



SPAGHETTI BOLOGNESE

Ingredients

2 T. Olive Oil

8 T. Unsalted butter

1 c. Onion, Chopped

1 1/3 c. Celery, Chopped

1 1/3 c. Carrots, Chopped

1 c. Ground Beef Chuck

1/2 c. Ground Pork

Salt

Black Pepper

2 c. Whole Milk

2 c. Dry White Wine

28 oz can Crushed Tomatoes, Including All Liquid

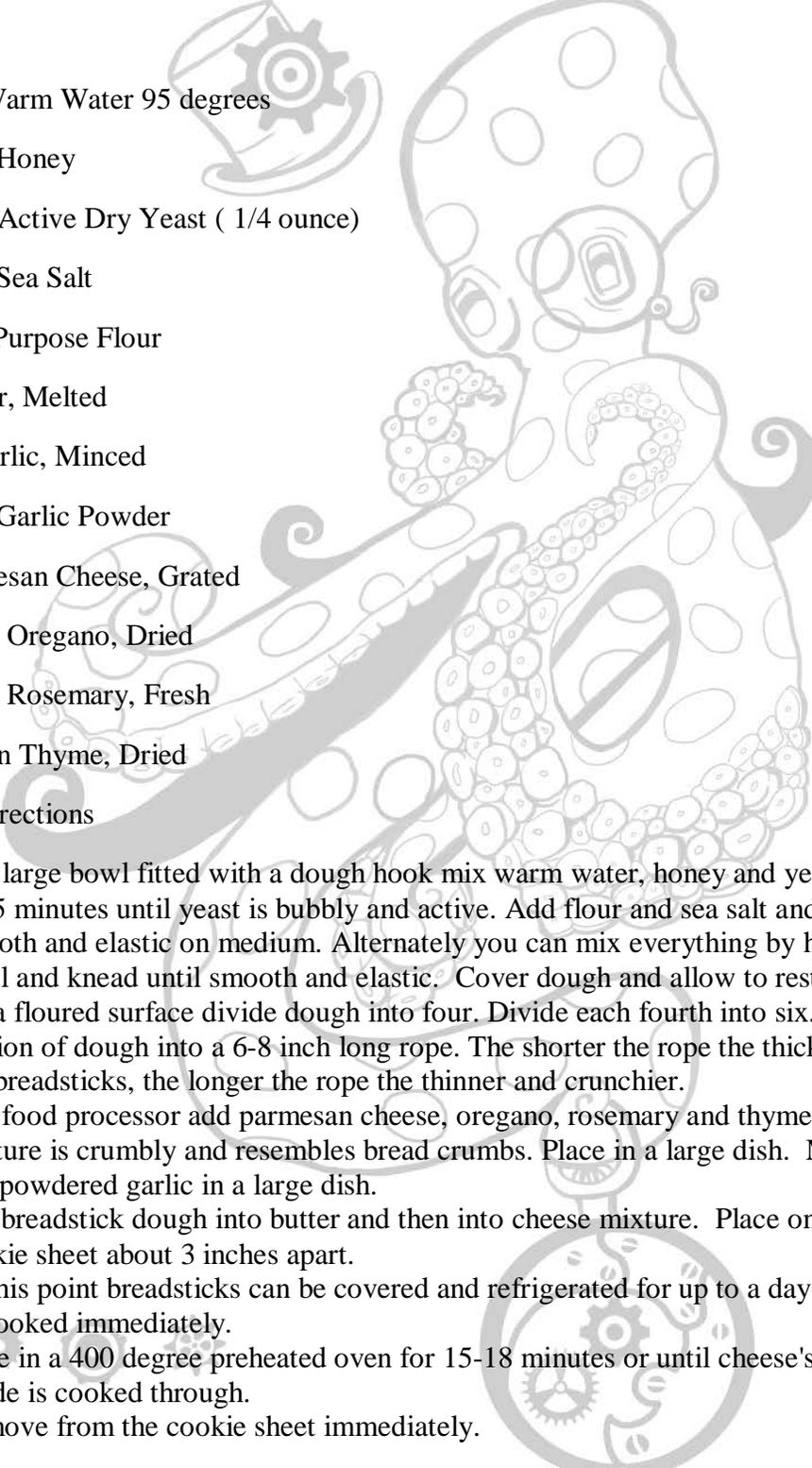
1 1/2 lb Spaghetti

Instructions

1. In a large, very heavy bottom 5 quart pan heat the olive oil and butter over medium heat and stir until combined. Cook onion, stirring often, until onion is soft, about 5 minutes. Add celery and carrot to pan and cook for 2 minutes, stirring to coat all the veggies well with oil mixture. Add the ground beef and pork and 1 1/2 teaspoons salt and 1/2 teaspoon black pepper, breaking up the meat with a wooden spoon, and cooking until the meat is no longer red or raw. Turn the heat down to medium low and add the milk. Simmer gently, adjusting heat lower as needed to maintain a gentle simmer, stirring frequently, until most of the milk has evaporated, about 1 hour. (Hazan says until the milk is completely gone but I simmered it until the meat was still moist and there was a little bit of liquid left in the pan.) Add the wine to the pan and continue to gently simmer as before, stirring often for about 1 1/4 hours. (Again, Hazan says until the milk is completely gone but I simmered it until the meat was still moist and there was a little bit of liquid left in the pan.) Pour in the crushed tomatoes and stir well to combine. Adjust heat as necessary to maintain the "laziest of simmers, with just an intermittent bubble breaking through the surface." Continue to cook, uncovered for 3 hours, stirring as needed. If sauce begins to dry out, the fat will separate from the meat. Add 1/2 cup of water as needed to keep the sauce from scorching and sticking to the bottom of the pan. Taste for seasoning and add salt and pepper to taste. Add remaining 2 tablespoons of butter to hot, just cooked and drained pasta and toss with the sauce. Serve.

EASY CHEESY GARLIC AND HERB BREADSTICKS

Ingredients

- 
- 1 1/4 cup Warm Water 95 degrees
 - 1 teaspoon Honey
 - 1 envelope Active Dry Yeast (1/4 ounce)
 - 1 teaspoon Sea Salt
 - 3 cups All-Purpose Flour
 - 1 cup Butter, Melted
 - 5 cloves Garlic, Minced
 - 1 teaspoon Garlic Powder
 - 1 cup Parmesan Cheese, Grated
 - 2 teaspoons Oregano, Dried
 - 2 teaspoons Rosemary, Fresh
 - 1/4 teaspoon Thyme, Dried

Cooking Directions

1. In a large bowl fitted with a dough hook mix warm water, honey and yeast. Allow to sit for 5 minutes until yeast is bubbly and active. Add flour and sea salt and mix until smooth and elastic on medium. Alternately you can mix everything by hand in a large bowl and knead until smooth and elastic. Cover dough and allow to rest for 30 minutes. On a floured surface divide dough into four. Divide each fourth into six. Roll each section of dough into a 6-8 inch long rope. The shorter the rope the thicker and chewier the breadsticks, the longer the rope the thinner and crunchier.
2. In a food processor add parmesan cheese, oregano, rosemary and thyme. Pulse until mixture is crumbly and resembles bread crumbs. Place in a large dish. Mix butter, fresh and powdered garlic in a large dish.
3. Dip breadstick dough into butter and then into cheese mixture. Place on an ungreased cookie sheet about 3 inches apart.
4. At this point breadsticks can be covered and refrigerated for up to a day until ready to use or cooked immediately.
5. Bake in a 400 degree preheated oven for 15-18 minutes or until cheese's is brown and the inside is cooked through.
6. Remove from the cookie sheet immediately.

STUFFED VEGGIE PITAS

Ingredients

- 1 cup shredded fresh carrot
- 1 ½ cup English cucumber, diced
- 1 ½ cup red bell pepper, diced
- ½ cup red onion, small diced
- 1 avocado, diced

For dressing:

- 1 cup low-fat mayo with olive oil
- 4 tsp. red wine vinegar
- 2 clove fresh garlic, minced
- salt and pepper, to taste
- 8 pita halves

Instructions

In large bowl, combine the veggies. (Be sure to try to get all dices about the same size.)

In small bowl, combine all ingredients for dressing. Whisk to combine. Pour on veggies and mix gently.



CHICKEN CORDON BLEU (20 MINUTE SKILLET)

Ingredients

6 small chicken cutlets or breast filets (1.5-2 lbs) - large breasts can be cut in half

salt and pepper

1 cup panko bread crumbs

¼ cup grated parmesan cheese

4 Tbls extra virgin olive oil

6 slices of deli ham

6 slices of Swiss cheese

½ cup white wine (can substitute chicken broth if desired)

additional Parmesan cheese and chopped parsley can be used to garnish

Instructions

Season the chicken with salt and pepper.

Combine the Panko bread crumbs and the Parmesan cheese in a small bowl.

Coat the chicken with the bread crumb mixture pressing gently to adhere.

Heat 2-3 tablespoons of olive oil in a large, lidded skillet over medium-high heat.

Add the cutlets (working in batches if necessary to avoid crowding) and cook 3-4 minutes on each side until golden brown and cooked through. (Wipe skillet before repeating with remaining chicken pieces.)

Return all of the chicken pieces to the skillet. Top each piece of chicken with a slice of ham and a slice of Swiss cheese.

Gently pour the wine over the top of the chicken and cover with a lid. Cook for 3 to 4 minutes or until the cheese has melted.

Serve with a side salad, rice, or pasta.

GARLIC MUSHROOM QUINOA

INGREDIENTS

1 cup quinoa

1 tablespoon olive oil

1 pound cremini mushrooms, thinly sliced

5 cloves garlic, minced

1/2 teaspoon dried thyme

Kosher salt and freshly ground black pepper, to taste

2 tablespoons grated Parmesan

INSTRUCTIONS

In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.

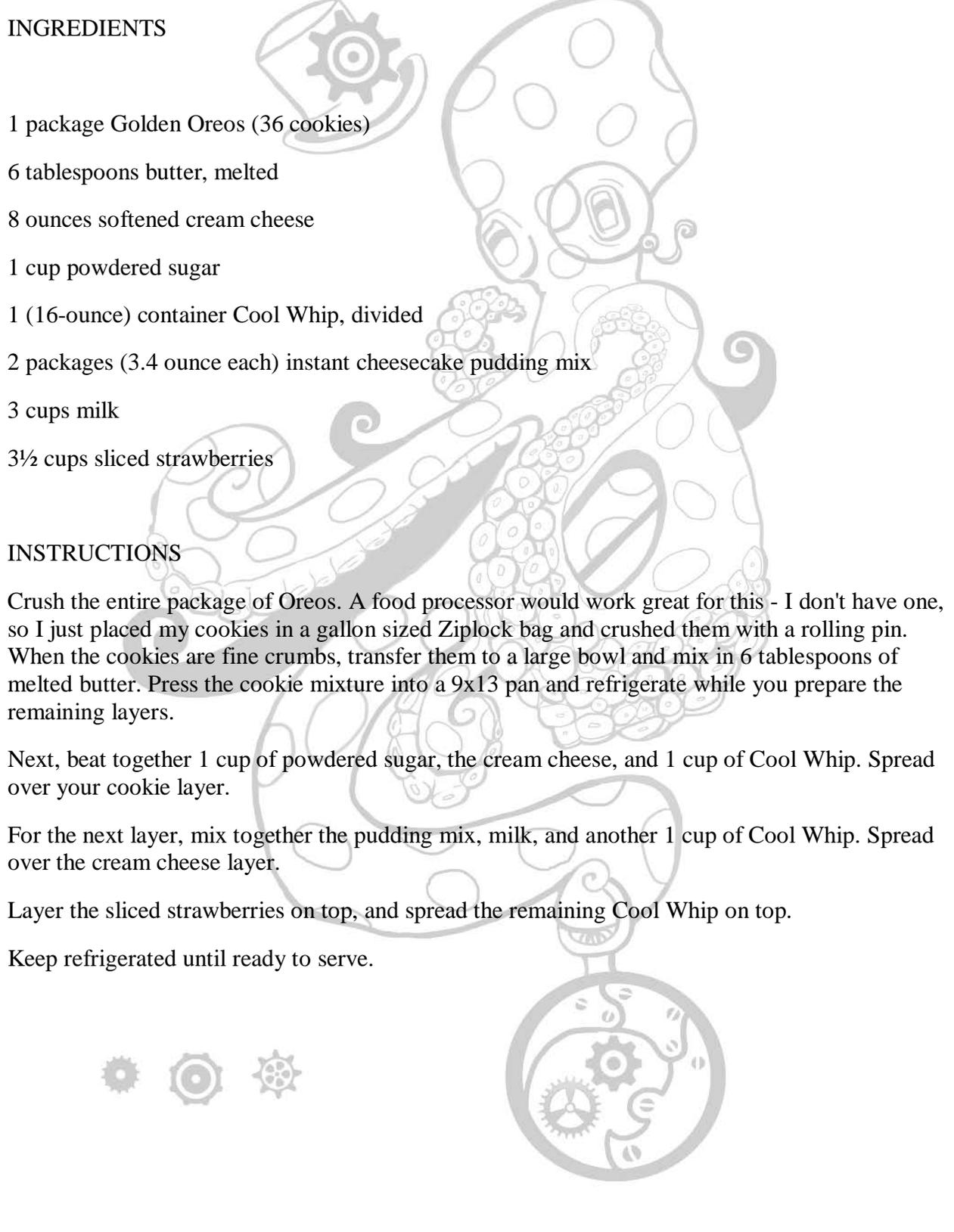
Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.

Serve immediately, garnished with Parmesan, if desired.



STRAWBERRY CHEESECAKE LUSH

INGREDIENTS

- 
- 1 package Golden Oreos (36 cookies)
 - 6 tablespoons butter, melted
 - 8 ounces softened cream cheese
 - 1 cup powdered sugar
 - 1 (16-ounce) container Cool Whip, divided
 - 2 packages (3.4 ounce each) instant cheesecake pudding mix
 - 3 cups milk
 - 3½ cups sliced strawberries

INSTRUCTIONS

Crush the entire package of Oreos. A food processor would work great for this - I don't have one, so I just placed my cookies in a gallon sized Ziplock bag and crushed them with a rolling pin. When the cookies are fine crumbs, transfer them to a large bowl and mix in 6 tablespoons of melted butter. Press the cookie mixture into a 9x13 pan and refrigerate while you prepare the remaining layers.

Next, beat together 1 cup of powdered sugar, the cream cheese, and 1 cup of Cool Whip. Spread over your cookie layer.

For the next layer, mix together the pudding mix, milk, and another 1 cup of Cool Whip. Spread over the cream cheese layer.

Layer the sliced strawberries on top, and spread the remaining Cool Whip on top.

Keep refrigerated until ready to serve.

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BANGERS AND MASH

INGREDIENTS:

8 Pork Sausages

2 tsp. olive oil

1 cup water

Sour Cream Mashed Potatoes:

2 pounds boiling potatoes, peeled or washed and unpeeled

Salt, for boiling water

1 cup milk

4 Tbsp. unsalted butter

1/3 cup sour cream

Salt and freshly ground pepper

Onion and Mustard Gravy:

1 medium onion, peeled and thinly sliced

1 Tbsp. vegetable oil

1 Tbsp. butter

1 tsp. sugar

1 tsp. balsamic vinegar

1 1/2 cups beef stock or broth

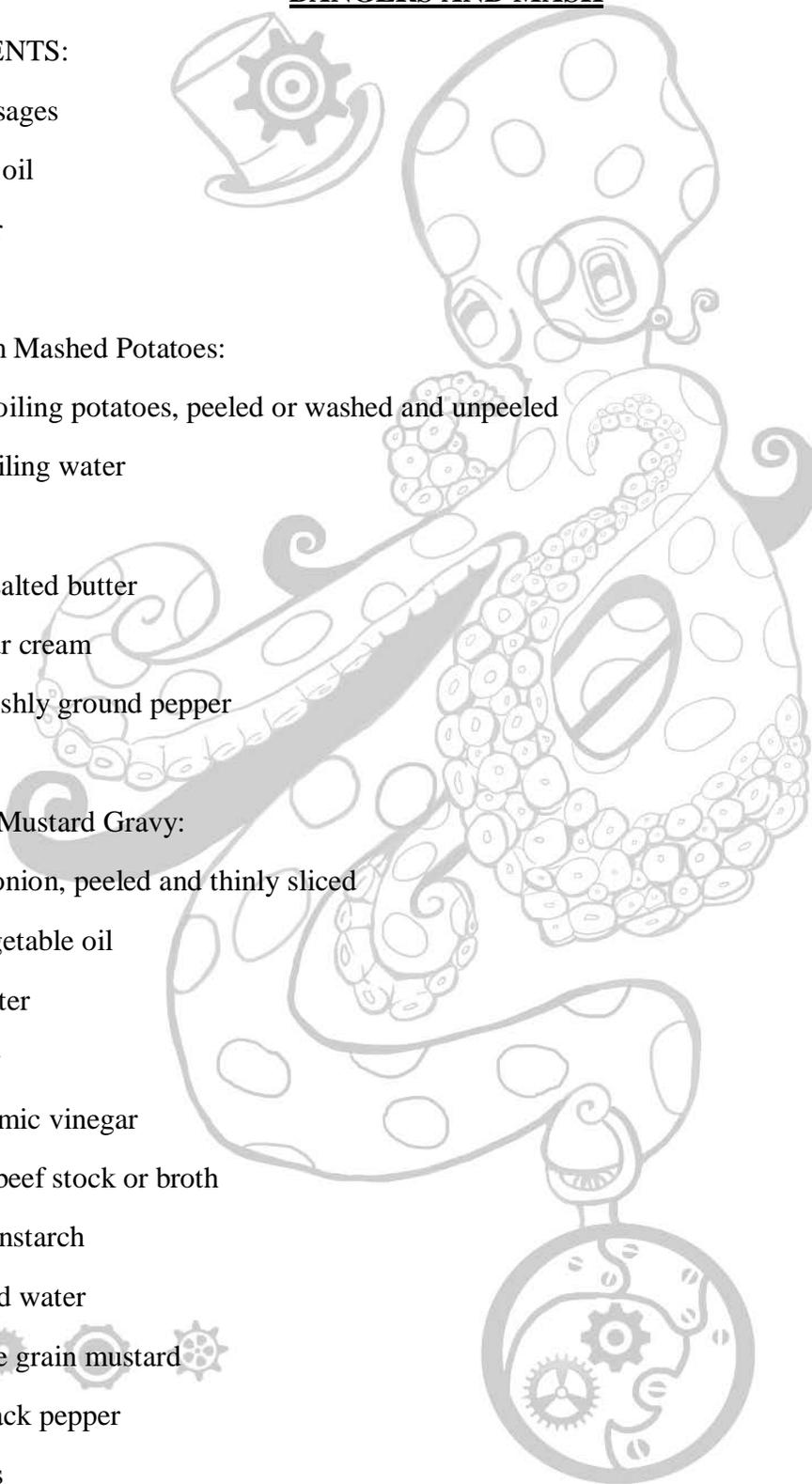
1 Tbsp. cornstarch

1 Tbsp. cold water

2 tsp. whole grain mustard

Salt and black pepper

Instructions



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For the sausage:

Heat oil and 1 cup of water in a skillet over medium-high heat. Add sausage and cook, turning regularly for about 15 minutes, or until browned and cooked through. (Water will eventually evaporate, leaving the bit of oil to brown the sausage).

For the Mashed Potatoes:

Cut the potatoes into 1-inch cubes and place them in a large pot. Cover the potatoes with cold water with enough salt so the water tastes quite salty. Bring to a boil, then lower the heat and simmer, uncovered, for about 10 to 15 minutes, until the potatoes fall apart easily when pierced with a fork.

Meanwhile, heat the milk and butter in a small saucepan, making sure it doesn't boil. Set aside until the potatoes are done.

As soon as the potatoes are tender, drain. Mash the potatoes, then slowly whisk in enough of the hot milk/butter mixture to make the potatoes very creamy. Add the sour cream, a sprinkling of salt and some freshly ground pepper. Stir to combine. Taste for seasoning and add more, if necessary.

For the Onion Mustard Gravy:

Melt the oil and butter in a large saucepan over medium-low heat. Add the onion and cover with a lid. Cook for about 10 mins or until the onions are soft and translucent. Add the sugar and balsamic vinegar to the onions and stir well. Cover with the lid again and cook another 5 minutes. Add the stock and boil gently uncovered for 5 minutes.

In a small bowl mix the cornstarch with the cold water to a thin paste. Pour a little of the hot gravy into the starch mixture and mix thoroughly. Pour the starch mixture back into the gravy, add the mustard, raise the heat to medium-high and boil for 10 minutes, stirring occasionally or until the gravy is slightly thickened. Season with salt and pepper to taste. Keep warm until ready to serve.



POPCORN FILLED WITCHES BROOMS

1 bag of paper lunch bags

clear sandwich bags the ones without ziplocks if possible (so they are more pliable)

1 bag of pretzel rods

tape

black washi tape or electrical tape

1/8 "Gold ribbon 2rolls

2 stock pots of popcorn, NOT buttered

Make popcorn, do not butter, allow to cool and fill plastic bags = if hot or buttered will get nasty in bags

Take both paper bag and cut 2" off top

Take on one the bags (inner one) and slice 2" down from the top in the

Take the other bag (outer bag) pull out the bottom so it forms a triangle shape (as shown below)

Then cut the outer bag slice to 1/2" of the bottom seam as shown

Place inner bag inside outerbag

Fill paperbag with the popcorn or your choice of treat

Add the pretzel rod as a broom handle

Turn upside down and gather the broom head up popcorn broom

Tape the broom

Add the black Washi or electrical tape over the clear tape

Glue the gold detail ... and adjust the broom handle and you are done.



OCEAN PIE

1 small box of blue Jello (3 oz.)

1 container of Cool Whip (16 oz.)

1 graham cracker pie crust (or crushed graham crackers)

Strawberries and kiwis for ocean plants (or some other type of fruit)

Swedish fish or gummy fish or gummy eels (a.k.a. worms), etc. - basically, anything ocean creature like.

Optional: blue food color, large glass bowl or container

Directions:

1. Mix the entire box of blue jello into 2/3 cup boiling or very hot water until Jello is dissolved.
2. Add 1 cup of ice water (or part water with ice mixed in) to the jello mixture and stir.
3. While the dissolved jello mixture cools a bit, slice strawberries and kiwis (use child friendly knives - see below for some suggestions).
4. Once the jello mixture has cooled to a lukewarm temperature, carefully add the mixture to about 12 ounces of Cool Whip and stir until well combined.
5. Place sliced fruit on top of the prepared graham cracker crust OR crushed graham crackers in a glass container (we used a large glass container so you could see through the sides, and we just broke up the crust and smashed it into the bottom of the bowl. Then we placed some of the slices up against the glass so you could see the colorful ocean "plants").
6. Carefully pour the jello and Cool Whip mixture over the graham crust and fruit until the container is full (if you have extra - freeze it as well and save it for eating later on).
7. Push your Swedish fish or other gummy ocean creatures into the "ocean" mixture until submerged (or you may want to have a few peeking up from the ocean depths).
8. Optional: dip a knife in blue food color and swirl through the mixture and against the sides of the container you are using.
9. Dot the top of the "ocean" with any extra Cool Whip to simulate frothy waves.
10. Place your pie in the freezer for 4-6 hours and serve up your own piece of the ocean! :)

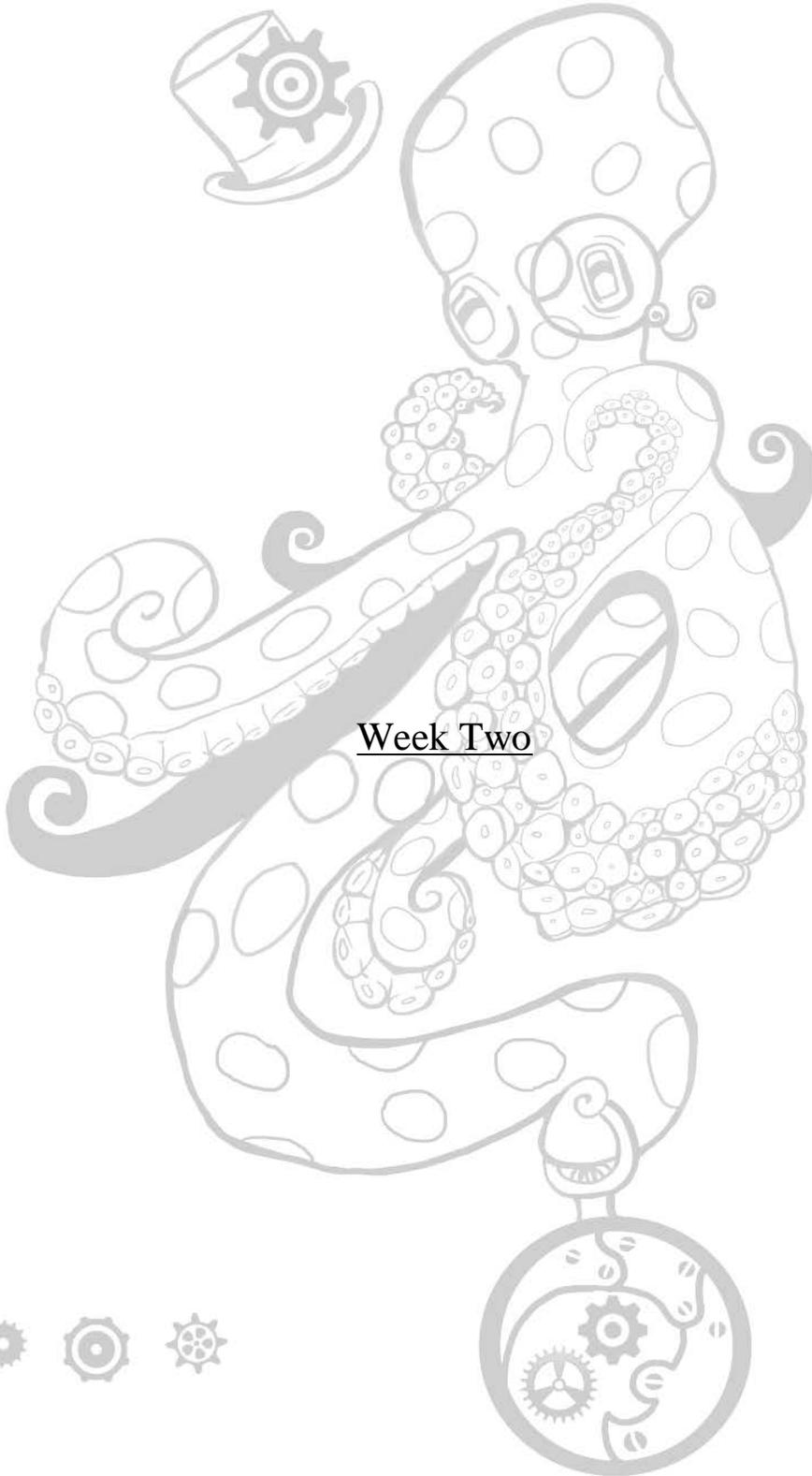
UNDER THE SEA PUNCH

1 - 12 ounce can frozen Lemonade concentrate 4 cans warm water, use the lemonade can 1 - 2 liter of Sprite 1 - 2 packets of Raspberry Lemonade powdered Kool-Aid mix 1 tub pineapple sherbet

Directions

1. In a large punch bowl, mix frozen lemonade with warm water (or cold if already thawed).
2. Add Kool-Aid powder and stir.
3. Slowly add Sprite and gently stir to combine.
4. Add a scoop of sherbet to a cup and pour punch over the top.





BAHN MI

Ingredients:

2 lbs boneless pork butt
(cut into 1/4-inch thick slices, 8-inch length by 2 1/2-inch width)
4-6 8-inch baguette rolls, sliced lengthwise in the center
1/2 bunch cilantro leaves
5 Jalapeno chilies, deseeded and thinly sliced
Pickled carrots and daikon (store-bought or homemade)
Mayonnaise

Lemongrass Pork Marinade:

1/2 cup minced lemongrass
1/2 cup sugar
3 tablespoons fish sauce
1 1/2 tablespoons ground black pepper
5 shallots, peeled and minced
3 cloves garlic, peeled and minced
2 tablespoons roasted sesame oil
2 tablespoons peanut oil/regular cooking oil
2 tablespoons sweet soy sauce

Method:

Lightly pound the pork slices with a mallet/back of the kitchen knife. In a bowl, mix all the Marinade ingredients well. Put in the pork slices and marinate for about 1-2 hours/overnight. Discard excess marinade before use.

Preheat grill until ready to use. Gently arrange marinated pork slices onto the grill. Grill until the pork is nicely charred on both sides and meat is thoroughly cooked. If use indoor broiler oven, broil for 5-7 minutes on each side or until the meat is completely cooked and nicely charred. Remove lemongrass pork from grill and assemble the baguettes with mayonnaise spread, and then put the sliced Jalapeno chilies, a slice of grilled lemongrass pork, and finish off with a handful of pickled carrots and daikon and cilantro leaves. Serve a whole baguette or cut the baguette into half.

TURKEY BRUSCHETTA BURGER

Ingredients

Turkey Burgers

- 1 pound lean ground turkey
- 1 tablespoon fresh basil, chopped
- 2 teaspoons worcestershire
- 2 teaspoons balsamic vinegar
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper

Tomato Basil Salad

- 2 1/2 cups grape tomatoes, quartered
- 1/4 cup fresh basil, chopped
- 1 tablespoon balsamic vinegar
- 1 clove garlic, minced
- 2 teaspoons extra virgin olive oil
- 1/4-1/2 teaspoon kosher salt
- Black pepper to taste

Balsamic Drizzle

- 3/4 cup balsamic vinegar
- 2-3 teaspoon granulated sugar

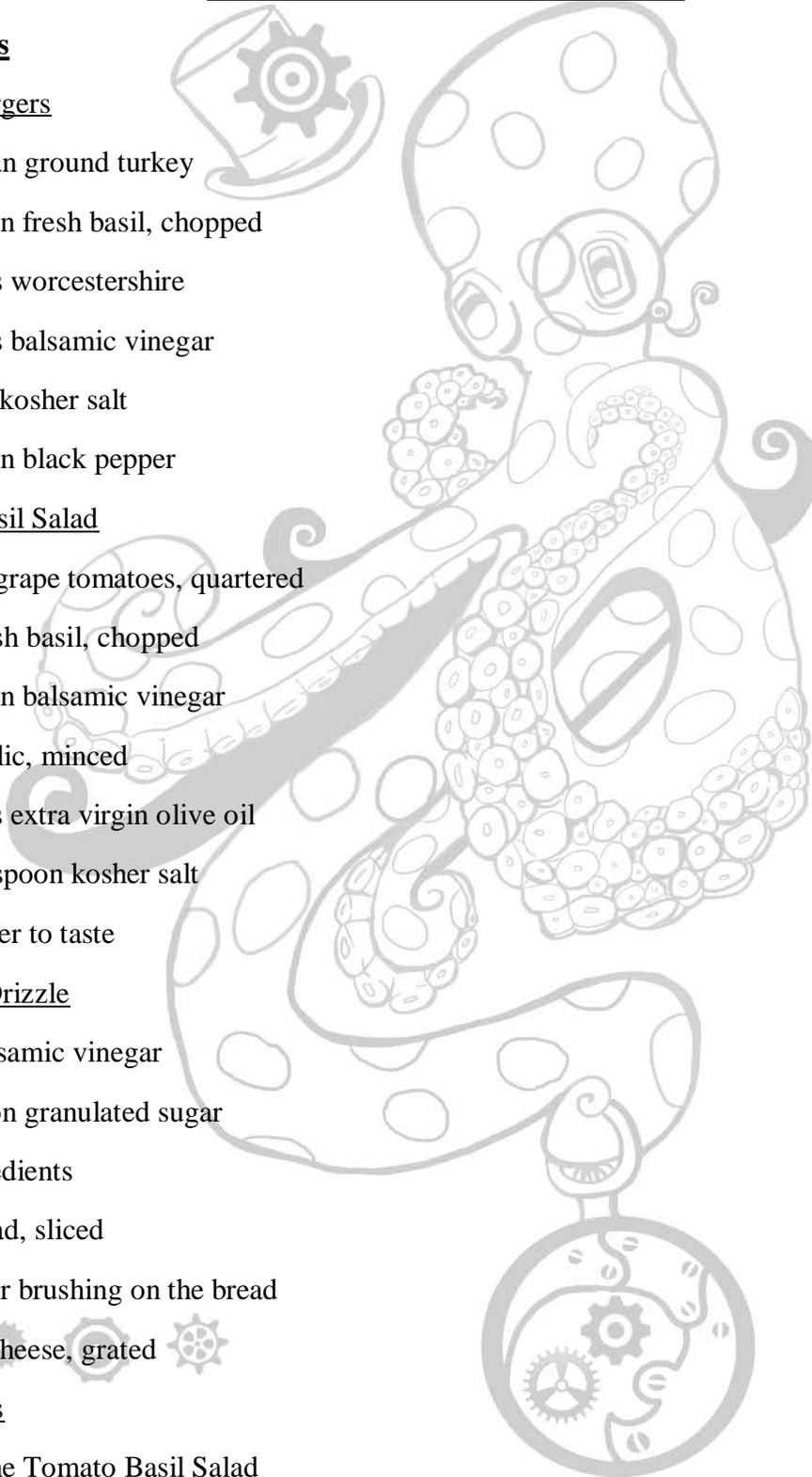
Other Ingredients

- French bread, sliced
- Olive oil for brushing on the bread
- Parmesan cheese, grated

Instructions

To Make the Tomato Basil Salad

Heat the 2 teaspoons of extra virgin olive oil in a small saucepan over medium heat.



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When the oil is heated add in the clove of minced garlic and cook it just until it starts to turn golden, about 30 seconds to 1 minute, careful not to burn it.

Pour the garlic oil mixture into a large bowl.

Add the quartered grape tomatoes, basil, balsamic vinegar, salt, and pepper to the garlic oil mixture and toss together.

Set aside or cover and refrigerate until ready to use.

Balsamic Drizzle

In a small saucepan over medium heat add the balsamic vinegar and sugar.

Bring to a boil, then turn the heat down to low and let it simmer for about 10 minutes or until it has reduced to 1/4 cup.

Turkey Burgers

In a large bowl combine all of the ingredients for the turkey burgers with your hands, careful not to overwork the meat.

Form the meat mixture into 4 patties, place them on a plate and refrigerate until ready to grill.

Heat your grill to high heat and spray the grates with cooking spray or brush with oil to keep the burgers from sticking.

Grill the burgers on each side for about 3-4 minutes or until they are no longer pink inside.

During the last couple minutes of grilling place the slices of french bread brushed with olive oil on the grill and toast them for about 30 seconds on each side.

Remove the bread from the grill and sprinkle the tops with the grated parmesan cheese.

Assembling the Burgers

Place the grilled turkey burgers on top of the parmesan cheese toasts.

Top the burgers with the tomato basil salad and some of the balsamic drizzle.

Sprinkle with more parmesan cheese if desired.



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PINA COLADA BARS

FOR THE CRUST

1 and ½ cups crushed graham crackers (approximately 12 full sheets)

1 and ½ Tablespoons light brown sugar

¼ teaspoon cinnamon

4 Tablespoons (half a stick) unsalted butter, melted

FOR THE FILLING

6 ounces cream cheese, softened

2 large egg yolks

1 can (14 ounces) sweetened condensed milk (full fat)

1 teaspoon coconut extract

2 teaspoons rum extract

1 can (8 ounces) crushed pineapple, undrained

1 cup sweetened tender flake coconut, divided

Optional: 16 maraschino cherries

Instructions

Preheat oven to 350°F. Line an 8" x 8" or 9" x 9" baking pan with foil. Leave an overhang on the sides and spray with nonstick spray. Set aside.

To make the crust: in a food processor, pulverize graham crackers. Once crackers are a fine crumb, add brown sugar, cinnamon. Pulse to blend. Pour mixture into a medium sized bowl and mix in melted butter. Press mixture evenly into prepared baking pan, being sure to press firmly. Bake crust for 10 minutes.

To make the filling: in the bowl of a stand mixer fitted with the paddle attachment, or in a medium sized bowl with a hand mixer, beat cream cheese on high until smooth. Beat in egg yolks one at a time, scraping down the sides as necessary. Beat in sweetened condensed milk and coconut and rum extracts. Add the can of undrained crushed pineapple and ⅔ cup of the flake coconut and mix on low speed until combined.

Pour filling into crust, sprinkle remaining flake coconut on top, and bake for 43-45 minutes. Edges and flake coconut should just start to brown and middle should no longer be jiggly. Allow pan to cool at room temperature on a wire rack. When completely cool, chill in the refrigerator for 2 hours, or in the freezer for 1 hour. When bars are completely chilled, lift out of the pan using foil overhang and cut into squares. Bars can be stored covered in the refrigerator up to a week.

GREEK VEGGIE SANDWICH

Feta Spread

4 oz Crumbled Feta Cheese

8 oz Plain Greek Yogurt

Fresh Cracked Pepper (optional)

Sandwich

Thinly Sliced Red Onion

Red Wine Vinegar

Deli-Sliced Pepperoncini

Kalamata Olives

Peeled & Sliced Cucumbers

Sliced Tomato

Clover Sprouts

Lettuce

Bread

Feta Spread

Mix feta, Greek yogurt and pepper. Set aside.

Sandwich

Place sliced onions in bowl. Cover with red wine vinegar. Allow onions to soak while prepping sandwich.

Spread a generous amount of creamy feta spread on both slices of bread.

Layer pepperoncini, olives, cucumbers, tomatoes, sprouts and lettuce.

Remove onions from vinegar and let excess vinegar drip off. Add to sandwich.

Use as much or as little of each ingredient, to taste.

BASIL CHIVE CUCUMBER AND CORN SALAD

3 cups cooked cut corn (from about 5 medium cobs)

2 cups cucumber, peeled, seeded and chopped (about 1 large cucumber)

1/2 cup basil, chopped

1/4 cup chives, snipped

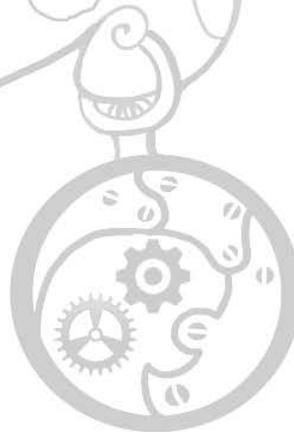
2 Tablespoons light mayonnaise

Salt & fresh ground pepper, to taste

Instructions

In a medium mixing bowl, toss together the corn, cucumber, basil and chives. Stir in the mayonnaise. Add salt & pepper to taste.

Serve within a few minutes ... or store in a covered container in the fridge until serving time.



DONUT STRAWBERRY SHORTCAKE

12 fresh glazed donuts

3 cups sliced strawberries

3 tablespoons sugar

2 cups heavy whipping cream

8 tablespoons powdered sugar

4 teaspoons vanilla

Place strawberries in a bowl. Top with sugar and mix. Let sit for a bit.

Add heavy whipping cream to electric mixer bowl and whisk on high until soft peaks form. Turn mixer to slow, adding powdered sugar and vanilla. Return to high speed and beat until stiff peaks form.

Slice each donut and set top slices aside. On the bottom of each donut, place $\frac{1}{4}$ cup of the strawberries and top with $\frac{1}{2}$ cup of the whipped cream. Top with the top of the donut.



VINTAGE CHEDDAR AND GRUYERE MAC AND CHEESE

4 tbsp-butter

2 heaped tbsp-flour

3 cups-milk, 2% or whole

½ lb cheddar, grated

½ lb Gruyere, grated

1 ½ lbs-short pasta

1 lb Polish smoked kielbasa, sliced

Instructions

Preheat the oven to 375F/190C.

Cook pasta in a large pot filled with salted water 3-4 minutes less than the package directs.

While pasta is cooking make the cheese sauce. Melt butter in a small saucepan over medium heat, blend in flour with a wire whisk.

Continue cooking for 2-3 minutes while stirring the entire time, then add milk and stir.

Cook the sauce for 5 minutes, it will gradually thicken, continue stirring with a wire whisk to avoid lumps.

When the sauce is the desired consistency take it off the heat and stir in both cheeses, reserve a combined ½ cup of cheese.

The cheese should melt and completely incorporate into the sauce. Use your wire whisk to ensure the sauce is smooth and lump-free. (Don't walk away from the stove the entire time the cheese sauce is cooking as it can burn quickly and/or will go lumpy if left unattended.)

When your pasta is cooked drain but reserve ½ cup of starchy water the pasta was cooking in.

Return the drained pasta into the same pot and add water and cheese sauce, gently toss to coat the pasta. It should be quite runny.

Mix in sliced kielbasa and transfer to a deep baking dish, sprinkle with the remaining cheese.

Bake in the preheated oven for 30 minutes. The top should be golden by the end of the cooking time. If the pasta still looks pale at the end of the cooking time set your oven to broil and let the top crisp up for 2-3 minutes.

ROASTED BROCCOLI

INGREDIENTS

24 ounces broccoli florets*

3 tablespoons olive oil

4 cloves garlic, minced

Kosher salt and freshly ground black pepper, to taste

1/4 cup grated Parmesan

Juice of 1 lemon

INSTRUCTIONS

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Place broccoli florets in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake for 10-12 minutes, or until tender.

Serve immediately, sprinkled with Parmesan and lemon juice.



CHEESECAKE PANCAKES

Ingredients

Pancakes:

$\frac{3}{4}$ cup flour

$\frac{1}{4}$ cup cheesecake flavored pudding mix

1 tablespoon sugar

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon salt

1 cup buttermilk

1 egg, lightly beaten

2 tablespoons vegetable oil

Frosting:

4 oz. butter, at room temperature

4 oz. cream cheese, at room temperature

$\frac{3}{4}$ cup powdered sugar

2 tablespoons cheesecake flavored pudding mix

1 tablespoon milk

1 graham cracker, crumbled (optional)

Instructions

Heat a large skillet or a griddle over medium heat. In a large bowl, mix together the flour, pudding mix, sugar, baking powder, baking soda and salt. In another bowl, mix together the buttermilk, egg and oil. Stir the wet ingredients into the dry ingredients and stir just until combined (lumps will still remain). Spray the skillet or griddle with nonstick cooking spray. Place $\frac{1}{4}$ cup of the batter into the pan. Use a spoon or wet fingers to spread the batter into a circle - the batter is quite thick and will not spread on it's own. Cook for 3 minutes per side, or until browned and cooked through. Repeat with the remaining batter. While the pancakes are cooking, make the frosting: in a medium bowl, beat the butter and cream cheese until light and fluffy. Add the powdered sugar, pudding mix and milk and continue to beat until combined. To serve, spread the frosting on the pancakes. Top with crumbled graham cracker.

ONE POT WONDER STUFFED BELL PEPPER SKILLET

1 lb. extra lean ground beef

½ cup uncooked rice

1 15 oz. can petite diced tomatoes

1 8 oz. can tomato sauce

1 cup beef broth

2 medium sweet bell peppers, seeded and chopped

1 small yellow onion, chopped

2 tbsp. packed brown sugar

1 tsp. Italian seasoning

1 tsp. salt

½ tsp. ground black pepper

½ tsp. minced garlic (1 clove)

1 cup shredded Italian cheese blend

INSTRUCTIONS

In a large skillet over medium-high heat, break up the beef with a wooden spoon. Cook until no pink remains, about 8 minutes. Drain the excess fat.

Add the rice to the cooked beef. Cook until the rice is golden brown (2-3 minutes), stirring occasionally.

Add the remaining ingredients, except for the cheese. Stir well. Bring to a rolling boil. Reduce the heat to medium low and cover the skillet.

Cook, stirring occasionally, until the liquid is absorbed and the rice is tender. It will take 20-25 minutes for white rice and 40-45 minutes for brown rice.

Top with cheese. Cover the skillet and let it rest for 5 minutes to melt the cheese.



GREEN CHILE CORNBREAD

Ingredients

- 1 cup plus 2 Tbsp cornmeal
- 1 cup all purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon baking soda
- 1 Tbsp baking powder
- 1/4 cup sugar
- 1/2 cup (1 stick) softened unsalted butter
- 1/2 cup sour cream
- 2 eggs
- 1 3/4 cups milk
- 2 cups of chopped, roasted green chiles (Anaheim or Hatch) (2 7-ounce cans of whole green chiles, drained, chopped)
- 1 cup corn (frozen is fine)
- 1 cup shredded cheddar or Monterey Jack cheese (4 ounces)

Method

- 1 Preheat oven to 400°F. Grease a 8x12 inch baking dish.
- 2 In a large bowl mix the cornmeal, flour, salt, baking powder and baking soda. In a separate bowl, beat the softened butter and sugar. Beat the sour cream and eggs to the butter sugar mixture. Add the milk and the dry ingredients, a third at a time and alternating wet/dry. Mix in the green chiles, corn, and shredded cheese. Pour mixture into prepared baking dish.
- 3 Bake for 35 minutes, until top is browned, the center springs back when pressed down, and a skewer inserted into the center comes out clean. Let cool almost completely before serving.



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DINOSAUR RIBS

2 racks of pork spareribs, St. Louie cut (2 ½ to 3 pounds)

½ cup of All-Purpose Red Rub

Mop Sauce

For the mop sauce:

1 cup of white vinegar

½ cup of water

2 tablespoons vegetable oil

2 tablespoons Worcestershire sauce

2 tablespoons All-Purpose Red Rub

Tabasco Sauce

For the red rub:

½ cup paprika

½ cup kosher salt

½ cup brown sugar

½ cup granulated garlic

6 tablespoons granulated onion

¼ cup chili powder

1 tablespoon black pepper

1 teaspoon ground cumin

½ teaspoon cayenne pepper

Step 1: Make the mop sauce: Throw everything together in a saucepan and bring to a boil. Cool, pour into a plastic container, cover and refrigerate for later use. Makes 1-¾ cups.

Step 2: Make the rub: Dump all the ingredients into a bowl and rub them together with your hands. Store in a plastic or glass container until ready to use. Makes 2-¾ cups total.

Step 3: Prepare the grill: Pull off the grill rack and fire up the grill; then prepare the smoking packets by putting 3 cups of hickory wood chips in a bowl and covering them with water. Soak

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for at least half an hour. Drain well and divide between 2 squares of aluminum foil. Form into 2 individual packets, poking holes in one side. Set aside.

Spread out the coals once they're good and hot, piling them on one side of the bottom of the grill. Set the wood chip packets on top of the coals. Stick a drip pan filled with 1/2 inch of water on the side opposite the coals. This will catch the drips from the ribs and keep things moist inside the grill. Reposition the grill rack over the coals and the drip pan. Cover the grill and let the fire simmer down a bit.

Step 4: Make the ribs: Rub the ribs all over with the rub, making sure you are getting it into every surface. (You can even do this step well in advance). Use just enough to coat the ribs evenly.

Grab the ribs and position them on the rack over the drip pan. Cover the grill and test its internal temperature by dropping an instant-read thermometer down the vent hold. You want the grill to be from 225 to 250 degrees (same temperature you would use in an oven.)

Walk away from the grill and let the heat and smoke do their thing. Come back to check on the ribs in about 45 minutes. Then check on things once every hour. If the ribs are looking a bit thirsty, mop lightly with the mop sauce. If the temperature of the grill is dipping below 225 degrees, add a few more coals to the fire.

Step 5: Test the ribs: Test the ribs for doneness once they've been cooking for 3-1/2 to 4 hours. You'll know they are done if you can gently tear the meat between the bones, or poke your finger through the meat, or if they've reached an internal temperature of 180 degrees, or if they bend nicely when you grab them in the middle with a pair of tongs. Once you've determined that they're done, get out the sauce and apply another coat.



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KALE CRISPS

1 pound Tuscan kale (1 to 2 bunches), thick stems removed and leaves sliced crosswise into 2-inch ribbons

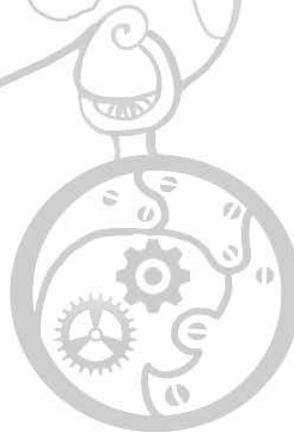
2 tablespoons extra-virgin olive oil

Finely grated zest of 1 lemon

Flaked sea salt or coarse salt, for sprinkling

DIRECTIONS

Preheat oven to 375 degrees. Toss kale with oil, and spread in a single layer on each of 2 rimmed baking sheets. Bake, tossing kale and rotating sheets halfway through, until crisp, about 15 minutes. Let cool on sheets. Sprinkle with lemon zest and salt, and toss to coat.



POTATO VOLCANOS

18 red potatoes

water

3 tsp. salt

3 c. broccoli florets

$\frac{3}{4}$ c. milk

Salt and pepper to taste

2 c. grated Cheddar cheese

$\frac{3}{4}$ c. whipping cream

DIRECTIONS

Preheat the oven to 375 degrees. Put the potatoes chunks into the pot with the salt and enough water to cover them by at least three inches. Boil the potatoes for about 12 minutes, or until they're soft.

While the potatoes are boiling, steam the broccoli florets by putting $\frac{1}{2}$ inch of water in the small pot with the broccoli. Cover the pot, and cook 7 minutes on medium-high heat.

Turn off the stove, and get an adult to drain the potatoes in the colander. Then dump the potatoes back into the pot, add the milk, and mash, mash, mash until you've gotten all of the lumps out that you can!

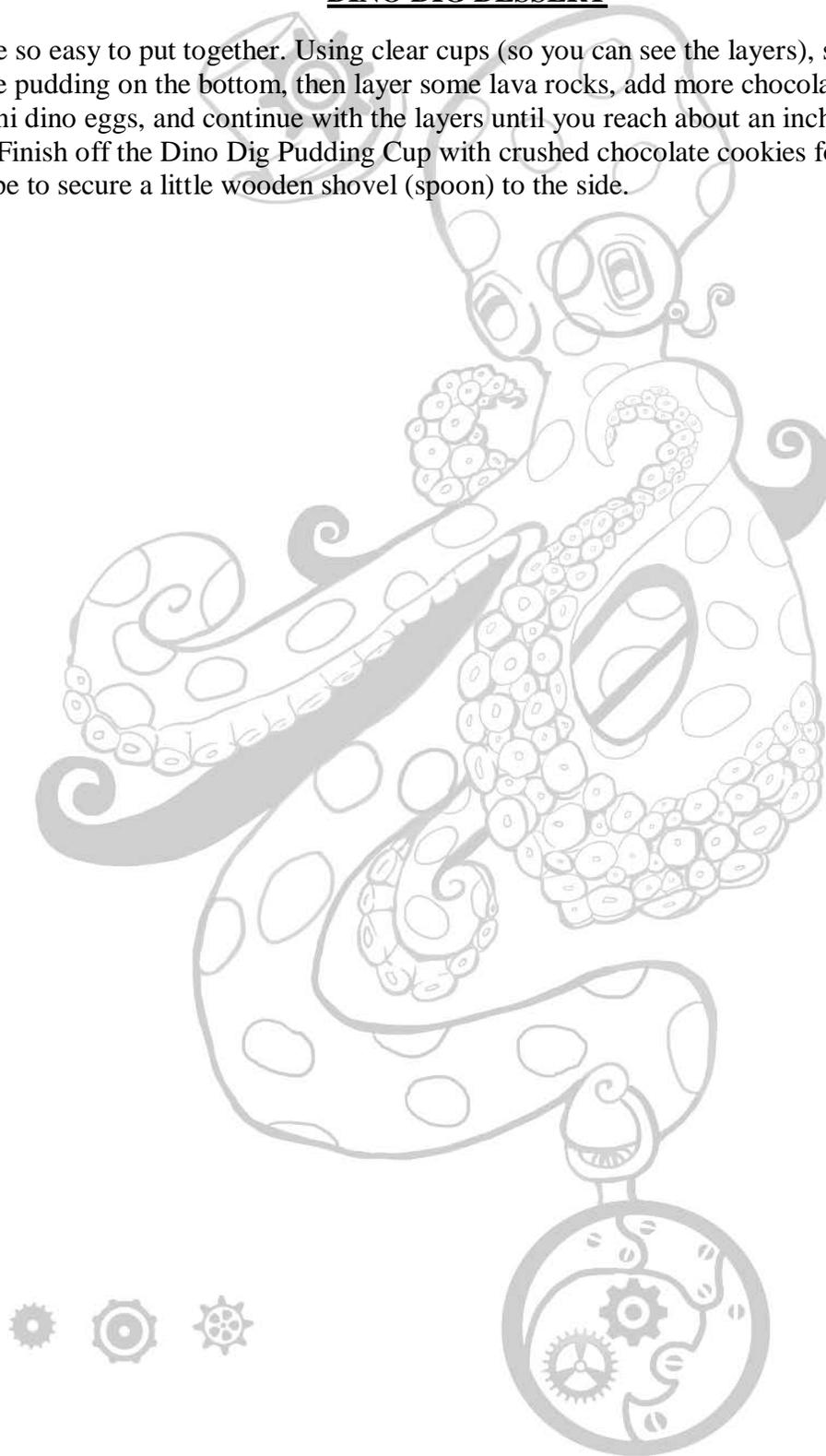
Taste the mashed potatoes. Add the salt and the pepper until the potatoes taste delicious to you. Remember, the cheese will boost the flavor of the finished dish. Then form the potatoes into a cone on the serving plate. Use the fork to make ridges, so it looks like a craggy mountain. Make a crater indentation at the top that looks like a little bowl.

Pour the whipping cream into the mixing bowl. Whip the cream with the electric mixer until it forms soft peaks. Stir in the cheese. Spoon the cream and- cheese mixture into the volcano crater. Bake for 10 to 12 minutes, or until the cheesy lava is bubbling and oozing down the sides.

Remove the potato volcano from the oven (use your potholders), and decorate the base of the volcano with broccoli. Wait for the lava flow to cool before you devour this delicious disaster.

DINO DIG DESSERT

These are so easy to put together. Using clear cups (so you can see the layers), start with chocolate pudding on the bottom, then layer some lava rocks, add more chocolate pudding, layer some mini dino eggs, and continue with the layers until you reach about an inch from the top of the cup. Finish off the Dino Dig Pudding Cup with crushed chocolate cookies for dirt and use washi tape to secure a little wooden shovel (spoon) to the side.



GARLIC BUTTER AND MUSHROOM BAKED PORK LOIN

Ingredients:

6-8 Thick Cut Pork Chops

½ Stick Butter

2 Garlic Cloves, Minced

½ Cup Flour, All Purpose

½ Cup Milk

2 Cup Mushrooms, Cleaned and Sliced

1 tbsp Oregano

1 tbsp Thyme

Salt and pepper to taste

Directions:

Preheat oven to 350 degrees.

In a large skillet over medium high heat combine butter, garlic, mushrooms, salt, pepper, oregano and thyme.

Once butter has melted, add your pork chops and seer on each side for 1-2 minutes until golden brown.

Once both sides of the pork chops are a golden brown place in oven and bake for 35 minutes or until centers are no longer pink. *Time may need to be adjusted depending on the thickness of your pork chops.

Remove skillet from oven and remove your pork chops and sit them aside to rest.

Whisk flour and milk into your pan with the remaining liquids after removing the pork chops. Whisk until all lumps are removed. Simmer for 3-4 minutes.

Serve over the top of pork chops.



LOADED POTATO CASSEROLES

INGREDIENTS

6 russet potatoes, sliced into 1/4" slices
salt and pepper
1 cup shredded cheddar cheese
1 cup shredded monterey cheese
8 slices bacon, cooked and crumbled
2 cups milk
2 large eggs
fresh or dried parsley, to garnish (optional)

INSTRUCTIONS

Preheat oven to 375 degrees. Butter two 9x9 casserole dishes. Set aside.

Layer half of the potato slices in the dish, overlapping slightly. Season with salt and pepper. Sprinkle the cheeses on top of the potatoes and add the crumbled bacon pieces. Add the other half of the potato slices on top of the cheese.

In a small bowl, mix together the milk and eggs. Pour the mixture over top of the potatoes. Sprinkle the parsley on top (optional).

Cover with foil and bake for 90 minutes, or until the custard is cooked and set. Allow the dish to rest for 15-20 minutes before serving.



CHICKEN AVOCADO BURRITOS

Ingredients

4 cups cooked and shredded chicken (or 2 lg chicken breasts, salt and pepper- to taste, 2 Tablespoon mustard, 2 Tablespoon olive oil)

1 cup grated cheese (I use mozzarella)

2 avocado -diced

2 Tablespoons cilantro-chopped

8 large tortillas

8 Tablespoon sour cream

1 Tablespoon oil

Instructions

Heat 1 tablespoon olive oil in a frying pan, place chicken breast sprinkled with salt and pepper and roast for about 5 minutes on each side. Spread 2 tablespoon mustard over the chicken, add about ¼ cup water add cook covered for a few more minutes.

Cut cooked chicken into thin stings.

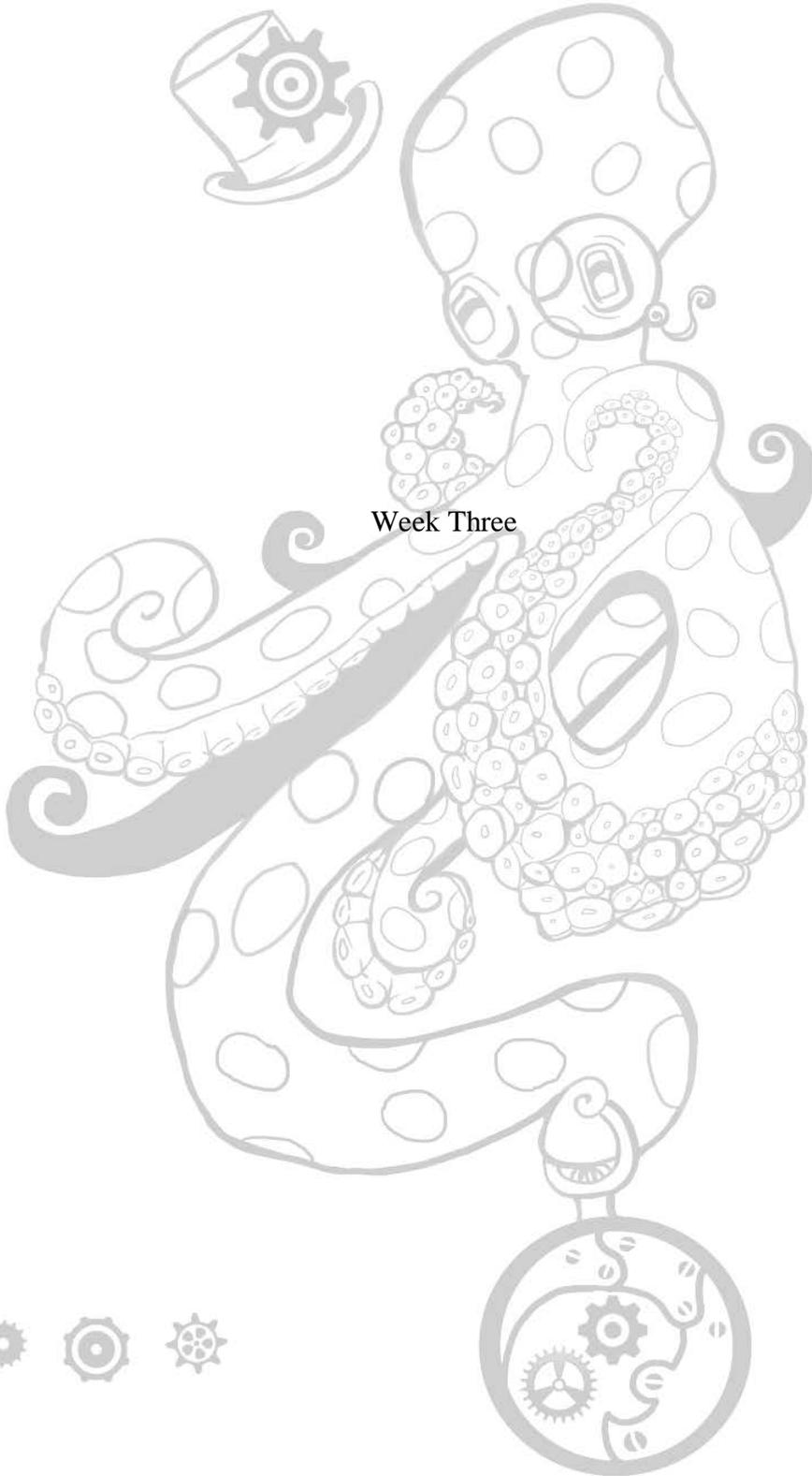
Mix the chicken, cheese, cilantro, and the diced avocados.

Spread 1 tablespoon sour cream on each tortilla, add 1/8 of the mixture, form a roll.

Heat 1 tablespoon oil into a pan and place all four tortillas on the pan, cook for 2 minutes on medium- high heat. Flip on the other side and cook for another minutes or until the the tortillas are golden

Serve warm.





CAMPGROUND FRENCH TOAST

Ingredients

1 loaf of bread of choice

8 eggs

½ c. milk

Nutmeg

Cinnamon

Vanilla

2 T. vanilla

1 container of fresh strawberries

Confectioners sugar (Icing Sugar)

Syrup of choice

Instructions

Wash strawberries, dice half of the container and slice the other half.

Wrap the loaf of bread in parchment paper, then in foil loosely so the bread slices fall slightly open.

Sprinkle the diced strawberries over the loaf, taking care to sprinkle some between slices; set aside the sliced strawberries for afterwards.

Sprinkle the sliced almonds in the same way as the diced strawberries over the loaf.

Wrap the foil and parchment paper tighter around the loaf of bread. Pour eggs, milk, vanilla, cinnamon, nutmeg evenly over the entire loaf of bread before wrapping tightly with a top piece of foil to ensure no leaks.

Place over the campfire or grill on low to medium heat for approximately 35-40 minutes, moving around occasionally to cook evenly. If the bread looks soggy still, cook slightly longer.

Remove from heat and let sit for 10 mins before serving with sugar, syrup and sliced strawberries.

CHEESY MEATBALL SKILLET SUBS

INGREDIENTS:

1 jar (24 oz.) marinara sauce
1 cup mozzarella cheese, shredded
1 tablespoon fresh basil, chopped

Meatballs:

1 lb. ground beef
1 tablespoon garlic, minced
1 egg, beaten
1 tablespoon Worcestershire sauce
½ cup Italian bread crumbs
½ cup grated Parmesan
Salt and pepper to taste

INSTRUCTIONS:

Combine all the meatball ingredients in a large mixing bowl and mix thoroughly with your hands. Scoop out about 1 golf ball sized meatball mixture, roll it in your hands to make meatballs. I used an ice cream scoop

Over medium high heat, brown the meatballs on all sides in batches with a tablespoon of oil, about 1 minute per side

Remove meatballs and drain on paper towels. Drain any excess oil from the skillet

Reduce heat to medium low and pour the marinara sauce in the skillet

Add the meatballs back to the skillet and roll them around to coat them in the marinara sauce.

Simmer for 5 minutes

Top with mozzarella cheese. Cover and simmer until cheese melts or broil at 450 degrees F for 3-5 minutes for browned cheese

Dish and serve hot sprinkled with chopped fresh basil



KALE, FETA ONE POT PASTA

INGREDIENTS

3 tablespoons olive oil
6 to 8 cups packed fresh kale leaves
1/8 teaspoon salt
7 cups water
1 pint cherry tomatoes, halved
1lb Fettuccine Pasta
3 garlic cloves, minced
salt and fresh ground pepper, to taste
2 tablespoons Extra Virgin Olive Oil
1 cup crumbled feta cheese

INSTRUCTIONS

Heat olive oil in a stockpot.
Add kale leaves and salt; cook over medium heat, stirring frequently, for 2 minutes.
Remove from heat; add water, halved tomatoes, pasta, garlic, salt and pepper.
Cook over high heat and bring to a boil.
Reduce heat to a simmer and continue to cook for 13 to 15 minutes, or until pasta is thoroughly cooked and water reduced. Stir occasionally.
Remove from heat and let stand 2 minutes.
Drizzle with Extra Virgin Olive Oil.
Stir in crumbled feta cheese.
Taste for seasoning and adjust accordingly.
Serve immediately.



EASY CHEESY GARLIC BREADSTICKS

Ingredients

1 1/4 cup Warm Water 95 degrees
1 teaspoon Honey
1 envelope Active Dry Yeast (1/4 ounce)
1 teaspoon Sea Salt
3 cups All-Purpose Flour
1 cup Butter, Melted
5 cloves Garlic, Minced
1 teaspoon Garlic Powder
1 cup Parmesan Cheese, Grated
2 teaspoons Oregano, Dried
2 teaspoons Rosemary, Fresh
1/4 teaspoon Thyme, Dried

Cooking Directions

In a large bowl fitted with a dough hook mix warm water, honey and yeast. Allow to sit for 5 minutes until yeast is bubbly and active. Add flour and sea salt and mix until smooth and elastic on medium. Alternately you can mix everything by hand in a large bowl and knead until smooth and elastic.

Cover dough and allow to rest for 30 minutes.

On a floured surface divide dough into four. Divide each fourth into six. Roll each section of dough into a 6-8 inch long rope. The shorter the rope the thicker and chewier the breadsticks, the longer the rope the thinner and crunchier.

In a food processor add parmesan cheese, oregano, rosemary and thyme. Pulse until mixture is crumbly and resembles bread crumbs. Place in a large dish.

Mix butter, fresh and powdered garlic in a large dish.

Dip breadstick dough into butter and then into cheese mixture.

Place on an ungreased cookie sheet about 3 inches apart.

At this point breadsticks can be covered and refrigerated for up to a day until ready to use or cooked immediately.

Bake in a 400 degree preheated oven for 15-18 minutes or until cheese's is brown and the inside is cooked through.

Remove from the cookie sheet immediately.



PUFFY CHICKEN TACOS

puffy tacos
various seasoned meat
seasoned rice and beans
shredded cheddar cheese
cilantro slaw
your favorite salsa
chopped cilantro
fresh lime
guacamole
chopped jalapeño

I almost always use corn tortillas but flour would work just fine, too.

I use my dutch oven and put about 1 1/2 inches of oil (usually peanut) in the bottom and turn the heat to medium high. You'll have to wait a few minutes until the tortilla sizzles when you put it in. If the oil isn't hot enough, it will drench your tortilla instead of make it perfectly puffy! After the oil is hot enough, just use tongs and put place it down in the oil. After it begins to cook, use the tongs to gently fold it into the shape of a taco shell. You don't want to cook it so long that the taco shell is completely hard. As it starts to puff up, move it around in the oil so that it cooks evenly and as it starts to gently brown, remove it and drain it on a paper towel.

Lime Cilantro Slaw

1 bag of shredded cabbage (14 oz)
1/4 cup mayo
1 tsp. vinegar (I usually use apple cider, but any will do)
1 tsp sugar
juice of one lime
a splash of heavy cream (milk will do)
1/3 cup chopped fresh cilantro
salt and pepper to taste

Seasoned Rice and Beans

Drain two cans of black beans.
Add salt to taste, 2 t. of ground cumin, 1 t. of garlic and herb seasoning
Add 1 cup of cooked rice. Mix well and heat on stove or in microwave

Seasoned Meats

Okay, the sky is the limit. I've done something as simple as ground beef with taco seasoning, if I'm pressed for time. Usually, I like to do slow cooked pork, which makes for deliciousness that you can't even fathom. I often will use country style ribs (8-10 ribs) and layer them in a dutch oven with onions, garlic, a few teaspoons of cumin powder and Trader Joe's 21 Seasoning Salute (You NEED this seasoning! I use it on EVERYthing.) I brown them on the stovetop early in the morning with some olive oil and then layer them up with all that stuff, cover them, and cook all day at 250. You can do the same thing with pork chops too. You could do a pork loin in the crock pot this way and just cook all day and shred it.

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You can do basically the same thing with chicken. Just slow cook it all day with the spices in the oven or crock pot and then BAM, you have the best taco meat ever.

You can do fish and shrimp as well, which make this THE most versatile meal for serving a crowd. Just set out all the goodies and let everyone make their own. I've posted my fish taco recipe before. For shrimp, I mix a couple tablespoons of chili garlic paste with some chimichurri sauce and then add honey, olive oil, and a little soy sauce. Marinate the shrimp for 15 min or so and then cook in olive oil in an iron skillet. BEST SHRIMP EVER.

Homemade Guacamole

2 avocados

2 cloves garlic, minced

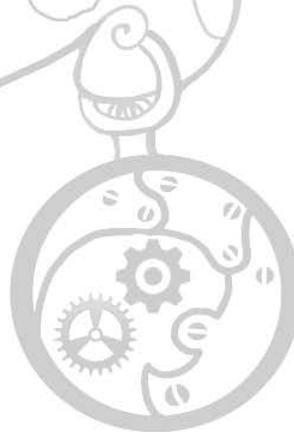
2 T. chopped onion

Juice of one lime and one orange (I use orange if I have it but it's not required. Lime is required)

1 fresh jalapeno or a few pickled jalapeños as desired for heat, chopped fine

Salt and pepper to taste

And there you have it. And most of this can be made ahead of time so you're ready to enjoy a feast with minimal labor. Also PERFECT food to scale and tailor to different tastes and allergies. This is me at my finest hour. This is the stuff I plan on leaving in my last will and testament.



SHAKE SHACK BURGERS

For the shack sauce:

- 1 cup mayonnaise
- 2 tablespoon ketchup
- 2 tablespoon yellow mustard
- 8 slices kosher dill pickles
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- Pinch cayenne pepper

For the burgers:

- 2lb burger
- 2 tablespoons butter, at room temperature
- 8 buns
- 8 tablespoons shack sauce
- 8 leaves of green-leaf lettuce
- 16 slices ripe plum tomatoes
- 1/2 teaspoon vegetable oil
- Kosher salt
- Black pepper, freshly ground
- 8 slices yellow American cheese

DIRECTIONS

Combine mayonnaise, ketchup, mustard, pickles, garlic powder, paprika, and cayenne in a food processor and process until smooth. Transfer to a squeeze bottle. (It makes about 3/4 cup sauce.)

Gently mix together the sirloin, chuck, and brisket in a mixing bowl until just combined. Form into 4 patties, each about 2 inches tall and 2 1/2 inches wide. Refrigerate until ready to cook.

Split open buns and spread with a thin coating of butter, then toast in a skillet until brown, about 1 minute. Using a squirt bottle, drizzle about 1 tablespoon shake sauce on the top half of each bun. Place 1 lettuce leaf and 2 slices of tomato on top half of each bun.

Add oil to a large, heavy-bottomed skillet, then heat over medium-high heat until just beginning to smoke. Generously season beef patties on top side with salt and pepper, then transfer, seasoned side down, to the hot skillet. Use a heavy, flat spatula to press down and lightly flatten the beef patties. Season top-facing side with salt and pepper. Cook until a crisp brown crust has formed, about 2 minutes.

Carefully loosen any crusty parts of the burger patties from the skillet, and flip over. Top each patty with 1 slice of American cheese and cook until the cheese has melted, about 1 minute longer. Transfer patties to burger bun bottoms, top with the the top bun (including tomatoes and lettuce), and serve hot.



ARTICHOKE TOMATO SALAD

6 ripe medium tomatoes
16 canned artichoke hearts (not marinated)
1/4 cup olive oil
1 tablespoon wine vinegar
1 garlic clove, pressed (optional)
1 tablespoon fresh tarragon (or a 1/4 tsp dried)
1 tablespoon fresh basil (or 1/4 tsp dried)
4 tablespoons feta cheese
salt
pepper

DIRECTIONS

Cut each tomato into 6 wedges and each artichoke into halves.
Blend the rest of the ingredients and pour over the vegetables. Toss.
Chill for 20 minutes.



ICE CREAM CRUNCH

Ingredients

2 c. flour
1/2 c. quick oats
1/2 c. packed brown sugar
1 c. chopped pecans
1 c. butter, softened
1/2 gallon ice cream, softened
1 c. caramel sauce, divided
1 c. chocolate sauce, divided

Instructions

In a medium size mixing bowl mix together flour, quick oats, brown sugar and nuts. Cut in butter until mixture resembles coarse crumbs. Pat into a rimmed half sheet pan and bake for 15 minutes until lightly browned. Remove from oven and allow to cool for about 10 minutes. Crumble while still warm.

Spread 2/3 of the crumbs onto the bottom of a 9×13 inch pan. Heat 1/2 c. of caramel sauce and 1/2 c. chocolate sauce in the microwave until pourable. Drizzle warm topping onto the crumb mixture.

Spread softened ice cream on top of crumbs and chocolate. Spread to smooth. Sprinkle remaining 1/3 of crumbs over ice cream. Warm remaining chocolate and caramel sauce. Drizzle topping over ice cream and crumbs.

Cover with plastic wrap and freeze several hours or overnight. Allow to set for about 10 minutes before cutting.



SWEET MAPLE CHICKEN KABOBS

Ingredients

2lbs. chicken tenders
1 (packed) cup brown Sugar
1 cup ketchup
1/4 cup red wine vinegar
1/4 cup water
¼ heaping cup pure maple syrup, meaning a little over ¼ cup
1 tablespoon Worcestershire sauce
2 teaspoons ground mustard
2 teaspoons Paprika
1-1/2 teaspoons kosher salt
1 teaspoon black pepper

Directions

Marinade:

Mix brown sugar, ketchup, red wine vinegar, water, pure maple syrup Worcestershire sauce, ground mustard, paprika, kosher salt and pepper in a large bowl. Place chicken tenders in marinade. Cover and let chicken marinade for at least 2-4 hours or overnight. I like to throw all the ingredients into a Ziplock and let it marinade this way. If you are using metal skewers skip this part, if you are using wood skewers follow the directions below. Now I know there is a debate whether or not to soak your skewers and to each their own. But I soak mine, I have found that I get less wood pieces in the chicken and they don't go up in flames. They still may char a tad, but not following apart or on fire. I completely soak my skewers for 30 minutes, sometimes accidentally longer, like the whole day. Make sure the entire stick is completely dredge in water. Once they have soaked, remove and start to assemble the skewers.

Kabobs:

Remove the chicken from the fridge, one piece at a time grab a tender and lace through the skewer. I start at the chunkier end and do a weave motion. Or you can just slide the entire tender on the kabob and not make it all fancy like a wave. Either way, they will taste the same. Set kabob on a plate and repeat the process. Once completed drizzle extra marinade over the chicken, and let it sit while grill is heating up.

Heat gas or charcoal grill, remove chicken from marinade. Place chicken on grill over medium heat. Cover grill and cook 3 minutes, then turn over the kabob and cook another 3 minutes. At this point check the chicken. To know if the chicken is done the juices should be clear and the center of thickest part is cut (170°F). If not done, continue to cook, at this point I leave the lid open and just turn the kabobs so they are cooked evenly on both sides. My chicken takes about 8-10 minutes. Remove from grill and serve immediately. Or cover with foil and serve later. Great to serve with grilled corn on the cob, cornbread – my favorite Sweet Jalapeno Cornbread and coleslaw. Use the leftovers the next day for a grilled chicken salad.

GRILLED PORK CHOPS WITH HONEY MUSTARD GLAZE

8 boneless pork loin chops
Olive oil, as needed for grilling
Honey Mustard Glaze-
4 tablespoons spicy brown mustard
8 teaspoons honey
Pork Seasonings-
Salt, as needed
Freshly ground pepper, as needed
½ teaspoon garlic powder
½ teaspoon onion powder
⅛ teaspoon ground cinnamon
⅛ teaspoon cayenne powder
¼ teaspoon paprika

DIRECTIONS

Honey Mustard Glaze-

Combine mustard and honey in a small bowl, set aside.

Pork Seasonings-

Combine all pork seasonings in a small bowl, set aside.

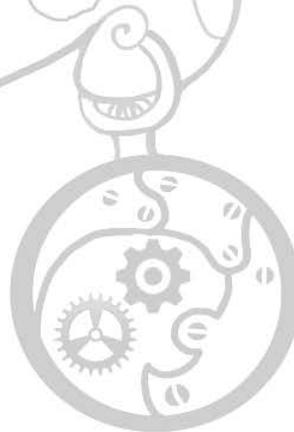
Grilled Pork Chops-

Generously season each side of the pork loin chops with salt and pepper. Evenly sprinkle ¼ teaspoon of pork seasoning on each side of the pork chops. Lightly drizzle olive oil on both sides of the pork chops. Set aside at room temperature while you heat the grill.

Heat grill to medium heat. Add a small amount of vegetable oil on a folded piece of paper towel, and then carefully grease the grill with the oil. Once the grill is nice and hot, add the seasoned pork chops. Cook pork on each side until an internal temperature of 135-140°F is reached, about 7-8 minutes on each side, depending on the thickness of the pork.

When the pork is just done cooking, use a pastry brush to generously glaze each pork chop with the honey mustard mixture. Save the extra glaze for serving on the side of the pork loin.

Remove the pork from the grill and transfer to a clean plate. Serve warm with honey mustard glaze.



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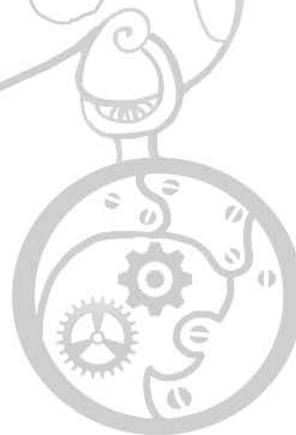
CAJUN BLACK-EYED PEAS

4 slices bacon, cooked and crumbled
3 (15.8oz) cans black-eyed peas, drained
1 (14oz) can chicken broth (can use reduced sodium)
1/4 tsp hot sauce
2-3 tsp cajun seasoning
1 bay leaf

In a large pot, combine peas, chicken broth, hot sauce, cajun seasoning, and bay leaf.

Bring to a boil; reduce heat, and simmer 25 minutes. Stirring occasionally.

Stir in bacon and discard bay leaf before serving.



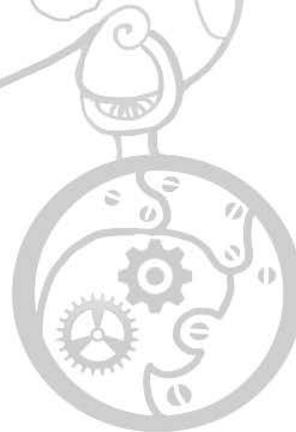
SWEET CORN SPOONBREAD

Ingredients

- 1 (8.5-ounce) package JIFFY Corn Muffin Mix
- 1 (14.75-ounce) can cream style corn
- 1 (15-ounce) can whole kernel corn, drained
- ½ cup (1 stick) butter, melted
- 1 cup sour cream
- 3 eggs
- ½ teaspoon salt

Instructions

Preheat the oven to 375° and lightly grease a 2-quart casserole dish with nonstick cooking spray. In a large bowl, combine the ingredients and mix well. Pour the mixture into the casserole dish. Bake 35 to 40 minutes, or until the spoonbread is set.



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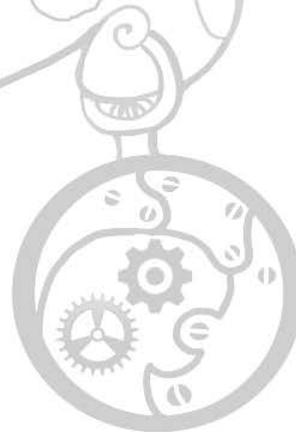
CHIK-FIL-A FROSTED LEMONADE

Ingredients

2 cup Fresh Squeezed Lemon Juice
1 cup Sugar
5 cups Water
Edy's Slow Churn Vanilla Ice Cream

Instructions

Add lemon juice and sugar to pitcher.
if you are using bottled lemon juice, increase amount to 1 1/2 cups.
Stir until sugar is dissolved.
Add water and stir until well mixed.
Refrigerate at least 1 hour to chill.
Add 1 cup chilled lemonade and 2 cups (about 4 scoops) ice cream to blender.
Pour into cup and garnish with lemon slice.



CHICKEN TERRIYAKI FOR BENTO BOX

Recipe: Bite-size chicken teriyaki

The chicken thighs I buy usually have about 80 to 90 grams of meat and skin on them (around 3 ounces). Since chicken sizes can vary a lot from country to country, I've given weights instead of '4 chicken thighs' etc. But you can't really go much wrong with this recipe, so don't worry.

This recipe will make enough pieces for 8 bentos, Make more or less as you require.

1 LB chicken thigh meat with skin on or off

6 Tbs. sake

4 Tbs. mirin

2 Tbs. raw cane sugar, or honey

6 Tbs. soy sauce

Spread the chicken meat out flat, and poke all over with the point of a knife or a fork, to allow the marinade to penetrate and to minimize shrinkage. Cut into bite sized pieces (for 90 g thighs that's about 4 pieces per thigh.)

Mix together the other ingredients in a non-reactive container (glass is good). Put in the chicken and mix. Leave for a minimum of 10 minutes, or overnight.

To cook, heat up a non-stick frying pan. If you skinned the thighs, put in about 2 Tbs. of oil; if you're cooking them with the skin, no added oil is needed.

Drain the chicken pieces out of the marinade and put them into the hot pan, skin side down. As the pan starts to sputter, put a lid on and lower the heat to medium. Leave for about 4 minutes.

Take the lid off, and spoon a little bit of the leftover marinade over the chicken. Turn over (no need to put the lid back) and cook for another 2-3 minutes, depending on how thick the pieces are. They are done when you stick a knife into the middle of a piece and the juice that runs out is clear. The chicken should be nicely caramelized on the outside when you're done.

Take them out of the pan and let any excess oil drain off. At this point you can remove the skins if you left them on before and prefer no skin.

Let cool before packing into your bento box, or freezing.

You can defrost the chicken in a microwave, or in a dry pan with a lid on over low heat.



ONIGIRI

For 8 fair sized rice balls, you need:

8 cups of freshly cooked Japanese-style rice (What kind of rice can you use? See Looking at different types of rice. No, you cannot use long-grain, jasmine, basmati, or Uncle Ben's.)

4 sheets of nori seaweed, cut into 3cm/2 inch wide strips

Salt

Fillings. Some classic fillings are pickled plum (umeboshi), bonito flakes just moistened with soy sauce (okaka), bonito flakes mixed with pickled plum (umekaka), flaked cooked salted salmon (shake or shiozake), cooked salty cod roe (tarako), chopped up pickles (tsukemono), and tsukudani, various tidbits - bonito cubes, tiny clams, etc. - cooked and preserved in a strong soy-sugar-sauce. Some non-traditional fillings that work well are described below.

The key to making good onigiri is to have freshly cooked, hot rice. You can't make good onigiri with cold rice.

Wet your impeccably clean hands with cold water, and sprinkle them with salt. Take 1/4th of the rice and place on one hand. Make a dent in the middle of the rice with your other hand. Put in about 1 tsp or so worth of filling in the dent.

Working rapidly, wrap the rice around the filling, and form into a ball. To make the traditional triangular shape, cup your hand sharply to form each corner, and keep turning it until you are happy with the shape. Practice makes perfect.

Wrap the rice ball with 1-2 strips of nori seaweed.

Repeat for the rest of the rice.

To bring along on picnic, wrap in plastic film or in a bamboo leaf (which is traditional). Some people prefer to carry the nori strips separately, and to wrap them around the onigiri when eating, to preserve the crisp texture of the seaweed.

If it's hard to get a hold of the traditional fillings, here are some non-traditional ones that I have tried that work well. However, unlike the more traditional fillings (especially umeboshi) these fillings are quite perishable, so be careful in hot weather if you are taking them for a picnic. Any rather strongly flavored, salty filling should work.

Ground meat (pork or beef or a mixture), cooked with grated or chopped ginger, then flavored with soy sauce, some red pepper flakes, sake or mirin, and sugar. It should be quite dry. Curry flavored ground meat mixture works surprisingly well too.

Canned tuna, well drained and flaked, flavored with a bit of soy sauce and/or salt to taste.

Flaked corned beef

Chopped up western style pickles (as long as they don't have too much garlic in the brine), well squeezed to get rid of excessive moisture

For a fairly well-rounded picnic lunch that can all be eaten without utensils, add hard-boiled eggs (with a twist of salt) or cold barbeque chicken or skewered chicken (yakitori), an apple or orange, and vegetable sticks (carrot sticks, celery sticks, cucumber sticks).

SPICY SESAME CHICKEN POTSTICKERS

Ingredients:

5 cloves garlic, minced
2 green onions, diced
1 jalapeno, minced (seeds removed if desired)
1 tablespoon sesame oil
2 teaspoons soy sauce
1 teaspoon rice vinegar
1/4 teaspoon ginger
1 pound ground chicken
bowl of water, plus 1/2 cup for cooking
20 wonton wrappers
oil

Instructions:

Use your hands to combine first 8 ingredients together in a bowl. Mix well. Place 1 teaspoon of mixture into a gyoza wrapper. Dip your finger in water and run along the outside edge of the wrapper. Fold wrapper over the mixture and pinch closed. Repeat with remaining filling and wrappers. To cook, heat enough oil to lightly coat the bottom of a skillet over medium-high heat. Place pot stickers in the skillet and fry 2 minutes or until bottoms are golden brown. Pour in 1/2 cup water, cover and cook 5-7 minutes or until water has evaporated. Serve hot.



SOOT SPRITE TRUFFLES

2 Tbs unsalted butter

1/3 cup heavy cream

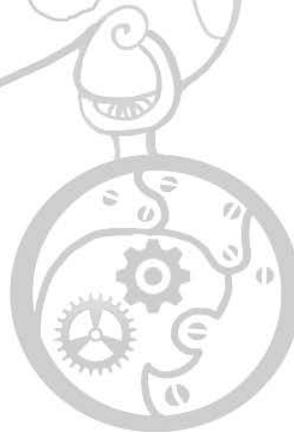
12 oz. bittersweet chocolate

1 cup cocoa for dusting

Chop the bittersweet chocolate into small bits. In a small pan, warm the cream and butter until it is almost boiling. At the same time, heat water in the bottom of a double boiler. When the cream mixture is hot, put the chopped chocolate in the top of the double boiler, then slowly pour the hot cream over the chocolate and whisk until the chocolate melts and is smooth. Refrigerate for two hours.

Remove from refrigerator, scoop out mounds and roll into balls. Pour the cocoa into a doubled paper lunch sack and add about 12 truffle balls. Close sack tightly and shake gently to coat truffles with cocoa, then remove them with a slotted spoon. Keep refrigerated if you will be making them more than two days in advance. Truffles can be kept unrefrigerated for up to two days.

I found that while the cocoa coating makes the truffles taste amazing, it can be kind of messy to package them. I rolled some of the truffles in chocolate sprinkles. This gave them a glossy coating and made them easier to package. You could also roll them in toasted coconut, finely chopped nuts, confectioners sugar, or tempered chocolate. The variety is only limited by your imagination.



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BUBBLE TEA

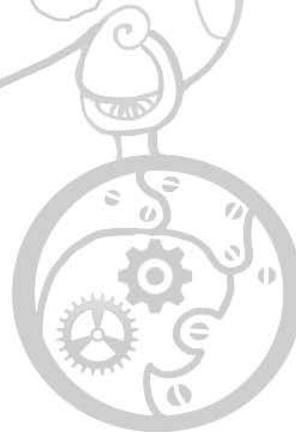
3 lg cans crushed pineapple
4 c. coconut milk
Bubble tea syrup
6 c. ice
16 oz boba

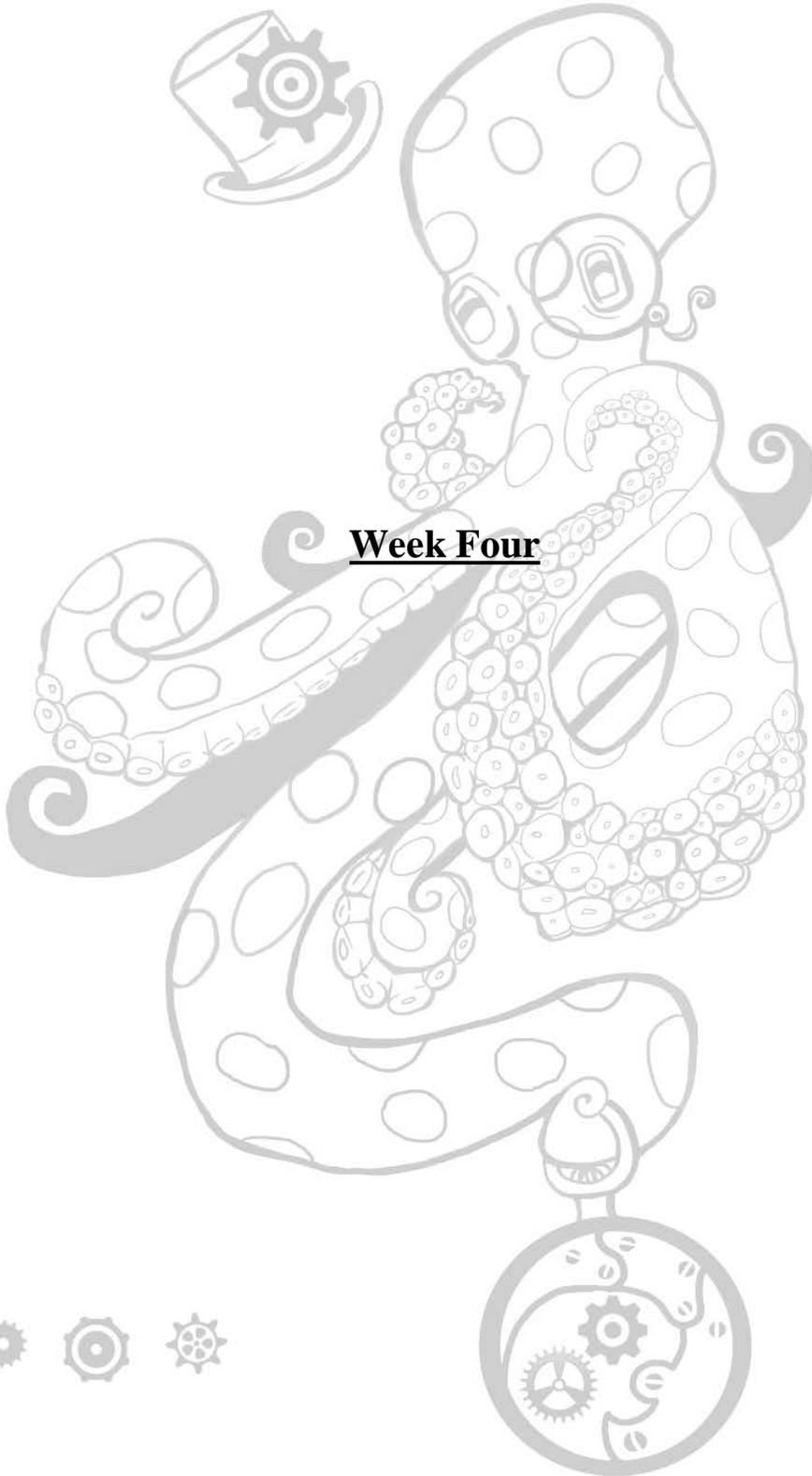
Put first 4 ingredients in blender. Mix well. Add boba to a glass. Pour blended mixture over boba. Add a fat bubble tea straw. Enjoy!

Bubble Tea Syrup:

1 c. white sugar
1 c. brown sugar
2 c. water

Dissolve over high heat. Bring to a boil. Remove to refrigerator. Let cool completely before use. (Makes 12 servings)





LOADED CHICKEN SALAD SANDWICH

4 cups shredded chicken (I use a roast chicken and a mix of white and dark meat) 2 green onions, both the light and dark green parts, sliced
1 red bell pepper, roasted, peeled, seeded and diced
1 yellow bell pepper, roasted, peeled, seeded and diced
1 small carrot peeled and grated or shredded (sometimes I steam the carrot shreds, about 1 to 2 minutes, for more flavor)
2 large stalks of celery, peeled (this is the best way to add it to salads, no strings), thick white end cut off, split vertically three or four times, finely diced, LIKE THIS
1 very small red onion or one-quarter of a large red onion, diced LIKE THIS (or 1 large shallot, diced)
1 to 3 avocados, depending on how many sandwiches, each half slightly mashed
Garlic Greek Yogurt Ranch Mayo (recipe follows). the amount depending on how 'wet' you like your chicken salad
kosher salt and fresh ground black pepper, if needed.
Greek Yogurt Garlic Ranch "Mayo" *
2/3 cup Greek Yogurt (Use all mayonnaise instead of yogurt, if desired)
2 to 3 tablespoons mayonnaise (if using all mayonnaise, just 2)
1/4 cup chopped. fresh parsley
2 tablespoons chopped, fresh chives
1 tablespoon chopped, fresh dill weed
1 garlic clove chopped and smashed into a paste with a pinch of kosher salt, LIKE THIS
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 cup buttermilk
salt and pepper to taste

directions:

For the Salad

Combine the first 7 ingredients in a large bowl. Mix in as much of the Greek Yogurt ranch mayo as you desire.

The Secret - Cover the bowl with plastic wrap and refrigerate for at least 2 hours (I refrigerate it overnight) before serving to allow the flavors of the chicken salad and yogurt ranch to really blend or shall I say 'sing'? Because it really does sing! You'd be amazed at the difference it makes, not unlike beef stew eaten the day after it's cooked. Season it with extra salt and pepper after letting it chill, if need be.

Serve as sandwiches, slightly mashing an avocado on top or spreading the avocado on one or both slices of bread (which I should have done for photos - neater) then layering boston or butter lettuce and tomato, if desired, or roll into whole wheat flour tortilla wraps or flatbread. Keep it low-carb and gluten-free by serving as is on a salad plate or spooned into a ripe avocado half.

For The Greek Yogurt Garlic Ranch

Place Greek yogurt in a strainer lined with cheesecloth (or a paper towel) over a bowl. Cover the strainer and allow excess liquid to drain for about 1 to 2 hours. You'll be replacing the liquid with buttermilk to make it 'ranch'. (While it's draining, start roasting the peppers and prepping the rest of the vegetables for the salad).

If you're using all mayonnaise, obviously you can skip the above step.

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Also, to make it even easier, but just as delicious, I've made this without straining the yogurt, just mixing in all the ingredients but the buttermilk into plain Greek yogurt and/or mayo, with great results..so that gives you three dressing choices!

In a medium bowl, stir together strained Greek yogurt, mayonnaise, parsley, chives, dill, garlic paste,, garlic powder, and onion powder. Stir in buttermilk. Add more or less buttermilk for desired taste and consistency. I like it thick, like, well..mayo. Season to taste with salt and pepper. Wrap and refrigerate for several hours before adding it to salad, if you have the time. Even more flavor!



PEANUT BUTTER AND JELLY SANDWICH COOKIES

INGREDIENTS:

1/2 cup butter, softened
1/2 cup + 1/3 cup peanut butter
1/2 cup white sugar
1/2 cup brown sugar
1 egg
1 tsp vanilla extract
1 cup quick cooking oats
3/4 cup all-purpose flour
1/2 tsp salt
1/2 tsp baking soda
1/4 tsp baking powder
1/3 cup jelly

DIRECTIONS:

Pre-heat the oven to 350 degrees.

Begin by creaming the butters and sugars for the cookies. Beat in the egg and vanilla.

In a small bowl mix together your flour, baking soda, baking powder, and salt. Mix into the creamed butter and sugars.

Mix in the oats and stir until combined.

Drop teaspoonfuls (or use a small cookie scoop) of dough onto a parchment lined baking sheet.

Make a criss cross with a fork to flatten the cookies.

Bake for 10 minutes and allow to cool.

When cookies are completely cooled, flip half of them over. Spread each cookie with peanut butter and jelly. Top with the remaining cookies.



OPEN FACED CHICKEN PARM BURGERS

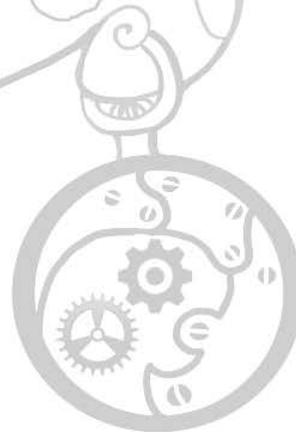
Ingredients

- 1/2 c. Italian Style dry bread crumbs
- 1/4 c. grated Parmesan cheese
- 3 garlic cloves, minced
- 2 lb lean ground chicken
- 1 c. meatless spaghetti sauce
- 4 slices part-skim mozzarella cheese, cut in half
- 8 slices frozen garlic bread

In a large bowl combine the bread crumbs, Parmesan cheese, garlic and ground chicken. Shape mixture into four 1/2 in. thick oval patties.

Broil burgers 4 in. from heat on high for 4-7 minutes on each side or until thermometer reads 165 degrees. Remove burgers from oven and top with spaghetti sauce and cheese. Return to oven for 1-2 minutes or until cheese is melted.

While burgers are broiling prepare garlic toast according to directions. Remove burgers from oven and place burgers on top of garlic bread.



WHITE CHEDDAR BAKED CORN

INGREDIENTS

- 1 bell pepper
- 1/4 cup shallot
- 2 Tbsp salted butter
- 2 Tbsp whole wheat white flour
- 2 Tbsp white wine
- 1 and 1/2 cups milk
- 1/4 tsp kosher salt
- dash adobo seasoning
- 4-6 ounces sharp white cheddar cheese
- 1 and 1/2 tsp pure maple syrup or sweetener of choice
- 2-3 ounces fontina cheese for topping
- 5 cups sweet corn I used frozen

INSTRUCTIONS

Defrost corn (if you do not defrost, the corn will make your sauce watery). Dice pepper and shallot. In a sauté pan over medium heat add butter, pepper, and shallot. Sauté until shallot is fragrant and translucent. Add flour to create a roux, cook for a few seconds, then whisk in white wine.

Slowly begin adding milk, little by little while whisking, allowing mixture to thicken each time before adding more. If your mixture is slow to thicken crank up the heat a bit! When milk is incorporated add seasonings and cheddar cheese.

Pour sauce over corn in an oven safe baking dish or skillet. Mix well. Bake in a pre-heated 350 degree oven until corn is hot and peppers are tender, about 15-20 minutes. Remove dish from oven, top with fontina cheese, and place dish under broiler until cheese is bubbly and beginning to brown. Be sure to watch your dish carefully as this can happen quickly!



PRETZEL DOGS

Ingredients

Hot Dogs

Pretzel Dough

1½ cups warm water

1 tbsp sugar

2 tsp kosher salt (reduce amount if using table salt)

1 package active dry yeast

4½ cups all purpose flour

2 oz unsalted butter, melted

Vegetable oil, for pan

Baking Soda Bath

10 cups water

⅔ cups baking soda

Egg Wash

1 large egg yolk, beaten with 1 Tbsp water

Topping

Coarse kosher salt or Pretzel Salt

Instructions

If using bread maker combine warm water, sugar, salt, yeast, flour & unsalted butter and set for the dough cycle. Once the cycle is complete, move on to step 7.

If using mixer, combine warm water, sugar, salt & yeast. Stir and allow it to sit for 4-5 minutes.

Once the mixture has risen slightly, put flour in the bowl of the mixer, add the yeast slurry, melted butter & using the dough attachment/hook kneed on low speed just until the dough comes together.

Increase the speed to medium and kneed until dough is smooth and pulls away from the sides of the bowl (about 4-5 minutes).

Remove the dough from the bowl, spray it with non stick spray, then return the dough back into the bowl and cover with a tea towel. Let rise for 1 hour in a draft free, warm place, or until doubled in size.

Preheat oven to 450F. Line 2 baking sheets with parchment paper and brush with oil. Set aside.

Bring 10 cups of water & baking soda to a rolling boil in an 8-quart sauce pan or roasting pan.

Meanwhile, turn the dough out onto oiled work surface and divide it into small pieces the size of a golf ball.

Roll each dough ball into a rope and wrap it around the full length of the sausage, pinching the ends onto themselves to prevent them unwrapping. (Alternatively, just shape the dough into a 24 inch rope, then holding the ends of the rope cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel)

One by one place the place the pretzel dogs into the boiling soda water for 30 seconds. Using a large slotted spoon or spatula remove them from the water and place onto prepared baking sheet.

Brush on with beaten egg yolk and water mixture and sprinkle with salt.

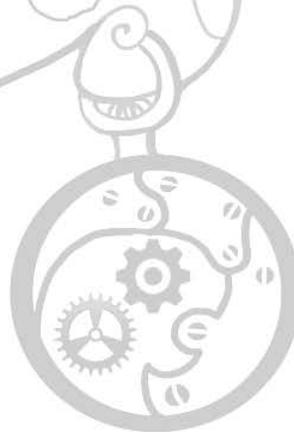
PEPPERONI PIZZA GRILLED CHEESE

INGREDIENTS:

20 slices whole grain bread
8 teaspoons butter, softened or spreadable
½ c. grated parmesan cheese, divided
1 c. tablespoon pizza sauce
pepperoni
1 lb mozzarella, divided

DIRECTIONS:

Butter one side of each slice of bread with softened butter. On unbuttered side of one slice, spread on pizza sauce. Then add mozzarella, lay out the pepperoni, and then top more mozzarella and the other slice of bread. The buttered side should be on the outside. On one buttered side, spread 1 tablespoon of grated parmesan cheese and press down gently. Place this face down on a skillet or griddle heated over medium heat. Top the other buttered side (should be face up in the pan) with the rest of the parmesan cheese. Cook for 4-6 minutes on each side or until golden brown and cheese on the inside is melted. Enjoy immediately.



BANANA PUDDING ICE CREAM

1½ cups half and half
½ cup packed brown sugar
½ cup white sugar
⅛ teaspoon salt
2 eggs, beaten
1 cup heavy whipping cream
1½ teaspoon vanilla extract
2 very ripe bananas, mashed
1 cup crushed Nilla wafers

Instructions

In a saucepan over medium-low heat, combine the half and half, brown sugar, white sugar, and salt. Stir until sugar dissolves, about 5 minutes.

Take saucepan off heat. Place eggs in a medium bowl. While whisking, gradually (to not curdle the eggs) add about half the sugar mixture to the eggs.

Pour egg mixture into saucepan with the half and half that remained in the saucepan.

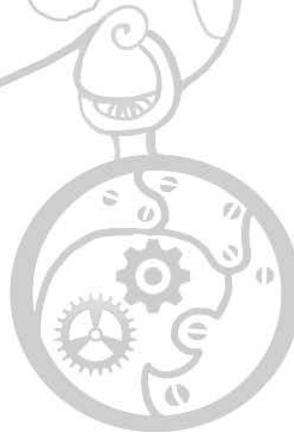
Stir in cream.

Cook over medium heat, stirring frequently, until mixture thickens and coats the back of a spoon. About 5 to 10 minutes.

Take saucepan off heat and stir in vanilla extract. Pour mixture through a fine-meshed sieve into a bowl and let cool to room temperature.

Once cooled, stir in mashed banana and pour into an ice cream maker. Use manufacturer's directions to freeze. Add Nilla wafers about 5 minutes before end of freezing time.

If ice cream is too soft for your liking at this point, place in freezer for about 1 hour.



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KIWI LEMONADE

Ingredients

12 kiwi

12 cups lemonade

Instructions

Puree kiwi in a blender. Strain into a pitcher, and discard seeds. Mix in lemonade and serve!



HAMBURGER GRILLED CHEESE

Burgers (make them to your liking. We had premade ones on hand so that's what I used, and seasoned them with our favorite Grilling Seasoning, Everyday Grilling Seasoning)

Onion, diced

American Cheese (we like it cheesy, I used 3 slices for each burger...no one said this was healthy)

Bread

Butter

I will not take credit for writing these instructions...I found them on The Best Blog Recipes

Cook on the grill, George Forman indoor grill, or in a NuWave Oven until the hamburger is done and place on paper towels to drain the grease. Set aside.

Add your chopped onion to a medium skillet along with 1 tablespoon of butter and cook until the onion is translucent and tender.

Butter both sides of your bread and place them in a skillet and cook one side until it turns a nice golden brown. Flip the bread over and immediately place your cheese slices on it along with the cooked onion. Once the remaining sides of bread are golden and the cheese has melted add your hamburger and assemble your sandwich.

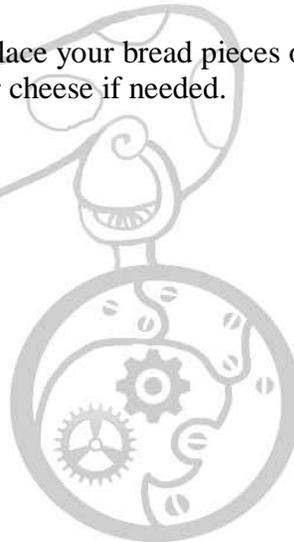
If your cheese hasn't completely melted you can place your bread pieces on a baking sheet under the broiler for 2-3 minutes to completely melt your cheese if needed.

hamburger on the grill until the hamburger is done and place on paper towels to drain the grease. Set aside.

Add your chopped onion to a medium skillet along with 1 tablespoon of butter and cook until the onion is translucent and tender.

Butter both sides of your bread and place them in a skillet and cook one side until it turns a nice golden brown. Flip the bread over and immediately place your cheese slices on it along with the cooked onion. Once the remaining sides of bread are golden and the cheese has melted add your hamburger and assemble your sandwich.

If your cheese hasn't completely melted you can place your bread pieces on a baking sheet under the broiler for 2-3 minutes to completely melt your cheese if needed.



FRIED PICKLES

Ingredients

1 jar dill pickle spears
1 cup flour
½ cup plain yellow corn meal
1 tablespoon seasoned salt
1 cup milk
Vegetable Oil to cook in
Ranch Dressing for dipping

Instructions

Pour vegetable oil to a depth of at least ½ inch in medium sized skillet and place over medium high heat. Drain pickles and place spears on paper towel lined plate to absorb moisture while you prepare breading.

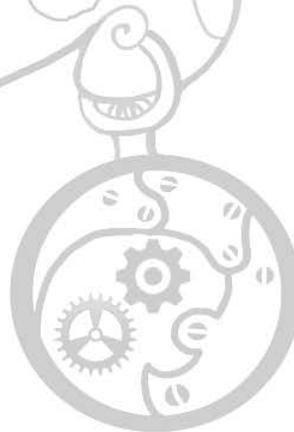
Place corn meal in small bowl. Add ½ cup flour and seasoned salt. Stir until well combined. In separate bowl, pour remaining flour and place milk in third bowl.

Using your hands, dip a pickle into milk, then flour, then milk, then cornmeal breading. Repeat until all pickles are breaded.

Carefully place pickles into hot oil and cook until browned, stirring once if needed, about ten minutes.

Remove from skillet and place on paper towel lined plate. Allow to cool for a few minutes before serving with ranch dressing.

These are extremely hot inside for several minutes after cooking.



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BACON CHEESEBURGER PIZZA

Ingredients:

Dough:

1 c. water, heated to 115°F
1 tsp active dry yeast
1 tsp granulated sugar
2 ½ C all purpose flour
¾ tsp salt
2 Tbsp olive oil

Toppings:

¼ c. mustard
1 c. ketchup
1 lb ground beef, cooked
2 C whole milk mozzarella, shredded
1 C Pepper Jack cheese, shredded
6 slices bacon, cooked and chopped
Red onion, sliced
Hamburger pickle slices
Ground black pepper

Directions:

Heat water to 115°F, combine with yeast and sugar. Allow to proof.

In a large bowl or stand mixer, combine flour and salt. With mixer running, add yeast mixture, followed by olive oil. Mix until a smooth ball forms, knead by hand if necessary. Transfer to a lightly greased bowl, cover and allow to rise for 1 hour or until doubled in size.

Meanwhile, cook and crumble beef, seasoning to taste with salt, black pepper and red pepper flakes. Cook and chop bacon. Prepare cheese and onion slices.

Preheat oven to 425°F.

Lightly grease a baking sheet with olive oil. Shape dough to desired size. Combine ketchup and mustard into a pizza sauce. Top off with sauce, followed by cooked beef. Sprinkle with mozzarella and pepper Jack cheese. Add bacon and onion. Sprinkle lightly with ground black pepper and finish off with pickle slices.

Bake for 20-25 minutes or until desired crispness is reached.

Slice and serve immediately.

SLINKY DOG PASTA SALAD

1 lb of Rotelle Pasta Cooked
1 tbsp of Extra Virgin Olive Oil
1 cup of Italian Dressing
1/2 cup of Olives chopped into 3rds
1/2 cup of Cherry or Grape Tomatoes chopped into 4ths
1 Large cucumber chopped into 4ths
3 Mozzarella Cheese Sticks Reduced Fat chopped into small pieces
3 tbsp of McCormick Salad Supreme

So to start, I usually boil the pasta in advance and put it in the fridge so it is chilled. I happen to do this first thing when I got up, and then used it about 3 hours later. Once I am ready to use the pasta, I add the tbsp of Olive Oil and stir to separate the pasta. After that I add the 1 cup of Italian Dressing and stir. Then, I chopped up the vegetables and cheese. Add them to the pasta salad. Add 3 tbsps of McCormick Salad Supreme and mix. Refrigerate until ready to serve.



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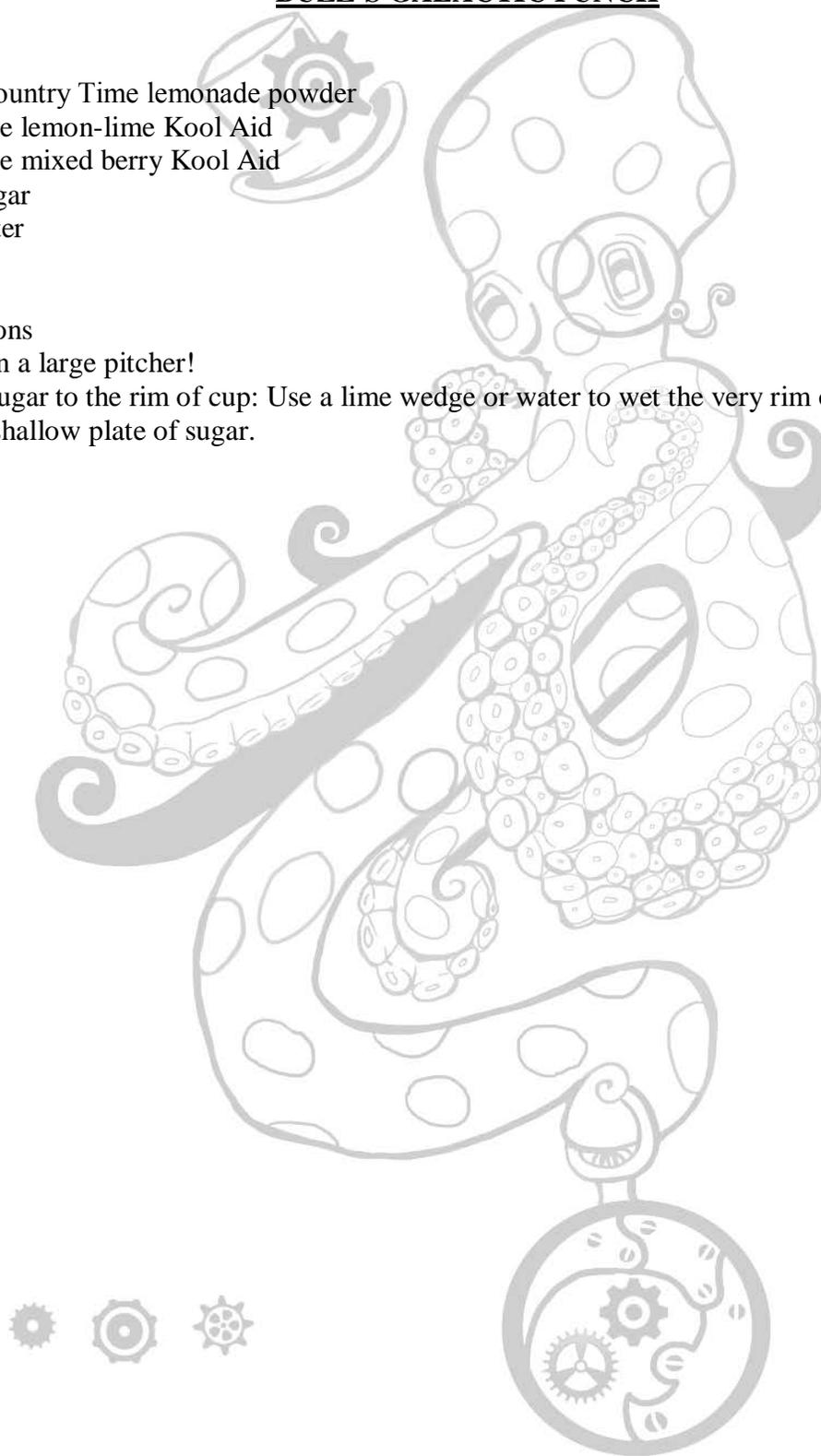
BUZZ'S GALACTIC PUNCH

$\frac{2}{3}$ cup Country Time lemonade powder
1 package lemon-lime Kool Aid
1 package mixed berry Kool Aid
1 cup sugar
2 qts water

Instructions

Mix all in a large pitcher!

To add sugar to the rim of cup: Use a lime wedge or water to wet the very rim of the cup, then dip in a shallow plate of sugar.



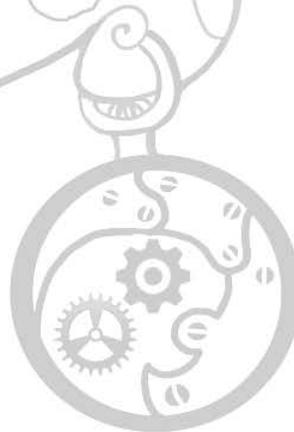
MR. POTATO HEAD CUPCAKES

How To Do It:

Whip up your favorite cupcake recipe, or even easier, buy them from your local bakery. To really get the Mr. Potato Head “look”, consider using food coloring to get the right color of frosting. Or, mix vanilla and chocolate icing until it resembles the color of the real Mr. Potato Head.

Mr. Potato Head candy body part ideas:

Red or pink gummy life savers (cut in half for the mouth), chocolate Twizzlers for the mustache and eyebrows, Rolos or mini Reese’s Peanut Butter Cups to resemble hats, colorful gummy candy for the feet and ears, and yogurt covered raisins for the eyes (use a black squeezable icing bottle to create the pupils). If you visit a bulk candy specialty store, you could even find candy eyes, lips, teeth, and other unique candy body parts.



MUSHROOM SWISS BURGERS

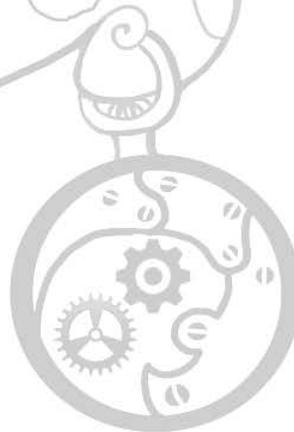
8 ounces of white mushrooms, sliced
1 sweet onion, sliced
2 tablespoons butter
2 tablespoons Worcestershire Sauce
1/4 teaspoon thyme
2 pound ground chuck
1 teaspoon Worcestershire Sauce
salt and pepper to taste
8 slices swiss cheese
9 buns
Dijon mustard
green leaf lettuce

Heat butter in large skillet over medium-high heat and saute the mushrooms and onions for 7-8 minutes, or until nicely browned. Add 1 tablespoon Worcestershire and thyme to pan. Stir to combine and remove from heat.

Place ground chuck in a medium bowl and add 1 teaspoon Worcestershire sauce and salt and pepper to taste. Use your hands to mix and shape into 4 patties.

Spray grill or grill pan lightly with cooking spray and heat over medium-high heat. Place burgers on grill and cook 4 to 5 minutes. Flip and cook about 3 more minutes, add cheese and cook until desired degree of doneness.

Spread dijon mustard on bottom of each bun, top with lettuce and burger patty. Pile mushroom-onion mixture on top.



DILL PICKLE DIP

Ingredients

1½ cups finely diced kosher dill pickles
1 (8-ounce) package cream cheese, softened
¼ teaspoon garlic powder
¼ teaspoon salt
2 to 4 tablespoons pickle juice

Instructions

In a medium bowl combine the pickles, cream cheese, garlic powder, and salt. Add the pickle juice gradually to get the mixture to dipping consistency. Refrigerate for at least 30 minutes, and then serve chilled alongside crackers, potato chips, or vegetables



FROZEN S'MORES

Graham Crackers
Marshmallows
Milk Chocolate Chips

I laid out four of the graham crackers, broken into different sized pieces. I also lined the baking sheet with aluminum foil to make clean up easier. We like lots of marshmallows, so we cut some of them in half to be sure the graham crackers were entirely covered when we topped them.

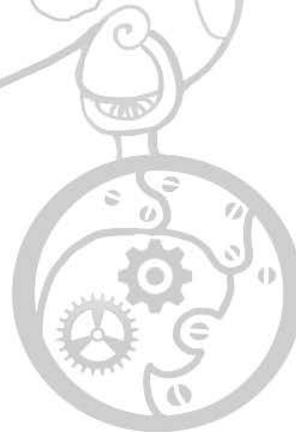
I put them under the broiler and kept a very close eye on them.

Once they were golden brown, I took them out and immediately topped them with another graham cracker.

Next, I melted the chocolate in the microwave in 20 second intervals. I dipped the smaller s'mores into the chocolate and put them on a parchment lined baking sheet.

For the bigger ones, I drizzled the chocolate over the top.

We froze them for about a half hour before we ate them.



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CAPTAIN AMERICA DRINK

2 ltr Cherry Sprite
Grenadine
Half and Half
Blue colored kool-aid

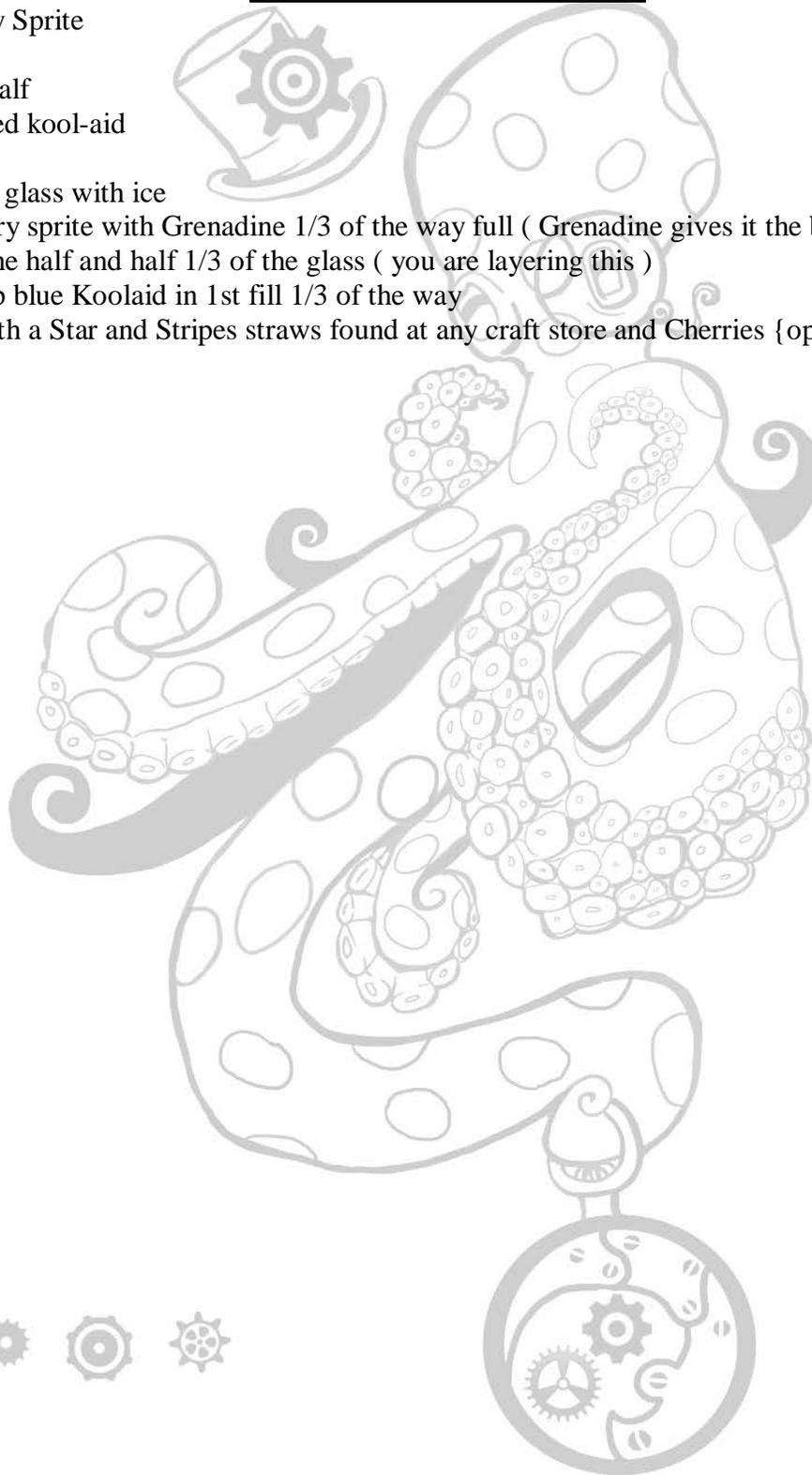
Fill 1 large glass with ice

Pour Cherry sprite with Grenadine 1/3 of the way full (Grenadine gives it the bright red color)

Now add the half and half 1/3 of the glass (you are layering this)

Pour on top blue Koolaid in 1st fill 1/3 of the way

Garnish with a Star and Stripes straws found at any craft store and Cherries {optional}

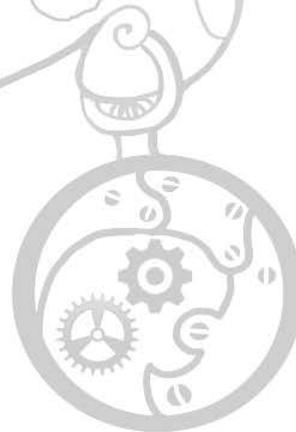


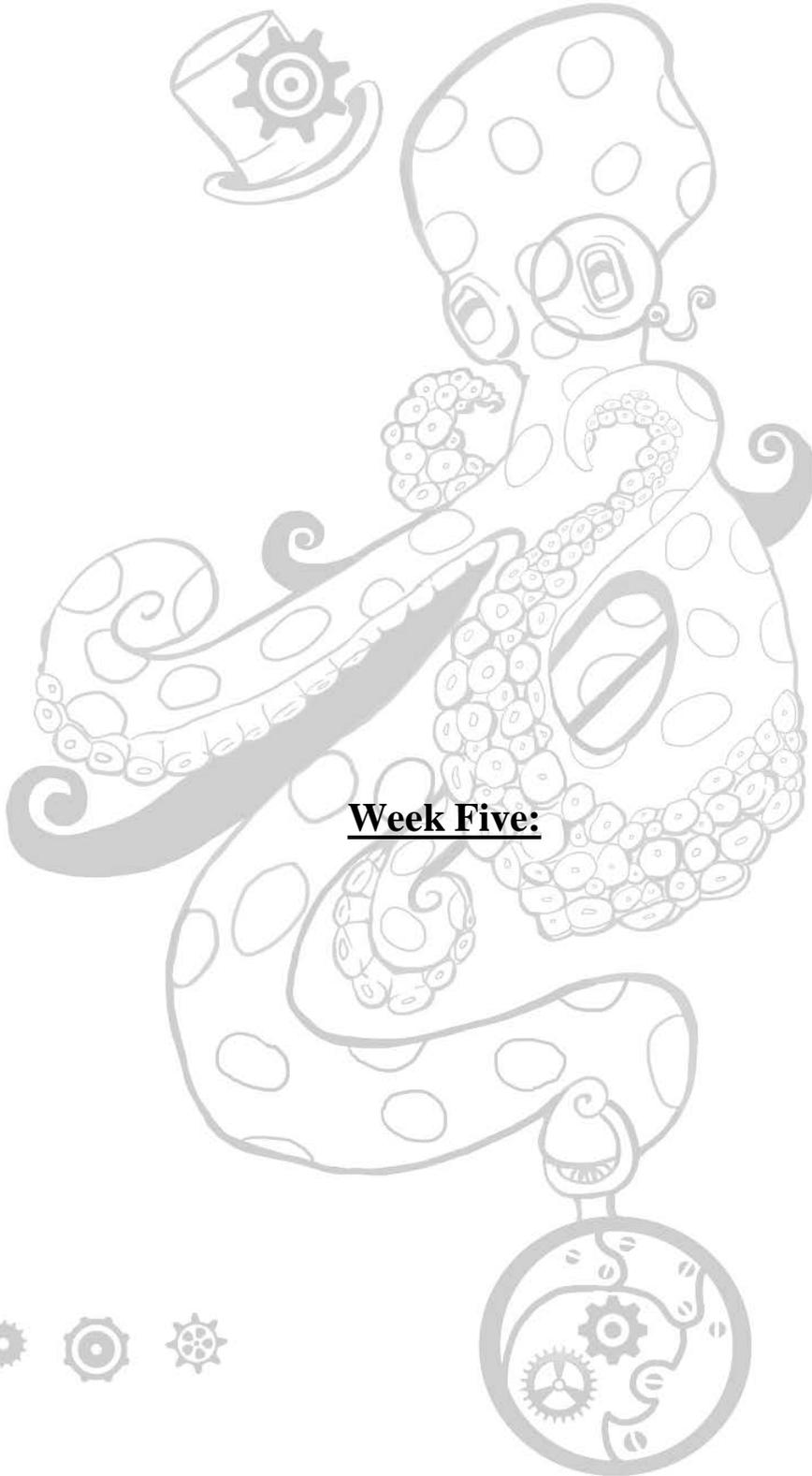
FIRECRACKER SUGAR COOKIES

your favorite sugar cookie recipe
butter cream or white frosting
2 packs of pop rocks
white sugar + blue gel paste

INSTRUCTIONS

- 1) Make your favorite sugar cookie recipe
- 2) Frost with butter cream
- 3) Create blue sugar by adding sugar and blue gel paste into a blender and turn on for 30 seconds
- 4) Sprinkle sugar on frosting
- 5) Sprinkle pop rocks on cookies...you will hear them crackle as they hit the frosting





Week Five:

MEDITERRANEAN STEAK PITA WRAPS

2 lb. flank steak
8 large pita breads
1/2 cup lemon hummus
1 cup fresh tomato, diced
½ cup fresh parsley, stems removed, leaves chopped
Hot sauce {optional garnish}

For the yogurt marinade:

1 cup plain yogurt, low fat
1 Tablespoon honey
1 Tablespoons fresh mint, chopped
2 Tablespoons olive oil

For the mint yogurt dressing:

½ cup plain yogurt, low fat
1 teaspoon honey
3 Tablespoons fresh mint, chopped
Salt and pepper to taste

INSTRUCTIONS

Put the flank steak on a large platter and season each side with a pinch of salt and cracked pepper.

In a large ziplock bag put the marinade ingredients: 1 cup plain yogurt, honey, mint and olive oil. Place the flank steak in the ziplock bag and seal tight. Shake the bag so that the steak is covered with the marinade. Refrigerate overnight if possible or at least 2 hours.

When you are ready to make your pitas preheat the grill for 5 minutes. Then turn the heat to medium and place the steak on the grill, close the grill and let cook for 10 minutes.

Using tongs flip the steak and let cook for another 5-10 minutes, or until your steak reaches the desired temperature in relation to how you like your steak cooked {we do medium rare which is 130-135 F or medium which is 135-140 F}.

While the steak cooks lay your 2 pitas on a large cutting board or platter. Spread the lemon hummus on one side of each pita and set aside.

Once the steak is done cooking, remove from the grill and cut into strips {always cut diagonally, against the grain, to make your steak tender.}.

Lay half of the steak on top of the lemon hummus on each pita. Drizzle the mint yogurt dressing over the steak and garnish with fresh tomatoes and parsley. Garnish with hot sauce if you would like.



DULCE DE LECHE SNICKERDOODLES

1 c. butter, softened
2 c. packed brown sugar
2 eggs
2 tsp vanilla extract
2 1/3 c. all-purpose flour
2 tsp baking powder
1 tsp salt
1/4 c. sugar
3 tsp ground cinnamon
2 cans (13.4 ounces each) dulce de leche
12 ounces white baking chocolate, chopped
1/3 c. heavy whipping cream
1 Tbsp light corn syrup
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Instructions

Preheat oven to 350 degrees.
Line 9x13 inch pan with parchment paper with the ends sticking over by about 1 inch.
Cream together butter and brown sugar in a large bowl until light and fluffy. Add eggs and vanilla and beat until combined.
Whisk flour, baking powder and salt in another bowl. Gradually beat into creamed mixture.
Spread mixture on the bottom of prepared pan.
Mix sugar and cinnamon in small bowl. Sprinkle 2 Tbsp of cinnamon sugar mixture over the batter. Bake 25-30 minutes or until edges are light brown. Cook completely in pan.
Spread dulce de leche over crust.
Combine white baking chocolate, cream and corn syrup in small saucepan; cook and stir over low heat until smooth. Cool slightly.
Spread over dulce de leche. Sprinkle remaining cinnamon sugar mixture over white chocolate.
Cover and refrigerate at least one hour.
Using the parchment paper lift bars out of pan. Cut and store in refrigerator.



SIRLOIN STEAK W/ HORSERADISH SAUCE

Ingredients

For the Sirloin Steaks

4 teaspoons kosher salt
2 teaspoons paprika
2 teaspoons freshly ground black pepper
1 teaspoon garlic powder
1 teaspoon oregano
½ teaspoon cayenne pepper

3-4 pound sirloin beef roast
8-10 kaiser buns or other soft white bun
Sliced sweet onions

Bread and butter pickles

For the Horseradish Sauce (Tiger Sauce)

½ cup fresh ground horseradish
½ cup mayonnaise
1 clove garlic, minced or pressed
½ lemon, juiced
pinch of cayenne
kosher salt and freshly ground black pepper

Instructions

Mix the kosher salt, paprika, pepper, garlic powder, oregano and cayenne pepper in a small bowl. Trim the fat cap off of the roast and cut it in half. Rub each of the halves with half of the seasoning mixture, massaging it into each side of the roast. Wrap with plastic wrap and refrigerate for 1-24 hours.

Preheat the grill on high for about 10 minutes.

Rub the roast with the remaining seasoning mix. Sear the roast on all sides. Turn off one side of the grill and place the roast on the side that the burners are off so the roast will cook over indirect heat. Turn every 10-15 minutes or so.

Cook the sirloin roast for about 1 hour or until the internal temperature measures 140 degrees or medium rare.

Cover with aluminum foil and rest for 20 minutes. Slice the beef very thinly. Slather both sides of the buns with the tiger/horseradish sauce, top with sliced beef, sliced onions and pickles.

Serve warm or at room temperature.



CHICKEN BROCCOLI ALFREDO STUFFED SHELLS

Ingredients

- 1 jar (16 oz) alfredo sauce
- 2 cups cooked chicken, shredded
- 2 cups cooked broccoli, chopped
- 1 cup shredded cheddar (or mozzaerlla) cheese
- ¼ cup shredded parmesan
- 21 jumbo pasta shells, cooked
- 1½ - 2 cups spaghetti sauce (optional, but I love the combination of alfredo with tomato sauce!)
- Salt/Pepper to season (if needed)

Instructions

- Pre-heat oven to 350 degrees.
- In a large bowl, mix alfredo, chicken, broccoli, and cheeses.
- Spoon mixture into pasta shells.
- Grease 13 x 9 baking dish with butter or cooking spray.
- Evenly spread spaghetti sauce on bottom of baking dish.
- Arrange shells in baking pan.
- Cover with foil and bake 35 minutes until heated thru.

S'MORES PINWHEEL TREATS

Ingredients

10 oz miniature marshmallows
¼ cup Challenge butter (plus more for greasing)
5 cup Rice Krispies cereal
¾ cup graham cracker crumbs
7 oz jar marshmallow creme
6 Hershey's chocolate bars

Instructions

Preheat oven to 200 degrees.
Line a 10x15 jellyroll pan with waxed paper. Butter the waxed paper and set aside.
Combine marshmallows and one quarter cup of butter in a microwave-safe bowl. Cover and heat on high for 30 seconds, stir. Repeat until completely blended.
Stir in cereal and graham cracker crumbs.
Press mixture into prepared pan.
Spread marshmallow creme on top using an offset spatula.
Place Hershey's bars on top of the marshmallow creme.
Place in oven for two minutes. Use a spatula to spread the softened chocolate.
Let cool for 10 minutes.
Roll up jellyroll style (like a cinnamon roll), starting on the long side. Peel away the waxed paper as you roll. Pinch the seams together.
Place seam side down and refrigerate for 30-45 minutes or until chocolate has set.
Slice and serve!



RACHELS

ingredients

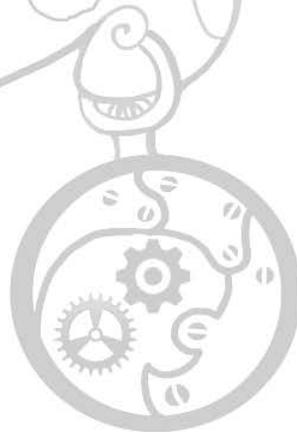
butter, room temperature
16 slices rye, lightly toasted
8 slices swiss cheese, shredded and at room temperature
1 lb deli turkey shaved
3 cup coleslaw
Russian Dressing (see recipe below)

directions

Heat a non-stick pan over medium heat.
Butter the outside of each slice of bread, sprinkle cheese on the inside of one slice of bread, top with the turkey, coleslaw or sauerkraut, dressing, and finally the other slice of bread.
Add the sandwich and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

3/4 cups mayonnaise
1/4 cup plus 2 to 3 tablespoons chili sauce
2 tablespoons sour cream
2 teaspoons chopped curly parsley leaves
1 tablespoon plus 1 teaspoon minced Spanish onion
1 tablespoon plus 1 teaspoon minced dill pickle
1/2 teaspoon fresh lemon juice
1/2 teaspoon grated horseradish
1/4 teaspoon Worcestershire sauce

Combine the mayonnaise, chili sauce, sour cream, parsley, onion, pickle, lemon juice, horseradish and Worcestershire sauce in a bowl and mix well.



PEANUT BUTTER COOKIE ICE CREAM SANDWICH

ingredients:

For the chocolate ice cream:

- 1 1/2 cups whole milk
- 1 1/2 cups heavy cream
- 3/4 cup sugar, divided
- 1/4 cup unsweetened cocoa powder, preferably Dutch-process, sifted
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 8 ounces (about 2 cups) bittersweet or semisweet chocolate, melted
- 4 large egg yolks

For the peanut butter cookies:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 6 ounces (1 1/2 sticks) unsalted butter, at room temperature
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 3/4 cup creamy peanut butter
- 1 large egg
- 1/2 teaspoon vanilla extract
- Chopped salted peanuts, for rolling

directions:

For the ice cream:

Prepare an ice bath by filling a large bowl with ice cubes and a cup or two of water. Place a medium bowl fitted with a fine strainer inside the ice bath.

In a medium saucepan combine the milk, cream, 1/2 cup of the sugar, cocoa powder, salt, and vanilla. Set over medium heat, stirring occasionally, until the mixture is warm and begins to steam, about 5 minutes. Stir in the melted chocolate.

Whisk together the egg yolks and remaining 1/4 cup of sugar. Carefully whisk half of the warm milk mixture into the egg yolks, one ladleful at a time, until the egg mixture is warmed. Whisk the egg-milk mixture back into the saucepan. Cook the mixture over medium heat, stirring constantly, until the mixture is thick enough to coat the back of the spoon and registers around 175°F on an instant-read thermometer, about 5 to 7 minutes. Be careful not to boil the mixture.

Immediately strain the mixture through the fine strainer into the prepared ice bath. Cool the custard in the ice bath until it's at room temperature, stirring often. Press plastic wrap against the surface of the custard and refrigerate until chilled, about 4 hours or up to 1 day.

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Pour the mixture into an ice cream maker and freeze according to the manufacturer's directions. Transfer to an airtight container, press plastic wrap against the surface of the ice cream, and freeze until firm and flavor is ripened, at least 2 hours.

For the cookies:

Preheat the oven to 350°F. Line large baking sheets with parchment paper or silicone baking mats.

In a medium bowl, whisk together the flour, baking soda, baking powder, and salt.

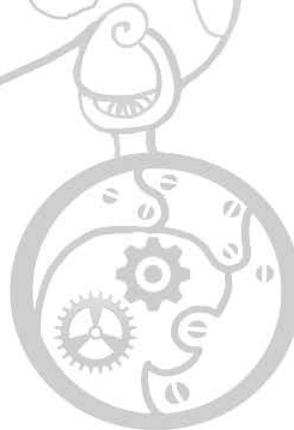
In a large bowl, beat the butter, granulated sugar, and brown sugar on medium-high speed until smooth, 1 to 2 minutes. Beat in the peanut butter until fully incorporated. Beat in the egg and then the vanilla. On low speed, gradually add the flour mixture, beating until combined. Dough will be sticky and wet.

Drop 2-tablespoon sized balls of dough on prepared baking sheets, spacing about 2-inches apart. Slightly flatten the dough with wet fingers. Bake for 10 to 12 minutes, rotating halfway through, until the edges are slightly browned. Let cool completely. Freeze the cookies until frozen, at least 1 hour. Cookies can be stored in airtight containers in the freezer for up to 1 month.

To assemble:

Place the peanuts in a shallow dish. Top one cookie with a scoop of ice cream. Place another cookie on top of the ice cream and gently press down to form a sandwich. Roll the edges in the peanuts. Repeat for the remaining cookies. Freeze for at least 1 hour before serving.

Sandwiches can be individually wrapped in plastic and stored in the freezer for up to 1 week. Let stand at room temperature for 5 to 10 minutes before serving.



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SKITTLES SODA

Ingredients

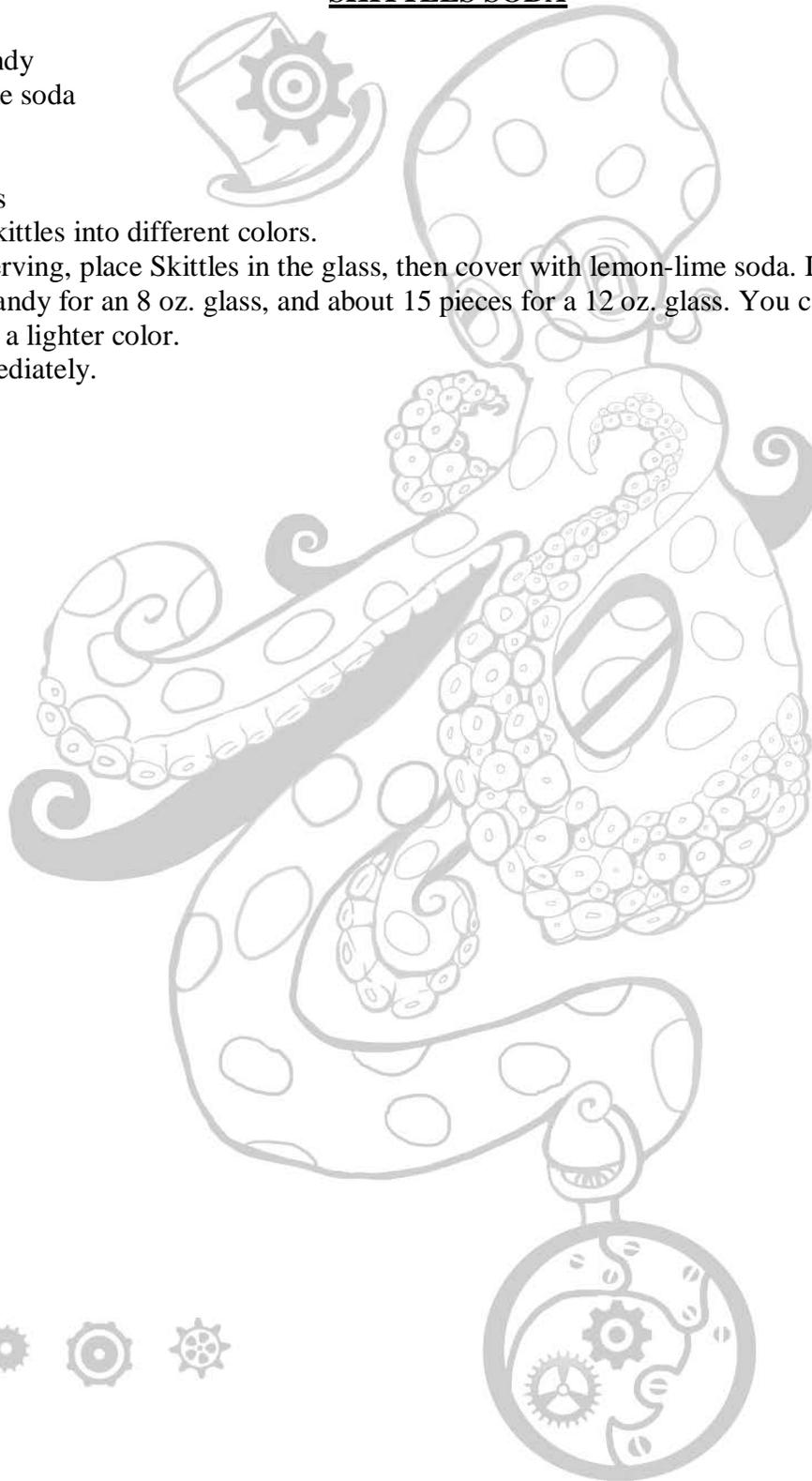
Skittles candy
Lemon-lime soda

Instructions

Separate Skittles into different colors.

For each serving, place Skittles in the glass, then cover with lemon-lime soda. I used about 10 pieces of candy for an 8 oz. glass, and about 15 pieces for a 12 oz. glass. You can use fewer candies for a lighter color.

Serve immediately.



HONEY SRIRACHA CHICKEN NOODLE BOWL

INGREDIENTS

1 pound chicken breasts, chopped into bite size pieces
9.5 oz soba noodles or thin spaghetti, cooked al dente
2 green onions, chopped

Honey Sriracha Sauce

1/3 cup honey*
1 1/2 teaspoons Sriracha/Asian hot chili sauce, more or less to taste*
1/2 cup low sodium soy sauce
1/2 cup water
2 tablespoons brown sugar
2 teaspoons freshly grated ginger
2-3 garlic cloves, minced
2 tablespoons lemon juice
2 tablespoons mirin/sweet Japanese rice wine (looks like THIS) or dry sherry**
1 tablespoon quality hoisin sauce like Lee Kum Kee or Kikkoman**
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons cornstarch

Stir Fry Vegetables (or use your favorites)

1 red bell pepper, chopped
2 cups Chinese napa cabbage
1 carrot, cut into thin matchsticks or sliced thin
3 stalks celery, chopped

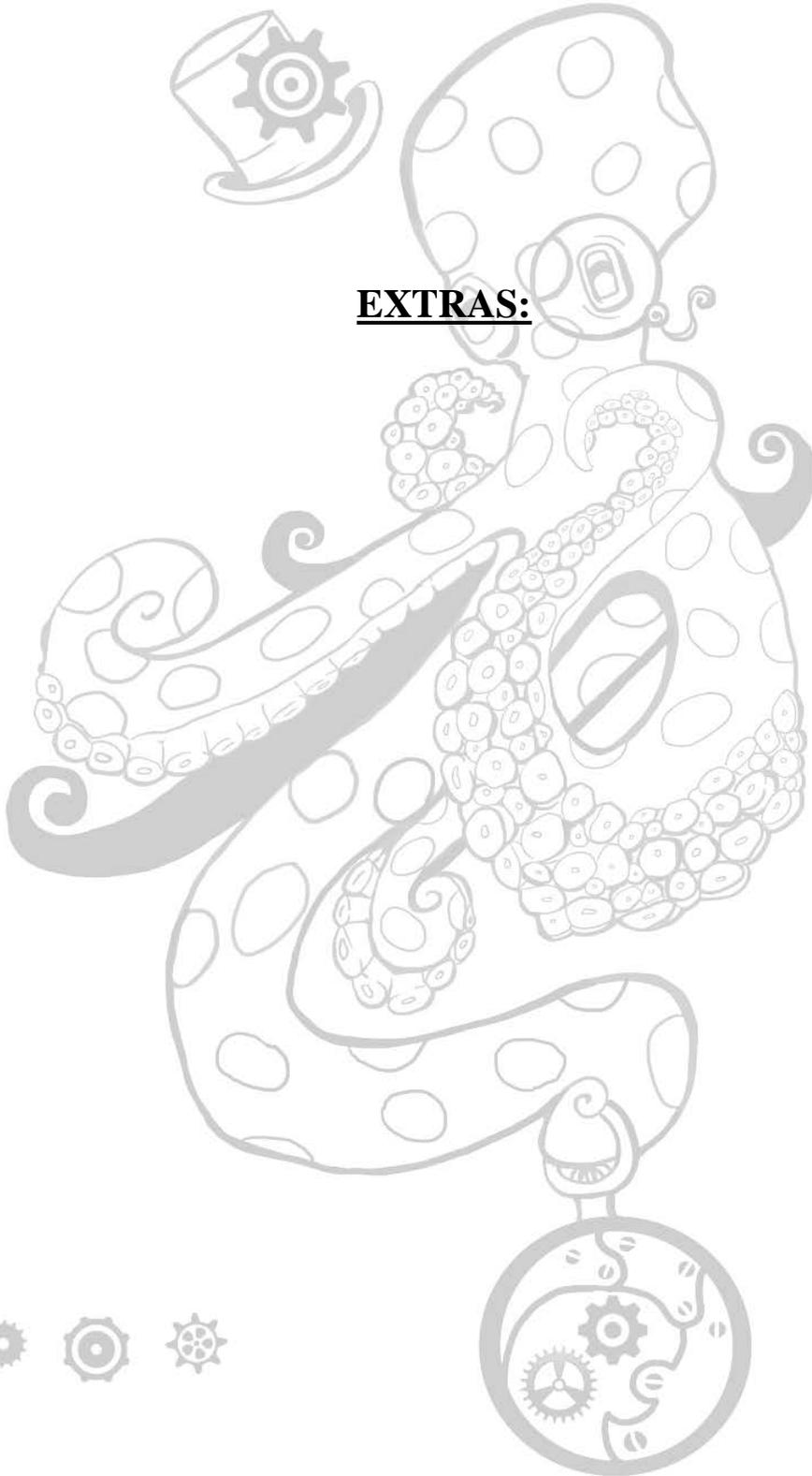
INSTRUCTIONS

In a medium bowl, whisk together the Honey Sriracha Sauce ingredients. Add 1/4 cup of this prepared Sauce to a large freezer bag along with chicken and let marinate for 30 minutes (time permitting) or just while you prep your vegetables. You can also do this step the night before and let chicken marinate in the refrigerator until ready to cook.

Heat 1 tablespoon sesame oil (may sub olive/coconut oil) over high heat. Drain chicken from excess marinade. Add chicken and saute just until no longer pink. Add vegetables and saute 2 minutes. Whisk Sauce to recombine and add to chicken/vegetables. Simmer until thickened and vegetables are crisp-tender. Add noodles and stir until evenly combined. Taste and add additional Sriracha for more heat, more brown sugar for sweeter.

Garnish with green onions.





WHITE CHOCOLATE FIREWORKS POPCORN

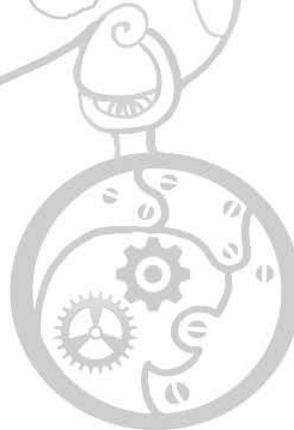
Ingredients:

- 3 tbsp oil (I used coconut oil)
- ½ cup popping kernels
- 1½ cups White Melting Chocolates
- 2 packs of Red Pop Rocks
- 2 packs of Blue Pop Rocks

Instructions:

In a large heavy bottomed pot heat the oil over medium high heat. Add the kernels and shake gently to coat. Cover with a lid, leaving it slightly ajar to let steam escape. Gently shake the pot back and forth over the burner while the popcorn starts to pop to make sure it doesn't burn. Once it's all popped pour the popcorn into a large bowl.

In another small bowl melt the white melting chocolate according to package directions. Pour the melted chocolate over the popcorn and use a rubber spatula to gently stir and coat the popcorn. Sprinkle in 1 package of red Pop Rocks, and 1 package of blue Pop Rocks, then stir again. Spread popcorn out on a baking sheet lined with wax paper. Sprinkle the remaining packages of Pop Rocks over the popcorn before it dries completely. Let dry and store in an air tight container. Enjoy!



COCONUT CREAM PIE

Ingredients:

For the Coconut Crust:

- 1 1/4 cup all-purpose flour
- 1 stick COLD unsalted butter (1/2 cup)
- 1/3 cup shredded sweetened coconut
- 1/2 teaspoon salt
- 3-5 tablespoons ice cold coconut rum

For the Coconut Cream Pie:

- 5.1 ounce box instant vanilla pudding
- 15 ounce can cream of coconut
- 1/2 cup coconut milk (or cow's milk)
- 12 ounces cream cheese, softened
- 2 cups heavy whipping cream
- 1 teaspoon vanilla extract
- 3 tablespoons sugar
- 1 cup toasted coconut

Directions:

For the Crust: Cut the butter into small cubes and place in the freezer to make sure it's very cold. Place 1/3 cup shredded coconut in the food processor. Pulse to finely chop. Then add the flour and salt and pulse again. Pour a couple ounces of coconut rum over ice to chill. Then add the cold butter to the flour mixture and pulse until it's finely chopped and mixed into the flour. It should resemble oatmeal or little pellets. One tablespoon at a time, pulse in the chilled coconut rum (not the ice cubes) until it clumps together. It should be firm, not sticky. Mine usually takes 4 tablespoons. Dump the dough onto a piece of plastic wrap and form into a disk. Wrap and refrigerate for at least thirty minutes.

Preheat the oven to 375 degrees F. Once chilled, roll the dough out on a floured work surface, into a 14 inch circle. Hold one side of the pie crust over the rolling pin and carefully roll it over the top of the rolling pin to transfer it to the pie pan. Don't stretch the pie crust, but gently move it into the center of the pie pan. Turn the edges underneath and crimp the edges to seal. You can do this with a fork or with your fingers. Place a large piece of foil over the pie crust and gently shape it over the dough. Fill the foil with ceramic pie weights, or dried beans. Bake the crust for 15 minutes. Then carefully remove the foil and weights. Then bake again for 10 minutes. Cool completely before filling. Spread the coconut out onto a baking sheet. Toast for 3-5 minutes, until just golden. Then remove and cool. DO NOT take your eyes off the coconut while it's in the oven. It can turn black in a second! For the Filling: Place the instant pudding mix in a large glass jar or plastic air-tight container. Add the cream of coconut and milk. Cover tightly and shake for 1-2 minutes until well combined. Refrigerate until ready to use.

Using an electric mixer, whip the heavy cream with 1 tsp. vanilla and 3 Tb. sugar. Transfer to another bowl, cover and refrigerate. Then beat the cream cheese until light and fluffy. Slowly, beat in the pudding mixture. Add a little at a time and scrape the bowl regularly, to ensure there are no clumps. Finally fold in HALF the whipped cream. Carefully mix until smooth.

Scoop the filling into the cooled pie crust. Top with the remaining whipped cream and sprinkle generously with toasted coconut. Chill for at least 4 hour. Overnight is even better.

GREEK SALAD ROLLS

Ingredients

4 cups (480 grams) bread flour
1/4 cup (60 ml) lukewarm water
2 tsp dry yeast
1/2 cup (120 ml) olive oil
1 egg
1 tsp salt
1 tsp dry oregano
1/2 – 2/3 cup (120 – 160 ml) water
1 cup crumbled feta cheese
1 cup halved cherry tomatoes
3/4 cup sliced olives
2/3 cup chopped red onion
Try an Easy Make-Ahead Breakfast Casserole

Instructions

In a mixing bowl sift the flour and make a well in the middle. Pour the water and sprinkle the yeast on top of it. Let it rest few minutes at room temperature until the yeast dissolves and foams. When bubbled, with the dough hook on, add the olive oil, salt, oregano and egg and start mixing slowly adding enough water to make a soft bowl that cleans itself from the sides of the bowl. Let it knead for 3-5 more minutes.

Alternatively, if you're kneading by hand, add the egg, oil, salt and oregano in the middle of the flour. With a Danish whisk, start mixing the flour mixture, slowly adding enough water to form a ball. Take it out of the bowl, and on a lightly floured working surface, knead the dough for 10 minutes until soft and elastic.

Place the dough in a oiled bowl, cover with plastic foil and leave at room temperature until it doubles in volume. Punch down, knead for 1 minute and divide the dough in 4 balls.

With a rolling pin, flatten the dough in a 8X8 inch square. Place a little bit of the tomatoes, olives, onion and feta cheese on one side and with the other cover and seal to make a pocket. Place the roll/pocket with the opening side down (to make sure it doesn't open wide while baking) in a 11X7 baking dish and cut three-four openings in the dough to let the veggie steam get out. Do the same with the remaining 3 rolls.

Cover and let rise again for 20 minutes. Meanwhile heat the oven to 400F.

When the rolls are puffed again, lower the oven temperature to 375F and bake them for approximately 30 minutes. Let cool slightly in the pan before removing.

Enjoy!



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THREE CHEESE WHITE GRILLED CHEESE

Ingredients

For each sandwich (just multiply by how many sandwiches you are making):

½ Tablespoon Butter

1 tablespoon grated parmesan cheese

2 Tablespoons ricotta cheese

¼ teaspoon Italian seasoning

2 oz. fresh mozzarella, cut into slices

2 slices of your favorite sandwich bread (I used whole wheat for the family, and gluten free for myself)

About 1-2 teaspoons olive oil for the pan. divided if you are cooking the sandwiches in batches, and not all at once in one large pan.

Instructions

In a small bowl, combine the butter and parmesan cheese. Set aside.

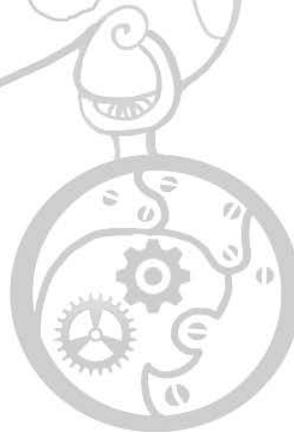
Spread the outside of each slice of bread with the butter and cheese mixture.

Spread the ricotta on the plain side of one slice of bread. Sprinkle with the Italian seasoning and top with mozzarella slices.

Top with another slice of buttered bread.

Heat the olive oil in a pan over medium-low heat.

Cook the sandwiches for about 4-5 minutes per side, or until golden brown and the cheese has melted. Covering the pan with a lid during cooking will help



THAI ICED TEA

Ingredients

Thai black tea
hot boiling water
sweetened condensed milk
evaporated milk (plus some more to sprinkle on top)
sugar
crushed ice

Instructions

First step is to boil water, I'm just using a pot, but you could use a water boiler or microwave
Take your tea sock and add about 1 tablespoon of black Thai tea. It's then easiest to put your tea sock into a bowl or big cup in order to steep the tea.

Pour 1 cup of boiling water into the tea sock, and push it in and out to steep the tea and extract all that flavr. Steep the tea for a few minutes until it turns nice and dark in color.

Taking a new cup, pour in 1 glass of hot tea

Add 2 teaspoons of sugar, 2 teaspoons of sweetened condensed milk, and give it a nice stir

Then add 2 teaspoons of evaporated milk, and continue to stir the tea until everything is fully mixed in

Optional - A good Thai iced tea should have a little froth or some bubbles on top, so take 2 pitchers, and pour the tea from one to the other, with a bit of elevation. You could do this in a different way too, but it's pretty fun!

Take a cup and fill it all the way to the top with crushed ice

Gently pour your hot tea mixture over the cup of ice

To give your Thai iced tea a final creamy touch, drizzle on some more evaporated milk onto the top of your cup

Add a straw, and you're ready to start slurping it down



MUFFALETA PIZZA

Ingredients

Olive salad:

1 cup green olives chopped
1 cup black olives, chopped
6 oz marinated artichoke hearts undrained
½ cup roasted red peppers.
1 T olive oil
1 tsp jarred garlic

For the Pizza:

¾ cup chopped hard salami
¾ cup chopped smoked ham
8 oz shredded Italian blend cheese
½ tsp oregano

Premade pizza dough

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www.Plated.com/MealDelivery

Instructions

Pre heat oven 350

Combine all the ingredients for the olive salad in a bowl. Stir.

Drizzle oil over pizza dough. Spread olive salad over dough. Top with half the salami and half the ham. Spread cheese on top of meat layer. Top with remaining meat and sprinkle with oregano.

Bake for 20 minutes until crust is golden and cheese is melted.

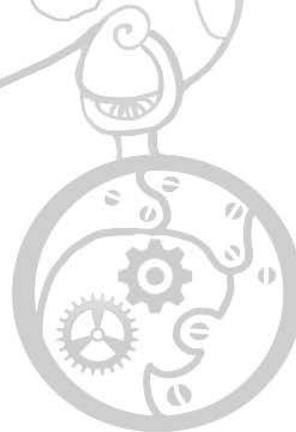


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SUMMER SAND PUDDING

1 pkg Vanilla Wafers
3 or 4 Oreos
8 oz Cream Cheese
1/4 C Butter
2/3 C powdered sugar
2 small pkgs French Vanilla pudding mix
2 3/4 C Milk
12 oz Cool Whip

Crush Oreos and Vanilla Wafers in a food processor. In a separate bowl, cream together softened 8 oz cream cheese, butter, and powdered sugar. In another bowl, mix pudding with milk. Add to cream cheese mixture. Fold in cool whip. Layer into buckets with sand, pudding, sand etc.



HOMEMADE SNICKERS

1 cup semisweet chocolate chips
3 tablespoons creamy peanut butter
7 ounces marshmallow fluff
1/4 cup creamy peanut butter
1 1/2 cups Imperial Sugar Confectioners Powdered Sugar
1 cup dry roasted unsalted peanuts
11 ounces caramels
1/4 cup heavy cream
1 cup semisweet chocolate chips
3 tablespoons creamy peanut butter

DIRECTIONS

Line an 11X7-inch baking pan with parchment paper.

Place 1 cup of chocolate chips and 3 tablespoons of peanut butter in a heatproof bowl.

Microwave for 60 seconds and stir until smooth and combined. Microwave for few more seconds if needed.

Pour melted chocolate in prepared pan and spread evenly. Place pan in freezer for 2-3 minutes or until hardened.

Meanwhile, in a clean bowl place marshmallow fluff, 1/4 cup peanut butter and powdered sugar. With a wooden spoon or spatula stir until it forms a soft dough. (Can be done in a mixing bowl using dough hook as well).

Remove “dough” from bowl and press with fingers on top of chocolate layer.

Sprinkle peanuts on top, gently pressing them in.

In a small saucepan add the caramels and heavy cream. Cook over medium heat, stirring constantly until melted. Immediately pour over peanuts, spreading it all over with the back on a spoon.

Refrigerate for 5 minutes until set.

In a heatproof bowl, melt remaining chocolate chips and peanut butter. Pour over caramel layer, spreading evenly.

Place pan in fridge for 10 minutes until chocolate is set.

With a sharp knife, cut into bars.

