
- 3 tbsp all-purpose flour
- ¼ cup water
- 4 cups vegetable oil

*To make the salad*

- 1 cup daikon radish, slivered
- 1 cup carrots, slivered
- 4 green onions, slivered
- ½ cup red onion, slivered
- 1 cup slivered cucumber, juice squeezed out

*To make the dressing*

- 2 tbsp seasoned rice vinegar
- 1 tbsp soy sauce
- ½ tsp sesame oil

1. Place noodles and mushrooms into individual bowls and cover with hot water. Cover bowls and set aside for 20 minutes. Once noodles and mushrooms have properly soaked transfer noodles into a colander and drain properly; transfer into a large bowl. Drain mushrooms as well and transfer onto a cutting board. Remove and discard stems and slice mushroom heads thinly. Add into large bowl with noodles.

Vege Meals in a Flash

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2. Add carrots, bok choy, green onion and coriander onto the bowl of noodles

and mushrooms and mix together. Sprinkle in salt and pepper, to taste, and toss mixture to combine. Cover and set aside.

3. Pour soy sauce, sugar, sesame oil and fresh ginger into a small bowl. Using a spoon, stir the mixture until well combined. Cover and set aside.

4. Gently pull spring roll skins apart and place them onto a flat clean surface (that is preferably glass so they won't stick). Using a small spoon, place  $\frac{1}{4}$  cup of the noodle and vegetable mixture onto the upper third part of each spring roll skin. Roll once and then take the 2 ends and fold them in and continue to roll the skins forward until it forms a cylinder. Whisk together flour and water in a bowl until well combined. Using a small pastry brush, coat spring roll with just enough of the flour/water mixture to seal the edges. Repeat until done with all the spring rolls.

5. In a large wok, heat some of the vegetable oil over medium-high heat. Once wok and oil are very hot add spring rolls in 3 at a time and fry until they turn golden brown which shouldn't take longer than 2 minutes. Transfer rolls onto a rack with paper towel to drain. Repeat with the rest of the batch.

6. To make the salad, place radish, carrot, green and red onions and cucumber into a bowl and toss together until well combined. In a separate bowl pour in rice vinegar, soy sauce and sesame oil; whisk together until well mixed. Drizzle sauce mixture over vegetables and toss together until all vegetables

are lightly coated.

7. Once spring rolls are properly drained, place onto a cutting board and slice each spring roll in half on an angle. Place 3 halves onto individual serving plates, standing up so that their cut ends are facing up. Served garnished by arranging salad around the rolls; serve at once. Makes 8 rolls but serves 5 if you serve 1½ pieces to each person

## Breakfast

### The Basics of a French Toast Recipe



Did you know that the French toast recipe most likely originated in Rome rather than France? Those Romans have been rather creative with foods as they never wanted to waste anything, even stale bread. Most likely, the first French toast was made when cooks wanted to salvage the stale bread by dipping it in an egg mixture and then fry it in a pan. The practice caught on and countries all over the world have their own version of the French toast recipe.

### Common Denominators in Everyone's French Toast Recipe

All over the world, the French toast recipe will vary slightly although the basis is the same. Your slices of bread are dipped in a mixture of milk and eggs first and then are fried in a pan to achieve a crisp, brown color on the outside while retaining a soft inside

texture.

The variations to the French toast recipe come in when you create the milk and egg mixture and even with the type of bread used. For instance, you can add flavorings to the liquid mixture such as vanilla extract, rum or some other flavor of extract or liqueur. In addition, spices are often added to the liquid in a French toast recipe such as cinnamon, nutmeg, ginger or even cardamom.

Even the milk itself can be different than your standard homogenized version when it comes to French toast. Consider using buttermilk or heavy whipping cream for a rich taste or eggnog that is plentiful during holiday season. And with the abundance of flavored coffee creamers on the market today, you could even use your favorite flavor in the French toast recipe.

The bread is another item in the recipe that can be manipulated for a unique eating experience. If you are hard up for bread, you can use the sliced variety that you would normally use for sandwiches. However, French toast can be so much more, so consider using fancier breads like French bread or even brioche. Sourdough bread, egg bread, Italian bread, croissants and even rye bread are options for your French toast recipe. The most important thing to remember when it comes to your bread is that you want to use at the very least, day old bread. Fresh bread will soak up too much of the egg and milk mixture and become soggy, thereby never producing a crisp outer French toast crust.

### Topping your French Toast Recipe

You will be able to find a number of recipes via the internet or even your own cookbooks for a great French toast recipe. Just keep in mind that cooking your

French toast is only half the battle! Are you going to serve it plain, sprinkled with powdered sugar or covered in some type of syrup? Fresh whipping cream topped with berries is a refreshing way to top off French toast. When it comes to this part of your French toast recipe, let your taste buds and appetite be your guide.

### **Easy to Make Pancake Recipe**



Pancake recipes are a favorite treat in many households and they are so popular that there are restaurants that are dedicated to this food choice. You can enjoy pancakes at any hour of the day and it is easy for anybody to whip up a pancake recipe with little cooking experience.

Your dry ingredients should be sifted once or twice before you mix your dry and wet ingredients. The important thing to remember when preparing your pancake recipe is that you do not need to blend your wet and dry ingredients thoroughly. After you have added your wet ingredients to your dry ingredients, you only have to stir your pancake mixture until it is lumpy.

Making pancakes can be time consuming so a trick to speed things up is to use two skillets for cooking your pancakes. If you wait a minute between filling each skillet, you will have time to tend to each pan without feeling rushed.

#### **Dry Ingredients**

1 ½ cups all purpose flour  
½ cup finely ground cornmeal  
¼ teaspoon salt

2 teaspoons baking powder  
1 teaspoon baking soda

#### Wet Ingredients

1 teaspoon vanilla extract  
2 eggs  
2 tablespoons butter, melted  
1 cup half and half cream

#### Directions

1. In a large bowl, mix the flour, cornmeal, salt, baking powder and baking soda. Sift these dry ingredients twice.
2. In a small bowl, beat the two eggs well and blend in the melted butter. When these two ingredients are blended, add in the vanilla extract and the half and half cream. Blend thoroughly.
3. Add your wet ingredients into your dry ingredients by pouring a stream of the liquid into the bowl and stirring as you add it. You should only mix until the dry ingredients are moistened and the batter is still lumpy. Allow your batter to rest for ten minutes.
4. Heat a skillet over medium heat. Add a few drops of water into the pan and when you notice that the water bounces around, your skillet is hot enough. Add either a teaspoon of butter or oil to the skillet, move your skillet around so the bottom of the skillet is coated with the oil. If there is any extra butter or oil, pour it out into a bowl and set it aside for use if you need it.
5. If you have an ice cream scoop, use it to measure out your batter before you put it into the pan so that you will have pancakes that are the same size. Move your skillet around so that the batter will spread evenly. If you have blueberries, now is the time to toss them onto the pancake. When the surface of the pancake is bubbly and the edges look dry, turn your

pancake over once. Peek at the underside of your pancake for doneness. Continue cooking the pancakes until your batter is gone. You can also add more butter to the pan as necessary.

6. Serve your pancakes with syrup, butter, honey and fruit. Enjoy.

You can customize this pancake recipe by using plain water or milk instead of the half and half cream. You can also substitute vegetable oil for the butter in this pancake recipe.

## **BREAKFAST FRITTATA**

Prep and Cook Time:  
20 min.

Ingredients:

½ medium onion, minced

4 medium cloves garlic, chopped

¼ lb ground lamb or turkey

2 + 1 TBS chicken broth

3 cups rinsed and finely chopped kale, (stems removed)

2 whole free range chicken eggs

3 egg whites

salt and black pepper to taste

Directions:

Preheat broiler on low.

Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often.

Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps.

Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered about 5 more minutes.

Season with salt, pepper and mix.

Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.

Put under broiler in middle of oven, about 7 inches from the heat source, on low, so it has time to cook without the top burning. When it gets firm it is done, about 2-3 minutes.

## **BREAKFAST RISOTTO**

Prep and Cook Time:

25 min.

Ingredients:

1 cup Arborio rice (this is the Italian rice risotto is made with)

2 cups water

1 15oz can coconut milk

1 8oz can cubed pineapple (save juice)

¼ cup sliced almonds

¼ cup raisins

1 cup cubed firm banana about 1/2 inch pieces

Directions:

Bring water with rice to a boil in medium sized sauce or soup pan on high heat. Once it comes to a boil, turn heat to medium low and simmer uncovered, stirring frequently for creaminess.

While rice is cooking prepare rest of ingredients.

As water is absorbed in rice add pineapple juice from can and keep cooking. When that is absorbed add the can of coconut milk. As that gets absorbed, but while still creamy, add rest of ingredients.

Heat for another 2-3 minutes and serve when rice is tender. This should be still juicy and creamy without being runny. This is good served warm or cold.

## **BREAKFAST BURRITOS**

Prep and Cook Time:  
15 min.

Ingredients:

4 slices turkey bacon  
2 flour tortillas (7 inch)  
2 Tbl. shredded Sharp Cheddar Cheese  
1 large egg white  
1 Tbl. chopped green chilies

Directions:

Dessert in a Flash

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Cook turkey bacon in a nonstick skillet on medium heat 8 to 10 minutes or until lightly browned. Place 2 turkey bacon slices on each tortilla; sprinkle with cheese. Beat egg and chilies; add to hot skillet. Cook and stir 2 minutes or until set. Divide egg mixture between tortillas; fold tortillas over filling. Top with Salsa, if desired.

## **BREAKFAST PITA POCKETS**

Prep and Cook Time:  
15 min.

Ingredients:

1 pita bread, cut in half  
2 eggs  
salt and pepper to taste  
1/2 cup cooked and diced potatoes

Directions:

Preheat oven to 350 degrees F (175 degrees C). Place pita bread in the oven to warm. Heat a medium skillet over high heat. Coat with cooking spray. Add potatoes and saute until lightly browned, about 5 minutes. Reduce heat to medium and add eggs. Mix gently until eggs are firm, about 45

seconds. Season with salt and pepper. Remove pita from oven. Stuff pita with potato and egg mixture. Eat immediately.

### **PERFECT OATMEAL**

Prep and Cook Time:

15 min.

Ingredients:

Dessert in a Flash

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2¼ cups water

dash salt

1 cup regular rolled oats

½ tsp cinnamon

½ cup raisins

¼ cup chopped walnuts

soy milk, or skim milk

sweetener such as molasses, or honey

Directions:

Combine the water and salt in a small saucepan and turn the heat to high.

When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, raisins, and walnuts, stir, cover the pan and turn off heat. Let set for 5 minutes. Serve with milk and sweetener.

# Bonus recipe land...

Yeah more tasty and easy to make recipes.

## 1. ORANGE ROSEMARY PORK CHOPS

Prep and Cook Time:

25 min.

Ingredients:

4 (6-oz.) boneless pork chops

1 tablespoon chopped fresh rosemary

1/4 teaspoon salt

1/8 teaspoon ground black pepper

2 tablespoons olive oil

1 shallot, peeled and minced

1/3 cup beef broth

1/3 cup orange juice

Directions:

Season pork chops with rosemary, salt and pepper.

Heat oil in a large skillet over medium-high heat.

Add chops and cook until browned and cooked

through, about 5 minutes per side. Remove to a

serving platter and cover to keep warm. Add

shallots to the pan; sauté until shallots are soft.

Add broth and orange juice, scraping to remove any

browned bits from the bottom of the pan. Boil until

liquid is reduced by half, about 3 minutes. Pour

over pork chops and serve garnished with extra

rosemary.

## 2. GROUND BEEF STROGANOFF

Prep and Cook Time:

28 min.

Ingredients:

1 lb. ground beef

1/2 cup chopped onion

1/2 cup drained mushrooms

1-1/4 cups condensed Cream of Mushroom soup

1/4 cup water, red wine or beef broth

1/2 cup sour cream

Directions:

In a fry pan, brown the ground beef and onion; drain well. Stir in mushrooms, soup and water. Cover and simmer for 15-20 minutes. Stir in sour cream; heat through, but do not boil. Serve over noodles or rice.

### **3. ITALIAN CHICKEN**

Prep and Cook Time:

30 min.

Ingredients:

4 to 6 boneless, skinless chicken breasts

1 lg. jar spaghetti sauce of choice

2 cups grated mozzarella cheese

Parmesan cheese

Salt, pepper, garlic

Fettuccine noodles

Directions:

Grease large casserole dish. Season chicken breasts with salt, pepper and garlic. Place flat in casserole dish. Bake for 20 minutes turning

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once. Pour spaghetti sauce over chicken and sprinkle generously with mozzarella cheese. Bake until bubbly and cheese has melted. Prepare noodles according to directions and serve chicken and sauce over noodles. Top with grated parmesan cheese.

### **4. JAMAICAN JERKED CHICKEN**

Prep and Cook Time:

28 min.

Ingredients:

3-1/2 pounds fresh chicken legs

2 tablespoons olive oil

2 tablespoons jerk seasoning

2 limes, juiced

Directions:

Preheat oven to 400°. Brush chicken with oil and sprinkle with Jerk Seasoning. Place in a shallow roasting pan and bake 30 minutes or until cooked thoroughly. Sprinkle with lime juice and serve hot.

## **5. CREAMY CHICKEN & NOODLES**

Prep and Cook Time:

17 min.

Ingredients:

1 (16 ounce) package wide egg noodles

2 (5 ounce) cans chunk chicken, drained

2 (10.75 ounce) cans condensed cream of mushroom soup

1/2 teaspoon garlic salt

1/2 teaspoon ground black pepper

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Directions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Return pasta to pot with chicken, soup, garlic salt and pepper over medium heat. Heat through, 5 minutes.

## **6. CREAMY RANCH SKILLET POTATOES**

Prep and Cook Time:

22 min.

Ingredients:

4 to 5 medium potatoes, peeled and cubed

1/3 cup onion, chopped

1 envelope ranch-style dressing mix (1 ounce)

1/3 cup sour cream

2 cups milk

1 teaspoon parsley

Directions:

Precook potatoes in microwave or boil until slightly tender. Spray a large skillet with nonstick cooking spray. Over medium heat, brown onions and potatoes. Add remaining ingredients and simmer just until sauce thickens.

## **7. CRISPY PARMESAN FISH FILLETS**

Prep and Cook Time:

28 min.

Ingredients:

6 (4 ounce) fine-textured fish fillets (such as flounder, sole or cod)

1 egg, beaten

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1/2 cup grated Parmesan cheese

1/2 cup cornflake crumbs

1/4 teaspoon ground red pepper (optional)

Directions:

Heat oven to 450 degrees. Dip fish in egg; coat with combined cheese, crumbs and pepper. Place in greased shallow baking dish. Bake 5 to 10 minutes or until fish flakes easily with fork. Makes 6 servings. Variation: Substitute boneless skinless chicken breast halves for fish. Decrease oven temperature to 400 degrees F. Bake 15 to 20 minutes or until chicken is cooked through.

## **8. EASY ENCHILADAS**

Prep and Cook Time:

30 min.

Ingredients:

12 Corn tortillas

1 package enchilada sauce mix

1 lb. ground beef

2 tbl. instant minced onion or 1/2 cup chopped fresh onion

2 cups shredded Cheddar or Monterey Jack Cheese

1/4 cup chopped or sliced black olives

Directions:

In a medium, saucepan prepare enchilada sauce mix as directed on the package. In a large fry pan, brown the ground beef and onion. Drain excess fat. Stir 1/2 cup enchilada sauce into the meat mixture. To assemble, dip each tortilla into the sauce.

Spoon about 2 tbl. Meat mixture and 1 tablespoon cheese down the center of each tortilla. Roll into thirds and place seam side down in a 9 by 13 inch baking dish. When all the tortillas are assembled, pour the remaining sauce over the top. Sprinkle

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with olives and extra cheese. Cover with foil; bake for 20 minutes until heated through and the cheese is melted.

### **9. CHICKEN FRIED RICE**

Prep and Cook Time:

22 min.

Ingredients:

2 teaspoons peanut oil  
1/2 cup chopped green onions  
1/4 cup sliced celery  
1/4 cup chopped seeded red bell pepper  
1 clove garlic, crushed  
1/2 teaspoon grated gingerroot  
1/4 teaspoon crushed red pepper flakes  
6 tablespoons liquid egg substitute  
3 cups cooked long-grain rice  
2 cups diced cooked chicken  
2 tablespoons lite soy sauce  
1 teaspoon sugar

Directions:

Heat oil over medium-high heat in a large, nonstick skillet or wok. Add green onions, celery, bell pepper, garlic, ginger and red pepper flakes and sauté until tender-crisp (about 5 minutes).

Pour in egg substitute; cook, stirring occasionally, until mixture is set (about 3 minutes). Stir in rice, chicken, soy sauce and sugar; cook until heated thoroughly. Serve hot.

### **10. CHILI & CORNMEAL CRUSTED CHICKEN**

Prep and Cook Time:

18 min.

Ingredients:

1-1/2 pounds fresh boneless, skinless chicken breasts, see cooking tip section  
1/4 cup cornmeal  
2 tablespoons chili powder  
1 teaspoon cumin  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
2 eggs, beaten  
2 tablespoons vegetable oil

Directions:

Pound chicken breasts between 2 pieces of plastic wrap or waxed paperto about ¼-inch thickness; set aside.

In a shallow dish combine cornmeal, chili powder, cumin, salt and pepper. Dip chicken breasts in beaten egg, then into cornmeal mixture. Heat oil in a large, nonstick skillet over medium-high heat. Add chicken and cook on both sides until golden and no longer pink inside, about 10 minutes total.

## **11. BRUNSWICK STEW**

Prep and Cook Time:

14 min.

Ingredients:

1 chicken (5 lbs.)  
4 cups cold water  
1 can condensed tomato soup  
1 small can tomatoes  
1 onion, sliced thin  
1 can green lima beans  
3 potatoes, sliced thin  
1 tbl. sugar  
Salt & pepper  
1 stick butter or margarine  
1 can whole kernel corn

Directions:

Stew chicken, remove from bone and cut in 1 inch

pieces. Return to kettle and add tomato soup, tomatoes, onion, lima beans, potatoes and seasonings. Cook until vegetables are tender. Add corn and butter.

Cook 5 minutes. If desired, thicken with flour mixed with cold water.

Serves 8.

## **12. CARIBBEAN RICE**

Prep and Cook Time:

24 min.

Ingredients:

2 tbl. vegetable oil

1 tbl. julienne strips peeled fresh ginger

1 1/2 cups long-grain rice, rinsed well in several changes of water and drained

1 3/4 cups water

1/3 cup canned unsweetened coconut milk

1 small bay leaf

1/2 teaspoon salt

Tabasco to taste

2 scallions, minced

2 tbl. minced fresh cilantro

1 tsp. of coconut extract (optional)

Directions:

In a medium saucepan, heat oil over moderately high heat until hot, but not smoking.auté ginger for about 2 minutes, stirring frequently. Add rice and cook 2 minutes, stirring frequently.

Add water, coconut milk, bay leaf, salt, Tabasco, and extract. Bring mixture to a boil. Reduce heat

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to low and cook covered, 20 minutes, or until rice is tender and liquid is absorbed.

Remove pan from heat and sprinkle rice with scallions and cilantro. Let rice stand 5 minutes and fluff with a fork. Discard bay leaf and serve.

### **13. ROSEMARY LAMB CHOPS**

Prep and Cook Time:

15 min.

Ingredients:

12 lamb chops

6 TBS fresh lemon juice

3 TBS chopped fresh rosemary,

3 medium cloves garlic pressed,  $\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp black pepper

Directions:

Mix together lemon juice, rosemary, pressed garlic, salt and pepper. Rub lamb chops with mixture. Set aside on plate. (you might want to prepare the rest of your meal at this point)

Preheat broiler on high heat, and place a metal oven-proof pan big enough to hold lamb chops under heat to get hot, about 5-7 inches from the heat source. Heat pan for about 10 minutes.

Once pan is hot, place lamb chops in pan, and return to broiler for about 4-5 minutes, depending on thickness of lamb. Lamb is cooked quickly as it is cooking on both sides at the same time. This is our (Quick Broil) cooking method.

Serves 4

### **14. STIR FRIED CHICKEN & BOK CHOY**

Prep and Cook Time:

20 min.

Ingredients:

1 cup chopped scallion

2 TBS fresh minced ginger

2 skinless, boneless chicken breasts cut into bite size pieces

1 $\frac{1}{2}$  cups sliced fresh shiitake mushrooms

4 cups chopped bok choy

2 TBS soy sauce  
1 TBS rice vinegar  
salt and white pepper to taste  
pinch of red pepper flakes

Directions:

Healthy Stir Fry scallion in a stainless steel wok or sauté pan for 2 minutes and add ginger. Continue to stir fry for another minute and add chicken stirring constantly.

After about 2-3 minutes add shiitake mushrooms and bok choy. Continue to stir fry for another 3-4 minutes and add soy sauce, rice vinegar, salt and pepper. Serve.

Serves 4

## **15. SOUTHWESTERN SALMON & BLACK BEANS**

Prep and Cook Time:

30 min.

Ingredients:

1½ lb salmon cut into 4 pieces,  
skin and bones removed  
1 small sized onion minced  
1 small sized red bell pepper diced 1/4 inch  
4 medium cloves garlic pressed  
½ cup + 1 TBS chicken or vegetable broth  
15oz can black beans, drained

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1½ TBS red chili powder  
about 2 cups shredded romaine lettuce, outer leaves  
discarded

1 medium avocado cut into cubes

Sauce:

2 TBS fresh cilantro chopped  
1 TBS fresh mint chopped  
1 TBS fresh basil chopped  
3 TBS fresh lemon juice  
3 TBS olive oil  
1 TBS chopped pumpkin seeds

salt and pepper to taste

Directions:

Season salmon with a little salt and pepper. Set aside while you chop and sauté vegetables.

Heat 1 TBS broth in a stainless steel 10-12 inch skillet. Healthy Sauté onion, bell pepper and garlic in broth over medium heat for about 5 minutes stirring frequently.

Add ½ cup broth, drained beans, and red chili powder. Cook for another 10 minutes. Season with salt and pepper to taste.

While beans are cooking preheat broiler on high.

Place a metal skillet large enough for salmon under the heat to get hot. This takes about 10 minutes.

Mix together in a bowl cilantro, mint, basil, lemon juice, olive oil, pumpkin seeds, salt and pepper.

Place salmon in the hot pan and return to broiler about 5 inches from the heat source for best results. This is usually the upper part of the oven or broiler. Broil salmon for about 3-4 minutes for medium doneness. This is our Quick Broil cooking method. Serve salmon, beans and lettuce together on a plate. Top salmon and lettuce with cilantro topping.

Serves 4

## **16. STIR FRIED SEAFOOD WITH ASPARAGUS**

Prep and Cook Time:

25 min.

Ingredients:

1 medium onion cut in half and sliced medium thick

1 TBS chicken or vegetable broth

1 TBS minced fresh ginger

3 medium cloves garlic, chopped

2 cups fresh sliced shiitake mushrooms

1 bunch thin asparagus cut in 2" lengths (discard bottom fourth)

¼ cup fresh lemon juice

2 TBS soy sauce  
2 TBS mirin wine  
pinch red pepper flakes  
3/4 lb snapper fillet cut into 1 inch pieces  
8 large scallops  
8 large shrimp, peeled and deveined  
1 cup cherry tomatoes cut in quarters  
¼ cup chopped fresh cilantro  
salt and white pepper to taste

Directions:

Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Healthy Stir Fry onion in broth over medium high heat for 2 minutes, stirring constantly. Add ginger, garlic, mushrooms and asparagus. Continue to stir fry for another 3 minutes, stirring constantly. Add lemon juice, soy sauce, mirin, red pepper flakes, snapper, scallops, shrimp and stir to mix well. Cover and simmer for just about 5 minutes stirring occasionally on medium heat.

Toss in tomatoes, cilantro, salt and pepper. Serve.  
Serves 4

## **17. 15 MINUTE ASIAN TUNA**

Prep and Cook Time:

15 min.

Ingredients:

4 6oz tuna steaks  
1 TBS fresh lemon juice to rub on tuna  
1 cup minced scallion  
3 medium cloves garlic pressed  
1 TBS minced fresh ginger  
2 cups thick sliced fresh shiitake mushrooms  
(remove stems)  
1 TBS chicken broth  
1 cup fresh squeezed orange juice  
2 TBS soy sauce  
2 TBS chopped cilantro

salt and pepper to taste

Directions:

Rub tuna with lemon juice and season with a little salt and white pepper. Set aside.

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté scallion, garlic, ginger and mushrooms in broth for about 2 minutes, stirring constantly over medium heat.

Add orange juice and cook for another 2 minutes, and add rest of ingredients.

While sauce is simmering, preheat another non-stick skillet big enough to hold tuna over medium high heat for 3-4 minutes and place tuna in it. Cook for about 1½ -2 minutes and turn. Cook for another 1½ - 2 minutes. This is our (Stovetop Searing) cooking method. Place on plates and pour mushroom sauce over each steak. Or you can lay a bed of mushroom sauce on each plate and place tuna on top.

## **18. HEALTHY CAESAR SALAD**

Prep and Cook Time:

10 min.

Ingredients:

2 large head romaine lettuce, outer leaves removed & discarded

\* (optional) 1/4 cup walnuts

Dressing:

2 TBS roasted tahini

1 2oz can anchovies, drained of oil, rinsed and chopped

4 medium cloves garlic, chopped

3 TBS lemon juice

2 TBS balsamic vinegar

2 TBS extra virgin olive oil

salt & cracked black pepper to taste

Directions:

Rinse lettuce, cut into bite size pieces, and dry.

Try to get lettuce as dry as possible so dressing

is not diluted. If you have a salad spinner it is best. Blend dressing ingredients together for 1-2 minutes, drizzling olive oil at end a little at a time. Toss romaine with desired amount of dressing and walnuts if using them. There will be dressing left over. It saves very well in your refrigerator for 2 weeks.

Serves 4

## **19. BBQ MEATBALLS**

Prep and Cook Time:

22 min.

Ingredients:

1 lb. hamburger

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1 cup minced onion

1 egg

1/4 cup milk

1/4 cup bread crumbs

1 tsp. salt

1/4 tsp. pepper

2 tbl. cooking oil

2 (8 oz.) cans tomato sauce

1/2 cup brown sugar

2 tbl. vinegar

1 tsp. seasoned salt

Directions:

Combine first seven ingredients and shape into 12 meatballs. Brown in oil in skillet, remove excess fat. Combine tomato sauce, brown sugar, vinegar and seasoned salt. Pour over meatballs. Simmer over low heat 10-15 minutes, turning frequently until meatballs are well glazed. Serve over rice or noodles.

## **20. 15 MINUTE TURKEY CHEF'S SALAD**

Prep and Cook Time:

15 min.

Ingredients:

½ lb mixed salad greens

1 cup fresh basil leaves torn into pieces

¾ lb sliced turkey breast

1 small jar of prepared roasted peppers, (about 7 oz)

4 oz Kalamata olives

½ basket cherry tomatoes, cut in half

1 medium avocado cut into cubes

\*optional 4 oz goat cheese

Dressing:

2 TBS balsamic vinegar

2 TBS extra virgin olive oil

Salt and cracked black pepper to taste

Directions:

Rinse and dry salad greens. This is done best in a salad spinner.

Divide between 4 plates and top with rest of ingredients.

Whisk together vinegar, oil, salt and pepper and drizzle on top of salad.

Serves 4

## **21. POACHED EGGS, COLLARD GREENS & SHIITAKE MUSHROOMS**

Prep and Cook Time:

20 min.

Ingredients:

6 cups chopped collard greens (stems removed)

1 medium onion cut in half and sliced thin

6 fresh shiitake mushrooms, sliced medium thick stems removed

4 fresh free range chicken eggs

about 4 cups water

1 TBS apple cider vinegar, or any white wine vinegar

Dressing:

1 TBS fresh lemon juice  
1 TBS minced fresh ginger  
3 medium cloves garlic pressed  
1 TBS soy sauce  
1 TBS extra virgin olive oil  
salt and white pepper to taste

Directions:

Bring lightly salted water to a boil in a steamer. Rinse greens well, fold leaves in half and pull or

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cut out stem. Discard stems. Chop leaf and steam for about 7 minutes. Add mushrooms, onion and steam for another 5 minutes.

While steaming greens, get ready for poaching by bringing water and vinegar to a fast simmer in a small, shallow pan. You can start on high heat, and once it comes to a boil, reduce heat to a simmer before adding eggs. Make sure there is enough water to cover eggs.

Mix together lemon juice, ginger, garlic, soy sauce, olive oil, salt, and pepper in a small bowl. When greens are almost done poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over.

Press greens with the back of a spoon slightly to remove excess water. Remove vegetables from steamer and toss with dressing. Remove eggs from water with a slotted spoon and place on plate of tossed greens.

Serves 4

## **22. ITALIAN TOFU FRITTATA**

Prep and Cook Time:

30 min.

Ingredients:

1 cup onion, chopped fine  
4 cloves garlic, minced

1 cup zucchini, diced  
1 cup red bell pepper, diced  
2 cups finely chopped kale, (remove stems)  
1 cup chopped fresh tomato  
¼ cup chicken or vegetable broth  
2 TBS red wine vinegar  
5 oz firm light tofu, drained  
4 egg whites  
1 TBS dried Italian seasoning  
¼ tsp turmeric  
salt and white pepper to taste  
2 TBS chopped fresh parsley

Directions:

Prepare vegetables by chopping them and having them ready.

Pureé tofu with egg whites, Italian seasoning and turmeric in blender. In 10 inch stainless steel pan, Healthy Sauté onion, garlic, zucchini, bell pepper, kale, and tomato for about 1 minute over medium low heat, stirring often. Add broth and red wine vinegar. Pour tofu mixture over vegetables, cover and cook over low heat until mixture is completely firm and cooked, about 12 minutes. Top with chopped parsley.

Serves 4

### **23. BREAKFAST BAGEL**

Prep and Cook Time:

15 min.

Ingredients:

2 whole wheat bagels  
4 large free-range chicken eggs  
1 tsp apple cider vinegar, or any light vinegar  
1 large tomato, sliced  
1 bunch arugula  
2 TBS extra virgin olive oil  
2 medium cloves garlic, pressed  
salt and black pepper to taste

Directions:

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Bring water and 1 tsp vinegar to a light boil in a shallow pan. Make sure there is enough water to cover eggs.

While water is coming to a boil, slice bagels in half and toast. Press garlic into oil and brush on cut side of toasted bagels.

Garnish bagel with arugula and sliced tomato.

To poach eggs, crack into water and cook about 5 minutes, just until the white is set and the yolk has filmed over. Remove with slotted spoon. Place on top of bagel and vegetables. Season with salt and pepper to taste. Serve open faced.

Serves 4

#### **24. ANGEL HAIR PASTA WITH LEMON CHICKEN**

Prep and Cook Time:

20 min.

Ingredients:

1 pkg. (9 oz.) refrigerated Angel Hair Pasta

1-1/2 cups cooked diced chicken

1/3 cup butter, melted

2 tablespoons lemon juice

2 tablespoons chopped fresh parsley, (or 1 teaspoon dried parsley)

1/4 teaspoon marjoram

1/4 teaspoon garlic powder

Directions:

Prepare pasta according to package directions.

Toss pasta with remaining ingredients. Season with salt and ground black pepper.

#### **26. BASIL FRITTATA**

Prep and Cook Time:

15 min.

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Ingredients:

½ medium onion, minced  
1+1 TBS chicken broth  
3 medium cloves garlic, pressed  
1 cup thinly sliced crimini mushrooms  
½ medium tomato, seeds removed, and diced  
3 large eggs  
3 TBS chopped fresh basil  
salt and black pepper to taste

Directions:

Heat 1 TBS broth in a 10-inch stainless steel skillet. Healthy Sauté onion over medium low heat 3 minutes, stirring frequently.

Add garlic, mushrooms and continue to sauté for another 2 minutes.

Add 1 TBS broth, tomato, salt, pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning.

Beat eggs well, and season with salt and pepper.

Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.

Serves 2

## **27. BAKED PASTA IN A HURRY**

Prep and Cook Time:

30 min.

Ingredients:

1 Large jar chunky or thick spaghetti sauce  
1- 1/2 cups water  
1 bag pasta (shells, bow-tie, etc.)  
2 cups shredded Mozzarella cheese  
Parmesan cheese

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Directions:

Lightly coat large baking dish with Crisco to make

clean up easy. Heat oven to 425. In a mixing bowl, stir sauce, water and pasta until well coated. Pour pasta & sauce into a baking dish. Cover with foil and bake for 30 minutes. Top with shredded cheese, return to oven for 10 minutes. Sprinkle with Parmesan and serve.

## **28. 15 MINUTE BROILED CHICKEN SALAD**

Prep and Cook Time:

15 min.

Ingredients:

4 boneless chicken breasts

½ lb mixed salad greens

¼ cup sliced fresh basil leaves

2 TBS fresh oregano leaves

2 oz gorgonzola cheese

2 TBS fresh lemon juice

salt and cracked black pepper to taste

Dressing:

2 TBS fresh lemon juice

1 TBS extra virgin olive oil

salt and cracked black pepper to taste

Directions:

Preheat broiler on high with rack in the middle of the oven, about 7 inches from the heat source.

Place shallow metal ovenproof pan under the heat to get very hot for about 10 minutes.

While pan is getting hot, rinse and spin dry salad greens along with basil and oregano leaves. For oregano, simply run your fingers down the stem to remove leaves and place whole in salad.

When pan is hot, reduce heat to low, season chicken breasts with a little salt and pepper and place on hot pan skin side up. Return to broiler and cook for about 15 minutes, or until done, depending on the thickness of the breasts. The breasts cook fast because they are cooking on both sides at the same time. This is our Quick Broil cooking method. When

chicken is just about done, remove skin and top breasts with a little gorgonzola cheese and return to broiler to melt. (If you're not sure if chicken is done, make a little slice with a small sharp knife to check. It should be only slightly pink. Toss greens with lemon juice, olive oil, salt and pepper. Distribute greens onto 4 plates. Place chicken breasts on top of greens. Serve.

Serves 4

## **29. BEEF & VEGETABLE STIR FRY**

Prep and Cook Time:

23 min.

Ingredients:

1 beef bouillon cube

1/4 cup hot water

3 tablespoons reduced-sodium soy sauce

2 tablespoons dry white wine or water

1 tablespoon cornstarch

1/4 to 1/2 teaspoon ground ginger

1/4 teaspoon ground black pepper

1/4 tablespoon vegetable oil

1 pound lean beef sirloin steak, cut into 2-inch strips

2 cloves garlic, finely chopped

2 tablespoons water

1 package (16 oz.) frozen mixed vegetables

1/2 cup (about 3) 1-inch slices green onions

4 cups cooked brown rice

Directions:

Dissolve bouillon in 1/4 cup water in a small bowl.

Stir in soy sauce, wine, cornstarch, ginger, and pepper.

Heat vegetable oil in a large, nonstick skillet over medium-high heat. Add beef and garlic; cook, stirring constantly, for 3 to 4 minutes or until beef is no longer pink. Remove from skillet.

Heat 2 tablespoons water in same skillet. Add

vegetables; cook, stirring occasionally, for 3 to 5 minutes or until vegetables are tender. Return beef to skillet; stir in bouillon mixture and green onions. Cook, stirring frequently, for 2 to 3 minutes or until sauce is thickened. Serve over rice.

### **30. GOLDEN SQUASH SOUP**

Prep and Cook Time:

30 min.

Ingredients:

1 medium sized butternut squash, peeled and cut into about ½ inch pieces (about 3 cups)

1 large onion, chopped

3 medium cloves garlic, chopped

1 TBS chopped fresh ginger

1 tsp turmeric

1 tsp curry powder

2 ¾ cups + 1 TBS chicken or vegetable broth

6 oz canned coconut milk

2 TBS chopped fresh cilantro

salt & white pepper to taste

Directions:

Peel squash and cut into pieces.

Heat 1 TBS broth in medium soup pot. Healthy Sauté onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent.

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Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.

Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1

minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

Serves 4-6

### **31. ZESTY MEXICAN SOUP**

Prep and Cook Time:

28 min.

Ingredients:

1 medium onion minced  
4 medium cloves garlic, chopped  
2 TBS red chili powder  
3 cups + 1 TBS chicken, or vegetable broth  
1 small to medium green bell pepper diced, 1/4 inch pieces  
1 small zucchini diced, 1/4 inch pieces  
1 cup finely chopped collard greens  
1 15oz can diced tomatoes  
1 15oz can rinsed black beans  
1 cup frozen yellow corn  
1 4oz can diced green chili  
1 tsp dried oregano  
1 tsp cumin  
1/4 cup chopped pumpkin seeds  
1/2 cup chopped fresh cilantro  
salt and pepper to taste

Directions:

Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion, garlic, and green peppers in broth over medium heat for about 5 minutes, stirring often.

Add red chili powder, mix in well and add broth, zucchini, collard greens and tomatoes. Cook for another 5 minutes and add beans, corn, green chili, oregano, and cumin.

Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer

uncovered for 15 minutes longer. (Simmering uncovered enhances the flavor) Add chopped cilantro, pumpkin seeds, salt and pepper.  
Serves 6

### **32. BAKED HALIBUT WITH HERBS**

Prep and Cook Time:  
30 min.

Ingredients:

1 1/2 lbs halibut steak or fillet, cut into 8 pieces

¼ cup chicken or vegetable stock

2 TBS lemon juice

3 medium cloves garlic, pressed

2 TBS capers

2 TBS chopped fresh parsley

1 TBS chopped fresh tarragon

1 TBS chopped fresh chives

salt and pepper to taste

Directions:

Preheat oven to 450. Place the fish in a baking dish just large enough to hold them, and add remaining ingredients. Cover, and bake until done, about 15 minutes; don't overcook. Serve at once, pouring the pan juices over the fish.

Serves 4

### **33. BAKED CHICKEN BREAST WITH HONEY MUSTARD SAUCE**

Prep and Cook Time:  
30 min.

Ingredients:

4 boneless, skinless chicken breasts

1 ½ cups chicken broth

1 TBS fresh lemon juice

2 ½ TBS honey

2 TBS Dijon mustard

¼ cup sliced dried apricots

2 TBS coarsely chopped walnuts  
1 TBS chopped parsley  
4 bunches fresh spinach, stems removed and rinsed thoroughly  
salt and pepper to taste

Directions:

Preheat oven to 375. Place chicken breasts in baking dish. Season with salt and pepper and cover. Bake for about 30 minutes, or until done.

While chicken is baking, bring salted water to a boil to cook spinach.

While water is coming to a boil, begin sauce.

Combine broth, lemon juice, honey, and mustard in a small saucepan. Whisk together and bring to a boil on high heat. Once it comes to a boil, simmer for about 20 minutes. This can be cooking while chicken is baking. You want it to be reduced to a little less than half the volume you start with. This will thicken and intensify the flavor.

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Add apricots and cook on high for another 5 minutes. When sauce is done add chopped walnuts, parsley, salt and pepper.

Cook spinach for only 2 minutes at the most. Drain and press dry. Season with a little salt and pepper. Divide spinach between 4 plates. Slice chicken breast and place over bed of spinach. Spoon sauce over chicken and spinach.

Serves 4

### **34. BEEF STEW IN A HURRY**

Prep and Cook Time:

27 min.

Ingredients:

1 can (1 lb.) sliced carrots  
1 can (8 oz.) whole potatoes  
1 can (8 oz.) cut green beans  
1/4 cup all-purpose flour  
1 envelope dry onion soup mix

3 cups cut-up cooked beef

Directions:

Drain vegetables, reserving liquid. Combine flour and soup mix in large skillet. Add water to reserved liquid to measure 3 cups; stir into mixture in skillet. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in vegetables and beef. Cover; cook over low heat about 10 minutes or until it is heated through. 4 servings, about 1-1/2 cups each.

### **35. BLUE RIBBON CHILI**

Prep and Cook Time:

30 min.

Ingredients:

2 pounds ground beef

1/2 onion, chopped

1 teaspoon ground black pepper

1/2 teaspoon garlic salt

2 1/2 cups tomato sauce

1 (8 ounce) jar salsa

4 tablespoons chili seasoning mix

1 (15 ounce) can light red kidney beans

1 (15 ounce) can dark red kidney beans

Directions:

In a large saucepan over medium heat, combine the ground beef and the onion and saute for 10 minutes, or until meat is browned and onion is tender. Drain grease, if desired.

Add the ground black pepper, garlic salt, tomato sauce, salsa, chili seasoning mix and kidney beans. Mix well, reduce heat to low and simmer for 20 minutes.

### **36. BREAKFAST BURRITOS**

Prep and Cook Time:

17 min.

Ingredients:

4 slices turkey bacon  
2 flour tortillas (7 inch)  
2 Tbl. shredded Sharp Cheddar Cheese  
1 large egg white  
1 Tbl. chopped green chilies

Directions:

Cook turkey bacon in a nonstick skillet on medium heat 8 to 10 minutes or until lightly browned.

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Place 2 turkey bacon slices on each tortilla; sprinkle with cheese.  
Beat egg and chilies; add to hot skillet. Cook and stir 2 minutes or until set. Divide egg mixture between tortillas; fold tortillas over filling. Top with Salsa, if desired.

### **37. CHEESE & CORN QUESADILLAS**

Prep and Cook Time:

19 min.

Ingredients:

4 (10-in.) flour tortillas  
1 can (15-oz.) corn, drained  
1-1/2 cups shredded Monterey Jack cheese  
2 medium roma tomatoes, seeded and diced

Directions:

Preheat oven to 350°F. Spray 2 baking sheets with vegetable cooking spray.  
Place tortillas on prepared baking sheets. Evenly sprinkle each tortilla with corn, cheese and tomatoes. Bake for 4 minutes, or until cheese begins to melt and tortilla is still pliable. Fold tortilla in half. Carefully flip tortilla over, and bake another 5 minutes. Cut each quesadilla into 4 wedges; serve warm.

### **38. CHICKEN BURRITOS**

Prep and Cook Time:

18 min.

Ingredients:

1 tablespoon vegetable oil

1 pound boneless, skinless chicken breast halves,  
cut into 2-inch strips

1-1/4 cups water

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1 package (1.5-oz.) Taco Seasoning Mix

8 (10-in.) burrito-size flour tortillas, warmed

Directions:

Heat vegetable oil in large skillet over mediumhigh heat. Add chicken; cook for 3 to 4 minutes or until no longer pink. Add water and seasoning mix. Bring to a boil. Reduce heat to low; cook for 3 to 4 minutes or until mixture thickens.

Spoon chicken mixture evenly over tortillas. Top with shredded cheddar cheese, shredded lettuce, chopped green onions, sliced olives and Salsa, if desired. Fold into burritos.

### **39. CHICKEN CURRY IN A HURRY**

Prep and Cook Time:

25 min.

Ingredients:

2 teaspoons brown sugar

2 teaspoons curry powder

1/2 teaspoon dry mustard

1/4 teaspoon pepper

4 boneless chicken breast halves, cut in bite-size pieces

14.5 ounces chicken broth or about 1-3/4 cups

1 1/2 cups orange juice

1 1/4 cups long grained rice, uncooked

10 ounce package frozen Peas

Directions:

Combine first 5 ingredients; sprinkle 1 tbsp seasoning mixture over chicken, tossing to coat.

Reserve remaining seasoning mixture. Bring chicken broth, orange juice, rice and reserved seasoning mixture to a boil in a large non stick skillet. Add chicken; reduce heat, cover and simmer 15 minutes.

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Stir in peas; cover and simmer 10 minutes or until liquid is absorbed.

#### **40. COCONUT SHRIMP**

Prep and Cook Time:

30 min.

Ingredients:

40 medium shrimp

2 tsp. garlic and herb seasoning

1 tsp. black pepper

1-1/2 cups flour

4 medium eggs, well-beaten

2 cups shredded coconut

Directions:

Preheat oven to 400°F. Spray a large baking sheet with nonstick spray. Sprinkle garlic and herb seasoning and pepper evenly over the shrimp. Place the flour, egg, and coconut in three small separate bowls. Dip shrimp into the egg, then the flour, then the egg again, and then into the coconut. Place shrimp on the baking sheet at least 1 inch apart. Bake for about 12-15 minutes, or until they are crisp and golden brown. Serving suggestion: dip in mango sauce.

#### **41. CORNMEAL WAFFLES**

Prep and Cook Time:

20 min.

Ingredients:

1 cup yellow cornmeal

1 cup flour

2 tablespoons sugar

4 teaspoons baking powder

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1/2 teaspoon salt  
1-3/4 cups milk  
2 eggs, lightly beaten  
1/3 cup butter, melted

Directions:

In a large bowl, combine cornmeal, flour, sugar, baking powder and salt. In a separate bowl with an electric mixer at medium speed, beat together milk, eggs and butter. Add to dry ingredients and mix to blend. Pour batter onto a hot, greased waffle iron and bake until browned and crisp. Serve with butter and syrup or jam.

#### **42. GARLIC MASHED POTATOES**

Prep and Cook Time:

25 min.

Ingredients:

2 pounds potatoes, peeled and cut into large chunks  
8 cloves garlic, peeled and smashed  
1/4 cup whipping cream  
2 tablespoons butter, softened  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

Directions:

Add potatoes and garlic to a large saucepan; cover with 2 inches of water. Bring to a boil and simmer until tender, about 15 to 20 minutes. Drain well and put back in pan. Add milk, butter, salt and pepper; mash with a potato masher until creamy. Serve immediately.

#### **43. GLAZED MICROWAVE CHICKEN**

Prep and Cook Time:

20 min.

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Ingredients:

4 boneless and skinless chicken breasts  
2 tsp. paprika  
8 thin lemon slices  
1/4 cup honey  
1/4 cup spicy brown mustard  
1/4 tsp. onion powder  
1 tsp. lemon juice  
1 tsp. curry powder

Directions:

Sprinkle chicken breasts with paprika and then top with lemon slices.

Place in microwave dish, cover loosely with wax paper, and microwave for about 8-10 minutes, turning dish halfway through cooking. Remove chicken from the dish; (leave behind any liquid).

In a small microwave bowl, mix remaining ingredients. Microwave the sauce for 2 minutes. Spoon sauce over chicken and microwave again for about 2 minutes, or until the glaze is hot and a fork can be inserted into the chicken with ease.

#### **44. MANDARIN PORK CHOPS**

Prep and Cook Time:

29 min.

Ingredients:

4 pork chops  
1 tablespoon oil  
1/2 cup orange juice  
1/4 cup water  
3 tablespoons brown sugar  
2 tablespoons lemon juice  
1 tablespoon cornstarch  
2 chicken bouillon cubes, crushed  
11 fluid ounces Mandarin orange sections

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1 green bell pepper, sliced

Directions:

In a large skillet, brown pork chops in oil; remove from the pan. Add orange juice, water, brown sugar, lemon juice, cornstarch, and crushed chicken bouillon cubes to the skillet. Cook and stir until slightly thickened. Return the pork chops, cover, and simmer for 20 minutes, or until tender. Add mandarin orange sections (drained) and sliced green bell pepper; heat through.

#### **45. MEATBALLS AND RICE**

Prep and Cook Time:

24 min.

Ingredients:

1 package hamburger

1 package beefy onion soup mix

2 cans cream of mushroom soup

1 cup rice

Directions:

Mix hamburger and soup mix together. Roll meat into ½" balls. Brown in pan, until fully cooked. Add cream of mushroom soup. Cook until soup is bubbly.

Cook rice according to package directions.

Serve meatballs and gravy over rice. Add your favorite vegetable on the side and you've got a great meal!

#### **46. MEXICAN CHICKEN PIZZA**

Prep and Cook Time:

39

20 min.

Ingredients:

1 package taco seasoning (DO NOT use if using preseasoned chicken)

1-1/2 cups Thick-n-Chunky style salsa

1 can refrigerated pizza crust

1 cup grated Monterey Jack cheese

1 cup grated Velveeta cheese

Directions:

Preheat oven to 425 degrees. Unroll dough, place on pizza or baking pan, pressing dough until thin crust is formed to edge of pan. Bake crust for 8 minutes or until crust begins to brown.

Brown chicken; mix in taco seasoning.

Spread salsa on crust, followed by chicken and cheeses.

Return to oven, bake additional 7-12 minutes, or until edges of crust are golden brown and cheese is melted.

#### **47. WHIPPED SWEET POTATO CASSEROLE**

Prep and Cook Time:

30 min.

Ingredients:

2 pounds sweet potatoes, peeled and cubed

2 tablespoons orange juice

3/4 cup brown sugar

1/8 teaspoon ground nutmeg

2 tablespoons butter, cubed

1 cup miniature marshmallows

Directions:

Preheat oven to 350 degrees F (175 degrees C).

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In a large saucepan cook sweet potatoes in salted water over medium high heat for about 20 minutes, or until done. Drain, and add orange juice, brown sugar, nutmeg and butter. Whip until smooth. Spread into a medium size casserole dish and top with marshmallows.

Bake in preheated oven for about 10 minutes, or until marshmallows are golden brown.

#### **48. TUNA TORTELLINI SALAD**

Prep and Cook Time:

25 min.

Ingredients:

1 pkg. (20 oz.) refrigerated family size Three Cheese Tortellini, cooked, rinsed and drained

1/2 pound green beans, cut into 1-inch pieces, cooked

2 cans (6 1/8 oz. each) solid white tuna packed in water, drained

1 large chopped tomato, diced

3/4 cup sliced ripe black olives, sliced

4 green onions, sliced

3/4 cup mayonnaise

3 tablespoons balsamic vinegar

3/4 teaspoon celery salt

1 small can corn

Directions:

Combine tortellini, green beans, tuna, tomato, olives corn and onion in a large bowl. Combine mayonnaise, vinegar and celery salt in a small bowl. Stir mayonnaise mixture into pasta mixture. Season with salt and pepper.

#### **49. TUNA & TARRAGON SALAD SANDWICHES**

Prep and Cook Time:

18 min.

Ingredients:

1 can 6-oz. tuna, drained

1 small tomato, chopped

2 tablespoons chopped trimmed green onions

2 tablespoons mayonnaise

1/4 teaspoon crushed dried tarragon

1/8 teaspoon salt

1/8 teaspoon ground black pepper

4 slices French bread

Directions:

Combine all ingredients in a large mixing bowl

except bread; mix well.  
Spread mixture on bread and serve.

## **50. SPEEDY CHILI**

Prep and Cook Time:

24 Min.

Ingredients:

1 lb. ground beef

2 tbl. instant minced onion or 1/2 cup onion,  
chopped

1/2 cup celery

2 cups 1-1/4 cups tomato soup (10 3/4 oz. can)

2 cups (15 oz. can) kidney beans

2 tsp. chili powder

1 tsp. salt

dash pepper

Directions:

In a large fry pan, brown ground beef, onion and  
celery. Drain excess fat. Add remaining ingredients and  
mix well. Cover and simmer 15 to  
20 minutes to heat well.

## **51. SMOKED TURKEY CLUB SALAD**

Prep and Cook Time:

15 min.

Ingredients:

4 slices smoked turkey breast, cut into strips

1 small tomato, chopped

1/4 cup real bacon pieces or bits

4 cups mixed salad greens

1/2 cup finely shredded Cheddar cheese

Directions:

Arrange turkey, tomato and bacon over greens on a  
large platter.

Sprinkle with cheese.

## **52. SLOPPY JOES**

Prep and Cook Time:

18 min.

Ingredients:

1/2 cup catsup

1 tsp. Worcestershire sauce

1 tbl. vinegar

2 tbl. brown sugar

Directions:

Pour over a pound of hamburger, browned in a skillet. simmer for 15 minutes. Serve on a hamburger bun.

### **53. POTATO CRUSTED WHITE FISH**

Prep and Cook Time:

18 min.

Ingredients:

4 boneless white fish fillets, fresh or frozen

4 medium potatoes, peeled

1 cup oil

1 tsp. salt

1 tsp. pepper

1 tsp. onion powder

1 tsp. garlic powder

Directions:

If using frozen fish, thaw in a dish filled with milk. Dry with a paper towel. Shred the potatoes. Heat oil in a skillet. Take the shredded potatoes and form a coating around the fish until the entire fish is encased in shredded potato. Sprinkle salt, pepper, onion powder, and garlic powder over the fish. Place fish in frying pan and cook on each side for about 2-3 minutes, or until each side is golden brown. Remove fish and set on a plate with paper towels to drain off any excess oil.

Suggestion: Serve with rice and steamed vegetables.

### **54. PINEAPPLE PORK CHOPS**

Prep and Cook Time:

22 min.

Ingredients:

3 Tbl. orange juice

2 Tbl. honey

4 1" thick pork loin chops

1 20-oz. can pineapple chunks, drained

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1 Tbsp. chopped fresh mint

Directions:

Mix orange juice and honey. Place pork chops on broiler pan. Brush with the orange juice mixture. Broil about 5" from heat about 5-6 minutes or until brown. Turn, brush with more orange juice mixture and broil 6-9 minutes or until brown and to desired doneness.

In a small saucepan, combine remaining orange juice mixture, pineapple and mint. Heat to boiling, stirring occasionally. Boil for 2 minutes and serve with the pork chops.

## **55. PARMESAN CHEESE BREAD**

Prep and Cook Time:

10 min.

Ingredients:

1/2 cup butter

3 tablespoons sour cream

1/3 to 1/2 cup freshly grated parmesan cheese

1 tablespoon sesame seed

1 loaf French bread

Directions:

Mix all ingredients; spread on both halves of your favorite french bread split lengthwise. Broil until cheese melts and begins to turn golden-keep a close eye on

## **56. MU SHU CHICKEN**

Prep and Cook Time:

25 min.

Ingredients:

2 cups cooked rice (white)

2 cups broccoli, chopped

3 boneless, skinless chicken breasts

3 egg whites

1 tsp brown sugar

3 Tbl. Chinese marinade or sweet and sour sauce

1/2 cup plum sauce

6 flour tortillas or Chinese pancakes

Directions:

Prepare rice according to package directions.

Place broccoli in a microwave-safe dish; cook on high until done.

Spray a skillet with nonstick cooking spray. Grill chicken until done.

Add egg whites and scramble into chicken mixture.

Add sugar and marinade/sauce.

Add plum sauce, rice and chicken/broccoli mixture to tortilla/pancake.

Roll up and serve.

## **57. MOROCCAN CHICKEN**

Prep and Cook Time:

28 min.

Ingredients:

2 fresh boneless, skinless chicken breasts, about 4-oz. each

2/3 cup apricot jam

1/2 cup sliced black olives

1 tablespoon lemon juice

2 teaspoons grated gingerroot

1 teaspoon cinnamon, ground

Directions:

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Place chicken breasts in a steamer basket or on a metal rack over 1-inch of water. Cover; bring water to a boil. Reduce to a simmer; steam chicken for 15 to 20 minutes or until done.

Meanwhile combine apricot jam, black olives, lemon juice, gingerroot and cinnamon in a small saucepan; heat until bubbly. Transfer chicken to a serving dish; dress with sauce. Serve Warm. Serve with rice pilaf and a salad

### **58. TORTELLINI STIR FRY**

Prep and Cook Time:

25 min.

Ingredients:

1 package (9 oz.) Refrigerated Three Cheese Tortellini, prepared according to package directions, drained

1 tablespoon vegetable oil

1 package (16 oz.) loose-pack frozen stir-fry vegetables

1/3 cup prepared peanut- or garlic-flavored stirfry sauce 2 tablespoons

Water 1/8 teaspoon crushed red pepper (optional)

2 tablespoons chopped unsalted cashews or peanuts

Directions:

Heat oil in a large skillet over medium-high heat. Add vegetables; cook, stirring occasionally, for 7 to 8 minutes or until crisp-tender.

Stir in cooked pasta, stir-fry sauce, water and crushed red pepper; cook for 1 to 2 minutes or until mixture is heated through. Sprinkle with nuts just before serving.

### **59. THE BEST CHICKEN SALAD**

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Prep and Cook Time:

15 min.

Ingredients:

2 boneless chicken breast halves, cooked

1/4 cup creamy salad dressing

4 tablespoons cole slaw dressing

1 stalk celery, chopped

1/4 onion, chopped

salt and pepper to taste

Directions:

In a food processor, combine the chicken, creamy salad dressing, coleslaw dressing, celery, onion, and salt and pepper. Mix until well chopped

## **60. SPRING FLING SHRIMP STIR FRY**

Prep and Cook Time:

20 min.

Ingredients:

2 tablespoons vegetable oil

1 pound medium shrimp, peeled and deveined

1/2 pound snow peas, trimmed

1 clove large garlic, peeled and thinly sliced

1 tangerine, juiced

1 lemon, juiced

1 tablespoon soy sauce

1/2 teaspoon salt

1/4 teaspoon ground white pepper

2 tablespoons chopped fresh cilantro

3 cups cooked short-grain rice

Directions:

Heat wok or a large sauté pan over medium-high heat. Add oil and swirl to coat. When hot, but not smoking, add shrimp and stir-fry for 1 minute. Add

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snow peas and garlic and stir-fry until peas are crisptender, about 2 minutes. Add tangerine juice,

lemon juice, soy sauce, salt and pepper and continue cooking until vegetables and shrimp are well coated, about 1 minute. Mix in cilantro. Transfer stir-fry to a warm platter and serve with steamed rice.

Cooking Tip:

If you want a thicker sauce, mix 2 teaspoons of cornstarch in the tangerine juice before adding to the stir-fry.

## **61. SKILLET SPAGHETTI**

Prep and Cook Time:

30 min.

Ingredients:

1 28-oz. jar spaghetti sauce

1-1/2 cups water

1 lb. frozen fully cooked meatballs

2 handfuls spaghetti pasta, broken in half

1 cup grated Parmesan cheese

Directions:

In 12" skillet, combine spaghetti sauce and water and stir to combine.

Bring to a boil. Add meatballs and spaghetti. Stir well, making sure spaghetti is under the sauce.

Cover, reduce heat and simmer for 20-25 minutes, stirring frequently. You may add more water if the mixture appears to be too dry. Cook until spaghetti is al dente. Serve with cheese.

Serves 4 to 6.

## **62. SAUSAGE BRUNCH CASSEROLE**

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Prep and Cook Time:

25 min.

Ingredients:

1-1/2 pounds ground pork sausage

1 (8 ounce) package refrigerated crescent roll

dough

2 cups Mozzarella cheese

4 eggs, beaten

3/4 cup milk

salt and pepper to taste

Directions:

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 425 degrees F (220 degrees C).

Lightly grease a 9x13 inch baking pan. Lay crescent rolls flat in the bottom of the pan. Combine cooked sausage, cheese, eggs, milk, salt and pepper; pour over crescent rolls.

Bake in preheated oven for 15 minutes, until bubbly and rolls are baked.

### **63. CHICKEN QUESADILLAS**

Prep and Cook Time:

15 min.

Ingredients:

4 large flour tortillas

1/2 cup canned refried beans

1/2 cup salsa

3/4 lb. roasted chicken meat, chopped

4 green onions, chopped

1 cup fat-free cheddar cheese

1/2 cup nonfat sour cream

2 cups lettuce, shredded

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2 medium tomatoes, chopped

Directions:

Turn on broiler. Arrange tortillas on a cookie sheet. Spread refried beans over tortillas. Add salsa; then layer with chicken, onions, and cheese. Place cookie sheet under broiler 1-2 minutes or until the cheese melts and the tortillas are crisp. Serve topped with sour cream, lettuce and tomatoes.

#### **64. PAN FRIED ASPARAGUS**

Prep and Cook Time:

18 min.

Ingredients:

1/4 cup butter

2 tablespoons olive oil

1 teaspoon coarse salt

1/4 teaspoon ground black pepper

3 cloves garlic, minced

1/2 pound fresh asparagus spears, trimmed

Directions:

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

#### **65. ORANGE ROSEMARY PORK CHOPS**

Prep and Cook Time:

25 min.

Ingredients:

4 (6-oz.) boneless pork chops

1 tablespoon chopped fresh rosemary

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1/4 teaspoon salt

1/8 teaspoon ground black pepper

2 tablespoons olive oil

1 shallot, peeled and minced

1/3 cup beef broth

1/3 cup orange juice

Directions:

Season pork chops with rosemary, salt and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove to a serving platter and cover to keep warm.

Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes. Pour over pork chops and serve garnished with extra rosemary.

## **66. ORANGE BURGUNDY CHICKEN**

Prep and Cook Time:

30 min.

Ingredients:

2-1/2 to 3 lbs. frying chicken, cut up

2 tbl. butter or margarine, melted

1/2 tsp. seasoned salt blend

1/8 tsp. pepper

3 tbl. brown sugar

1 tbl. cornstarch

1/4 tsp. salt

1/8 tsp. ground ginger

1/3 cup orange juice

1/3 cup orange marmalade

1 tsp. lemon juice

1/3 cup Burgundy

1 orange, thinly sliced

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Directions:

In a large frying pan, brown the chicken in butter. Season with salt and pepper. Add the remaining ingredients, except Burgundy and orange slices. Reduce heat; cover. Simmer, stirring occasionally, 25 minutes until tender. Add Burgundy and orange slices. Continue simmering 10 minutes. Serve hot.

## **67. MEXICAN CHICKEN PIZZA**

Prep and Cook Time:

20 min.

Ingredients:

1 package taco seasoning (DO NOT use if using preseasoned chicken)

1-1/2 cups Thick-n-Chunky style salsa

1 can refrigerated pizza crust

1 cup grated Monterey Jack cheese

1 cup grated Velveeta cheese

Directions:

Preheat oven to 425 degrees. Unroll dough, place on pizza or baking pan, pressing dough until thin crust is formed to edge of pan. Bake crust for 8 minutes or until crust begins to brown.

Brown chicken; mix in taco seasoning.

Spread salsa on crust, followed by chicken and cheeses.

Return to oven, bake additional 7-12 minutes, or until edges of crust are golden brown and cheese is melted.

## **68. CRANBERRY CHICKEN**

Prep and Cook Time:

30 min.

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Ingredients:

8 (4-6 oz.) fresh boneless, skinless chicken breasts

1/2 cup flour

1 cup whole berry cranberry sauce

2 tablespoons red cooking wine

1 tablespoon soy sauce

1 clove garlic, crushed

1 teaspoon finely grated gingerroot

1 teaspoon ground black pepper

4 tablespoons butter

Directions:

Dredge chicken lightly in flour; set aside.

In a small saucepan, combine cranberry sauce, cooking wine, soy sauce, garlic, ginger and pepper.

Warm over low heat until cranberry sauce melts and sauce is thoroughly mixed. Set aside.  
In a large frying pan, melt butter over medium-high heat until hot. Add chicken and sauté for 5 minutes. Turn over and continue cooking for 5 minutes more or until chicken is cooked through. Pour cranberry sauce over chicken and let simmer 1 to 2 minutes, continuously spooning sauce over chicken. Serve on a bed of white rice.

### **69. CRAWFISH ETOUFFEE**

Prep and Cook Time:

16 min.

Ingredients:

1/4 cup butter

1 cup chopped peeled onion

1 cup chopped seeded green bell pepper

1/2 cup sliced celery

2 cloves garlic, crushed

1 pound crayfish tail meat

54

1 can (10.75-oz.) condensed cream of celery soup

1/2 cup chicken broth

1/4 cup chopped fresh parsley

1 teaspoon salt

1/2 teaspoon hot pepper sauce

1/8 teaspoon pepper

3 cups cooked long-grain rice

Directions:

Melt butter in a large, deep skillet over medium-high heat. When foam subsides, add onion, green bell pepper, celery and garlic and sauté until tender-crisp, about 4 minutes. Stir in crayfish, soup, chicken broth, parsley, salt, hot pepper sauce and pepper. Bring to a boil, reduce heat and

simmer for 10 to 15 minutes. Serve warm over rice.

## **70. CREAMY CHICKEN & NOODLES**

Prep and Cook Time:

22 min.

Ingredients:

1 (16 ounce) package wide egg noodles

2 (5 ounce) cans chunk chicken, drained

2 (10.75 ounce) cans condensed cream of mushroom soup

1/2 teaspoon garlic salt

1/2 teaspoon ground black pepper

Directions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

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Return pasta to pot with chicken, soup, garlic salt and pepper over medium heat. Heat through, 5 minutes.

## **71. CRESCENT TWIST APPETIZERS**

Prep and Cook Time:

15 min.

Ingredients:

1 can Crescent Dinner Rolls

1 tbl. melted butter

2 tbl. shredded Cheddar cheese

Garlic salt

Directions:

Preheat oven to 375\*.

Separate dough into 4 rectangles. Press perforations to seal. Brush two of the rectangles with melted butter; sprinkle with Cheddar cheese and Parmesan cheese. Sprinkle with garlic salt. Place remaining 2 rectangles on top of seasoned rectangles. Cut each crosswise into ten 1/2 inch

strips. Twist each strip 5 to 6 times. Place on ungreased cookie sheet; securing ends by pressing to the sheet.

Bake for 10-12 minutes until golden brown.

## **72. CRISPY EGGPLANT**

Prep and Cook Time:

30 min.

Ingredients:

1 eggplant

1 egg, beaten

1 (8 ounce) container sour cream

2 cups Italian seasoned bread crumbs

56

3 tablespoons all-purpose flour

Directions:

Preheat oven to 325 degrees F (165 degrees C).

Grease a cookie sheet.

Wash eggplant and slice into 1/4 to 1/2 inch slices. In a medium bowl, stir together the egg and sour cream until well blended. Toss the egg plant slices with the flour to coat. Dip one slice at a time into the batter then coat with the seasoned bread crumbs. Place coated eggplant onto the prepared cookie sheet and spray the tops with cooking spray.

Bake in the preheated oven for 15 minutes, then turn the slices over and continue to cook for an additional 15 minutes, or until both sides are brown and crisp.

## **73. MEXICAN CALZONES**

Prep and Cook Time:

27 min.

Ingredients:

1 (15-oz.) package refrigerated pie crust, room temperature

1 pound ground beef  
1 (4-oz.) can diced green chiles  
1/4 cup water  
1 (1.25-oz.) package Taco Seasoning Mix  
1 cup shredded mild Cheddar or Monterey Jack  
cheese, divided  
Garnish suggestions: Salsa, shredded lettuce, sour  
cream, diced tomatoes, sliced green onions  
Directions:  
Preheat oven to 425 degrees F.  
Brown beef in large skillet; drain. Add chilis,  
water and seasoning mix; mix well.

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Place unwrapped pie crusts on cutting board;  
unfold. Cut each crust in half, making 4 half  
circles. Place 1/2 cup beef filling on half of each  
half circle. Place 1/4 cup cheese on top of each.  
Dampen edge of crust with water. Fold sides over  
filling; crimp edges with tines of fork. Place on  
ungreased baking sheet.  
Bake for 10 to 15 minutes or until golden brown.  
Cool on baking sheet for 5 minutes. Garnish as  
desired.

#### **74. FRUIT SALAD**

Prep and Cook Time:

12 min.

Ingredients:

24 ounces cottage cheese

1 (12 ounce) container frozen whipped topping,  
thawed

1 (6 ounce) package orange flavored gelatin mix

2 (11 ounce) cans mandarin oranges, drained

1 (20 ounce) can pineapple chunks, drained

Directions:

In a large bowl, combine the cottage cheese,  
whipped topping and gelatin mix. Stir in the  
oranges and pineapple. Chill in the refrigerator.

## **75. GINGER PEACHY CHICKEN**

Prep and Cook Time:

30+ min.

Ingredients:

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8 skinless, boneless chicken breast halves

3/4 cup brown sugar

4 fresh peaches - peeled, pitted and sliced

1/8 teaspoon ground ginger

1/8 teaspoon ground cloves

2 tablespoons fresh lemon juice

Preheat oven to 350 degrees F (175 degrees C).

Directions:

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish and sprinkle with 1/2 cup of brown sugar.

Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger, cloves and lemon juice.

Bake at 350 degrees F (175 degrees C) for about 30 minutes, basting with juices, or until chicken is cooked through and juices run clear.

## **76. SALSA CHICKEN & RICE**

Prep and Cook Time:

30 min.

Ingredients:

2 cups cooked white rice, kept warm

1 tablespoon vegetable oil

1 pound boneless, skinless chicken breast halves, cut into strips

1 medium onion, chopped

1 small red bell pepper, sliced

1 jar (16 oz.) Salsa - Homestyle Recipe (Mild)

1/2 cup shredded Mexican-blend cheese

1 container (8 oz.) sour cream (optional)

1/4 cup chopped fresh cilantro (optional)

Directions:

Heat oil in a large skillet over medium-high heat. Add chicken, onion and bell pepper; cook, stirring

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occasionally, for 10 to 12 minutes or until chicken is no longer pink. Stir in salsa; bring to a boil. Remove from heat; sprinkle with cheese. Cover; let stand for 5 minutes or until cheese is melted.

SERVE over rice. Garnish with sour cream and cilantro.

### **77. CREAMY CHICKEN & RICE CASSEROLE**

Prep and Cook Time:

30 min.

Ingredients:

2 cups cooked, cubed chicken

2 cups instant rice

2 cans cream of chicken soup

2 cups milk

1-1/2 cups shredded cheddar cheese

1 tsp. pepper

1 tsp. seasoned salt

Directions:

Mix all together in large bowl. Pour into greased 13 x 9 baking pan. Bake at 350 degrees for 30 min.

### **78. CREAMY RANCH SKILLET POTATOES**

Prep and Cook Time:

27 min.

Ingredients:

4 to 5 medium potatoes, peeled and cubed

1/3 cup onion, chopped

1 envelope ranch-style dressing mix (1 ounce)

1/3 cup sour cream

2 cups milk

1 teaspoon parsley

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Directions:

Precook potatoes in microwave or boil until slightly tender. Spray a large skillet with nonstick cooking spray. Over medium heat, brown onions and potatoes. Add remaining ingredients and simmer just until sauce thickens.

### **79. DIJON SALMON**

Prep and Cook Time:

23 min.

Ingredients:

(4 ounce) fillets salmon

3 tablespoons prepared Dijon-style mustard

salt and pepper to taste

1/4 cup Italian-style dry bread crumbs

1/4 cup butter, melted

Directions:

Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil.

Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter.

Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.

### **80. GARLIC CHICKEN**

Prep and Cook Time:

20 min.

Ingredients:

3 tablespoons butter

4 skinless, boneless chicken breast halves

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2 teaspoons garlic powder

1 teaspoon seasoning salt

1 teaspoon onion powder

Directions:

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

### **81. GLAZED CARROTS**

Prep and Cook Time:

18 min.

Ingredients:

10 to 12 small carrots, washed & trimmed

2 tbl. margarine

1 tsp. brown sugar

2 tbl. honey

Dash of parsley, if preferred

Directions:

Cook carrots in a small amount of boiling salted water 10 minutes.

When tender, drain and set aside. Melt margarine in medium skillet.

Add sugar and honey. Blend. Add carrots. Cook 3 to 4 minutes over low heat, stirring so each carrot is glazed. Sprinkle with parsley.

### **82. RED BEANS, RICE AND SAUSAGE**

Prep and Cook Time:

62

15 min.

Ingredients:

1 pound pork sausage

1/2 cup rice

1 can red beans

1 tsp salsa

1 pinch garlic powder

Flour tortillas

Directions:

Prepare rice according to package. Brown pork sausage.

Heat beans, salsa and garlic powder Heat tortillas in the microwave for 20 seconds.

Spoon rice, sausage and beans into the center of the tortilla, roll up and enjoy!

### **83. REUBEN CASSEROLE**

Prep and Cook Time:

30 min.

Ingredients:

1 Granny Smith apple, peeled and chopped

6-oz. corned beef, cut into 1/2" cubes

1 14-oz. can sauerkraut, rinsed and drained

1 package refrigerated mashed potatoes

2 cups shredded Havarti cheese with caraway

Directions:

Preheat oven to 350 degrees. In microwave safe dish, cook chopped apple on high power for 1-3 minutes or until tender, stirring once.

Drain, if necessary. Combine with corned beef and sauerkraut in a medium bowl and mix to combine.

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Spread half of the potatoes in a greased 8" square glass baking dish.

Sprinkle with 1/2 cup shredded cheese. Top with all of the corned beef mixture, then remaining potatoes. Sprinkle with remaining cheese. Bake at 350 degrees for 20-25 minutes or until casserole is hot and cheese is melted.

### **84. SAUSAGE BRUNCH CASSEROLE**

Prep and Cook Time:

25 min.

Ingredients:

1-1/2 pounds ground pork sausage

1 (8 ounce) package refrigerated crescent roll dough

2 cups Mozzarella cheese

4 eggs, beaten

3/4 cup milk

salt and pepper to taste

Directions:

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 425 degrees F (220 degrees C).

Lightly grease a 9x13 inch baking pan. Lay crescent rolls flat in the bottom of the pan. Combine cooked sausage, cheese, eggs, milk, salt and pepper; pour over crescent rolls.

Bake in preheated oven for 15 minutes, until bubbly and rolls are baked.

## **85. SESAME CHICKEN & BEAN SALAD**

Prep and Cook Time:

20 min.

Ingredients:

1 pound asparagus, cut into 1-inch pieces

3/4 cup Italian dressing

2 tablespoons sesame oil

3 tablespoons soy sauce

1-1/2 teaspoons grated gingerroot

1/3 cup green onions

2 cans (15-oz.) pinto or black beans, rinsed and drained

1 pound fresh boneless, skinless chicken breasts, broiled or grilled, and shredded

6 cups spinach leaves, rinsed

2 tablespoons sunflower kernels

Directions:

Steam asparagus until crisp-tender, about 3 minutes. Set aside to cool.

Whisk together Italian dressing, sesame oil, soy sauce and ginger in a small bowl.

Combine beans, chicken, asparagus and green onion in a large bowl.

Drizzle with Sesame Dressing and toss to coat.

Arrange spinach on plates; spoon bean mixture on top and sprinkle with sunflower kernels.

## **86. BLACK BEAN SALAD**

Prep and Cook Time:

15 min.

Ingredients:

1 15 oz can black beans, drained and rinsed

1 cup frozen corn, thawed

8 cherry tomatoes, quartered (gently squeeze out seeds)

½ cup minced onion

2 medium cloves garlic, pressed

½ cup diced red bell pepper

2 TBS pumpkin seeds coarsely chopped

1/4 cup chopped fresh cilantro

2 TBS extra virgin olive oil

3 TBS fresh lemon juice

salt and black pepper to taste

\* optional: dandelion greens

Directions:

Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.

## **87. MEDITERRANEAN PASTA SALAD**

Prep and Cook Time:

25 min.

Ingredients:

¼ lb fusilli pasta, (corkscrew)

1 large bunch asparagus cut into 1 inch lengths, (remove bottom fourth and discard)

½ medium onion, minced

½ basket cherry tomatoes, quartered, (gently squeeze to remove seeds)  
5-6 medium cloves garlic, pressed  
3 TBS chopped fresh basil  
1 TBS chopped fresh tarragon  
3 TBS fresh lemon juice  
1 TBS balsamic vinegar  
3 TBS extra virgin olive oil  
salt, cracked black pepper to taste

Directions:

Cook pasta according to instructions on package. While pasta is cooking prepare rest of the ingredients. Place everything but asparagus in a bowl and set aside.

When pasta is about 3 minutes from being done, add asparagus to cooking pasta. (If asparagus is thick you may want to add at 4 minutes. Or if it is thin, add at 2 minutes. 3 minutes is for medium thick asparagus.) Drain and rinse in cold water through colander when done. Make sure it drains well so it doesn't dilute flavor.

Toss with rest of ingredients, and season with salt and pepper.

### **88. ASIAN MUSHROOM SAUTÉ**

Prep and Cook Time:

15 min.

Ingredients:

2 cups fresh shiitake mushrooms sliced thick  
2 TBS chicken or vegetable broth  
1 TBS minced fresh ginger  
2 medium cloves garlic, chopped  
1 cup coarsely chopped scallion  
2 TBS soy sauce  
salt and white pepper to taste

Directions:

Prepare all ingredients by washing, slicing and chopping.

Simmer ginger, garlic, mushrooms, and scallion in

broth for about 3 minutes on medium high heat.  
Season with soy sauce, salt and pepper.

### **89. CALF'S LIVER & ONIONS**

Prep and Cook Time:

28 min.

Ingredients:

1 lb calf's liver

¼ cup ground sunflower seeds

¼ tsp salt

¼ tsp black pepper

1 tsp dried sage

Topping:

2 medium onions cut in half & sliced thin

3 medium cloves garlic chopped

2 TBS balsamic vinegar

½ cup + 1 TBS chicken broth

2 TBS chopped fresh thyme

salt and pepper to taste

Directions:

Turn broiler on high and place a metal oven-proof pan large enough for liver underneath heat to get hot. Do not use glass or pyrex for this. Rack should be just above the middle of oven or broiler, about 7 inches from the heat source. Heat the pan for about 10 minutes.

While pan is getting hot heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onions in broth over medium low heat for 15 minutes stirring frequently.

Add garlic, vinegar, thyme, and vinegar. Mix and add rest of the broth. Continue to cook for another couple of minutes.

While onions are cooking mix ground sunflower seeds with dried sage, salt and black pepper. Dust liver with this mixture.

Remove hot pan from broiler and place liver in it. Return to broiler, turn heat to low, and Quick Broil for about 3-5 minutes depending on thickness

of liver. Do not turn, as it is cooking on both sides simultaneously. Serve topped with onions.

## **90. SOUTHWESTERN SNAPPER SAUTÉ**

Prep and Cook Time:

25 min.

Ingredients:

1 medium onion, cut in half and sliced medium thick

6 medium cloves garlic, pressed

1-2 tsp minced jalapeno pepper, seeds removed, or to taste

1 TBS chicken broth

2 cups diced zucchini (1/2 inch cubes)

1lb snapper filet cut into 1 inch pieces

15 oz can diced tomatoes

3 TBS fresh lemon juice

2 TBS chopped fresh cilantro

1 TBS chopped fresh oregano

1 ripe but firm medium avocado, diced into 1 inch pieces

salt and black pepper to taste

Directions:

Prepare all the ingredients before starting the sauté.

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium heat, stirring frequently for 5 minutes.

Add garlic, zucchini, jalapeno, and continue to sauté for another 2 minutes.

Add snapper and continue to sauté for another 2 minutes, stirring frequently.

Add rest of ingredients, except avocado, and cook for another 2 minutes. Add avocado, season with salt, pepper and serve.

## **91. POACHED EGGS OVER SPINACH & MUSHROOMS**

Prep and Cook Time:

22 min.

Ingredients:

4 large free-range chicken eggs

1 tsp light vinegar, (rice, white wine, or apple cider)

1 TBS chicken or vegetable broth

½ medium onion, chopped

2 cups sliced crimini mushrooms

1 medium tomato, seeds and excess pulp removed, chopped

3 medium cloves garlic, chopped

10oz package frozen spinach, thawed and excess water removed

salt and black pepper to taste

Directions:

Bring water to a high simmer in a 10-inch skillet with 1 tsp of vinegar.

In a separate skillet heat 1 TBS broth. Healthy Sauté onion and mushrooms in broth for 5 minutes over medium heat stirring frequently.

Add tomato, garlic, spinach, salt and pepper and sauté for another 2-3 minutes.

When water comes to a high simmer poach eggs for about 5 minutes, or until whites are firm. Remove from water with a slotted spoon and place over spinach mixture.

## **92. HERBED CHICKEN BREASTS**

Prep and Cook Time:

20 min.

Ingredients:

4 boneless chicken breasts with skin on

2 medium cloves garlic pressed

1 TBS fresh squeezed lemon juice

2 tsp chopped fresh sage

2 tsp chopped fresh thyme

1 tsp chopped fresh rosemary

1/4 cup chicken broth

salt and cracked black pepper

Directions:

Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or pyrex for this.

Season chicken with a little salt and pepper. When pan is very hot, about 5 minutes, put chicken in pan and return to broiler. Turn heat to low. Don't put too close to flame. It is best to put in middle of the oven, about 7 inches from the heat source.

(Quick Broil) for about 15 minutes, or until done, depending on thickness of chicken.

While chicken is cooking chop herbs.

In a separate small skillet add chopped herbs, lemon juice, broth, pressed garlic, salt and pepper. Heat on medium heat for just ½ minute.

When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken.

### **93. SALMON, CUCUMBER CHILI SALAD**

Prep and Cook Time:

20 min.

Ingredients:

3 cups thinly sliced washed cucumber, do not peel

2 tsp minced jalapeno pepper, seeds and stem removed (or to taste)

½ cup chopped scallion

3 TBS chopped fresh cilantro

1½ TBS chopped fresh mint

1½ lb salmon fillet, deboned and skin removed cut into 4 pieces

2 + 1 TBS fresh lemon juice

1 TBS soy sauce

1 TBS extra virgin olive oil

salt and cracked black pepper to taste

Directions:

Start chopping the first 5 ingredients.

While chopping ingredients, preheat a stainless steel 10-12 inch skillet on medium high heat for 2 minutes. Rub salmon with 1 TBS lemon juice and season with a little salt and pepper. Place salmon in hot pan and cook for 2-3 minutes. Turn and cook another 2-3 minutes, depending on thickness of salmon. This is our (Stove top Searing) cooking method. While salmon is cooking, finish chopping ingredients and whisk together lemon juice, soy sauce, olive oil, salt and pepper. When ready to serve toss with cucumber mixture. Do not toss ahead, as it will dilute the flavor. Place cucumber salad on a platter and place salmon on top. Garnish with a sprig of cilantro and serve.

#### **94. SPICY POSOLE SOUP**

Prep and Cook Time:

28 min.

Ingredients:

1 medium onion, chopped

6 medium cloves garlic, chopped

4 cups + 1 TBS chicken or vegetable broth

2 TBS fresh lime juice

3 cups kale rinsed and chopped fine (remove stems)

2 cups canned hominy, drained

15oz can diced tomatoes

4oz can diced green chili

3 TBS chopped fresh cilantro

salt and pepper to taste

Directions:

Rinse kale and remove stems. Chop fine.

Heat 1 TBS broth in medium sized soup pot. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently, until translucent. Add garlic and continue to sauté for another minute. Add remaining ingredients except cilantro. Bring to a boil on high heat. Once it comes to a boil, reduce

heat to medium low and simmer for 15 minutes, uncovered. Add cilantro, salt and pepper.

### **95. LAMB WITH SWEET POTATOES**

Prep and Cook Time:

30 min.

Ingredients:

½ lb ground or minced lamb shoulder or leg  
1 medium sized onion quartered and sliced thin  
2 TBS minced fresh ginger  
3 medium cloves garlic, pressed  
1 tsp garam masala  
5 cups finely chopped kale  
3 cups sweet potatoes, peeled and cut in 1 inch cubes (about 1 large potato)  
1 cup + 1 TBS chicken broth  
salt and white pepper to taste

Directions:

Prepare all the vegetables by chopping and have ready.

Heat 1 TBS broth in a medium stainless steel large size braising pot or skillet. Healthy Sauté onion, garlic, ginger and lamb in broth over medium heat for about 5 minutes, stirring frequently.

Add garam masala, mixing well for about half a minute. Add 1cup broth and stir in sweet potatoes and kale. Simmer on medium low heat covered for about 15 minutes, stirring occasionally, or until lamb, potatoes and kale are tender. Season with salt and pepper

### **96. STIR FRIED CHICKEN & ASPARAGUS**

Prep and Cook Time:

15 min.

Ingredients:

1 medium onion cut in half and sliced medium thick  
1 bunch asparagus cut into 1 inch lengths (about 2

cups when cut) discard bottom fourth  
1 TBS chicken broth  
1 TBS minced fresh ginger  
3 medium cloves garlic, pressed  
1 large boneless, skinless chicken breasts cut into  
1 inch pieces  
2 TBS soy sauce  
1 TBS rice vinegar  
pinch red chili flakes  
salt and white pepper to taste

Directions:

Heat 1 TBS broth in a stainless steel wok or 12-  
inch skillet. Healthy Stir Fry onion and asparagus  
in broth for about 3 minutes over medium high heat,  
stirring constantly.

Add ginger, garlic, chicken, and continue to stirfry  
for another 3-4 minutes stirring constantly.

Add soy sauce, vinegar, and red chili flakes. Stir  
together and cover. Cook for another 2-3 minutes.

This may have to cook for an extra couple minutes  
if the asparagus is thick. Season with salt and  
pepper to taste.

## **97. SEAFOOD GAZPACHO**

Prep and Cook Time:

25 min.

Ingredients:

3 cups tomato juice

¼ cup fresh lemon juice

1 medium yellow bell pepper, diced, 1/4 inch pieces

1 medium tomato, chopped, seeds and excess pulp  
removed

2/3 cup diced cucumber, (cut lengthwise and scoop  
out seeds)

½ medium onion, finely minced

3 medium cloves garlic, pressed

4oz can diced green chili

3 TBS chopped fresh cilantro  
2 TBS extra virgin olive oil  
¼ lb small cooked shrimp, rinsed and patted dry  
½ lb bay scallops, rinsed and patted dry  
salt and cracked black pepper to taste

Directions:

Rinse and dry scallops. Put into lemon juice. Peel cucumber, scoop out seeds and dice. Mix with rest of ingredients in a bowl. Add scallops and lemon juice at end. Letting the scallops sit in the lemon juice while preparing rest of ingredients allows them to marinate. If you can prepare this soup ahead of time and place in refrigerator for an hour or more, the taste improves.

### **98. MISO SOUP**

Prep and Cook Time:

10 min.

Ingredients:

¼ cup sliced dulse seaweed  
5 cups hot water  
1 TBS minced, fresh ginger  
5oz firm tofu, cut in ¼ inch cubes  
½ cup minced scallion  
3 TBS miso  
¼ tsp white pepper  
salt to taste

Directions:

Heat 1TBS water in a medium soup pot. Healthy Sauté ginger in broth over medium low heat for about 1 minute stirring constantly.

Add rest of water, tofu and seaweed. Simmer for about 5 minutes over medium heat.

Add scallion, miso, salt and pepper. Mix and serve.

### **99. SAUTÉED CHICKEN BREASTS WITH MUSTARD, TARRAGON**

Prep and Cook Time:

15 min.

Ingredients:

1 medium onion cut in half and sliced medium thick  
2 boneless, skinless chicken breasts cut into 1 inch pieces

5 medium cloves garlic, pressed

3 TBS Dijon mustard

½ cup + 1 TBS chicken broth

2 tsp honey

1 TBS chopped fresh tarragon

2 TBS chopped fresh parsley

salt and white pepper to taste

Directions:

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium heat for 2 minutes.

While onions are sautéing, cut chicken into pieces. Add chicken pieces and continue to sauté for another 3 minutes, stirring frequently to seal chicken on all sides. Add garlic and continue to sauté for another minute.

Add mustard, ½ cup broth, and honey. Mix thoroughly and simmer uncovered for about 7-8 minutes on medium high heat stirring occasionally to cook chicken evenly. This will also reduce sauce.

While chicken is cooking chop herbs and add at end with salt and pepper to taste.

## **100. PASTA WITH CLAMS**

Prep and Cook Time:

20 min.

Ingredients:

¼ lb whole wheat spiral pasta

1 medium sized onion, minced  
½ cup + 1 TBS chicken or vegetable broth  
10 oz can whole clams with juice  
1 TBS tomato paste  
1 15oz can diced tomatoes  
pinch red chili flakes  
½ cup chopped fresh basil  
6 medium cloves garlic, pressed  
2 TBS extra virgin olive oil  
salt and black pepper to taste

Directions:

Bring water to a boil and cook pasta according to package instructions.

While water is coming to a boil and pasta is cooking, heat 1 TBS broth over medium heat in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth for about 4 minutes stirring frequently.

Add tomato paste, and diced tomatoes. Cook for another 10 minutes on high heat to reduce and intensify sauce. Add clams and cook for another 2 minutes.

Add pressed garlic, chopped basil, olive oil, salt, pepper and chili flakes. Remove from heat immediately and toss with cooked, drained pasta.

## **101. SESAME BRAISED CHICKEN & CABBAGE**

Prep and Cook Time:

30 min.

Ingredients:

2 boneless, skinless chicken breasts cut into 1

inch pieces.

4 cups green cabbage sliced thin,  
4 cups finely chopped kale, stems removed  
1 medium sized onion cut in half & sliced thin  
1 TBS minced fresh ginger  
2 medium cloves garlic, minced  
½ cup + 1 TBS chicken broth  
1 tsp turmeric  
1 tsp ground coriander  
1 15 oz can diced tomatoes, drained  
2 TBS rice vinegar  
1 TBS extra virgin olive oil  
¼ cup chopped scallion tops  
1 TBS sesame seeds  
salt and white pepper to taste

Directions:

Prepare ingredients as listed above.

Heat 1 TBS broth in a stainless steel wok or large skillet. Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, ginger and continue to sauté for another minute.

Add chicken pieces and cook for a couple of minutes. Add turmeric, coriander, and mix with chicken. Add kale. Sauté for another couple of minutes, stirring constantly.

Add ½ cup broth and bring to a boil on high heat Reduce heat and simmer over low heat covered for about 3 minutes stirring occasionally.

Add cabbage, diced tomatoes, vinegar and simmer for another 4 minutes. Remove from heat, toss with olive oil, salt and pepper.

Serve sprinkled with minced scallion and sesame seeds.

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